

Sow and Tell

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A Publication of The Five Hills Garden Club
Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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PRESIDENT'S MESSAGE

JOY! There are numerous signs of spring surrounding us! The birds appear to be nesting and mating, at least the doves in my yard do. Daffodils are emerging. The trees are budding! The COVID spread rate has diminished substantially (as of this writing). Oh, what JOY!



For us, there are a number of Garden Club offerings this spring. Particularly, there is Gardening School. I'm registered for Gardening School Class 2 in early April. The Judges' Council Design Workshops are April 27. There are also many flower shows such as the Washington Daffodils Society's Daffodil Show and the Rock Springs Garden Club Flower Show. All these opportunities fold into two of our Five Hills Garden Club objectives:

- To learn about and to implement improved gardening, conservation, horticulture, and landscape design techniques
- To develop greater skill and interest in the art of floral design



How are you planning to celebrate spring? Whatever you plan, I hope it takes you outside into the warm sunshine, enjoying healthy surroundings. I look forward to seeing you on Zoom at our General Meeting this month and In-Person at our meeting in April.

Shelia

Upcoming Events

- Mar 8** Virtual Board Meeting
10am
- Mar 15** Virtual General Meeting
10am
- Apr 12** In-Person Board Meeting
10am
- Apr 19** In-Person General Meeting
10am
- Apr 20** Spring Clean-Up
- Apr 22** (Rain Date)

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Program For March 15th Meeting

Cultivating Nature in your Garden (Dr. Meghan McGinty)

Our speaker for our March program, Elisa Meara from Native Plant Landscape Design is unable to present and has suspended all speaking engagements for the year due to a death in the family. Elizabeth Huebner suggested Dr. Meghan McGinty as a replacement speaker on native landscaping and made the initial contact. Many thanks to Elizabeth for her suggestion and quick response.

Dr. McGinty will speak on incrementally converting established gardens to native gardens, recent findings about how our gardening impacts biodiversity and how plant selection affects wildlife, and gardening for wildlife throughout the seasons. She will also address the varied microclimates, soil types, and lighting conditions in which we garden, so please come to the meeting with particularly problematic examples or send them to me plisko@msn.com so that I can share with Dr. McGinty beforehand.

A native Californian, Dr. McGinty received her PhD in Ecology and Environmental Biology from Columbia University in NYC. When she moved to Northern Virginia, she worked at a native plant nursery and planted several native plant gardens for clients. In 2013, she purchased a 5-acre property in Great Falls, VA with her husband where she has been slowly restoring native plants. In addition to planting native trees in a meadow to restore forest on her property, she has also removed lawn to establish a fenced native plant garden. In just the last few years, the native plant garden has thrived and is now home to abundant butterflies and songbirds, in addition to skinks, toads, native insects, hawks and more. She hopes to spread her passion for the ecological, aesthetic and healing nature of native plant gardens to her community and welcomes this opportunity to meet with the Five Hills Garden Club.

Val Plisko - Program Chair

HORTICULTURE & DESIGN



Horticulture: Bring something unusual looking from nature that you found on a walk in the woods.

Design: Make a small design that says "Spring is on the Way".



Jane Schmiedekamp - Horticulture and Design Chair

Welcome Ellen McLaughlin to the Five Hills Garden Club.

Originally from Boston, Ellen now lives in Vienna, VA, with her husband Bob and her pandemic puppy, Zaga. She is a health care consultant who works with cancer centers across the country. Ellen enjoys spending time with her three adult sons and their spouses and significant others, as well as her six grandchildren. In addition to being an avid gardener, she enjoys traveling, reading, and interior decorating.



Membership dues are due by March 31st

\$70 for Active Members/\$75 for Associate Members

At the end of the newsletter is a membership form that needs to be copied or downloaded, filled out and emailed to Andy Bothwell at bothwellandy@gmail.com. This year we would like to include your husband's name that will be printed in the yearbook. If you would prefer not to do so, just leave it blank. You can also copy the form, fill it out and mail it, with the check, to me at 8804 Lynnhurst Drive, Fairfax, VA 22031 and I will deliver the checks to Valerie. If you have no changes to your information send me an email 'No Change' (include your husband's name if you want him in the yearbook).

Checks need to be sent to Valerie Warriner at 13479 Lake Shore Drive, Herndon, VA 20171.

If you want to use paypal it will be accepted only if paypal is connected to your checking account. (Paypal charges a fee if it is connected to a debit/credit card and will subtract from the amount that Five Hills will receive thus you will be responsible for the additional amount.)

If you have any questions or need any help please feel free to call, 703-850-6177, or email bothwellandy@gmail.com.

Andy Bothwell, Chair

English Ivy

English Ivy

Hedera helix L.

Ginseng family (Araliaceae)

Origin: Europe, Western Asia and Northern Africa

Background

European colonists introduced English ivy as early as 1727. It is widely planted for its evergreen foliage and dependability as a year-round “carefree” ground-cover. Although recognized as a serious weed of natural ecosystems, parks, landscapes and other areas, it continues to be sold and marketed as an ornamental plant in the United States. Vast resources, time and labor are expended attempting to manage infestations on public and private lands.



Distribution and Habitat

English ivy is found throughout the eastern U.S. and in the West where it occurs from Arizona to Washington State. It flourishes under shady to full sun conditions in soils that are moderately fertile and moist, but it is intolerant of drought and salinity. Habitats invaded include forest openings and edges, fields, cliffs, steep slopes, and disturbed areas.

Ecological Threat

English ivy is an aggressive invader that threatens all vegetation levels of forested and open areas, growing along the ground as well as into the forest canopy. Vines climbing up tree trunks spread out and envelop branches and twigs, blocking sunlight from reaching the host tree’s foliage, thereby impeding photosynthesis. An infested tree will exhibit decline for several to many years before it dies. The added weight of vines also makes trees susceptible to blowing over during storms. English ivy has been confirmed as a reservoir for bacterial leaf scorch (*Xylella fastidiosa*), a harmful plant pathogen that affects a wide variety of native and ornamental trees such as elms, oaks and maples.

Description and Biology

- Plant: evergreen perennial climbing vine that attaches to bark of trees, brickwork and other surfaces by root-like structures that exude a glue-like substance to aid in adherence.
- Leaves: alternate, dark green, waxy, somewhat leathery; extremely variable leaf forms, from unlobed to 3-5 lobed; typically green with whitish veins.
- Flowers, fruits and seeds: flowering occurs in late summer to early fall, typically under full sun conditions; flowers are small, greenish-yellow and occur in globular starburst type inflorescences at tips of flowering stems; fruits are black with a fleshy outer layer and stone-like seeds.
- Spreads: vegetatively by vigorous growth at tip of stems; and by seed which is consumed by birds and dispersed to new areas; fruits contain glycosides that may be mildly toxic and cause some birds to regurgitate them; new plants grow easily from cuttings or stem fragments that make contact with the soil.

English Ivy (continued)

Description and Biology (continued)

- Look-alikes: Irish ivy (*Hedera hibernica*), Persian ivy (*Hedera colchica*), Boston ivy (*Parthenocissus japonicus*) and Virginia creeper (*Parthenocissus quinquefolia*). Poison ivy (*Toxicodendron radicans*) may sometimes be confused with English ivy because of its hairy stems but because it is deciduous, it will lack leaves in the winter. In summer, poison ivy can be distinguished easily by its compound leaves of three leaflets and its clusters of creamy white fruits.

NOTE: The leaves and berries of English ivy contain the glycoside hederin which may cause toxicosis if ingested. Symptoms include gastrointestinal upset, diarrhea, hyperactivity, breathing difficulty, coma, fever, polydipsia, dilated pupils, muscular weakness, and lack of coordination. This feature also helps ensure effective seed dispersal by birds.

James H. Miller, USDA FS

Chris Evans, River to River CWMA

Prevention and Control

Do not plant English ivy including invasive cultivars. Individual vines can be pulled by hand when soil is moist. Vines covering the ground can be uprooted and gathered using a heavy-duty rake, then close to the ground with pruning snips, Swedish brush axe or another cutting tool. Gathered vines can be piled up and allowed to desiccate and rot which will occur quickly, in a matter of days. If needed, material can be bagged and disposed of in normal trash. Vines climbing up trees can be cut a few feet from the ground, for convenience, to kill upper portions and then apply systemic herbicide to lower cut portions (see [Control Options](#)).

English ivy, pachysandra, periwinkle, butterfly bush, burning bush, barberry, wisteria. They are all invasive plants. The Park Authority is spending a lot of time and money removing them from parkland. We need your help to keep them out of parks. Please don't grow or plant them on your property. They spread easily. Here's information on removal of invasives: <https://bit.ly/3oMUcLN>

#fairfaxparks #fairfaxcounty #invasiveplants #nova #northernvirginia

Invasive Plants (continued)

Even existing stands of kudzu now exude the odor of their own demise, an acrid sweetness reminiscent of grape bubble gum and stink bug. The Japanese kudzu bug, first found in a garden near Atlanta's Hartsfield-Jackson International Airport six years ago, apparently hitched a plane ride and is now infesting vines throughout the South, sucking the plants' vital juices. In places where it was once relatively easy to get a photograph of kudzu, the bug-infested vines are so crippled they can't keep up with the other roadside weeds. A study of one site showed a one-third reduction in kudzu biomass in less than two years.

In 1998, Congress officially listed kudzu under the Federal Noxious Weed Act. Today, it frequently appears on popular top-ten lists of invasive species. The official hype has also led to various other questionable claims—that kudzu could be a valuable source of biofuel and that it has contributed substantially to ozone pollution.

Kudzu rarely penetrates deeply into a forest; it climbs well only in sunny areas on the forest edge and suffers in shade. Still, along Southern roads, the blankets of untouched kudzu create famous spectacles.

And now Kudzu is along the Potomac river, the George Washington Parkway, parts of the I-495 Beltway, and I have found 2 plants in my yard, so keep your eyes peeled for it and get rid of it, the deer don't eat it.

PHILADELPHIA FLOWER SHOW

Philadelphia Flower Show Update from Barbara Tozzi

We would love to see you back for our 2022 Flower Show, June 11 – 19 outdoors at FDR Park in south Philadelphia.

Chosen to showcase how the beauty in nature restores all of us, the 2022 theme — **"In Full Bloom"** — welcomes you on a journey to explore the restorative and healing power of nature and plants. The theme promotes good health, positive well-being, and a passion for life that culminates in a gorgeous and colorful spectacle.

This year, the Early Morning Tour is offered Sunday, June 12 – Sunday, June 19 at 8 am. Attached is our group brochure and as you know the Early Morning Tour is an exclusive opportunity to experience the Show before it opens to the public.

If you have questions, please reach out to Barbara Tozzi

barbaratozzi@aol.com. OR 703-938-3792

These are the headbands that I purchased from Amazon - [Timoo 5 PCS Metal Spring Wavy Hairband Hair Hoop, Simple Fashionable Headband Headwear Accessories for Men, Women, Black.](#)

- Anita Parke



Thank You Wild Bird Center Stores for sharing this information on the importance of providing water in our gardens for our feathered friends:

Water is just as important for your backyard birds as it is for us humans! Not only is it a source of hydration, it's the best way for birds to clean and care for their feathers.

Like the flowers, shrubs, and houses you place around your yard, birdbaths and water features require a little thought as well. The best idea is to place your bird bath in a fairly flat and somewhat shaded spot in your yard. Too much sun will heat the water too quickly while trees and perches nearby ensures your birds a safe place to preen after washing their delicate feathers. And preen they will! Birds take great care in keeping their feathers in tip top shape so having a bath at the ready is a must.

When searching for the perfect bath or water feature, keep a few things in mind; birds don't like to bath in deep water so look for something shallow or with a platform, or simply add a cluster of rocks to give your birds something to sit upon. You can even create a pathway to the middle of the bath and appeal to multiple species by placing stones of varying sizes to accommodate both small and large birds.

Don't forget the shower! Misters are another great option and often attach directly to the bath. Misters create a gentle movement on the water's surface, encouraging birds to take notice. It's also a great way for birds to get a shower, simply by flying through. Then it's off to the nearby trees and bushes to - you guessed it - Preen!

With just a few simple steps and elements, you can create the ultimate backyard birding sanctuary. Working together, let us turn your backyard into a Wild Bird Center!

Thank you Muriel Turner for sharing the following two poems by English poets that remind us of the beauty of spring.

Robert Herrick

(1591-1674)

To Violets

WELCOME, maids of honour!

You do bring
In the spring,
And wait upon her.

She has virgins many,
Fresh and fair;
Yet you are
More sweet than any.

You're the maiden posies,
And so graced
To be placed
'Fore damask roses.

Yet, though thus respected,
By-and-by
Ye do lie,
Poor girls, neglected.



Hartley Coleridge

(1796-1849)

The Snowdrop

Yes, punctual to the time, thou'rt here again,
As still thou art: though frost or rain may vary,
And icicles blockade the rockbirds' aery,
Or sluggish snow lie heavy on the plain,
Yet thou, sweet child of hoary January,
Art here to harbinger the laggard train
Of vernal flowers, a duteous missionary.
Nor cold can blight, nor fog thy pureness stain.
Beneath the dripping eaves, or on the slope
Of cottage garden, whether mark'd or no,
Thy meek head bends in undistinguish'd row,
Blessings upon thee, gentle bud of hope!
And Nature bless the spot where thou dost grow
Young lite emerging from thy kindred snow

Brigitte Hartke, Willow Pratt and Pat Thacker participated in the following event. Included is Brigitte's Facebook posting of the event.

"On February 19, Earth Sangha held a native planting event about a quarter of a mile down my road at Poplar Ford Park. I can't say enough good things about them. Philanthropy-minded Earth Sangha, with it's comprehensive wild plant nursery of local-eco-type native plants, is engaged in ecological restoration throughout the Washington DC area. Much of their work is voluntary and they rely upon and attract many volunteers to their invasive removals and native plantings. They grow their plants from seeds, collected with permission, from natural areas in this region. They restore and protect native plant communities. There were 30 to 40 participants at yesterday's planting, including a meet-up for like-minded enthusiasts.

I took some photos at the Poplar Ford planting event yesterday, and have made a collage with some of the images. As with many local parkland areas, there was a recent burn to discourage the invasives and encourage the native flora.



It was windy but the sun was warm, and we weren't cold. Earth Sangha took care of us with hot drinks, fruit and sandwiches. We had a great time together, and there were so many of us that the planting went quickly (I photographed). I can't wait to see these native plants emerge in spring and summer -- and I am within walking distance -- I plan to take photos!"

Warm regards,
Brigitte

REGISTRATION FOR MEMBERSHIP - FIVE HILLS GARDEN CLUB

2022 - 2023

Name _____

Spouse's name _____

Address _____

Home Phone _____

Cell-Phone _____

E-Mail _____

Birthday (Month & Day) _____

ACTIVE MEMBERSHIP: (\$70)

_____ Active Member, continuing

_____ New Member, joining by application

ASSOCIATE MEMBERSHIP: (\$75)

_____ Associate Member, continuing

_____ Current Active Member, becoming Associate

I agree to abide by the By-Laws of the Club and to pay the year's dues by **March 31, 2022**.

Signature: _____

Please email or mail this application to:

Andy Bothwell Membership Chair

8804 Lynnhurst Drive, Fairfax, VA 22031

(703) 850-6177

bothwellandy@gmail.com

Please send checks (payable to Five Hills Garden Club) to:

Valerie Warriner, Treasurer

13479 Lake Shore Drive

Herndon, VA 20171

(703) 507-2362

wwarriner@aol.com