



“From the Potting Shed”

Riverview Garden Club – September Helpful Hints 2022

Enjoy the late-season color of Sedum, Aster, Sunflowers, and Zinnias in your September garden. The summer season is slowing down, evenings are becoming cooler, and sunsets arriving earlier. This month, focus on cutting back, cleaning up, and planting. Fall is called the “second season of planting” for a reason – planting in fall will give your perennials a big head start on their spring growth, so be sure to make the most of this time. The more you accomplish in September, the less work you’ll have to do in spring!

10 things to do in the garden this month...

- 1. Dig in!** Add perennials and spring-blooming (fall-planted) bulbs to your garden. Perennials planted in the fall can establish healthy roots, resulting in bigger growth and earlier blooms in the first season. Bulbs like Tulips, Daffodils, Allium, and more need the overwintering period in order to bloom in the spring.
- 2. Make notes in your garden journal.** Take note of what grew well, and areas where you’d like to make changes. This will be a big help when you are planning your garden over the winter months.
- 3. Weeding.** Be sure to keep up with weeding. Diligent weeding helps prevent weeds from going to seed in your garden, and helps prevent disease in next season’s garden.
- 4. Stop pruning and fertilizing.** At this point in the season, pruning and fertilizing only promotes new green growth that most likely will not survive through the winter.
- 5. Encourage annuals to self-seed.** Stop deadheading in September and let the flowers go to seed. Annual Poppies, Zinnias, Sunflowers, and more will drop their seeds and, in the right conditions, can come back next year. The seeds also provide a treat to feed birds.
- 6. Leave seed heads standing.** Perennials such as Echinacea, Sedum, Ornamental Grasses, and Clematis can be left standing to provide habitat for pollinators and food for birds over the winter months. These also provide texture add visual interest to the winter garden.
- 7. Clean up plants as they fade.** Cut back any perennial that is diseased and dispose of the trimmings in the trash, rather than your compost pile, to prevent the spread of the disease. Cut back yellowed foliage on perennials such as Daylilies, Iris, Peonies, Bee Balm, and more.

8. Divide and conquer perennials that spread. Dig up and divide Daylilies, Iris, Hostas, and more in September if they have become overcrowded or outgrown the space.

9. Mulch. Adding a layer of mulch in your garden beds to provide a nice layer of protection to prevent soil erosion, add some organic matter to the soil, and protect plants from snow and ice over the winter months.

10. Plant cover crops. Build your garden soil for next year by adding quick-growing cover crops. Plant Clover, Vetch, and Austrian Winter Pea as “green manures” to help build nutrients and get the soil ready for next spring’s planting.

The September Birth Flowers are...



Morning Glories have distinct heart-shaped leaves and trumpet-shaped flowers that blossom in colorful sprays of magenta, purple, blue, pink and white. Morning glories typically bloom from early summer to the start of fall, right around September. Morning glories are symbols of love and affection. They’re also one of the fastest growing annuals. Not only will these speedy blooms add bright pops of color to the garden, they also attract butterflies and hummingbirds!



Late season butterflies and hummingbirds are also attracted to **Aster Flowers**—September’s other birth flower. Asters, which bloom in late summer and fall, have star-shaped flowers that resemble daisies. Available in a range of colors, the most common asters available in the U.S. are the New England and New York asters. Aster flowers symbolize love, wisdom and faith.

Happy Gardening!