

Sow and Tell

Volume 58 Issue 10, May 2018

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

Hello Spring! I found a quote that says: "Spring, a lovely reminder of how beautiful change can be". That is oh so true. Everywhere you look you see God's beauty. The warm temperatures feel so good after the long cold winter we had. I think our area has the corner on beauty in the springtime.

Spring is a beautiful time of year, but it also a very busy time for all of us. There have been so many gardening-related opportunities the past few weeks. Taking advantage of all of them is impossible, but I hope you had a chance to be involved in some.

Our garden club had two very special events that made me proud to say I was President of Five Hills Garden Club. The rededication of the Blue Star Memorial was inspiring. Those who were in attendance told me you were moved by the entire event. Thanks to all who helped make this project possible.

Our flower show was so lovely. The setting and the hospitality couldn't be beat. It was so nice to be together on such a lovely day and display our many talents from designs to horticulture, art, cuisine and all the other areas in which you participated. Thank you all.

Now, as we look forward to our year winding down, we have another fun event to look forward to as we dig up our plants to share at our plant exchange. Many of you said that much of your existing garden has come from plants that you received from other members. I know that is certainly true of my garden. Those are the most special plants because they remind me of our friendship. I have several plants in pots waiting for a new home. Hopefully you have had an opportunity to dig up some of your favorites to share. Again we will meet at the lovely home of Anne Nelson.

In closing, I quote Luther Burbank. "Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul".

Blessings,
Noreen

General Meeting: Tuesday, May 15



Five Hills Annual Plant Exchange

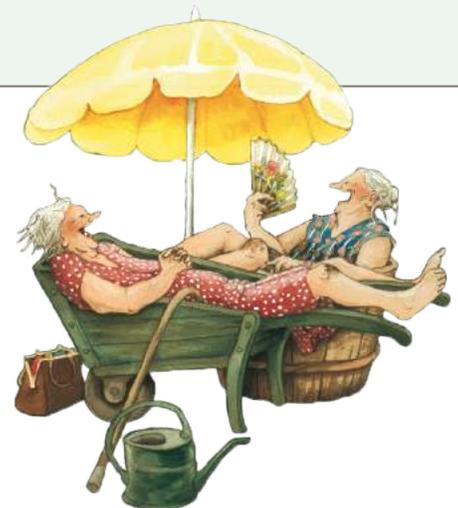
A perennial Club favorite! We get together every year at a member's home to share the bounty of our own gardens. Anne Nelson has, once again, kindly and generously offered to host this event. We love exchanging and bringing home new plants from our seasoned and green garden club friends. Please bring your labeled plants to include:

Your Name (so we know who it came from); Plant's Name; Plant's Colors; Plant's requirements of Sun, Part Sun, Part Shade, Shade; Plant's details if Deer-Resistant, Heat-Tolerant, Perennial, Spring to Frost, etc.

Anne's address: 10409 Ridge Lane, Vienna VA
 Phone: 703-281-2877
 Cell: 703-403-0244
 email: annevnelson7@gmail.com

“If Earth laughs in flowers, my garden is hysterical !!”

(illustration, right, by Inge Look; she is both a gardener and an illustrator, and lives in Pernaja, Finland)



MAY CALENDAR

Tues. May 1	Five Hills Flower Show at Willow Prall's Home
Wed. May 2	Meadowlark Garden Volunteers
Sat. May 19	Great Falls Flower Show, 10-4
Mon. May 21-24	NGC Convention, Philadelphia
Thurs. June 7/8	Lewis Ginter Field Trip
Tues. June 19	Installation Luncheon. 11 a.m.

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Richmond Field Trip to Lewis Ginter Botanical Gardens

by Karen Fleming

Hi Ladies,

Here's an update on the Richmond Field Trip! I'm re-thinking the trip and suggest we plan a two-day adventure starting on Wednesday, June 6. The idea is to take our time leaving the morning of the 6th and meet up at another garden (Maymont possibly?) in the early afternoon. Later, we could head to Carytown and take advantage of some funky vintage shops. We could end the day with dinner at the French bistro, the Can Can Brasserie, which is also in Carytown.

There are several nice hotels in the area (check out Linden Row and The Berkeley!). The next day (Thursday, June 7), we'd be rested and ready for our 10:30 am tour of the Lewis Ginter Gardens. (The cost is \$20 and is non-refundable.) We'll have lunch at 12:45 pm at the Asian Tea House on the grounds of The Ginter.

The two-day concept for the field trip allows us a relaxing trip — hopefully avoiding traffic, which can be heavy, on both ends.

Please let me know as soon as possible if you're interested. If you want to stay with the "Thursday-Only" Ginter Day - that's okay, too.

Please email me either way — indicate "Two-Day" or "One-Day" trip — if interested. I'll start planning as soon as I have ten takers!

For more exciting details on things to do in Richmond - check out the Richmond, Virginia Garden Trail | Things To Do site below

<https://www.visitrichmondva.com/things-to-do/tours-trails/richmond-garden-trail/>

A Note of Thanks ~

Many thanks to Willow Prall who graciously opened her home to host our flower show, "The Merry Month of May" held on May 1, 2018.

Willow went to great effort to add all sorts of delightful touches that made this flower show extra special. Her home and grounds were ideal to show off the many beautiful designs created by members. A pianist filled the air with music, and flutes of pink champagne added a celebratory touch to the afternoon. Our hospitality people provided a wonderful tea.



Downstairs, Willow provided the ideal venue for our art show — an art gallery! Talented members provided the art that hung on the walls of this perfect gallery! What a fantastic addition to the show!

Under a brilliant blue sky illuminating the gardens, members and guests were delighted by the fairy garden put together by our very own 'Fairy Garden Crew'.

As well as sending a cascade of thanks to Lisa Adelman and everyone who participated, we are very grateful to Willow for making our flower show the success that it was.

(below, the Fairy Garden Crew meet and plan)



Five Hills Garden Club Luncheon & Installation of New Officers
Tuesday June 19, 2018, 11:00 a.m.

In June, we will not have a regular garden club meeting. Instead we will meet for a luncheon on Tuesday, June 19, 2018 at 11:00, at the Fairfax Country Club, 5110 Ox Road, Fairfax, to install our new officers. NOTE: The luncheon is being held at a different location from two years ago.

Menu options:

- 1) **Pasta Primavera (\$30)** with penne pasta, white cream sauce, julienne vegetables, Romano cheese & garlic bread (vegetarian);
- 2) **Chicken Marsala (\$30)** with mushrooms, sweet onions & marsala wine sauce; and
- 3) **Mahi - Mahi (\$32)** topped with shrimp & mango sauce (gluten free).

Lunch comes with dessert, and there will be a cash bar.

*** Payment:** bring your checkbook to the May plant exchange meeting, or mail a check (made out to "Five Hills Garden Club") to:

Rosemarie Jaksetic, 3103 Valentino Court, Oakton, VA 22124 or
Karen Ralston, 3617 Lido Place, Fairfax, VA 22031

Note: Be sure to include your lunch selection with the check.
Please RSVP by May 31.



“MYCORRHIZA”

A NAME THAT ALL GARDENERS SHOULD KNOW

by Karen Lucas

Fine Gardening labels it the most valuable fungus your soil can have. It grows in a symbiotic relationship with your plant’s roots. One type enters the cells of the roots and, through its extensive network of filaments (hyphae), extends out from the roots, absorbing minerals and water for the plant. In turn, the plant supplies the fungus with glucose. These filaments also connect with other filaments and plants, establishing a huge “internet” of supplies and messages radiating out over large areas.

Remember these microscopic organisms as you tend to your garden. Plants with good populations of these organisms are healthier, have better root formation, fewer pest problems, and need less fertilizer and less water. They love organic material, but it is better to layer on top rather than dig it in and destroy the myriad of connections underground. The organic material will work itself in by itself. You will be better off with keeping the soil undisturbed. As Brent (of Brent and Becky’s) advised us last spring... don’t dig around your plants to get the weeds out... just cut them off just below the surface.

If your soil is high in organic material, you probably have a good supply of mycorrhizae. If not, you may

want to purchase some inoculants from garden supply stores. The research and production has grown, so please read labels to find the best product for your specific garden and plants.

Lastly, there are several scientists working on how plants communicate with one another through this internet. If interested, a good place to start is with the March 2018 Smithsonian Magazine article “Do Trees Talk to Each Other?”.

II

A Note from one of the Karens

I want to send a huge “Thank You” to all the members who participated in sharing their talents in showing and growing at our meetings. The fruits of your labor were plain to see at the Flower Show. Again, thank you — you are my heroes! Karen Lucas, (Retiring) Horticulture Chair

III

CREEPING SEDUMS

They may be old-fashioned, but they may solve a gardening problem or two. They show off in rock gardens and containers but can also shine in a spot where nothing else might grow. The number of plants available grows daily, most hardy in zones 4-9. Check out Creeping Sedums (or Stonecrops) on the internet. Click “images” and explore!
(<https://www.smithsonianmag.com/science-nature>)



The Things That Really Bug Us

by Elizabeth Huebner

The warmer weather of spring and summer means the start of tick and mosquito season and the [diseases they transmit](#), including Lyme disease, Rocky Mountain spotted fever, [West Nile](#) and Zika. A [new report](#) from the Centers for Disease Control and Prevention has found that illnesses from mosquito, tick and flea bites more than tripled in the United States from 2004 to 2016.

The report, released Tuesday, shows that the number of reported cases of these diseases jumped from 27,388 cases in 2004 to more than 96,000 cases in 2016. The data includes illnesses reported in U.S. states and territories. During that period, more than 640,000 cases of these diseases were reported to the CDC.

The responsibility for detecting and responding to diseases spread by vectors such as mosquitoes and ticks is almost all funded locally and operated by local and state health departments. But their resources have been greatly reduced over the years. More than 80 percent of 1,083 local mosquito control organizations in a recent national survey reported some basic deficiencies.

But on a more basic level, more innovative ways are needed to control ticks and mosquitoes. When the first local spread of Zika in the continental United States was reported in Florida in 2016, authorities discovered that the *Aedes aegypti* mosquitoes that spread the virus there were “resistant to the most common pesticides that we have”. This is a long-term problem that's going to getting worse, and it requires a sustained response over time.

Climate change, [which experts say can exacerbate many public health threats](#), also plays an important role, allowing mosquitoes and ticks to thrive in

warmer temperatures, said Lyle Petersen, director of the CDC's Division of Vector-Borne Diseases, which produced the report. Warmer temperatures tend to make mosquitoes get infected faster and also more infectious, he said in an interview. “The amount of virus in the mosquito increases, and when it bites you, more virus gets into you and the chances of you [sic] getting infected and becoming sick goes up,” said Petersen, who has gotten sick from West Nile virus.

For ticks, the higher temperatures have allowed them to spread into new areas, allowing them to live farther north, and that puts more people at risk, he said. What's more, he said, “when the tick season is longer, people are exposed over longer periods.”



(frog by pond in garden of Willow Prall)

But other factors also play a role. The number of Lyme disease cases has increased rapidly because the population of deer — and deer ticks — has skyrocketed. “In New England 100 years ago, there were hardly any trees because they were all cut down for farmland, and the deer had been hunted to extinction,” he said. “All those forests have grown back, the deer population exploded, and the tick populations have also exploded, bringing more disease.”

So, what can we as gardeners do? Mosquitoes require stagnant water to breed, and deer ticks need vectors to carry them to us.

We can eliminate stagnant water in our yards and around the house. Clean gutters so rain water flows down the spouts and out into the yard which should be absorbed by the soil in less than a day. Empty and rinse bird baths every 4-6 days. Make sure you have frogs and fish in ponds to eat the mosquito larvae (frogs need water plants to hop on to get air, fish need something to discourage large birds from eating them). If you have a small spot where water stagnates or flower pots with dishes under them, consider adding a couple of copper pennies to prevent mosquitoes from completing their breeding cycle.

As for deer ticks, if you have barberry bushes, you might consider removing and destroying them as the wild mice that serve as tick vectors in the initial stages of the deer tick's life cycle can safely survive under these bushes. Their predators (cats, large birds, foxes, raccoons, etc.) cannot get to them under these invasive bushes, and the ticks in later stages can move to deer, dogs, cats, foxes and people. Note: Snakes can get to them so, much as I get the willies around copperheads, they at least have one good use. I am pleased to have a couple of garter snakes for this reason.

Your community might also consider allowing bow hunting of deer to decrease the population, the county has approved this method for deer control. When out in the garden, dress to cover skin, inspect skin daily for ticks and use spray and/or creams with Deet to discourage mosquito bites.

You might notice that I haven't discussed spraying for mosquitoes. Many sprays are not effective, and the ones that are kill all the bugs in your yard; when that happens, the bugs are gone for six to eight weeks, and then the bees, butterflies, lady bugs

and other good bugs are gone, too, and then the birds are gone. Some Central American countries are going back to DDT. Eagles have just returned to the Potomac; do we want to lose them again? Many thanks to the Washington Post and CDC.

* * * *

From the Editor, save this very useful website:

Botanical
Gardens
Conservation
International



Before you leave on your next vacation, whether planning a day trip to visit nearby gardens, planning a gardens field trip, or are flying to a far-away country, find out all the particulars of the gardens in the area of your destination at this website; you will find all you need to plan your trip. There is also a PlantSearch database:

The GardenSearch database: http://www.bgci.org/garden_search.php

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An example: Select 'United States' and type in 'Pennsylvania'. A list of 52 gardens and arboretums will pop up. A quick click on one of them — say, Chanticleer — will give you the information you would need — address and phone numbers, web and email addresses, total area and landscaped area, year garden was founded, staff details, accessibility, as well as plant collections information, conservation, research and educational programs.

Recent Events — Blue Star Rededication



Noreen stands by her project, the new Blue Star Memorial



A Fresh Look



Noreen Linnemann and Barbara Tozzi stand with Veterans

**BLUE STAR MEMORIAL
REDEDICATION CEREMONY**

In a moving ceremony on a beautiful Saturday morning in late April, Five Hills members, their families, friends, some local dignitaries and several veterans gathered for the rededication of the Blue Star Memorial in honor of our Veterans; it had first been installed by Five Hills Garden Club some years earlier at Centennial Park in the center of the town of Vienna. Our president, Noreen Linnemann, had made this refurbishing and re-landscaping her president's project, and many members came together to lend their time and energies to realize this worthy project. Noreen, Barbara Tozzi, Shelia Creswell, Ann Carter and a number of others, some of whom provided refreshments served afterwards, saw to all the details to make this rededication ceremony come to pass.

In a message to members, Noreen expressed these words about her President's Project and the ceremony on April 28: "Thanks to each of you for what you have done to make us proud again of our Blue Star Memorial. The Mayor and town council people who were in attendance were most impressed with our marker and our new garden. The success of this project was because we are Five Hills, and we do it up right. I am so privileged to be a part of this group."



Ronnie Levay lays a wreath at the Blue Star Memorial

Recent Events — Flower Show

Photos by Helen Mertz



More photos, contributed by Elizabeth Huebner, Gail Gile and Brigitte Hartke



Recent Events — Flower Show

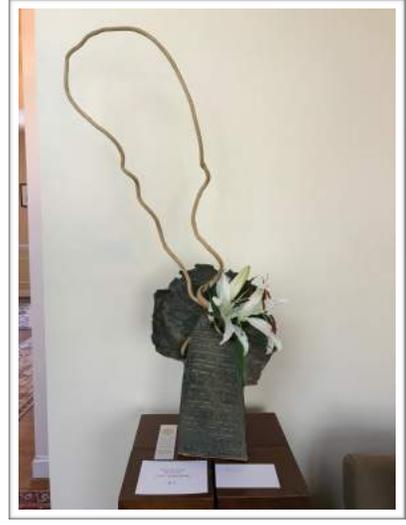
Photos taken by Willow Prall; some were abbreviated in the collage process



Recent Events — Flower Show



Judges' designs are on a roll in these photos: upper left, Betty Ann Galway; upper right, Muriel Turner. Right, Ronnie Levay, and Lisa Adelman (possibly different from its appearance during the judging phase). Lower left, Barbara Tozzi; lower right, M'Ellen Alden



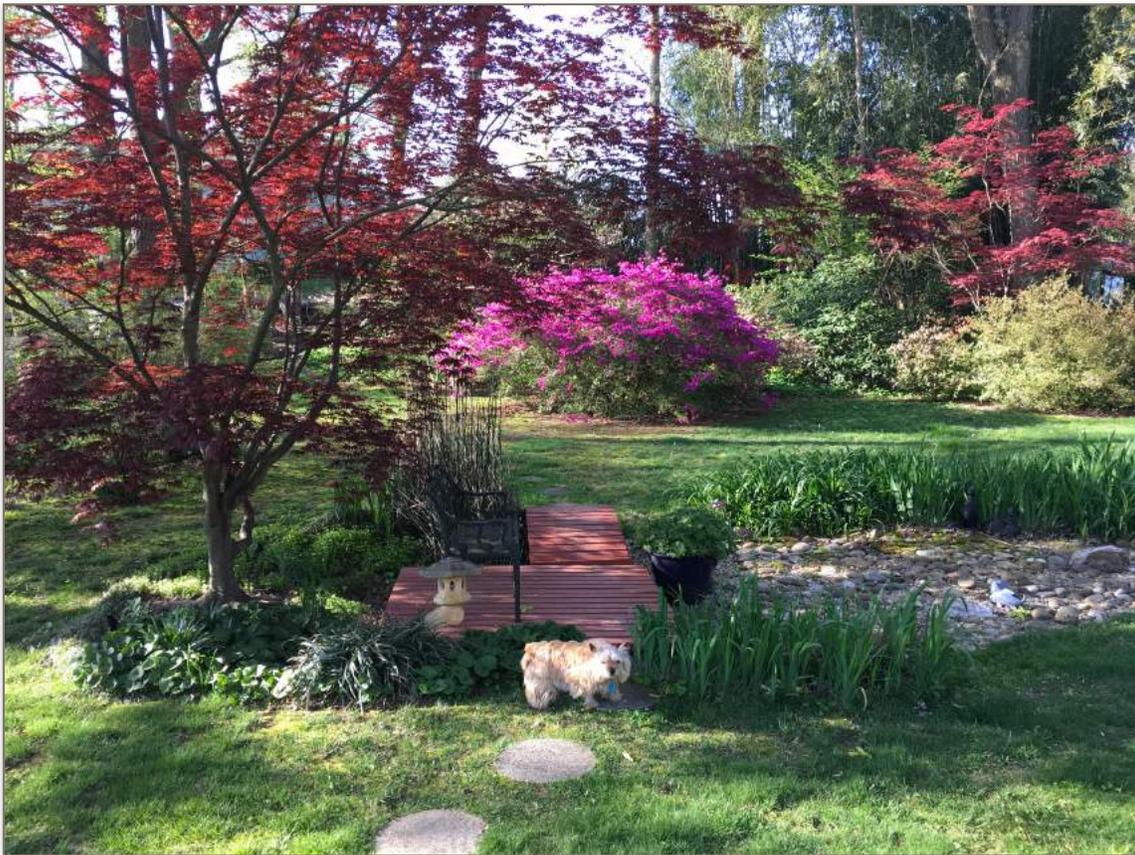
Cares and Concerns

It was with great sadness that Five Hills members learned of the passing away of Dottie Hanson's daughter, Stacey Lorretta Hanson Mobley, at the age of 47. We send our condolences to our long-time member, Dottie Hanson, who now lives in Williamsburg, Virginia.

We also wish to extend our condolences to M'Ellen Alden on the recent loss of her brother.

Beauty from A Member's Garden

Five Hills' M'Ellen Alden thought members would enjoy seeing her prize-winning Azalea (Arboreal Award) in its glorious splendor at the edge of her back woods, and she sent in these photos. Lovely, indeed.



Garden Conservancy Open Days

On **Sunday, June 10th**, four exceptional private gardens will be open in the District of Columbia and nearby suburban Maryland from 10 a.m. to 4 p.m. Two gardens are in Georgetown, adjacent to each other, and the other two are the personal gardens of landscape designers in Chevy Chase and Silver Spring, Maryland.

Below is the announcement, featuring a photograph of the Everett Garden Design Studio and garden, one of the gardens on the tour. All the addresses of the gardens involved are on the flyer. For more details, visit the [Garden Conservancy's Open Days website](#).

Please note: You may begin your tour at any garden. Admission is \$7 per person (the Georgetown gardens are considered as one admission) and the gardens will be open rain or shine.



Everett Garden, Chevy Chase
photo © Melissa Clark Photography

Garden Conservancy Open Days in the DC Area on June 10th

Mark your calendars! On Sunday, June 10th, please join the [Garden Conservancy's Open Days program](#) by visiting four spectacular gardens in the DC area - - two in Georgetown and the other two in suburban Maryland.

Admission is \$7 per garden (in Georgetown the gardens are next to each other and only one admission fee will be charged). Proceeds benefit the Conservancy's preservation and education programs.

Sunday, June 10th

10 am - 4 pm

Rain or shine

For more details, visit

the [Garden Conservancy Open Days website](#)

Garden locations:

1224 and 1228 30th St. NW, Washington
DC (two adjacent gardens, one admission)

Everett Garden Designs Studio & Garden
8 Newlands Street, Chevy Chase MD

Greenheart Gardens Studio and Garden
805 Dale Drive, Silver Spring MD