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

It was one of those March days when the sun shines hot and and the wind blows cold, when it's summer in the light and winter in the shade.

~ Charles Dickens

Those words from Great Expectations describe the month of March very well. "Great Expectations" is also a good description of the anticipation we feel as we take our first spring steps (in rain boots this year!) around our gardens, looking for tender green life popping up. I'm surprised to realize that there are plants that I forget about from spring to spring, but it always makes me happy to be reminded.

Like our gardens, Five Hills members are also *branching out to grow in new directions*, our current garden club theme. It's wonderful that many members have volunteered to lead a group table design for our March meeting, something we have never done before. Thank you for jumping in to try something new! Since we know that our Five Hill friends are supportive of any effort we make for the club, it's easy to volunteer. We also anticipate a lot of laughter and fellowship. This welcoming atmosphere has also encouraged many members to contribute to our horticulture and design table and to take their moments in the sun as they describe their designs and specimens. This truly is a unique group of women and I'm grateful to be a part of Five Hills.

All the best, Julia

Next General Meeting:
Tuesday, March 19

What's Inside

Calendar and Upcoming Events

March Program

"Garden to Vase"

Watch and learn, from your own "Five Hills Five", how to create and appreciate easy in-home designs right from your garden

Our upcoming meeting, Tuesday, March 19, is entitled "Garden to Vase." The theme is to encourage members to become more comfortable with flower arranging. Everyone will have a chance to use their creative powers. Each table will have a "design lead" responsible for the theme, and providing greens & a disposable/non-returnable container. The fun begins when each table is given a spring bouquet and members are asked to "collaboratively" create a table floral design.

Betty Ann Galway has graciously agreed to host the meeting. The following table leads and their selected themes are as follows:

Anne Nelson - "In Like a Lion, Out Like a Lamb…"
Linda Campbell - "Simply Spring" - possibly including herbs
Carolyn Staska - "Flower Power"
Rosemarie Jaksetic - "Welcome Home"
Jane Schmiedekamp - "This Is for the Birds"
Nancy Walker - "The Tea Party"

"Design Leads" may bring greens or anything blooming in their gardens. In addition to a container, the leads should bring oasis, tape, or any other means needed to secure the arrangement.
Members: Bring your flower clippers if you wish to help with the flower design. Once they are complete, all designs will be raffled off for the benefit of our club. Participating in the raffle is optional and low-cost. Please bring cash or your checkbook if you'd like to participate. Thanks.
~ Karen Fleming, Programs

Calendar

Tuesday, March 5	Meadowlark Gardens Volunteers, 9:30 am
Sat-Sun, March 2 - 10	Philadelphia Flower Show
Friday, March 15	District III Meeting, 10 am, Meadowlark Gardens
Tuesday, March 19	Five Hills General Meeting; also NCAGC Awards Meeting
Mon-Tues, Mar 25 & 26	Landscape Design School #4, Merrifield Garden Center, Fair Oaks
Tuesday, April 2	Meadowlark Gardens Volunteers, 9:30 am
Tues-Sun, April 2-7	Field Trip to Charleston, SC
Wed-Thurs, April 3 & 4	Environmental Studies School #3, Columbia, MD
Saturday, April 27	Five Hills PLANT SALE, 8 am - noon

Upcoming Events

Five Hills Plant Sale

All member participation is needed in some way for this major fundraiser to be successful!

Saturday, April 27, 2019

8 am - noon on the Freeman Store lawn, Vienna, VA

Remember to…

- collect shallow cardboard boxes & plastic bags for customers' purchases
- locate your list of plants for sale, along with their significant characteristics
- collect any gently used garden or flower item to sell on a side table (pots, baskets, tools…)
- sign-up at the March meeting or email me now to help on Sale Day. Especially needed are people to help with set-up and pricing from 6:45 - 8 am.
- tell your neighbors & friends about the plant sale
- begin to make your own plant labels on 4" x 6" white index cards. Follow format below.

Plant Label Directions:

YOU, as the plant donor, make all your own plant labels in this way:

On a 4" x 6" white index card, using a dark permanent marker & large letters, compose the label:

Line 1: Common Plant Name (Botanical name is optional)

Example: BEE BALM (MONARDA)

Line 2: Write light needs —"SUN" "SHADE" "PT SUN"

Line 3: Write mature height — GROWS 3 FEET TALL

Line 4: Write color & season of flowers, if any — PINK FLOWERS in SUMMER

Line 5: Write "DEER-RESISTANT" or "NOT DEER-RESISTANT" if you know

Line 6: Write "NATIVE" or "NOT NATIVE" if you know

Line 7: Write anything else significant you want to share —"EASY" "LOVES HEAT"

Note: I will have index cards & wooden stakes to distribute at the next meeting.

If it's raining, I will provide plastic baggies to cover labels.

Needed:

Several fold-up tables for cashiers and our non-plant items for sale

Canopies in case of rain for our cashiers & non-plant items

~ Kathy Nebhut, Ways & Means Chair

Upcoming Events

A Fundraiser Not to Be Missed !!

District III Spring Extravaganza!

Wednesday, May 15, 2019
Doors open at 10 am
Vienna Community Center
120 Cherry Street, NE, Vienna, Virginia

Several clubs may create tablescapes and/or
create gift baskets with marvelous themes for silent auction,
and individual clubs may choose to set up their own ways & means table to support their club.

Enjoy refreshments upon arrival, later savoring special tea delicacies.

Proceeds will benefit the W&OD Railroad Regional Park Trail and also offer District III funds for club grants.

***To get additional information on tablescapes & sign up to volunteer your club for a themed gift basket for silent auction, or to volunteer for a ways & means table contact*:**
Nancy Moats, smoats5555@aol.com

Tickets available for $25 at District III March 15 meeting at Meadowlark.

Jane Razeghi, District III Treasurer, will be selling tickets…until they are all sold! jrazeghi@gmu.edu

More details in District III Newsletter shortly.

Upcoming NGC Schools Events

Landscape Design School — Course #4 — Monday & Tuesday, March 25 & 26, 2019
Registration Information Here

Environmental School — Course #3 — Wednesday & Thursday, April 3 & 4, 2019, hosted by Maryland Federation in Columbia, Maryland Registration information click here

Gardening School — Course #2 — Tuesday & Wednesday, May 21 & 22, 2019 Registration Information click here

Please note that the May Gardening Studies School conflicts with the Five Hills Plant Exchange meeting.

Garden Therapy

Garden Therapy projects need 7 oz. tuna cans to be used as floral containers.

Please bring your clean cans to the general meeting, and give them to Janet Kremer.

Thanks for your help. The residents at Braddock Glen appreciate the floral arrangements made, and placed on their dining room tables.

Excited about the Plant Sale? Wouldn't it be fun to . . . ?

Remembering Ellaveen Barmby

A beloved member of Five Hills Garden Club, Ellaveen Barmby passed away on February 24, 2019. For more than 50 years she was highly involved in our garden club as well as NCAFGC. We will miss her sweet smile and wise counsel. A celebration of her life is planned by her family at a later date, and a more detailed article on her activities as a Five Hills member will be coming in a future issue of Sow and Tell.

"Blue, Blue, my Love is Blue" — Where to find Virginia's Bluebells (and Other Spring Ephemerals)

Finding a beautiful, peaceful place to contemplate Life and Nature is not hard to do in April in Virginia. Here are a few venues to find breathtaking stands of bluebells and other spring ephemerals:

Bull Run Regional Park, internationally recognized, in Centreville area
Cub Run Stream Valley Trail, Centreville
Management Area in Nokesville (Bluebell Festival is April 7)
River Bend Park in Great Falls ~ spectacular displays of spring blooms
Fern Valley at the National Arboretum in Washington, DC
Turkey Run Park in McLean
Scott's Run Nature Preserve in McLean
The C & O Canal and Rock Creek Park
Balls Bluff, Leesburg

According to Nancy Hugo, writing about the first VNPS Wildflower of the Year (1989), "Other wildflowers that grow and bloom with Virginia bluebells include spring beauty, Dutchman's-breeches, Toothwort, Rue-anemone, Trout-lily, Wild ginger, and Violets. Redbud, Serviceberry, and Dogwood also celebrate spring with the Bluebells.

Create a bit of blue heaven in your own garden. Bluebells will grow even in drier garden soils, although their native habitat are floodplains. William Cullina says they are only "moderately difficult to propagate from seed, so pick the seeds as they begin to darken." Either plant outside or cold-stratify for eight months. (See "Cullina's Growing and Propagating Wildflowers of the United States and Canada", Houghton Mifflin 2000 for more details).



A Rose is a Rose is a Rose … but a Daffodil is a Narcissus

~ Ann Balch

Did you know that the genus for daffodils is Narcissus? Not only that, but for judging in a show, there are thirteen classifications of Narcissus called "Divisions". When displaying Narcissus in shows, it is proper to note the Division of your specimen. As defined by the Royal Horticultural Society in England and adopted by the American Daffodil Society, the Divisions are shown in the table below. Some of the divisions are based purely on physical characteristics; others are related back to the species of Narcissus from which the cultivar was developed or hybridized.

First a little nomenclature: The **corona** of a daffodil is the trumpet of the flower. The **perianth segments** are the petals surrounding the trumpet..

Number	Division Name	Characteristics
1	Trumpet cultivars	One flower to a stem; corona as long as, or longer than, the perianth segments
2	Large-cupped cultivars	One flower to a stem; corona more than one-third but less than equal to the length of the perianth segments
3	Small-cupped cultivars	One flower to a stem; corona not more than one-third the length of the perianth segments
4	Double cultivars	One or more flowers to a stem, with doubling of the perianth segments or the corona or both
5	Triandrus cultivars	Usually two or more pendent flowers to a stem; perianth segments reflexed (swept back)
6	Cyclamineus cultivars	One flower to a stem; perianth segments significantly reflexed; flower at an acute angle to the stem, with very short pedicel ("neck")
7	Jonquilla and Apodanthus cultivars	One to five flowers to a stem; perianth segments spreading or reflexed; flowers usually fragrant
8	Tazetta cultivars	Usually three to twenty flowers to a stout stem; leaves broad; perianth segments spreading, not reflexed; flowers fragrant
9	Poeticus cultivars	Perianth segments pure white; corona very short or disc shaped, not more than one fifth the length of the perianth segments; corona usually with a green and/ or yellow center and red rim…; flowers fragrant
10	Bulbocodium cultivars	Usually one flower to a stem, perianth segments insignificant compared with corona; filament and style are usually curved

Horticulture

Number	Division Name	Characteristics
11a	Split corona cultivars – Type A	Corona split, usually for more than half its length. Type A or "Collar" cultivars have the corona segments opposite the perianth segments; corona segments usually in two whorls of three.
11b	Split corona cultivars – Type B	Corona split, usually for more than half its length. Type B or "Papillon" cultivars have the corona segments alternate to the perianth segments; the corona segments usually in a single whorl of six.
12	Other cultivars	Those which do not fit the definition of any other division.
13	Species cultivars	All species and wild or reputedly wild variants and hybrids.

Daffodils can also be described by the color of the perianth followed by that of the corona. W = White, G = Green, Y = Yellow, P = Pink, O = Orange, R = Red. So the daffodil pictured on the left above would be **Division 1W-W**; on the right, we have **Division 23W-P**.

It's fun to grow and show daffodils representing different divisions and having different colors. It also makes a lovely bouquet on your kitchen counter! **In March and April, let's see how many Divisions we can represent on our Horticulture Table.**

An excellent reference is the catalog of **Brent and Becky's ,** which lists and describes their Narcissus offerings in this way, a good place to see examples of each division. A free catalog can be requested at https://www.brentandbeckysbulbs.com/.

Also for more information, visit the website of The American Daffodil Society, https://daffodilusa.org/.

(Information for this article has been gleaned from the two sources mentioned above.)

Horticulture Projects

In March and April, let's see how many Daffodil Divisions, described above, that we can represent on our Horticulture Table.

Design Theme: 'Wearing o' the Green'

Design: Make a green corsage and wear it home.

Conservation Article by Elizabeth Huebner

Phytoremediation

Just returned from the Philadelphia flower show and for me, one of the most impressive exhibits was a phytoremediation plot demonstrating the removal of certain contaminants from the soil by plants.

Around the world, there is an increase in areas of land, surface waters and groundwater affected by contamination from industrial, military and agricultural activities, either due to ignorance, lack of vision, or carelessness. The build-up of toxic pollutants (metals, radionuclides and organic contaminants in soil, surface water and ground water) not only affects natural resources but also causes a major strain on ecosystems. Remediation of contaminated sites using conventional practices, such as 'pump-and-treat' and 'dig-and-dump' techniques, is often expensive, has limited potential, and is usually only applicable to small areas. Additionally, these conventional approaches to remediation often make the soil infertile and unsuitable for agriculture and other uses by destroying the microenvironment. Hence there is the need to develop and apply alternative, environmentally sound technologies (ESTs), taking into consideration the probable end use of the site once it has been remediated.

How Does Phytoremediation Work?

Phytoremediation ('Phyto' means plant) is a generic term for the group of technologies that use plants for remediating soils, sludges, sediments and water contaminated with organic and inorganic contaminants. Phytoremediation can be defined as "the efficient use of plants to remove, detoxify or immobilize environmental contaminants in a growth matrix (soil, water or sediments) through the natural biological, chemical or physical activities and processes of the plants". Plants are unique organisms equipped with remarkable metabolic and absorption capabilities, as well as transport systems that can take up nutrients or contaminants selectively from the growth matrix, soil or water. Phytoremediation involves growing plants in a contaminated matrix for a required growth period, to remove contaminants from the matrix or facilitate immobilization (binding/containment) or degradation (detoxification) of the pollutants. The plants can be subsequently harvested, processed and disposed.

Plants have evolved a great diversity of genetic adaptations to handle the accumulated pollutants that occur in the environment.

Growing and, in some cases, harvesting plants on a contaminated site as a remediation method is a passive technique that can be used to clean up sites with shallow, low-to-moderate levels of contamination. Phytoremediation can be used to clean up metals, pesticides, solvents, explosives, crude oil, polyaromatic hydrocarbons and landfill leachates. It can also be used for river basin

Photo: Cabbage plantation growing close to a zinc smelter in Silesia, Poland. As a result of a smelt activities, lead concentration was highly increased in the soil and then picked up by several crops in the surrounding areas. (Photo: IETU)

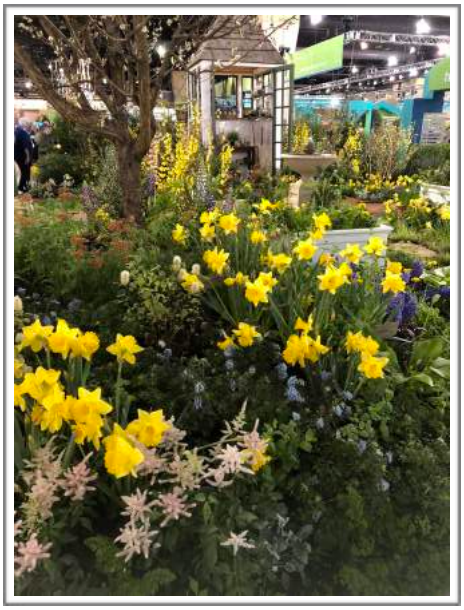
management through the hydraulic control of contaminants. Phytoremediation has been studied extensively in research and small-scale demonstrations, but full-scale applications are currently limited to a small number of projects. Further research and development will lead to wider acceptance and use of phytoremediation.

How Does Phytoremediation Work?

There are several ways in which plants are used to clean up, or remediate, contaminated sites. To remove pollutants from soil, sediment and/or water, plants can break down, or degrade, organic pollutants or contain and stabilize metal contaminants by acting as filters or traps.

The uptake of contaminants in plants occurs primarily through the root system, in which the principal mechanisms for preventing contaminant toxicity are found. The root system provides an enormous surface area that absorbs and accumulates the water and nutrients essential for growth, as well as other non-essential contaminants. Researchers are finding that the use of trees (rather than smaller plants) is effective in treating deeper contamination because tree roots penetrate more deeply into the ground. In addition, deep-lying contaminated ground water can be treated by pumping the water out of the ground and using plants to treat the contamination.
Plant roots also cause changes at the soil-root interface as they release inorganic and organic compounds (root exudates) in the rhizosphere. These root exudates affect the number and activity of the microorganisms, the aggregation and stability of the soil particles around the root, and the availability of the contaminants. Root exudates, by themselves can increase (mobilize) or decrease (immobilize) directly or indirectly the availability of the contaminants in the root zone (rhizosphere) of the plant through changes in soil characteristics, release of organic substances, changes in chemical composition, and/or increase in plant-assisted microbial activity. Phytoremediation is an alternative or complimentary technology that can be used along with or, in some cases, in place of mechanical conventional clean-up technologies that often require high capital inputs and are labor and energy intensive. Phytoremediation is an in-situ remediation technology that utilizes the inherent abilities of living plants. It is also an ecologically friendly, solar-energy driven clean-up technology, based on the concept of using nature to cleanse nature.

A list of plants common to this area can be copied and circulated if members are interested, along with how each works, as well as a list of contaminants that are removed or stabilized. In addition, we learned that Williamson College of the Trades in Media, PA takes in 100 qualified young men each year and teaches those in the horticulture program phytoremediation and removal of contaminants from the environment. They say the process is slow, but Great Falls, VA, had a contamination problem from one of the gas stations that threatened 31 homes' wells; it took 4 years and constant monitoring to pump out water from the aquifer, filter it and remove it. Seems like that is a slow process, too.



Philadelphia Flower Show !!

Members have sent in some nice photos taken on their recent field trip to the Philadelphia Flower Show. Many thanks to Barbara Tozzi for leading this yearly adventure.

Pictured below in the VW photo, Darla Anderson, Carolyn Staska, Shelia Creswell and Dottie Hanson, with Julia Smith out-riding. Also attending the Show, Ronnie Levay, Muriel Turner, Lisa Adelman, Elizabeth Huebner, Carol Bolon, and others.

REGISTRATION FOR MEMBERSHIP - FIVE HILLS GARDEN CLUB
2019-2020

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, 2019**.

Signature: _____

Please mail this application, with a check payable to Five Hills Garden Club to:
Shelia Creswell Membership Chair
404 Millwood Ct. SW, Vienna VA 22180
(703) 255-3258