

Sow and Tell

March, 2025
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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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P R E S I D E N T ' S M E S S A G E

This is an exciting time for all gardeners. The promise of warmer days and blooming gardens fills us with anticipation and joy. Preparing our gardens for the new season is the perfect time to think about what to plant. In case you are considering adding some vibrant annuals or hardy perennials to your garden beds, you will be happy to know that Cary is working with Babikow again this year to organize a group purchase just in time for the planting season.

I want to remind everyone that the District III meeting will be held on March 27 at Meadowlark Gardens. This will be an excellent opportunity to connect with fellow gardeners across the district. I encourage all members to attend.

I would like to extend a heartfelt thank you to Ann Carter for organizing our trip to the Philadelphia Flower Show. Her efforts in coordinating this event are greatly appreciated. Those who went had a wonderful time soaking up the beautiful exhibits and doing a little shopping!

Mark your calendar for an exciting field trip to Hillwood Estates on April 17. This visit will offer a unique opportunity to explore the beautiful gardens and learn about the estate's rich history. I hope many of you will join us for this enriching experience.

We bid farewell to Lura Marshall with mixed emotions. She has been an integral part of our community, and her contributions have left a lasting impact. We wish her all the best in her new home.

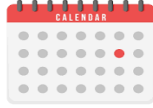
Thanks to all of you for your continued support and dedication to our club.

Happy Gardening!

Joy

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CALENDAR OF UPCOMING EVENTS

Mar 11	Board Meeting
Mar 18	General Meeting
Mar 27	District III Meeting
Apr 8	Board Meeting
Apr 8	NCAGC Meeting
Apr 15	General Meeting
Apr 17	Field Trip to Hillwood Estates & Gardens

NOTE: All general meetings at Vienna Presbyterian Church will be held in the Fellowship Hall on the first floor.

MARCH 18, 2025 PROGRAM ENCOURAGING SUSTAINABILITY LOCALLY



Photo from the Town of Vienna website of Glyndon Park

The Town of Vienna established its Conservation and Sustainability Commission to encourage residents, local businesses, and the local government to undertake conservation and sustainable practices. Chair Patricia Mertz Esswein and recent past Chair Christina Caplan will speak about the ways the commission engages in education and outreach, develops community initiatives, and plans and recommends policies and programs to the Town Council. Recent initiatives they will discuss include setting up town composting at the Saturday farmers' market and efforts to preserve and manage Vienna's tree canopy.

Val Plisko

HORTICULTURE



Horticulture: Bring in an early blooming spring flower bulb.

Design: Create a teacup or mug design using small blooming spring flower bulbs.

Jane Schmiedekamp

WAYS AND MEANS



Or
Let's Call a Spade a Spade!

Calling all gardeners who are anxious to start digging in the dirt—here's your golden opportunity to do it in style. Five Hills will be selling Spear Head Spades at the affordable price of \$60.00. So that we can order in time for Spring gardening, please be prepared to let us know how many you would like at the March meeting. There will be one for you to inspect at the meeting also. Help us make this fundraiser a success!

Also, keep purging and saving items for the May 17 yard sale. Thanks,

Roberta Lewis and Carolyn Staska

GARDEN THERAPY

Our next Garden Therapy Session will be Tuesday, April 1, 2025, 9:45AM-11:30AM, covering a two-part "April Showers" and "Brings May Flowers" program.

We will be planting an assortment of Herb starters in the raised bed planters outside the Chesterbrook Dining Room, as requested by the Garden Therapy participants.

Our last Garden Therapy session of this year will be Tuesday, June 3rd, 2025, program not yet decided.

Volunteers are needed for both sessions. Please use the Signup Genius link in the box below to add your name to our Volunteer group if you are interested in assisting with one or both of these programs.

Garden Therapy 2024-25
signupgenius.com



Click on signupgenius.com, scroll to either 04/01/2025 for April signup or 06/03/2023 for June signup and click on "Sign Up". Then go to the next screen to type in your name and any comments and click "Sign Up Now" to confirm you volunteered for the date you prefer.

We meet in the front lobby at 9:45AM and proceed down the hall to the elevator, then down to the lower level to the Activities Room. Please Google or Safari for the directions:

Chesterbrook Assisted Living
Residences
2030 Westmoreland Street,
Falls Church, VA 22043

Carla, Life Enrichment Director
703-531-0781

If you are waiting to see what Garden Therapy is all about, please sign up to volunteer with us.

Hope to see you there.

Lura Marshall and Anne Nelson

FIELD TRIP TO HILLWOOD ESTATE, MUSEUM AND GARDEN



Date: Thursday, April 17

Address: 4155 Linnean Ave NW, Washington, DC 20008

Time: 10:30 am – Mansion Tour
11:30 am – Garden Tour
1:00 pm – Lunch at Hillwood's Merriweather Café

Admission

Prices: \$15.00 for seniors; \$18.00 for non-seniors

Our next field trip will take place on Thursday, April 17, 2025 when we will have both a mansion tour and a garden tour of Hillwood Estate. These two tours will be followed by lunch at The Merriweather Café, which is on the grounds of the Estate, for those of you who would like to have lunch there.

The lunch at the café will cost anywhere from \$15.00 - \$30.00. Please feel free to bring a bag lunch if you would prefer.

Please let me know if you would like to carpool to the event with anyone in particular. My phone number is 703-307-0444. My email address is: candacedibblee@gmail.com.

I am very much looking forward to this field trip.

Candace Dibblee

CIVIC

Calling All Gardeners! Spring is on its way and it's time to beautify Glyndon Garden. Please join us on Tuesday, April 1st from 9:30am -10:30 A.M. We will meet at the Glyndon Street Park Garden. Please bring hand cutters, pruners, hand spades, rakes, and a recyclable leaf bag. Don't forget your gloves, water and a good April Fool's joke. Everyone is invited and all are needed. Join the fun and make a difference!



Does anyone have a beautiful picture of the Glyndon Garden? If so, please send a copy to lisa.rzepka@gmail.com. We are in the process of updating our website to include a listing of plants in the Glyndon Garden.

A picture of the garden in its various stages of beauty will be used to link the plant list. Thanks in advance for your help!

Lisa Rzepka

CONSERVATION

THOUGHTS ON SCENT

While at the Philadelphia Flower Show, a couple of us were in front of a plant that made us back up; it smelled foul. In another environment it would have attracted flies to pollinate it.

But scent can lift your spirits, magically. It is elusive, sometimes there, sometimes not. Sometimes you must stick your nose in a flower and sniff, which you really can't keep up for very long. Sometimes it's there on a breeze, but gone if you enthusiastically have a big sniff to try to catch it again. Sometimes it needs warmth. Sometimes it ages horribly. Sometimes people hate it. Can't bear lilies? I can't get enough – but it's still quite elusive after the first burst. Violets are especially wicked – they numb your nose so you just can't have a second go.

And, in the garden, too many things which are scented, or reputed to be scented, are at your feet and quite inaccessible to a nose, five feet up. However, one can cut flowers and move them up closer to one's nose and the scent can please your nose for a few days. This time of year, Hyacinths

can be in a pot and later planted outside for next year's beauty in the garden and deer are not fond of them. If you have Mahonia in your garden, bring in some blooms. It will keep the flowers from going to seed and will give you some daily scent pleasure. Witch Hazel is another fragrant addition to the garden this time of year as well as some Camellias which can be stunning when you suddenly come across one in bloom.

On a warm summer evening I love walking by 4 O'Clocks in the garden as they can envelop one in their lovely scent and they attract many bugs and hummingbirds to them. I have watched hummingbirds early in the morning going to 4 O'Clocks to catch the bugs that fell asleep in the flowers and the flowers often stay open until 10 AM.

The idea for this article came from Garden Rant. Garden Rant was founded in June 2006 by Susan Harris, Elizabeth Licata, Michele Owens and Amy Stewart. I encourage all of you to check out their site.

Elizabeth Huebner



"It is a golden maxim to cultivate the garden for the nose, and the eyes will take care of themselves."

Robert Louis Stevenson

MEMBERSHIP

Our club is collecting dues for the year September 2025 to July 2026. **The deadline for paying dues is March 31st.**

Active members - \$70.00

Associate Members - \$75.00

Description of each membership is explained in our Club's yearbook.

Checks can be given to me at the March meeting or mailed to me at the address below. Please make the checks payable to Five Hills Garden Club.

Valerie Warriner
13479 Lake Shore Dr.
Herndon, VA 20171

This is the time members need to review their information in the current yearbook making sure all information is correct. If correct, please let me know at our meeting or email me at (wwarriner@aol.com) indicating No Changes. If updating is necessary, please complete a Registration form. I can provide a copy of the form at our meetings or you can request a copy of the form electronically. If you have any questions or need help, please feel free to contact me.

Valerie Warriner

In Memory of Dan Walker



When the spouse of a member passes away, Five Hills Garden Club collects voluntary contributions to a charity of their choice. Nancy Walker has identified The Committee for Helping Others (CHO) as a local entity that Dan supported. There will be an envelope at the March meeting for those who would like to donate. You may make out a check to CHO or bring cash and Five Hills will send a check.

Nancy wishes to thank all of those who sent cards and brought food.

Five Hills Garden Club Suggestions for Programs and Field Trips for 2025-2026

For the coming program year starting October 2025, we want to solicit your ideas for what programs and field trips would interest you and solicit suggestions for specific speakers and places to visit. We would like to develop programs and trips around Joy Salpini's theme of gardening sustainability; that theme is wonderfully broad and can cover many topics and other ideas are of course welcome.

Please use this form or drop us an email as ideas/suggestions arise. All ideas are welcome.
Thank you.

Member's name:

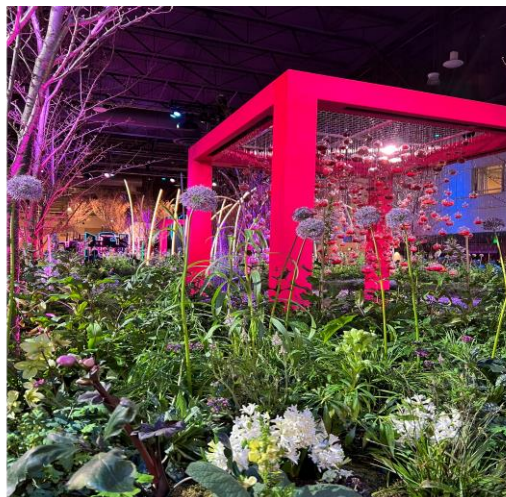
1. Idea for a Program:
2. What is the topic primarily about?
 - ☐ Conservation and protecting the environment
 - ☐ Floral design
 - ☐ Gardening
 - ☐ Landscape design
 - ☐ Other
3. Suggested speaker and any contact information (website, email, phone number, etc.) you may have:
4. How did you hear about this speaker?
 - ☐ Attended a program
 - ☐ Read about the speaker
 - ☐ Recommended by another club
5. Idea for a Field Trip:
6. Location for a Field Trip:
 - ☐ Local Day Trip
 - ☐ Overnight

Programs: Val Plisko plisko@msn.com 703 282 0384

Field Trips: Candace Dibblee candacedibblee@gmail.com 703 307 0444

PHILADELPHIA FLOWER SHOW “GARDENS OF TOMORROW”

Nine members of the Five Hills Garden Club visited the Philadelphia Flower Show and enjoyed an early morning private tour on March 4. Below are some of the beautiful exhibits we viewed. Enjoy!



The PHS Philadelphia Flower Show Cup for Best in Show – Floral was awarded to Jennifer Designs for “Welcoming Wildlife Home.” This whimsical floral exhibit featured large animals and insects crafted from plant materials gathered at a dining table. It highlights the crucial role of wildlife in maintaining a healthy ecosystem and demonstrates how thoughtful plant choices and habitat creation support biodiversity and ecological balance.



2025 Five Hills Garden Club Wholesale **PRE-ORDER** Plant Sale

Price includes taxes and delivery

(This is not a fundraiser; this is a club service)

HOW TO ORDER: Order by using this form, 1. scanned and emailed back OR 2. text a picture of completed forms OR 3. send an email with your order. cary@caryfvu.com cell # 703-861-8259 PAY AT PICKUP .

DEADLINES/DELIVERY: Orders by March 28 for **GUARANTEE INVENTORY**. Looking for delivery first or second week of May- it depends how the plants are growing. Shooting for May 1

PICKUP: Plants will be arranged into orders. Your name and cost will be on a sheet placed with orders.

Address: 4409 Jayson Lane Annandale VA 22003 Question: Call Cary cell #703-861-8259

HOW TO PAY: check to Cary Fichtner-Vu; Venmo to Cary Fichtner-Vu@caryfvu, Zelle by cell # 703-861-8259

PLEASE PAY ATTENTION TO MINIMUMS: Minimum are half flats

Annuals- 9 – 4” pots (Flats 18 – 4”) **OR 7- 4.5” pots** Perennials- ½ flat= 6- quarts (Quarts are in flats of 12); 2 Gallons -no minimums. The minimums are per variety, cant mix varieties.

Additional info: H= height, spread, Sun, Shade, sun and part shade= S/S, * native.

Annuals

\$13.50 per ½ flat (9 plants)- ½ flat minimum per variety (mix or match).

Ageratim (H 5-8”, spread 8-12” Sun) Aloha Blue____

Alyssum (H6-10” Spread12-14” S/S) Clear White ____ Mix of Lavendar____ Easter Bonnet mixed____

Begonia Super Olympia (GREEN LEAVES) (H6-8” Shade) Pink__ Red__ Rose__ White__ Mix__

Begonia Cocktail (BROWN/GREEN LEAVES)(H6-8” Shade) Red____ White____ Pink____

Cosmos (H 12-24” Sun)pink shades____ white____ purple____

Coleus (H12-14” shade) Wizard Mix____

IMPATIENTS!!!!(mildew free, H 6-10 “ Shade) Red__ White__ Formular Mix__ Sanibel Mix(purple, red, pink)____

Marigold (H10-12” Sun) Fireball, multi color____ Safari yellow fire____

Petunia Grand Variety (H6-10” Spread 8-12” Sun) Mix__ Red__ White __ Violet__ Rose__

Salvia(H10-12” Spread 8-10” Sun) Vista Red____ Vista White____ Mix____

Vinca (H5-6 “ Spread 6-10” Sun) Titan Mix

Zinnia (H 18-24” Sun) Zesty Mix____

We can get all kinds of Caladiums- look on line.

\$20.00 per ½ flat (9 plants)– ½ flat minimum order per kind of plant

Begonia Dragon Wings (H8-12” Shade & S/S Pink____ Red____

Petunias Wave (H 6-12” spread 24-36” Sun) Mix Formula Mix (white, pink, red)____ Great Lake mix (red, pink, purple)____

THE MOST GORGEOUS Flowering Hanging Baskets

10” \$17.00

Begonia Dragon Wings ____ **Fushia** ____ **Ivy Geranium** ____ **Calibrachoa**(little petunia) ____ **Lantana**____ **Geranium**____

Sunpatients____ 17.00 x ____ = ____

You can tell me what colors you prefer- but it isn’t guaranteed!

Perennials – Look at Individual Prices

Quarts require 6 minimum. 2 Gallon- No Min

***Coreopsis** -(April-June bloom, H12-15", Spread 18-24" Sun) (tickweed) Nana (most compact) ____ Jethro Tull ____
\$4.50 each quart (6 minimum per kind) Total # ____ x \$4.50 = ____

Digitallis (Foxglove)- Foxy(most compact, H 24", spread 12-18" S/S) ____ Grandflora (yellow,H24-36",spread 12-18" S/S)____ \$6.50
 per gallon (no minimum) **Total # ____x\$6.50 = ____**

***Echinacea**-(cone flower) AVAILABLE NOW: Magnus (purple) ____ Ruby Star____ Prima Donna(white)____ Deep Rose ____
 Rockytop____**5.50 each quart** (6 minimum per kind) Total # ____ x **\$5.50 = ____** **Other varieties avail July**

***Gaillardia**- Blanket Flower Arizona Red (clustered H 10-14" spread 10-12" Sun) **\$6.50 per gallon ____ x \$6.50 = ____**

Huge selection of **Hostas**, all in gallons with no minimums- call me for choices/prices.

Helleborus –Lental Rose All Gallons (no minimums per type- gallons) Clustered types that spread and re produce 12-18":
Brandywine____ PineKnot(mixed colors) ____\$13 each x ____ = ____ STUNNERS Do Not re produce 18-24" - Annas Red (
New)\$18 each x ____ = ____ Pennys Pink(New) \$18.00 each x ____= ____

Hemerocallis Daylily- All Ever bloomers (H 18-24", spread same S/some Shade All Gallons **\$ 9.00 per (no minimum per type) :**
 Strawberry Candy____ Happy Returns____ Pardon Me____ **Total # ____ x \$9.00 each = ____**

Iberis- Candytuft Purity (H6-8" spread up to 12" S/S) **\$4.50 a quart ____ x \$4.50 = ____**

Iris- Caesars Brother(violet, H18-24") **\$7.50 per gallon(no minimum) ____ x \$7.50 = ____**

Liatris- (H 36-60", violets) Spicata **\$6.50 per gallon ____ x = ____**

Lavandula Lavendar- Hidcote (dwarf) **\$4.50 per quart** (minimum 6 quarts) ____ **X \$4.50 = ____**

Leucanthemum Becky – **Shasta Daisy** (H36-48" spread 24-36")**\$6.50 per gallon x ____ = ____**

Paeonia all 2 gallons **\$16 each (no minimum)** Karl Rosenblum (red)____ Sara Bernhardt(pink)____, Shirley Temple (white)____ **Total #**
____ x 16.00 = ____

***Rudbeckia Little Suzie dwarf variety** (H 15-18" S) **\$4.50 per quart(6 quart minimum) x ____ = ____**

***Verbena homestead purple** **\$4.50 per quarts (6 minimum) x ____ = ____**

* **Veronica Georgia Blue** (H12-15" spread 6-10") **4.50 per quart** (6 quart minimum) ____ x ____ = ____

* **Veronicastein Virginicum** (H4-6') **\$6.50 per gallon** (no minimum) x ____ = ____

***CLIMBERS:Trumpet Vine** (H3-8' S) (no minimum) \$10.00 per gallon x ____ = ____

Name: _____ Cell Phone: _____
 Email Address _____

ANNUALS: Total # of 1/2 flats _____ X \$13.00 = _____

Total # of 1/2 flats _____ X \$20.00 = _____

HANGING BASKETS: Total # hanging baskets _____ X \$17.00 = _____

PERENNIALS: Total # perennials (mark it on the right side of page) _____ total cost of perennials _____
 Total Cost _____