

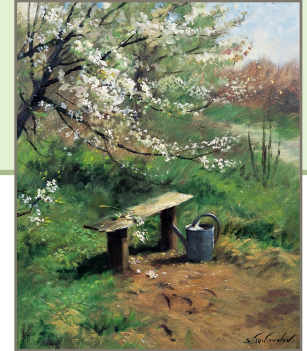
# Sow and Tell

Volume 56, Issue 7, March 2017

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

"I love spring anywhere, but if I could choose I would always greet it in a garden."

~ Ruth Stout

Is spring really here? The daffodils and other spring flowers think so. March has been very fickle. Unfortunately some buds that came out in February have been nipped by a few cold nights. However, I am being optimistic that we won't have any more damaging weather. A little rain would sure be nice. I have tried to water new plantings, but they really need a good soaking rain.

Doesn't it feel wonderful to be able to be out in your garden again? I love seeing my old friends popping out of the ground. Unfortunately, the weeds are there, too, and with a vengeance. I put leaf mulch in some of my gardens last fall, and it has really made a difference in the amount of weeds in those gardens.

I have been attending seminars and presentations about gardening the past few weeks. It is wonderful to see many of our Five Hills members in attendance also. We have so many beautiful gardens in our club family because we are continually learning about plants and garden ideas. There are now many alternatives to chemicals in our gardens.

Please start saving your unwanted treasures for our yard sale. Our date is Saturday, May 6. Keep your fingers crossed that it is a beautiful spring day. We will hold our yard sale again at my home on the corner of Lawyers Road and Garrett Street. Kathy Nebhut and Trish Phillips are co-chairing the event. We had a lot of fun last September, so mark your calendar and plan to spend the day together. Don't forget to share some of your extra plants at the yard sale and also at our plant exchange in May.

Fondly, Noreen

## Calendar

Tuesday, March 14, FH Board Meeting, cancelled due to snow  
Tuesday, March 21 FH General Meeting, 9:30 a.m.  
Sun-Mon, April 9-10, Overnight Trip to Brent and Becky's  
Thurs-Fri, April 20-21, Environmental Studies School  
Saturday, May 6, FH Yard Sale, 8 to noon  
To be announced — upcoming Bluebell Walk — stay tuned!

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## March 21 Program: Joyce Overholtzer ~ Ikebana Design

As we welcome spring, Joyce Overholtzer will present a design program using the techniques of the Sogetsu School of Ikebana design. Joyce is a fabulous designer, and utilizes unusual materials in her ultra-modern creations. Joyce is a Master Judge of the Sogetsu School of Ikebana design, as well as Master Judge in National Garden Clubs, Inc.



## Five Hills to Host a Yard Sale!!

May 6, 2017! 8 to 12 noon

Our September yard sale succeeded in raising money for our wonderful new sound system. On May's first Saturday we will hold another sale, also at Noreen Linnemann's house, from 8 to noon (rain date is May 13th, 8 to noon). Please begin to set aside items to donate. Just about anything goes! If you have a fold-up table, and/or rolling racks to display clothes and items, please let us know. We need a lot of them! Details to come, but for now please set May 6 aside for helping with the sale. Thanks!

Kathy Nebhut and Trish Philips  
Yard sale co-chairs



## “Your Landscape as Habitat: The Case for Native Plants” Monday April 17, 1:30 to 3 p.m.

The Patrick Henry Library in Vienna will be hosting Laura Beaty and Donna Murphy of the Potowmack chapter of the Virginia Native Plant Society for a program titled **“Your Landscape as Habitat: The Case for Native Plants”** on Monday, April 17, at 1:30 pm at the Patrick Henry Library at 101 Maple Ave. East in Vienna.

Join Laura Beaty and Donna Murphy for a presentation on why conversion of lawn into wildlife habitat, using locally native plants, is an increasingly popular movement.

Register online or by phone starting March 18.  
[www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)  
703-938-0405 ext 4

Caroline Labbe, Librarian, 703-242-5282

## Bluebells!

Five Hills Members, please stay tuned for details of a future “spontaneous” field trip hike to view the local bluebells, spring beauty and other spring ephemerals when they are at their peak. We will be sending out an email as to the date, time and place when they become firm.

*(pictured, spring beauty and bluebells)*

## ENTER A PHOTO CONTEST !

The NCAGC invites its member to enter their International Photography Competition. You have until April 15 to enter your favorite nature photos — as many as three. See below for more details:



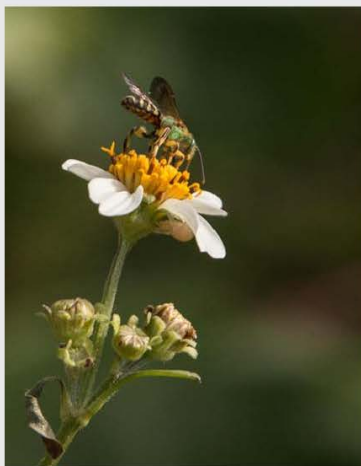
### National Garden Clubs, Inc.

International Photography Competition for NGC Members and Affiliates

*"Look deeper into Nature and you will understand everything"*

Albert Einstein

*A MACRO or CLOSE-UP of something in nature that brings understanding about the web of life*



**For more information:**  
arabellasd@aol.com

The contest is open

**MARCH 1 - APRIL 15, 2017**

All the submissions will be juried.

The 24 highest scoring images

will be displayed

in Richmond VA

May 16-21, 2017

at the NGC Convention

Submit entries on-line –

Login at

<http://cgburke.com/ngc/>

This competition is open to members of National Garden Clubs, Inc. and its affiliated organizations.

**Fees:**

You may enter as many as 3 images. There is no charge to enter.

**Image Preparation Guidelines:**

All images must be submitted in the "JPG" format.

**Image Resolution:**

Each image must have a minimum resolution of 300 pixels per inch.

**Dimension:**

When the image resolution is 300, the maximum allowable dimensions for an image is 14 inches (4200 pixels) on the long side and 11 inches (3300 pixels) on the short side.

For images having a resolution greater than 300, a proportional increase in their dimensions is allowed. As an example, for an image with a resolution of 350 pixels per inch, the long side dimension may be 4900 pixels and the short side may be 3850 pixels.

**File size:** minimum 1.5 Megabytes

### NCAGC 2017 Conference: "Plant America — Let's Grow Together"

The Conference dates are June 9-10 and will be held at Kenwood Country Club, River Road, Bethesda. There will be a dinner and program, workshops, speakers and meetings. This is a great opportunity to catch up with friends and try something new!

For more information and to register, visit their website: <http://website--ncagardenclubs.org/>

**Spring is Coming, So... Why Not Plan A Little “Fun with Friends”??**

**Save the Date: June 8, 2017 for a Joyful Day Trip**

Some of you may have heard about how much fun your fellow members had at the District III December 7<sup>th</sup> Tour of Maymont and Ginter Gardens. The fellowship among other District III and others was wonderful and the food was beyond imagination!

Let’s plan now. Ask a few of your friends if they’d like to go on this day bus trip to two of the most beautiful gardens in PA: The **Chanticleer** and the **Barnes**!!

Car pool to the pickup point together, enjoy the ride, the scenery along the way, and the tours of these beautiful gardens. A brunch greets you soon after boarding the luxurious bus, a picnic lunch will be provided at the Barnes, and appetizers and other goodies will make the ride back to Virginia, one you’ll remember for months to come.

On the next page, learn a little of the **history** and various types of gardens that you’ll see on the tour!

**Date: June 8<sup>th</sup>, 2017**

**Depart: Emmanuel Lutheran Church, 2589 Chain Bridge RD, Vienna, VA 22181 at: 6:30 a.m.**

**1<sup>st</sup> Stop: Barnes Home & Arboretum** - The **Barnes Arboretum**, at the Merion campus, contains more than **2,500 varieties of trees and woody plants**, many of them rare. Founded in the **1880s** by **Joseph Lapsley Wilson** and expanded under the direction of **Mrs. Laura L. Barnes**.

- **10 AM** tour of **Barnes Arboretum in Merion**, Pennsylvania
- Lunch will be enjoyed on the **Barnes** picnic grounds (a fun time to visit)

**2<sup>nd</sup> Stop: Chanticleer Garden** - **Chanticleer Garden** is an estate and botanical garden located in Wayne, PA. It is “quite simply, one of the most delightful gardens in the world.” The gate is crested with carved stone roosters, or chanticleers in French. The house & grounds were listing on the Nation Register of Historic Places in 1984.

- **1:30 PM** tour of the **Chanticleer Home and Gardens in Wayne**, Pennsylvania

**Bring:** Your **camera** & dress for the weather; wear sturdy **walking shoes** & perhaps -- a **light jacket** (for rain or weather)

**Questions:** Nancy Moats, 703.434.1147, [smoats5555@aol.com](mailto:smoats5555@aol.com).

**Cost per person:** \$125.00

**Send your check to:** Jane Razeghi, Treasurer, District III  
15174 Stillfield Place  
Centreville, VA 20120  
[jrazeghi@gmu.edu](mailto:jrazeghi@gmu.edu)

**Make check out to:** **District III**

**In case of changes, please include:** **Your email:** \_\_\_\_\_

**Cell Phone Number:** \_\_\_\_\_

**Last Day to sign up is May 15**

Spring is Here!

"Bring your early flower(s). Use green bottle(s) and label correctly. A design would be welcome (St. Patrick's?)

OR

Bring a photo or drawing of an area in your garden that you feel needs help. Members will have some suggestions for you."



WHY NOT EUPHORBIAS?

Years ago at the Arboretum Plant sale I bought my first Euphorbia. I had seen one on a Georgetown garden tour and had put it on my must-have list. It grew well throughout the long hot summer, and then one day as I gazed on its pristine strange lime-colored blooms and perfect leaves, I realized the plant was still there! The rest of my garden had been savaged by the deer but here stood before me a beautiful untouched specimen. I have been pleased with each new plant that I have acquired.

A little research enlightened me. Euphorbias have a toxic sap that the deer will not go near. Slugs and aphids steer clear, too. Please note this sap can be irritating to some humans too, so be careful. Wear gloves if cutting, and be extra careful not to get the sap in your eyes.

Euphorbias comprise one of the larger genres in the plant kingdom. They consist of about 2,000 annuals, biennials and perennials, trees, shrubs, succulents and aquatic plants. They have much greater prominence in warmer, drier climates. Our

Christmas poinsettia in Australia was a tree about 25 feet tall, and in South Africa I spent a day wandering in Pretoria's Botanical Park just looking at Euphorbias ... unable to count the many varieties in size, shape and color.

There are only about 30 ornamental perennials for our climate, and you have to search for them; but there is bad news followed by good news — as the deer population has grown, nurseries seem to be stocking and developing more selections for us.

These plants have a strong architectural form. Generally, they grow in full sun to light shade in poor-to-ordinary soil to fertile soil that's on the dry side. There are, as always, exceptions (see below). They may sprawl if in too fertile a soil (cut back by 1/2 and they will re-sprout). They prefer to be left alone, but can be divided. Stem cuttings are fast to root in midsummer after bloom. Some species self-sow, so cut blooms off or pot up the little ones for friends.

Below is a list of perennial plants that will grow in this area and with a little work can be found locally. I have included a few photos of my favorites to tempt you!

~ Karen Lucas, Horticulture



**Euphorbia amygdaloides**  
'Purpurea' Bracts lime green, full sun rich purple foliage, to 18", mound forming



**E. amygdaloides**  
**var. robbiae (Mrs. Robb's spurge)** Good for dry shade bracts yellow-green, dark green foliage year round, to 18", spreads quickly on loamy soil

**E. amygdaloides 'Rubra'** (Wood Spurge) Bracts yellow, sun to part shade, 20", coppery tinged



**E. characias** ssp. Wulfenii Bracts large and long lasting yellow, blue green leaves, upright clumps



**E. corollata** Bracts white, dainty, 2-3", native, summer bloom, sun



**E. cyparissias** 'Fen's Ruby' Stoloniferous, bracts chartreuse in summer, tolerates heat, drought. Early spring chartreuse bracts and purple leaves,



**E. griffithii** 'Fireglow' Bracts bright orange-red, upright, clumping, tolerates moisture 'Dixter' shorter and darker than 'Fireglow'



**E. polychroma** (cushion Spurge) Bracts yellow, rounded mound



**E. polychrome 'Bonfire'**



## What are Neonicotinoids?

If you haven't heard this term, that's probably due to the fact that it's a relatively new class of synthetic insecticides. Neonicotinoid pesticides (aka neonics) are similar to nicotine, which is naturally found in [nightshade plants](#) <sup>[3]</sup> like tobacco, and supposedly less harmful to humans but is poisonous to bees and many other insects and animals.

These types of insecticides affect the central nervous system of insects, resulting in paralysis and death.

Among them includes:

- **Imidacloprid** – considered the most popular neonicotinoid, you'll find it listed under the trade names Merit®, Admire®, Bonide, Ortho Max and some of the Bayer Advanced products. While listed as moderately toxic, it has been found highly toxic to bees and other beneficial insects.
- **Acetamiprid** – even with its low acute toxicity, this one has shown population-level effects on honeybees.
- **Clothianidin** – this is a neurotoxic and is highly toxic to bees and other non-target insects.
- **Dinotefuran** – commonly used as a broad spectrum of insects infesting cotton and vegetable crops.
- **Thiacloprid** – although targeted to control sucking and biting insects, low doses are highly toxic to honeybees, and also causes physiological problems in fish when used within aquatic environments.
- **Thiamethoxam** – this systemic insecticide is absorbed and transported to all parts of the plant and while considered moderately toxic, it's harmful to bees, aquatic and soil organisms.

Studies have shown that residues from neonicotinoid pesticides can accumulate in the pollen of treated plants, posing a real danger to pollinators even after use of the pesticide stops on the plant.

## How Do Neonicotinoids Work?

The EPA classifies neonicotinoids as both toxicity class II and class III agents. They are generally labeled with a "Warning" or "Caution." Because the neonicotinoid pesticides block specific neurons in insects, they are deemed less harmful to warm-blooded animals but are highly toxic to insect pests as well as beneficial species like bees.

Many commercial nurseries treat plants with neonicotinoid pesticides. The chemical residue left behind from these treatments remains in nectar and pollen that gets collected from the bees, which is fatal. Unfortunately, research suggests that even if you treat these plants using organic approaches once purchased, the damage is already done, as the residue is still present. Therefore, neonicotinoids killing bees is inevitable.

Of course, an insecticide does not have to kill in order to have an effect. Research has indicated that exposure to neonicotinoids can interfere with honeybee reproduction and their ability to navigate and fly.

## Neonicotinoids Alternatives

That being said, when it comes to neonicotinoids and bees (or other [beneficials](#) <sup>[4]</sup>), there are options. One of the best ways to keep harmful products out of the garden is to buy only organically grown plants. You should also purchase organic seeds or start your plants, trees, etc. from cuttings which have not been exposed to any chemicals and then continue using [organic approaches](#) <sup>[5]</sup> throughout their lifetime. (continued on next page)

Sometimes the [use of pesticides](#) <sup>[6]</sup> becomes necessary. So when using insecticides, common sense goes a long way. Always read and follow the label directions carefully, and appropriately. Also, you might want to pay attention to the LD50 rate before you buy. This is the amount of chemical it takes to kill 50% of a test population. The smaller the number, the more toxic it is. For instance, according to one resource in the case of a honeybee, the amount of imidacloprid that must be ingested to kill 50% of the test subjects is 0.0037 micrograms compared to carbaryl (Sevin), which requires 0.14 micrograms – meaning the imidacloprid is far more toxic to bees.

This is something to keep in mind before using any insecticide, including neonicotinoids. Weigh your options carefully and, if you have determined that an insecticide is still necessary, consider the least toxic options first, such as [insecticidal soap](#) <sup>[7]</sup> or [neem oil](#) <sup>[8]</sup>. Also, take into account whether or not a plant needing treatment is flowering and [attractive to bees](#) <sup>[9]</sup>. If the plant is blooming, consider waiting to treat once it has finished and is less attractive to bees and other pollinating insects.

By Nikki Phipps (Author of [The Bulb-o-licious Garden](#) <sup>[11]</sup>)

~ Elizabeth Huebner, Conservation

## Environmental Studies School, April 20-21, 2017

Agricultural History Farm Park,  
Derwood, MD.



Red-  
hawk

shouldered

*From Lydia Barbour:*

This message is for anyone who cares about the air, water, land and critters that are so important to our gardens. Here are some of the reasons why you should register today for Course 2 in the 7th Series of Environmental Studies School (ESS) courses offered by the National Capital Area Garden Clubs.

This series of courses is all about environmental literacy...that is simply learning a different vocabulary for the elements in your garden that you already know about, the air/atmosphere, the water/hydrosphere, the land/geosphere and the critters/biosphere. The result of learning this new vocabulary is a better understanding of the inter-relationship within and between those elements, which will enable you to pass this learning on.

Registration fee is \$100. For your registration fee you get breakfast and lunch each day as well as getting to hear some fantastic lectures and a great tour. Each day we begin with registration and breakfast at 8 AM and end on 4/20 at 4:30 PM and on 4/21 at 2 PM, unless you are taking the optional exam. All exam questions will have been covered by the speakers during their lectures and are as reviewed before the exam...you will likely be done well before the 3 hours available to complete it.

If you have questions please email Lydia Barbour at [lydiabarbour@hotmail.com](mailto:lydiabarbour@hotmail.com). Lydia Barbour, President Environmental Consultants' Council & Chairman Environmental Studies School, National Capital Area Garden Clubs

USE THIS LINK TO DOWNLOAD THE EEC Course 2, Series VII REGISTRATION FORMS:

[http://www.ncagardenclubs.org/  
ESS\\_Course2\\_042017.pdf](http://www.ncagardenclubs.org/ESS_Course2_042017.pdf)



## MEMBERSHIP DUES ARE DUE BY APRIL 1

All Five Hills Garden Club members who wish to continue club membership for 2017/2018 are asked to pay your dues before April 1st. Dues are \$40 for class A and \$50 for class B members. Joanne Menke will be collecting checks at our March 21 meeting.



If you miss our March meeting please mail your check to Joanne Menke at 1723 Larkmeade Drive, Vienna, VA 22182. Make checks payable to Five Hills Garden Club.

### A Warm Welcome to New Members!

Debbie joined us in November, Trish and Carol in February. Please add their names to your yearbooks. ~ Joanne Menke, Membership

Debbie Doody  
13111 Wheeler Way  
Oak Hill VA 20171  
703-620-4558  
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[RNDebw1@aol.com](mailto:RNDebw1@aol.com)  
Birthday December 11

Patricia Phillips (Trish)  
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Birthday July 18

Carol Bolon  
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Vienna VA 22180  
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C:703-593-9157  
[bolonc@hotmail.com](mailto:bolonc@hotmail.com)  
Birthday October 2

### SUCCULENTS WORKSHOP FOR FIVE HILLS AT TWINBROOK FLORIST

Due to requests, Margaret Fleegal has offered to host another succulent workshop at her shop on Thursday, March 23 at 4:00. We will be designing glass globe terrariums on enriched soil with a large variety of succulents, river rocks, shells and moss. Choices will include two sizes of tabletop containers with beveled edge openings. The small is \$35 and the large is \$65. The terrariums are very low maintenance and also make great gifts.

We will meet at 4:00 at Twinbrook Florist (9579 Braddock Road in Fairfax) where we will have a little time to browse through her store before the workshop. Margaret always offers a discount to us and she now has many beautiful spring items. The workshop will be from 4:30 to about 5:30. Then, for those interested, we can meet nearby at Angie's Greek/Italian Restaurant for dinner and a chance to relax and chat. :-)

This is a fun, easy workshop, and we will need to have at least 10 participants to make it a go. If you would like to join, please call Twinbrook Florist, 703-978-3700 — to let them know your container size choice and to pre-pay — by Friday, March 17. Thank you!

~Gail Gile, Garden Therapy