

Sow and Tell

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Member of the National Capital Area Garden Clubs, Central Atlantic Region, District III

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President's Letter

What a talented group we are! The floral designs at the October meeting were incredible. It was such fun. Thanks, Lisa, for all the work you did to get the flowers and all the materials to make the program happen. Thanks too to Betty Ann Galway for helping Lisa.

Speaking of Betty Ann, she had a wonderful arrangement at the Virginia Museum of Fine Arts. Those who went to Richmond to hear Shane Connelly all enjoyed seeing Betty Ann's display.

Thanks to Karen Fleming, Julia Smith and Deneen Wilson for setting up the field trip to Richmond. It was a delightful day trip and was enjoyed by all who were able to attend. A couple of our ladies expanded their wardrobes with some lovely wares exhibited at the fashion show.

Other exciting news is that we have purchased a new PA system. It will be used at our November meeting for the first time. Thanks everyone for all your efforts to help raise money for this purchase.

We are so fortunate to live in an area where the beauty of fall is so vibrant. The cool air is exhilarating and the leaves so colorful. As we say good bye to our summer annuals, remember to clean your pots with Clorox so they are ready for next spring's flowers.

Fondly, Noreen

November Calendar

Nov. 1	Meadowlark Gardens Volunteers, 9:30 AM
Nov. 3-4	Environmental Studies School, Course 1
Nov. 8	Five Hills Board Meeting, 10 AM
Nov. 9	Landscape Design Council, Gen. Meeting
Nov. 10	Dist. 4 Morning of Design, 10 AM - 12:30 PM
Nov. 11-13	Flower Show School, Course IV
Nov. 15	Five Hills General Meeting
Nov. 15-16	Gardening Studies School, Baltimore, MD
Nov. 16	Judge's Council General Meeting
Nov. 21	Braddock Glen Garden Therapy, 9:15

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Upcoming Events

November General Meeting Program

“Truffles!” with Patrice Martin

Patrice Martin’s presentation will focus on the many aspects of truffles: where they are found in Europe, and difficulties of getting truffles to grow in the U.S., how they are cultivated, training dogs to find them, and recipes. Our speaker is a member of the North American Truffle Growers Association and owner of Virginia Truffles in Rixeyville, Virginia. She shares her story and enthusiasm in producing these wonders. Come and learn more about these exotic delicacies!



Greens Workshop at the December 5th General Meeting

This is a full-participation meeting. It’s always a merry time when we bring in our greens and clippers, and put together wreaths and swags for the entryways of the Vienna community’s buildings, both church and civic. It is a Five Hills club tradition that really captures the spirit of the season, and we always have a great time! An all-member clean-up immediately follows our wreath-making workshop, and we will then enjoy a delicious luncheon. Bring a broom, and you won’t have to wait for one.

To do now: If you are pruning evergreens right now, do not throw them out! You can wet them thoroughly, place them in a plastic bag and set them in a protected area outside until the day of our workshop. They should keep nicely until then.



Williamsburg Overnight Trip, Thursday Dec 8-9

This trip will include a stroll through the historic homes and gardens of Colonial Williamsburg, lunch at the King’s Arms Tavern, and a happy hour at the Williamsburg Inn. Cary Vu has reserved three units at her time-share which will be our overnight accommodations. After a breakfast prepared for us by Cary herself, we will visit Shirley Plantation for a late-morning tour. Thanks to Karen for all her hard work on logistics, phone calls and venue-choosing, as well as to Cary for her generosity.

Upcoming Events

The 2017 PHILADELPHIA FLOWER SHOW IN MARCH

This year's theme is *'Holland'*, so be ready for more blooming bulbs than you have ever seen outside of Holland. I have ten rooms on hold at the Marriot. The flower show this year is being held from March 11 - 19. Please respond by Tuesday, November 29: Barbara Tozzi, 8995 Kildownet Court, Vienna 22182. Make checks payable to Barbara Tozzi.

If you have questions, call me, 703 938 3792.

COST: Early tour on Thursday \$111.50 Garden Tea- \$28.00

Please specify:

payment for early tour
payment for tea, if you plan to go
room requirements — single, double,
and if double, give name of roommate
your cell phone number
your email address
your home address



Historic Vienna, Inc. Volunteer-and-Supporter 'Thank-You' Party Sunday, November 13 at the Freeman House

"Please join us from 4 to 6 PM as we offer our sincere thanks for your contributions to Historic Vienna, Inc. Our organization would not be able to do so many things without your support. We will be serving holiday treats, wine and cheese, and there will be music! As a special thank you, everything in the store will be 20% off for you during the party. Please RSVP to [703-938-5187](tel:703-938-5187) (leave a message if you call outside store hours)"

Upcoming Events

NOVEMBER & DECEMBER EVENTS IN HISTORIC VIENNA

<i>Monday, November 28, 6 - 9 PM</i>	<i>Church Street Stroll and Santa Clause Visit</i>
<i>Saturday, December 3, 3 - 5 PM</i>	<i>British Holiday Tea, tickets \$35</i>
<i>Sunday, December 4, 12 - 2 PM</i>	<i>Santa visits the Freeman Store</i>
<i>Sunday, December 10, 10 - 12 PM</i>	<i>Kids' Shopping Day at the Freeman Store</i>
<i>Sunday, December 11, 12 - 2 PM</i>	<i>Santa visits the Freeman Store</i>
<i>Saturday, December 31, 7 - 12 PM</i>	<i>First Night Celebration, midnight</i>

British Holiday Tea & Parlor Talk – December 3, 3 PM

Enjoy learning about English and Scottish Holiday Traditions while you enjoy some of the treats described. After the short presentation there will be plenty of time for relaxing and visiting with your friends in the beautiful parlor and dining room of the Freeman Store and Museum. The traditional English Holiday tea will include scones, sausage rolls, sandwiches, assorted sweets – including mince pies, and a bottomless cup of tea. The tea costs \$35, space is very limited so make your reservation by contacting ***Patti Bentley or Susan Fay at the store 703-938-5187***

HVI's new Used Book Cellar

Historic Vienna, Inc. will offer used books for sale beginning Saturday, October 1 at the Freeman Store and Museum. This on-going sale will be conducted primarily from the basement of the Freeman Store during store hours, Wednesday through Sunday, Noon to 4 PM. A large variety books will be offered at very reasonable prices.

Historic Vienna is NOT asking for book donations at this time.

Freeman Store News:

2016 Ornament – Sneak Peek

Here is a sneak peek at the 2016 Ornament hand made for us by Rachael Peden. The ornament features the building built as the Dunkard Brethren Church in the 1930s, now occupied by the Vienna Art Society. The ornament should arrive in time for Oktoberfest.

New Items

Stop by the Store soon and purchase some of our newest Vienna merchandise. Recently arrived are beautiful cards made from an original watercolor by 98-year-old Vienna resident, ***Harris Miller***. Each individual card comes with a gold-lined envelope suitable for special occasions. Mr. Miller's work is known by many in our area, as his grand train mural adorns the side building across from the Caboose.



Upcoming Events



Our adorable bibs with the red caboose are back in stock. The design, created especially for us by a Madison High School graduate, is a popular Freeman Store favorite.

Artisan Spotlight

Keychains - made in USA. Come by the Store and discover our new Vienna keychain. Its unique vintage map makes it hard to resist! Hand made in antique brass, comes in an attractive, gift-able pouch.

Kids' Shopping Day at the Freeman Store

On Saturday, December 10, from 10AM to 12Noon, bring your kids to the Store and Santa's helpers will assist them with their holiday shopping while adults can enjoy the exhibits and holiday refreshments upstairs.



Communications

Garden Therapy, Monday, November 21

This month we are going to do a Thanksgiving arrangement for our floral session at Braddock Glen on Monday, November 21 at 9:15. Many thanks to our volunteers who are Karen Fleming, Anne Nelson, Kathy Nebhut and Shelia Creswell. The residents always have a good time making their designs for their dining room tables. Braddock Glen is located at 4027 Olley Lane in Fairfax. We welcome anyone else who would like to join us. Thank you, Gail Gile and Janet Kremer

Call for Calendars for Military Members

Please remember to bring in your 2016 and 2017 calendars which are collected each month for the military members in appreciation of their services. Janet Kremer will deliver them to the Army's Fairfax Family Health Center. Thank you!

For the November Hort Table:

Ever(greens) Lovely! – Bring some berried branches with a label, no need for a bottle this time. OR, create a small holiday design that could brighten up a guest bath.



PLANNING FOR FROSTY PLEASURES

Just because there is a chill in the air, the days are shorter and winter will soon settle in, don't give up on your garden. There are many ways to expand your garden joys. Choosing plants, shrubs and trees that have unexpected bloom times, enticing fragrances, or eye-popping shades of green is easier than you may think.

The first thing one must consider is the path you take through your garden to your door and what vistas, large or small, you have outside your windows. Concentrate on planting cold-weather gems where you can see them or take in their perfumes as you pass in and out of your home. Keep a list of these winter surprises close at hand as you visit the nurseries. Space prevents a deep discussion of each suggestion. I have just tried to assemble a list of plants, that are available and easy to grow in this area, that will add punch to your winter garden.

There are many small plants that can be enjoyed in winter. Think of *Arums*, *Hellebores* (*H. niger*, *H. foetidus* and *H. orientalis*), heather, heaths, *Skimmia japonica* and winter creepers such as *Euonymus fortunei* ('Silver Gem', 'Emerald Gaiety', 'Emerald 'n gold'.) For late fall or early spring blooms, crocuses and *Sternbergia lutea*, and many other "minor bulbs" can add a touch of surprise to your cold encounters with your path. *Yucca filamentosa* 'Bright Sides' is an unusual sunny touch of lime green to the winter scene.

When looking for shrubs *Nandinas*, *Camellia japonica* and *Pyracantha* 'Mohave' are good choices you might easily find, but look further for *daphnes*, *Cornus alba* or *C. sericea* (red-twigg'd dogwoods) for their colorful stems.

Whether you call them large shrubs or small trees the winterhazels, *Corylopsis*, can't be beat for a March bloom. Their early spring bloom produces a large numbers of fragrant flowers on bare wood. I unknowingly purchased one from the Arboretum plant sale, a reject without a label. It looked like a dead twig but in its first spring its bloom was exquisite. Cascades of buttery cupped-shaped fragrant blossoms cascade down 4-6 inches. I am not sure if it is a *C. glabrescens* (8-15') or *C. pauciflora* (4-6'). Winterhazels tolerate some shade, like moist, well-drained soil and a bit of protection to help keep the flowers happy on a windy, cold spring day. Michael Dirr lists five species. For a better view of the blooms, place the plant in front of an evergreen or dark background.



Salix melanostachys, black pussy willow, (6-10') has purple-black stems in winter and in early spring has unusual deep black velvety catkins with red anthers and later yellow tips. It is wonderful for flower arranging but also makes a stunning background for the pure yellow of a *Corylopsis*. Other trees to choose from include the hollies, *Ilex*. Try to include a 'Sunny Foster' in your view. Even on the darkest day it will shine.

photo: *Ilex* 'Sunny Foster'

The witch hazels, *Hamamelis* spp., are the stars of winter garden. Unfortunately, they are seldom used. I think people just forget them in the barrage of blooms in summer.

photo: *Winterhazel*

H. virginiana, our native, will lead the parade in October with fragrant yellow flowers interspersed with yellow leaves. *H. vernalis*, also a native, is the hardiest. In our Zone 7 most all of these lovely trees thrive. Other witch hazels produce leaves of golds, oranges, and deep reds. You may choose from many species and be rewarded with blooms (and often fragrance) from fall to mid-spring. The size of the bloom can vary also, up to about two inches. The Chinese witch hazel, *H. mollis*, has become very popular. It has the autumn yellow foliage but blooms February to March. Its scent will last weeks and will revive your spirits as you brave the cold. There are several cultivars (*Hamamelis X intermedia*) that grow 10-20 ft high that are readily available. 'Jelena' has copper-colored flowers. A beautiful example of it is growing at the Arboretum next to the parking lot. 'Arnold's Promise' has multicolored (red, orange, yellow) fall leaves and large fragrant flowers in late winter. For those who like red, try 'Diane', a plant with red flowers and red orange foliage in the fall. 'Primavera' (canary yellow), and 'Sunburst' (yellow flowers) are also recommended.



Culture requirements are simple. They grow naturally in the woods, so a well-drained, reasonably fertile soil with morning sun or dappled days, or even a northern exposure, will do.

Find room and save a place or two for some of these beauties. Make up your list now!

Karen Lucas

Fracking ~ What is it?

Drilling companies suggest trillions of cubic feet of shale gas may be recoverable from underneath parts of our country. Hydraulic fracturing or fracking is a technique designed to recover gas and oil from shale rock. But how does it work, and why is it controversial?

Fracking is the process of drilling down into the earth before a high pressure water mixture that is directed at the rock to release the gas inside. Water, sand and chemicals are injected into the rock at high pressure which allows the gas to flow out of the head of the well.

The process can be carried out vertically or, more commonly, by drilling horizontally to the rock layer, and can create new pathways to release gas or can be used to extend existing channels. Fracking refers to how the rock is fractured apart by the high-pressure mixture.

Fracking allows drilling firms to access difficult-to-reach resources of oil and gas. In the US it has significantly boosted domestic oil production and driven down gas prices. It is estimate to have offered gas security to the US and Canada for about 100 years and has presented an opportunity to generate electricity at half the CO₂ emissions of coal.

However, the extensive use of fracking has revolutionized the energy industry and has prompted environmental concerns. Fracking uses huge amounts of water, which must be transported to the fracking site at significant environmental cost.

Environmentalists say potentially carcinogenic chemicals used may escape and contaminate groundwater around the fracking site. The industry suggests pollution incidents are the results of bad practice, rather than an inherently risky technique. There are also worries that the fracking process can cause small earth tremors. They also suggest that fracking is simply distracting energy firms and the Government from investing in renewable sources of energy and encouraging continued reliance on fossil fuels.

Please note: the composition of most fracking chemicals remains protected from disclosure through various "Trade Secret" exemptions under state or federal law. Scientists analyzing fractured fluid have identified volatile organic compounds (VOC) such as benzene, toluene, ethylbenzene and xylene - these volatile compounds are highly evaporative, and can produce noxious fumes. Benzene is a known carcinogen, and has also been shown to cause blood disorders. Both benzene and toluene can affect the reproductive and central nervous systems. Ethylbenzene and xylene can have respiratory and neurological effects. Carbon monoxide (CO) and ozone levels in many rural areas have gradually increased. Formerly pristine areas of Wyoming's gas drilling area have recorded ozone levels that are higher than Los Angeles on its worst days. The Associated Press has reported that residents who live near gas fields often complain of watery eyes, bloody noses and shortness of breath. In some areas of Texas where they have been drilling for years, asthma rates in children have jumped from 7% to 25%. High levels of ozone pollution appears to also cause potentially dangerous changes in the heart, leading to heart attacks.

On another note, keep in mind that banks are now taking notice of these effects and now it may be next to impossible to re-finance a home or property that is close to fracking fields. Maryland's law forbidding fracking expires this year and fracking is just over the border in Pennsylvania. We need to be alert and learn more before it comes to visit us.

Elizabeth Huebner

In a Nutshell



A Design Workshop was October's program

In October we engaged in one of our favorite programs! We held a floral workshop and created fall designs to take home with us. It has been a few years since we last had a fall workshop at a general meeting, and the idea was passed around of making it a regular October tradition. We brought in our own containers and other arranging accoutrements, chose from a huge selection of flowers, and had the best time creating with the beautiful flowers and greens that Lisa Adelman had acquired and brought in for our selection. (If I have omitted any others involved in the procurement of the flowers, please forgive me, and thanks to you as well as to Lisa!) Everyone enjoyed this opportunity to work with fresh flowers.



A November List

Here we are in early November. We have adjusted our clocks to take advantage of the dwindling daylight hours. The weather has turned colder, though we're still enjoying sunny days and mild temperatures — perfect weather for gardeners — while gardens are going dormant in order to survive the winter months. So what's left to do? Here are some suggestions to ready for the cold ahead:

- Prune wisteria, cutting back summer side shoots to two or three buds. Prune climbing roses now. Cut away diseased or damaged growth and tie in to their support any new shoots. Also prune Japanese Maples and vines now if needed; if you prune them later, they will bleed sap.
- Leave the faded flowers on your hydrangeas until spring, for they will provide frost protection to the swelling buds farther down the stems, remembering what happened to last spring's hydrangea plants and blooms due to the caprices of weather.
- Collect fallen leaves from around the base of rose bushes which suffered from blackspot or rust last summer so as to reduce the chance of infection next year.
- Move containers of shrubs or bedding plants to a sheltered spot; if you cluster them together, you will help protect the root systems from suffering frost damage.
- Lift and store dahlia tubers once their leaves are blackened by frost.
- Be sure your climbers are securely attached with plant ties to their supports.
- It's a good time to harvest holly-berried branches for your Christmas garlands and wreaths; stand them in a bucket of water until you need them. Remember that nandina berries are toxic to our local birds, so feel free to cut them all and bring them inside for holiday arrangements.
- Take root cuttings of oriental poppies, and grow them in cold frames. Also take hardwood cuttings from any of your suitable trees and shrubs.
- Now is a good time to plant up winter containers with hardy cyclamen, ivy, and skimmia (non-native), as well as evergreen grasses, to add color to your garden. Place them in prominent places beside entrances and well-used paths to enjoy their winter display.
- Plant some shrubs for winter interest. Sarcococca adds color and fragrance, but as it is non-native, perhaps go with a native shrub that will serve equally well. Juniperus virginiana
- If you had planned to plant tulip bulbs, there is still time, but plant them before the ground is frozen.



Gardeners spend the winter months dreaming and scheming, and catching up on all those chores and projects that piled up while they were out gardening. Fall and winter months are also a good time to sharpen tools, and wait for the seed and plant catalogs to arrive sometime in January.

Being in a garden club ensures that we share many enjoyable activities and the camaraderie of each other to fill up the cold months. Enjoy this November with all its delights and traditions.

Environmental Studies School (Course 1) is a Winner!

Five club members attended the two-day Environmental Studies School (Course 1) at the Agricultural Research Farm in Derwood, MD on November 4-5: Noreen Linnemann, Karen Lucas, Karen O'Meara, Elizabeth Huebner, and Anita Parke (me). What a surprisingly enjoyable experience it was. This was the first time I signed up for a garden club school. But since I hadn't been in a classroom setting since I retired six years ago, I'll admit I had misgivings. After all, there were lots of reasons not to go: giving up two full days of my life, commuting one hour each way to Derwood, knowing that there would be an exam at the end, maybe even being bored with the whole thing.

Was I ever wrong! The instructors were very knowledgeable and totally entertaining. The exam was "open book" and each instructor passed out his/her exam questions ahead of time, so that we had the opportunity to ask for help if there was something we didn't

understand. And since I commuted with other club members, even the drive was fun.

The very modest \$75 registration fee included breakfast and lunch on both days, not to mention lots of great snacks.

I was surprised by how enjoyable it is to sit back, get comfortable, listen, and learn. The course included academic material as well as practical advice on environmentally conscious things you can do yourself. I know that I will be signing up for the next Environmental Studies School (Course 2) as soon as it becomes available. (Although there are four courses, you don't have to take them in order.) I am a school "believer" now, and am so thankful that I live in this wonderful metropolitan area that has so much to offer. Anita Parke



The Environmental Study School's Mission:

Helping members become accomplished environmental consultants

The mission statement of the Environmental Studies Schools is to teach environmental literacy to cherish, protect and conserve the living earth. The courses teach participants environmental literacy, appreciation of the natural world, encourages action for sustainable development and appreciation for the interrelation of all natural things. Particular emphasis is presently placed on land conservation, water conservation and air quality.

mur.mur.a.tion *noun*

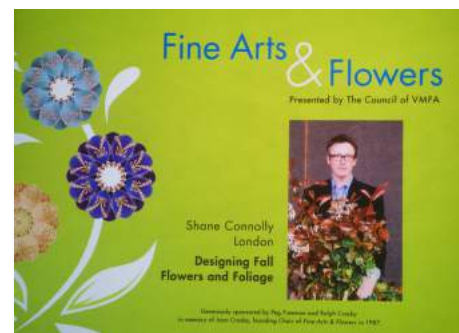
Hard to define, this word begs a visual demonstration to fully appreciate the phenomenon.

Enjoy the beauty of one here: <https://www.youtube.com/watch?v=88UVJpQG88>

Recent Events & Field Trips



What an enjoyable field trip to Richmond!! Here are some views of our Richmond Fine Arts Museum field trip. Above right, 'Flowers in Her Hair', by Julius LeBlanc Stewart, was interpreted by Five Hills member Betty Ann Galway & Susan Porter, Thoroughgood Garden Club, VA Beach. The floral demonstration featured floral creations by Shane Connolly, floral designer to the British Royals. He used many locally-growing plant materials that he had collected himself.



Recent Events and Field Trips



November
Meadowlark Crew:

Dottie Hanson
Ann Balch
Noreen Linnemann
Shelia Creswell
Karen O'Meara
Nancy Walker
Rosemarie Jaksetic
Willow Prall

Below:

Ann Balch and Noreen
Linnemann on the
Five Hills Bench



Five Hills Vienna Community Work

Thanks to Ann Balch, Ann Carter, Jill Hecht, Rosemarie Jaksetic, Kathy Nebhut, Julia Smith, Nancy Walker, and Willow Prall-Martin for a successful cleanup day at Oakton Library, West End Cemetery, and Glyndon Park.

Jim Thomas met the group at Glyndon Park with our project sign. The bronze sign was placed in a can of Plaster of Paris and then planted in the ground on the lower right side of the hill. The Glyndon Park project began as Jill Hecht's President's project. The garden was a bramble patch when the project began but has grown well.

Please remember that our Greens Workshop is December 5 and it is a 100% participation event. We will need greens and lots of help. This is always a wonderful time together and the wreaths and sprays always beautiful. Each year I have thought it could not get better but it always does. The community appreciates our doing the wreaths for them.

Many thanks for all involved. (pictured, Jill Hecht)

Maurine Thomas
Civic Co-Chair

group photo: Julia Smith, Ann Balch, Jill Hecht, Willow Prall, Kathy Nebhut, Nancy Walker, and Ann Carter. (not pictured, Rosemarie Jaksetic) Thanks to Jim Thomas for the photos.

