

Sow and Tell

Volume 57, Issue 1, September 2016

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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Dear Garden Friends:

From the President

It has been a hot summer and there were days when going out into the garden to pull weeds and water the plants was not as much fun as when we had cooler weather. Somehow, our gardens flourish because of all the effort we put forth earlier this spring. The colors and the sizes of our plants have had a metamorphosis and are hinting that fall is just around the corner. And fall means that we are back together again as a garden club. So welcome back!

We have been "busy bees" this summer getting ready for an exciting year for Five Hills gardeners. I want to thank the Club for giving me the opportunity to serve as your president for this biennium. It is an honor for which I am humbled and excited. I couldn't be more fortunate to have the support of the outstanding board members that have agreed to serve in their positions.

Before I tell you of the things that have transpired over the summer, I want to thank our past president and dear friend Ann Carter, for her outstanding leadership skills these past two years. Mostly, I want to thank her for the guidance she has given me.

Thanks to Andy Bothwell, Lisa Adelman, Jill Hecht for their work developing a budget for the coming year. Joanne Menke has spent countless hours preparing our handbook with the assistance of Ann Balch, Millie Norloff, Ann Carter, Anita Parke and Brigitte Hartke. Karen Fleming has done her usual incredible job of setting up exciting field trips. Lisa Adelman has some inspiring programs planned for us. And finally, thanks to all of you who have helped in a variety of ways with our yard sale. A big thanks to Kathy Nebhut for heading up the project.

One of my goals is to encourage the membership to become involved in learning more about gardening and design by attending some of the learning opportunities provided through the NGC schools. I'm also hoping that more of you will be able to be involved in our community efforts. Learning and working together strengthens our friendships.

So let us begin a new season with a quote from Allen Armitage; "Gardening does not allow one to be mentally old, because too many hopes and dreams are yet to be realized".

In friendship, Noreen

September / October Calendar:

Sept. 6	Meadowlark Garden Volunteers , 9:30 AM
Sept. 14	Landscape Design Council
Sept. 16	Dist. III General Meeting, 10 AM Meadowlark
Sept. 17	Five Hills Yard Sale, 8-Noon, Noreen Linnemann's
Sept. 21	Judges Council Gen. Meeting - Hort Workshop
Sept. 26	Garden Therapy — "Autumn", 9:15 AM
Sept. 28-29	Landscape Design School; Richmond, VA
Oct. 4	Meadowlark Gardens Volunteers, 9:30 AM
Oct. 17	NCAGC Gen. Meeting, National Arboretum
Oct. 19	Environmental & Gardening Consultants Gen. Meeting
Oct. 20	VA Museum of Fine Arts Richmond Field Trip

Oct. 23 & 24 CAR Conference, NY

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Upcoming Events

HELP WANTED !!!

Five Hills will be having a yard sale this month, Saturday, September 17, from 8 a.m. to noon, in the yard and driveway of our president, Noreen Linnemann.

Where: At the corner of Lawyers Road and Garrett Street, Vienna.

I hope all club members will be able to help with this fundraiser in one or more ways. I'm happy to say there are numerous ways to do that, such as:

- collecting items, large or small, to sell
- pricing items
- helping with set-up, running the sale and clean-up
- lending fold-up tables for displaying items
- making and placing publicity signs around Vienna
- baking items to sell
- potting up plants to sell
- making a flower arrangement to sell
- lending a truck to pick up donated furniture

Right now, the club needs everyone to start setting aside items for the sale. We will need plastic bags and boxes, and fold-up tables for display of items. Let your friends and neighbors know they can contribute, too!

Please take a moment to tell me the ways you want to help out. Contact info: 703-503-7812 or Nebhutfamily@verizon.net



Some items that you might consider donating are:

Garden items/garden tools/potted plants
Floral designs/containers/vases
Furniture
Small appliances
Dishes/kitchen items
Pictures/picture frames
Books
Arts and Craft items
Games/puzzles

Sports equipment
Bikes/scooters
Baby items/toys
Clothing
Costume jewelry
Pet items

Look around your house and see what you might be able to donate. We accept anything!

Upcoming Events

“Windowsill Art” with Nancy Ross Hugo

The September program will be given by Nancy Ross Hugo — “creating one-of-a-kind natural arrangements to celebrate the seasons”.

Nancy Hugo and her daughter will present a PowerPoint presentation about their relaxed way with flower arrangements. Her daughter also will bring some vases and arranging items for sale. A book of the same title also will be available for purchase. It will be a nice way to begin our club year! From her website, <http://nancyrosshugo.com> :

“Nancy Ross Hugo writes about gardening, trees, and floral design from her home in Ashland, Virginia and her family’s small farm in Howardsville, Virginia. Her love of trees has led her to tree habitats all over the world, but her real passion is celebrating the common wildflowers, weeds, trees, and everyday plants that are often overlooked in ordinary backyards. Nancy loves reading old natural history books, writing new ones, and exploring the creative process through flower arranging and nature journaling. Through nature journaling and blogging about the ‘windowsill arrangements’ she creates every day, she says she keeps her creative muscles exercised, her thoughts straight, and her eyes open to all things wild and wonderful.”



October Events in Vienna

ANNOUNCING - Historic Vienna, Inc. will offer used books for sale beginning Saturday, October 1 at the Freeman Store and Museum at 131 Church Street NW. A large selection of used books will be available to purchase during our store hours, Wednesday through Sunday, 12-4 pm at very reasonable prices. Call 703-938-5187 or visit historicviennainc.org.

Enjoy **tea with “Elizabeth Cady Stanton”** at 3 pm Sunday, October 16, in the parlor of the Freeman Store and Museum, 131 Church Street NE. Finger sandwiches and desserts will be served. Stanton, 1815-1902, an American suffragist, social activist, and leading figure of the early women’s rights movement, will be portrayed by Leigh Kitcher. Advance reservations are required; tickets are \$30 per person. Call 703-938-5187 or visit historicviennainc.org.

HVI Fall Membership Meeting: A Celebration of Collecting. On Tuesday, October 18 at 7:30 at Patriot Hall of the American Legion, Post 180, 330 Center Street North, Historic Vienna invites area residents to come show off a collection of anything – anything you can carry and display on a 6 foot table or smaller. We have room for 8 tables, so sign up ahead of time to reserve your table or half-table. Contact Anne Stuntz, 703 938 1894, stuntzag@aol.com. There will be a short membership meeting, followed by a five minute discussion of each collection. Refreshments will be served.

Vienna’s 1879 Original Library on Mill Street near the Freeman Store and Museum, is open to the public during Oktoberfest on Saturday October 1, and from 1-4 pm on Sunday, October 2. Call 703-938-5187 or visit historicviennainc.org.

Flower Show

Five Hills Flower Show "A Walk in the Garden" was a tremendous success! Kudos to the team of Five Hills for pulling it off in Style! From all of our capable committee chairs to each and every member who contributed... Great Job!!! If I mentioned you all by name, the list would go on forever. But all of the talent and enthusiasm of this club never fails to impress me! It's so nice to know that we can count on Five Hills to step up to get the job done!

Flower shows require lots of work and it truly takes a village to make it all come together. We did that, and had a great time doing it (despite any little stresses along the way :) All of you did a great job of supporting the club and for that, I thank you very much!!!

Lisa Adelman



School Supplies Being Collected

A note from Kathy Nebhut's daughter, Hillary, who teaches English as a Second Language at JEB Stuart High School:

"It's time for the start of another school year! My students have all recently arrived from other countries and are eager to get learning! Since they often have little in terms of school supplies or resources, I try to keep my classroom stocked. Gently used or new donations are welcome all through the year. Thanks so much for your generosity in years past. It truly makes a difference."

Items to bring in for Hillary:



Potted plants for low light
Narcissus or amaryllis
bulbs to force indoors
Pencils
Erasers
Small hand-held pencil
sharpeners
Pens
Pencil pouches
Glue sticks

Scissors
Colored pencils
Markers
Highlighters
Dry erase markers and
erasers
Looseleaf paper
Binders (1-2 inches)
Sticky notes
Manila folders

Construction paper
Tape — masking,
packing, scotch, duct
Stapler and staples
Binder clips
Index cards
3-hole puncher
Disinfectant wipes
Hand sanitizer

Communications

October Field Trip Plans: Our first field trip of the year will be on October 20 to the Virginia Museum of Fine Arts in Richmond. There will be a presentation by Shane Connolly who has done arrangements for the Royals in London at weddings and other events. Ticket numbers are limited; please contact Julia Smith by phone or email.

Garden Therapy at Braddock Glen, September 26

We are starting off in September this year with an "autumn" theme as we help the residents at Braddock Glen Assisted Living Center design fresh floral arrangements for their dining room tables. The ladies we work with say the flower arranging is one of their favorite activities and they look forward to our time together. Our volunteers this month are Kathy Nebhut, Shelia Cresswell and Anne Nelson. We always appreciate any extra volunteers who would like to join us. We meet at 9:15 at Braddock Glen, located at 4027 Olley Lane in Fairfax. Thank you.

Gail Gile and Janet Kremer

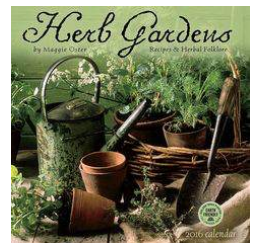
Stamps for Raptors Program in Florida



Please bring in your cancelled stamps for the Florida Audubon Bald Eagle Stamp Program. One hundred percent of the profits from the sale of the stamps go to help the birds, offsetting the cost of caring for injured and non-releasable raptors at the Audubon Center for Birds of Prey in Maitland Florida. Please, no current single-letter rate stamps, including Christmas Stamps. Look for more details at the collection box at the general meeting on Tuesday.

Calendars

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



Twinbrook Florist Workshop, October 6

There is so much to learn about succulents and Margaret Fleegal's daughter would like to teach us how to make a beautiful succulent garden in a hanging or stationary glass container for a very good price. The workshop will be on Thursday, October 6th at 4:15 and we could even go to dinner afterward. There will be more details and a sign up sheet at our next meeting, but also feel free to contact me with any questions. Thanks, Gail Gile



A Garden for All Time

Years ago I was the director of a hospital and adjacent nursing home and, responsible for not only the physical but mental care of my patients, I became aware of how important meaningful activities were to the residents. I concluded that activities, started early in life and continued on throughout life were essential to health and happiness. Gardening is a precious pastime at the head of my list. I assume it is on many of your lists too. The question today is, how do we alter our gardens to fit our future?

Planning a garden that one can care for long into one's senior years takes some exploration. As with other endeavors the sequence of steps must be to analyze, plan and execute, then enjoy.

(photo of a senior gardener, the late Tasha Tudor)



To take the first step, “Analyze”, you must ask yourself three basic questions: How do I use my garden?, What are my job “likes”?, What is my physical status?

How do I use my garden and for whose enjoyment does it exist? I tend to think of gardens as outer-directed (commercial buildings) or at the other end of the spectrum inner-directed spaces, our secret places that are just for ourselves. Most gardens fall somewhere in-between. Some uses include: viewing from windows, sitting outside to read, entertain, playing space for kids of all ages, growing vegetables, observing wildlife, or contemplating the vastness of the sky, the serenity in the moonlight, observing the beauty of the plants with their myriad detail. We must be secure in the knowledge that no matter how much we learn or create, the flowers, the trees, the butterflies and the other living things are but borrowed, and our garden is only ours in the uniqueness we place into it.

To plan, consider your “job likes”. What task always gets done first, even if it is not the most important chore to be done that day? List you favorite and least favorite jobs. Try to include plants in the garden that require these types of maintenance rather than least favorite chores (mowing, digging and spraying come to my mind). Jobs that take no gardening skills should be the first ones on the list on you help wanted list.

What is your physical status? Strength is important but not as important as temperature tolerance. When are you most comfortable in the garden? You can take clues from you past habits. Are you always late with spring chores, does the garden go to seed too soon in summer from lack of care or do you chop the permafrost to get your peas in the ground in March? Maybe your “good and bad” habits aren’t due to sloth but rather temperature tolerance. Don’t expect to change it, change your garden. Your zone of tolerance will narrow with age. Devise methods of caring for your plants that match your already established habits.

For the Horticulture Table:

Summer's Ending — Designs pop with natural objects. Bring in a treasure from nature that you have found on your walks in your garden, the woods or on the shore: dried flowers, shells, wood, stones, seed pods, etc. OR Create a patriotic design (no flags, please) celebrating Constitution Day, September 17th.



Develop a plant list that matches your abilities: mostly shade (ferns, hellebores, euphorbias) that last through the summer, use clump-forming perennials that don't need dividing often if digging is a problem, and plant more shrubs if you enjoy pruning.

Remember, the future is unknown, but changes usually proceed in one direction. We will all need help at times, but with a little planning now we can enjoy our gardens well into the future. Over the next months I will attempt to give you ideas for your plan. I welcome your suggestions to add to the list. (My husband's suggestion: stay off ladders.)

Karen Zehner Lucas

Conservation

ORGANIC VS INORGANIC FERTILIZERS

This seemed to be a good subject as we prepare our gardens for winter. Most of us know much of this, but thought it would be good to review and remind us that worms, bacteria and fungi live in and soften soil when organic matter is added to our gardens, while chemical fertilizers often turn into crystals and can harden our soil. Most of us have leaves and other organic detritus that we want to remove. If we compost it, we can use it in the spring or later as amendments to our gardens that are beneficial. For those of us who live in Vienna, we can pack it up and give it to the town for chopping and composting and then retrieve it from the town to use in our gardens. My neighbor gets several piles of it delivered to his garden each spring, and he has a very fertile, lovely garden. For myself, all my leaves, branches and other detritus remain in my yard in various spots.

Organic fertilizers such as manures, compost or bone meal are derived directly from plant or animal sources. Inorganic fertilizers such as ammonium sulfate or ammonium phosphate are often called commercial or synthetic fertilizers, because they go through some manufacturing process, although many of them come from naturally occurring mineral deposits.

Inorganic fertilizers usually contain only a few nutrients – generally nitrogen, phosphorus, potassium and some sulfur, either singly or in combination,. These nutrients are in a concentrated form readily available to plants. However, since they are lost from the soil quickly, you may have to apply it several times during the growing season unless you use a specially formulated, slow-release type.



Conservation

Some nutrients, such as nitrate, are quickly available for uptake by plant roots. If you need only a certain element such as nitrogen and want it to be quickly available to your plants, an inorganic fertilizer such as ammonium nitrate might be in order.

Organic fertilizers usually contain many plant nutrients in low concentrations. Many of these nutrients have to be converted into inorganic forms by soil bacteria and fungi before plants can use them, so they typically are more slowly released, over time.

Since bacteria and fungi have to decompose organic fertilizer before they can be taken up by plants, nutrients are released more slowly, especially during cold weather when soil microbes are not as active. But organic fertilizers have many advantages. With organic fertilizers soil crusting is reduced. Organics may improve water movement into the soil and, in time, add structure to the soil. Organics feed beneficial microbes, thereby making the soil easier to work. Organic fertilizers may cost more than chemical, or inorganic fertilizers, because they are less concentrated, supplying fewer nutrients pound for pound.

Since many chemical/inorganic fertilizers are concentrated and very soluble, it is easy to apply too much and damage your plants. If you apply too much fresh, non-composted manure, you can damage your plants as well, because some manure contains harmful amounts of salts in addition to plant nutrients. Non-composted manures can also be a source of weed seeds.

Penhallegon has collected information about the nitrogen (N), phosphorus (P) and potassium (K) content of many of the organic substances commonly used as fertilizer in Oregon, including green manure crops such as crimson clover and alfalfa. His report, entitled, "Values of Organic Fertilizers," also contains information about how quickly an organic fertilizer releases available nutrients and a reference list on organic gardening.

"One of the most difficult things to determine for an organic gardener is how much organic fertilizer to use, say on 1,000 square feet of garden," said Penhallegon. "For a fertilizer with an N-P-K ratio of 12-11-2, this means 12 percent is nitrogen, 11 percent is phosphorus and 2 percent is potassium. In simple terms, this means each 100-pound bag of the fertilizer would contain 12 pounds of nitrogen, 11 pounds phosphorus and two pounds potassium."

Thanks to Ross Penhallegon, horticulturist with the Oregon State University Extension Service.

Added Note

As a follow up on solar power: **Consumer Reports**, August 2016 "Shedding Light on Solar Power" pg. 10-15. It is excellent if you or someone you know is considering adding solar power to a home.

Elizabeth Huebner



Great idea? — bio-degrading leaf-composting sack.

Cares and Concerns

Five Hills Garden Club members were deeply saddened to receive the news that our longtime member and friend, Gwen Datt, has died.

Gwen Datt died on August 7, 2016 at Fairfax Hospital. She was the beloved wife of the late John C. Datt; loving mother of Amy Datt Morgan of Great Falls, Douglas Datt (Lilian) of Derwood , MD and Christopher Datt (Bettina) of Atlanta GA. She had four cherished grandchildren. Funeral services were held on August 13 at Vienna Presbyterian Church at which time Gwen was remembered among many things for her humor and her lifelong interest in helping others. Gwen was an active member of Vienna Presbyterian Church and a volunteer at Reston Hospital where she suffered a stroke a year ago. She was a member of Five Hills Garden Club for eighteen years and a frequent volunteer at Meadowlark Gardens with the Five Hills volunteers. Donations may be made in her memory to the Lamb Center, 3160 Campbell Drive, Fairfax, VA 22031. In Memo please add: In Memory of Gwen P. Datt. Gwen will be greatly missed.



Editor's note: Recently, I was thinking how I might honor Gwen's memory, and I came up with an idea. Having recently moved, I am going to take steps to qualify for certification, with the Audubon Society, my new yard as a wildlife sanctuary. If you wish to certify your garden, you may click the following link to visit the web site on which you can download the Wildlife Sanctuary Certification Application for Fairfax County. The program is managed by the Fairfax Master Naturalists. You probably already have most, if not all, requirements to comply:

<http://audubonva.org/ah-form-fairfax>

Recent Events & Field Trips



Vienna Country Fair

E-I-E-I-O! Held on August 20, the Fair featured a small standard flower show by District III Garden Clubs of which Five Hills is a member. Our own Karen O'Meara chaired a most impressive show, and was the General Flower Show Judge. Pictured, Karen with Ayr Hill GC members, Cherie Lejeune and Anne Stuntz; Karen Lucas and Karen O'Meara enjoy a moment on the front porch of the Freeman Store during the Fair.



Recent Events & Field Trips

In June we installed our new Board — pictured in photo, Treasurer Andy Bothwell, Secretary Anita Parke, Vice President Julia Smith, and President Noreen Linnemann.



Barbara Tozzi: At the District III general meeting at Meadowlark in June, Barbara Tozzi received her Perennial Bloom award.

