

Sow and Tell

Volume 57, Issue 10, June 2017

A Publication of The Five Hills Garden Club

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

President: Noreen Linnemann, 703-281-1770, noreenlinnemann@gmail.com

Editor: Brigitte Hartke, 703-585-5504, BrigitteHartke@gmail.com
fivehillsgardenclub@gmail.com



President's Message

This is a wonderful time of year for gardeners. Some are already enjoying their crops. There is nothing like fresh lettuce or kale from your own garden. It is so rewarding to see the plants that were started indoors out in the sunshine and growing tall.

The flowers are adorning the landscape. Many of us have new plants in our gardens that we got at the plant exchange. These are the special flowers that remind us of our garden club friends.

As I look back over the past year, it is so rewarding to see our club growing and all the new members that have joined us. We will miss those who have moved out of the area and hope they will visit us when they are in town.

We have enjoyed the fun field trips that Karen Fleming organized. What a great way to get to know each other better and learn more about the opportunities that are available in the area.

Our programs this year have been so diverse and educational. Lisa Adelman has brought us some fabulous presenters. It is hard to decide which I enjoyed the best. There were so many good ones.

Thanks to all of you for your support and help to keep Five Hills Garden Club such a great family. Enjoy your summer, stay safe, have fun and keep gardening. See you in September!

Fondly, Noreen

JUNE CALENDAR

June 6	Meadowlark Gardens Volunteers
June 8	Smithsonian Victory Garden Tour & Talk
June 14	Landscape Design Council Installation
June 16	District III Presidents Coffee
June 20	General Meeting, 10 am
June 28	Environmental & Gardening Consultants Councils Picnic

TABLE OF CONTENTS

President's Message	1
Upcoming Events	2
Communications	2 - 3
Horticulture	4 - 5
Conservation	5
Recent Events and Field Trips	6 - 9

Upcoming Events

June Program - Kathy Jenz with 'Regionally Adapted Garden Plants'



Editor and Publisher of *Washington Gardener Magazine*, Kathy Jenz will be presenting a slide program featuring plants that have proven themselves in the Mid-Atlantic region. Low-maintenance gardening is the goal of many of us in our busy lives, and the key is planting the right plants for our local climate. She will discuss natives, but mostly she will explore tried-and-true plants that can take clay soil, deer browsing and periods of drought. She will cover, season by season, her favorite plants that excel in our local gardens.

Communications

Meadowlark Gardens Volunteers

Please join us in volunteering at Meadowlark on June 6 at 9:30 a.m. The Gardens rely greatly on the volunteer support of members of clubs such as ours. It's a lovely place to work, and we enjoy the opportunity to socialize while we work.

Calendars for Military

Please remember to bring in your 2017 calendars. They 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!

Club Parking

Please continue to find parking near the Church, but not in the Church parking lot. Thank you all for your continued cooperation.



Cares and Concerns

We wish to express our sympathies to Jill Hecht who recently lost her father-in-law. Please keep her and her family in your thoughts and prayers.

Pwassan Virus

The news has reported that we must look out for another disease, Pwassan virus, from deer ticks. There is no known cure but only treatment of symptoms. Lingering neurological deficits may remain. The bad news is that it can transmit the virus within 15 minutes of attaching to you. The good news is that it is very rare: the CDC reports six cases in America in 2015 and only 75 in the last decade, and that most of those cases were in New England and the Great Lakes region.



We want to send out a note of caution that the numbers of deer ticks are up this spring so check yourself as soon as you come in from the garden, lawn or woods. Deet seems to be the best deterrent and/or treating your cloths with pyrethrum. Most of the little ones come via feet and ankles so tucking your pants into your socks makes sense.

Editor's note: Possibly because of too few deep freezes this winter, we have a bumper crop of ticks in our area. Here is a tick removal method I learned recently. Using a lint roller over one's clothes when entering the house can quickly pick up ticks from clothes and skin that you might miss. I tried this approach, and it worked quite well.

Welcome to the Club

Five Hills would like to welcome to the Club new member Nancy Peters. Here is her contact information to add to your yearbooks at the very back of which there is a page for just such additions:



Nancy Peters (Doug)
Cell: 571-643-8956

2108 Twin Mill Lane
Oakton, VA 22124
Birthday: Jan. 29

Corrections to the Yearbook:

The email address that Joanne sent for Valerie Warriner is incorrect.

The correct address is wwarriner@aol.com.

Linda Gamboa also has a different address.

Her correct email address is LindaMGamboa@gmail.com.

FLOWER COOKERY

It is spring and summer salads are coming, so thought our friends might be interested in adding pretty, tasty flowers to culinary endeavors.

Flower cookery has been traced back to Roman times, and to the Chinese, Middle Eastern, and Indian cultures. Edible flowers were especially popular in the Victorian era during Queen Victoria's reign.

Today, many restaurant chefs and innovative home cooks garnish their entrees with flower blossoms for a touch of elegance. The secret to success when using edible flowers is to keep the dish simple; do not add too many other flavors that will overpower the delicate taste of the flower. Most herb flowers have a taste that's similar to the leaf, but spicier.

CAUTION: Not every flower is edible. **Some flowers can make you very, very sick.**

You should **NEVER use pesticides or other chemicals** on any part of any plant that produces blossoms you plan to eat, and **NEVER harvest flowers growing by the roadside.**

Identify the flower exactly, and eat only edible flowers and edible parts of those flowers.

Always remember to use flowers sparingly in your recipes due to the digestive complications that can occur with a large consumption rate. What follows is a list of 36 edible flowers with their official names to prevent confusion:

Begonia (tuberous and wax)

Calendula officinalis

Carnations (Dianthus caryophyllus)

Chrysanthemums coronarium

Clover (Trifolium species)

Cornflower (Centaurea cyanus)

Dames's Rocket (Hesperis matronalis)

Dandelions (Taraxacum officinalis)

Day Lilies (Hemerocallis species)

English Daisy (Bellis perennis)

Fuchsia X hybrid

Garden Sorrel (Rumex acetosa)

Gladiolus spp.

Hibiscus (Rosa-sinensis)

Hollyhock (Alcea rosea)

Honeysuckle (Lonicera japonica)

Impatiens walleriana,

Jonny-Jump-Ups (Viola tricolor)

Lilac (Syringa vulgaris)

Linden (Tilla spp.)

Marigold (Tagetes tenuifolia - aka T.signata)

Nasturtiums (Tropeolum majus)

Pansy (Viola X wittrockiana)

Peony (Paonia lactiflora)

Phlox, Perennial Phlox (Phlox paniculata)

Pineapple Guave (Feijoa sellowiana)

Primrose (Primula vulgaris)

Rose (Rosa rugose)

Rose (R. gallica officinalis)

Scented Geraniums (Pelargonium spp.)

Snap Dragon (Antirrhinum majus)

Sunflower (Helianthus annus)

Sweet Woodruff (Galium odoratum)

Tulip Petals (Tulipa)

Violets (Viola species)

Yucca Petals (Yucca species)

Please note: Should you wish to try any or all of these flowers, I will have an extensive list with notes printed out at our meeting. I excluded the extended information about Queen Anne's lace as it resembles the poisonous wild hemlock which grows in abundance along the Potomac river and, in very small amounts, can kill.

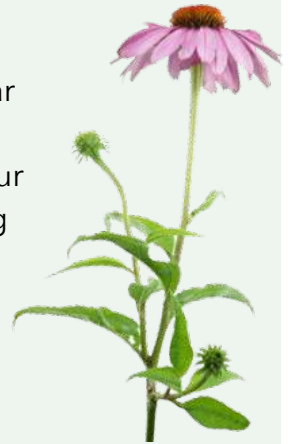
Flower Cookery, cont'd: In addition, most fruit flowers are edible, but most fruit trees are sprayed just before and during the bloom and thus should not be eaten.

Most herb flowers are just as tasty as the foliage and very attractive when used in salads. Add some petals to any dish you were already going to flavor with the herb.

Karen Lucas, Horticulture

Whew! Where Did the Year Go?

Just checking if you remember a year ago? (The Flower Show) Perennials are in full bloom. Bring one from your garden in a green bottle. Make a tag with full botanical name and class in which it would fit. The exhibits will be evaluated by our Club judges.



Conservation

Edible Plants

In thinking about our environment I thought about June, camping, hiking and climbing, I suspect many of us either will do some of these things, or friends and family will spend time outdoors and wonder which of the many things we see might be edible. Well, here is a list of 19 locally edible plants; many of them grow in my yard, and I consider them part of my "lawn"? If you'd like to discover even more edible wild plants, check out the *SAS Survival Handbook* and the *U.S. Army Survival Manual*.

Proper identification is absolutely critical. If you can't clearly identify a plant, and you don't know if it's poisonous, it is better to be safe than sorry. Steer clear of a plant if it has: milky or discolored sap, spines, fine hairs, or thorns; beans, bulbs or seeds inside pods; bitter or soapy taste, dill-, carrot-, parsnip- or parsley-like foliage; almond scent in the woody parts and leaves; grain heads with pink, purplish or black spurs; three-leaved growth pattern. *(campfire quilt by Terry Grant)*

Many toxic plants will exhibit one or more of the above characteristics. Bear in mind that some of the plants suggested below have some of these attributes, yet they are still edible. The characteristics listed are just guidelines for instances in which you are not confident about what you are dealing with. If you want to be completely sure that an unknown plant is edible, and you have a day or two to spare, you can always perform the [Universal Edibility Test](http://goneoutdoors.com/perform-universal-edibility-test-2156033.html) <http://goneoutdoors.com/perform-universal-edibility-test-2156033.html>.

Elizabeth Huebner, Conservation

Editor's note: Due to the length of this month's Conservation article, please find, as a separate document, Elizabeth's wonderfully comprehensive and interesting article on edible plants complete with accompanying illustrations.



Smithsonian Gardens and Castle Field Trip

by Julia Smith

Fifteen Five Hills members enjoyed touring several Smithsonian gardens and locations this month, and no one was lost in the metro system! Cindy Brown, Director of Education for the Smithsonian Horticulture Department, met us in the Enid A. Haupt Garden, adjacent to the Castle building. It is a Victorian style parterre garden and was built in 1987 as the rooftop for the African and Sackler art museums. To the sides of the Haupt garden are a Moorish style garden space to reflect Moroccan style gardens in Africa, and a Moongate garden on the Sackler side to reflect its Asian style. Two shrubs that were particularly interesting were *Edgeworthia chysantha*, a very fragrant early bloomer, and a stunning pomegranate tree in full bloom with flowers that were the intense color of pomegranate fruit.

Following the garden tour, Julia Smith, a Castle docent, gave a highlights tour of the Castle building and origins of the museum. James Smithson, the original benefactor, was a British scientist who never came to the United States in his lifetime, but left his entire estate to the U.S. to “create an establishment for the increase and diffusion of knowledge.” The Castle building was completed in 1855 specifically to serve the functions of the Smithsonian including museum exhibit space, laboratories, research, publication, art galleries, and libraries. Seventy-five years after his death, James Smithson’s remains were brought to Washington and laid to rest in the Castle. The Smithsonian Institution has grown up around him to become the largest museum and research complex in the world. *(group photo by Willow Prall)*



Recent Events and Field Trips

After enjoying our own picnic lunches, another of our members, Ann Balch, a volunteer in the Mary Livingston Ripley Garden, gave us a tour along with Janet Draper, the garden's horticulturist. It is a delightful hidden space that was saved from the fate of becoming a parking lot, and features natives, a meadow garden and succulent garden. Exotics and tropicals from the Smithsonian greenhouses are displayed there in the summer. We were fascinated by the odd flowers of Dutchman's Pipe (*Aristolochia gigantea*) https://www.google.com/search?q=Dutchmans+pipe&client=safari&rls=en&prmd=ivns&tbn=isch&tbo=u&source=univ&sa=X&ved=0ahUKEWj9oYuV0L7UAhVBoD4KHQ_QDyQQsAQIMg and its pollination system and were introduced to "wine cups", purple poppy mallow (*Callirhoe involucrata*) <https://www.google.com/search?q=wine+cup+plant&client=safari&rls=en&prmd=ivns&tbn=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiSoID10L7UAhXCbz4KHxp6BosQsAQIMQ>.

Several of us then visited the American History Museum where a new exhibit, entitled "Cultivating America's Gardens" is on view until August 2018. The exhibit is from the archives and libraries and is not very big but it is extensive. It covers the history of different groups of Americans and their approaches to the use of land for gardening.

https://www.washingtonpost.com/lifestyle/home/a-new-smithsonian-show-looks-at-americas-rich-history-of-gardening/2017/05/30/c65e0878-418a-11e7-9869-bac8b446820a_story.html?utm_term=.d6c528e75593

<http://library.si.edu/exhibition/cultivating-americas-gardens>



Above: Five Hills
field trippers

Left: Tour Guide,
Cindy Brown

right:
Gail Gile



Recent Events and Field Trips



May Plant Exchange Views taken by Willow Prall & Brigitte Hartke

A big thank-you to Ann Nelson, above, for again hosting our plant exchange this year in her beautiful home. As always there was lots of excitement and good will as members shared plants from their own gardens, as well as stories and advice about their care. top left, counter-clockwise: Anita Hill; Andy Bothwell with Janet Kremer; Noreen Linnemann and Anita leading the meeting; Karen Fleming and M'Ellen Alden; several car problem-solvers; Marian Sanders



All Members of District III, Presidents Coffee — June 16, Meadowlark Gardens

Consider becoming involved in, and getting to know the people of the thirteen garden clubs that comprise NCAGC District III of which Five Hills is a member club. On Friday, June 16, District III held its Presidents Coffee to install a new director – Robin Hammer – while bidding goodbye to our previous director, Jane Oliver Smith. This final meeting of the year was held in the beautiful Atrium at Meadowlark where their meetings are regularly held. Five Hills Garden Club was well represented by Noreen Linnemann, Ann Carter, Karen O'Meara, Julia Smith, (and yours truly) while Trish Phillips sat at another table as she also belongs to another garden club. The week before, District III had gone on a field trip to Chanticleer and the Barnes in Pennsylvania. It has been a joy to meet and get to know so many dedicated, enthusiastic and capable ladies. As their meetings are open to all District III garden club members, please consider attending next year's meetings. The light breakfast fare and programs are excellent – Friday's meeting was followed by a tour of Meadowlark Gardens!

photos by Editor, Brigitte Hartke

