

Sow and Tell

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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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President's Message

"The day the Lord created hope was probably the same day He created spring."

Bernard Williams

Life is alive everywhere. The trees are blooming, the flowers are smiling, the birds and bees are busy with their chores and we gardeners are in ecstasy. There is nothing like a sunny spring day in our gardens. April so far has given us some lovely days to commune with nature and pick weeds.

One of the nicest benefits of being a Five Hills member is that we have friends to call when we need advice. We have so many experts on so many things and so many nice friends. What a blessing.

Congratulation to us for all the awards we earned this past year. A special congratulations to Gail Gile for earning the Elise Lee Harris award and a \$50 check for the club for her bee presentation at our last flower show.

We have several exciting spring activities coming up. Karen Fleming has planned several fun field trips. Our plant exchange is at Anne Nelson's home in May and of course our yard sale is the first weekend in May. We had a good time just hanging out together the last time we had a yard sale so hopefully we will have good weather.

I quote Margaret Atwood, "In the spring, at the end of the day, you should smell like dirt".

Noreen

APRIL CALENDAR

Tues April 4 Meadowlark Gardens Volunteers 9:30
April 9-10 Brent & Becky's Gardens Field Trip
Tues April 11 Board Meeting, 10 am
Wed April 12 Landscape Design Council
Thurs April 13 Civic workday
Tues April 18 General Meeting, 10 am
Mon April 24 Garden Therapy, 9:15 am
Wed April 26 Environmental & Gardening
Consultants General Meeting

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Upcoming Events



April 18 Program: Karen Rindel ~ "Succulents"

Karen Rindel will present a slide program to share her love and knowledge of succulents for this meeting. Karen is a member of Fairfax Ferns Garden Club. She travels to judge community gardens and to present her succulents program. Succulent varieties and uses have increased tremendously in the last few years. Heads up ~ she is hoping that she can bring some of the smaller succulents for sale!

There is so much going on in Spring!! Dates to add to your calendars:

April 4 - 30: Leslie Dawley's Burnside Farm Festival of Spring; Holland in Haymarket. Links:

<http://princewilliamliving.com/2014/02/holland-haymarket-north-americas-largest-pick-your-own-tulip-festival/>

http://www.insidenova.com/lifestyles/amid-suburban-sprawl-haymarket-family-plants-field-of-magic/article_28be20ce-aebf-11e2-b654-0019bb2963f4.html

April 15 & 16: Annual Daffodil Show, 3939 Oak St. Fairfax

April 22 & 23: Annual Leesburg Flower and Garden Festival

April 21 & 22: Arbor Day Tree and Native Plant Sale, JMU

May 6: Ayr Hill Garden Faire Plant Sale at the Freeman House

May 13: Pr. William Wildflower Society Plant Sale, 8717 Plantation Lane, Manassas, 9 - 12

May 18: Friendship Garden Re-Dedication, US Nat'l Arboretum, 1:30

May 18 - 20: National Garden Club Annual Convention, Richmond

May 20: Spring Garden Day Big Plant Sale at Green Spring, 9 - 3

June 8: NCAGC (District III) bus tour, Barnes Home & Arboretum & Chanticleer Gardens

June 9 - 10: NCAGC Conference, Bethesda, MD



Five Hills Garden Club Yard Sale

Saturday, May 6, 8 am - noon

Raindate: May 13, 8 am-noon

Noreen Linnemann's yard and driveway
(corner of Lawyers Road and Garrett Street, Vienna)

We are a short month away from our club's yard sale. Right now, please start setting aside items for the sale. Let your friends and neighbors know they can contribute, too! We hope all club members will be able to help with this fundraiser in one or more ways. It will be fun to work together!

WAYS YOU CAN CONTRIBUTE

collecting items, large or small, to sell
donating boxes, bags, hangers & newspaper for checking out
pricing items
helping with set-up, running the sale and clean-up
lending fold-up tables &/or rolling racks for displaying items
making and placing publicity signs around Vienna
baking items to sell - yes, a bake sale, too!
taking leftover items in your car to Goodwill after sale
lending a truck to pick up donated furniture

Drop off donations at Noreen's, Sunday, April 30 through Friday, May 5

CALL FIRST! Home: 703-281-1770

Friday, May 5

Pricing: 1:30 pm @ Noreen's home

Pre-sale: 5 pm - 8pm, for 5 Hills members only!

Saturday, May 6

Set-up: 6:45 am - 8 am

Sale workers: 8-10am and/or 10-noon

Clean-up: noon - 2pm



Please take a moment to tell me the ways you want to help out.

Contact info: 703-503-7812 or Nebhutfamily@verizon.net

Many thanks! Kathy Nebhut & Trish Phillips Yard Sale Co-Chairs

Garden Therapy

For our last garden therapy of the year, the residents at Braddock Glen will be making arrangements with beautiful spring flowers. Our volunteers are Karen Fleming, Rosemarie Jaksetic, Elizabeth Huebner and Anne Nelson. Once again we thank you for participating and welcome anyone else who would like to join us. Please meet at Braddock Glen at 9:15 on Monday, April 24. The Assisted Living Center is located at 4027 Olley Lane in Fairfax. :-) Gail Gile and Janet Kremer



Please Bring in your Calendars for the 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!

Our "Random Act of Kindness" Pass-It-Forward Table

At every garden club meeting we have a "pass it forward" table, whereby you can give away garden items you no longer use such as pots, magazines, tools and decorations. If the items are not taken, please remember to take them home with you.



For the April Hort Table

*Showers ~ Bring a bloom or two from a bulb in green bottle(s) and labeled of course!
OR
Create a small, whimsical design – think April Fool's Day – for a tray. Humor will win you a prize!*

Family Fun with Floral Design

I have been neglecting design, and want to correct that with a formula to introduce the kids, young and old, to a fun way to design and construct easy table decorations for your holiday gatherings or family events. The beauty of this is to free you from a last minute task and enjoy the creativity of the ideas that spring forth from the kids. You will need:

Week or more before date:

Gather loaf pan(s), glass or metal, one for about every three feet of table.

Floral foam cut to fit the pan(s)

Colored paper

Sharp pencil(s)

Line material — Small branches or twigs
10-12 inches long, plain or painted

Day of, or a few days before, date

Obtain flowers (buy or pick); 3-5 types of small flowers various colors (keep your eyes open where you purchase flowers. can use dried.

Cut stems under water to about 6 inches and condition overnight.

After you select the flowers pick a shade of colored paper to make a covering for sides and bottom for the leaf pan if it needs one (mine are beat up, so always do this step).

Day of, several hours ahead of time.

Soak foam in water (can sit in the water). Divide flowers so each group has the same colors and approximately same numbers. Keep in water.

Assemble pencils, flowers, pan(s) with wet foam, clippers and or scissors (depending on the size of stems)

Gather participants (as far away from kitchen as possible) The first time I did this we had five pans, 14 kids ages 5-17, three adult kids and a dog entering in the project.

Divide into teams.

Instructions. Use a sharp pencil to *gently* mark a pattern on the foam, creating a paint-by-numbers effect. Geometric patterns are easy to do, but remember — each team gets to do their own pattern. Areas for flowers need to be large enough to contain a few or more flowers.

Cut stems to about 1 ½ inches, and insert same colored flowers to fill each space.

Insert line material if desired.

Hostess

Stand back, listen and enjoy.

When they are done, dry off the sides and bottom of the pans and slip them into the preassembled colored paper wrappers and place on table.

Note that this type of design is called “Pavé” (minus the line material). You can find many examples on the Internet.



~ Karen Lucas, Horticulture

The Pros and Cons of No-Till Planting

At a time when fertile topsoil is being worn away by wind and water at rates that are figured in tons per acre per year, a drastic new soil-conservation measure is certainly in order. No-till planting does preserve topsoil, but this advantage doesn't come without certain trade-offs. As it's currently practiced in the U.S., no-till farming might more appropriately be called **no-till/chemical agriculture**.

The most obvious (or at least the most frequently *claimed*) reason that soil is tilled is to loosen it so oxygen and water can reach the area where roots will grow. It seems logical that friable, loose earth would allow roots to spread evenly and to proliferate, and this is indeed the case. But it results in a soil with broken structure lying atop a compressed layer that the cultivator doesn't reach. This broken-up soil is very prone to being compacted by rainfall. Untilled ground *starts off* being less compacted than machine-worked soil, and it *stays* that way.

In no-till farming, crop residues are left on the surface, where the nutrients that result from their decay can leach into the soil. This leaching process is far more thorough than you might imagine. Studies have shown that the accumulation of this surface material levels off after a few seasons of no-till practice.



artist: Alice Barber Stephens

The plant residues on a no-till yard prevent runoff to an amazing extent: On slopes that are steeper than can normally be planted, no-till slopes have consistently shown next to no topsoil loss after downpours of several inches per hour. That same vegetative cover also makes the no-till yard less susceptible to the effects of wind erosion. This type of planting offers a solution to topsoil loss. A fringe benefit of the retention of runoff is that no-till soils stay more moist than those that are cultivated. The surface residues trap water and protect the earth below from the evaporation effect of the wind. Soil moisture levels can be more than 10% higher in late July in an uncultivated piece of ground.

There is one point that cultivation advocates raise to defend the technique, and it's one that poses a real problem for people with strong environmental leanings: Cultivation is the way in which conventional agriculture controls weeds, both before and after planting. In no-till planting, at least as it's practiced today; *herbicides* take the place of the cultivator. Unfortunately significantly *more* herbicides are used in no-till planting than are typically applied to tilled ground. And in some cases, where plant residues harbor insect pests, the use of insecticides may be greater, as well. What does this mean for our health and that of the land? Let's look further into herbicides to see.

How Herbicides Work

Broadly speaking, herbicides can be divided into two major categories: selective and nonselective. The first group can be used, in the proper concentration, to kill one type of plant without harming another. The latter group is generally used to sweep a yard/field clean of whatever is growing there. Typically, a non-selective herbicide such as paraquat might be used in the fall or before planting in the spring to kill weeds, sod, or plants. A selective herbicide such as 2,4-DB might be used to combat weeds around a growing plants. If applied in the proper concentration, the 2,4-DB won't affect the crop plants, because they lack a certain enzyme that processes the chemical. The weeds, however, will be able to convert the 2,4-DB into deadly 2,4-D. The weeds' enzymatic versatility thus proves to be fatal.

Herbicides can be further divided into groups according to the route by which they attack. *Contact* herbicides kill a plant by destroying its surface cellular structure. Paraquat, for example, is a desiccant; that is, it robs moisture from the weed, killing it within a couple of days. *Translocated* herbicides actually enter a plant's vascular system—either through the foliage after direct spraying or through the roots after ground application—and disrupt one of its life processes. 2,4-D, an auxin-type herbicide, accelerates growth to the point that the plant dies. Atrazine, which is nearly as popular as 2,4-D, attacks chlorophyll production in a weed, limiting its ability to take nourishment from the sun. Dalapon, another widely used herbicide, interferes with the activity of a B vitamin called pantothenic acid which is essential to a plant's development. Others take such avenues of attack as halting the formation of amino acids, preventing the production of sugar and complex starches, and so on. There are nearly as many ways of killing weeds as there are herbicides.

Concerns

Toxicity: Herbicides work because they're dangerous; almost without exception, a human could be killed by ingesting enough of a weed killer. Some herbicides, however, would have to be taken in pretty heavy doses to do the job. Paraquat is probably the most toxic weed killer in widespread use today. In laboratory tests, half of a population of rats will die if they're fed 150 milligrams of paraquat per kilogram of body weight. To put that in human terms, it takes about a teaspoon of paraquat to kill a person. People who handle herbicides—in both production and application—can be in great jeopardy if they don't exercise proper precautions.

How likely is it that we'll be poisoned by herbicide residues in our food? Not very likely. First of all, our nasty example chemical, paraquat, is only applied to fields at the rate of about a pound of active ingredient per acre, which means that its concentration would be pretty low on any given unit of food. And second, as you'll see in the paragraph on persistence, the concentrations of many herbicides drop off quickly. We do, however, consume some amount of herbicides on treated crops or via livestock that have eaten the crop or foraged on the ground. The long-term effects of even small dosages are very difficult to predict.

Conservation

There is no question that wildlife is damaged or killed by certain herbicides. Birds can be injured if they get in the way of spraying (small amounts of paraquat can kill eggs), and the runoff from herbicide-treated fields can be injurious to a range of water-dwelling organisms. The herbicides paraquat, atrazine, and MSMA have been found to inhibit the growth and productivity of algae in streams, which can affect the overall bio-productivity of the water. Of course, no-till planting goes a long way toward eliminating water runoff, so this new practice may limit that specific effect.

Persistence: Herbicides remain active in the soil for anywhere up to about 30 months, but most of the commonly used chemicals have broken down by the end of the eighth week after their application.

DDT, an insecticide, gained its notoriety because it remains active in the environment for a very long time, accumulating in the bodies of creatures (especially birds) exposed to it. Herbicides, as opposed to insecticides, are less likely to show such effects because they tend to break down as they work. For example, 2,4-D is degraded as it does its job of stimulating auxins in the plant. Paraquat may be the herbicide that presents the greatest persistence problem. Though it's held inactive in most soils, clay-heavy earth may enhance its cumulative qualities, eventually posing a hazard after an area has been sprayed for several years.

There's also reason to worry about the development of strains of weeds that aren't affected by herbicides. This isn't a matter of the genetic development of strains resistant to herbicides, the way in



which some insects have come to tolerate insecticides.

Rather, weeds that are *already* resistant—Johnsongrass is a good example—often flourish in herbicide-treated areas. Because other weeds that may have competed with the resistant species have been wiped out, the tough weeds are free to run amok.

Problems such as the proliferation of resistant weeds emphasize one of the major criticisms that proponents of organic agriculture level against no-till/chemical planting. By attempting to dominate the soil (an essentially hubristic approach), planters may leave themselves open to disastrous failures. Learning to work with and improve the soil is certain to be a far safer and more productive approach in the long run.

There are means on the horizon for eliminating the *need* for synthetic organic herbicides. The move away from mono-cropping is already reducing weed problems, and many of the facets of good husbandry (such as meticulous screening of seed for cleanliness) help. Then too, there are developments in natural weed control. Scientists at the University of North Carolina are using plants against plants. By incorporating *allelopathic* species (which release chemicals to fight off neighbors) as cover crops in conjunction with no-till plantings, they're having great success at controlling weeds. So, aspects of no-till may offer advantages over conventional tillage when coupled with natural controls.

Many thanks to MOTHER EARTH NEWS for this article.

Elizabeth Huebner, Conservation



A Warm Welcome to New Members

Nancy and Linda joined us in March. Please add their names to your yearbooks.

~ Joanne Menke, Membership

Nancy Rohde (Bill)
9003 Stoneleigh Ct.
Fairfax, VA 22031
703-280-1983

nerohde@aol.com

Birthday January 18

Linda Gamboa (Frank)
3920 Oak St.
Fairfax, VA 22030
703-591-5588
C: 703-608-2023

LindaMGamboa@gmail.com

Birthday July 30

Also, please make a note Elizabeth Huebner's new email address:

ladukai61@gmail.com

Philadelphia Flower Show 2018 "Wonders of Water"

Next year's Philadelphia Flower Show will aim to make a splash. The theme for the show, to run March 3-11, 2018, is "Wonders of Water" -- a topic designed to offer 'equal parts inspiration and conservation'.

Count on lots of fountains, ponds and other water features, plus rain gardens that reflect PHS' ongoing work with the Philadelphia Water Department to increase green, stormwater-absorbing spaces across the city.

It will make three consecutive years of strong environmentalist themes in the show, which last year focused on the U.S. National Park System and this year emphasizes sustainable Dutch design in "Holland." Thanks to Barbara Tozzi for making arrangements for our trip -- March 9-11 -- to Philadelphia this year as she has for many years.

Editor's note: Front page illustration taken from English naturalist and artist Edith Holden's nature journals, published as "The Country Diary of an Edwardian Lady"



Staying in Touch with Dottie Hansen:

My new address will be:
2904 Carriage House Way
Williamsburg, VA 23188
cell - 703 403 1907

When my land line gets connected I will send you a note. <mailto:hanson.dottie@cox.net>

In a Nutshell ~ Joyce Overholtzer "Ikebana Design"

In March, Joyce Overholtzer presented a design program using the techniques of Sugetsu School of Ikebana Design. First, she gave some information about the founding of the school.

The founder of the Sogetsu School of Ikebana was Sofu Teshigahara, the first son of Ikebana artist Wafu Teshigahara. Sofu was born in 1900, and showed a great aptitude for Ikebana design, but he began to question the traditions in which people could not express their originality, and so broke away from his father to found Sogetsu School of Ikebana. Eventually Sofu's first son, Hiroshi, became the third *Iemoto* or headmaster of Sogetsu School, as well as becoming a well-known film director. He has had solo exhibitions in museums in Seoul, Korea, Milan, Italy and the Kennedy Center in Washington, D.C.

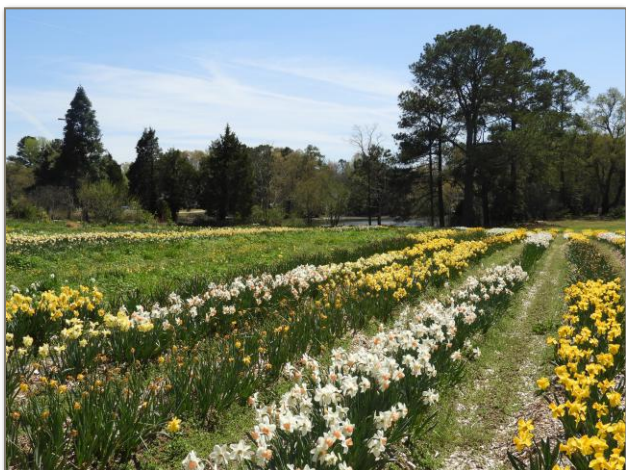
Joyce held her audience in rapt attention as she carefully placed large branches of blooms in her containers, sometimes without a pin holder and no other means of support than their leaning against one another. "Sometimes you have to pray a little", she advised. She said arrangements need to be designed so that they can be placed anywhere and be seen from all sides.

Joyce used many Ikebana terms: a *kenzan* is a holder into which flowers are inserted so that they are firmly fixed in place (we call them pin holders or frogs); a *suiban* or *hanaire* is a flower container, vase or bowl for a flower arrangement; a *moribana* is an arrangement in a low, shallow container with a wide opening.

She had very large containers, some of them of heavy metal, and she said she had taken metal welding classes to build some of her beautiful containers. One ceramic vase was a treasured gift to her from a former member of our Club, Bonnie Mermac. Another thing she has come to learn – "You never know what you are going to be thrilled with". Here are photos of some of the arrangements she created for us:



Field Trips and Photographs



An April Field Trip to Brent & Becky's, Gloucester, Va.

Pictured, here are the lucky ladies who were able to go: Taffy, Karen Fleming, Muriel Turner, Karen Lucas, Rosemarie Jaksetic, Kathy Nebhut, Noreen Linnemann, Lisa Adelman, Elizabeth Huebner
photos by Rosemarie Jaksetic



Historic Vienna



The next major Vienna event for Historic Vienna will be the annual Walk on the Hill in the Windover Heights neighborhood, Sunday, April 30, from 2-5pm. More information is available at the Freeman Store.

HVI's newest exhibit, "**Vienna's History Through Time,**" recognizes the Vienna area's contribution to local history as Fairfax County celebrates its 275th birthday. Through a series of photographs, newspapers, historic artifacts and stories,



local events and time periods will be highlighted. Included are stories of the first county court house, the Virginia secession vote, the local oil strike, and other common and not so common events.

(above, Freeman House on right)

Staying in Touch

Most of us remember Karen Hill who was with us for some years before moving home to the sunny climes of her youth in California. When I asked her to, she recently sent me a few of her marvelous mosaics for which she is well known by many of us. Included here are two:

(Karen, pictured left in photo on right)



Five Hills Garden Club Wholesale Plant Sale – NEW PLANTS- PRICES INCLUDE TAX & DELIVERY!

Order forms due back on **April 18, 2016 with payment (Club meeting date is April 18) - Check payable to Cary Fichtner-Vu**

Plants will be delivered Friday April 21st. Pick up is Friday April 21 6:00 – 8:00

Checks and Pick up at: Cary Fichtner-Vu 4409 Jayson Lane, Annandale VA 22003

Questions: Cary (cell) - 703-861-8259

Minimum Orders: Annuals- 1/2 flats – 9 – 4” pots (Flats 18 – 4”); Perennials- 1/2 flat- 6- quarts (Quarts Flat is 12); Gallons order individually Items that have * are native

Annuals –1/2 flats (9- 4” pots) \$10.00 (include delivery/ tax) How Many TOTAL 1/2 flats
__X\$10.00= _____

- Ageratum Blue Hawaii _____
- Alyssum Clear Crystal (lavender shades) _____
- Begonia Super Olympia Pink_____ Red_____ Rose_____ White_____
- Geranium Elite Cherry_____ Pink_____ Salmon_____ Scarlet_____ White_____
- Marigold Aurora Yellow Fire (yellow w/red centers)_____
- New Guinea Imp Sonic Burgundy_____ Pink_____ Lilac_____ Orange_____ Red_____ Salmon_____ White_____
- Impatiens Hot Pink _____ Bright Orange _____ Pink _____ Red _____ White _____
- Petunias Wave Mix_____
- Salvia Victoria Blue_____ Vista Purple _____ Vista Red_____ Vista White_____
- Vinca Mix red, white pinks) _____ white_____
- Zinnia Magelleon Mix _____

Flowering Hanging Baskets –10” \$13.00 (Include delivery and tax)

Begonia_____ Fushia _____ Ivy Geranium _____Petunia _____ Verbena_____

How many Baskets _____ x \$13.00 = _____

Perennials – Look at Individual Prices.

Alcea- Hollyhock Simplex- Mixed colors - **\$4 each quart** x _____ = _____

Anemone - Pamima (pink red) **\$5 each gallon** x _____ = _____

Aquilegia- Columbine Pink Lantern **\$4 each quart** x _____ = _____

Campanula Blue Waterfalls **\$5.5 each gallon** x _____ = _____

*Chrysogonum Virginianum Allen Bush (ground cover w yellow flows) **\$4 per quart** x _____ = _____

*Coreopsis Full Moon Big Bang_____ Jethro Tull_____ Red Satin_____ **\$4 each quart** x _____ = _____

*Dicentra Spectabilis (bleeding heart) **\$5 each per gallon** x _____ = _____

Digitalis – Fox Glove Foxy dwarf Variety of colors **\$5 per gallon** x _____ = _____

*Echinacea- Purple Cone flower **\$5 per gallon** x _____ = _____

*Helenium Mardi Gras **\$5 per gallon** x _____ = _____

Helleborus –Lental Rose **All Gallons \$ 10 each** Ivory Prince____ Pine Knot mixed colors _____ Red Lady _____ Total _____ x \$10 = _____

Hemerocallis Daylilly All Gallons **\$6.5 each** Stella De Oro _____ Strawberry Candy_____ Happy Returns_____ Total _____ x 6.5 = _____

Iberis Candytuff Purity **\$4 per quart** x _____ = _____

Lavandula Lavendar Phenomenal **\$5.5 a quart** x _____ = _____

*Liatris microcephala (dwarf) **\$4 a quart** x _____ = _____

Paeonia all **2 gallons \$12 each** Festiva Maxim white____ Karl Rosend red____ Sarah Bernhardt pink____ Total _____ x \$12 = _____

*Phlox Blue Moon(creeper) _____ **\$ 4 per quart** x _____ = _____

*Rudbeckia Black Eyed Susan **\$5 per gallon** x _____ = _____

Sedum **\$ 4 per quart** Autumn Joy____ Blue Carpet____ Total _____ x \$4 = _____

*Verbena homestead purple **\$5 per gallon** x _____ = _____

* Veronia Sunny Border Blue **\$5 per gallon** x _____ = _____

* Vio walter silver jem hardy ground cover **\$4 per quart** x _____ = _____

Name _____

Phone # _____

Email Address _____

Total # of 1/2 flats _____ X \$10 _____

Total # hanging baskets _____ X \$13 = _____

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

Total Cost _____

Paid information _____

Supplier: www.babikow.com – they supply all the nurseries, top quality, wholesale. Cost includes delivery and tax. Babikow offers many more annuals and perennials...if there is something you are looking for call Cary– 703-861-8259 cary@caryfvu.com