

THE GARDENZETTE



Rock Spring Garden Club
Arlington, Virginia
www.rockspringgardenclub.com

Rock Spring Garden Club is a member of the National Garden Clubs, Inc., Central Atlantic Region, National Capital Area Garden Clubs, Inc., District III, South Atlantic Region, Virginia Federation of Garden Clubs, Inc., Piedmont District

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GENERAL MEETING

Thursday, November 18, 2021 at 10:00 am
Little Falls Presbyterian Church, Arlington, VA

While our meetings are normally open to the public, our November general meeting is restricted to members who are vaccinated and one guest and/or potential new member who is also vaccinated. All attendees are required to wear masks and to physically distance during our meeting and program. No refreshments will be served. All guests and potential new members must RSVP to rockspringgardenclub@gmail.com in order to attend.

Our program will feature local artist and instructor Jane Coonce who will showcase her skills and talent through "The Art of the Flower." Using oil as her medium, Jane will create a beautiful painting in less than an hour. The opportunity to own her finished work will be offered to one lucky club member.



President's Message



I've just returned from a two-week vacation on Cape Cod, my home of heart and always an inspiration in so many ways. This trip we rented a place in North Truro, which is way up almost at the tip of the Cape near Provincetown. Where we stayed abutted the Cape Cod National Seashore, a national park for sixty years, thanks to President John F.

Kennedy who also had strong roots on the Cape.

The park offers acres and acres of seemingly endless trails for walking and biking. So, Rod and I took advantage of this special area of natural history full of elfin trees – oaks, beeches, pitch pines and red maples – as well as many species of laurels, berry bushes, and of course, cranberries. We walked by a patch of lady slippers, their blooms gone but nevertheless a treat to observe. The cranberry season is over as the berries were harvested on private lands all over the Cape in late September. However, the wild turkeys stake their daily claim on the paths as they eat the leftovers. Wild turkeys roam the Cape, and they strut with attitude. Our son, Scott, had to move off the Beech Forest Trail on Friday afternoon after being admonished by the turkeys to get out of the way.

The forests in the national park are elfin (short) because of the extreme exposure to the elements dominated by the Atlantic Ocean, specifically the high winds and the salt air and water. All species here seem to live vicariously yet tenaciously in the sandy soil and marshes that sustain them. Being here this time of year evokes images of the Pilgrims' landing on this land 401 years ago, and especially why they decided a few weeks later to sail west across Cape Cod Bay to what we know as Plymouth, Massachusetts. The climate and soil across the bay were more hospitable to homesteading.

And, these reflections bring me to think of Thanksgiving. It's just ahead and calls forth the traditions of the holiday and the importance of giving thanks for our blessings. I am thankful for our club – all of you and your zest for creativity, knowledge and giving to others. On that note, I also thank you for your gestures of kindness and support following my rotator cuff surgery. I would not be as far along in my recovery without you!

Finally, we have two lovely events this month. Our program on November 18th will feature a presentation by local artist Jane Coonce, who I am sure you will enjoy as she paints a floral scene and gives us tips on how we all can try our hand at art. On Monday, November 22, 2021, we will have our third holiday Floral Pumpkin Sale. Please make an effort to stop by Mary Lunger's garage to

purchase a pumpkin or two for your holiday table. And, tell your friends. Lastly, please don't be shy to undertake an arrangement for the Design of the Month – Petite Design Interpretation, and don't forget to bring in some horticultural specimens. Even in November there are plants in your gardens begging to be shown off.

Dianne

Design of the Month

By Anita Brown

This month's design is a Petite Design Interpretation and it should be great fun! Find an artwork you like and then make an arrangement using fresh and/or dried plant material that represents the art. Each person could interpret a

piece of art very differently, so do not be concerned if anyone might question your representation. This is the most subjective of all the designs we will do this year.



Note that this Petite Design cannot be more than 12

inches in height, width or depth, and it can be a Traditional or Creative Design. If you have never done this type of design, please give it a try. I am sure your creative juices will surprise even you!

On a final note, I want to remind you to please leave your named 3x5 index card with your design on the design table until the judge has completed her work and until the Show Committee can collect the names of those submitting designs. I was not at the October meeting but it was reported to me that six designs were done, although it is possible one name was omitted because the identifying card was removed. Therefore, if you did a design, please let me know so I can make sure you get your deserved credit.

Next Board Meeting - January 6, 2022 at 10 am

Next General Meeting - January 20, 2022 at 10 am

Committee Reports

Horticulture

Deer Resistant Plants for a Shady Wall

By Christine Wegman

Recently a friend moved into a new town home, an end unit that backs up on a wooded area. She wondered what she could plant along the open side wall, which is currently just grass. As I was putting together a list of my favorite deer resistant, shade loving plants, I thought it might be something to share with a wider audience, as I think deer are becoming more and more prevalent in Arlington. The list below may give you a few ideas, but is by no means exhaustive. If you want to check whether any of your favorite plants are deer resistant, Rutgers University has an excellent website, which can be accessed with the search term “deer resistant plants Rutgers”.

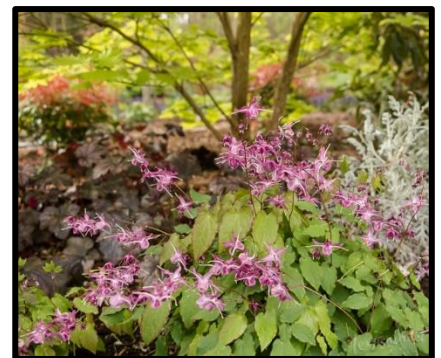
Shrubs

- *Nandina domestica* – This is one of the horticulture world's indestructible plants. There are lots of cultivars, but a few of my favorites are 'Obsession', a 3-4' high and wide variety that has beautiful red leaf color as it ages and no berries. 'Lemon Lime' (pictured) is a 3-4' high and wide variety with yellow-green foliage and no berries. 'Plum Passion', 4-6' high by 3-4' wide with purplish new growth, green mature foliage and reddish-purple foliage in the fall.
- *Mahonia bealei* – Leatherleaf mahonia has clusters of long-lived yellow flowers in late winter followed by blue berries.
- *Mahonia eurybracteata* – 'Soft Touch' is a fine leaved variety of mahonia with yellow flowers and blue berries. 'Silver Seedlings' (pictured) has silvery leaves and mauve flowers.
- *Kalmia latifolia* – Mountain laurel is native to this region. It grows about 6' high by about 3' wide, and is evergreen. Against a red brick wall, I think either the species or one of the white flowered cultivars would look good. 'Elf' is a compact (2-3' high and wide) form with light pink buds and white flowers.
- *Pieris japonica* – This Asian evergreen grows 4-5' high and 3-4' wide. It has clusters of small pink or white flowers in early spring. 'Mountain Fire' has red new growth in spring and good heat tolerance. 'Mountain Snow' is a compact cultivar 3-4' high by 2-3' wide with bronze new foliage and good heat tolerance.



Perennials

- *Helleborus* – Lenten roses have been the subject of a lot of plant breeding that has concentrated on ever more beautiful flowers. Evergreen, growing around 12" to 18" high and wide, they bloom in early spring when little else is going. They are beautiful alone or in masses. Clip them back to just above the ground in February just before the buds emerge and they will sprout a fresh new growth of leaves. They can take quite a bit of sun, and need an alkaline soil.
- *Heuchera* – This native plant has been subject to a lot of breeding that has concentrated on foliage color. Heuchera makes a nice deer resistant substitute for hosta. The light green and purple foliage varieties add a lot of all-season color to a garden. Some heucheras are evergreen, most are semi-evergreen or deciduous. Some of the new varieties tolerate a lot of sun.
- *Astilbe* – Beautiful fern-like foliage keeps this plant looking good all through growing season. There are dozens of hybrids and cultivars in red, all shades of pink, lavender, and cream. Astilbe blooms in late spring to early summer and is very showy.
- *Begonia grandis* – Hardy begonias (pictured). This deciduous plant has lovely leaves with red undersides and looks pretty throughout the growing season. In late summer it sports beautiful little single pink flowers that bloom in cascading sprays above the leaves.
- *Ferns* – There are hundreds of varieties of fern, both deciduous and evergreen, coming in sizes from de minimis to five-foot shrub-like specimens. One of my favorites is the tassel fern (*polystichum polyblepharum*), which makes an elegant 2-3' high and wide presence in any garden. Easy to grow in moist soil, it is evergreen most of the year, losing its leaves in late winter.
- *Epimedium* – Sometimes called barrenwort or bishop's hat because of its heart-shaped leaves, epimedium is a beautiful deciduous groundcover with small early spring flowers in red, orange, pink, yellow, lavender, or white. Some varieties have leaves that are flushed with red. This is a pretty, graceful plant that always looks good in the growing season, and then quietly disappears at the end of autumn to emerge again in early spring. It spreads well, but is not invasive. There is one evergreen variety that is larger than most and has tough, leathery leaves, which can go brown in winter and are best cut back in early spring. It does not have the graceful habit of the deciduous varieties, and I think it is more interesting than useful.



Annuals

- *Begonia x semperflorens* – Wax begonias have thick leaves and blooms in red, pink, and white. Blooms may be single or double. Wax begonia is not as beautiful a plant as the graceful hardy begonia, but it blooms all season and will provide plenty of color.
- *Caladium bicolor* – Caladiums come in many varieties with richly patterned leaves of green, white and pink. You can dig the tubers up in the fall and carry them over the winter in a garage.

Ways and Means

By Sheila Moore

The Ways and Means Committee welcomes any donations for the November 2021 meeting. We would especially like to see Christmas items and any new items that might be useful as a gift for Christmas. Remember that you may either reclaim any unsold items at the end of the meeting or leave them as a donation to Hospice Thrift Shop.

Liaison

City of Alexandria Department of Recreation, Parks & Cultural Activities presents

Fall NATIVE PLANT SALE

VARIETIES AVAILABLE:

- SPICEBUSH \$27
- NEW JERSEY TEA \$27
- BLACK HAW \$27
- WHITE OAK \$40
- BLACK GUM \$40
- CHESTNUT OAK \$40
- FLOWERING DOGWOOD \$40
- SCARLET OAK \$47
- SOUTHERN RED OAK \$55

For more information, call 703.746.5559 or visit alexandriava.gov/NatureCenter

ORDER: NOW THROUGH NOVEMBER 15
Online at alexandriava.gov/Recreation

PICK UP: NOVEMBER 20, 9 A.M. TO 2 P.M.
In-person at Jerome "Buddie" Ford Nature Center

Jerome "Buddie" Ford Nature Center • 5750 Sanger Ave., Alexandria, VA 22311 • alexandriava.gov/NatureCenter

The City of Alexandria Department of Recreation, Park & Cultural Activities is having a fall native plant sale. Order online now through November 15, 2021. Order pickups are on November 20, 2021 at 9:00 am to 2:00 pm at Jerome "Buddie" Ford Nature Center. Available varieties include spicebush, New Jersey tea, black haw, black gum, chestnut oak, flowering dogwood, scarlet oak, and southern red oak (see brochure for more details).

The Haymarket Town & Country Garden Club's Holiday Shoppe is the place for gifts and decor you won't find elsewhere. Find handmade items, one-of-a-kind holiday decorations, vintage wares, plus seasonal and home decor. Their flower shop is offering stunning fresh arrangements and taking orders for Christmas. There are also amazing tabletop settings, collectibles, glassware, crafts, and fresh, delicious baked goods from the popular Bake Shop (see brochure for more details).

Holiday Shoppe

Bake Shop
Home Decor
Santa's Treasures
Floral Market
Vintage Corner
Great Gifts
and much more!

Fri Nov 19th 10 am-5 pm
Sat Nov 20th 1pm-5 pm
Fire and Rescue Station 15
3510 James Madison Hwy

HTCGardenClub.com
Haymarket Town & Country
Garden Club

If you are looking for additional reading material and information related to planting, protection of nature, creating and designing, and learning opportunities, check out the CAR Review at <https://www.car-sgc.org/newsletters>. The CAR Review is the Central Atlantic Region of State Garden Clubs' newsletter published about three times a year. The November 2021 publication is out and it is jam-packed with loads of interesting and informative articles. The website also houses past newsletters to peruse at your leisure.

NCAGC Judges Council held a Morning of Design event on November 4, 2021 for all club members. Our club member and accredited FS Judge Anita Brown was featured, as was Betty Ann Galway and others known to our club. The program was recorded and can be viewed at this link: <https://vimeo.com/642503620>. Hope you enjoy it and take away some floral design inspiration for the holiday season.

Garden Therapy

Pumpkin Floral Designs with the Preschoolers at Glebe Elementary School

By Susan Scotti



The excitement of a new school year and the beginning of fall weather infused us and the children for this year's first program on October 13, 2021. This year, the pre-kindergarten class at Glebe Elementary School has ten students attending in-person in the classroom while we continue to work virtually.

Pumpkins were the theme - how and when their seeds are planted, the blossoms on the vine that precede the knobs that are the beginning of the

pumpkins, and the variety of available sizes, shapes and colors. For story time, I used the National Geographic book "Seed, Sprout, Pumpkin Pie" by Jill Esbaum with its colorful pictures and simple explanations. Margie Melnick led the students in the song "Five Little Pumpkins" while the children held five mini pumpkins up one at a time along with the words of the song.



Combining chrysanthemum's seasonal colors to make arrangements in small hollowed out pie pumpkins was the activity. The pre-cut individual bunches of flowers and the pie pumpkins along with a cut open pumpkin with its seeds left in were delivered to the classroom earlier in the day. The teacher noted that the students' excitement was building throughout the day since the arrival of the materials.

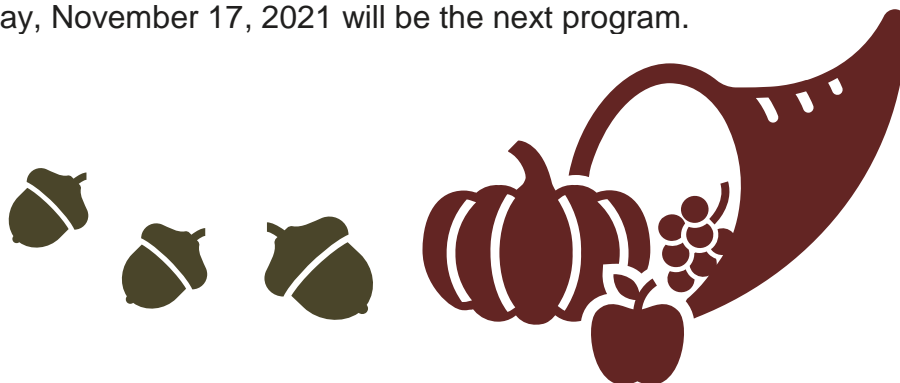


The students worked intently and without hesitation to place all the flowers and were happy to hear that they could take their arrangements home. Hopefully, their participation will lead to an appreciation of the beauty of flowers and plants.

Because of the Veterans Day holiday, November 17, 2021 will be the next program.

Budget Report

Beginning Balance:
Receipts:
Expenses:
Ending Balance:



Floral Pumpkin Sale

By Sheila Moore



We are very pleased to have the promise of sixty (60) arrangements for our sole fundraiser of the year that will be held on November 22, 2021. The sale will occur on the Monday before

Thanksgiving at the home

of club member Mary Lunger, and we ask that you deliver your arrangements to Mary Lunger's house between 1:00 pm and 3:00 pm on that day. Should anyone need help or advice on doing their arrangements, please call Sheila Moore. If you have any leftover flowers, we would appreciate having them in case there is a need to add to any of the arrangements. Refer to the October issue of the newsletter for information on pumpkin care and preparation as well as suggestions for conditioning flowers and greens. Please spread the word by sharing the flyer emailed earlier in the month with your friends and neighbors to inform them about this fabulous event! For those outside the club membership, if you are interested in buying a pumpkin, please email Rock Spring Garden Club at rockspringgardenclub@gmail.com for information about the sale.



Club member Joan Asboth, her husband Julian, and dog, Dolley have moved.



Garden To Do This Month

By Maryam Zolecki

November in our region is one of the few months where the landscape looks dramatically different at the beginning of the month than the end of the month. Gardeners maintain the tradition of putting in bulbs and removing non-hardy plants, but some traditional practices, such as raking and trimming, may be worth a rethink.

- * As the weather is turning cooler and the leaves are changing colors, now is the time to plant spring-blooming bulbs in the beginning days of the month for a spectacular display next year.
- * Conversely, as the first frost sets in, lift dahlia tubers, begonias, and gladiolus corms to store dry over the winter months. Make sure to clean well and remove the dead foliage before storing.
- * Find hardneck garlic bulbs at farmers markets or specialty grocery stores, and plant them in the days after the first frost before the ground freezes.
- * It's tempting to "tidy up" the garden by cutting perennials to the ground, but consider leaving them uncut to provide winter interest, food for birds and shelter for insects, and a layer of insulation.
- * With the trees losing their leaves in full force, mow your lawn rather than raking. As you mow, let the chopped-up leaves fall back on the grass, or collect the leaves and add them to the compost pile or mulch with them.
- * Be sure to stop by RSGC's floral pumpkin sale and pick up a fabulous arrangement!

October Meeting Recap

Elizabeth Byers, Senior Scientist with the West Virginia Department of Environmental Conservation, presented on the "Wildflowers of the Melting Glaciers" as chronicled through her research and adventures in the Himalayas. Elizabeth was absolutely captivating as she shared information on her travels through the many growing environments in the alpine zones of the Himalayas. Her sense of humor, appreciation for the culture and people of Nepal, and knowledge and years of experience were inspirational. Be sure to check out the app Wildflowers of Mount Everest, as well as her book to be published in 2023. The app is free in Nepal, and \$7.99 elsewhere.

For the club meeting, four new members were officially inducted. The horticulture specimens showcased a range of fall plants and flowers, and the Creative Vertical Line floral designs were unique and lovely (see next page).



Left to right: Carolyn Barone, VP, Sheila Moore, Sponsor, Terry Holmes, New Member



Left to right: Carolyn Barone, VP, Maryam Zolecki, New Member, Joan Hession

Not pictured: New Members Joelle Hull
and Janis Gunel

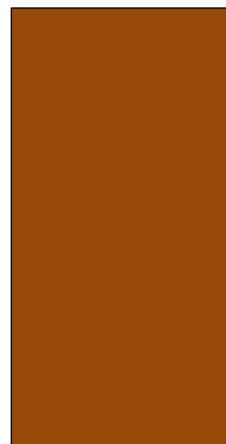
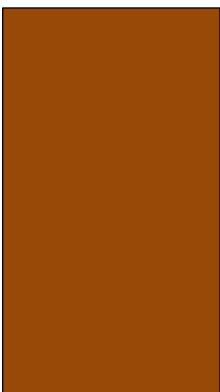
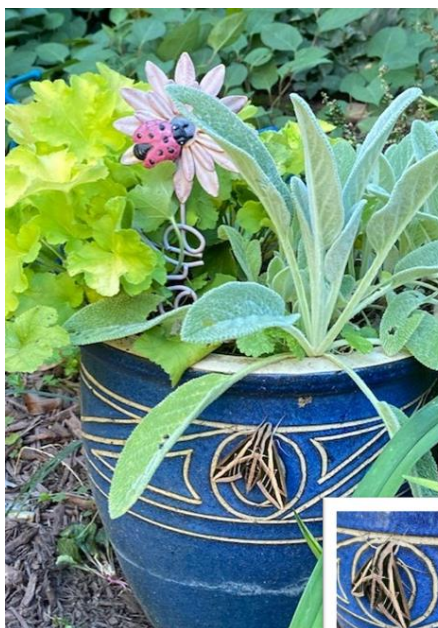


Photo Gallery

Happy Fall!
~ Renee Bayes

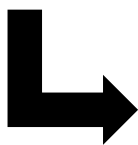


Lots of folks reached out to identify the "mystery" insect featured in the last edition of the newsletter. As many noted, it is indeed a Banded Sphinx Moth.
~ Carolyn Barone



St. John's wort and Russian sage reblooming in the mild early fall weather.

~ Maryam Zolecki



Tricyrtis hirta, commonly called toad lily.
~ Renee Bayes



Mandevilla vine and geranium still blooming in the garden on the first day of November.
~ George Ruppert



Mums, larkspur, juniper with berries, dwarf white iris, lavender, and *Ajania pallasiana* with yellow buds.
~ Kate Abrahams

