

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

OFFICERS

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Dianne Simmons

Vice President
Carolyn Barone

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Jane Robinson

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Newsletter Editor
Maryam Zolecki



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GENERAL MEETING

Thursday, September 15, 2022 at 10:00 am
Little Falls Presbyterian Church, Arlington, VA

Our meetings are open to the public, and guests and potential new members with an interest in gardening, floral design, horticulture and community service activities are always welcome and are asked to RSVP to rockspringgardenclub@gmail.com in order to attend.



VFGC 2nd Vice President and NGC Accredited Life Judge Kathy Ward will showcase botanical works of art to inspire our creativity and craftiness with fresh and dried plant material. Botanical Arts Division is a relatively new entry to NGC flower shows. Kathy will inspire us to think about including botanical arts in our monthly design challenges, entering Botanical Arts sections in flower shows and including Botanical Arts in future flower shows. (See Handbook for Flower Shows, Rev. 2017, pp. 91-95, 112).

President's Message



It never ceases to amaze me the surprises nature offers in my yard. Looking at a tall plant – *Angelica venenosa* of the Apiaceae family – my husband pointed out the black swallowtail caterpillars resting on a tall stem (see photo), nestled among the leaves. This plant is of the carrot family and “home” to

the black swallowtail butterfly. If I go out today, I may see more, as we have already seen the butterflies flitting among the plants on the hill. We also have a lot – and I mean a lot – of milkweed, the pods often covered in the mites that feed on it as do the monarchs. In our backyard – probably many of your backyards – you will find the tulip tree, the host plant for the yellow swallowtail butterfly. Right nearby, we have one of many common thistle plants where I routinely stop to watch the bees collecting pollen, their leg sacs full of it. In the early morning, when I go out to get the paper, I love to take stock of how many bees are sleeping perched on the tips of the petals. Even the wind does not knock them off.



Gardeners often plant members of the carrot family – angelica, parsley, etc. – both to attract butterflies whose habitat is increasingly threatened by new construction and because they are just lovely to have. Many of you may remember our speaker from Earth Sangha, Matt Bright, who talked to us a few years ago about conservation gardening. Earth Sangha is where we often go to buy native plants, which Matt and his team grow from seeds collected by volunteers. We take acorns to him in the late fall.

My interest in native plants developed when I took the Master Naturalist course several years ago. But, I am by no means a purist when it comes to what I want to nurture in my own yard. Through the years in the club, I have discovered the joys of

planting ornamentals alongside native plants and of using both types in flower design.

Welcome to our 2022-2023 garden club year. We have a wonderful calendar of speakers and programs for you as well as a field trip in October to Hillwood Estate, Museum and Gardens. On May 18, 2023, we will celebrate the club's 70th anniversary with a luncheon at Washington Golf and Country Club to which I hope many of you will help plan and execute. You will find all this information – and much more – in our new Yearbook, for which I thank Joan Hession for her untiring efforts as software wizard and editor! You may pick up your copy at Joan's where she has left a box on her front porch with a copy for each member.

I look forward to seeing you at our first general meeting on September 15, 2022 – or via Zoom.

Dianne

Design of the Month

The design to kick off the new club year will be a Petite Design. The Petite Design can be a traditional or creative design, no more than eight (8) inches in height using a ten (10) inch staging panel provided by the Show Committee.

For November, the design of the month will be an interpretation of an artwork using a traditional or creative design no taller than eighteen (18) inches. The container and a photo of the art will be provided and available for pickup at the September general meeting.

Next Board Meeting – October 6, 2022 at 10 am

No General Meeting in October 2022

Budget Report

Beginning Balance:

Receipts:

Expenses:

Ending Balance:

A Celebration of a Fabolous Garden Club Year

By Maryam Zolecki



On a beautiful and breezy second Thursday in June 2022, Rock Spring Garden Club members and guests toured the gardens of three fellow garden club members culminating in an end-of-year celebration at the final garden on the tour. After the members enjoyed the variety of perennials and woodland paths in Jo Ella Samp's garden and the vegetable garden at Maryam Zolecki's home, a celebratory gathering was held at the impressive gardens at Anita Brown's home. Dianne Simmons, club president, welcomed all who were present and the assembled shared in a large assortment of refreshments, dessert, and beverages provided by the host committee led by head host Louise Rhoads.

All in all, Rock Spring Garden Club had a productive year with programs, fun club meetings, and a beautiful flower show. This, in turn, made members proud to mark the end of the 2021-2022 club year, and leaves them invigorated and in anticipation of the next club year.



Committee Reports

Horticulture

Notes for a Fall Garden – Part 1: Shrubs

By Christine Wegman

Fall is one of the best times for the garden color. A large number of perennials bloom in September and October, even a few bulbs. For big splashes of color though, it's hard to beat the turning leaves of trees and shrubs. Many of our favorite deciduous shrubs and trees will do double duty by flowering in the spring or summer and giving a last burst of leaf color in the fall. Autumn foliage typically doesn't last as long as spring flowers, but its brilliance is very welcome as the weather cools. Although many of the best shrubs for fall color will grow well in shade, they will not give their best leaf color unless they get plenty of sun.



The real stars of the fall foliage parade are the maples. There is a maple for every size garden, from the gigantic big leaf maple at 150 feet tall and 90 feet wide to the diminutive dwarf Japanese maples at 2-3 feet tall. Depending on the variety, maples turn brilliant shades of red, purple, orange and yellow. The smaller ones are perfect for growing in containers, and as such, are within the reach of even those who garden on a balcony. Japanese maples have a beautiful branching form and remain attractive, even when they lose their foliage in winter. My strong preference is for trees and shrubs that have more to offer than just leaf color

and that look good in at least three out of four seasons.

High on my list of favorites, as anyone who has read my horticulture articles over the years knows, is our native eastern dogwood, *Cornus florida*. This is simply one tree that always looks good, and its red fall foliage is a garden centerpiece. But of course, one dogwood does not a garden make; more is needed to make a beautiful fall garden. Crape myrtles (*Lagerströemia* spp.) come in many sizes from small shrubs to large trees, topping out at around 50 feet. Most have very nice fall color, although mostly in the yellow and orange range. I love these trees as much for their stately winter structure and peeling bark as for their blooms and foliage color.

There are two shrubs that I grow for their spring and summer foliage color that also have lovely fall color. Our native fothergilla (pictured right) is a particular favorite of mine. I prize it for its blueish leaves that beautifully set off almost any perennial, and if grown in a sunny spot, will put on a kaleidoscopic show of red, yellow, and orange in October. I have grown *Fothergilla* 'Mt. Airy' for a couple of decades and have never had any trouble with it. 'Goldflame' spiraea (*S. japonica*) is a versatile plant with bright pink blooms in spring, chartreuse foliage that looks lovely all through spring and summer, and pretty copper-orange fall color. It grows 3-4 feet but can be kept compact with pruning. It blooms on new growth, so prune in late fall or late winter.



Oakleaf hydrangea (*H. quercifolia*) is another garden stalwart whose leaves turn beautiful shades of red when planted in sun. Besides fall color, oakleaf hydrangea has beautiful long-lasting white blooms that age to pink. Although this hydrangea thrives in shade, it gives its best flower and leaf color in at least some sun. I have two dwarf cultivars, 'Munchkin' and 'Ruby Slippers', and they really are dwarf, growing to 3 feet in a dozen years, unlike some that promise they are dwarf and shoot up to six feet.



Burning bush (*Euonymus alatus*) is popular for brilliant crimson fall color, but it can be invasive, and I dislike its rather rigid, graceless form and lack of interest when it is not in its final two weeks of fall color.

For those who love the beautiful scarlet of burning bush, chokeberry (*Aronia arbutifolia*) (pictured) should be a good substitute. So-called because of its bitter fruit that can make one choke if eaten raw, chokeberry is an eastern North American native. It has white flowers in spring, edible red fruit suitable for jam, and deep red foliage in autumn. The cultivar, 'Brilliantissima' (pictured left), is a compact form (6-8 feet) with improved berry production and more colorful

fall foliage. For brilliant fall color, it is worth mentioning *enkianthus* (pictured in the tub), an unusual shrub from Asia that has a charming, graceful form, clusters of little pink or white bell-shaped flowers in spring and brilliant red foliage in fall. Not always easy to find, it is well worth growing, as it is pest free and never invasive.

Many viburnum species display beautiful fall color, and if you are going to plant a viburnum, it is worth checking to see that the one you select will have good fall foliage. I love the burkwood viburnum (*V. x burkwoodii*), which has wonderfully fragrant pink flowers in early spring and bright red leaves in autumn. It likes acidic soil, grows to an 8-foot rounded shrub, and is trouble free.

Nandina is not a shrub that we particularly associate with fall foliage color, but if you have a nandina bush (or two) within eyesight of a tree or shrub that is turning color, it will give a boost to the foliage effect. One of the best nandina varieties for foliage is 'Obsession', a mid-size nandina that does not produce berries, but has brilliant red tones in its foliage.

I have not included sumac (*Rhus* spp.) as a recommended plant. Although many are native and most of those in nurseries have beautiful fall color, they spread very aggressively by suckers and are impossible to control in a small garden. Even the beautiful 'Tiger Eyes' dwarf staghorn sumac is strongly suckering and eventually gets out of bounds. A Japanese maple can provide a good substitute for sumac.



For more information on chokeberry and recipes using its fruit, check out this Gardenista article:
<https://www.gardenista.com/posts/aronia-grow-superfood/>

Senior Outreach

Senior Outreach Committee is Recognized

By AnnMarie Fay



Mary Kudless and I attended a celebration at Mary Marshall at the end of August 2022 for their annual Harvest Festival, and while attending the celebration, we were honored to receive the below certificate from the Arlington County Community Service Board (CSB). We are looking forward to another great year of collaboration and service projects!



Rock Spring Garden Club

The Community Service Board (CSB) recognizes Rock Spring Garden Club, particularly, their Senior Outreach group, for being exemplary community partners in enhancing the well-being of the residents of the Mary Marshall Assisted Living through their generous donations of time and talent.

With their many monthly projects, they have enhanced the environment for the community and the individual residents. Hands-on projects with residents, such as seasonal floral designing and arrangements, making bird feeders, planting kitchen herbs, flower boxes, plants and flowers, have been greatly appreciated and provided tremendous experiences.

One non-gardening project was a sock drive at Christmastime which gathered 300 pairs of socks – enough for each resident to receive four pairs with extras set aside for future needs!

The CSB thanks you for your tremendous creativity and energy in supporting the residents of Mary Marshall. Congratulations!



Liaison

Mount Vernon Historic Plant & Garden Sale is on October 1, 2022 from 9am-3pm. Shop for heirloom vegetables, herbs, and annual flowers plus native perennials, trees and shrubs grown in Mount Vernon's greenhouses. In addition to heirloom plants, there will be many plants native to our region that are beautiful and support the local insect, bird, and wildlife population. The exclusive General's Choice line featuring plants propagated from seeds or cuttings collected from plants growing on George Washington's estate will also be available.

If you missed Dr. Harlan Svoboda's presentation for the Central Atlantic Region monthly programs, here is the YouTube link: <https://youtu.be/V9-h7fBCPmE>. The runtime length is around 21 minutes, and the program is titled "Inside the US National Arboretum Herbarium". Also check out other videos from the CAR-SGC monthly programs: <https://tinyurl.com/8rdfhc8>.

District III National Capital Area Garden Clubs is hosting a Together We Bloom event on Wednesday, September 14, 2022 from 10am to 1pm at Meadowlark Botanical Gardens in Vienna, Virginia. Included experiences include a floral design demonstration by designer Betty Ann Galway, viewing tablescape by garden clubs, a silent auction, goods and vendors, and refreshments. Tickets are \$35, and follow the link for all the details: <https://tinyurl.com/2p9f8e3f>.

Landscape Design School, Course 1, is being held October 12 and 13, 2022 at the U.S. National Arboretum in Washington, D.C. For more information, please contact Joanne Erickson at LDS@ncagardenclubs.org or text/call at 571-213-6246.

NCAGC will be offering Environmental School, Course 2, via Zoom on November 18, 19, 25 and 26, 2022 from 5:30pm – 9:00pm. Click here for the registration brochure: <https://tinyurl.com/3fb57n2b>.

The Yacht Haven Garden Club is presenting their 38th annual Fashion Show and Luncheon on Thursday, October 27, 2022 at the Mount Vernon Country Club in Alexandria. Fashions will be provided by Johnny Was, and tickets are \$50. For more information, email Rhea Killinger at rgkmsbell@hotmail.com.

Ayr Hill Garden Club online bulb sale is going on now: <https://ahgcbulbsale.square.site/>.

Program

October Field Trip

By Thea McGinnis & Renee Bayes

Your friendly Program Committee is planning ahead for October. We have scheduled a fun and interesting field trip for our October meeting! Here are the details: **Thursday, October 20, 2022, Field Trip to Hillwood Estate, Museum and Gardens.**

We will meet at 9:30am and carpool from Little Falls Presbyterian Church to the estate for a tour of the house and gardens and an opportunity to view the Grace of Monaco: Princess in Dior exhibition. Group tour tickets are provided by RSGC, lunch is on your own at Hillwood Café, and you may depart at your leisure.

We will need a proper headcount to arrange for tickets, and at our general meeting on September 15, 2022, a signup sheet will be passed around to those in attendance. If you cannot attend our September meeting or will be participation via Zoom, but you DO wish to join us for our October Hillwood adventure, please email Renee Bayes.

Information Management

New RSGC Library

By Mary Garnett



A need has been identified to collect and preserve in one place key RSGC reference and master documents. As such, a new RSGC online library where we can keep and share these documents has been created by Maryam Zolecki, our Gardenzette editor, in consultation with the

Information Management Committee and Dianne Simmons.

The library currently contains a copy of the 2022-2023 Yearbook, bylaws, standing rules, reimbursement and membership application forms, and brochures for the 2019 and 2022 flower shows. A copy of the membership database and other useful files will be added soon. Maryam, our new RSGC librarian, is planning on giving members access to view the documents for their reference and use. Look for an email coming out soon with a link for access.

NGC Programs and Activities for Youth

If you are looking for suggestions on programs, grants and activities to help you reach out to youth, go on the NGC website for some ideas. Below are a few grants being offered.

- NGC Youth Pollinator Garden Grant

National Garden Clubs, Inc. is excited to provide a grant opportunity for Garden Clubs working with youth clubs or groups planning and planting Pollinator Gardens. Grants, up to \$200, are available for projects that include educational materials on the vital role pollinators play in nature and youth involvement in planning and planting gardens providing nesting and food sources for pollinators. Youth will learn the importance of providing appropriate food sources, nesting areas, shelter, and practicing sustainable gardening practices for pollinators by planning, planting, and maintaining these pollinator gardens.

- Plant America Grants

Plant America Community Project Grant applications are open to NGC member clubs from April 1 through October 15 of the calendar year to fund new or continuing projects carried out during the following year.

- Operation Wildflower

A grant of up to \$500 is available to be used towards direct expenses for an educational program on the subject of native plants and Wildflowers. State Garden Clubs, districts, councils, and individual garden clubs may co-sponsor a symposium with state agencies, arboreta, native plant societies, or similar organizations. Gardeners are eager for information on native plants and state highway or transportation departments need publicity and support for their planting programs. Try to schedule the date when wildflowers are in bloom in your location.

Holiday Tea

By Sharon Siems, Floral Outreach Chair



We will resume our much appreciated (and much missed) Holiday Tea this year to be held on December 8, 2022 from 2 pm to 4 pm at the lovely home of Renee Bayes.

To this end, design opportunities abound for members to create arrangements for various spots in Renee's home. The overarching theme this year is 'Nature's Gifts', so the more 'natural', the better!

A sign up board will be available for members to choose from a lengthy list of design opportunities at the September 2022 general meeting, then again in November, if warranted. (We have a field trip in October, hence no general meeting.)

After sign ups, a look-see and pickup of your container session will be held one week in advance of the tea on December 1, 2022 from 2pm to 4pm.

Remember that these arrangements qualify for a 2022-2023 design credit!!! So, get those holiday design juices flowing and pick a spot to beautify!

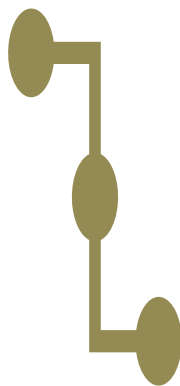


Design by Kate Abrahams

Gardens at My New Home

By Jane Robinson

My new home at Greenspring has plenty of gardens. Greenspring residents, known as "Tillagers", grow plants in their garden plots. The sign, created by the Greenspring Wood Shop, welcomes visitors to the lower gardens. The white sign in the distance admonishes visitors: "Do not take what you do not grow." The sign in the herb garden plot invites passersby to "take a snippet." The *Abelmoschus* (okra) is blooming and producing pods. There are some figs forming on the *Ficus carica*. The final photo is of my next-door neighbor's garden plot. She belongs to the Garden Club of Fairfax, and I cared for her garden during her recent hospitalization. She told me I could plant anything I wanted in her plot provided I agreed to nurture and water what I plant. Well... we've had some mixed results! I hope to have a garden plot of my own in the near future.



Summer Trips Photo Gallery

Boerner Botanical Gardens – Milwaukee County, Wisconsin – Maryam Zolecki

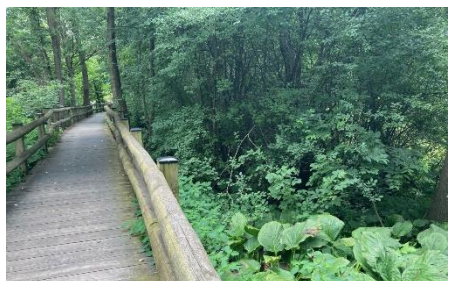
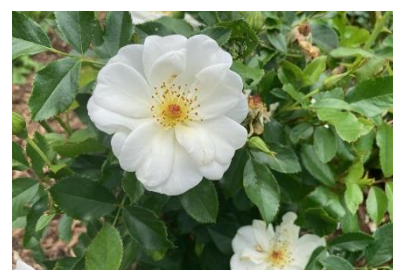


Photo Gallery

What John Auditore did this summer...



built the fir garden out of a jumble of invasive briars,



designed and put up a Bambi defensive line,



chopped firewood,



built the West garden,



grew a few dahlias,



and built more garden beds!



Potomac Lilly Society
Flower Show
July 9, 2022