



The Perennial Post

Newsletter of the Sacramento Perennial Plant Club  Sept/Oct 2017

Contents

Calendar	2
President's Message	2
Annual Fall Plant Sale	2
Membership News	2
Autumn in the Wine Country	3
Salad Potluck	3
Gardening Grants	4
Tool-of-the-Month	4
Blooms from the Tombs	5
Bulbs for Spring Bloom	5
Gardens Near & Far	6
Herbal Notes	7



The Sacramento Perennial Plant Club provides educational opportunities for Sacramento area gardeners and horticulturalists to learn about perennials appropriate to our climate and water limitations.

Meetings are held the fourth Thursday of the month (except July, Aug, Nov and Dec) at 7 pm at the Shepard Garden and Arts Center in McKinley Park, 3330 McKinley Blvd., Sacramento. Meetings are free and open to the public.

September Program Speaker

Ellen Zagory

Butterflies of the Interior Valley

THURSDAY — SEPTEMBER 28, 2017 • 7:00 PM
SHEPARD GARDEN AND ARTS CENTER

As a young college student in search of meaning, Ellen McEnroe Zagory decided to go with a tip for a fun class. In addition to studying plants, the big attraction was that it was held outdoors. Frigid, snowy conditions in Connecticut did not deter her on this first leg of a life-long journey into horticulture. She continued on to Environmental Horticulture at UC Davis. A graduate studies project in interpretive signage led to meeting Warren Roberts, at that time the superintendent of the UCD Arboretum, and the rest is history. Now, 33 years later, she is a celebrated mentor and UCD Arboretum spokesperson in charge of public outreach, writing, and garden design. She continues to explore and find meaning in the lives of pollinators and butterflies and their role in the ecosystem. Ellen will identify commonly encountered butterflies in valley gardens along with ornamental and weedy plants that are beneficial components to a successful butterfly garden.

October Program Speaker

Marri "Mod" Castaneda

Succulent Wreaths and Arrangements

THURSDAY — OCTOBER 26, 2017 • 7:00 PM
SHEPARD GARDEN AND ARTS CENTER

Marri "Mod" Castaneda has spent much of her life making use of her "good (artistic) eye" and satisfying a need to stay busy. She first started off with a booth at the Mercantile House, a midtown mansion selling plants and collectibles. After studying black and white photography at Sacramento City College, she started another business specializing in fashion shoots and senior portraits printed in her basement darkroom. More college courses led to a floral design business lasting 10 years with a specialty in wedding centerpieces, bridal bouquet, and boutonnieres. Meanwhile she managed to fit in family, kids, working at restaurants, running an espresso cart at the Capitol and color consulting. This artistic and creative person will demonstrate methods for making succulent arrangements.

WWW.SACRAMENTOPERENNIALPLANTCLUB.ORG

Calendar

September 13

SPPC Board Meeting
Cheryl McDonald (916-524-5943)
Potluck Dinner—5 p.m.

September 23-24

California Native Plant Society Sale
Shepard Garden & Arts Center
10 a.m.–4 p.m.

September 28

SPPC General Meeting
Ellen Zagory
Butterflies of the Interior Valley
7 p.m.

September 30

What's Blooming Tour
Hamilton Square Garden
Historic City Cemetery
10 a.m.

October 7-8

Fall Plant Sale
Shepard Garden & Arts Center
10 a.m.–4 p.m.

October 11

SPPC Board Meeting
Potluck Dinner—5 p.m.

October 14

ARC Horticulture and Gardening Club
Fall Plant Sale
4700 College Oak Drive
Sacramento, CA 95841

October 21

SPPC Garden Tour—Cornerstone
23570 Arnold Drive
Sonoma, CA 95476
(See page 3 for details)

October 26

SPPC General Meeting
Marri "Mod" Castaneda
Succulent Wreaths and Arrangements
7 p.m.

October 28

What's Blooming Tour
Hamilton Square Garden
Historic City Cemetery
10 a.m.



The Perennial Post

The Perennial Post is published bimonthly except for July and August. Contact the editor, Cheryl McDonald, at mcdonald4214@sbcglobal.net or call (916-524-5943) with any questions or suggestions. Garden-related articles are welcomed. A color version of this issue of *The Perennial Post* along with archived newsletters can be viewed at: www.sacramentoperennialplantclub.org

President's Message

Lorraine Van Kekerix

Plants grew so well this spring—lush and large. Then came the June heat spike. The fried leaf look is not too attractive. Many plants are now growing smaller thicker leaves. Fingers crossed they make it to next spring. If you lost plants, are replanting, or starting a garden, plan to stock up at our fall plant sale at the Shepard Garden & Arts Center. Fall is the best planting season for most perennials. The warm soil helps root systems grow more quickly and cooler air temperatures reduce plant stress. See the plant sale article below for more information.

Annual Fall Plant Sale

October 7–8, 2017

Shepard Garden & Arts Center
10 a.m.– 4 p.m.

Fall is the best time to plant! The fall plant sale is filled with healthy, member-grown plants to purchase at very reasonable prices.

Successful sales require volunteer workers and shoppers! Sign-up to volunteer at the September 28 general meeting.



Membership News

2017 Membership Roster

Please check that your contact information has been listed correctly in the membership roster. If there are any corrections, or if you want to be removed from the list or you wish to receive the newsletter by e-mail please call **Carol Meininger** (916-967-1018) or send an e-mail to sacppc@sbcglobal.net.

Welcome to New Members: Robin Aiken, Deborah Fountain, Patricia "PJ" Missman, Linda Roye and Shirley Toback

Volunteers Needed

Garden Tour Coordinator. A point person is needed for questions and advice regarding tours that members organize. For questions, contact Noelle Anderson (nanderson@surewest.net)

Vendor Sale Team. A few people needed to organize the Vendor Sale scheduled for the end of March. For questions, contact Lorraine Van Kekerix (lkvk@dcn.org)

There will be no general meeting in November and December.

Autumn in the Wine Country

Saturday, October 21, 2017

Here is an opportunity to view the colors, sip a little wine and buy plants in the best time of year to garden in California. On October 21, 2017, there will be a no-host tour in Sonoma County of Cornerstone, Emerisa Gardens and Peacock Horticultural Nursery. This will be a casual day with members deciding what they want to do or see.



Cornerstone is a wine country marketplace with award-winning gardens (see the Bai Yun garden for sheer creativity), the Sunset Test Gardens, unique shops, food and wine for sale and monthly events. While there is not a special presentation on the 21st, there will be much to see and experience. For more information about the venue, go to www.cornerstonesonoma.com.

Many of our members are familiar with Emerisa Gardens, a wholesale nursery in Santa Rosa. The Club has made a few trips to this location in the past 20 years. The Nursery at Emerisa Gardens is the retail section, and if you haven't seen their

succulent roof, it is worth the trip just to see how incredible a roof of succulents can be. They also have a well planted demonstration garden. Information on available plants and the nursery is at www.emerisa.com.

Peacock Horticultural Nursery is a "true find." Located on the Gravenstein Highway in Sebastopol, it is tucked off the road in a grove of trees. There is parking for only three cars inside (you are urged to carpool) and a few more spaces on the road. But it is worth the trek. The owner, Robert Peacock, is a knowledgeable, kind and gracious person, and a peek at his website reveals many unusual and sought-after perennials, shrubs and trees. Go to www.peacockhorticulturalnursery.com for pictures and availability.

Cornerstone opens at 10 a.m.—please meet in the parking lot by that time. If a guided tour has been scheduled, it will start at 10 a.m. Contact **Sharon Patrician** at patricianone@att.net to confirm attendance or for more information.

Cornerstone (707-933-3010)
23570 Arnold Drive, Sonoma, CA 95476

Emerisa Gardens (707-525-9644)
555 Irwin Lane, Santa Rosa, CA 95401

Peacock Horticultural Nursery (707-291-0547)
4296 Gravenstein Hwy., South Sebastopol, CA 95472



DAISY'S
Organic Herbs
& Edible Flowers



Salad Potluck

Despite a temperature of over 100 degrees, our June General Meeting & Salad Potluck was a cool place to be! Lots of refreshing and healthy salads were brought and devoured. For dessert, the club provided a delicious carrot cake from Freeport Bakery that **Daisy Mah** decorated with edible flowers.

For the speaker portion of the evening, Daisy spoke on planting and using herbs and edible flowers in your garden. She handed out a list of herbs she loves to use in salads along with some favorite recipes. As a bonus and fundraiser for the club, she brought over 12 varieties of herbs and edible flowers that she propagated.

Many thanks to **Jane Thompson** for organizing this event and the many club members who gave her a hand. It was a fun team effort!



Gardening Grants

The 2018 Grant Application will be available on our website on September 15, 2017

The purpose of the *Saul Wiseman Grants* is to promote gardening and horticultural activities with an emphasis on education, service, and enhancement to our community. Non-profit groups and schools within the County of Sacramento are encouraged to apply.

To download the 2018 Grants Application, simply go to the SPPC website and click on the GRANTS Program

Grant Application deadline is January 15, 2018. Funding is awarded in February 2018, just in time for Spring planting and gardening activities.

For more information, contact Jane Thompson at: sppcgrants@gmail.com

Tool-of-the-Month

SPPC member, **Stan Logan**, has generously offered to share with us his wit and experience with refurbishing garden tools in "Tool-of-the-Month" articles. They'll appear in this and future issues of *The Perennial Post*. He hopes you will find his comments beneficial, but cautions that he occasionally gets a little carried away.

Outside the Box

I hope you are not limited to thinking that only garden tools can be used in the garden. The tool-of-the-month is the small rectangular hand trowel that is generally used for working with mortar, thin set, and other pasty construction substances. This inexpensive tool has many uses in the potting shed and garden. Having straight edges makes it useful for any scraping chore—for instance, cleaning emptied terracotta pots, clearing a work surface, or removing unwanted accumulations from the bottom of your garden clogs. Black widow spiders and their nests are easily squished. In the garden this trowel can best be used as a weeder. It will scrape the soil harboring small weeds that are right next to an established plant. It easily slips under a drip line or soaker hose. It slices easily through soil since its blade is so thin. Flat spreading weeds such as spurge and invasive baby tears can be lifted up with a small amount of soil while minute seeds are removed at the same time. Weeds growing in narrow paver joints are easy prey. This tool requires little maintenance as thinness keeps the end relatively sharp. Sandpaper quickly removes excess rust for those of you who prefer to store tools scattered around the garden. I have 3 of these because I use them so frequently.



I know that you are about to run out the door to purchase your own margin trowel. These are available at Home Depot and Lowes, or be lazy and have the tool come to you via Amazon. The 2 in. x 5 in. model is the easiest to use and fits well in your back pocket. For less than \$6 each, you can buy one for yourself and one for all of your family members and friends. It's a thoughtful gift for all the special people in your life. Use a Sharpie pen to write a thoughtful message on the tool's blade—like "Looks like you really need this," "I love you most when you have this in your hand," or simply "HELP!"

Thinking outside the box,
Stan, The Tool Man

Tools and Treasures Table

A reminder—at the next general meeting, please bring gently used garden-related items for the Tools and Treasures Table. Any money donated goes to fund SPPC activities. If the item you bring does not find a new home, you must take it with you when you leave. SG&AC does not have storage space for anything left behind.

On a separate, but related note, if any members have aluminum mini-blinds they no longer need, bring them to the meeting and Stan Logan will donate to the club for each blind contributed.

Blooms from the Tombs

by Leslie Hurlburt



The dog days of summer have come and gone but many days of autumn heat are to come. Here are a few fine friends that were watered enough or needed less to look “public garden worthy.” This corner full of succulents is in a thickly mulched plot. In the foreground is (1) *Agastache* ‘Kudos Ambrosia’ a dwarf hummingbird mint. To the right is (2) *x Graptoveria* ‘Fred Ives’ with a top-knot growing at the tip of a flower stalk. The gray pink rosette to the left is (3) *Echeveria* ‘Perle Von Nürnberg’ and beyond is (4) *Graptopetalum paraguayense* ‘Pinky’ and (5) *Crassula perfoliata* var. *minor*. The larger variegated rosette’s belong to (6) *Aeonium decorum* ‘Sunburst’ (that is not very happy in this too sunny spot). Color harmony prevails in this plot, working beautifully with *Rosa* ‘Old Port.’

What’s Blooming Tours

Hamilton Square Garden
Historic City Cemetery
1000 Broadway, Sacramento
10 a.m.

September 30

October 28

Bulbs for Spring Bloom

Here’s a chance to get your bulbs for spring bloom and help the University of California Cooperative Extension’s Sacramento County Master Gardener (SCMG) program. Proceeds from this fundraiser help the SCMG continue its quest to offer gardening guidance, programs and events to residents of Sacramento County.

For more information and to see the current bulb selection, visit their web site at: sacmg.ucanr.edu/bulbs/

SCMG will be selling bulbs at the following events:

Fair Oaks Horticulture Center Open Garden

Pre-sale orders taken
Saturday, September 9
9 a.m. – Noon
11549 Fair Oaks Blvd., Fair Oaks

Gardeners of the Grove

Pre-sale orders taken
Monday, October 2
6:30 p.m. - 8 p.m.
Keller-Williams Realty
9250 Laguna Springs Drive, Suite 100
Elk Grove

Shepard Garden & Arts Center Fall Plant Sale

Saturday/Sunday
October 7 and 8
10 a.m. – 4 p.m.
3330 McKinley Blvd., Sacramento

Fair Oaks Horticulture Center Open Garden

Wednesday, October 11
9 a.m. - Noon
11549 Fair Oaks Blvd., Fair Oaks

Elk Grove Garden Club

Thursday, October 12
10:30 a.m. - Noon
Elk Grove Congregational Church
9624 Melrose Ave., Elk Grove

River Park Garden Club

Thursday, November 2
6:30 p.m. - 9 p.m.
Fremont Presbyterian Church—Ferguson Hall
5770 Carlson Drive, Sacramento

Gardens Near & Far

For many SPPC members, summer meant traveling to places near and far to enjoy gardens other than their own. Below are a few gardens members would like to share. Check each garden's web site for location, admission fee and hours.

Lady Bird Johnson Wildflower Center

by Sharon Patrician

Early this spring, a friend and I made the trip to the Lady Bird Johnson Wildflower Center in Austin, Texas. I had no expectations or knowledge about the Center, so I was thrilled to see how large it is and how well-landscaped. It has many display gardens with a number of themes, a nice café and one of the best gift shops I've ever seen. Unfortunately, there were very few wildflowers the first of March. We had seen many blue-bonnets (*Lupinus texensis*) around Big Bend National Park, but the highways planted with lupine, gaillardia and Indian Paint Brush had yet to dazzle in Central Texas. We were in the famous Hill Country, home to the Johnsons, and where Texas is building a respectable wine industry. Worth the trip!

www.wildflower.org



Gaillardia pulchella

Lan Su Chinese Garden

by Jane Thompson

In July, I discovered this delightful garden in downtown Portland. The Lan Su Chinese Garden is a beautiful walled garden inspired by structures and landscapes of the Ming dynasty. It was generously donated and built by Portland's sister city in China, Suzhou. (Hence, PortLANd + SUzhou = Lan Su)



View from the window at our table in the Teahouse

There are more than 400 species of plants: trees, orchids, water plants, perennials, and unusual shrubs located throughout the garden. I found it quite fascinating because it's primarily a shade garden, and that is what I have at my home.

I was also enchanted by the artful combinations of lines, shapes, patterns and textures within the many plantings, the inner walls, mosaic patios, and hand-carved structures.

The next time you are in Portland, I highly recommend that you stop at Lan Su and take a tour, have tea, and relax in this beautiful oasis in the heart of the city.

www.lansugarden.org

Mendocino Coast Botanical Gardens

by Beverly Shilling

Fellow garden lovers, are you looking for a garden getaway that welcomes your furry friends? Look no further than the Mendocino Coast Botanical Gardens just outside of

Ft. Bragg. Your long drive there will reward you with acres and acres of easy paths which wander from garden to garden, eventually ending up at the ocean's edge. Each area features a different garden, ranging from perennials, succulents, heathers, dahlias, and of course the rhododendrons, many of which tower over your head. There's also a little café, and many places to sit with your pooch and watch the waves crash, or the hummingbirds hover.

www.gardenbythesea.org



Furry friend, "Specks" enjoying the view

Quarryhill Botanical Garden

by Cheryl McDonald

Needing a quiet, beautiful escape from the Sacramento heat, we found the climate and serenity we were looking for at Quarryhill Botanical Garden. Located along the Sonoma Highway in Glen Ellen, this 25-acre Asian woodland garden features an immense collection of wild-sourced Asian plants. Our visit in June was met with lush greenery. We'd like to walk its meandering paths again—in spring to see the blooming dogwoods and rhododendrons and in autumn to catch the foliage colors.

www.quarryhillbg.org



Lilium sargentiae

UC Berkeley Botanical Garden

by Sharon Patrician

While I've visited this garden several times over the last 30 years, I never became a member until recently. They have, in addition to a vast collection of plants, a splendid events calendar. My niece and I attended a "cocktail" party based on herbaceous plants infused in wine or gin. The wines had as many as 25 herbs which makes for an interesting, not always pleasant, flavor. It was a lovely evening, cool and protected from the Bay Area breezes. We also took a tour of the herb garden with a botanist and learned some interesting facts, such as clary sage was the original flavoring for beer in Europe, not hops. This is a wonderful venue!

<http://botanicalgarden.berkeley.edu>



Lavatera assurgentiflora

Herbal Notes

This is a first in a series of articles on herbs that **Daisy Mah** will share that focus primarily on the culinary usage of herbs, with a dash of historical and cultural tidbits. Recipes will also be included.

One definition of an herb is a plant with leaves or flowers used for flavoring, food, medicine, or perfume. While spices are produced from dried seeds, berries, bark, and roots from mostly tropical origins. From early times to the present, humans placed great importance upon herbs for their culinary, medicinal, sacred, religious or magical properties. A vast number of plants once recognized as herbs (including peony, dianthus and foxglove) are now classified as ornamentals in western society. Back in 500 AD, the Greek physician, Dioscorides, documented and illustrated 600 healing herbs. But beginning around the 17th century, with the rise of science and reason, our dependence on herbs waned in favor of synthesized drugs and flavorings. Many present day herbs are the very same ones from the beginning of time.

Farmers markets, health and specialty stores and kindly neighbors are sources for fresh, high quality produce but when it comes to fresh herbs, it's a different story. The herb selection down the produce aisle is limited in scope, often in poor condition, as they quickly deteriorate after harvest and worse yet, after purchase. Nurseries offer a wide selection that can be integrated into ornamentals and vegetable beds. Many herbs can be beneficial to wildlife. Fortunately, Morningsun Herb Farm in Vacaville, offers an extensive selection and participates at our Vendor Sale. By growing herbs, harvest is as convenient as stepping outside your kitchen door for the quantity needed—at the peak of flavor and freshness—for a fraction of the price.

Raised in a Chinese household, I can recall garlic, ginger root, green onions, and cilantro in many a meal and far less often, bitter melon and ginseng. Possessed with a sweet tooth, not all herbs were appealing, particularly the soap-flavored cilantro and the quinine laden bitter melon. The latter's name is descriptive of the harsh taste of this medicinal plant, which in certain far away places is an antidote to malaria—but of little consequence to a child's view of the world. Until recently, my use of herbs was limited but now expanding and adding a bit of magic to my meals. Herbs are integral to a newfound interest in healthy recipes and exploring flavors from the Middle East and Asia. Herbs add flavor and texture while reducing the need for salt and sugar. They make for a visual feast; provide nutrition and fiber that help in managing weight and maintaining good health.

Etti's Herb Salad

from **Ottolenghi: The Cookbook**

by Yotam Ottolenghi and Sami Tamimi

Serves 4

Using herbs in salads is surprisingly tasty and lively. This recipe can be adjusted for your taste buds and availability of fresh herbs. For those who are not ready to dive into the “deep end,” an addition of a few herbs into your salad is surprisingly good.

1 cup cilantro leaves
1/2 cup flat-leaf parsley leaves
2 cups dill, tarragon, basil leaves
1 cup arugula leaves
2 tbsp unsalted butter
1/2 cup whole unskinned almonds
1/4 tsp coarse sea salt
1/4 tsp freshly ground black pepper
1 tbsp lemon juice
1/2 tbsp olive oil

Gently immerse herb leaves in plenty of cold water, careful not to bruise them. Drain in colander and dry in salad spinner or spreading over a clean kitchen towel. Once dry herbs keep in fridge for up to 1 day. Store in sealed container lined with a few layers of paper towels.

Heat butter in frying pan and add almonds, salt and pepper. Sauté for 5-6 minutes over low to medium heat, until almonds are golden. Transfer to colander to drain. Make sure you keep the butter that's left in the pan. Leave it somewhere warm so it doesn't set. Once the almonds are cool enough to handle, coarsely chop.

To assemble the salad, place the herbs in a large bowl. Add almonds, cooking butter, lemon juice and olive oil. Toss gently and season to taste, serve immediately.

Basil Puree

from **Vegetable Literacy**

by Deborah Madison

Makes 1/2 cup

This is a lighter and simpler version of traditional pesto without the cheese and nuts. This vibrant green sauce is a lively flavoring for pasta, meat, vegetables, etc. Blanching basil briefly in boiling water keeps the sauce bright green.

1 small clove garlic
1/4 teaspoon sea salt
1 cup packed Genovese basil leaves
1/3 cup olive oil

If a mortar available pound garlic with 1/4 teaspoon salt until smooth or instead, mince garlic finely. Set aside. Bring pot of water to boil, add basil leaves, and leave for just a few seconds until they're bright green, then drain immediately.

In a food processor or blender, puree the drained leaves, garlic mixture and olive oil until smooth. Taste and adjust for salt. It is best used immediately but can be stored in airtight container in refrigerator for up to 2 days.



The Perennial Post

SPPC Newsletter
2743 San Luis Court
Sacramento, CA 95818



Inside this issue...

**Speakers for September
and October**

Annual Fall Plant Sale

Autumn in Wine Country

Gardening Grants

Tool-of-the-Month

**Blooms from
the Tombs**

**Bulbs for Spring
Bloom**

Gardens Near & Far

Herbal Notes



Amaranth hypochondriacus 'Chinese Giant Orange' in WPA Rock Garden

CHERYL McDONALD