



The Perennial Post

Newsletter of the Sacramento Perennial Plant Club ☀ May/June 2019

President's Message

Lorraine Van Kekerix

This had been a lush, green, flower-filled spring as a result of all the rain. I hope you've enjoyed gardens, garden tours and our sales. Many thanks to the volunteers who made our spring garden tours and sales successful!

Check out more spring events and meetings in this newsletter. We will take a break during the summer heat in July and August.



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.

May Program Speaker

Jan Goering

Designing with Wood and Branches

SHEPARD GARDEN AND ARTS CENTER
THURSDAY—MAY 23, 2019* • 7:00 PM

Creating art from everyday materials has been Jan's lifelong hobby. As a young girl living in San Francisco, she was already developing a sense for design with visits to the SF Japanese Tea Garden and the then neighboring DeYoung Museum. As an educator in Sutter County, she taught subjects ranging from fine arts, English to public speaking, from grade school to college level. As an owner of a prune ranch, she learned to grow, harvest and manage 1,500 trees. She is a National Garden Club Student judge who enjoys exhibiting at flower shows and public spaces. Her fervent wish is to preserve the Shepard Garden and Art Center for those who appreciate the arts and gardens. Jan will present refreshing ways to create beauty in a vase, which includes flowers but doesn't rely exclusively upon them.

June Program Speaker & Salad Potluck

Jim Thompson

Storing Fruits and Vegetables for Better Taste

SHEPARD GARDEN AND ARTS CENTER
THURSDAY—JUNE 27, 2019 • 7:00 PM

Exploring nearby creeks and hills, summers away working on a dairy farm and an inquisitive, problem-solving mind helped to lay the ground work for a young Jim Thompson. By elementary school, he had ambitions of becoming an engineer, and went on to UC Davis to study and ultimately make his career in the Biological and Agricultural Engineering Department. His area of specialty is postharvest handling of fresh produce. He continues to work with emeritus standing and was recently recognized for his work creating solutions for the developing world. Thanks to his wife, Jane, he is now a member of the SPPC. Additionally, he is an avid cyclist and woodworker. Jim will share tips on how to increase quality and flavor by making wise choices at the produce aisle, and dispel some of our common misconceptions about food storage at home.

For details regarding the salad potluck see page 2.

*Remember there are five Thursdays in May; we meet on the fourth Thursday.

WWW.SACRAMENTOPERENNIALPLANTCLUB.ORG



Sacramento Perennial Plant Club

OFFICERS

President: Lorraine Van Kekerix
Vice-President: Beverly Shilling
Secretary: Bobby Frieze
Treasurer: Pat McKnight

CONTACTS

E-Mail: Kirsten Salomon
Grant Program: Jane Thompson
Hamilton Square: Vacant
Membership: Carol Meininger
Newsletter: Cheryl McDonald
Plant Sales: Deborah Renfrew
Publicity/Website: Linda Hax
SG&AC Rep: Noelle Anderson
Speakers: Daisy Mah
Tour Coordinator: Sharon Patrician
Vendor Sale: Lili Ann Metzger
WPA Garden: Daisy Mah

Send questions or comments to:
pres.sppc@gmail.com

BOARD MEETINGS

All SPPC members are invited to attend monthly board meetings. Begins at 4 p.m. at a board member's home.

May 9

RSVP to Cheryl McDonald
(916-524-5943)

June 13

RSVP to Beverly Shilling
(916-452-4762)
Board meeting begins at 10 a.m.

NEWSLETTER

The due date to submit a garden-related article for the **Sept/Oct 2019** issue is **August 15**. Please send your article to Cheryl McDonald: (mcdonald4214@sbcglobal.net).

The Perennial Post is published bimonthly except for July and August.



We'll have a special "end-of-season" salad potluck dinner at 6:00 p.m., followed by **Jim Thompson's** presentation. Everyone is asked to bring a salad to share. Drinks, rolls and dessert will be provided.

2019 Spring Plant Sale —A Huge Success!

A giant thank you to all of the generous volunteers who contributed their precious time, plants and money to make this year's Spring Plant Sale a huge success. I couldn't have done it without all of your continuing support and help. I thank you all from the bottom of my heart. Wishing you a bountiful garden!

—Deborah Renfrew



2019 Membership Roster

Because postage rates have increased, the membership roster will be available for pick-up at the May and June general meetings. If your roster remains at the end of June, then it will be mailed to you.

When you receive the roster, check that your contact information has been listed correctly. 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 or e-mail **Carol Meininger** (916-967-1018; sacppc@sbcglobal.net).

First Fall Meeting and Next Newsletter

The next general meeting is Thursday, September 27. The next newsletter will be the September/October issue. If you have suggestions for newsletter articles please send your ideas to **Cheryl McDonald** by August 15 (mcdonald4214@sbcglobal.net).

Changes to the SPPC By-Laws

The Board is working on proposed by-law changes. Some revisions include making descriptions consistent throughout the by-laws and changes to make things run more smoothly. Club members will have a chance to review and vote on proposed by-law changes later this year.

Thanks to All for Making the 16th Annual Vendor Sale a Winner!

We were so lucky to have **Lili Metzger** use her professional event/show coordinator skills to organize the Vendor Sale.

Many members and their families donated books and other items, advertised and promoted the sale, cleaned the patio and set up the vendor and club tables, made a large number of beautiful bouquets to decorate the center, set up the educational display of *What's Blooming Now* and assisted vendors with moving merchandise to their sales areas.

Plus many more members came to shop and hear **Debbie Arrington** speak on "Looking Forward—Garden Trends for 2019."

Thank you to all who helped!

Photos from top to bottom: "What's Blooming Now" display; Mae Ferral and Daisy Mah surrounded by blooms; speaker **Debbie Arrington**



Calendar

May 8

SPPC Tour of Jensen Botanical Garden
8520 Fair Oaks Blvd.
Carmichael, CA 95608
Meet at the garden at 10 a.m.
(See page 5 for details.)

May 9

SPPC Board Meeting
Cheryl McDonald (916-524-5943)
Meeting begins at 4 p.m.

May 13 and 14

Spring Garden Art Workshop
(See details below.)

May 23

SPPC General Meeting
Jan Goering
Designing with Wood and Branches
7 p.m.

June 13

SPPC Board Meeting
Beverly Shilling (916-452-4762)
Meeting begins at 10 a.m.

June 27

SPPC General Meeting & Salad Potluck
Jim Thompson
Storing Fruits and Vegetables for Better Taste
7 p.m.

July 20-21

Iris Rhizome Sale
SG&AC
9 a.m.-3 p.m.



Harvest Day

Saturday, August 3, 2019
8 a.m. – 2 p.m.

Fair Oaks Horticulture Center
11549 Fair Oaks Blvd.
Fair Oaks, CA 95628

Sponsored by the Sacramento County Master Gardeners, *Harvest Day* is Sacramento's biggest one-day gardening event featuring speakers, demonstrations, educational booths, open gardens, produce tasting, a plant clinic and more. Bring your questions to the Fair Oaks Horticulture Center and enjoy!

Volunteers needed for the SPPC booth. Sign-ups at the June meeting.

2019 Spring Garden Art Workshop

Mosaic Garden Spheres

Materials fee: \$10

Monday, May 13 and Tuesday, May 14
10:00 a.m.

(Spaces are limited)

at the home of LaVille Logan
4510 La Canada Way, Davis
laville@sbcglobal.net or 530-756-5881

The Logans will provide the bowling ball, thin set and grout. You may bring a different object to decorate if you wish. Terra cotta pots should be sealed first. Bring your own mosaic material to decorate your sphere such as glass or ceramic tiles, marbles (715), pennies (450), flat glass beads, broken china, or pebbles, etc. If you require a glass cutter, bring that too.





Gardening Grants

The 2020 Grant Application is now on our web site!

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 2020 Grants Application, simply go to the SPPC web site and click on the GRANTS Program.

Grant Application deadline is January 15, 2020. Funding is awarded in February 2020, just in time for Spring planting and gardening activities.

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

Carol's Compost

Aged horse manure, no weeds, alfalfa-fed horses. Pickup truck of three yards for \$60. Free delivery and unloading. Call Carol at 916-291-9831.

Fruit Picker Head

by Stan, the Tool Man

This tool article comes with a story:

Every time LaVille and I are at home for lunch we have a huge salad. It's basically a salad made with chicken, romaine lettuce, and spring mix greens. The chicken is from a Costco rotisserie chicken. I call it "carcass chicken." The final carcass, by the way, is never wasted. After 2 or 3 carcasses accumulate in the freezer, they are boiled in a pot that is first used to caramelize onion and diced carrots. While boiling, crushed peppercorns and celery are added. After 3 or 4 hours of slow boiling the mixture is poured into a colander and the liquid collected. After the liquid cools and is then refrigerated, the solidified fat is scooped off the surface. This chicken stock forms the basis for making various kinds of soups that are the mainstay of our evening meals.

But I digress—back to the salad: To the mixture of lettuce and chicken, we add a great number of things: chopped walnuts, raisins, Craisins, grapes (which have been cut in half so they won't roll off the fork), tomato, cucumber, green onion, red or yellow bell pepper, sliced boiled egg, apple, avocado, and mushrooms. Now, admittedly, not every one of these items is added every time, but what really adds a punch is pieces of fresh orange. Here's the problem: All of the oranges on our orange tree have been picked . . . but there are still oranges on our neighbor's tree and it is right next to the fence that divides our yards. I have found that the fruit picker that I bought at a garage sale years ago, works really well to pick off one orange each day to add that extra treat to our salads.

Now, if your neighbor's trees are away from the fence, you should consider ordering a pole that is extendable. If you google "fruit picker head" on Amazon, you will find the basket alone costs only \$8. It can be attached to an old broom or mop stick. An extendable pole can be found at the same site for about \$26.



If your neighbor's trees are really far from the fence, I suggest you invest in a good 6 ft. ladder and dark clothing for night time harvesting. A black hoody would be appropriate. I always prefer fiberglass ladders. They are more stable than aluminum and will last you a lifetime, which may be shortened if you slip and get impaled on the fence. That reminds me of our visit to Dracula's Castle in Transylvania when we were learned about Vlad The Impaler—not a nice guy. But then that's a whole different story that you don't want to think about while eating your healthy salad.

Addendum: You know, it's rather embarrassing when you are trying to remove a stubbornly held orange from a neighbor's tree, and the picker head comes off and hangs there like some sort of a weird out of season Xmas ornament. Make sure you tighten the hose clamp securely to your pole . . . or you'll just be standing there with a stick in your hand . . . like I said . . . rather embarrassing.

MOTHER'S DAY WEEKEND GARDEN TOURS

EAST SAC GARDEN TOUR

Saturday, May 11 and Sunday, May 12
10 a.m.–4 p.m.

Gardens dotted throughout the Fabulous 40's will be open to public viewing. During your walking tour, you can buy locally-made crafts at the Artisan Boutique, visit the ChalkTop featuring David Lubin Elementary student's chalk art, and enjoy a lemonade, iced tea, or snack at our Sweet Stops along the way. Proceeds fund children's programs at David Lubin Elementary.

For more information and ticket prices:

www.eastsacgardentour.com

BLOOMTASTIC AT MAPLE ROCK GARDENS

presented by High Hand Nursery

Saturday, May 11 • 9 a.m.–3 p.m.

Join us once again, at Maple Rock Gardens for BLOOMTASTIC. Enjoy a self-guided tour throughout the various themed garden rooms at this private residence. Activities throughout the day will include the amazing garden railroad, live music, and farm fresh food and beverages.

For more information and ticket prices, contact High-Hand Nursery (916-652-2065; ext. 1) or visit www.highhandnursery.com

34TH ANNUAL MOTHER'S DAY GARDEN TOUR

Sunday, May 12 • 10 a.m.–4 p.m.

Hosted by the UC Master Gardeners of Placer County. Tour seven unique gardens in Loomis, Rocklin and Granite Bay.

For more information and ticket prices:

<http://pcmg.ucanr.org/files/302130.pdf>

CAPAY VALLEY MOTHER'S DAY GARDEN TOUR

Sunday, May 12 • 10 a.m.–5 p.m.

Come join in the delight of spring flowers, strolling through many of the Valleys' finest gardens. See how California native shrubs are integrated into lovely annual and perennial gardens. Talk to the gardeners themselves and learn the secrets of their success. New gardens have been added this year as well as several points of interest along the drive through the valley.

For more information and ticket prices:

www.thecapayvalleygardentour.com

GARDEN CONSERVANCY OPEN DAYS

SAN FRANCISCO–EAST BAY

Saturday, May 11 • 10 a.m.–4 p.m.

MARIN COUNTY

June 1 • 10 a.m.–4 p.m.

SAN FRANCISCO

June 8 • 10 a.m.–4 p.m.

MENDOCINO COUNTY

June 15 • 10 a.m.–4 p.m.

For more information and ticket prices:

www.gardenconservancy.org/open-days



LOCAL GARDEN TOURS



May 8 • 10 a.m.

JENSEN BOTANICAL GARDEN

8520 Fair Oaks Blvd.
Carmichael, CA 95608

A small yet well-appointed shade garden right off busy Fair Oaks Blvd., the garden was constructed by Charles Jensen to house his collection of rhododendrons, azaleas and camellias. In May rhododendrons and roses bloom. There are also Dawn Redwoods, Maples, Dogwoods, Mock Orange and Redbuds. Signage is a challenge but there will be a handout to guide you to the 18 designated beds.

Meet at the garden at 10 a.m. **Carpooling is urged** since the parking lot is relatively small. If anyone wishes to carpool, contact patricianone@att.net or call 916-455-8166 to make arrangements. Be at SG&AC by 9:30 a.m. for carpooling. Bring your own water; porta-potties are up the hill going through the park to the community garden. Paths can be muddy after a rain and there are roots in those paths. Elevation gain is modest.

May 18 • 10 a.m.–4 p.m.

4TH ANNUAL COLONIAL HEIGHTS CHARMING GARDEN TOUR

\$10

Colonial Heights Community Garden
5420 San Francisco Blvd
Sacramento, CA 95820

Stroll palm tree lined streets to explore this charming neighborhood and the plants, flowers, and life that grow here. The tour headquarters will be the Colonial Heights community garden on the lovely palm tree lined San Francisco Blvd. UC Master gardeners will be available to answer questions. There will be refreshments, live music, and entertainment along your journey. Also, each ticket includes entry to a Pollinator Garden Workshop at 11:30 a.m. with free sunflowers and milkweed while they last!

LOCAL PLANT SALES

PLANT SALES AT THE
SHEPARD GARDEN & ARTS
CENTER
3330 McKINLEY BLVD.
SACRAMENTO, CA

Sacramento Cactus and Succulent Society 59th Annual Show and Sale

May 4 • 10 a.m.–6 p.m.

May 5 • 9 a.m.–3 p.m.

Admission is free. Rare plants on exhibition and many beautiful specimens for sale along with fabulous artisan pottery.

Sacramento Iris Society Annual Rhizome Sale

July 20 and 21 • 9 a.m.–3 p.m.

Sale of recently dug iris rhizomes. Hundreds of varieties will be available. Each specimen will be labeled with the cultivar name and a description of the flower appearance. We will have a large selection of rebloomers, which have an extended bloom season.

A demonstration table will be set up to show how rhizomes should be planted. A labeling station will allow you to prepare a free permanent garden label for each of your rhizome purchases before you leave.

PLANT SALES AT THE
CARMICHAEL PARK CLUBHOUSE
5750 GRANT AVE.
CARMICHAEL, CA

Organic Gardening Club Plant Sale

May 5 • 9 a.m.–2 p.m.

Well-cared for annuals, veggies, perennials, natives, drought-tolerants, succulents and more!

43rd Annual Carmichael Cactus and Succulent Show and Sale

May 18 and 19 • 9 a.m.–2 p.m.

Free plant to the first 100 guests each day. Cash, check or credit cards accepted for purchases.

REGIONAL PLANT EVENTS



June 8-9, 2019

Cache Creek Lavender Festival 10 a.m.–4 p.m.

3430 Madrone St.
Rumsey, CA 95679

Discover the joy of lavender during a weekend of fun in the fields.

<https://www.cachecreeklavender.com/lavender-festival.html>

June 8-9, 2019

Daylily Days 9 a.m.–4 p.m.

Amador Flower Farm
22001 Shenandoah School Rd.
Plymouth, CA 95669

This 14 acre farm is alive with color at this time of the year. Find inspiration for your own garden and relax under the oaks.

<https://www.amadorflowerfarm.com/events/daylily-days/>

July 14, 2019

Petaluma Art & Garden Festival 11 a.m.–5 p.m.

Fourth & Kentucky Streets
Petaluma, California 94952

Enjoy a fun-filled day exploring fine local crafters, artisans, gardeners, listening to live music and sampling an array of local wine, brews and fine food.

<http://www.petalumadowntown.com/art-and-garden-petaluma.html>

September 10, 11 & 12, 2019

9th Annual National Heirloom Expo 9 a.m.–9 p.m.

Sonoma County Event Center
1350 Bennett Valley Rd.
Santa Rosa, CA 95404

The Expo continues to grow and attract interest around the world as like-minded people come together to share information about pure foods, sustainable living, organic growing, and so many other topics relevant to adults, children, and future generations.

<https://theheirloomexpo.com>

Spring Clean-Up at Shepard Center

Our club was once again well-represented at the SG&AC Spring Clean-up Day on March 10. **Lorraine Van Keckerix, Daisy Mah, Beverly Shilling, Marcia Leddy, Linda Hax and Noelle Anderson** brought large pieces of cardboard that they had gathered. On the East end of the building they layered the cardboard under about five inches of wood chip mulch. Rampant ivy harboring trash and rats had been dug up earlier as part of the Perimeter Project. This was an effort to keep the ivy from coming back. It was hard work, but as of this writing there is no evidence of ivy!



Also at the Shepard Center, our club's own Pollinator Garden for the Perimeter Project is now fully planted by **Daisy Mah**, and it is lovely. If you haven't visited it yet, look on the McKinley Blvd. side of the building behind the low rock wall. Pictured is the new sign identifying our club.

Gardening by the Book

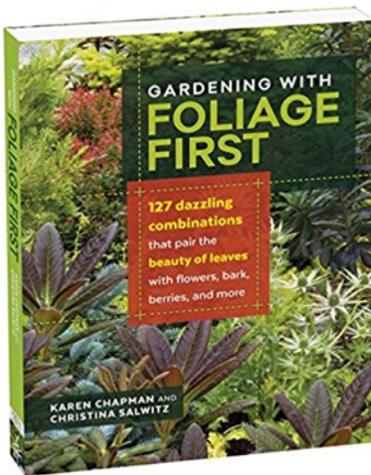
by Diana Morris

Gardening with Foliage First

127 Dazzling Combinations that Pair the Beauty of Leaves with Flowers, Bark, Berries, and More

by Karen Chapman and Christina Salwitz

At first thought, putting foliage first in designing a garden may sound BORING. However, this gem of a book is anything but boring. Though it is referred to as “greenery” there is so much more than just green leaves.



To begin with, the photography is excellent. The vivid images of collections of plants are spectacular. If you never lost your love for picture books as a child, you will most certainly find pouring over all the examples (“127 dazzling combinations”) time well spent. As flower arranging starts with greenery, the filler in bouquets, so can your garden design begin with a vast selection of stunning greenery.

Along with large photographs, all combinations are broken down by individual plants and give you all you

need to know: site, soil, zone and season. In addition, a note of caution is included for any invasive plants and helpful substitutions are suggested. Also included are interesting garden art possibilities from dynamic pots, metal art, glass art, and more.

In designing a foliage first garden they consider the texture of leaves (bold, medium, fine) and whether it feels smooth, rough, bumpy or velvety, color and form. They also suggest a wide variety of plants, some that were entirely new to me.

The choices of colors within the greenery genre are plentiful, additional pops of color are added to the combinations by way of annuals, perennials and herbaceous suggestions. Dry gardens, container combos, and not just the usual spring, summer and fall color accents but lots of winter garden suggestions that bring color into a drab winter scene.

Here’s a heads up to Martha Stewart—according to The Sacramento Bee, Home and Garden section, Apr. 20 edition, a new trend in bouquets and arrangements is greenery-only. Florists see requests for all-greenery trending in everything from wedding bouquets to centerpieces.

Examples of “foliage first” from SPPC members . . .



CHERYL McDONALD



LAVILLE LOGAN



LORRAINE VAN KEKERIX



The Perennial Post

SPPC Newsletter
2743 San Luis Court
Sacramento, CA 95818



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and June**

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by the Book**



Yellow poppies in Patricia Carpenter's native garden

MARCIA LEDDY