



The Perennial Post

Newsletter of the Sacramento Perennial Plant Club ❄️ Jan/Feb 2020

President's Message

Lorraine Van Kekerix

The 2020 membership drive starts in January and we hope you will renew. One of the most critical parts of the membership form is the section on activities for which members are willing to volunteer. All the club's activities are organized and occur through volunteer efforts. Many hands make light work. Please consider volunteering for a few hours this year to make our activities successful.

Many thanks to all the Board and Committee members who have worked on upcoming programs, garden tours, plant sales and the Gardener's Market (formerly known as the Vendor Sale). See the write-ups in this newsletter for more information. Lot's to look forward to!

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.

January Program Speaker

Jennifer Jewell

The Earth in Her Hands

SHEPARD GARDEN AND ARTS CENTER
THURSDAY—JANUARY 23, 2020 • 7:00 PM

Since the beginning of time, man has been grounded to the earth, dependent on its plants and the natural world. We looked up to truth seekers for guidance and wisdom to make sense of events and life's mysteries. Jennifer Jewell is a modern day seer—daughter of a garden designer/florist and wildlife biologist; former Outreach Coordinator and Native Plant Curator at Gateway Science Museum, CSU Chico; and host and producer of *Cultivating Place*, an award-winning public radio program and podcast. Transmitted through the radio waves, internet and the printed word, her message extends far beyond those early people who huddled around the campfire. After the devastation and horrific loss of the Paradise fire, an event that forever changed her and her community; she offered words of solace and hope from lessons observed in nature. We will get a sneak preview of her upcoming book "The Earth in Her Hands: 75 Extraordinary Women Working in the World of Plants." (For more about Jennifer's book and podcast see page 2).

February Program Speaker

Lori Ann Asmus

Don't Get Caught with Your Plants Down!

SHEPARD GARDEN AND ARTS CENTER
THURSDAY—FEBRUARY 28, 2020 • 7:00 PM

Lori Ann Asmus grew up with a mom who loved plants, kept a garden abundant with vegetables and flowers and ran a houseplant store when macramé hangers were all the rage. When Lori Ann set off to UC Davis, she had her sights on genetics rather than horticulture. But soon after landing a job and mentorship at the university greenhouses, she realized she shared her mom's love of plants. While earning a degree in a new major, Environmental Planning and Management, she started a houseplant care business which expanded in 1986 to become the "Emerald City." A long-term Sacramento County Master Gardener with a passion for sharing, she appears frequently on both Farmer Fred's "Get Growing" radio show and on KVIE. We will learn the role that plants play in improving air quality and bringing beauty and serenity into our interior spaces and work cubicles.

*Remember there are five Thursdays in January; 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.

January 9

RSVP to Bobby Frieze (916-383-8054)

February 13

RSVP to Linda Hax (916-481-9707)

NEWSLETTER

The due date to submit a garden-related article for the **Mar/Apr 2020** issue is **February 15**. Please send your article to Cheryl McDonald: (mcdonald4214@sbcglobal.net).

2020 MEMBERSHIP INFORMATION

Dues must be received by **March 31, 2020**, in order to be listed in the upcoming membership roster and receive the newsletter.

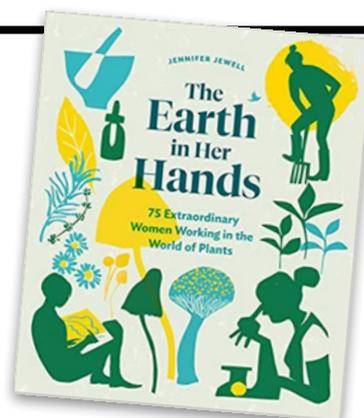
The membership application is on page 7 and on our website. Fill out the membership form completely and include it with your dues.

Please consider signing up to volunteer a few hours this year to help the club.

Jennifer Jewell's Upcoming Book and Award-Winning Podcast

The Earth in Her Hands: 75 Extraordinary Women Working in the World of Plants

Working in wide-reaching fields that include botany, floral design, landscape architecture, farming, herbalism, and food justice, these 75 inspiring women are creating change from the ground up. Rich with personal stories and insights, Jennifer Jewell's portraits reveal a devotion that transcends age, locale, and background, reminding us of the profound role of green growing things in our world—and our lives.



Cultivating Place: Conversations on Natural History and the Human Impulse to Garden

Jennifer's podcast, *Cultivating Place*, is based on the beliefs that: horticulture is a foundational element of our cultural literacy—on par with art, music, history, architecture, geography, social studies and literature. And, that gardens and gardening provide a unique bridge connecting us to our larger environments—culturally and botanically. Weekly interviews explore the many different ways people come to and bring to life what garden and gardening mean. All podcasts are available weekly at myspr.org.

Introducing the "Gardener's Market"

On Saturday, March 21 from 9 a.m. to 3 p.m., SPPC's popular Vendor Sale returns as the "Gardener's Market," a nod to the idea of a Farmer's Market, but for plant people. The winning, new name was suggested by **Beverly Shilling**. Added to it is the tag line, "Grow Local, Shop Local," which evokes a farm-to-fork connection. Organizer, **Lili Metzger**, has been busy recruiting new and returning vendors. Contact Lili if you have suggestions for additional vendors (lili@abqhomeandgardenshow.com). Volunteers for a variety of tasks are needed with set-up on Friday, March 20 and for help on Saturday, March 21. Also, before you purge your old garden books and magazines, consider donating them to the Club's book sale at the "Gardener's Market." Details regarding magazine and book delivery will be in the March/April newsletter.

► VOLUNTEERS NEEDED—Help spread the word about SPPC events.

What library branches are near your home? You can help publicize SPPC events by dropping off fliers in March and September. To volunteer, email publicity chair, **Linda Hax** at lhax@surewest.net.

Thank You!

Our Annual Holiday Potluck held on December 11th was a festive evening enjoyed by everyone who attended. Many thanks to co-chairs **Deborah Renfrew** and **Marcia Leddy** for organizing the event. Thanks to the many members for their talents in setting up and decorating our holiday tables so beautifully. Thanks to everyone for bringing a variety of delicious salads, hot side dishes and wonderful desserts to accompany the turkey and ham entrees. **Beverly Shilling** and **Marcia Leddy** selected various garden-related gifts for our door prize drawing. The grand finale to our lovely evening came as we sang Christmas carols and songs of the season accompanied by our pianist **Noelle Anderson**.

SPPC Speakers & Events—2020

All meetings are held on the fourth Thursday of the month at 7 p.m.
Shepard Garden & Arts Center (SG&AC)
3330 McKinley Boulevard, Sacramento
Meetings are free and open to the public.

January 23—7 p.m.

Jennifer Jewell—*The Earth In Her Hands*

February 27—7 p.m.

Lori Ann Asmus—*Don't Get Caught with Your Plants Down!*

March 8—9 a.m. to 1 p.m.

SG&AC Annual Clean-Up Day

March 14-15—10 a.m. to 4 p.m.

Spring Plant Sale at SG&AC

March 21—9 a.m. to 3 p.m.

17th Annual Gardener's Market at SG&AC

Speaker: TBA

April 23—7 p.m.

David Scott—*Regenerative Gardening for a Changing Climate*

May 28—7 p.m.

Bryan Young—*Bringing Back Our Native Grasslands*

June 25—7 p.m.

Andrea MacDonald—*The Benefits of a Plant-Based Diet*

July & August—No general meeting

August 1—8 a.m. to 2 p.m.

Harvest Day—Fair Oaks Horticulture Center

September 24—7 p.m.

Guy Galante—*Coexisting with Coyotes*

October 3-4—10 a.m. to 4 p.m.

Fall Plant Sale at SG&AC

October 22—7 p.m.

Keith Smith—*An I-5 Safari in 1850*

November & December—No general meeting

December (date to be announced)

Holiday Potluck Dinner

MANY THANKS! With the help from Master Gardener **Pat Schink** and club members **Jane Thompson, Peggy** and **Bruce Kennedy**, we have a diverse and intriguing lineup of speakers in 2020. Please offer your suggestions for next year's speakers to **Daisy Mah** (gardengirl@att.net; 916-446-1768).

Calendar

January 9

SPPC Board Meeting

RSVP to Bobby Frieze
(916-383-8054)
Starts at 4 p.m.



January 11

Rose Pruning Workshop with Steven Scanniello

Historic City Cemetery
1000 Broadway
Sacramento 95818

First workshop—9 a.m.

Pruning climbing roses

Second workshop—1 p.m.

Techniques for pruning and rehabilitating mature plants

Tickets are available at <https://cemeteryrosepruning.bpt.me/> at a cost of a \$10 donation per workshop.

January 15

SPPC Grant Applications Due

Applications for the *Saul Wiseman Grants* are available on the SPPC website. Applications will be accepted until January 15, 2020. Submit your grant application either by sending an electronic version to: sppcgrants@gmail.com, or by mailing a paper version to: SPPC Grants, 1108 3rd Avenue, Sacramento, CA 95818

January 23

SPPC General Meeting

Jennifer Jewell
The Earth in Her Hands
7 p.m.

February 13

SPPC Board Meeting

RSVP to Linda Hax (916-481-9707)
Starts at 4 p.m.

February 27

SPPC General Meeting

Lori Ann Asmus
Don't Get Caught with Your Plants Down!
7 p.m.

SPPC Garden Tours—2020

Mark your calendars for any or all of these tours and watch your emails and upcoming newsletters for directions, times, fees/costs, level of physical activity and carpool arrangements. Contact **Sharon Patrician** at 916-455-8166; patricianone@att.net for information. In addition, if you wish to lead a tour, please let Sharon know.

LOS ANGELES TOUR

Looking for Serenity in Public and Private Gardens

Have you wondered, living in Northern California with its majestic mountains, trees and coastline, how Southern California landscape compares? Most of us are exposed to this diverse part of the state through magazines, books or the media. Walking through a private garden or botanical collection in Los Angeles is usually a bucket-list item. Here's your opportunity to check off this item with a Club-sponsored three-day tour of Los Angeles. With Fran Clarke's able assistance, we have put together the following itinerary:

May 1—Arrive in Burbank, check into our hotel, have dinner.

May 2—All-day tour of the Getty Center and the Getty Villa in Malibu. Explore the museums, have lunch at the Getty Center and wander the architecturally planted gardens.

May 3—Tour the Frank Lloyd Wright Hollyhock House in East Los Angeles, have lunch, then visit the Garden Conservancy's Open Days in private gardens.

May 4—Tour the Los Angeles Botanic Garden in Arcadia which covers everything horticultural in the LA basin. That evening, return to Sacramento.

A travel agency will arrange for ground transport, hotel and entrance fees. You have the option of traveling by air, train or car. Getting to and from LA will be your responsibility. There are many details to finalize and your input is welcome. Most importantly, we need an idea of your commitment to such a tour. We asked for a quote based on 15 participants. Friends and family are welcome. Contact **Sharon Patrician** at patricianone@att.net to indicate your interest by February 15, 2020. More details will follow in emails and the newsletter. Contact Sharon or **Fran Clarke** (fclarke@surewest.net) with questions.

Suggested Dates & Tour Locations

Unless otherwise noted, all tours will be by carpool arrangement.

MARCH

March 7 or 8—Ironstone Winery's Spring Obsession Art Show

APRIL

April 7—9 a.m. to Noon: Wildflower Tour of Snipes-Pershing Park, Orangevale with member Lee Perrone

TBA—Western Hills, Occidental (possibly a bus trip)

April 12—Gardens at Lake Merritt, Oakland; Marcia Donahue, Berkeley; Keeyla Meadows, Albany)

April 28—9 a.m. to Noon: Wildflower Tour of South Yuba River State Park with member Lee Perrone

MAY

May 1–4—Proposed garden/architecture tour of Los Angeles (see article to the left)

May 12—Blue Bird Haven Iris Garden, Somerset

May 19—9 a.m. to Noon: Tour of Land Park and Hollywood Park gardens

JUNE

June 18—9:30 a.m. to 11:30 am: Karen Loro's native plant garden, Nevada City; stop at High Hand Nursery for lunch and shopping

TBA—Daylily Days at Amador Flower Farm; food available or bring lunch

June 11—In Season Nursery, Stockton with stop at Consumes Preserve



KAREN LORO

JULY

July 17–20—Mendocino (might include Mendocino Coast Botanical Garden, Digging Dog Nursery and other sites)

SEPTEMBER

TBA—Quarryhill Botanical Garden, Glen Ellen

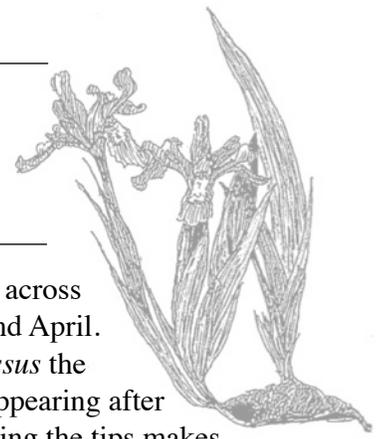
OCTOBER

October 17—Winery bus tour (two winery gardens, plus one nursery; includes Korbel)

TBA—Local gardens for fall color

Spring Flowering Bulbs

By Ellen Zagory



The thing about bulbs is that they are seasonal. Spring, summer or fall, what makes them fun is the element of surprise that never fails. For me they are “out of sight, out of mind” during part of the year and the star of the show in others, and part of the fun is orchestrating their appearance. We will discuss only true bulbs here and leave rhizomatous (plants that have horizontal storage roots called rhizomes) for a later date.

Narcissus and daffodils are tough and long-lived plants in our area and, perfect for low-water gardens. There are many types, from the multi-flowered “jonquils” to the large, single trumpets we call daffodils. Plant them with summer growing perennials like catmint (*Nepeta x Faassenii* or *Gaura lindheimeri*) to help disguise their sin of brown leaves in early summer. Some cultivars that do well in our area are: *Narcissus* ‘Tete a Tete,’ *N.* ‘Carlton,’ *N. bulbocodium*, *N.* ‘Baby Moon,’ and *N.* ‘Pipit.’ A full review of the *Narcissus* for our area would require this whole article!

A favorite spring “tough as nails” bulb is the summer snowflake (*Leucojum aestivum*). Described in catalogs as “carefree and adaptable” here it blooms in February and March. The leaves as early as February produce sprays of delicate white bells, like little green-dotted petticoats on wiry hangers. I love to use them in small arrangements indoors where the delicate flowers can be seen close up.

Next come the bulbous iris. Referred to as “Dutch iris” these are “true bulbs” unlike the rhizomatous Bearded Iris. They are easy to grow in sufficient quantities to allow for indoor arrangements. Planted in drifts they

create a sea of violet-blue across my front yard in March and April. Unfortunately, like *Narcissus* the foliage takes its time disappearing after bloom although deadheading the tips makes the wait for them to clear the way for others to bloom more tolerable.

While many here yearn for large, luscious tulips like they had back east, here they will not flower again next year. They require a cold chill to set flowers that our climate does not provide. Easy to purchase pre-chilled and force in pots, they are relegated to indoor displays of once-only bloom. In March the substitute for cold climate tulips that has overrun my yard is *Tulipa clusiana*, the candy cane tulip, from Afghanistan. It spreads underground by runners and makes a temporary, grassy-looking ground cover in winter and is too weedy for many gardens. Blooming sparsely in my part shade garden it does have lovely, candy cane red and white striped flowers. But it has overrun shadier areas without blooming—an annoying habit. There is also an attractive yellow and red striped form (*T. clusiana* var. *chrysantha*) which is perhaps better behaved I have been meaning to try.

I am out of room to write but there are more bulbs to try. Freesias naturalize yet don’t invade, tough for sun ornamental onions like *Allium giganteum*, *Allium sphaerocephalum* and the otherworldly *Allium christophii* provide drama and the butterfly magnet Spanish squill (*Hyacinthoides hispanica*). Add some fun and seasonal surprises to your garden by adding bulbs!



Narcissus 'Carlton'



Iris 'Sapphire'



Allium christophii

PHOTOS: ELLEN ZAGORY

RFL: Less Rain + Less Lawn = Perennial Landscape Opportunities

By Caru Bowns

As the severity of drought and forest fires across California indicate a new pattern of climate change in the state, environmental conservation measures are being implemented to make regional watersheds and ecosystems more resilient.

In our Sacramento River watershed, the Department of Utilities Sacramento River Friendly Landscape (RFL) program educates and provides rebates for the replacement of residential or commercial turf (lawn grass) with “water wise” and native plantings. The goal is to conserve community water and to promote a landscape ethos that advocates for water conservation and the development of native, drought-tolerant landscapes for ecosystem stability and continuity.

For many homeowners, removal of their lawn can be a daunting consideration, however, the RFL program is user-friendly. The RFL Landscape Design component matches each applicant with a City approved Landscape Designer. Collaboratively, Designer and property owner execute an analysis of the site, and generate a “bubble diagram” plan with a plant list of beneficial, native and perennial plantings selected to conserve water resources and contribute to the region’s enduring Mediterranean landscape.

For more information, go to: <https://www.cityofsacramento.org/Utilities/Water/Conservation/Residents/Residential-Rebates/River-Friendly-Landscape-Rebate>

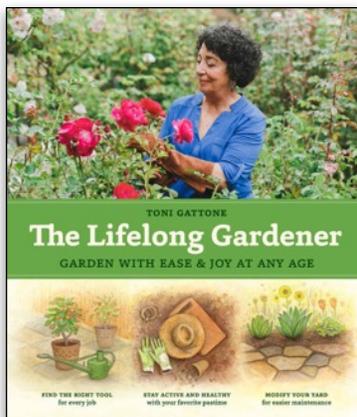
Caru Bowns, a certified urban planner and experienced landscape designer is a RFL Landscape Designer. She is also a new member of the SPPC.

Gardening by the Book

By Diana Morris

“I prefer not to dwell on physical challenges but instead to focus on proactive solutions to those challenges.”

—Toni Gattone



Northern California author Toni Gattone’s book, *The Lifelong Gardener*, is full of practical, enterprising and inspiring explanations to the issues of continued gardening in light of the aging process. But first and foremost Gattone produces an appreciative and positive attitude around the advance of age.

Broken into three sections, the first, *You and Your Body*, focuses on positive attitudes, our new normal and adaptive gardening rules among many other very helpful suggestions. Exercise plays a pivotal role in extending our gardening capabilities, lots of warm-ups, stretching, meditation, some yoga. She offers myriad suggestions for adapting to physical setbacks, loss, trauma or pain.

The second section, *Your Garden*, covers the focal points of recreating your garden to fit your comfort and safety. There are lots of tips for planning gardens that accommodate the aging gardener. Don’t be afraid to ask or hire help, keep it simple, and modify your garden for comfort and accessibility. Gattone’s suggestions are thought provoking and help us to see greater possibilities. My neighbor Robert says he wants to “age in place.” He has modified his garden to keep it all one level, removed grass and divided it into small sections easily reached and installed a timed, drip irrigation system. And it looks great!

The final section covers tools. Carts, totes, the importance of wearing gloves, buy the shortest hose (lighter weight), and so much more practical suggestions are offered. She proposes keeping necessary tools sharp as it lightens the work load. We can thank SPPC member “Stan the Tool Man” for helping us keep an edge on our tools.

“Resilience is Everything” as Gattone explains, “Use your creativity and intuition to find solutions.” This isn’t a book to sit and read through but rather an inspiring reference for the all the roadblocks that can appear to keep us from enjoying gardening as we age.

2020

Sacramento Perennial Plant Club Membership

ALL MEMBERS—PLEASE FILL OUT THIS FORM COMPLETELY AND INCLUDE WITH YOUR DUES

NAME _____ DATE _____

E-MAIL _____ PHONE _____ - _____ - _____

MAILING ADDRESS _____

CITY

STATE

ZIP

Joint Membership Information

NAME _____

E-MAIL _____ PHONE _____ - _____ - _____

1. YEARLY DUES: ___ \$20 Individual ___ \$25 Joint ___ \$5 Student

2. PAYMENT: ___ Cash ___ Check (Make checks out to PERENNIAL PLANT CLUB)
Credit card transactions will be available at the general meetings.

3. INCLUSION IN OUR YEARLY ROSTER? YES ___ NO ___

4. SEND completed form to: Perennial Plant Club, 4928 Forrestal Street, Fair Oaks, CA 95628

The *Perennial Post* will be e-mailed to members. However, if you wish to receive the newsletter by regular mail, please check here ____.

Volunteer Sign-Ups

Please sign-up to help with one or more of the following activities:

EVENT/ACTIVITY	YES, I CAN HELP!
Plant sales	
Speakers and programs	
Membership and greeters	
Publicity	
Website	
Write articles for newsletter	

EVENT/ACTIVITY	YES, I CAN HELP!
Organize garden tours	
Organize special events	
Organize DIY garden art projects	
Organize propagation workshops	
Bring refreshments for meetings	
WPA Rock Garden maintenance	

► For questions, contact Carol Meininger at 916-765-8390 or e-mail: carolmeininger@gmail.com



The Perennial Post

SPPC Newsletter
2743 San Luis Court
Sacramento, CA 95818



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Tulipa 'Apricot Beauty'

ELLEN ZAGORY