



The Perennial Post

Newsletter of the Sacramento Perennial Plant Club  Mar/Apr 2020

President's Message

Lorraine Van Kekerix

Spring seems to be well under way despite what the calendar says. I'm still scrambling to get all the winter garden chores done.

Spring brings plant and garden sales. We hope you'll be at the SG&AC Plant Sale on March 14-15 and the Gardener's Market (formerly the Vendor Sale) on March 21.

To volunteer for these events, see pages 2 and 3.

Busy in early-March? For the March 8 clean-up day, volunteers are needed to spiff up the SG&AC for the sales later in March.

And then there are the great tours—enjoy spring while it's here!

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.

17th Annual Gardener's Market

NOON SPEAKER

Sharon Beals

Gardening for Birds Means Gardening for Bugs

SHEPARD GARDEN AND ARTS CENTER

SATURDAY—MARCH 21, 2020 • 9 AM – 3 PM

Ever since Sharon Beals learned about the decline in bird populations due to habitat loss, her love of nature and curiosity has led her on a quest to learn how birds can flourish in nature and gardens. A recent estimate of insect apocalypse, in decline by 70 percent, has had a direct correlation with an alarming drop in bird populations. Sustaining insect populations will aid in the survival of bird populations since an astounding 96 percent are insectivores. Even the hummers sipping on floral nectar need a serving of insect protein. Creating habitat in our gardens will contribute towards a healthier and more beautiful world for birds, bugs and all.

Reminder: The Gardener's Market takes the place of our March meeting.

April Program Speaker

David S. Baker

Regenerative Gardening for a Changing Climate

SHEPARD GARDEN AND ARTS CENTER

THURSDAY—APRIL 23, 2020 • 7:00 PM

Upon David's return to his hometown from studies in Humanities at UC Berkeley, he did website work and graphics at his in-law's Sellands's Market Café. Later, he became their resident wine steward who also conducted regular wine tastings. David painfully witnessed food scraps being sent straight to the landfill rather than managed more sustainably. In 2011, Green Restaurant Alliance Sacramento (GRAS), was born out of his dream of turning restaurant waste into compost—aka "black gold." His passion has sustained him as GRAS has gone through several narratives. Presently, he and his staff collect and transport by pedal power, 20,000 pounds of waste monthly from 17 restaurants. It is then delivered to backyards and school and community gardens to compost on site. David, a recipient of a Saul Wiseman grant, will explain how and why gardeners are at the forefront of building climate resiliency and contributing to a healthier ecosystem through maintaining healthy soils. Visit GRASacramento.org

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
Gardener's Market: 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.

March 12

RSVP to Jane Thompson
(916-494-9302)

April 9

RSVP to Lorraine Van Kekerix
(916-457-2674)

NEWSLETTER

The due date to submit a garden-related article for the **May/June 2020** issue is **April 15**. Please send your article to Cheryl McDonald: mcdonald4214@sbcglobal.net.

The Perennial Post is published bimonthly except for July and August. Archived newsletters can be viewed on the club's website.



Election for Board Officers

New board officers will be elected at the May 28 general meeting. We need candidates for board president, vice-president, treasurer and secretary. Express in writing your interest in one of the vacant board positions or to nominate someone else to **Bobby Frieze** (dfrieze@comcast.net) by March 31, 2020.

Annual Spring Plant Sale

Member Grown Plants

March 14–15, 2020

10:00 a.m. – 4:00 p.m.

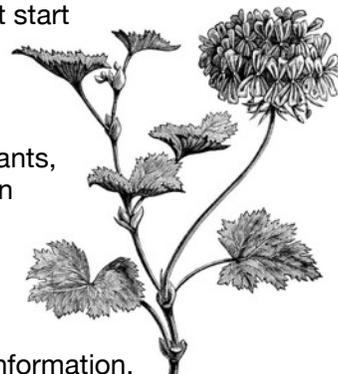
Shepard Garden & Arts Center

Mark your calendars and invite a friend to come along to our SPPC Spring Plant Sale!

Whether you are looking to add a special new plant in your garden, replace a failing plant, or just start over in an area of your garden, the Plant Sale comes just in time for your new Spring plantings.

You will find a many varieties of perennial plants, each propagated and grown by our very own club members. We also try very hard to answer your gardening questions and offer advice on the planting and care of your plants. Hoping to see you there!

If you would like to volunteer and for more information, contact **Deborah Renfrew** (916-966-3580) or send an e-mail odetofoy@gmail.com.



2020 Membership Drive

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

Be sure to fill out the membership form completely and include it with your dues. Please consider signing up for one of the many ways you can help the club. The form is on our web site:

www.sacramento-perennial-plant-club.org

For questions, contact **Carol Meininger** at 916-765-8390 or e-mail: sacppc@sbcglobal.net

17th ANNUAL GARDENER'S MARKET

GROW LOCAL | SHOP LOCAL

**SATURDAY
MARCH 21, 2020
9 AM - 3 PM**

SHEPARD GARDEN & ARTS CENTER
FREE AND OPEN TO THE PUBLIC

VOLUNTEERS NEEDED!

**Friday, March 20
Noon - 4 p.m.**

Prep signs and banners for installation
Cover vendor tables
Bring garden books or magazines for the book sale.
Help set up/bring blooms for "What's Blooming"

**Saturday March 21
7:30 a.m. - 4:30 p.m.**

Set up coffee and morning snacks
Help vendors unload and set up
Obtain door prizes from vendors
Coordinate drawing and ticket sales
Install signs and banners
Monitor doors
Staff "What's Blooming" and book sales
Clean-up the Center

**To sign up, contact:
Lili Ann Metzger**

Lili@abqhomeandgardenshow.com;
or 916-837-3291

We have a great lineup of returning favorites and new vendors bringing in some wonderful plants and garden treasures. The proceeds of this event help fund the Grants Program, speakers and other community gardening projects.

If you use social media please post the event information and share with your friends.

SPEAKERS

Sharon Beals
Gardening for Birds Means Gardening for Bugs

Daisy Mah
"Daisy's Dozen" Perennials

Stan "The Tool Man" Logan
15 Tools for the Garden

NEW VENDORS

Carman's Nursery—Bonsai starters, rock garden plants, dwarf rare and unusual plants and edibles

Fizer Yard Art—Garden items made from recycled metal (also makes custom tables)

Pam's Porch—Custom-made garden signs, benches, garden tables, and more

Propagate Nursery & Garden Store—Tropical house plants

RETURNING FAVORITES

All Things Wild—Native plants

Bob Tadlock Designs—Trees and plants

Friends of San Juan de Oriente—Pottery

Geraniaceae—Geranium varieties

Glen Rowley—Birdhouses

Golden Pond Nursery—Water plants and perennials

Mad Man Bamboo—Bamboo plants

Morningsun Herb Farm—Perennials and herbs

Rodolfo Orihuela—Painted roof tiles

Two Flew The Coop—Chicken coops and related products

The OG—Succulents and cacti

Worm Fancy—Worms and worm castings

Calendar

March 8
SG&AC Clean-up Day
Shepard Garden & Arts Center
9 a.m.–1 p.m.

March 12
SPPC Board Meeting
RSVP to Jane Thompson
(916-494-9302)
Starts at 4 p.m.

March 14–15
SG&AC Annual Spring Plant Sale
Shepard Garden & Arts Center
10 a.m.–4 p.m.

March 21
17th Annual Gardener's Market
Shepard Garden & Arts Center
9 a.m.–3 p.m.

April 9
SPPC Board Meeting
RSVP to Lorraine Van Kekerix
(916-457-2674)
Starts at 4 p.m.

April 18
River Park Garden Club Tour
Seven Special Garden Spaces
10 a.m.–2 p.m.
5457 Carlson Drive, River Park
Tickets: \$5

April 23
SPPC General Meeting
David S. Baker
*Regenerative Gardening
for a Changing Climate*
7 p.m.

Save the Date

**May 21-22, 2020
Mosaic Workshop**

Stan and LaVie Logan will once again host this fun workshop. Details in the next newsletter.

Carol's Compost

Aged horse manure, no weeds, alfalfa-fed horses. Pickup truck of three yards for \$65. Free delivery and unloading. Call Carol at 916-291-9831.

Reminder: The Gardener's Market takes the place of our March meeting.

SPPC Spring Garden Tours—2020

GOLD COUNTRY



SATURDAY

March 7, 2020

Ironstone Winery

1894 Six Mile Rd.

Murphys, CA

Rain or snow cancels

We're kicking off our 2020 garden tour season with a no-host carpool tour of Ironstone Winery in Murphys, California. In addition to a drive through California's lovely Gold Country, there is a daffodil display at the winery and an art competition and sale slated from **10 a.m. to 5 p.m.** (And for those inclined, there is all that luscious wine.

This is a tour set at your pace and the winery grounds are paved with gentle slopes. If you wish to drive or carpool, please contact Sharon at patricianone@att.net to make arrangements. It is anticipated this is an all-day tour so you may wish to take a lunch or check out the Gold Leaf Deli at the winery (open from 11:30 to 3:30 p.m.). There are other restaurants and cafes throughout the Gold Country. (See Yelp or Trip Advisor for recommendations.) **Rain or snow cancels this trip** unless you are of hardy stock and have a sturdy automobile!

www.ironstonevineyards.com

WILDFLOWER TOURS

TUESDAY

April 7, 2020

Snipes-Pershing Park

5624 Snipes Blvd.

Orangevale, CA 95662

Led by club member, **Lee Perrone**, you will look for wildflowers in Snipes-Pershing Park in Orangevale. Meet at 9 a.m. at the Shepard Garden & Arts Center and carpool to the trailhead. The walk is about a mile to Lake Natoma with different habitats and flora. It is a gentle slope; however, the last 100 yards will depend on the group's feelings about going further. The tour should take about two hours, leaving time to get back to the cars and possibly going to lunch. Contact Lee at cynicalee2@yahoo.com for more information.

Note: There is a parking fee.

TUESDAY

April 28, 2020

South Yuba River State Park

17660 Pleasant Valley Rd.

Penn Valley, CA 95946

Heavy rain cancels

Many different wildflowers bloom at the South Yuba River State Park. Led by **Lee Perrone**, meet at the Shepard Garden & Arts Center at 9 a.m. for carpooling. The drive itself is about an hour and a half. The trail is about a mile long and fairly level with wonderful views of the river below. Bring your walking sticks and camera for this hike. There is also signage every few feet identifying the wildflowers, which is a helpful accommodation. Bring water and snacks for a two-hour walk. Contact Lee at cynicalee2@yahoo.com for more information.

https://www.parks.ca.gov/?page_id=496



EAST BAY AREA (OAKLAND, BERKELEY, AND ALBANY)

SUNDAY

April 12, 2020

While we acknowledge this all day tour is scheduled on Easter Sunday, we couldn't think of a better way to honor the occasion than garden touring. Meet at the Gardens at Lake Merritt at 10 a.m.

Gardens at Lake Merritt

666 Bellevue Ave. • Oakland, CA 94610

This little-known treasure is the first of three gardens in the East Bay area. Composed of ten themed gardens on a peninsula in Lake Merritt, including an edible, Mediterranean, sensory and Japanese gardens, it is about a two-hour walk on flat ground. The gardens are open from 8 a.m. to 5 p.m. There is a \$2 parking fee per automobile. Bring a lunch (there are tables in the Lake Merritt garden) or check out Berkeley's Fourth Street for a nice selection of restaurants/cafes.

www.gardensatlakemerritt.org

Marcia Donahue's Garden

3017 Wheeler St. • Berkeley, CA 94705

Our second Bay Area garden is that of artist Marcia Donahue in Berkeley. Some of the most imaginative and enticing gardens are created by artists and Marcia's garden is a feast for the senses. From the photos, the ground looks flat but take care with pavers and stones in pathways. This garden is open to the public every Sunday afternoon. If you google **Marcia Donahue**, there are several articles and photos for further enticement.

Keeyla Meadows Gardens + Art

1137 Stannage Avenue • Albany, CA 94706

If you can tear yourself away from Marcia's garden and artwork, our final garden is that of Keeyla Meadows. Keeyla, also an artist, opens her garden once a month on the second Sunday to the public. Keeyla's garden is small, but every inch is devoted to color, shape, texture and smell. Whimsical ceramic and metal pieces are located throughout the garden. Plant choices range from the familiar to the exotic, but every plant appears to have a well-thought position in the landscape. Go to www.keeylameadows.net for photos and more information. The garden is on a slope and requires care on the pathways. A walking stick will be useful.

Note: Both Marcia's and Keeyla's gardens are in residential areas with narrow streets. Allow extra time to park.

Remember to contact Sharon (patricianone@att.net) about carpool arrangements. Happy Touring!

Annie's Annuals

740 Market Ave. • Richmond, CA 94801

And, if you have time, energy and coin to spare, stop by **Annie's Annuals** on the way home. Open from 9 a.m. to 5 p.m., Annie's never fails to please with her mind-boggling selection of annuals and perennials.

www.anniesannuals.com

Regional Garden Tour

SATURDAY & SUNDAY

April 25-26, 2020 • 11 a.m. – 4 p.m.

Folsom Garden Club Tour

This self-guided tour highlights creative ideas for your Spring gardens, beautiful music and Master Gardeners to answer your questions, and the ever popular bake and plant sales.

The Folsom Garden Club is a nonprofit organization, raising funds through this annual Garden Tour to support scholarships and grants to educate area students and promote beautification of the City of Folsom. Tour details and tickets can be purchased at www.folsomgarden.org or call 916-276-7179.

Tickets: \$20 each for attendees 16 and over, (includes brochure and map of tour route.)



2020 Saul Wiseman Grant Award Recipients

Dear Plant Club friends,

At our February Club Meeting, it was my pleasure to introduce our 2020 Saul Wiseman Grant Award Recipients. This event is a wonderful reminder of what a privilege it is to give back to our community and participate in so many worthwhile gardening endeavors.

This year's award recipients will be undertaking such projects as restoring the Monarch butterfly habitat along the American River Parkway, expanding a school garden to attract beneficial pollinators, and teaching hands-on horticultural practices to at-risk high schoolers.

Our shared commitment to the Grants Program continues to give us a measure of satisfaction and pride, knowing that our Plant Club is having an impact.

Jane Thompson
Chair, SPPC Grants Committee

Succulent Wall Garden

Leo A. Palmiter School
Sacramento

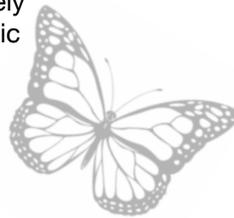
★ The school serves at-risk students by providing an alternative education which includes instruction, support and career training opportunities. Under the direction of Horticulture Instructor, Kevin Jordan, students are learning all aspects of gardening and horticulture by planting and maintaining their school garden, as well as the gardens at the former Cap Public Radio site at Sac State.

With Grant funds they will construct a beautiful **Succulent Wall Garden** (adapted from the Patric Blanc-style vertical garden) along the side of an ugly metal shed on campus. It will contain over a dozen different varieties of succulents and over 100 individual plants. The garden will be irrigated with timed drip system. Students will maintain the Wall as well as utilize plants for propagating and future plant sales.



Monarch Habitat Restoration Project Effie Yeaw Nature Center Carmichael

★ The Nature Center is a learning center open to the public along the American River Parkway. Thousands of school age children make field trips there every year. They actively engage the public by introducing them to the critical interplay of wildlife and plant life in the environment.



The ARNHA is working in conjunction with the Nature Center on the **Monarch Habitat Restoration Project**. They will use grant funds to seed native pollinator plants in the public demonstration garden as well as the larger areas surrounding the existing wild Milkweed stand along the parkway. The restoration project will demonstrate the importance of native plants in the migration and breeding cycle of the Monarch butterfly, by enhancing the habitat in the nature area along the American River Parkway.

Perennial Pollinator Border Garden

Bret Harte Elementary School
Sacramento

★ The Bret Harte Garden Council coordinates teachers, students and volunteers to support their ongoing efforts in this large school garden which includes many planting beds as well as a variety of orchard trees. Their active garden program introduces students to gardening by bringing the curriculum into the classroom and then bringing the classroom into the garden. Students plant, tend and harvest the garden and orchard.



With Grant funds they will create a **Perennial Pollinator Border Garden** by extending the perimeter of their existing garden, adding a concrete protective border, and planting the new 120' bedding area. They will purchase perennials which will attract beneficial pollinators to their orchard and garden.

Making the Case for...

“BEST Gardening PRACTICES” for the Sacramento Valley

By Caru Bowns

This is a call for a
“Best Gardening Practices”
feature for *The Perennial Post!*

Long associated with corporate, tech and scientific entities, “best practices” are quantifiable standards/methods used to expedite successful and replicable outcomes.

Although subject to ongoing assessment and/or refinement, best practices are integral to many organizational structures. The “best practices” concept is also pervasively mainstream. Thirty+ years ago Martha Stewart synthesized Victorian home economics and entertainment into a series of tasks more readily accomplishable by a 20th century person with time and resources. Current domestic guru, Marie Kondo shares simple practices in a context of mindfulness to lift the drudgery of decluttering and organizing home and personal items. For local gardens/gardeners there’s a plethora of information about how, what and when to plant, but wouldn’t it be nice to share tips and advice “member-to-member”?

We’re asking Perennial Plant Club members to contribute their diverse and varied horticultural knowledge about the Sacramento Valley to a newsletter series. This feature can be organized as seasonal topics including soil prep, planting techniques, irrigation, best plant combinations, etc. Envisioned as an opportunity for new and long time members to share and dialogue, the features can also serve to disseminate Perennial Plant Club horticultural expertise at garden tours and sales, public school gardens and to garden enthusiasts in the Valley seeking answers for horticultural issues.

Please e-mail us your interest and ideas for a “Best Gardening Practices” feature, which topics should be included, etc. We look forward to hearing from you!

Caru Bowns (caru.bowns@gmail.com)

Cheryl McDonald (mcdonald4214@sbcglobal.net)

The Tool Man

Pivoting Wheelbarrow Handles

Here is an innovation designed for the gardener who moves so much material that a wheelbarrow is required. You (the heavy duty gardener) have undoubtedly been faced with the awkward task of dumping your load (so to speak). You reach the desired dump location, raise the handles, but nothing spills out. You have to raise the handles to a vertical position, but your hands are on top of the handles when you lift. You have two choices—either lift with such force that the wheelbarrow flips forward, or allow the handle ends to pivot in the palms of your hands so that you are gripping the handles from beneath. The first method is sometimes exciting when the wheelbarrow either drags you over on top of it, or it flips back at you. The second method is scary because it can result in slivers in the palms of your hands if the wheelbarrow has been out in the weather for the last seventy years. (My wheelbarrow was old when my dad gave it to me.)

The solution to the problem, my hard working friend, is Pivoting Wheelbarrow Handles. These are handles that fit over the ends of your wheelbarrow handles. Since they pivot, you have control when lifting from above and as well as shoving from beneath when the handles move through a vertical position. You cannot believe the difference it makes in controlling your wheelbarrow through the entire dumping process.

“But I don't own a wheelbarrow,” you say. Well, if you have grandkids or pets, imagine the fun you will have wheeling them around the yard and even the neighborhood. And then when you get tired, it is so easy to dump them in an appropriate spot like the swimming pool. I’m not going to suggest a particular wheelbarrow. I think you need to select it on the basis of the occupants.

Happy dumping!

Stan, The Tool Man

P.S. Actually, since I wrote about these handles years ago, they have come out with wheelbarrows with looped handles that deal with this dumping dilemma. So if you are going to buy a new wheelbarrow, this would be a good option.

For more of
Stan's tool and
garden tips,
check out the
“Blog” section
on our web site.



The Perennial Post

SPPC Newsletter
2743 San Luis Court
Sacramento, CA 95818



March/April Tours & Events

Annual Spring Plant Sale

March 14-15
SG&AC

17th Annual Gardener's Market

March 21
SG&AC

SPPC Spring Garden Tours

March 7
Ironstone Winery

April 7 & 28
Wildflower Tours

April 12
East Bay Area

River Park Garden Club Tour

April 18

Folsom Garden Club Tour

April 25-26

(See inside for details.)



"What's Blooming" display at the Gardener's Market

CHERYL McDONALD