



The Perennial Post

Newsletter of the Sacramento Perennial Plant Club  Sept/Oct 2018

President's Message

Lorraine Van Kekerix

I'm looking forward to a beautiful fall garden display after the recent late summer plant growth spurt. Gardens all over our area are looking better with shorter days and cooler temperatures.

We are fortunate to have members leading a variety of activities. Check out opportunities to help in this newsletter.

One way to help is saving garden books and magazines to sell at the March 23, 2019 Vendor Sale. Joyce Stewart's family is donating books to the Vendor Sale. Joyce was a former Sacramento area resident, long-time gardener and book collector.



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

Pam Bone

Fertilizing 101 – Why, How, and When

THURSDAY — SEPTEMBER 27, 2018 • 7:00 PM

SHEPARD GARDEN & ARTS CENTER

Perhaps it was Pam Bone's mom who kept a houseful of indoor plants for sowing the "seed." It was after all the 70's and the houseplant craze was at the pinnacle of its popularity when the plant "bug" infected Pam. Although, she went off to college to pursue a degree in communication/journalism, a biology class led her down a different, but not unrelated path. The seed now germinated, Pam studied pomology (fruit science) at Washington State University, ultimately earning a degree in Plant Science at UC Davis. Beginning in 1979, she is credited for developing and shepherding the Sacramento Master Gardener program, the first in northern California. When Pam left the program after 16 years, she was given lifetime Master Gardener status and has volunteered over 2,000 hours. In her presentation, Pam will make a case for under, rather than over-fertilizing. She and her husband garden on a sizable parcel where they test many of her theories. Pam continues to be a much sought after speaker and a member of our club.

October Program Speaker

Julia Daehling-Oldfield

A Day in the Life of a Nursery Manager

THURSDAY — OCTOBER 25, 2018 • 7:00 PM

SHEPARD GARDEN & ARTS CENTER

Julia grew up on the Daehling family farm raising cattle, horses and grapes. In 1992, a wholesale operation raising bedding plants and groundcovers began. Her plans did not include working at the nursery after returning with a degree in Agricultural Business from Cal Poly. But to her utter amazement, the sight of the annuals and groundcovers at the peak of their floral glory gave her an extremely serious case of "spring fever." After managing the nursery for several years, she was ready for big changes. "Big Oak Nursery" was expanded in 2010 to become a full service retail nursery producing nearly all their plants on site. They continue to run the wholesale operation, which serves landscapers and nurseries in the greater Sacramento region. Julia, who has two young children, will share her daily routine as nursery manager, industry trends, and reading the tea leaves. Julia Daehling-Oldfield and mom June Daehling are long-time club members and regularly sell at our Vendor Sale.

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. Potluck dinners begin at 5 p.m. at a board member's home; then followed by the meeting.

September 13

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

October 11

RSVP to Carol Meininger
(916-967-1018)

NEWSLETTER

The due date to submit a garden-related article for the **Nov/Dec 2018** issue is **October 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.



Annual Fall Plant Sale

October 6-7, 2018

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. This year there will be yard decor, interesting planters and usable tools for sale.

Successful sales require volunteer workers and shoppers! Sign-up to volunteer at the September 27 general meeting.



2018 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: Kathy Madrid and Jerry Stowers

There will be no general meeting in November and December.

Assistance Needed

We need your assistance to spread the word about Perennial Plant Club meetings and events. You can assist by distributing PPC publicity in your neighborhood and/or from your chair at home by posting notices to computer-based community bulletin boards. Only a couple of hours of your time a year will enhance our publicity efforts. To volunteer, contact communications chair **Linda Hax** at lhax@surewest.net.



Peggy Gerick

Peggy Gerick passed away August 8 in the company of her loving family. She had suffered a stroke in July, from which she was unable to recover.

Peggy was a lovely woman and a longtime gardening friend to us all. She had so many interests—hiking, swimming, photography, and traveling to name a few. She was a member of the Renaissance Society and MacNexus (a computer club). Her bridge club played together for decades. Peggy also supported

and attended many Mondavi events and performances. We will always remember her sweet, generous spirit.

Peggy's family has asked that all her friends set aside **September 30** for a memorial gathering at her home. Details will be sent out in a club e-mail.

Calendar

Special Late Summer Garden Tour

Tuesday, September 11, 2018 • 9 a.m.

We have an opportunity to tour the garden of **Kyle and Morgan Hagerty**, owners of **East Sac Farms**. Located in East Sacramento, this organic farm has an astonishing variety of fruits and vegetables contained in an average city lot. This is a year-round garden which shares its bounty with neighbors and other visitors and is a fine example of urban farming.

To learn more, go to www.eastsacfarms.com. Because space is limited, this tour will be held to a maximum of 15 members. The tour will last about an hour.

To be one of the lucky 15, contact **Sharon Patrician** at 916-455-8166 to sign-up. Sharon will fill you in on location and other details. **Carpooling is strongly urged** since parking is limited in residential areas.

Vendor Sale* Returns!

Many thanks to new member **Lili Ann Metzger** for volunteering to lead the 2019 Vendor Sale. Lili has been a professional trade show organizer for many years. We are fortunate that she is sharing her expertise with the club. The date is Saturday, March 23, 2019 from 9 a.m. to 3 p.m. and will be held at the Shepard Garden & Arts Center. Contact Lili at 916-837-3291 or lmetzger@wavecable.com with any questions or if you wish to volunteer.

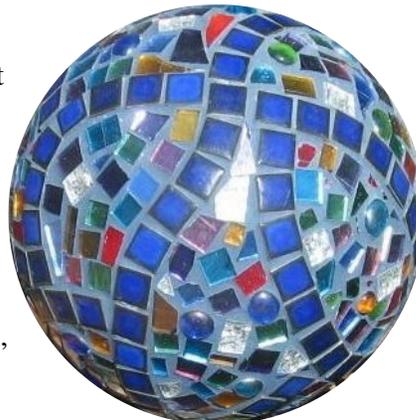
***We would like to change the name from “Vendor Sale” to something catchier and a bit less confusing. Any ideas? Contact Lili with your suggestions.**

Mosaic Garden Spheres Workshop

Materials fee: \$10 (Spaces are limited)
Monday and Tuesday, October 1 and 2 • 10:00 a.m.

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

LaVille will provide the bowling ball, thin set and grout. You may bring a different object to decorate if you wish. Terracotta pots should be sealed first (see Stan Logan’s blog about how to seal pots on our web site). 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.



September 13

SPPC Board Meeting
Lorraine Van Kekerix (916-457-2674)
Potluck Dinner—5 p.m.

September 27

SPPC General Meeting
Pam Bone
Fertilizing 101—Why, How, and When
7 p.m.

October 6-7

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

October 11

SPPC Board Meeting
Carol Meininger (916-967-1018)
Potluck Dinner—5 p.m.

October 20

Bulb Seminar
9 a.m.—Noon
(Details on page 5)

October 25

SPPC General Meeting
Julia Daehling-Oldfield
A Day in the Life of a Nursery Manager
7 p.m.



Salad Potluck

Our June General Meeting & Salad Potluck was a great success. Lots of refreshing and healthy salads were brought and devoured. For dessert, the club provided vegan cookies.

The speaker was, Anne Evans, who’s well-organized presentation, “The Power of Plants on the Plate,” inspired us to grow and eat more plant-based meals.

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!



2019 Saul Wiseman Grants

Share the News...

**FALL is a great time to Plant!
FALL is also an excellent time
to make Plans!**

**So, Share the News...
that we have an active
Grants Program!**

You may be participating in (or know of someone who supports) a gardening program or activity in your community that would benefit from one of our 2019 *Saul Wiseman Grants*.

Our purpose is to promote gardening and horticultural activities with an emphasis on education, service, and enhancement to our community. Non-profit groups and schools throughout the county of Sacramento are encouraged to apply.

Our 2019 Application is available now and may be downloaded from our website (by clicking GRANTS) and submitted online or by mail. Application deadline is **January 15, 2019.**

For more information or to request a printed copy, please contact **Jane Thompson** at: sppcgrants@gmail.com or (916) 494-9302.

Grants Visitation Day

Here are some of the happy gardeners who are benefiting from our 2018 Saul Wiseman Grants...



Tools and garden supplies for new school garden program
Arlene Hein Elementary School/Elk Grove

Durable structures give gardeners easy access
Lutheran Church of Our Redeemer/Sacramento



Vertical planting structures with limited soil and water needs
Leo A. Palmiter Jr./Sr. High School Sacramento County of Education



Building for a future in horticulture
Aldar Academy/Sacramento



Tool-of-the-Month

Truly Out of the Box



I was thinking of you today . . . yes, I mean you. I was down on my hands and knees using one of my rectangular 2" x 5" trowels to weed around some drip hose. As I used my trowel, I wondered, as I often do, about the Perennial Club members and whether or not they have purchased the particular tool I'm using. So, I was thinking of you today. (It doesn't bother me if you weren't thinking of me.)

Now to the matter at hand . . . or really, at wrist. The tool I want to talk about is the fitness tracker. In its simplest form it is an electronic device that is worn as a bracelet. The tracker sends messages to your computer (when closer than 20 feet) or to your smart phone. It records how many steps you take each day. Who cares, you say, and what does this have to do with garden tools? Have you walked out to the garden and realized that you forgot to bring an essential tool. You were probably a little upset with yourself, and you hated every step you had to take to retrieve your tool. When you are wearing a tracker, your whole attitude changes. You say to yourself, "I'm just getting more steps." I know it probably sounds stupid, but it really does improve how you feel about yourself. And, of course, the whole premise of counting your steps is to encourage you to be more active, and therefore to be more healthy. Let me caution you, however. You have to temper your enthusiasm for this new program. Both LaVille and I enjoyed walking so much in the first couple of weeks that we got sore feet. Now we are more moderate in our forays around Davis. But after several years of monitoring our steps, the additional exercise has made us healthier. That is what I wish for you, and the fitness tracker is a tool to help you achieve this.

But wait . . . there's more. Many of the tracker systems allow you to create a friends group that lets you to keep track of how others are doing. You can compete with others if you need extra motivation.

But wait . . . there's even more. This device keeps track of your sleep pattern. The amount of sleep you get is as important as how much you exercise. You can see the number of hours of sleep you get nightly, when you went to the bathroom, and when you were restless. When you pay attention to your sleep pattern, you will get better sleep.

I have just barely touched on all that the fitness tracker programs have to offer. Check out fitness trackers on Amazon. Read the reviews. I think you will be impressed. I know that most of you need no motivation to be active. But just knowing that retracing your steps to get that forgotten tool is making you physically healthier and will make you a mentally healthier person as well.

Just thinking of you,
Stan, The Tool Man

You Are Needed!

Linda Hax has generously created a blog section on the club's web site. We now have a vehicle that allows us to share helpful ideas. What will make this venture successful is you — by contributing advice and suggestions for the benefit of others. The process is painless. Here are some examples of what you will find currently on the club's web site:

- How to seal terracotta pots
- A free cell phone app for locating family and friends
- A device that can extend your life span

So the next time you're in the garden and a novel idea comes to mind, take a break. (You need it anyway.) Go to your computer and send those thoughts to Linda or Cheryl. The rest of us would like to see what you have to say.

Simply email your contributions to:
Linda Hax (lhax@surewest.net) or
Cheryl McDonald
(mcdonald4214@sbcglobal.net).

—Stan Logan



Free to a Good Home

Lee Perrone and **Bill Donat** have two banana plants that they want to give away. One is a regular banana and the other is an Abyssinian that is purple on the underside of the leaves. They are in five-gallon pots and are about 6 feet tall. Lee and Bill are willing to take them to their new home and put them in the ground. If interested, contact Lee at 916-737-2152.



Bulb Seminar

Saturday, October 20

9 a.m. – Noon

**4145 Branch Center Road
Sacramento 95827**

Cost: \$35

The UCCE Master Gardeners of Sacramento County are hosting a bulb seminar and sale on Saturday, October 20. Master Gardeners will speak about bulb forcing, bulbs in the garden, container planting, and maintenance basics. The seminar is \$35, and includes refreshments, handouts, and a forcing kit. Registration is online at sacmg.ucanr.edu/Special_Events/.

The guest speaker is **Bill Welch**, “**Bill the Bulb Baron.**” Bill, who has worked with bulbs since the 1970s, has a bulb farm in Moss Landing that brings in customers from all over the world. He grows and hybridizes bulbs for the California Mediterranean climate, specializing in drought resistant bulbs. He offers amaryllis belladonna (white, pale pink, hot pink), fragrant freesias, narcissus, amarcrinums (a cross between crinums and amaryllis), oxblood lilies, byzantine gladiolus, and nerene. Visit Bill’s web site at billthebulbbaron.com/index.htm.

Master Gardeners and Bill will be offering bulbs for sale after the seminar. You do not have to attend the seminar to purchase bulbs.

–Roberta Hopkins

Progress on the “Perimeter Project”

A few of us are working on something we call the “Perimeter Project,” a plan to clean up the gardens around the Shepard Center. The idea is to upgrade its curb appeal, so that the center can get more outside rentals to help stabilize its income and club members can take pride in our beautiful mid-century modern building.

Different clubs will take responsibility for specific areas of the gardens.

The work has begun. We are asking the City of Sacramento to remove the dying pine that is looming dangerously over the McKinley Boulevard entrance. The “Friends of the Shepard Center” generously paid for professionals to take out four dead or dying trees and to fix the sprinklers—all the borders are now being watered. **Leland Ruth** of the River Park Garden Club and **Daisy Mah**, of the Perennial Plant Club, already take care of the gardens on two sides of the building. **John Coto** and the American Bonsai Association have agreed to care for the Japanese garden that is inside the patio and the large camellias near the parking lot. **Lonnie Ratzlaff** and the Geranium Club are caring for the garden near the patio gate. **Mariel Dennis** and the Cactus and Succulent Society are planning a makeover of a large area facing McKinley Boulevard. So, five clubs have signed on!

Daisy’s garden at the Center is inside the low stone wall on the north side of the building. She is preparing to put in some new low maintenance plants in the fall. There will be a need for ongoing care. If you would like to help, please e-mail her at gardengirl@att.net or call her at 916-446-1768.

–Noelle Anderson



A garden moment from Mary McGrath

From Shakespeare’s “The Tempest”

Where the bee sucks,
There suck I,
In a cowslips bell I lie,
There I couch when owls do cry
On the bats back I do fly
After summer merrily
Merrily, merrily shall I live now
Under the blossom that hangs
from the bow.



KATHY MORRISON

by Diana Morris

Sacramento area gardeners will be happy to know **Debbie Arrington**, longtime garden writer for *The Sacramento Bee*, has been spotted in our area. She has not left the garden but instead has turned her considerable talents to a new garden blog: **Sacramento Digs Gardening** (sacdigs Gardening.blogspot.com). And what a great blog it is! Arrington along with **Kathy Morrison**, former copy desk chief in the features department at *The Bee*, launched the new site on June 1, 2018 after both were caught in *The Bee*'s recent downsizing.

The *Bee*'s loss is our good fortune because on the blog are all the favorites we are missing from our Saturday morning newspaper. *The Garden Calendar*: a great extensive reference with dates and information on upcoming meetings, demonstrations, farmers markets, classes, just about anything to do with gardening in our area. *Gallery of Gardens*: a nod to the enjoyment and beauty gardening brings to all who participate with stunning photos submitted by blog readers. The popular *Dig in Garden* checklist, things to do for the upcoming week. *Recipes for Gardeners*: both Arrington and Morrison enjoy cooking what they grow evidenced by the mouth-watering recent recipes including Easy Fresh Tomato Sauce, Grilled Peach Cobbler, Summer Harvest Chutney, and Chocolate Zucchini Bread.

The site also features articles of note, diseases, garden pests, updates on aerial spraying, problems with plants and a *Previous Posts* section that is easy to browse through for articles that may have been missed. Check

out the great interview with our own **Daisy Mah** and her home garden. If you sign up on the site, each day will bring a new posting straight to your inbox. And if you don't see answers to your specific gardening problem, the site has a message box for questions to which Arrington or Morrison will gladly reply.

In a recent interview, Arrington stressed her dedication to the site in focusing on a "Community of Gardeners" sharing local information—not articles written by some unknown author in New York. Arrington, an expert on roses, and Morrison, an expert on tomatoes, have combined to bring over 60 years of professional California gardening experience to the site in a helpful, interesting manner.

On a personal note, Arrington calls the Pocket/Greenhaven area home, caring for 140 rose plants among other plants on her one-quarter acre lot. She is an avid reader of mysteries and counts bestselling mystery author Jan Burke a long time, personal friend from school days. In the past, Arrington has covered a diverse beat in sports including NASCAR, Indy car style motor sports and horse racing. She can on occasion be heard on Farmer Fred's Sunday morning radio programs. Having lived both in Southern California and Northern California, she is a wealth of widespread knowledge in many different areas.





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SPPC Newsletter
2743 San Luis Court
Sacramento, CA 95818



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Late-blooming cosmos near the coast

CHERYL McDONALD