

# The Perennial Post

Newsletter of the Sacramento Perennial Plant Club  Fall 2022



[WWW.SACPLANTS.ORG](http://WWW.SACPLANTS.ORG)



## Sacramento Perennial Plant Club

### MISSION STATEMENT

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.

### OFFICERS

**President:** Cheryl McDonald  
**Vice-President:** Linda Hax  
**Secretary:** VACANT  
**Treasurer:** Marcia Leddy

### CONTACTS

**E-Mail:** Kirsten Salomon  
**Grant Program:** Anita Clevenger  
**Membership:** Carol Meininger  
**Newsletter:** Cheryl McDonald  
**Plant Sales:** Risë Ryan  
**Website:** Linda Hax  
**SG&AC Rep:** Barbara Lane-Piert  
**Speakers:** Noelle Anderson & Terri Young  
**Tour Coordinator:** Beverly Shilling  
**Publicity/Gardener's Market:** Lili Ann Metzger  
**Propagation Advisers:** Daisy Mah & LaVille Logan

Send questions or comments to:  
[pres.sppc104@gmail.com](mailto:pres.sppc104@gmail.com)

### NEWSLETTER

December 10 is the due date to submit a garden-related article for the winter issue of *The Perennial Post*. Please send your article to Cheryl McDonald: ([mcdonald4214@sbcglobal.net](mailto:mcdonald4214@sbcglobal.net)).

### WHEN & WHERE?

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

### ON THE COVER

Abutilon 'Tiger Eye,' one of the many plants offered at our fall plant sale. Photo: Cheryl McDonald

## VOLUNTEER APPRECIATION

Since becoming president, I'm amazed at how many moving parts there are in this club and grateful for the committed volunteers who keep those wheels turning. These members have brought us:

- **Inspired garden tours**—This past year we've been to the Fair Oaks Horticultural Center, Jensen Botanical Garden, Ruth Ostroff's Iris Garden, member gardens in Land Park, the Ruth Bancroft Garden, UC Berkeley Botanical Garden, Marsha Donahues's wildly, creative Berkeley garden and—wait for it—our soon to be enjoyed Filoli bus trip. Wow!
- **Effective communications**—We now have a less cumbersome web address, a redesign of our website is in the works, and a Facebook page that keeps its users informed about our club and has brought us many new members.
- **Useful membership information**—Close to 40 new members have joined bringing our overall total to more than 160 members.
- **Successful plant sales**—With the contributions of our skillful organizers, masterful propagators, plant transporters, helpful plant sellers and tool sharpening, our plant sales continue to grow.
- **Lively events**—Our annual Gardener's Market is enjoyed and appreciated by many in the Sacramento garden community.
- **Interesting speakers**—So far this year, we've learned about local wildflowers, urban agriculture, what it takes to be a long-time gardener, beekeeping and the trials and tribulations of being a first-time farmer.
- **Meaningful gardening grants**—the Saul Wiseman Grants program awarded six \$1,000 grants to local garden groups along with two \$500 donations for additional community garden projects.

A heartfelt thank you to all the volunteers!

—Cheryl McDonald

## OCTOBER SPEAKER

### Trish Hildinger

*Registered Horticultural Therapist*

### **Flower Power: An Introduction to Horticultural Therapy**

Thursday, October 27, 2022 • 7 p.m.

Shepard Garden & Arts Center

**Trish Hildinger** has a BS in Horticulture from Cal Poly San Luis Obispo and is a registered horticultural therapist with the American Horticultural Therapy Association (AHTA). Before beginning her current work in horticultural therapy, she taught gardening to children, teachers, and community members for over 25 years both in Santa Cruz and through teacher workshops across the US.

Combining her gardening skills with a desire to help others, led her to horticultural therapy. In 2015, she went back to school; and in 2017, she completed her professional registration through the AHTA. In 2018, she started Horticultural Therapy Santa Cruz and co-founded the California Horticultural Therapy Network. This professional organization's goal is to catalyze collaborations and advance the profession of horticultural therapy in California.

While Covid-19 put a crimp on working with adults in assisted living and memory care residences, Trish continues to work with people who have suffered strokes or other physical disabilities at the Stroke and Disability Learning Center located on the Cabrillo College Campus in Aptos, CA.

# Fall Plant Sale

**Saturday, October 1 & Sunday, October 2**

Saturday: 10 a.m. – 4 p.m. • Sunday: 10 a.m. – 3 p.m.

**Shepard Garden & Arts Center**

We're returning to SG&AC for our Fall Plant Sale and looking forward to seeing old friends and welcoming new buyers to shop and learn about our diverse group of plants. Our amazing, hard-working propagators are supplying sun-to-shade loving perennials, natives, veggies, spring-blooming bulbs and more! Below are a few of the lovely plants we'll be offering:

## PERENNIALS

**CAPER BUSH** (*Capparis spinosa*) is usually found growing wild in the Mediterranean in dry heat and stony areas similar to those where olives are grown, so Sacramento weather is perfect for them! We have a beautiful one growing dramatically in the Rock Garden. The flowers are 3-4" across with striking purple stamens. It is most often commercially grown for its unripened flower buds, which are picked, dried, and brined, then used to add a burst of tangy, intense flavor to a variety of dishes. Requires no special care other than to prune back heavily to increase buds and berries. Needs good drainage.

The **ROSALIE FLOWERING MAPLE** will be among a "forest" of abutilons that we will have at the plant sale—from small bushes to 10-15' trees. This beautiful plant has petals of pleasing soft pink shades with hints of lavender at the center. It stays smaller in a pot and, like other abutilons, attracts pollinators of bees, butterflies and humming-birds. Prune hard in early spring for a smaller bushier plant.

## STONE FRUIT

Developed in 1933 in California, the **BABCOCK PEACH** is an excellent choice for mild climates, with minimal chill requirements. This self-pollinating tree produces a profusion of showy pink blossoms in the spring with small to medium freestone fruit in July. Considered the gold standard for white peaches, the flesh is bright white with red near the pit. The nearly fuzzless skin is light pink with a blush of red. The chef Deborah Madison wrote "the scent is best—an exotic mingling of peach with background notes of raspberries and roses." When served as dessert once to a young girl she exclaimed "This is like eating a flower."

## SPRING-FLOWERING BULBS

The "**CHRISTMAS**" **AMARYLLIS** (*Hippeastrum* species and hybrids) have amazing large flowers! They bloom in late spring when grown outdoors in Sacramento. They need morning sun and rich, well-drained soil. They are ambrosia to snails and slugs: Limit damage by keeping them in pots on a shelf. Several varieties are for sale.

**BLUE STARFLOWER** (*Ipheion uniflorum*) is a less known bulb that makes other plants pop in the early spring. Imagine these under daffodils or lining a path. They naturalize well in Sacramento, so the show gets bigger and better each year. The leaves smell like garlic when crushed, so keep them in an area without foot traffic.





*Duranta erecta* 'Alba'



Zowie™ Yellow Flame Zinnia



*Lycoris radiata*

## Flowers for Fall

# Late Bloomers and Surprise Lilies

By Ellen Zagory

SUMMER IS NATURE'S DORMANT SEASON IN CALIFORNIA where lack of rain and high temperatures signal native plants to cease their growth and wait out the drought. August and September are the equivalent of "winter" in colder climates and trigger my "hide indoors" response that I recall experiencing in the eastern February snowstorms of my youth. The lucky survive these extremes by escaping to the indoors with either air conditioning or costly heat. In the garden, plants are stuck where they are.

Autumn in central California is not the colorful foliage typical in temperate climates, but the end of the dry heat. The shorter days and reduced temperatures relieve the stress of summer and provide the potential for needed rain.

Trying to be a water-conserving citizen has led me to reduce summer watering—causing some plants to wilt, drop leaves and looked burned. Miraculously, other plants manage to still produce blooms, given half a chance by the temperatures and drought.

One secret is afternoon shade which helps the plants stay cooler and less stressed. Another thing I noted is some plants, like *Amaryllis belladonna*, bloom later in areas with some shade.

**Another thing I noted is some plants, like *Amaryllis belladonna*, bloom later in areas with some shade.**

So, what is still managing to be in bloom?

Annuals like *Zinnias* and *Tithonia*, Mexican sunflower, keep blooming and tolerate heat but do require regular irrigation. My *Duranta erecta* 'Alba' was delayed in blooming by the heat and just now is coming into bloom which I expect to last a month or two. Blue plumbagos, both the ground-covering *Ceratostigma plumbaginoides* and shrubby *Plumbago capensis* are blooming with the benefit of afternoon shade. My summer bulb flowers like *Lycoris radiata* and darker *Amaryllis belladonna* hybrids have just faded while the last of the *Drimia maritima* are still feeding the local bees. *Zephyranthes* in pots are in full show, both the white *Z. candida* and an unidentified pink species, I believe triggered by a drop in temperature and the longer nights.

(Continued on next page)

(Continued from previous page)

Michaelmas daisies, the Asters (many now reclassified as *Symphotrichum*), provide showy alternatives that supply late season nectar and pollen for bees and butterflies. Two of my favorites that are just coming into bloom, are the tidy, dark-flowered *S. novae-angiae* 'Purple Dome' and the delicate white-flowered *Aster ericoides* 'Monte Cassino' which I love to add to bouquets. I have been trialing the reportedly native *S. chilense* 'Purple Haze' but its tendency to spread is giving me pause so probably best to grow it very dry.

Some California natives are in spectacular bloom and I expect them to last into November like *Epilobium canum* 'UCB hybrid' and 'Carmen's Gray' magnets for hummingbirds and carpenter bees, *Solidago californica* 'Cascade Creek' and Valley gum weed, *Grindelia camporum* planted to provide pollen and nectar for native bees. Planted between is the amazing *Bulbine frutescens*, a plant that just seems to never stop producing its orange and yellow flowers, is also attractive to smaller bees.

Sages and California fuchsias are very attractive to hummingbirds and are two groups that provide plants that bloom late. *Tecoma stans* cultivars, have long been used in Arizona gardens and are proving to be hardy here. *Tecoma* 'Orange Jubilee' has proven its attraction to hummingbirds and carpenter bees. Yellow forms like *T. stans* 'Gold Star' are currently blooming at the UC Davis Arboretum and Public Garden.



What will bloom into November? The star of my November plants is *Tecomaria capensis* (now *Tecoma capensis*) a half shrub/half vine plant that blooms dramatically in November. A favorite of the hummingbirds, it provides much needed

off-season nectar before the bloom of native currants begins. Beware, it will try to spread and will need pruning.

Those of you that delight in butterflies should have Sedums. While some cultivars bloom and then flop over messily, there are some that do not. You may know the classic 'Autumn Joy' (synonymous with 'Herbstfreud') but its worth trying others. My current favorite is a pass-along plant that I was "gifted" and is the highlight of my deck this season, *Sedum* 'Brilliant' with large flower heads of a dark pink. Worth every drop of water and the native bees will thank you!



**Plumbago capensis**



**S. novae-angiae 'Purple Dome'**



**Solidago californica 'Cascade Creek'**

## What to Read?

Diana Morris's book reviews have inspired recommendations from other members:

### Caru Bowns

*Onward and Upward in the Garden* by Katharine S. White. Irreverent and witty info and gossip about gardens, plants and the seed catalog industry circa 1950s onward.

*The Well-Gardened Mind. The Restorative Power of Nature.* by Sue Stuart-Smith. Books like Richard Powers, "The Overstory" and Stuart-Smith's are conveying science findings about plants capabilities and inter-communication systems across species.

### Jeannie Claypoole

*The Hidden Life of Trees* by Peter Wohlleben. Very interesting non-fiction, science-based book about tree behaviors.

*Paths of Desire: The Passions of a Suburban Gardener* by Dominique Browning. Entertaining, amusing and instructive.

### Sara Hunt

I have a few recommendations—mostly old timers:

*Home Ground* by Allen Lacy  
*One Man's Garden* by Henry Mitchell

*The Tulip* by Anna Pavord  
*American Chestnut: The Life, Death, and Rebirth of a Perfect Tree* by Susan Freinkel

### Sharon Kowall

A book I read many years ago and loved and was inspired by is *Green Thoughts—A Writer in the Garden* by Eleanor Perenyi. More recently are two by Michael Pollan, *Second Nature—A Gardener's Education* and *The Botany of Desire: A Plant's Eye View of the World*.

# Gardening by the Book

By Diana Morris

## *The Winter Garden: Create a Garden that Shines Through the Forgotten Season*

by Val Bourne



“When many of our herbaceous plants take refuge underground, they leave space for crisply rich evergreens or other plants with winter presence to shine on an otherwise bare stage.” Author Val Bourne in *The Winter Garden* lets us know of the many choices available to make our gardens cheerful, colorful, and interesting during the “forgotten season.”

While many of Bourne’s suggestions are common to the Central Valley, she gives thoughtful reasons in planting choices and design:

**Texture and Line** covers trees with colorful stems, unique bark, corkscrew curved limbs, fiery spindles and a nice summary/sidebar about choosing the right tree and how/when to plant it. Warning: she does suggest bamboo. Caution when planting bamboo.

**Catching the Frost** refers to Bourne’s garden in southwest England. Our Central Valley gardening frost plays a minimal and quite transient element.

**Leafy Fillers** considers a wide range of leaf colors in planning for winter interest. “Splashes of Color” offers explanations of rich greens and their magical status in the mythical Green Man stories. Clipped and shaped evergreens along with hedges tend to stand out more in winter without the distraction of blooming perennials. Interesting suggestions for colorful companion pairings or locations are mentioned, such as golden glimmers (yellow), splashes of silver, and dark, dramatic foliage.

**Hips, Haws and Berries** and the plants that produce them, says Bourne, tend to take quite a bit of space. Planning and choice are important to produce a healthy, stately looking specimen. She deals at length with red and its unique quality to catch the eye in a winter garden (or anywhere else for that matter).

**Structural Features** are the hardscape including walls, fences, paths, color of structures or seating arrangements, sculptures, vertical lines, and more give time for thought and long-range planning. Sidebar on planting a container is informative.

**Jewels Against Bare Earth** introduces the “mid-to-late winter gems.” These include early blooming bulbs, cyclamens, iris, hellebores, Pulmonaria, and many more.

**The Flowering Canopy** is the final chapter covering many early blooming shrubs and trees, giving the garden the colorful hope of soon to come spring.

# A Tribute to the Waegell Spirit

By Daisy Mah



**HENRI GEORGE WAEGELL**  
1926-2022

ON A CLEAR JANUARY DAY, at the final leg of the 2017 Women's March, thousands of women gathered at the foot of the State Capitol for a remarkable show of solidarity and speeches by dignitaries. In that sea of pink pussyhats was a white plastic molded chair where sat a bear of a man in his 90s. Wearing the iconic pink hat with a twinkle in his eyes was none other than George Waegell, ready to support the rights and concerns of women. He continued to wear his pink hat with pride and kept up a good fight for the remainder of his life.

George's father, Henri François Waegell, emigrated from the Alsace-Lorraine region in France. He and all five of the Waegell children were needed to run their farm in Sacramento County. Working the land instilled in George a deep love and respect for the land and natural world. His mother, Margaret Frederika Thiessen, was three years old when her family emigrated from England. She is remembered for her eloquent and polished manner of speech, deep love of the written word and social activism.

Curious, fearless, outspoken and friendly with people from all walks of life and beliefs, George could handle just about anyone. Although not formally educated beyond Elk Grove High School, he read a 1927 set of Encyclopedia Britannica from cover to cover. In his later years, he remained ever curious and open to learning by joining the Renaissance Society. And, without fail to the delight of the Society's office staff, he would enclose an annual poem he penned, ruminating on growing old.

A familiar and vocal presence at Sacramento Board of Supervisor meetings, George made his concerns known on environmental issues such as the toxins from the Kiefer Landfill leaching into the aquifer, encroaching development, and the threat to streams and vernal pools. He encouraged everyone to join him on letter writing campaigns to their congressmen on subjects such as overpopulation, unjust wars, women's rights, corruption and protecting the environment.

George's wife, Judy, an accomplished cellist with the Sacramento Symphony, was our club's treasurer and a treasured member until her untimely passing in 2012. In prior years, he joined Judy, his sister Margaret and in-law Ellen for our pre-pandemic holiday potlucks. When board meetings or garden events took place at the Waegell ranch, George and Judy were warm and generous hosts. After Judy passed, George generously donated to the club and to the WPA Rock Garden.

## Save the Date

### OCTOBER

#### SPPC Fall Plant Sale

Shepard Garden & Arts Center

**Saturday, October 1**

10 a.m.-4 p.m.

**Sunday, October 2**

10 a.m.-3 p.m.

#### Filoli Bus Trip

**Wednesday, October 19**

Woodside, CA

Trip cost to members—\$30

This trip is filling up quickly.

If you haven't signed up yet, please contact **Beverly Shilling** at:

[b\\_shilling@sbcglobal.net](mailto:b_shilling@sbcglobal.net),

or text: 916-452-4762.

#### October SPPC Meeting

**Trish Hildinger**

*Flower Power: An Introduction to Horticultural Therapy*

**Thursday, October 27**

7 p.m.

Shepard Garden & Arts Center

### NOVEMBER

#### Patricia Carpenter's Fall Ramble

**Sunday, November 6**

9 a.m.-1 p.m.

Rain or Shine

Updates will be sent in monthly e-blasts.

**No SPPC meeting in November**

*Happy Thanksgiving!*

### DECEMBER

#### "Third Time's a Charm" Holiday Potluck

**Wednesday, December 14**

6 p.m.

Shepard Garden & Arts Center

After having to cancel the last two holiday potlucks, will we be able to once again enjoy one another's company and delicious contributions?

Stay tuned. Updates will be sent in monthly e-blasts.



## The Perennial Post

SPPC Newsletter  
2743 San Luis Court  
Sacramento, CA 95818

### Inside this issue ...

**Volunteer  
Appreciation**

**October Meeting**

**Fall Plant Sale**

**Late Bloomers  
and Surprise Lilies**

**What to Read?**

**Gardening by the Book**

**A Tribute to the  
Waegell Spirit**

**Save the Date**



*Sedum 'Autumn Fire' in WPA Rock Garden*