

# The Perennial Post

Newsletter of the Sacramento Perennial Plant Club ✨ Spring 2024



LINDA MONROE

[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:** Lee Perrone  
**Co-Secretary:** Kathy Matsumoto and Linda Monroe  
**Treasurer:** Marcia Leddy

### CONTACTS

**Facebook/Gardener's Market:** Lili Ann Metzger  
**Grants Program:** Anita Clevenger  
**Membership:** Linda Monroe  
**Newsletter:** Cheryl McDonald  
**Plant Sales:** Risë Ryan  
**Propagation Advisors:** Daisy Mah & LaVillie Logan  
**SG&AC Rep:** Barbara Lane  
**Speakers:** Noelle Anderson  
**Tours:** VACANT  
**Website:** VACANT  
**Send questions or comments to:** [president.sppc@gmail.com](mailto:president.sppc@gmail.com)

### NEWSLETTER

June 10 is the due date to submit a garden-related article for the summer 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 March, 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

Our "What's Blooming" display at the 2024 Gardener's Market.  
Photo: Linda Monroe

### PREZ MESSAGE

Our 19th Annual Gardener's Market was a huge success. The addition of "Ask -A-Gardener" was very popular. Many thanks to **Lili Ann Metzger** and all the volunteers who worked tirelessly during set-up, the event and clean-up. Next up is our Spring Plant Sale which will be held at former Sacramento mayor, Heather Fargo's home in South Natomas. We are grateful to **Risë Ryan** and the team of propagators, transporters, sale staff, labelers and so many more. It's impressive that a small, all volunteer club can accomplish such big things. With that in mind, there is a need for the following volunteer positions: monthly meeting speaker chair, tech helpers, and board officers for the 2024-26 term. If interested, or want to know more, please respond to [president.sppc@gmail.com](mailto:president.sppc@gmail.com).

—Cheryl McDonald

## Spring General Meetings

Meetings are held at the Shepard Garden & Arts Center  
3330 McKinley Blvd, Sacramento CA 95816  
*Meetings are free and open to the public.*

### APRIL

#### Brian Woods

#### *Native Plants, Cactus and Succulents Enthusiast*

THURSDAY—APRIL 25 • 7 PM

Urban Habitat Creation and Restoration is a personal mission of Brian Woods to bring diversity and wildlife to our gardens and more broadly, Northern California. We'll explore alternative ways of thinking about, and managing the challenges we find in our local gardens, from the multi-year drought to an onslaught of plant-killing fungi and hungry insects looking for a meal. We'll also explore the benefits of exotic and drought tolerant flora, and the importance (and beauty) of our Native California plants. The benefits of practicing Urban Habitat Restoration extend beyond the tiniest of creatures and yield opportunities for us to observe, and interact with a rich ecosystem in any size plot.

### MAY

#### Charlotte Owendyk and Linda Knowles *Gardens of Southern England—Part 1*

THURSDAY—MAY 23 • 7 PM

Charlotte Owendyk and Linda Knowles, the "Rose Buds," are excited to share with you some of the fabulous gardens they visited on their tour sponsored by Garden Gate and Horticulture magazines in July 2022. It was a wonderful, jam-packed 8-day trip with like-minded gardeners.

They'll share their photos of Sissinghurst Castle, Great Dixter House, Sussex Prairie, and The Royal Horticultural Society Floral Fair at Hampton Court. Prepare to swoon over all the gorgeousness! They hope to dig into the evolving different styles of English garden design. You'll see the famous, traditional English flower borders, modern garden design, and even their concept of the American prairie.

Be ready with questions and comments. They invite you to interrupt them as often as they interrupt each other! There will be laughter!

# Spring Plant Sale

**Friday, April 12 & Saturday, April 13**  
**9 a.m. – 1 p.m.**

1911 Bannon Creek Dr., Sacramento CA 95833

Our amazing, hard-working propagators are supplying sun-to-shade loving perennials, natives, veggies, spring-blooming bulbs and more! Below are our propagators' favorites that will be for sale:

## PERENNIALS

### VARIEGATED FIGWORT

This is one of **Patricia Carpenter's** favorite plants that she is growing for the sale. It is very showy in her garden and often weaves through other plants. Easy to grow—cutting it back when it is flopping and looking ragged. She uses the leaves in cut bouquets. Its reddish flowers are small and interesting.

### ABUTILON 'LUCKY LANTERN YELLOW'

Our "Forest of Abutilons" will be abundant once again this spring with this trendy plant for Abutilon breeders like **LaVille Logan**. It is a dwarf variety shrub at 2'H x 2'W, which, like all abutilons, attracts bees, butterflies and hummingbirds and thrives in part shade.

### HOLLYHOCK 'SHEPARD'S PINK'

**Daisy Mah** considers herself a very lucky propagator to have received this beautiful hollyhock courtesy of club member, Therese Ruth. Abandoned after a Shepard Garden and Art Center sale, it was planted next to the parking lot and proceeded to bloom for well over 6 months. Daisy has named it 'Shepard's Pink'.

## CALIFORNIA NATIVES

### WOOLLY INDIAN PAINTBRUSH

This beautiful, low water, hard-to-find native California plant is one of **Marla McLaren's** favorites. It provides winter color and is a late winter/spring source of food for butterfly and moth pollinators. It gets its name from the brightly colored flower structures that look like a brush dipped in paint.

### DOUGLAS IRIS

If you need a low-growing, drought tolerant plant that thrives in shady conditions and prefers clayey soil, consider the Douglas iris, one of **Lorraine Van Kekerix's** most-loved. Douglas irises do well in the Central Valley in shady conditions with limited additional summer water.

## VEGETABLES

### CHERRY TOMATO 'JULIET'

This is only one of many various types of tomatoes that will be offered. **Emma Ahart** prizes production in her vegetables and so these Cherry Tomatoes definitely perform. Sized between a grape and Roma tomato, they are abundant with up to 12-18 per cluster. They have a long shelf life and are excellent fresh or cooked. Also good for containers.





# 2024 Saul Wiseman Grants Program Recipients



**Thank you to everyone for making the 2024 Saul Wiseman Grant Awards Celebration a success!**

Our February meeting gave us a chance to hear updates from last year's grant recipients. We then had the opportunity to learn about the exciting projects from the 2024 recipients listed below.

## *Garden of Hope*

### **Hmong Youth and Parents United**

This group wishes to establish a community garden that will serve seniors and youth in their programs as well as the community at large through community events and their food pantry. SPPC grant funds will be used to purchase seeds, nursery plants, tools, soil and equipment.

## *Hotbeds of Learning*

### **Toby Johnson Middle School**

This middle school has a gardening club, Home Economics, Baking and Exploring Science classes, all of which will be involved in the garden. SPPC funds will purchase irrigation supplies and soil to ready them for planting. They also plan to add picnic benches to the area and to make it a safe, welcoming space for students to eat lunch.

## *Native Plants: From Seeds to Flourishing Pollinator Habitat*

### **Washington Elementary School**

Already having an established gardening program, this project will allow the school to grow native plants from seeds and to create a native plant habitat. SPPC funds will be used to purchase cold frames, soil, seeds and plants, and some equipment. They plan to save seeds for future years.

## *Never Enough Thyme*

### **Sam Brannan Middle School**

For this request, we're providing funds for plants and seeds for their butterfly/bird garden. We plan to advise them on plant selection and to give them an opportunity to purchase plants, especially passionflower vines.

## *No Lawn*

### **Soil Born Farms**

This project will transform a space into a demonstration garden to show how a lawn can be converted to a native plant garden. Videos will be taken during the garden installation, and signs will be posted linking to them and providing information about the plants to their many visitors and students.

## *Plaza Cervantes Native Plant Garden*

### **Land Park Community Association (LPCA)**

The LPCA will create a large, drought-tolerant garden made up almost entirely of native plants at Plaza Cervantes Park. Included will be a sign that links to information about using native plants in the landscape. New Technology High School students will assist in creating the garden and will continue to provide compost for it.

## *Seeding the Future*

### **Black & Brown Farm Collective**

This group is facilitating a youth-centered community project surrounding seed saving and seed planting. Our funds will allow them to purchase equipment and supplies to host ongoing free workshops to members of the community. Topics will include starting seeds, growing in small places, flower bouquet building, seed saving and drying.

The Grants committee members are **Anita Clevenger**, chairperson, **Caru Bowns**, **JoAnne Payan**, **Risë Ryan**, **Robin Shrive** and **Dylan Wiseman**, advisor.

TOP PHOTO: Hmong youth and elders working together at the "Garden of Hope."

# SPPC Member Garden Tour

Wednesday, April 17, 2024

10:00 am to 2:00 pm

By Lee Perrone

Four of our club members have offered to let us visit their gardens. Visit these four in any order. Remember to leave the gardens as you found them. Only take home memories and pictures.

## 1325 Burnett Way, Sacramento 95818

**Linda Roye** is the gardener of this jewel of a garden. It is densely planted. It is an oasis of varied planting in the middle of the city. The front garden is mostly California native plants. The back garden has many varieties of cactus and succulent plants. The two side gardens have lots of shade tolerant plants. All of these plants grow beneath the ten trees that Linda has planted. Most of the plants are low water use.

## 2743 San Luis Court, Sacramento 95818

This garden wraps around two sides of **Cheryl & Lee McDonald's** corner lot. The planting seems to go on further than expected because the next door neighbor has chosen a similar planting scheme. Two years ago the front lawn was removed and now features many low water plants. The back garden is filled with plants that are adapted to the shade from mature trees. There are many fascinating ceramic pieces that Cheryl has created.

## 5860 19th Avenue, Sacramento 95820

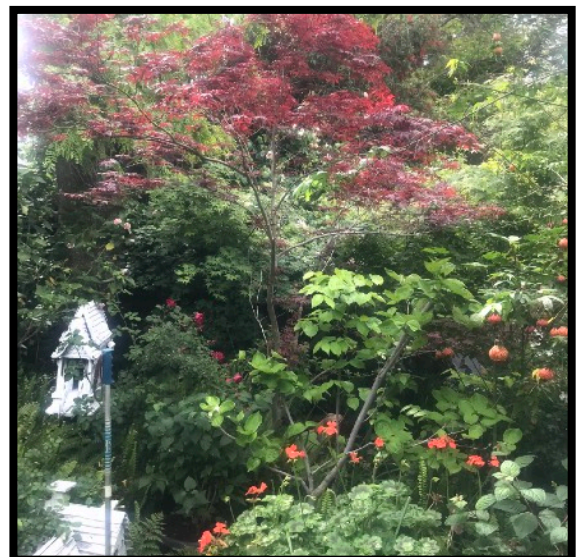
**Lee Perrone & Bill Donat's** garden is known for the many cistus that bloom in April and plants that are low water use. The plants are from the five areas in the world with a Mediterranean climate. In the back garden a series of paths lead to a garden shed. Along the way there is a fish pond, a conversation ring, a rain water storage system and borrowed views.

## 9412 Marcola Court, Sacramento 95826

*Roses, Roses, Roses*

*Barbara loves her roses*

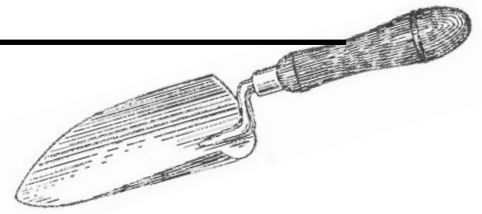
When I see **Barbara Lane's** garden I see lots of other interesting things. The front garden is small in comparison to the back garden. The lot is on a cul-de-sac and shaped like a slice of a pie. There are roses but also other interesting shrubs. The back garden has separate garden rooms and defined areas. I look across her garden and before I get to what piqued my interest I am waylaid by something equally interesting.



If you're interested in having the club visit your garden, contact **Lee Perrone** ([cynicalee2@yahoo.com](mailto:cynicalee2@yahoo.com); text: 916-737-2152).



# Spring Garden Tours



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## RUTH OSTROFF'S IRIS GARDEN

Tuesday, April 16  
8:30 a.m. to 2 p.m.  
6131 20th St., Rio Linda 95673

You are cordially invited to come and enjoy the hundreds of irises that are blooming in Ruth's yard. There will be refreshments and lots of places to relax and hang out. The garden is in especially great shape this year because it will be one of two show gardens for the American Iris Society Region 14 regional event.

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## CURTIS PARK HOME & GARDEN TOUR

Saturday, April 27  
10 a.m. to 4 p.m.

[Website](#)

The 34th Curtis Park Home and Garden Tour will showcase five homes, including a Crocker Village estate and a "tiki hut" garage conversion. Enjoy a variety of architectural styles and interior decor, including unique indoor/outdoor entertainment and kitchen spaces.

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## GARDENS GONE NATIVE

Saturday, April 27  
9:30 a.m. to 4 p.m.

[Website](#)

The Sacramento Valley Chapter of the California Native Plant Society is sponsoring a free, in-person, self-guided native garden tour. Over 30 gardens will be on display featuring California native plants; garden designs; plants for sun, shade, or a combination; and small spaces, large lots, and everything in between. **Registration required.**

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## GARDENS OF FOLSOM

Saturday & Sunday, April 27-28  
11 a.m. to 4 p.m.

[Website](#)

The 22nd Annual Folsom Garden Club's Garden Tour features seven beautiful and unique private gardens and two bonus gardens on the tour. Throughout the gardens, you'll find Master Gardeners on hand to answer your gardening questions and artists painting in the gardens. A plant sale will be at the Murer House (1125 Murer Ct., Folsom).

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## PENCE GALLERY GARDEN TOUR

Sunday, May 5  
Noon to 5 p.m.

[Website](#)

Enjoy a self-guided tour through charming private gardens in Davis during the Pence's Garden Tour. Watch plein air painters in each garden create beautiful landscapes right before your eyes. Enjoy learning about plant selection and landscaping from Yolo County Master Gardeners.

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## EAST SAC GARDEN TOUR

Saturday & Sunday, May 11-12  
9 a.m. to 2 p.m.

[Website](#)

This two-day event produced by David Lubin Elementary parents and volunteers is an incredible opportunity for the Sacramento community to tour stunning homes and gardens in East Sacramento. Visit the on-campus boutique, cafe and art show; participate in unique raffles and silent auctions.

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## TAHOE PARK GARDEN TOUR

Saturday, May 18  
10 a.m. to 3 p.m.

[Website](#)

From drought tolerant gardens to unique backyards, the Tahoe Park Garden Tour provides inspiration and reflection. Tickets can be purchased online or in person. A program and map of all gardens can be picked up at the Garden Headquarters (5959 8th Avenue).

# Got Knees?

For those of you who were fortunate enough to be born with knees, I sometimes wonder whether or not you really appreciate your good luck in having them. I would suggest that you give them the respect they are due. Just consider the situation you would be in if you had no knees. I'm impressed with those of you who are able to do your gardening by simply bending at the waist. The rest of us rely on our bendable knees to bring us closer to the ground. To that end, it is critical that we take care of these valuable body parts. I gathered up the protective devices we have around the yard that you might find useful:

- \* Here is a padded, collapsible bench that will make it easier on your tush. This bench can be flipped over so you can kneel on the padded surface. The great advantage to this arrangement is that you have the two support arms on the sides to help you stand up again.
- \* Here is my favorite means of protecting my knees. These knee pads are quite substantial and will last for years. The straps do not dig into the back of my knees and the inside padding is thick. I often forget I have them on and are often caught napping with them attached.
- \* Here are two samples of knee pads. The one on the left is a closed foam kick board for pool use. It is soft, yet stiff, so it really spreads your weight out, so the soil doesn't get compressed as much.
- \* Now, if you need to move around with a lot of tools or supplies, this may be the answer. This device provides a surface upon which you can sit, can be pulled about like a wagon, and has a great deal of storage when the cover is lifted up.
- \* A child's step stool can provide a low platform on which to sit. The advantage here is if you fall forward into a face plant, you won't have far to fall, and injury will likely be limited.
- \* This is just one of many mobile seats that are available on Amazon. A picture of this device was given to me years ago by someone who really liked its use in the garden. If that person was you, please let me know as I appreciate those gardeners who take the time to share ideas.

Well, there you have it. I hope that you have an increased appreciation for your knees, and if you are currently not taking care to protect them, that you will find one of these ideas useful.

## Stan, The Good Knees Man (I wish)



## More Ideas . . .



**Paul Klein** had an old pool float. Rather than throw it away, he cut it into pieces. The resulting knee pads were thick and provided great knee protection. Paul indicated that this purchase from Home Depot does not include the girl.

**Jeannie Claypoole** writes— I use or have used all of those devices! At this point, I use the bench only to sit on and bend at the waist to weed. Going down on my knees for more than a few minutes at a time is no longer possible!



**Anita Clevenger** loves her overalls with built-in knee pads that are best for gardeners who are constantly on the move. These overalls are from Germany and work best for her because the pads hit in just the right spot.



## The Perennial Post

SPPC Newsletter  
2743 San Luis Court  
Sacramento, CA 95818

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*Spring Plant Sale & Celebration 2023*

CHERYL McDONALD