

The Perennial Post

Newsletter of the Sacramento Perennial Plant Club ✨ Spring 2026



CHERYL McDONALD

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: OPEN
Vice-President: Cheryl McDonald
Secretary: Catherine Cardozo
Treasurer: Marcia Leddy

CONTACTS

Facebook: Linda Monroe
Grants Program: Anita Clevenger
Member Open Gardens: Lee Perrone
Membership: Linda Monroe
Newsletter: Cheryl McDonald
Plant Sales: Risë Ryan & Lorraine Van Kekerix
SG&AC Rep: Barbara Lane
Speakers: Lori Ann Asmus
Propagation Advisors: Daisy Mah & LaVille Logan
Website: Weston Monroe
Send questions or comments to:
president.sppc@gmail.com

PERENNIAL POST

June 10 is the due date to submit a garden-related article for the 2026 summer issue of *The Perennial Post*. Please send your article to Cheryl McDonald: mcdonald4214@sbcglobal.net.

WHEN & WHERE?

Club meetings are held the fourth Thursday of the month (except July, August and November) 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

Erigeron glaucus 'Bountiful' in Linda Roye's front yard. Butterfly and bee favorite.

The club extends a warm welcome to our many new members and a heartfelt thank you to all who have renewed their membership. A brief history and future of the club follows.

HISTORY

The Sacramento Perennial Plant Club (SPPC) was founded in 1988 by an enthusiastic group of gardeners with a focus on perennials. Meetings have been held at the Shepard Garden & Arts Center (SG&AC) since the early 1990's. SG&AC was built specifically for the garden and arts clubs in the Sacramento area and is managed by the City of Sacramento.

Community Outreach

Plant Sales

Prior to the Covid-19 pandemic, our sales were held twice a year at SG&AC—one in March, the other in October. They have always featured plants propagated by members.

Following the pandemic, we were invited to join a group of gardeners and artists in the South Natomas area to celebrate spring. We jumped at the chance to attend! Now, we're in our fourth year at this location. Our plant sales fund our grants program and other club activities.

Saul Wiseman Grants Program

In 2014, the SPPC established a gardening grants program proposed by our club president at the time, Saul Wiseman. In 2015, our first grant recipients, a total of three, were each awarded \$500. In 2025, the maximum amount of each grant increased to \$1200.

Last year, we expanded the program to include the City of West Sacramento. More than 10 years later, 61 nonprofit groups, community groups and schools have received just over \$44,000 from us.

Gardener's Market

In 2001, well before the dominance of social media and YouTube videos, the SPPC formed the "Vendor Sale" as a way to support small, specialty nurseries and garden-related small businesses in our region. In 2020, the name of the event changed to the "Gardener's Market."

In addition to 34 vendors at this year's well-attended event, we continued our educational commitment with "What's Blooming," a display of spring blooms brought in and labeled by members.

WPA Rock Garden

Since the early days of the SPPC, we've supported this beautiful garden in William Land Park by volunteering to help maintain it and providing funds for plant purchases.

Over the last year, SPPC volunteers organized an effort to renovate a small pond in the garden. After the City Parks Department approved the project and the Land Park Community Association and the SPPC agreed to provide funding, major changes could be made.

Currently, SPPC volunteers are in the final phase of this project. Many new plants are being planted around this water feature.

FUTURE

As you can see from our history, we are a very engaged and successful club.

It's all about volunteers!

Without a strong volunteer force, including leadership, none of these activities could continue.

This coming July 1, will be the start of a new, two-year term for Board officers—president, vice-president, treasurer and secretary.

Board officers provide the essential foundation for the club. Without these officers, we jeopardize our tax-exempt status and existence as a club.

What a shame it would be to say goodbye to all of our endeavors. Please consider helping the club by volunteering to be a Board officer.

For more information,
contact president.sppc@gmail.com



March & April Meetings—2026

Club meetings are held at the Shepard Garden & Arts Center in McKinley Park, 3330 McKinley Blvd., Sacramento. Meetings are free and open to the public.

MARCH

THURSDAY, MARCH 26 • 7 PM

*Beautiful Container Planting—
Tips for Success from One of the Best*
Speaker: Darcie Nunes Paulin



Darcie Nunes Paulin is the expert landscape design and construction specialist behind *Custom Plantings*, a premier service known for their design excellence and attention to detail.

They have created vibrant and sustainable landscapes throughout the Sacramento region for over 30 years, focusing on low maintenance and drought tolerant solutions with high aesthetic appeal. Darcie's deep understanding of plant selection and design concepts make her a true artist when it comes to container planting.

In her program she will create a container garden, step-by-step sharing techniques and tips along the way. We will gain insight into how to select a container, what soils work best and plant selection.

After she creates a beautiful arrangement, it will be donated to the group for a drawing.

APRIL

THURSDAY, APRIL 23 • 7 PM

*Famous, Fabulous, Free-Spirited, Fetching—
French Gardens in all Their Glory*
Speaker: Pat Smith



Patricia Beach Smith is a retired journalist and opera singer, and an avid traveler who gets great pleasure tromping in and around gardens, wherever she may find them! She has explored lovely landscapes throughout the world and found something to admire everywhere from roadside intersections to formal gardens surrounding beautiful castles. Although she admits that she is not a gardener per se, like many of her friends, she knows and appreciates

a good garden when she sees it.

The French (like Pat) are quite serious about their gardens—all about style—n'est-ce pas?

Her April program will take us to some pretty amazing French gardens, from eclectic and off the beaten track to some we will likely all recognize—a small fanciful garden in New Orleans. The garden of a retired postman that offered up fantasy philosophy and purpose and whimsical plantings tucked into unexpected wayside locations—just to call out a few!

TWO DAYS ONLY!



Spring Plant Sale

Friday & Saturday
April 10–11, 2026

9 AM – 1 PM

1911 Bannon Creek Dr.,
Sacramento 95833

OUR MEMBER GROWN PLANTS WILL INCLUDE:

- **Organically grown veggies, berries and herbs**—Tomatoes, peppers, squashes, eggplants, cucumbers, oregano, basil
- **California natives**—Clarkias, Poppies, Buckwheat varieties, Penstemons, Monkey flowers, Lupines and many more!
- **Lots of perennial and annual flowers to brighten your yard**—Zinnias, Sunflowers, Nasturtiums, Yarrows, Black-Eyed Susans, to name a few!
- **Drought tolerant varieties**—Salvias, orchid cactus, succulents
- **Trees and shrubs**—Manzanitas, Ceanothus, many beautiful Abutilons

Also at the Spring Plant Sale—

STAN, THE TOOL MAN

Garden tool, scissor and kitchen knife sharpening; container drilling



Saul Wiseman Grant Recipients—2026

Thank you to everyone for making the 2026 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 2026 recipients listed below:

Earl Warren Elementary School
Rolling Planters

Planter boxes at the school site will support continued horticultural education and awareness.

Elk Grove Community Garden
ADA Plots Renovation

This project will revitalize ADA accessible garden plots.

Elliot Ranch Elementary School
California Roots: Nourish, Bloom & Flow

Hands-on gardening activities for 4th and 5th grade students—working in the gardens and completing student journals, recipe cards and garden signage.

George Washington Carver School of Arts and Science
Rising from the Ashes: Revitalizing Carver's Shakespeare Garden

Funding will support their plan to engage the school in revitalizing a school garden space for students and the community to enjoy.

Roberts Family Development Center
Grown from Seed at RFDC

This project will teach youth and parents seasonal growing practices through hands-on learning experiences, and increase access to fresh, healthy food.

Sheldon High School Biotech Academy
Roots to Success: Training the Next Generation in Plant Propagation and Business Skills

This project will provide hands-on experience in plant propagation, greenhouse management and business skills.

Southside Community Garden

Our funding will add drought-tolerant, native and shade-tolerant perennial plants and signage to this community garden.

Whitney Avenue Elementary School
Campus Garden Revitalization Project

The project will purchase irrigation supplies, a pomegranate and lemon tree, a grapevine and native/non-native plants for an undeveloped area.

Westmore Oaks Elementary School
Westmore Oaks Garden

This project will add ten rose bushes and a grapevine to the school garden—deepening the learning from the existing edible garden program.

Spring Plant Sale Varieties

A Collection of Yarrows

Yarrows (*Achillea*) are perennials that are drought tolerant and grow in sun, or some afternoon shade. Our California native is a spring-bloomer, most varieties for sale are spring and fall-bloomers, and another variety is a summer and fall-bloomer. Flowers of taller varieties can be dried for use in flower arrangements. Below are some of the varieties that will be available.

Moonshine Yarrow



California Native Yarrow



Red Velvet Yarrow



Desert Eve Terracotta Yarrow



Orchid Cactus

Like spectacular blooms? Check out the selection of Orchid Cactus (*Epiphyllum*) at the plant sale! In the tropics most grow on tree branches. In the Sacramento area they do best in shady areas in hanging baskets. For most of the year the flat, thornless stems are all you see, but in the Spring, they get spectacular 6+ inch diameter flowers. As they get older and larger the number of flowers increases up to 50 flowers per plant! They come in a multitude of gorgeous shades.

Clown Orchid Cactus



Yellow & White Orchid Cactus



Maine Red Orchid Cactus



London Fog Orchid Cactus



Drought Tolerant Lobelia

Most of us are familiar with the water loving, brightly colored blue, purple, white, and pink annual lobelia used as edging plants, or spillers in pots. Upright Mexican Lobelia is a hybrid of two Lobelias. It is covered with large, tubular orange/red blooms with yellow throats spring through summer. Beloved by hummingbirds.



New and Unusual Veggies & Herbs

About one half of the plants at the sale will be a wide variety of herbs and vegetables ready to complete your garden! There are too many to list, here are just two that are notable.

"New Girl" Tomato New and improved, organic version of the best seller "Early Girl". It was developed to be more disease resistant, slightly larger size and richer flavor.



Curry Leaf These plants are not readily available in this area. It is a small tree, or shrub in the citrus plant family. The fresh leaves are valued as seasoning in the cuisines of India and South and Southeast Asia.



21st ANNUAL GARDENER'S MARKET

Thank you all for the volunteer help that made the 21st Annual Gardener's Market a success. Flower arranging, labeling, helping vendors unload, selling drawing tickets, setting up signage, sharpening tools/drilling pots, were just a few of the many ways SPPC members volunteered.

A special thank you to event organizer, **Lili Metzger**! We are so grateful for your time and expertise since 2019.



From left: Marcia Leddy, Lili Metzger, Daisy Mah, Terri Sennett, Linda Monroe



One of the lovely flower arrangements.



Stan Logan ready for those dull tools and undrilled containers.

SPRING OPEN GARDEN



LEE PERRONE

Saturday, April 25, 2026 • 10 AM to 1:30 PM

Linda Roye's Garden

1325 Burnett Way • Sacramento 95818

by Lee Perrone

Our club last visited Linda's garden in the spring of 2024. Much has changed. Linda is a California native plant enthusiast. Since the club's last visit Linda has removed most of the non-native plants in the front and side garden. She also has had the hedge along the driveway removed for more plants. The variety of plants in a relatively small area is enormous. There are many varieties of heuchera. My favorite is a plant called Seaside Daisy 'Bountiful' that has been blooming for the last 18 months.

The backyard is a display of cacti and succulent plants that Linda has gathered over many years.

Parking is going to be tight. The garden is a block away from the Tower Theater. There is some street parking. Linda has asked the city authority about limiting enforcement during the hours of the garden opening. If you do park in the block where Linda's house is, remember to not block a driveway.



CHREYL McDONALD

Garden Face Plants

By Stan, The Tool Man

I was going through old documents in the computer and eliminating those that were outdated. This one was penned in early 2018, so I thought that many of you may not have received it. Although the theme is light-hearted, the message is serious.

You've probably heard of facelifts, facemasks, and even face flies, but face plants? Face plants belong to the genus *Slamma*. The most common species is *Slamma downus*—not to be confused with its relative, *Pratt fallus*. Sorry—I couldn't resist.

By definition a face plant is the act of falling on one's face. This generally spectacular performance should be avoided in the garden, where, unfortunately, is it most likely to occur. When are you most vulnerable? I would suggest that the most likely scenario is that you are weeding on your hands and knees, and then attempt to stand up. I don't know about you, but I find scuffling around on my hand and knees rather enjoyable. You are sharing the weight of your body with four limbs, so there is no strain on the back from leaning over. You are close to the ground and you can easily see what you are doing. Then, too, if you get tired, you can just roll over on your side and take a nap.

Now, lowering yourself to the ground is generally easy and goes without complication, but standing up can be tricky. Whether you can't quite get your feet under you, you have a brain drain, or you simply lose your balance, a face plant can occur. If you continue to tempt fate, I have several suggestions for you. First of all, use a sturdy bucket to collect your weeds or debris. I find a 3 1/2 gallon bucket just the right size. A five gallon bucket will hold more, but you have to reach higher to deposit your finds. When you rise, first prop yourself up with the bucket, then get your legs under you.



Another device which may save you from a face plant is the kneeler bench that I have pictured below. It's a seat bench that can be turned up-side-down and then used as a kneeling pad. Perhaps the best feature is the fact that you have two supports on the sides that will help you get up. An additional feature is that the legs can be folded in for storage.

Whenever you're on your knees, they should be protected. If you are frequently on your knees, get some knee pads that actually attach to your knees. If nothing else, that will give you the appearance of a very serious gardener. Otherwise get one of those pads sold commonly in nurseries—but don't trip on it when you get up.



If you're not concerned for your own well being, consider your plants. They take a real beating when you crash into them.

Spring Garden Tours

GARDENS GONE NATIVE

Saturday & Sunday
April 18-19
9:30 a.m. to 3 p.m.

[Website](#)

CURTIS PARK HOME & GARDEN TOUR

Saturday, April 25
10 a.m. to 4 p.m.

[Website](#)

GARDENS OF FOLSOM

Saturday & Sunday
April 25-26
11 a.m. to 4 p.m.

[Website](#)

PENCE GALLERY GARDEN TOUR

Sunday, May 3
Noon to 5 p.m.

[Website](#)

EAST SAC GARDEN TOUR

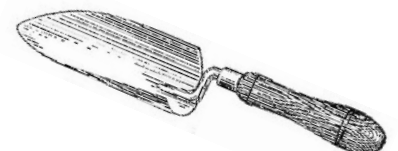
Saturday & Sunday,
May 9-10
10 a.m. to 4 p.m.

[Website](#)

TAHOE PARK GARDEN TOUR

Saturday, May 16
10 a.m. to 3 p.m.

[Website](#)





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2743 San Luis Court
Sacramento, CA 95818

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Spring Plant Sale-2025

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