The Perennial Post

Newsletter of the Sacramento Perennial Plant Club Fall 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.

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.

In addition to interesting speakers, our meetings include:

DAISY'S HALF-DOZEN
Daisy Mah, brings her choice of six blooming plants along with an informative handout.

REFRESHMENTS
Delicious assortment of goodies, coffee and tea to enjoy during our break time.

STAN, THE TOOL MAN
"Donate-what-you-wish" for garden tool, scissor and kitchen knife sharpening; container drilling

TOOLS & TREASURES TABLE
"Donate-what-you-wish" for gently used, garden-related items.

ON THE COVER
Sedum 'Autumn Fire' stonecrop in the WPA Rock Garden in William Land Park. More details about this plant are on page 7.

SPPC Calendar

(Remainder of 2026 and first half of 2027)

General Meetings and Potlucks are held at the SHEPARD GARDEN & ARTS CENTER
3330 McKinley Blvd. • Sacramento CA 95816

2026

OCTOBER
October General Meeting
Thursday, October 22 • 7 p.m.

NOVEMBER
No meeting in November
Happy Thanksgiving!

DECEMBER
Holiday Luncheon Potluck
(members and guests)
Friday, December 11
11:30 a.m. – 1:30 p.m.



2027

JANUARY
January General Meeting
Thursday, January 28 • 7 p.m.

FEBRUARY
February General Meeting
Thursday, February 25 • 7 p.m.
2027 Saul Wiseman Grants Awards Presentation

MARCH
March General Meeting
Thursday, March 25 • 7 p.m.

APRIL
Annual Plant Sale
Friday & Saturday, April 9-10
9 a.m.–1 p.m.
1911 Bannon Creek Drive
Sacramento, CA 95833

April General Meeting
Thursday, April 22 • 7 p.m.

MAY
May General Meeting
Thursday, May 27 • 7 p.m.

JUNE
Salad Potluck
(members and guests)
Thursday, June 24
6:30 p.m. – 8:30 p.m.



October General Meeting

Bringing the Beauty of California to Your Garden

Speaker: Matthew Ampersand
Owner, find out farms

Thursday, October 22, 2026 • 7 p.m.–9 p.m.
Shepard Garden & Arts Center
3330 McKinley Boulevard, Sacramento



How can we incorporate where we live into our gardens? California is one of the most beautifully biodiverse places in the world! In this presentation, you'll learn some basics about gardening with California native plant species. We will discuss timing, sourcing, and starting plants from seeds. Get some insight into growing blooms that will attract local birds, pollinators, and beneficial insects to your yard.

Matthew Ampersand suffers from insatiable curiosity. With an informal educational background and a passion for ecology, food and community, he founded find out farms, where he curates educational programming and runs a native plant nursery. He produces events around food and ecology, maintains dozens of native plant gardens in Sacramento County, and gets easily distracted trying to identify insects.

In addition to the many activities we have during our meetings, the October meeting will include:

SPRING BULB SALE—Many types of spring blooming bulbs that naturalize in our area will be for sale (see page 4 for details). Proceeds benefit the Perennial Plant Club.

WHO DOES WHAT?

Below are the helpers who take an active role in shaping and supporting the SPPC.

SPPC OFFICERS

President
Wendy Banks

Vice President
OPEN

Secretary
Catherine Cardozo

Treasurer
Marcia Leddy

SPPC BOARD MEMBERS

Annual Plant Sale
Lorraine Van Kekerix

Facebook
Linda Monroe

Membership
Laura Amaya

Monthly Meeting Speakers
Lori Ann Asmus

Newsletter/E-Blast
Cheryl McDonald

Shepard Center Representative
Barbara Lane

WPA Rock Garden
Daisy Mah

SPPC ADDITIONAL CONTACTS

Grants Program
Anita Clevenger

Meeting Refreshments
Marcia Leddy

Member Open Gardens
Lee Perrone

Propagation Advisors
LaVille Logan
Daisy Mah

Website Support
Weston Monroe



2027 Saul Wiseman Grants Program

Help spread the word . . .

The Saul Wiseman Grants Program promotes gardening and horticultural activities with an emphasis on education and service to our diverse community. Non-profit groups, community groups and schools within the County of Sacramento and the City of West Sacramento are eligible to apply.

- Applicants may request up to $1500.
- Smaller projects are encouraged.
- Partial grants may be awarded.
- Funds are awarded in February, just in time for spring planting and gardening activities.
- Electronic applications must be **RECEIVED NO LATER** than **December 7, 2026.**
- Grants contact: grants.sppc@gmail.com

The 2027 grant application is available on our web site: sacplants.org/grants

Spring Bulb Sale at the October Meeting



Want to add a pop of spring color to your garden? Try bulbs.

We sell dormant bulbs in the fall because it is the best time to plant spring blooming bulbs. The bulbs start growing when soil temperatures are still warm and bigger plants have more flowers when spring arrives. Bulbs will do best in well-drained soil, so plan to amend clay soil with organic matter to improve drainage and limit bulb rot.

Many types of spring blooming bulbs that naturalize in our area will be for sale at our October meeting. These bulbs are adapted to our Mediterranean climate with wet winters and long, hot, dry summers. They will bloom in late winter or spring, depending on the type and variety. Then, will die back when it gets hot and regrow in the fall/winter with more blooms as the years pass.

The bulbs were all grown by members and will include several new varieties. There will be daffodils, star flowers, harlequin flowers, Ithuriel's spears, and freesia. **Hope to see you at the sale!**


Daffodils


Ithuriel's spears



Echinacea and new greenhouse/drying shed

Open Garden at Confluence Gardens

Saturday, October 24, 2026

10 a.m. to Noon
Enter at 1108 Azusa Street
Sacramento CA 95833

Guided Tour—10:15 a.m.
Talk with Q&A—11 a.m.



Ashwaghanda



Fun times harvesting with SPPC friends

Where Community Grows, and Plants are Kin

SPPC member, **Judy Tretheway,** is inviting you to visit *Confluence Gardens,* her South Natomas garden, where more than an acre of medicinal herbs are grown. At this garden, volunteer gardeners plant the seeds of change they want to see in the world—respecting the plants, working together as a community, and sharing the bounty.

"Open Garden" activities include sipping some garden-grown teas, making your own tea blend, harvesting some thyme or Roselle, and garbling some herbs. Take the "scratch & sniff" tour to love on all the herbal goodness in your teas and tinctures.

To receive Judy's newsletter or to ask questions about the event reach out to bio.site/confluencegardens.

Confluence Gardens is featured in the autumn issue of *Without Borders*, the online magazine of Herbalists Without Borders™.

"My Garden of a Thousand Bees"

by Barbara Lane



After reading the wonderful article about a book read and enjoyed by our PPC secretary, Catherine Cardozo, I thought it might be 'My turn.' Hmmm what book to write about? Looking at my latest reading ambitions, I didn't think "Unexplained Mysteries of World War II" or "Portrait of a Place That Is One of a Kind" would be appropriate … Having the urge to write an article, I sat in the garden, sprayed (from the mosquitoes), and contemplated. A book was obviously out of the question. The bees buzzing around me suddenly passed on their message: "Bingo. I had it." I will write about a DVD I watched and loved (I have now recently watched it twice). Many of my gardening friends will have seen it on PBS, but if you haven't, I would recommend a trip to the library (where I checked it out) to pick it up.

Title of the DVD: "MY GARDEN OF A THOUSAND BEES". Photographed by the wildlife cameraman, Martin Dohrn.

Written and filmed as we all went into lockdown (strange how everything is before Covid, during Covid, or after Covid). During filming, he became obsessed with the many, many types of bees that wandered into his tiny garden … He made his garden a comfortable haven for the bees to visit, live, lay their eggs, and devour their favorite 'flavor of the day'. Many of you will relate to his belief: "There is no such thing as a weed". Hmmmm can't say I agree. As I sit here watching weeds devour so much of my beloved garden, I can't wait to get out the hoe, the cutters, and the weed killers before they take over … Whoops! I think it may be too late … Never mind, I shall call those weeds 'natives'. Works for me.

Mr. Dohrn's garden was naturalized with native plants that flowered prolifically, and he added lots of little 'houses' for the bees to hide their pollen, rest, and recuperate from their busy lives. He discovered there were many, many different species of bees. Most were 'single mothers'; dads were out being baby daddies and making sure their species endures.

This DVD is very short (like this article), but sooooo fun and interesting. I hope you enjoy it as much as I did. Off I go to look at MY bees busy buzzing around my Salvia. The plant is such a wonderful haven for bees, butterflies, and moths (probably other insects too). I have collected seed (that's a first). Better get busy and figure out what to do with them. It's getting hot now (I thought this was Fall), so water is on the agenda for both me and my plants … Will the expected rainfall of El Niño really deliver … we shall see. Until we meet again … enjoy your bees … Barbara.

Daisy's Half-Dozen

A very popular feature of our meetings is "Daisy's Half-Dozen" where SPPC member, Daisy Mah, shares her current choice of six blooming plants. Below are photos and brief descriptions of her presentation at our September 24, 2026 meeting.



Craspedia globosa 'Golf Beauty'

- Billy buttons or the golf ball plant belongs to the aster family, Asteraceae, native to Australia, New Zealand and Tasmania.
- Grows 16"-30" x 8"-24" with silvery, gray green leaves, blooms spring through fall. Tolerates moderate irrigation in sun-part shade, attracts pollinators
- Fresh or dried, cut flower.



Gomphrena globosa 'Fireworks'

- Globe amaranth belongs to the amaranth family, Amaranthaceae, native to Central America.
- Tender perennial grows 3'-4' high, heat, drought tolerant with regular water and blooms from early summer to frost.
- It grows in full sun-part shade, attracts pollinators
- Fresh or dried, cut flower.



Hylotelephium spectabile, syn. Sedum 'Autumn Fire' stonecrop

- Belongs to the Crassula family, Crassulaceae, native to Europe and Asia.
- This cultivar was developed from H. 'Autumn Joy' for toughness and brighter color.
- Grows 2' x 2' with late summer to fall blooms in sun to light shade, drought tolerant, attracts hummingbirds, pollinators.
- Used as a cut flower and commercially grown for green roof/wall industry in Germany.
- Ground cut in late winter.



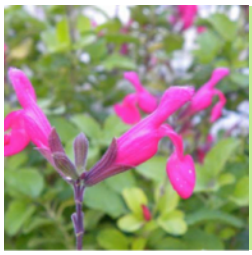
Leonotis leonurus, 'Lion's Tail'

- Belongs to the mint family, Lamiaceae, native to Eastern South Africa. Introduced to Europe in 1600s, naturalized in parts of California, Hawaii and Australia.
- Grows 3'-6' tall, blooms from spring into fall in sun-light shade with good drainage. Whorls of wooly nectar-rich flowers attract hummingbirds and bees.
- Fresh or dried, cut flower. Also has medicinal and sedating properties.



Pelargonium peltatum 'Nutmeg Lavender' and 'L'Elegante'

- Belongs to the geranium family, Geraniaceae, native to Cape Province of South Africa. Ivy leaf geraniums were introduced to Holland in 1700s and 1868 respectively.
- Waxy, lobed, ivy-like leaves cascading up to 7' down container. Grows in part shade with average to moderate water.
- Robin Parer of Geraniaceae, recommends tip pruning with fingers to develop more branching and a monthly feeding during growing season.



Salvia microphylla 'San Carlos Festival'

- Small-leaf sage is native to Arizona to Mexico belongs to the mint family, Lamiaceae. It was discovered in Tamaulipas on border of Texas along the Gulf of Mexico in the village of San Carlos.
- It grows 3' x 4-6' with moderate water in sun. From May through fall, its non-stop blooms attracts hummingbirds and pollinators.

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Sacramento, CA 95818

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Salvia leucantha

TAIR ZIMMERMAN