



**The Wheelbarrow**  
 Southern Appalachian Plant Society  
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 Unicoi, TN 37692

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# The Wheelbarrow



[www.saps.us](http://www.saps.us)

Southern Appalachian Plant Society

October 2014

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## October SAPS Meeting

### SAPS Plant and Seed Swap and Auction

Saturday, October 11  
 11:00am - 1:30pm  
 Rotary Park in  
 Johnson City



Luncheon/Swap Set-Up - 11:00 AM  
 Pot-Luck Luncheon - 11:30 AM  
 Seed/Plant Swap and Silent Auction -  
 12:30-1:30 PM

Join us for one of the most fun events of the year. Bring your plants, seeds, and even garden art, books, containers, etc. to swap. Bring gardening magazines and catalogs you have finished for someone else to read. You may find just the herb, perennial, tree or shrub that you've been looking for. Got an rare or extra special plant to share? Bring it for the Silent Auction. The Silent Auction offers a chance to bid (in \$1 increments) on some of the rarer plants and other special garden themed items. An added feature this year will be a live auction of a few very delightful garden related objects including some statuary. Proceeds from the auction help us bring in special speakers.

Make some new gardening friends and reconnect with old ones at our delicious Pot-Luck Luncheon, one of the highlights of the event. Please bring a dish to share along with a serving utensil. SAPS will supply paper ware, utensils and drinks.

The swap will be held rain or shine under the spacious picnic shelter.

Meeting host: Earl Hockin 423-817-54730

**For directions to Rotary Park, see page 2.**

## Travel Corner

Are you looking for a way to go to the Philadelphia Flower Show next February? You might want to consider Road Scholar (formerly called Elderhostel). They offer a 3 day and a 5 day program that includes the flower show and tours of several gardens in the Philadelphia area. Although travel to Philadelphia is not included in the price of the tour, lodging, tickets to events and most meals are included.

The quickest way to get the info is to go to <http://www.road scholar.org> and do a search for Philadelphia Flower Show.



This is for information only. SAPS does not endorse this agency and receives no compensation for mentioning it.

## October Events:

**No October Herb Saplings meeting. Bring your herbs to swap and enjoy the Plant and Seed Swap**

**October 4** - Composting in Your Garden. 10 am at Evergreen. Earl Hockin - Riverport Road, Ben Hunter - Colonial Heights

**October 11** 25th Anniversary of the American Chestnut Restoration Program 2-6 pm at the Southwest Virginia Branch of the American Chestnut Foundation at the Glenn C. Price Research Laboratory, in Meadowview, VA. This event is an opportunity for families to learn about the restoration of the American chestnut, and enjoy an afternoon of food, live music, and fun. Events include Farm Tour, Chestnut Roast and Beer, and Raffle of pairs of potentially blight-resistant Restoration Chestnut 1.0 seedlings and merchandise contributed by local merchants.

**Saturday, October 11 and Sunday, October 12** - Carolina Bonsai Expo. NC Arboretum, Asheville features the juried work of bonsai enthusiasts from bonsai clubs in a six-state region of the US. Free educational programming, workshops, a bonsai marketplace featuring plants, pots, tools and books for sale, ikebana displays and a live auction of bonsai and bonsai-related items. For more info, call (828) 665-2492 or [www.ncarboretum.org](http://www.ncarboretum.org).

**Saturday, October 18 and Sunday, October 19** - North Carolina Chrysanthemum Society Annual Show. NC Arboretum. The popular annual judged show showcases hundreds of chrysanthemum blooms in vibrant and varied colors. The exhibits will be judged by Accredited National Chrysanthemum judges and strict NCS standards and highlights the exceptional variety in size, shape and color of these popular fall flowers. (828) 665-2492 or visit [www.ncarboretum.org](http://www.ncarboretum.org).

**October 18** - Basic Raised Beds with Marty Litz. 10 am to 12 noon at Mize Garden Center in Gray. Free, but call 467-2300 to reserve your seat.

**October 25** - Organic Gardening with Reece Barringer and Jeanne Cope. 10 am to 12 noon at Mize Garden Center in Gray. Free, but call 467-2300 to reserve your seat.

**October 25** - Growing Native Plants from Seed. 10 am – 12 pm. The Botanical Gardens at Asheville. Learn propagation from Pat Sommers, who has her own nursery where she grows all of the plants from seed and spore. BGA members: \$12, Nonmembers: \$17. Reservations required. (828) 252-5190.

## November Events:

**November 6** - Herb Saplings meeting. "From Tea to Tinctures - The Best Herbs for You" presented by Seth McLaughlin 7 pm at Exchange Place. Seth is a board certified Family Nurse Practitioner, certified sedation registered nurse, licensed massage therapist, and certified pharmacy technician. Seth speaks nationally at conferences for health care professionals about drug-herb interactions and other aspects of holistic health. He is a member of the American Holistic Nurses Association. He worked as an herbalist, aromatherapist, and pharmaceutical compounder at Mac's Medicine Mart for fifteen years. He owned his own wellness clinic, Essential Therapies in Kingsport from 2000 to 2011. Please bring a herb snack to share if you can.

**November 8** - Creating a Native Woodland Garden. The Botanical Gardens at Asheville. 10:30 am – 12 pm. Lisa Wagner, Education Director of the S.C. Botanical Garden at Clemson, will help you design a landscape with plants that grow in our native forest communities and provide a wonderful plant palette for creating diverse and beautiful woodland gardens using Eastern North American natives. Join us to connect with nature and help restore native habitat! BGA members: \$12, Nonmembers: \$17. Reservations required. (828) 252-5190.

**November 10** - SAPS Board Meeting. 3 pm. Netherland Inn.

**November 20** - SAPS meeting. "Starting and Annual Care of Fruit Trees" presented by Dr. David Lockwood, UT Extension Fruit and Nut Crop Specialist. 7 pm at Washington County Farm Bureau Auditorium, 1103 Boones Creek Rd. (Hwy 354) in Jonesborough.

### Directions to Rotary Park

*From Kingsport:* Head south on I-26 to State of Franklin Road exit in Johnson City. Turn left at bottom of the ramp, then move over into the right hand lane. At the first light, turn right onto Oakland Avenue. \*\*\*Continue on Oakland through a residential area and then past Monte Vista Cemetery, followed by another residential area. Pass the Girl Scout office on your left. At the next street, turn left onto 9th Avenue, and then take the first left. Rotary Park entrance is on the left about 1/2 block away.

*From Bristol:* Head south on Volunteer Parkway all the way to JC. Travel through the "magnificent Johnson City Motor Mile" to the stoplight at the corner of Oakland and Bristol Highway. Turn left onto Oakland and follow directions from \*\*\* above.

## Tomato Fest Winning Salsa Recipes

### First Prize Salsa Recipe

John and Nancy Scott

14 cups of packed, peeled tomatoes (cut up and put 1/4 c. salt to drain in colander  
1/2 cup salt (1/4 cup described above while draining the chopped tomatoes cup of  
hot peppers (jalapeno or Serrano)  
7 cups onions chopped  
7 cups of bell peppers (we use 1/2 bell peppers and 1/2 mild/slightly hot peppers  
(poblano or Anaheim)  
1 Tbls. Black pepper  
3/8 cup lime juice  
3 Tbls. Minced garlic  
7 Tbls. Sugar  
2 Tbls. Cumin  
One bunch of fresh chopped cilantro

Chop up tomatoes and remove most seeds and liquid. Put tomatoes in a colander, adding salt as you go. While the tomatoes are draining, chop up the onions and peppers. Sauté 2-3 Tbls. Vegetable oil and add garlic, until just tender. Mix everything together and heat to almost a boil. Put in hot jars and hot bath for 15 minutes. Enjoy!

### Third Prize Salsa Recipe

Carol McCreary

### Fresh Big Orange Salsa

2 cups peeled and chopped yellow or orange tomato  
1 cup peeled and chopped fresh peach  
Hot peppers – I used 1 orange habanero and jalapeno  
1/2 cup minced onion  
1 Tbl. lime juice  
1/2 cup chopped yellow or orange bell pepper  
Cilantro to taste

Chop tomatoes and drain. Add chopped peaches and lime juice. Add other ingredients. Refrigerate a while to let flavors blend.

### Gardeners have been sharing seeds and plants for a long time...

"Tho' I have Enough already myself, yett I think there is no Greater pleasure then to be Communicative & oblige others. . . . I seldome fail of Returns, for Wee Brothers of the Spade find it very necessary to share amongst us the seeds that come annually from Abroad. It not only preserves a Friendly Society but secures our Collections, for if one douse not raise a seed perhaps another does & if one Looses a plant another can Supply him. By this Means our Gardens are wonderfully Improved In Variety to what they was Twenty Years agon."

- Peter Collinson of London to John Custis of Williamsburg, VA 1735

