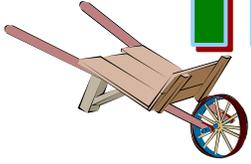


# The Wheelbarrow



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

Southern Appalachian Plant Society

January 2019

## January SAPS Meeting

### Joe Lamp'1

Host of PBS's Growing a Greener World

### No-Till Gardening

Thursday, January 17, at 7 p.m.

Kingsport Center for Higher Education  
300 W. Market St., Kingsport, TN 37660

Joe Lamp'1 maintains, "If you love your soil, ditch the tiller!" Nationally known for his knowledge and enthusiasm for gardening and environmental stewardship, Joe will explain the problem with tilling and why no-till gardening is the best thing we can do to prepare and maintain an area for planting - resulting in improved soil and fewer weeds. He will also describe how to prepare a new plot using the no-till method.

As host of 3 national television shows, the author of several books (including *The Green Gardeners Guide*; simple significant actions to protect and preserve the planet), a syndicated newspaper column and with regular appearances on the Today Show, Good Morning America, and The Weather Channel, Joe is one of the country's most recognized and trusted personalities in gardening and sustainability. For the past nine years, has been the Creator, Executive Producer and Host of the award winning national PBS series, *Growing a Greener World*®. Prior to that, he hosted *Fresh from the Garden* on DIY Network as well as on-air contributor to The Today Show, Good Morning America and The Weather Channel. In 2011, Past awards include The American Horticultural Society's B.Y. Morrison Communication Award, which recognizes effective and inspirational communication—through print, radio, television, podcasts and other online media and Best On-Air Talent for Television by the Garden Writers Association. Joe is also the founder and "Joe" behind [joegardener.com](http://joegardener.com) – a garden-intensive site launching in spring 2017, dedicated to all things gardening and horticulture through how-to videos, podcasts, articles and blog posts. When he's not working in his large, raised bed vegetable garden, he's likely planting or digging something up, or spending time with his family on their organic farm, just north of Atlanta, GA.



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## Upcoming Events:

**December 29, 2018**

*Audubon Christmas Bird Count.*

[birdingkingsport@gmail.com](mailto:birdingkingsport@gmail.com) or Bill Grigsby 423-578-4818

Note: There is no January Herb Saplings meeting.

**January 17**

*SAPS meeting.* Joe Lamp'l. No-Till Gardening. 7 pm. Kingsport Higher Education Center.

**January 19**

*30th annual Winter Garden Seminar.* Warriors' Path State Park. 10am. "Ecology in the Residential Landscape" with Margie Hunter. \$5. Registration required.

**January 24**

*Winter Plants of Interest.* 1 - 4 pm. NC Arboretum, Asheville. \$34 Member/\$39 Non-member.

<https://4020a.blackbaudhosting.com/4020a/FA18-Winter-Plants-of-Interest>

**January 27**

*Orchid Growing Workshop.* 2 - 4 pm. UT Gardens Knoxville. This workshop will introduce some of the most popular genera of orchids and explore the growth require-

ments of these beauties. Fee includes one tropical orchid plant. \$35 Garden member/\$45 nonmember. Pre-registration required: [https://secure.touchnet.com/C21610\\_ustores/web/product\\_detail.jsp?PRODUCTID=1554&SINGLESTORE=true](https://secure.touchnet.com/C21610_ustores/web/product_detail.jsp?PRODUCTID=1554&SINGLESTORE=true)

**February 2**

*Jump Start Seed Swap and Pollinator Day.* 9 am – 12 noon. Memorial Park Community Building, 510 Bert St, Johnson City, TN. 423-283-5821

**February 7**

*Herb Saplings meeting.* 7 pm at Exchange Place. Speaker: Reeda Tate.

**February 21**

*SAPS Meeting.* Dr. Andy Pulte, UT Department of Plant Sciences, "Overachievers." 7 pm. BrightRidge Auditorium

**March 8–10**

*26th Annual Spring Conference.* Mars Hill University (just 20 minutes north of downtown Asheville, with easy access off of Exit 11 from 26.) Registration now open. More than 150 classes for healthy eaters, home growers, & farmers. <https://organicgrowersschool.org/conferences/spring/>

## Christmas Bird Count

You are invited to join the largest citizen science project in the world, the Audubon Christmas Bird Count. Started as a way to promote the concept of conservation and to gather data for the use of bird conservation, the count is now in its 119th year in the U.S. The Kingsport count will be held on December 29 and is coordinated by Birding Kingsport, a chapter of the Tennessee Ornithological Society, and Bays Mountain Park and Planetarium. Kingsport's count area is centered around the old Pactolus School near the intersection of Moreland Drive and Rock Springs Road and reaches into Hawkins County and slightly into Southwest Virginia. Thanks to technological advancements, the counting is done using the cell phone app "ebird" utilizing a GPS. Teams of bird counters will be assigned to sub-areas of the Greenbelt, Bays Mountain Park, Warriors' Path State Park, Cattails at

Meadowview Golf Course and Fort Patrick Henry Dam areas. For those who do not want to ride/walk around the area there are also opportunities to count birds at feeders. There will be groups starting at different times. The central Kingsport count will meet at 7:30 am at the Greenbelt/East Stone Commons parking area behind Petsmart and finish up mid afternoon. Participants can join in at any time during the count, and all experience levels are welcome. To participate in the Christmas Bird Count or learn more about the count and Birding Kingsport, email [birdingkingsport@gmail.com](mailto:birdingkingsport@gmail.com) or call Bill Grigsby at 423-578-4818. Check out the chapter's website at [www.birdingkingsport.org](http://www.birdingkingsport.org) or reach out through Facebook: Birding Kingsport.

## 30th Annual Winter Garden Seminar

"Ecology in the Residential Landscape" will be the topic as Warriors' Path State Park holds its 30th annual Winter Garden Seminar on Saturday, January 19, from 10am – Noon. Margie Hunter, author of *Gardening with the Native Plants of Tennessee*, will share her wisdom and knowledge of our native plants, their habits and habitats.

At the seminar, Margie will teach us about the essential connection between natural communities and gardening. We gardeners often plan only for appearance, and ignore how nature functions in the landscape. And so we find ourselves fighting nature, instead of working with nature. Natural communities develop around specific geology, topography, soil, water, and climate. When we understand nature's principles of organization, we can design a more successful and satisfying home landscape. With native plants as primary

components, gardens can be beautiful and can also provide practical benefits. Your yard and garden can conserve resources, support wildlife, and highlight regional differences through sense of place.

**IMPORTANT NOTE** - You **MUST** preregister for this event, and there will be a small registration fee (\$5) to help cover expenses. You may register and pay online at [https://tnstateparks.com/parks/event\\_details/warriors-path/#?event=30th-annual-winter-garden-seminar-WPSP-2019](https://tnstateparks.com/parks/event_details/warriors-path/#?event=30th-annual-winter-garden-seminar-WPSP-2019). You may also pay by coming by the park office Monday-Friday, 8:30 - 4:30 (closed New Years eve & day). You may also pay at the door on the day of the event, but you must call or email Marty Silver in advance if you plan to pay at the door. p. [423-239-6786](tel:423-239-6786) c. [423-609-0314](tel:423-609-0314) [marty.silver@tn.gov](mailto:marty.silver@tn.gov)

## From the President's Desk

YEAH! Gardening season has begun. My gardening in January consists of browsing seed catalogues, reviewing what seeds I have still stored in our garage refrigerator and ordering any favorites that need replacing. Each year I enjoy ordering a few new plants or varieties that I have not grown before. Last year I read about and grew the herb Papalo, also known as Quilquiña, Yerba Porosa, Killi, Papaloquelite and broadleaf. It is native to Mexico. It grows to about 3 feet high and loves the heat of summer. It is a good alternative to Cilantro in the summer, not because it tastes like Cilantro but because you can use it as substitute. It has been described by some as somewhere between arugula, cilantro and rue; others say it tastes like a mixture of nasturtium flowers, lime, and cilantro. Younger leaves are milder flavored, gaining pungency and complexity as they mature. Check it out at <https://underwoodgardens.com/papalo-heat-loving-cilantro-alternative/>

This is one of the webpages from Terroir Seeds <https://underwoodgardens.com/>

I discovered this website last spring and enjoy reading

## 2019 Greene County Extension Basic Home Gardening Classes

The 2019 UT Extension Gardener's Toolshed series, hosted by the Big Spring Master Gardener Association will begin Tuesday, January 22nd. The series of 12 programs offers one session per month on a wide variety of topics of interest to home gardeners. Learn the basics of growing a great garden in 2019! Classes include: Soil basics, planning ideas, planting tips, companion plants, pest management strategies, harvest techniques, cover crop basics, fertility management, pollinator plants, crop-specific tools-of-the-trade, small-space concepts, herbs, and much more!

All classes held from 5:30 PM-7:00 PM at the Greene County UT Extension Office. You must register one week prior to classes. Cost is \$5.00 per class OR register for all twelve by December 31st and pay only \$50.00.

[https://www.bsmga.com/store/c10/2019\\_Gardener%27s\\_Toolshed\\_Classes.html](https://www.bsmga.com/store/c10/2019_Gardener%27s_Toolshed_Classes.html)

## In Memoriam

It is with sadness that we inform you of the passing of Jim Hill, our former SAPS membership chairman and husband of our secretary Jolly Hill. Jim passed away on November 30 at his home from COPD

Jim served as membership chairman for over 8 years, retiring at the end of 2017. The SAPS board is grateful for all his service to SAPS and for the pleasure of knowing and working with him. We will all miss his keen insights, strong work ethic, and incredible sense of humor. In lieu of flowers, any memorial donations to the Friends of the Kingsport Library, 400 Broad Street, Kingsport TN 37660 or the Kingsport Animal Shelter, 2141 Idle Hour Road, Kingsport TN 37660 would have pleased him.

their gardening advice and recipes. They focus on heirloom seeds and have a good collection of heirloom flowers and herbs in addition to vegetables.

Other January gardening tasks focus on starting seeds. I use heat mats connected to a thermostat and for lighting I use 48inch shop light fixtures with two warm white bulbs and two cool white bulbs in each fixture. In the last week of January through the first two weeks of February I start Salvia, Snap Dragon, Astilbie, Calendula, Cabbage, Leek Kohlrabi, early lettuce and spinach seeds indoors

About February 10th I start my snap peas in the kitchen in moistened paper towel held in a plastic container. As soon as I see the root starting to sprout I plant these peas seeds outdoors about 1.5 inches deep, usually shortly after Valentine's Day. Thus I am usually harvesting my peas early June and when done I can plant eggplant, cucumbers or other warm weather plants in the spot by mid June.

So as stated at the beginning gardening season has begun. Happy New Gardening Year to all.

## Native Plants for Tennessee

<https://tynnativeplants.wordpress.com/>

### Christmas Fern

*Polystichum acrostichoides*

1-2 feet tall by 1-2 feet spread. Part shade to full shade and tolerates heavy shade; medium to moderately dry moisture level; best grown in rich, humusy soil but tolerates shallow rocky soil; moderately acid to neutral pH. Low maintenance. Growth/Colonizing Habit: Creeping, stout roots slowly produce clumps. Although rhizomatous, it will not spread or naturalize. Clumps simply increase in size over time. Clumps can be divided in early spring. Foliage: Evergreen but fronds lay flat on ground during winter. Native Region: Statewide



An accommodating garden fern with deep, green glossy foliage that adapts to a wide range of conditions. A good plant for massing on slopes, especially dryish, rocky slopes, to help reduce soil erosion. Common name refers to practice of gathering the green fronds at Christmas to use as holiday decoration. Occurs naturally on both dry and moist wooded slopes, moist banks and ravines.

## 2019 Program Schedule

Are you curious about the SAPS programs scheduled for this year? Here's a sneak peak:

- **January 17**—Joe Lamp'l, "No-Till Gardening"
- **February 21**—Andrew Pulte, "Overachievers" – How to Sort through and Select from the Endless Stream of New Plants on the Market
- **March 21**—Frank Hale, "Insect Pests of Roses and Other Ornamentals"
- **April 4**—Jeremy Hoffman, "Birds, Bees, Flowers, Trees -- The Phenological Impact of Climate Change".
- **April 18**—Jeanine Davis, "Growing Ginseng, Goldenseal & Other Medicinal Herbs"
- **May 16**—Susan Jasan, "Gardening on Slopes and Hillsides"
- **August**—SAPS Annual Homegrown Tomato Fest
- **September 19**—Will Hooker, "Permaculture"
- **October**—SAPS Annual Plant and Seed Swap
- **November 21**—Paul Westervelt, "The New Perennial Movement & Why It Matters"

## Changes in the Renewal Process

We are making some changes in the membership process and discount cards for 2019. Memberships will continue to run from January 1st to December 31st, with a grace period until mid February. The 2018 discount cards are good through February, 2019, but beginning in 2019, the discount cards will expire in December instead of the following February. Also, we are asking that everyone fill out a membership renewal form (below) and submit it to Charlene or another SAPS leader with your payment of \$20. You will be able to renew your membership at the scheduled meetings. You can also mail your form and payment to Charlene Thomas at 305 Meadowview Lane, Unicoi, TN 37692. Your continued support makes it possible for us to bring in great speakers and programs.

### Southern Appalachian Plant Society 2019 Membership

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Preference for The Wheelbarrow  digital issue or  paper copy

Mark X in boxes that apply:

- I am paying \$20 for my annual membership (member & spouse). \_\_\_\_\_
- I am further supporting SAPS programs and activities with an additional tax-deductible donation of \$\_\_\_\_\_. \_\_\_\_\_
- I am providing a \$20 gift membership to the person(s) whose membership data is attached to this form. \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

Please send your check (payable to SAPS) for the total of your membership, donation, and gifts, along with this form to:  
**Charlene Thomas, SAPS Membership Chairman**  
305 Meadowview Lane, Unicoi, TN 37692