



The Wheelbarrow

www.saps.us

Southern Appalachian Plant Society
February 2020

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Earl Hockin
423-817-5473

SAPScontakt2020@gmail.com

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423 502-2459

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Jolly Hill
423-246-7246

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423-348-6572

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423-282-9215
Margaret Seymour
423-534-1191
Jane Mullins
423-212-0173

February SAPS Program

The Best Conifers for TN/VA Gardens

Hugh Conlon

Past President

Southern Appalachian Plant Society

7 pm, Thursday, February 20

Bright Ridge Auditorium

2600 Boones Creek Rd, Johnson City, TN



Alaskan cedar

Join us for a fast-paced journey through the best performing needle evergreen trees and shrubs across the Southern Appalachian region. Hugh will specifically point out those conifers that are highly reliable for your landscape. He will show how to landscape with evergreens, their annual growth rate, best varieties, and where to purchase many of them.

About our speaker: Hugh has served on the SAPS Board since its inception including two terms as president. He is an active garden writer and speaker since his retirement as a Horticulture Specialist from the University of Tennessee Extension. He has been a professional horticulturist for over 45 years.

His current activities include:

- ♦ Creator of the gardening website: whatgrows.there.com
- ♦ Speaker at garden clubs and Master Gardener meetings
- ♦ Contributes articles to garden/trade magazines
- ♦ Advises home gardeners and commercial landscapers, nursery and greenhouse growers



Blue Atlas Cedar

Reminder

Your 2019 Discount Vendor Card expires at the end of February. If you haven't already done so, be sure to renew to get the 2020 card.

Upcoming Events:

February 1

- *Jump Start Seed Swap and Pollinator Day.* 9 am – 12 noon. Memorial Park Community Building, 510 Bert St, Johnson City, TN. 423-283-5821.
- *Raised Bed Gardening with Master Gardeners Ben Hunter and Vonda Little.* 9 am—noon. Sycamore Shoals State Park Visitors Center. Free. 423-543-5808
- *Small Fruit Production with Steve and Tiffany Stanley.* 10: 30 am. Mize Farm and Garden. Free. 423-467-2300 to register.

February 6

Herb Saplings meeting. 7 pm at Exchange Place. Herb of the Year: *Rubus spp.* (Blackberries, Raspberries, et al.) Learn about growing raspberries and blackberries with Ben Hunter, medicinal uses with Joy Moore and making blackberry wine with Dennis Marshall. Bring a herb snack to share if you have time. All SAPS members are invited to attend Herb Saplings meetings.

February 8

- *Roan Mountain Winter Naturalist Rally.* Roan Mountain State Park. Speakers, hikes. 423-772-0190. <http://www.friendsofroanmtn.org/2020%20Winter%20Rally%20Brochure.pdf>
- *Raised Beds with Martin Litz.* Mize Farm and Garden, 251 Old Gray Station Rd in Johnson City. 10:30 am. Free, but please call 423-467-2300 to reserve a spot.

February 10

Organic Growers School - A Holistic Approach to Soil Health. 9am-4am. Farm Bureau, 103 Boones Creek Road, Jonesborough, TN. See January 9 description. 828-214-7833. <https://organicgrowersschool.org/farmers/holistic-crop-management/>

February 20

SAPS Meeting. Best Conifers for TN/VA Gardens with Hugh Conlon, Horticulturist, lecturer, and garden writer. 7 pm. BrightRidge Power Co.

February 22

Honeybees with Ann Moore. 10:30 am. Mize Farm and Garden, 251 Old Gray Station Rd in Johnson City. Free, but please call 423-467-2300 to reserve a spot.

February 29

Attracting Pollinators with Charlene Thomas. 10:30 am. Mize Farm and Garden, 251 Old Gray Station Rd. Free, but please register at 423-467-2300.

February 29

Adopt-A-Tree. Warriors Path State Park will be planting hundreds of new trees in the park. For each tree seedling you plant in the park, you can take one home to plant. 10 am and work until noon, or until we run out of trees! Follow signs to the planting location. Marty.Silver@tn.gov. 423-239-6786 c.423-609-0314.

March 5

Herb Saplings meeting. 7 pm at Exchange Place. “Botanical Drawing” with Susan Scheer. Drawing from observation of a plant, focuses your attention on the details. These details identify a specific herb. A great 2020 herb project! Free journal page available at meeting.

March 6-8

Organic Growers School Spring Conference. Mars Hill University. <https://organicgrowersschool.org/conferences/spring/>

March 7

Weed Wrangle! Warriors Path State Park. Help make the park safer for native wildflowers and butterflies by removing invasive Garlic Mustard plants. Meet at the pool parking lot at 10 AM, and we'll carpool to the worksite. Come dressed for the weather and ready to get a little dirty. Bring some garden gloves if you have tender hands. Marty.Silver@tn.gov. 423-239-6786 c.423-609-0314.

March 11- 12

Growing Color Symposium. NC Arboretum, Asheville. <https://www.ncarboretum.org/education-programs/lectures-symposia/>

March 14

“Plant Natives 2020!” All-day Symposium and Native Plant Marketplace & Expo. 8:30 am to 4:30 pm. Tennessee Valley Wild Ones. UTC University Center Auditorium, 642 E. 5th St., Chattanooga, TN. Saturday <https://tnvalleywildones.org/2020/01/22/plant-natives-2020-symposium/>

March 19

SAPS Meeting. William Cullina, Executive Director at the Morris Arboretum, celebrated author, botanist and recognized authority on North American native plants. The Botany of Design. 4 pm (SAPS members only). Native Plants in Context; Ecology, Diversity, and Interconnection. 7 pm. Kingsport Higher Education Center.

Exchange Place Spring Garden Fair - Help Wanted

The 36th annual Spring Garden Fair is Saturday, April 25, from 10 a.m. - 5 p.m. and Sunday, April 26, from 12 - 5 p.m. at Exchange Place Living History Farm, 4812 Orebank Road in Kingsport. Thousands of plants will be for sale with an emphasis on natives, herbs, perennials, and heirloom plants, along with garden accessories and related crafts. The Fair will also feature garden experts, children's activities, music and traditional foods, as well as demonstrations of springtime activities on an 1850s farm. Exchange Place has a core group of experienced volunteers who are planning activities and logistics for the Garden Fair, but we would love fresh input from gardeners with further planning and organizing the event. If you would like to help on the planning committee we would welcome your ideas and skills. If you could spare any time during that weekend to help with set up, hospitality, children's activities, parking, clean up or any way you would like to be involved we would welcome your help. To volunteer, for more info or if you know small growers who might wish to sell plants, please contact Joy Moore at jinjmoore@embarqmail.com or 423-348-6572.

Celebrating 25 Years of SAPS!



SAPS got its name in January, 1995, at the first meeting of the fledgling gardening group comprised of freshly trained Master Gardeners and other plant loving friends from the region. After tossing around several names with "gardening" or "horticulture" in them, Karen Childress, who later founded Jonesborough Farmers Market and Boone's Creek Market, suggested Southern Appalachian Plant Society - SAPS. We loved it because it described where we live and our wide range of interests in plants while the acronym showed we planned to have fun as we learned.

Southern Appalachian Plant Society started the process to become a tax exempt corporation and registered our assumed name "SAPS" in the state of Tennessee in 2000. SAPS was officially incorporated as a 501(c)(3) non profit educational organization in 2001.

Info from January Speaker

Tom Tribble, our speaker from the January meeting provided the following links that may be of interest to our members.

- ♦ Elisha Mitchell Audubon Society - Bird-Friendly Gardening page
<http://emasnc.org/birdfriendly.html>
- ♦ NC Audubon
<http://nc.audubon.org/conservation/bird-friendly-communities/bird-friendly-native-plants>
- ♦ National Audubon Plants for Birds
<http://www.audubon.org/plantsforbirds>

Native Plants for Tennessee

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

Evergreen Woodfern, Common Woodfern, Intermediate Woodfern

Dryopteris intermedia

A vase-shaped fern with long, arching, lacy foliage, up to 10 inches long. Prefers the rocky soil of higher elevations and the cooler temperatures of a north-facing slope. Needs a site protected from prevailing winds. Tolerant of high humidity. Do not allow soil to dry out. Occurs naturally in moist, rocky woods or ravines and on edges of swamps.

1-3 feet tall by 1-3 feet spread. Part shade to light shade but will tolerate deep shade; medium moisture level; prefers rich organic soil or rocky soil if its moisture requirement is met; neutral to slightly alkaline pH. *Maintenance:* Low. Can be propagated by dividing clumps in fall or spring. *Growth/Colonizing Habit:* Does not spread quickly. *Foliage:* Evergreen to semi-evergreen. However, sometimes foliage will die back in winter. *Native Region:* Confined to Blue Ridge Province, parts of the Ridge and Valley Province and the Cumberland Plateau.

Summer SAPS Garden Tours (your help is needed)

Each summer, in June, July or August, when SAPS does not have regular meetings, we try to have visits to local gardens or nurseries. The planning for 2020 has begun. We invite you as members to offer suggestions for our upcoming tours. We love to have members share their gardens. Please contact Jane Mullins with your suggestions or if you are willing to offer your garden for a tour. We love all kinds of gardens! Call or text Jane at 423-737-7915 or email janemullins2013@gmail.com

A huge thank goes to our 2019 garden tour hosts, Walt and Coriann Kitchen, Abingdon, VA, Dick and Gail Olson, Bristol, VA, Bill Wright Popular Grove Nursery, Kingsport, TN and Kimberly's Greenhouse, Tazewell, VA.

Some may be interested in this garden tour offered by Linda Williams. Several of our members have traveled with her during the past few years. Linda does excellent garden tours. They are traveling to England and Wales in May. Please contact Linda Williams at info@gardentravelers.com or 317-408-4880 for additional information.



Evergreen
Woodfern

Across the President's Desk

By Earl Hockin

Valerie Blakely, daughter of our FaceBook page curator won third prize in the Young Writers Awards, presented by Yale Environment 360 and the Oak Spring Garden Foundation. The competition for non-fiction environmental writing by authors under the age of 35 had entries from six continents. Her essay focuses on her volunteer work on the experience of a military veteran, Jon Turner, who struggled with his transition to civilian life. He was able to successfully make this transition after he started farming in Vermont. I have written in the past that research has found many physical and also mental and emotional benefits of gardening. In the article Valerie explains that Jon “learned that in healthy soil there are bacteria that, when absorbed through your pores, trigger a release of serotonin, a chemical that contributes to a sense of well-being in humans”. This is why working in his garden was such a positive experience for him as he struggled with his transition. Valerie’s essay can be found at <https://e360.yale.edu/features/wild-roots-on-a-vermont-farm-renewal-for-a-man-and-his-land>

It’s time to start gardening! Have you added organic matter to your garden beds yet? Compost is a great option. Other sources of organic material include

shredded newspaper, the finer the better, and straw. This also is the time to get winter sowing started, check out www.wintersown.org or their Facebook page. There are also lots of images on Pinterest. Most any vegetable or ornamental that produces seeds that can fall to the ground, overwinter and then sprout next season can be used in winter sowing. I have found it very successful with cool season vegetables and ornamentals such as Snapdragon, Echinacea, Coreopsis and others.

Finally, if you are interested in learning ways you can be involved locally in addressing the Climate Crisis there will be an introductory meeting Tuesday, February 4, from 7-9 PM in room 131 at the Kingsport Higher Education Center.



Jump Start Seed Swap and Pollinator Day

Join us from 9 a.m.-noon on Saturday, February 1, at Memorial Park Community Center, 510 Bert St., Johnson City, for Jump Start Seed Swap and Pollinator Day, a unique event at which native, heirloom and veggie seeds will be swapped. It’s OK if you have no seeds to swap this year. There will be plenty to share to jump-start your gardens. Enjoy the exhibits, many emphasizing pollinator needs and citizen science opportunities, a guest speaker and children’s activities. Learn, enjoy, swap and leave with a part of your spring garden in your pocket. The event is free and open to all ages. For more information, call 423-283-5821.

Schedule:

- 9 a.m. Doors open.
- 9-9:45 a.m. Guests may visit and view exhibits.

- 9:45 a.m.-10:15 a.m. Speaker: Chris Smith, Utopian Seed Project executive director, Sow True Seeds marketing and communications manager and author.
- 10:15-noon: Open time. Guests welcome to visit exhibits and swap seeds.

Sponsors/partners: Boone Watershed Partnership, Build It Up TN, ETSU Art & Design Dept., HERBalachia, What’s the Buzz, Southern Appalachian Plant Society, Tennessee Smart Yards, Wild Ones, Zoo Knoxville, Carver Peace Gardens, ETSU Biology Dept. (staff and students), Jacob’s Nature Park at Sinking Creek, Tri-Cities Food Cooperative Interest Group.

Security Update

You may have noticed that *The Wheelbarrow* has been modified with this issue. Board members have had a number of problems recently with the publication of their personal email addresses appearing online. To combat this, we decided to delete email addresses from the list of board members on the first page and online. The new email address for contacting board members is sapscontact2020@gmail.com.