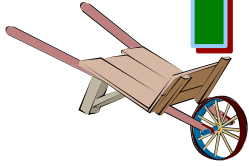


The Wheelbarrow



www.saps.us

Southern Appalachian Plant Society

October 2025

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SAPS Plant and Seed Swap and Potluck and Silent Auction

SAPS Members Only

Saturday, October 11, 9:30 am—12:30 pm

Potluck starts at 11:00

Jonesborough Visitors Center
117 Boone St, Jonesborough

It's time to collect the plants, seeds and garden paraphernalia you've designated for the SAPS annual Fall Plant Swap. This event has long been our organization's best attended event. Spring cleaning is a frequently mentioned concept of shaking off winter and moving into a bright new season. For gardeners fall cleaning is also important. Cleaning up gardens and yards and deciding what we want to carry into the spring garden and what we want to give others the opportunity to enjoy closes out the gardening season as we move into the planning season.

Plants, seeds, garden tools and deco, gardening books and magazines are all welcome. Special plants and items can be in the Silent Auction. For the potluck, please bring your favorite potluck dish and serving utensil. Paper supplies, water and coffee will be provided.

This is a members-only event, but those with lapsed memberships will be able to pay dues as they enter that day.

SAPS members should look for the SAPS sign and a group of green balloons on the right side of the Visitors Center where there is an easy back entrance on the side adjacent to the post office. Park there while you bring your food, plants and garden items in. Then move your car to the visitor center parking lot and come in the front door to enjoy the Plant Swap. We will have wagons at the front and back doors for hauling plants and supplies.

Remember: Everything brought to the swap must leave with someone - ideally to a new and welcoming home but perhaps returning with the one who brought it.

ASD Wildcrafting Workshops

Wildcrafting Workshops occur every Saturday in November. They're a wonderful way to spend a few hours, getting creative with foraged and repurposed items that you can keep or gift. We provide everything – tools, supplies, and even lunch for the longer workshops. Register early – space is very limited for each class! All workshops are held in the ASD Greenhouse, 17444 Singingwood Lane, Bristol, VA. <https://asdevelop.org/wildcrafting-workshops>

Fall 2025 Wildcrafting Workshop schedule

Nov. 1: Seed Saving
Nov. 8: Pressed Flower Art
Nov. 15: Kudzu Basket Weaving
Nov. 22: Willow Pea Trellis
Nov. 29: Foraged Holiday Wreath



Upcoming Events

October 1

The UTK Herbarium presents Specimens & Scones. UT Knoxville. 3 - 5 pm. Guided tours of Herbarium collection featuring many fascinating specimens and useful resources. Discover how herbaria play a vital role in conserving biodiversity. Meet students, faculty, staff while enjoying a delicious scone with tea or coffee. Free. <https://calendar.utk.edu/event/specimens-and-scones-4116>

October 4

Fabulous Fall Plant Sale. UT Gardens, 2506 Jacob Dr, Knoxville, TN 37996. 9 am - 2pm. Trees, shrubs and perennial flowers, wide variety of native plants, houseplants, cool season veggies and more. Free admission. <https://calendar.utk.edu/event/fabulous-fall-plant-sale>

October 4

American Chestnut Day. NC Arboretum, Asheville. 10 am – 3 pm. In partnership with The American Chestnut Foundation. Speakers, documentary screening, American chestnut seedlings to purchase while supplies last. <https://www.ncarboretum.org/event/chestnut-day/>

October 5

Beginning Bonsai Workshop. NC Arboretum. 9:30 am – 4:30 pm. <https://www.ncarboretum.org/event/beginning-bonsai-workshop-oct/>

October 8

Adventures in Ecological Gardening: Creating a Wildlife-friendly Habitat and Promoting Biodiversity. 3 - 4 p.m. Virtual and in-person options. NC Botanical Garden, Chapel Hill. Learn how to approach gardening from an ecosystem level with discussions on your garden's biome, planting zone, and the natural layering of ecosystems. The program will also cover essentials such as assessing food sources and seasonality, water needs, cover, nesting options, and the space required to create a garden that supports both you and your wildlife neighbors. https://reg.learningstream.com/reg/event_page.aspx?ek=0005-0014-b122c6349a2547899c8d554edd24fc17

October 9

Introduction to Permaculture & Permaculture Plants of Interest. NC Arboretum. 10 am – 12 pm. <https://www.ncarboretum.org/event/intro-to-permaculture/>

October 10-11

Wildlife Weekend at Steel Creek Park Nature Center, Bristol. "The World of Bees" is the theme for this year's event, which begins on Friday at 6:30 pm with a reception and a keynote address from Darrell Moore. The celebration continues on Saturday from 9 am – 4 pm with hikes, walks, interactive kiosks, and gardening mini sessions on bee houses, monarchs, pollinators, and winter sowing. <https://www.bristoltn.gov/1443/Wildlife-Weekend>

October 11

SAPS Plant and Seed Swap and Silent Auction and Potluck. Jonesborough Visitors Center. 9:30 am - 12:30 pm

October 14

Collect Native Seeds to Plant Next Year. Botanical Gardens at Asheville. 6 – 7:30 pm. The Asheville Botanical

Garden's garden manager, Sarah Coury, will explain ethical seed collection practices and share seed cleaning, storage, and propagation tips. \$25. <https://ashevillebotanicalgardens.square.site/classes>

October 15

Reintroducing Prescribed Fire: Managing Invasive Plants with Controlled Burns. 11:30 am. Free webinar sponsored by Blue Ridge Prism. <https://www.eventbrite.com/e/fall-quarterly-meeting-reintroducing-prescribed-fire-registration-1568251625829?>

October 15

Pollinator Pathway Fall Webinar with Uli Lorimer, Director of Horticulture for the Native Plant Trust, on the evolving research behind gardening for wildlife. 6:30 pm. Free. https://zoom.us/join/zoom/register/YmvOzQBPS5aH-k_vz64cFw#/registration

October 16

Wild Ones National free webinar, "Next Steps for Nature," featuring Doug Tallamy. 7 - 8 pm. In this talk Tallamy addresses common concerns on biodiversity, invasive species, native plants, and conservation strategies, providing practical guidance and motivation to restore nature in everyday spaces. Register: <https://wildones.org/next-steps-for-nature/>

October 18

Native Medicinal Garden Walk. Knoxville Botanical Garden. 10 - 11:30 am. Take a mindful and informative stroll through the Native Medicinal Garden with Dr. Fig Finkelshtein, Clinical Herbalist and KBG Horticulturist. Discover the powerful native botanicals that have been used as healing remedies throughout history across cultures. <https://www.knoxgarden.org/workshops/p/nativemedicinal>

October 26, 2025

Knoxville Botanical Garden & Arboretum Fall Festival. 1 – 5 pm. Knoxville Botanical Garden & Arboretum, LeConte Meadow, 2743 Wimpole Drive, Knoxville. Fall Plant Sale, food vendors, local artists and nonprofits, music, crafts and activities. <https://www.knoxgarden.org/events/fall-festival-plant-ale>

November 6

Herb Saplings meeting. 7 pm at Exchange Place. Herbal Crackers with Susan Scheer.

November 13

SAPS meeting. Ian Caton, Native Species Diversity; the practical implications of genetic variation for nurseries, landscapes, and gardens. 7 pm. BrightRidge Auditorium.

November 14 - 15

2025 Tennessee Maple Syrup Workshop. Nov 14 at 3 pm – Nov 15 at 3:15 pm. Presented by UT Extension Sullivan County and Lucas Wiggin, 140 Spurgeon Lane, Blountville, TN, 37617. \$25. Join us for the first ever *Maple School* in Tennessee! This two-day event includes time spent in the field and in the classroom with two meals provided and valuable resources to assist you with all your tapping and sugaring needs! Registration closes on November 5. <https://sullivan.tennessee.edu/maple-school/>

Sacred Lily
The Ultimate Collector's Plant for the Shade Garden
Contributed by Hugh Conlon

Sacred lily (*Rohdea japonica*), aka nippon lilies, are native to Japan and China. Rohdeas are truly collector's plants (USDA hardiness zones 6 - 10). In the Orient these lovely shade perennials are highly revered. In traditional Japanese horticulture, sacred lilies (known as *omoto*) came to be associated with long life and good fortune. Sacred lilies are planted near the entry of courtyards and homes.

Rohdeas are members of the asparagus family (*Asparagaceae*). Plants are rhizomatous perennials that grow 8 - 18 inches high depending on cultivar. Over the past two centuries colorful, contorted, ridged, dwarf, giant, or variegated leaf forms have been bred, almost all with Japanese names. Some gardeners will grow them with hostas, lungworts, brunnera, astilbe, and other shade plants. Well-established clumps produce short-stemmed, creamy to greenish, white bell-shaped flowers. Raceme flowers appearing in early spring are found at the base of the plant. Blooms are mostly hidden within the dense leathery foliage and are therefore mostly inconspicuous. Red or orange ornamental berries follow in late fall and persist through most of the winter.

Sacred lilies are simple to grow and live for many years. Plants prefer a moderately moist, humus-rich, well-drained garden soil. They're especially adapted to deep shade. Several varieties appear to be reliably hardy to Zone 6b-7a (NE TN/SW VA). Rohdeas are not troubled by diseases, pests, and perhaps deer.

Sacred lilies produce dark green, evergreen, strap-like (lanceolate) leaves. Some look like garden-hardy snake plants (*Sansevieria*). New plants start off slowly, but multiply and form large colonies as ground covers over several years. Numerous divisions over time help you build a collection to exchange with other collectors.

Rohdea japonica

'Seiki-No-Homare'



Rohdea japonica

'Shi-Shi'



Across the President's Desk

By Earl Hockin

There are some vegetables that can be planted in October and harvested before the end of our gardening season. Many radish varieties will mature from seed in about 30 days if planted in locations that get sun exposure through most of the day. Black Simpson and Red Romaine lettuces are very cold hardy and, when sown from seed and grown under row cover, can be enjoyed from late October through December and may even be viable in February if left under row cover. Garlic bulbs should be planted in October. Soft neck varieties can be harvested by June and last longer in storage than the hard neck ones. Some of the best varieties for zone 7 are Artichoke, Silver Skin, Inchelium Red, Red Toch, New York White Neck, and Idaho Silver Skin. Intermediate-day onions including Walla Walla Sweet, Yellow Sweet Spanish, and Red Wethersfield will survive over winter and can be harvested in the spring.

Garden soil in raised beds, containers, and traditional gardens should not be left bare through the winter but covered to prevent erosion, nutrient loss, soil compaction, and damage to the microbes in the soil. The preferred soil cover in the fall is organic material such as mulch, compost, or cover crops. Less beneficial options are covering the soil with cardboard or newspaper to prevent weed seeds from taking over bare soil. Legumes including hairy vetch, crimson clover and alfalfa are excellent cover crops as they enrich the soil with nitrogen. My favorite legume cover crops are fava beans and Austrian winter peas that enrich the soil and provide edible produce. They need to be planted by September or early October. Fava beans will bloom in the spring producing a type of bean which is a favorite in Italy.

Austrian winter pea leaves are sweet, tender, delicious, and similar to snow pea leaves which are best used when the plant is young and the shoots are tender. The simplest and most popular recipes feature stir-frying the leaves with garlic.

Our September speaker Margery Winters explained that the first emphasis of a gardener should be the soil. Quality soil is needed not just for plants growing in the soil but also for the organisms living in the soil. Many of these organisms have symbiotic relationships with the plants and enhance the health of the plants. Most synthetic fertilizers supply a fast-acting but short-lived dose of a limited number of specific nutrients for plants and do not benefit soil organisms such as bacteria and fungi which process organic material to provide a broader range of long term nutrients. Organic fertilizers contain a broader spectrum of nutrients, including micronutrients like calcium, magnesium, zinc, and iron. Plants are beneficial to the environment because they absorb carbon dioxide from the atmosphere. Better soil and healthier plants help all of us.

What this really means is that, in the long-term, adding organic material such as compost, organic mulch, leaves, grass clippings and pine needles to the soil is more beneficial than using commercial fertilizers. These are the food sources of the subterranean organisms that provide nutrients for our plants while keeping us from being overwhelmed by leaf litter and grass clippings. Much of the circle of life happens beneath the surface of the soil. The production of synthetic fertilizers is an extractive process while organic fertilizers usually have a much smaller environmental footprint.

SAPS Membership Renewal

The SAPS annual membership covers January 1st to December 31st. New memberships and renewals from September to the end of the year also cover the following year. The membership chairs are always available at meetings and Plant Swaps to accept renewals and new members. Members can also mail renewals to the membership chairs. In March members who are not current will be removed from The Wheelbarrow distribution lists. For those who come to the Fall plant swap it's easy to renew. The membership form to renew by mail is on the following page.

Southern Appalachian Plant Society 2026 Membership

Name(s) _____

Address _____

Town _____ State _____

Zip _____

Phone (_____) _____

Email _____

For new and renewing members: I am paying \$20.00 for annual membership. This can be an individual or family membership.

With an additional donation of \$_____ I am providing gift membership(s) to the person(s) whose membership data is attached to this form. Each gift membership is \$20.00. Include complete membership information for each gift membership.

I am further supporting SAPS programs and activities with an additional tax-deductible donation of \$_____

I choose to receive the online Wheelbarrow. (The preferred method of providing The Wheelbarrow is digitally. Those who are unable to receive it by email may have a paper copy mailed to them.)

Please send your check for the total of your membership, donation and gifts, along with this form to:

Shawn Dougherty
911 V I Ranch Road
Bristol, TN 37620