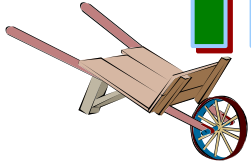


# The Wheelbarrow



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

Southern Appalachian Plant Society

June/July 2026

## 2026 SAPS

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## No SAPS Presentation In June or July

Members will be notified of Garden Tours as they are scheduled.

## 18<sup>th</sup> Century Foodways and Appalachian Medicine Featured at 250<sup>th</sup> Anniversary Event

Living historians of the Revolutionary War, Cherokee and backcountry southern militia will gather to commemorate the 250<sup>th</sup> Anniversary of the Battle of Island Flats on Saturday, July 25, from 10am to 3pm and Sunday, July 26, from noon to 3 pm at Exchange Place Living History Farm, 4812 Orebank Road in Kingsport near the original battlefield site.

The Battle of Island Flats, the opening major engagement of the Cherokee War of 1776, was a pivotal conflict that marked the beginning of a brutal frontier war that reshaped the future of the American South and West. In July 1776, Cherokee warriors under the leadership of Dragging Canoe launched coordinated attacks against frontier settlements including the Watauga communities. At Island Flats, Virginia militia from Fincastle County met that attack in a desperate and defining struggle - one that would set in motion a wider campaign culminating in the invasion of Cherokee towns and the eventual Treaty of Long Island (Treaty of Avery) signed in 1777 in what is now Kingsport.

This two-day immersive commemoration will bring that moment and its consequences to life through historically grounded, place-based interpretation at and near the original battlefield. Featured experiences will include living history encampments and the opportunity to engage directly with Cherokee interpreters from the Appalachian region and Virginia militia living historians as they present the lifeways, clothing, and technologies of the 18th-century frontier.

Visitors will be able to experience the tastes and techniques of that time through demonstrations of period food preparation. On July 26 from 1 - 2 pm Cherokee Medicine Man Lee "Ewani" Eames will give a presentation on "The Healing Herbs of the Appalachian Mountains," bringing with him herbs that our ancestors have used for centuries throughout our region, that have helped to heal and sustain both European and Native American descendants alike.

The event will also feature scheduled firing demonstrations of reproduction 18th-century firearms, demonstrations of Cherokee weaponry, guided interpretive walks across the landscape of the battle itself, a display of primary sources/historical documents, and more.

Sponsored by Hamlett-Dobson Funeral Homes and Exchange Place, this free event is part of Fun Fest. No ticket or registration is required. For more information, contact 713-825-9131 or [wooldrickfritts@gmail.com](mailto:wooldrickfritts@gmail.com) or see <https://www.facebook.com/events/exchange-place-kingsport-tn->



## Upcoming Events

### June 4

Herb Saplings meeting. 7pm at Exchange Place. Herbal Salts with Susan Scheer. Bring an herb snack to share if you have time.

### June 4 - 7

Bonsai in the Blue Ridge. 9am - 5pm. NC Arboretum, Asheville. Exhibition of 50+ curated bonsai displays, showcasing the refined artistry of shaping trees over time into living works of sculpture. \$5 entry fee for exhibit with additional opportunities to register for seminars, workshops and tours led by nationally recognized bonsai artists for an added cost.

<https://www.ncarboretum.org/event/bonsai-in-the-blue-ridge/2026-06-04/>

### June 6

The 30th annual Jonesborough Garden Tour & Tea. 10am - 3pm. Tea Party noon - 2pm. Registration at Jonesborough Visitors Center 9am - 1pm. Marketplace vendors with garden-inspired items at International Storytelling Center Plaza 9am - 4pm. Tickets can be purchased by calling (423) 753-1010 or on-line at <https://jonesborough.com/garden>

### June 6

A Garden's Story: Mindful Photography. 10 – 11:30am. Knoxville Botanical Garden. \$15. <https://www.knoxgarden.org/events/gardensstory>

### June 11

Pressed Flower Art Workshop. 1 - 4pm, North Carolina Arboretum, Asheville. Experience the art of Oshibana, the Japanese tradition of making art with pressed plant materials. Learn a technique of pressing, unpressing, storing, collaging and sealing flower petals to create a work of art. All materials and a comprehensive resource sheet provided. <https://www.ncarboretum.org/event/pressed-flower-workshop/>

### June 13

Dragonfly Day. Warriors' Path State Park. 9:30am – 2pm. Learn about these amazing insects “at home” in their habitats and also how best to record your observations photographically with Don Holt, Steele Creek Park naturalist and an expert on observing and identifying dragonflies and Marty Silver, Warriors' Path Ranger, experienced at photographing dragonflies. \$5. Pre-registration required: [marty.silver@tn.gov](mailto:marty.silver@tn.gov). 423-239-6786. <https://tnstateparks.com/events/dragonfly-day-16th-annual>

### June 13

7th Annual Northeast Tennessee Farm Tour. 1 - 5pm. 20+ farms will be open for your self-guided tour: pet farm animals, see beautiful places, purchase local products and learn how your food, fiber, flowers and more are grown & raised. Rain or shine! \$25 car pass. <https://arcd.org/farmtour/>

### June 13

Native Groundcovers for Function and Beauty with Emily Driskill. 2 - 3:30pm. Asheville Botanical Gardens. \$25. <https://ashevillebotanicalgardens.square.site/classes>

### July 15 - 18

Cullowhee Native Plant Conference. Western Carolina University, Cullowhee, NC. Designed to increase interest in and knowledge of propagating and preserving native southeastern plant species in the landscape. Talks, small group field trips, hands-on workshops. <https://www.wcu.edu/engage/professional-enrichment/conferences-and-community-classes/the-cullowhee-native-plant-conference/index.aspx>

### July 19

Hamlett-Dobson Farm Fest. 2 - 5 pm. Exchange Place Living History Farm. <http://exchangeplacetn.org/>

### June 20

Lavender Festival. Historic Jackson Square, Oak Ridge, TN. 8am – 4pm. Main event free. 150 artisan vendors, live music, informative presentations on herb topics, food trucks, free children's activities and more! Ticketed events (herb lunch, wine tastings, garden tours) are scheduled over the three days. <https://jacksonsquarelavenderfestival.org/>

### June 23

Seminar: David George Haskell on How Flowers Made our World: The Story of Nature's Revolutionaries. 7:30pm. Free Webinar sponsored by TN Native Plant Society. <https://tnps.org/event/tnps-online-seminar-how-flowers-made-our-world-the-story-of-natures-revolutionaries/>

### July 24 - 26

Wild Herb Weekend, Valle Crusis, NC. For those who grow herbs as a hobby, use herbs for healing, or want to start a commercial herb operation. Lectures, hands-on workshops and plant walks. Wild food feast. <https://www.ncherbassociation.org/wildherbweekend2026>

### July 24 - 25

Xtreme Roan Adventures. Roan Mountain State Park. Kids' nature exploration event sponsored by The Friends of Roan Mountain. Kids ages 3 – 15 can choose from over 20 adventures/activities. For info contact Ken Turner, [ken@XtremeRoanAdventures.org](mailto:ken@XtremeRoanAdventures.org). 423-538-3419 or 423-366-9326

### July 25 - 26

Commemoration of 250<sup>th</sup> Anniversary of Battle of Island Flats. Saturday 10am - 3pm and Sunday noon - 3pm. Exchange Place Living History Farm.

### July 28

Sprout Your Smart Yard. 5:30 - 7pm. Knoxville Botanical Garden. Learn how to take steps toward certifying your landscape as a Tennessee Smart Yard. \$20. <https://www.knoxgarden.org/events/sprout-your-smart-yard>

## Something Different - Pineapple Lilies

Contributed by Hugh Conlon

Pineapple lilies (*Eucomis spp.*) are natives of South Africa and are easily grown as tender perennials in Tri-Cities TN/VA gardens (zone 7). These summer-blooming bulbs sport unusual flowers that inspired their colloquial name: pineapple lily. Depending on the cultivar, the long, strappy leaves may be green or burgundy tinted. Stems are sometimes freckled with purple. Flower colors come in white, pink, and violet.

These architectural and floral beauties are undemanding. In spring plant eucomis bulbs in your flower beds, front borders, and containers. Foliage is a basal rosette of strap-like, wavy-edged, purple-spotted, dark green leaves pointing upward and outward. The leaves are 18-24 inches wide and 20-36 inches tall depending on cultivar and bulb size. Dense cylindrical flower spikes are topped with leafy bracts resembling pineapples. Several floral color choices are available. After the petals drop, showy seed capsules form. Spent flowers can remain attached or be removed.

Plant bulbs 6 inches deep in fertile, well-drained garden soil in full sun. Shade will reduce the number of bloom stalks and result in weak stems that may require staking. Space plants 18-36 inches apart depending on the vigor and size of the cultivar. Pineapple lilies perform best if garden soil is not sopping wet over the winter.

At spring planting, apply a granular 10-10-10 or equivalent fertilizer or a slow-release product such as Osmocote®. Keep plants well-watered during the first growing season for optimum flowering. Pineapple lilies are deer resistant and pest free.

Pineapple lilies grow quite well in wide containers filled with a loose porous soil-less media. For a nicely full display, plant 3 bulbs in a 12 inch wide pot. Set the top of the bulbs just below soil surface. Keep well-watered during the growing season (April to early October) and feed with a water-soluble fertilizer such as Miracle-Gro®, Peters® or Schultz®.

Pineapple lilies grown in containers are best over-wintered in a freeze-free place. Allow potting soil to dry out and bulbs to go dormant. Remove withered dead foliage. Begin watering again in late March or April.

### Leading Cultivars:

**'Sparkling Burgundy'** sports dark burgundy spring foliage that gradually turns olive green in summer. Summer brings tufted crowns of purple bracts atop floral stalks.

**'Oakhurst'** has narrow leaves that start off green and gradually develop an intense burgundy-red color; smoky red floral stalks open pink with tufted top.



## Across the President's Desk

### My Gardening Journey through the First Half of the Year

By Earl Hockin

Beginning in February and continuing through late May, I grow and harvest several varieties of lettuce and spinach, cilantro, bok choy, tatsoi, Napa cabbage, carrots, parsnips and beets. This is possible because last fall they were all planted in raised beds and covered with row cover. In late winter, February through March, I start a variety of cool season vegetables like cabbage, lettuce and spinach indoors to be transplanted into raised beds protected by row cover. Cool season vegetables such as peas, carrots, beets and radish as well as green onions can be planted without row cover during this time. Tomatoes do not get transplanted until mid to late April and are protected with row cover until they start blooming. Eggplant and pepper plants can be planted in early May to be enjoyed through the summer months. Culinary herbs such as parsley, dill, oregano and basil are also planted then to be enjoyed during the summer months.

Planting basil near the tomato plants serves a dual purpose. The odor of basil repels tomato hornworms, spider mites, mosquitoes, fruit flies and asparagus beetles. As it blooms, it attracts pollinators such as bees and butterflies. Although I grow most of my vegetables in raised beds, in the past few years I have also grown all of them in containers all around the garden. What I have learned is that all vegetables can be grown in containers. Some of my favorite container plants are dwarf varieties of tomatoes. The ideal plant container material depends on the plant's watering needs and the available space. Common types include: terra-cotta (porous and great for drought-loving plants), plastic (lightweight and retains moisture), ceramic (decorative and moisture-retaining), wood (natural and rustic), and fabric containers (grow bags that allow air to move into the soil

encouraging healthier root systems). Fabric containers do need to be watered more frequently than the other types because they are porous allowing water to move through the fabric. Many informative resources focus on decorative containers for ornamental plants and fail to mention fabric containers. An article supportive of fabric containers was in *The Old Farmer's Almanac* on April 15<sup>th</sup>. (<https://www.almanac.com/grow-bags-vegetables>) If you have only minimal sunny yard space, you can put the containers in the sunniest locations of your property.

In June and July I prepare for a second growing season by planting for fall enjoyment. Vegetables to directly sow in June are bush and pole beans, sweet potatoes, carrots, okra, corn, summer squash and cucumbers. During the first week or two of June I transplant cherry and other small fruit tomatoes which produce faster than the larger varieties. Eggplant thrives in heat and humidity and can be transplanted in June to early July. Bell peppers and hot peppers also do well when transplanted in early June. Malabar spinach is a heat-tolerant green that can be planted at this time.

Flower varieties that tolerate heat and attract pollinators to your garden when planted in June include zinnias, marigolds, sunflowers, cosmos, and portulaca. Shrubs to plant in June and early July include rose of Sharon, rose mallow (hardy hibiscus) and potentilla. These plants should be watered heavily and consistently during this warmer, drier time.

In July I start preparing for a fall harvest by starting seeds indoors for brassicas like broccoli, cabbage, cauliflower, kale and Brussels sprouts. When transplanting them, I use row cover to protect young brassicas from pests.

### Hamlett-Dobson Farm Fest 2026

Hamlett-Dobson Farm Fest will provide old-fashioned family fun on Sunday, July 19, 2 - 5p.m. at Exchange Place Living History Farm, 4812 Orebank Road in Kingsport. Farm Fest celebrates the pleasures of country life as visitors step back into the nineteenth century and enjoy fresh summer food like watermelon and corn on the cob, join in activities from bygone days like sack races, hay rides, and cakewalks. Listen to music on traditional instruments, see the farm animals, and try your hand at old time crafts. The event is part of Kingsport's Fun Fest and is free with no ticket or registration required. To ease parking congestion a shuttle bus will run from Mountain View United Methodist Church to Exchange Place, 1:45 - 5:30p.m. This is a fun, family-oriented community event. We welcome SAPS and Master Gardener volunteers to help with plant and garden related activities. For more info or to volunteer: 423-348-6572 or [jemmoor@gmail.com](mailto:jemmoor@gmail.com).