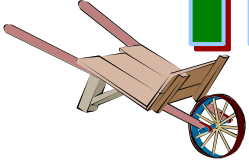


The Wheelbarrow



www.saps.us

Southern Appalachian Plant Society

October 2026

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Fall Plant and Seed Swap and Potluck

Saturday, October 3rd 9:30 am

V.O. Dobbins Center

301 Louis Street, Kingsport, TN 37660

SAPS members only

Our Fall Plant Swap will be at V.O. Dobbins Center. This location has plenty of parking and a very easy entrance. The preferred entrance is not the main entrance but the one a little farther along the building which will be marked with the SAPS sign and green balloons. Parking is available at the end of the building.

If you've been starting plants, dividing plants or collecting seeds, it's time to gather them and bring them to share with others. If you are in the process of trimming your collection of pots, garden items and deco or have decided to pass gardening books and magazines on to new readers, bring them to the swap. They may be just the thing someone has been looking for! Special and unusual plants or garden items can be contributed for the silent auction.

Please identify the plants you bring with the plant ID information form that accompanies the newsletter and remember that every item brought must leave with someone to a new home or return with the one who brought it. Then there's everyone's favorite thing – food. Bring your favorite potluck brunch dish. Because serving utensils are not provided, please bring a serving utensil for your dish. Plates, cups, napkins and flatware will be provided as well as water and coffee. The doors will be open at 9:30 and the brunch will begin around 10:15 giving us time to bring in our contributions and wander about to see what looks interesting.

The swap itself will be announced after we eat. It's okay to have your eye on something you want, but it is not okay to grab it until the swap is announced.

This event is restricted to members who are current with their dues, but those who have been a little late in getting around to renewing their membership will be able pay dues on the day. Memberships renewed at the swap will be in effect through 2027. If you have questions or need more information, please call or text 423-737-7915.

SAPS annual dues for 2027 will be \$25, an increase of \$5.

Our dues provide revenue for speakers and their travel expenses as well as the venues for our meetings and events.

It's not likely to surprise anyone to hear that the cost of these items has increased along with the cost of most other things. We intend to continue providing excellent, informative presentations that you don't want to miss.

Entrance
V.O. Dobbins Center



Upcoming Events

October 1

Herb Saplings Meeting. 7 pm at Exchange Place. Getting Out of Fight or Flight with Herbs with Seth McLaughlin, Family Nurse Practitioner, Advance Practice Holistic Nurse. Bring an herb snack to share if you have time.

October 3

SAPS Plant and Seed Swap and Silent Auction and Potluck. 9:30 am. V.O. Dobbins Center, Kingsport.

October 3

Seed Saving and Flower Drying Workshop. ASD Greenhouse, 17444 Singingwood Lane, Bristol, VA. 12 - 5 pm. Free. Stations will be set up to show you how to process the many vegetable and flower seeds. You can package and label seeds to take home for next year. <https://asdevelop.org/wildcrafting-workshops/>

October 6

Collect Native Seeds to Plant Next Year. Botanical Gardens at Asheville. 6 - 7:30 pm. ABG's garden manager, Sarah Coury, will explain ethical seed collection practices and share seed cleaning, storage, and propagation tips. <https://secure.qgiv.com/for/classregistrationform/event/abclaregistratio-paetemc/>

October 7

Blue Ridge Prism Fall Quarterly Meeting. 11:30 am-1 pm. Guest Speaker: Joan Maloof, ecologist, educator, author, and founder of the Old-Growth Forest Network. Free webinar. https://us02web.zoom.us/webinar/register/WN_2CvhOzS-T5WvhYo8a8oHfQ#/registration

October 9

Introduction to Permaculture & Permaculture Plants of Interest. NC Arboretum. 10 am - 1 pm. <https://ncarboretum.org/event/introduction-to-permaculture-design/>

October 9 – 10

Wildlife Weekend at Steel Creek Park Nature Center, Bristol kicks off with the debut of "Ghosts in the Forest", a documentary about prehistoric Appalachia, on Friday October 9, at 7 pm at Bristol Virginia's Legacy Theaters. Continues Saturday with hikes starting at 9 am and a day of family fun featuring educational kiosks, crafts, walks,

and more. 11 am - 4 pm.

<https://www.bristoltn.gov/1443/Wildlife-Weekend>

October 10

Fabulous Fall Plant Sale, UT Gardens, 2506 Jacob Dr, Knoxville, TN 37996. 9 am - 2pm. Trees, shrubs, perennial flowers, and a wide variety of native plants, houseplants, cool season veggies and more. Free admission. <https://utgardens.tennessee.edu/locations/knoxville/special-events-knoxville/spring-fall-plant-sales/>

October 13

An Introduction to Houseplants. UT Gardens, Knoxville. 5:30-7 pm. Learn where they're from, their environmental preferences, tips for keeping tropical and arid species happy indoors (including what to do if you go on vacation), and pest management. \$10 M, \$15 N. <https://utgardens.tennessee.edu/locations/knoxville/workshops-knoxville/>

October 19

Writing in Nature, a creative writing workshop with Julia Thie. 6-8 pm. Founders Park, Johnson City. \$30. <https://herbalachia.store/products/writing-in-nature>

October 21

Bats in the Backyard. 7 pm. Learn what a bat friendly landscape looks like with experts from Bat Conservation International. Join the premiere on YouTube. Webinar will be recorded and shared with registrants after premiere. Free. Register: <https://wildones.org/bats-in-the-backyard/>

October 31

NOLI - Introduction to Plant Identification with botanist Steve Price. 9 am – 5 pm. Rocky Fork State Park. \$75. <https://tnstateparks.com/events/noli-introduction-plant-identification-botanist-steve-price-2>

November 5

Herb Saplings meeting. 7 pm at Exchange Place. Herbal Cheeses with Christy Shivell.

November 19

SAPS Meeting. 7 pm. Jason Powell presents Petals from the Past: Exploring our Rich Heritage of Antique Roses, Heirloom Shrubs, Hard to find Perennials and More.

Growing Passionflower Vine

Contributed by Hugh Conlon

Passionflower (*Passiflora incarnata*), aka "Maypop", is a rapidly growing, trailing or climbing perennial. It is a member of the passion vine (Passifloraceae) family. (USDA hardiness zones (5b)6-9). The genus name, *Passiflora*, relates to the crucifixion of Jesus Christ. In the 15th to 16th century, Catholic missionaries in Latin America used parts of the flower to symbolize the Passion of Christ.

This rapid-growing vine climbs via axillary tendrils. Stems turn woody in warm winter climates and die to the ground in cold winter climates. As a ground cover, it spreads via root suckers and can cover wide ground areas when growing conditions are ideal.

Maypop fruit is an oval, egg-sized berry that starts green and matures to yellowish-green or pale orange. Within the ripened pulp are numerous ≈5 mm sized black seeds. Passion fruits are gelatinous, aromatic, and flavorful, making them popular for fresh consumption and culinary uses. The flesh and juice of the fruits are a treat in Latin America, Hawaii, and other places where they're grown. Plants offer a nutritious winter source of food for wildlife.

Passionflower grows in moderately fertile well-drained soils in full sun to part shade. Although the vine can cope with moderate seasonal dry conditions, moist soils encourage more blooms and bountiful fruiting. Slow, deep watering along with 2-3 inches of an organic mulch may be your best option. Feed monthly with a low nitrogen liquid fertilizer such as Miracle-Gro™ until mid-September. If a bushy growth habit is preferred, pinch the vine back following the first growing season.

The vine should be pruned in late winter or early spring to ensure abundant blooming from late spring thru summer. In patio and garden areas, support this showy vine with its edible fruits on an arbor, pergola, trellis, fence or wall near a patio where its showy flowers can be enjoyed. No serious insect or disease problems trouble this vine. This plant is moderately resistant to damage from deer.

P. incarnata is the hardiest of the passion flowers. In my opinion I don't feel that the vine is reliably winter hardy in the Tri-Cities area which the USDA has moved into zone 7a. I suggest training this twining vine on a protected surface by a wall, garage or other structure.

Passionflower vine is rarely seen at area garden centers but may be purchased at native on-line plant nurseries.



Across the President's Desk

By Earl Hockin

As you have probably noticed, I am very interested and involved in vegetable gardening and welcome opportunities to learn new gardening related information. By reading books on gardening and online articles I am introduced to new gardening practices and reintroduced to "tried and true" techniques. I enjoy gardening related presentations where the speaker's enthusiasm personalizes the knowledge. Some of my favorite books have included two by Niki Jabbour titled "The Year-Round Vegetable Gardener" and "Growing Under Cover", published in 2011 and 2020 respectively. Another book I have found informative is "The Vegetable Garden Problem Solver Handbook" published in 2023 by Susan Mulvihill which details strictly organic solutions to diseases and other problems in growing vegetables. Although my personal interest is primarily focused on vegetable gardening, I appreciate all forms of gardening - especially if food production or support for native wildlife is involved.

Autumn is a good time to plant fruit trees and berry vines and bushes. It is particularly advantageous to select plants that are self-pollinating. The best dwarf fruit trees (8 to 10ft tall) to plant locally in the fall include the following. Chicago Hardy fig trees will resprout in the spring if winter weather is so severe that it kills the tree to the ground. The Geneva series G.11 and G.41 of Cameron Select Honeycrisp apple will grow less than 10 feet tall. If you want to grow peaches, choose Bonanza Dwarf Peach which produces full size sweet peaches but grows only 5 to 6 feet tall.

If you have sufficient space, you may prefer semi-dwarf fruit trees which will grow 12 to 15 feet tall and produce larger amounts of fruit. Contender peach trees on Halford or Lovell semi dwarf rootstock is very cold hardy. Golden Delicious apple M-7 or MM-

111 semi dwarf rootstock does well in most soil types. Methley and Santa-Rosa Plum trees, if grown on Citation semi-dwarf rootstock, produce excellent crops. The best choice for a semidwarf pear tree is "Shinseiki" Asian pear grown on OHxF-87 or OHxF-97 rootstock.

When planting these fruit trees with dwarf rootstocks it is essential to mulch them heavily to protect the roots over winter while keeping the mulch a few inches away from the trunks as they could possibly rot if covered by mulch. This is actually good advice for mulching around any tree or shrub. It is also important to permanently stake all the dwarf varieties or grow them on a trellis to minimize stress and the possibility of breakage of the trunk and branches from the weight of fruit production. It was a surprise to me to learn that fruit trees planted in the fall should not be given nitrogen fertilizer which encourages the growth of leaves. To support root growth use phosphorus fertilizer.

Late October and early November before the first frost is the window for planting blackberries, blueberries and raspberries. This gives time for them to establish their roots before winter and then be ready to bloom and produce fruit in spring. Self-pollinating thornless Prime Ark Freedom blackberry plants will fruit twice in the season. Other thornless blackberry varieties to consider include Natchez and Ouachita. Kiowa produces extra-large fruits but has thorns.

Two blueberry varieties to consider are O'Neal which is early season or Sunshine Blue which is compact and ideal in containers. Two varieties of raspberries to consider planting in autumn are Dormanred, developed in Louisiana, or Heritage.

After the excessive heat of this summer it will be enjoyable to garden in the cool weather of autumn.

All About Seeds Day: Seed Saving Workshops for Farmers and Gardeners

Join ARC&D and Utopian Seed Project for free hands-on workshops on Thursday, October 8, at Appalachian Highlands Volunteer and Training Center, 4505 Bristol Hwy, Johnson City. Learn about all aspects of seed saving - collecting, cleaning, drying, and storing - from Chris Smith of the Utopian Seed Project. The first session focuses on seed production for farmers and the later session focuses on saving seeds for backyard gardeners. You'll leave with practical skills, helpful resources, and the confidence to save seeds for future growing seasons!

9:30 am-12 pm (with lunch to follow) - Seed Farming 101: Economics and Production

5 pm-8 pm - Seed Saving 101: Backyard Seed Saving for Gardeners

<https://arcd.networkforgood.com/events/102552-seed-saving-workshops>