

June Newsletter 2023

Gardening Friends ...

We made it through another winter and are cruising into summer and better weather. We've also made it through another garden club year. Thank you all for your dedication and support!

“Summertime is always the best of what might be”
— — Charles Bowden

Summer means flourish ... It's the exclamation point at the end — that hats-off cheering when the work is finished — when we get to revel in the beauty of all that's grown and flourished around us. It is so good to mark these moments, even if it's as simple as rolling down the windows and singing with friends ... happy summer!

BRIEF RECAP OF MAY MEETING:

The first presenter was Debbie DeDeFilipps who talked about the “Does and Don'ts of Plant Photography”. Debbie shared many of her own experiences with entering photographs in flower shows and how rewarding it has been. She did a nice job of debunking of the mystery around flower shows by reviewing the “Handbook for Flower Shows”. She shared how she has done pictures using the camera in her phone and the process she uses for printing. All very helpful!

Lois Helbert then talked about her experience becoming a beekeeper including information about types of hives, bear proofing and then more information about how honeybees are fascinating and intricate. The hive is made up of a queen who sets the tone for the hive and lays all of the egg, the workers who gather nectar, produce honey, guard the hive, keep the queen fed and maintain the climate in the hive and drones who are all male and have one job - mate with the queen. She shared that belonging to a bee club such as the Snoqualmie Valley Beekeepers Association (snovalleybees.org) and that there are many books available that talk about beekeeping. One helpful one for beginners is “Beekeeping for Beginners” by Amber Bradshaw and is available on Amazon. One last thing is a tip for rescuing honey that has crystallized - place honey jar in saucepan with 1 inch water and gently warm over low heat. To prevent recrystallization stir in 2 teaspoons light corn syrup per 1 cup honey before transferring honey to a clean jar.

For any of you that WANT TO BUY HONEY - on June 10 Fall City will host it's 50th Fall City Day Festival from 8:00AM - 4:00PM. The Snoqualmie Valley Beekeepers will be there selling honey!

VOLUNTEER DAY AT BELLEVUE BOTANICAL GARDEN - MAY 19

The number of volunteers was small but mighty. Thanks to June Ann for organizing this fun opportunity and to Gale and Lois for lending a little muscle. We worked in the

Rhododendron Garden and watched a number of groups of children being toured through the gardens as part of BBG Education Program for inspiring young children to learn about gardening.

Here are a few interesting facts from the thank you note that was sent out from BBG:

“The Bellevue Botanical Garden is visited by over 425,000 people each year to connect with nature and learn about best gardening practices for the Northwest. Since 1992, we’ve been a successful collaboration between the City of Bellevue and a vibrant and diverse community. In 2022, over 750 volunteers contributed more than 16,000 hours to the Garden.”

SUMMER VACATION! NO REGULAR MEETINGS UNTIL SEPTEMBER ...

DAY: Wednesday, September 13

TIME: 1:30PM - time for set-up if needed

2:00PM - Welcome & Introductions

2:30PM - Program followed by social time and business meeting

LOCATION: Our Savior Lutheran Church

745 Front Street South

Issaquah

MEETING REMINDERS:

Coffee & Tea Drinkers - Please remember to bring your own cups (we’ve gotten Lax about doing this and over the months our supply of disposable cups has been depleted)

PLANT SALE - JUNE 17 (PLEASE NOTE THE CHANGE IN DATE)

The plant sale has been moved to June 17 as our yards have been slow to wake-up this spring and many of us don’t have much (if anything) to repot and contribute.

Here are the details:

Date: June 17

Location: Our Savior Lutheran Church - 745 Front Street, Issaquah

Time: 9:00AM until 3:00PM (or sold out)

General Information:

** To keep profits separate from the two clubs each will have their own colored price labels

** When pricing plants and baked goods please use round numbers such as \$2.00 as it makes the treasurer’s job easier. No \$1.75 prices!! We will also at some point cut prices

in half to hopefully not have lots to take home and round numbers will also make this easier.

** The church will allow us to use tables but if you want to sit please BRING YOUR OWN CHAIR

Bake Sale: Decide what you want to bake and be prepared to wrap a few cookies or brownies separately (hobby stores have cute bags) and price each item

How to get ready:

** Dig plants from your yard and repot

** Create a brief information sheet for each of the plant types:

* Send information you want on your information sheet to Gloria by June 10 and she will create the sheets for you. Email is nwwire@gmail.com

* Name of plant

* Mature size of plant

* Sun or shade

* Water requirements (if unique)

* Color of flowers (if any)

* Special attributes of the plant (like deer resistant etc)

SAVE THE DATES:

June 3 - 4 - Point Defiance Flower and Garden Festival. Tickets online.

June 5 - 8 - Washington State Federation of Garden Clubs Convention in Olympia.

June 17 - Joint Plant Sale with the Issaquah Garden Club.

July 22 - Mill Creek Garden Club Tour / Artisan Market. Information on line.

September 22 - 24, 2023 - District Flower Show "Fall in Love with Flowers" - Bellevue Botanical Garden.

EDUCATION CORNER:

16 Low-Maintenance Flowers to Plant in Your Garden

Add these pretty—and pretty easy—blooms to your beds and borders.

A garden full of beautiful, vibrant blooms doesn't always require hours of weeding, pruning, and watering: [Low-maintenance flowers](#) grow in every part of the United States, from the full sun and sandy soils of [the western region](#) to the damp, woody areas of the Northeast. The 16 expert-recommended flowers on this list can add color to a dull [garden bed](#), serve as a border around a plot, or drape over garden walls and rocky areas to add texture. Bright foliage, intricate blooms, vivid tones spanning a rainbow of shades, and [low-effort care requirements](#) make these plants an easy "yes" on your next trip to the nursery.

RELATED [15 Shade-Loving Perennials to Brighten Up Your Garden](#)

Blanket Flower

Short-lived—but brightly-colored—perennial blanket flowers, also called gallardia, are native to the western United States, so they thrive in full sun and poor, well-drained soil. "The cultivars of this plant are many, and for good reason," says Annie Barrow, the manager of sustainable landscape services at the [Denver Botanic Gardens](#). "Often, blanket flower can become floppy and look unkempt. Cultivated varieties offer bunchier plants

with flowers that are bolder, brighter, bigger, and longer-lasting."

Zone: 3 to 10

Size: 24 to 36 inches tall x 12 to 24 inches wide

Growing conditions: Full sun to partial shade; poor, well-drained soil

Wild Bleedingheart

Dicentra eximia, also known as turkey corn, fringed bleedingheart, or wild bleedingheart, adds color to your garden with bright pink bursts of heart-shaped blooms. This long-blooming perennial will go dormant in the summer if allowed to dry out, but with continued watering, it will bloom again in September, says Michael Hagen, curator of the rock garden and native plant garden at the [New York Botanical Garden](#). "Lots of cultivars are available, but all are hybrids with the western species, *Dicentra Formosa*," he says.

Zone: 3 to 8

Size: 18 to 24 inches tall x 18 inches wide

Growing conditions: Partial shade; well-drained, woody soil

Coneflower

Different species of coneflower thrive across the United States; in the western half of the country, Barrow recommends narrow-leaf coneflower *Echinacea angustifolia*. "It is drought tolerant and thrives in our native, lean soils," she says. "It performs much better than purple coneflower, *Echinacea purpurea*, which is native to eastern North America and found in marshlands and swamps."

Zone: 3 to 8

Size: 12 to 24 inches tall x 10 to 18 inches wide

Growing conditions: Sun or part shade; dry, sandy soil

Black-eyed Susan

The most well-known member of the Rudbeckia family, black-eyed Susan, is a short-lived, low-maintenance perennial that provides bright yellow flowers in late summer and fall. It's also a "pollinator favorite," says Dee Hall of [Mermaid City Flowers](#) in Norfolk, Va., that comes in a variety of cultivars in different sizes and colors.

Zone: 4 to 9

Size: 24 to 36 inches tall x 12 to 24 inches wide

Growing conditions: Full sun; well-drained soil

Yarrow

The *Achillia* species, commonly known as yarrow, shoots up tall, green stalks with clusters of small yellow, pink, red, or white blooms at the top. "It is one of the toughest garden plants that also offers long blooms—June through October," says Barrow. "Any species or variety will do well in both dry and wet and rich and poor soils."

Zone: 3 to 9

Size: 6 to 36 inches tall x 24 to 36 inches wide

Growing conditions: Full sun; dry soil

Bigroot Crane's Bill

Geranium macrorrhizum, or bigroot crane's bill, is a "hardworking, quick-growing [groundcover](#) with fragrant foliage and cheerful pink flowers—super easy and undemanding," says Hagen. In the fall, the low foliage turns reddish-brown, adding autumn color. Hagen recommends using this plant as a border edge or garden filler; his favorite cultivar is Ingwersen's variety, which shows off pale pink flowers.

Zone: 4 to 9. **Size:** 12 to 15 inches high x 18 inches wide

Growing conditions: Full sun to part shade; well-drained soil

Astilbe x arendsii Hybrids

Vibrant *Astilbe x arendsii* hybrids bloom in cone-shaped clusters of tiny pink, purple, or red blooms. "Originally bred and selected in Germany at the start of the 20th century, these hybrid astilbe cultivars are still to be surpassed for reliability and vigor," says Hagen. "[They are] perennial standards that are long-lived, easy-to-grow, deer- and disease-resistant, and available in a multitude of flower colors, from shades of red to pink and white with varying heights."

Zone: 3 to 8

Size: 24 to 48 inches tall x 24 to 36 inches wide

Growing conditions: Partial shade or sun; moist, rich, cool soil

Bishop's Hat

Epimedium grandiflorum, often referred to as bishop's hat, is a perennial groundcover with spindly purple or white blooms. "The gold standard for plants that thrive in dry shade," says Hagen. "They are long-lived, easy-to-grow, and undemanding, with dainty flowers in spring and often nice fall foliage."

Zone: 4 to 9

Size: 12 inches high x 12 inches wide

Growing Conditions: Shade to partial shade; cool, well-drained soil

Moss Phlox

Moss phlox, also known as creeping phlox, is a [spring-blooming perennial](#) that Hagen describes as an "absolute mainstay for [the rock garden](#) and a great companion plant for early spring bulbs." Dense flowers and low, matted foliage are easy to grow, long-lasting, and come in a wide variety of purple, pink, white, and blue shades.

Zone: 3 to 9

Size: 6 to 9 inches tall x 12 to 15 inches wide

Growing Conditions: Full sun; well-drained soil

Red Hot Poker

Though Red Hot Poker, the common name for the species *Kniphofia*, and its cousin Regal Torchlily (*Kniphofia caulescens*) are native to South Africa, this summer bloomer also "lights up acres of terrain with its showy summer flowers" in the western part of the country, says Barrow.

Zone: 5 to 9

Size: 36 to 48 inches tall x 24 to 36 inches wide

Growing conditions: Full sun; well-drained soil

Coral Canyon

This perennial pushes out pretty, coral pink flowers along the top section of its leafy stalk from late spring through fall, says Barrow. Though it needs consistent watering when planted, once established, it is [drought resistant](#) and grows well in dry, loamy soil.

Zone: 5 to 9

Size: 12 to 18 inches tall x 18 to 24 inches wide

Growing conditions: Full sun to part shade; well-drained, loamy soil

Hellebore

Hellebore gets its common name, Lenten rose, from its propensity to bloom in late winter or early spring—before Easter, during the season of Lent—adding white, pink, or purple color on top of dense, evergreen foliage. "They also do great in shade," says Hall.

Zone: 3 to 9

Size: 9 to 18 inches tall x 12 to 24 inches wide

Growing conditions: Full sun to full shade; moist, well-drained soil

Foxglove Beardtongue

Foxglove beardtongue (*Penstemon digitalis*) is a [pollinator-friendly plant](#) boasting tall stalks with white, tubular flowers that attract hummingbirds, butterflies, bees, and other nectar-seekers during spring and summer, says Hagen. "Cultivars such as husker red have distinctive red foliage," says Hagen. Hall also recommends these as "very easy, low-maintenance perennials" that are commonly grown from seed.

Zone: 3 to 9

Size: 36 inches tall x 25 inches wide

Growing Conditions: Full sun; well-drained soil

Lavender

The delicate flowers and recognizable scent of lavender make it a popular garden addition, while its low-maintenance care gives gardeners a break. "Native to rocky, gravelly soil, lavender is at home in the soils of the front range and prefers low water conditions," says Barrow. "Lavender is a classic traditional perennial that

blooms May through October, and can be cut, dried, and used in tinctures and for its essential oils.”

Zone: 5 to 9

Size: 24 to 26 inches tall x 24 to 48 inches wide

Growing conditions: Full sun; dry soil

Clustered mountain-mint

Clustered mountain-mint (*Pycnanthemum muticum*) offers "aromatic, silvery-gray foliage and unobtrusive pink tubular flowers in flat topped clusters that are absolute bee magnets in late summer," says Hagen. Easily fill tricky growing spots with this dense, fast-growing species, including varieties like white-flowered *Pycnanthemum tenuifolium* and "clump-forming, graceful" *Pycnanthemum curvipes*, he adds.

Zone: 5 to 8

Size: 24 to 36 inches tall x 18 to 24 inches wide

Growing Conditions: Full sun to part shade; well-drained, drier soil

Blue Mistflower

Spidery, clustered flowers blooming above the pointed leaves of blue mistflower (or ageratum) are a popular draw

for your garden's pollinators, says Hall. This late-blooming plant shows its color in summer and fall.

Zone: 5 to 10

Size: 12 to 36 inches tall x 12 to 36 inches wide

Growing conditions: Full sun to partial shade; moist, sandy soil