

September 2025 Newsletter

YEAR AFTER YEAR, AUTUMN

RETURNS TO THE WORLD IN HER
OWN GOOD TIME ...

She can sneak up subtly or arrive all of a sudden. Either way, she rides in on wild winds and under a harvest moon the color of honey. She comes to dim the daylight and stretch out the night.

She colors the trees and urges the songbirds southward. She has returned to set the natural world afire, to bring the sun low, to usher in the fall of the year ... a time so very familiar to us and, yet, always new. Wherever she goes, autumn lights up the senses and stirs up memories. She wields the power to enchant us all, in fact ... to transport us back in time, back into ourselves.

One way or another, the amber magic seeps into each and every one of us. And while the natural world softly fades into winter, autumn is busy changing us from within. She whispers gently, speaking silent incantations to both body and soul, reminders of just how far we have come and how far we still have to go.

Autumn reminds us to harvest the best from another year of life lived. Reminds us to savor these moments of transformation.

Reminds us that all things must pass from gold to gray before they can come to life again. Reminds us that there is no going back. Change is the only way forward, the only way onward.

Don't be afraid. You have been here before. You will come here again.

Come, she says, let us go together. Ever onward, hand in hand ... welcome to yet another year of garden club!

SEPTEMBER GARDEN CLUB MEETING:

Date: September 10, 2025

Time: 9:30 AM - Set-up

10:00 AM - Business Meeting starts

10:30 - 11:00 - Social and Snack time

11:00AM - Program

12:30 - Clean-up

Location: Our Savior Lutheran Church

745 Front Street South

Issaquah, WA

Program: Pressing Flowers and Making Gift Tags

**NOTE: You'll be doing hands-on crafting
so to optimize your experience bring a pair of tweezers!**

September Snack Committee:

Hostess: Sandra R.

Crew: Georgann L.

Joy J.

Deb M.

Marie W.

Cathy W.

October Snack Committee:

Hostess: Maura E.

Crew: Debbie D.

Joan F.

Joanne W.

Shadi W.

REMEMBER THE SALE TABLE:

Bring items (including plants) to sell on the sale table! This helps us clean out unused items from our homes, provide shopping opportunities (Christmas is coming) for others and helps keep our bank account healthy. Bring lots of treasures to sell ...

LETS SAVE ON KITCHEN SUPPLIES:

Please remember to bring your own plate, napkin and silverware so we don't deplete the club's supplies and reduces our garbage footprint! And, attention coffee and tea drinkers - remember to bring your own cup (THANKS)

POST OFFICE TROUGH:

A sign-up sheet will be passed around for volunteers to check on the trough and surrounding area to make sure it is tidy and watered during the winter months:

Thanks to Deb M. for checking on the trough in August!

September - Gale

October - TBD

November - TBD

September General Membership Meeting (GMM):

DATE: September 29, 2025

TIME: Check-in starts at 9:30AM with the program beginning at 10:00AM

ADDRESS: 2650 148th Ave SE (right off of I-90)
Bellevue, WA

(Bonus: Lots of free parking)

COST: \$10.00 at the door (with a reservation) which includes two speakers and lunch. Walk-in's will be charged \$15.00 and if you are a "no show" you will still owe \$10.00.

PROGRAM:

Horticultural speaker: Steve Marple on
Pollinators

Design speaker: Heather Jellerson on "Year Round
Color Gardens"

NOTE! The Issaquah Garden Club will be providing the lunch

YOU MIGHT HAVE MISSED:

Blue Star Marker Clean-up: Debbie, Jean, Karen, Georgann, Gale, Dianne and Doug attended the work day and the Blue Star Marker looks great. Thank you to all that participated in this important project!

Board Meeting (August 18, 2025):

The first Board Meet of the new garden club year met at Bellevue Botanical Gardens. Here are some interesting factoids that were discussed:

** There are currently 124 members in the Eastlake Washington District

** The West Sammamish Garden Club as chosen to disband

** Arbor Day celebration at Bellevue Botanical Gardens will be moving to fall rather than in the spring since this is a better time of year to plant trees. Details to follow ...

** The flower show held in August at Bellevue Botanical Gardens was a big success with 669 attendees. Thanks go out to everyone that volunteered to make this a success!

** Presidents gave verbal reports about what their clubs have been doing. Common themes were the challenge to get new members as well as the cost of speakers for monthly meetings.

SAVE THE DATES:

September 29, 2025 - General Membership Meeting

October 17, 2025 - Bellevue Botanical Garden Work Day -
9:00AM - 11:00AM

EDUCATIONAL CORNER:

Don't Ever Leave Dead Plants in Your
Garden, a Gardening Pro Says—Here's
Why

Pull dead plants with pests or disease—like tomatoes or squash—to prevent future issues and support crop rotation.

Leave healthy dead plants or cover crops like rye to boost soil and block weeds.

Skip full fall cleanups—seeds and stems help birds, bees, and bugs overwinter.

If you wonder whether you should leave dead plants in the garden, the answer is yes. Pulling dead plants that [carry pests or diseases](#)—which, unfortunately, [applies to many crops](#)—is key to preventing future problems.

But, leaving certain dead plant material in place also [enriches the soil](#) and creates a habitat for beneficial insects—so there are some exceptions.

Read on to learn which plants you should pull and which ones you can leave standing.

Why You Should Pull Dead Vegetable Plants:

Pests and Diseases

When a plant gets hit by a pest and/or disease, it needs to be pulled. Some diseases, such as [tomato blights](#), are so persistent that you must dispose of infected plants in the trash.

But even less severe diseases such as [powdery mildew](#) overwinter on plants and pose a risk for next season's crops, and the same applies to pests.

To break the cycle, you should pull all plants that are especially susceptible to pests and diseases, such as members of the nightshade family (tomatoes, eggplants, potatoes, peppers), brassicas (broccoli and cabbage), and cucurbits (cucumbers, winter and summer squash, melons) once the harvest is over.

Crop Rotation

The other reason why plants should be removed from the garden is that they tend to reseed themselves in the same location.

Tomatoes are notorious for that—you'll end up with oodles of tomato seedlings in the same spot the next year, but if the tomato is not an [open-pollinated heirloom variety](#) and is a hybrid, the tomatoes won't have the same qualities as those from the parent plant. So, they will likely taste disappointing.

This is a big no-no—crops must be rotated every year to prevent pests and diseases and avoid unilateral nutrient depletion of the soil.

Which Dead Plants Actually Enrich Soil?

There is no harm in leaving some dead plants in the garden if they are not contaminated by pests and diseases and won't reseed. Just dig them under to speed up the decomposition.

The best plants, however, to benefit your garden soil are cover crops, [also called green manure](#). Planted as soon as the summer crops have been pulled, cover crop seeds germinate quickly and grow during the fall and winter before being dug under in the spring.

Cover crops roughly fall into three groups:

[Grains such as winter rye](#)

Legumes, such as clover

Broadleaf plants, such as buckwheat.

Cover crops require extra effort, but they are worth it—they add valuable biomass to the soil, keep weeds out, and aerate the soil.

Gardening Tip

Cover crops are by no means only for large gardens, cover crops can be planted in spaces of any size, including raised beds.

Benefits of Dead Plants for Wildlife

When it comes to the other plants in your yard, consider skipping a thorough fall cleanup where you indiscriminately cut back all the plants.

Only cut back plants that are diseased, [such as peonies](#), which tend to be covered with powdery mildew at the end of the season. By cutting them back and disposing of the diseased foliage in the trash, you remove the spores from your yard.

Likewise, collect debris around trees and shrubs with pest or disease issues and remove all fallen fruit from around fruit trees—but leave all the other plants untouched.

The more beneficial insects you encourage to stay in your yard over the winter, the better your garden will do the next season.

The seed heads of annuals such as sunflowers and many perennials provide food and shelter for birds and other wildlife.

The hollow or pithy stems of tall perennials such as bee balm serve as a hibernating and nesting space for cavity-nesting bees and other pollinators the next spring.

[Ladybugs](#), which are important predators of aphids, overwinter in leaf litter and other protected spaces.

3 Sources:

[Crop Rotation](#). Clemson University Cooperative Extension.

[Perennials](#). University of Maryland Extension.

[How to Create Stem Habitat for Stem-Nesting Bees](#). Xeres Society.