

Connecticut Horticultural Society

NEWSLETTER

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Nature's Rx for Mental Wellness

2018 Garden Trends Report from Garden Media Group

The Garden Media Group, a PR and marketing firm out of Philadelphia, has released its 2018 Garden Trends Report. Their annual report is one of the most published garden studies in trade and consumer news. A summary of the report is presented below. To read the entire report, visit: <http://www.gardenmediagroup.com/gmg-releases-2018-garden-trends-report>

In today's 24/7 connected society and public discontent, depression and anxiety are skyrocketing world-wide. By 2030, the World Health Organization predicts anxiety will be the #1 health issue, outranking obesity.

Analysts reported that the global wellness economy – wellness tourism & real estate, the spa industry & workplace wellness – reached \$3.7 trillion in 2016 and is expected to grow 17% over five years.

And Gen-Y is the most stressed and anxious to date. According to Ypulse, 81% of 13-34 year-olds are making mental health a priority and want new ways to balance physical and mental wellness –and clear their heads.

Thanks to celebrities such as the British royals, mental health is no longer a stigma. Prince Harry believes there has been a “dial shift” in prioritizing mental wellness,

urging young people who constantly check their phones to slow down and process their thoughts rather than rushing from one thing to the next.

In other words, it's time to stop and smell the roses!

Wellness is no longer just about being healthy. It goes deeper, embracing positivity, relaxation and self-care. A happy mind leads to a happy body. Being surrounded by air purifying plants, finding a quiet place to meditate or eating a plant-based diet are all reflections of wellness trends that have become status symbols for people who make health a priority.

The new study of neuro-conservation from Dr. Wallace J. Nichols, an evolutionary ecologist and research associate at the California Academy of Sciences, says being in nature and around water shifts our brain towards hope and compassion and away from stress and anger.

Research today reinforces wisdom of the ages –from Cyrus the Great of Persia, who built relaxation gardens 2,500 years ago, to Fredrick Law Olmsted, the father of American landscape architecture –all types of gardeners continue to follow this ancient prescription for mental and physical wellness. And that's good news for gardeners.



Photograph from Garden Media Group

With this leading global consumer trend, the theme of the 2018 Garden Trends Report is **Nature's Rx for Mental Wellness**.

The rising trend of wellness isn't just about keeping the body healthy anymore; it's about keeping the mind and spirit healthy, too, as you'll see from the seven gardening topics that will be trending in 2018.

1. CLIMATE CONTROLLED

Since 16 of the last 17 years have been the warmest on record, it's no surprise that unpredictable climate conditions

(continued on page 4)

Hurry! Buy your tickets for the CHS Symposium,



Striking the Balance,
by Wednesday, January 10
to get the best price!

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Membership Dues:

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Senior Family (65+).....	\$64
\$30 under 30 years.....	\$30
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Organizations.....	\$80

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Connecticut Horticultural Society Symposium 2018

STRIKING A BALANCE

Saturday, February 3, 2018, 9 a.m. to 5 p.m.
The Mark Twain House, Hartford

Gardening is ever-changing. With introductions of new design styles, new plants and new methods it can all get a bit confusing:

- I want my yard to support pollinators, butterflies, and other creatures – but I also want the plants I want, even if they don't fulfill an "environmental function"
- Should I only stick to native plants? What about the non-natives that so intrigue me?
- I want to reduce my maintenance but I also want lots of gardens. Is that possible?
- Should I have perennial borders, or focus on plant communities?
- I love unusual plants and want lots of interesting foliage – can I do that and still be able to manage my gardens?

These and many more ideas will be discussed on Saturday, February 3, 2018, when the Connecticut Horticultural Society will present three experts who will DIG DEEP into contemporary thought about gardens to help you find your comfort zone amid a wide array of styles and choices.

RICK DARKE – The Living Landscape

Gardeners today want a home landscape that nourishes and fosters wildlife. But they also want beauty, a space for the kids to play, privacy, and maybe even a vegetable patch. Sure, it's a tall order but Rick Darke can show you where to begin.

CHRISTINA SALWITZ – For the Love of Horticulture

Christina will talk about plants and combinations that WOW us. Her visually sumptuous slideshow will explore the flora, fauna and cultural artifacts that join us all in our love of horticulture. She is a "Hort-Head" of the first order, a writer of plant passions and a container gardening fashionista! Christina makes gardening about saving labor, time, and money; and above all, having fun.

CLAUDIA WEST – Creating Stunning Plant Communities that Stand the Test of Time

Plants are the foundation of healthy ecosystems and they bring beauty and joy to our lives. But great plants alone don't automatically create lasting ecological benefits in our gardens. Claudia West will talk about spectacular perennials and grasses and how to use them in natural combinations that increase the ornamental, functional, and ecological value of your landscape.

Visit cthorth.org to register online or to print off a registration form. Or call Mary Anna at (860) 529-8713. She's in the CT Hort office office from 11 am to 4 pm on Tuesdays and Thursdays.

Thank you to our generous business members and contributors!



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Soil Sense and Sustainability

Let's Stop Treating Our Soils Like Dirt – Our Lives Depend Upon It!

Thursday, January 18, 7 pm

with Dawn Pettinelli, University of Connecticut



Dawn Pettinelli

Dawn is an Assistant Extension Educator at the University of Connecticut. She manages the UConn Home and Garden Education Center and the UConn Soil Nutrient Analysis Laboratory. Both facilities provide information, testing and advice to residential and commercial clientele. She also developed and coordinates the UConn Master Composter Program, a train-the-trainer volunteer outreach program that was started in 2009.

Society's fate is inextricably linked to its soils. All too often this vital, living resource is taken for granted. Come learn about the basic tenets of soil science. Delve into the mysteries of the living ecosystem below our feet when Dawn Pettinelli joins us for a discussion on 'Soil Sense and Sustainability.' Find out about some of the threats to healthy soil and discover ways both gardeners and communities can protect one of their most valuable assets. 🌱



"The nation that
destroys its soil
destroys itself."

– Franklin D. Roosevelt

CHS Program Meeting

Meetings are open to everyone with a drop-in fee of \$10 collected at the door from non-members. For more information, visit www.cthort.org.

Date: Thursday, January 18

Time: Program starts at 7:30 p.m. but come early – 7 p.m. – to socialize, browse CHS library books, participate in raffle items, look at travel fliers or get your plant questions answered by our resident horticulturalist, Kevin Wilcox.

Location: Emanuel Synagogue, 160 Mohegan Dr., West Hartford



Speaker Feedback

After you attend a speaker meeting, please take a moment to tell us what you thought of the presenter. Your candid feedback helps us to arrange for speakers that will hold your interest. Take the four-question survey on our website – cthort.org. Click on the survey icon found on any page then chose the speaker you want to rate. Thank you for your feedback.



STORM ALERT!

In the event of inclement weather on the night of a CHS Program Meeting, tune into WFSB TV Channel 3, or call the CHS office at 860-529-8713 for a recorded message.

“Nature’s Rx for Mental Wellness”, from page 1

are challenging the way we garden. And it’s not just drought. Intense rain storms, floods, hail, tornadoes, heat waves, mild winters, and wildfires are stressing our ecosystems. To reduce worry and work, gardeners are looking for resilient, weather-hardy plants that stand up to extreme weather conditions.

“We are in the unfortunate situation of being the first generation of gardeners, ever, who cannot rely on historical weather records to tell us what our climate is, or what to expect in the future.”

– David Wolfe
Department of Horticulture,
Cornell University

Whether you’re growing on your kitchen counter or in a greenhouse, indoor gardening lets you control the climate and garden year-round. Glasshouses maximize free solar energy, use land efficiently, conserve water and reduce pest and disease exposure. Plus, you can grow your own food year-round.

Trees cool and reduce heat, especially urban trees, keeping cities habitable. New research says trees are stressed and more susceptible to damage. Stressed trees can’t fight pests and diseases, allowing pests to multiply and migrate faster and destroying more trees in wider geographic areas.

“The urban environment can be a tough place for trees,” said Greg Ina, vice president, The Davey Institute. “The changing climate is only going to make tree care and selection more complex. Our research and development teams are focused on creating strategies for resiliency and adaptation.”

If tree risks are not addressed and treated, we could lose the tree benefits that keep cities cool.

2. SOCIAL NETWORK

Instead of seeing plants as objects in a

sea of mulch, think of gardens as social networks. Walk through a forest and you’ll see that every square inch of soil is covered with a mosaic of interlocking plants. A big shift in horticulture is from thinking about plants as individuals to looking at them as communities of interrelated organisms.

This changes how we care for our gardens to focus on management, not maintenance. When you plant in communities, you manage the entire planting, not each individual plant. Plant communities, once established, are more for enjoyment than work. Margaret Roach says, in a recent New York Times article, plants in combinations “solve challenges that many of us have: beds that aren’t quite working visually, and garden areas that don’t function without lots of maintenance.”



Photograph from Garden Media Group

Future private and public gardens, such as the Delaware Botanic Gardens (DBG), will reflect this communal living by planting in “eco-tones,” plants that work in harmony, according to Gregg Tepper, director of horticulture at the DBG. Opt for “green mulch” where there is bare soil. “With sedge, you plant it once and it’s good to go,” says George Coombs, research horticulturist at Mount Cuba Center. Landscape Architect Thomas Rainer agrees and adds golden groundsel, rhizomatous strawberries, self-seeding columbine or woodland poppies. Also consider combining butterfly weed with low grasses such as prairie dropseed, blue gramagrass or buffalo grass.

3. IMPERFECT GARDENING

Wabi-Sabi is an ancient Japanese practice that appreciates imperfections in life and the ability to age gracefully. Wabi-sabi gardens imitate nature in a way that allows you to relax and appreciate their humble and imperfect forms – yes, even the weeds.

“The garden is a natural place to embrace wabi-sabi, the art of imperfect beauty, and practice the delicate balance between nature and nurture.”

– Ilana Goldowitz Jimenez, Ph.D.
plant scientist & writer
Gardening Know-How

According to Designer Julie Blakeslee at Big Red Sun, people are creating imperfect gardens with natural, sustainable and locally sourced organic materials. HGTV agrees homeowners are turning to quality, natural materials, such as metal, stone or wood, over plastic. Repurpose objects such as old iron gates or gardening tools that will change over time and weather with the seasons.

Growing clover and dandelions in untreated lawns is becoming a status symbol for conservation. In general, lawns are less sought-after each year, according to Architectural Digest. The survey found that new subdivision plans no longer include expanses of lawns. Think prairie-esque lawns and ground covers, tall golden grasses, even sedge, depending on conditions.

Plants that look good, are easy to manage and provide food for pollinators serve a major role in ecological biosystems. Plant double duty natives, one for you and one for the birds and the bees. Plant perennials and self-seeding plants that will establish a social network over the course of years. Don’t deadhead. Allow plants to display their seed pods during the fall and winter.

4. BREATHING ROOM

The stress of being connected 24/7 is resulting in a craving for quiet, for “turning off” the noise. Awareness of the harmful effects of indoor pollution continues to rise, with 52% of people in the U.S. using houseplants to clean the air. As a result, people are creating breathing rooms using plants that clean the air and clear the mind. These rooms enable people to connect with nature and create a small oasis or ‘pause architecture’ in our fast-paced society.

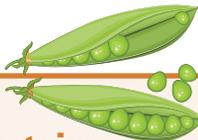
“Privacy is shorthand for breathing room, for time to develop our own unique identity free from ‘likes’ or ‘comments’ on social media.”

– Julie Cohen
Professor of Law at
Georgetown University

Hanging gardens and flower pot pendants are the next big thing indoors. Create a green canopy in your home with palms, ferns, orchids, rhipsalis, philodendrons and other leafy plants, or in your kitchen with herbs. Zen up your breathing room and improve your mental health by adding a special space for meditation, reflection and relaxation.

5. MAKE A SPLASH

The overwhelming response to Longwood Gardens’ new \$90 million, two-year fountain renovation proves water is bigger than ever. “Water, it’s not just a small ‘sound’ feature. Everyone seems to be going for big pools. There are a lot of reflective qualities, and that’s what people are looking for,” says Bloom award winning Irish garden designer, Alan Rudden. The majority of gardens at Chelsea 2017 featured elements of water, from smooth sided, stepped plunge pools and spiral metal chutes to more subtle water features in black stone dishes.



10 Protein-Rich Foods to Grow at Home

- | | |
|-------------|---------------------|
| 1. Edamame | 6. Asparagus |
| 2. Peas | 7. Spinach |
| 3. Quinoa | 8. Kale |
| 4. Broccoli | 9. Millet |
| 5. Corn | 10. Sunflower seeds |

6. GROW YOUR OWN PROTEIN

Cara Rosenbloom of the Washington Post notes that “A new wave of concerned citizens, especially millennials, are turning to meat-free eating for better health – both for ourselves and the planet.” Plant-based foods require less land, water, fuel and other resources to grow, making them more eco-friendly than their animal-based counterparts.

Eating more plants has created a new consumer – The Flexitarian. There are 23 million Americans who identify as flexitarian. 30% are eating more plants and 38% go meatless at least once per week. Vegetarian products have doubled over the past five years as meat consumption per person has fallen 15% since 2006. Many who are eating less meat are taking control by growing edibles rich in protein at home.

- | | |
|----------------------|---------------------------|
| 1. Acai berries | 7. Eggplant |
| 2. Beets | 8. Plums |
| 3. Black raspberries | 9. Purple cabbage |
| 4. Blackberries | 10. Purple carrots |
| 5. Blueberries | 11. Purple sweet potatoes |
| 6. Goji Berries | |



11 Purple Foods to Grow at Home

Horticultural Happenings & Announcements

Note: Happenings are listed on a space-available basis. To submit an event, send details to news@chhort.org. Please format the announcement to resemble the entries below. Deadline for February issue is January 15.

Sat., Jan. 20, noon – Connecticut Daylily Society welcomes Nick Chase for a recap of the 2017 American Hemerocallis Society’s National Meeting in Norfolk Virginia. Location: Avon Senior Center. Potluck lunch at noon followed by the 1 p.m. presentation. Visit www.ctdaylilyclub.com for more details.

Saturday, Jan. 20 and Saturday, Feb. 3, 9 a.m. to 3:30 p.m. - Connecticut Beekeepers Association (CBA) encourages anybody interested in beekeeping to consider signing up for their Beekeeping School. The first school is on January 20 at the Connecticut Agricultural Experiment Station, 123 Huntington Street in New Haven and another on February 3 at the Housatonic Valley Regional High School, 246 Warren Turnpike Rd in Falls Village. Fee: \$50. Additional information and registration available on the CBA website at ctbees.org/bee-school. 🐝

Visit chhort.org for the latest listings and links.

Society Personality: Clare Meade, Board of Directors



If you've ever had the pleasure of speaking with Clare, you may detect a hint of the south in her voice. She hails from North Carolina where she attended Duke University for her graduate and masters degrees. It was at Duke where she met her future husband, who convinced her to head north and settle in Old Wethersfield, where they've been ever since.

Clare has spent her entire career working for non-profit organizations in various capacities. Her extensive experience provides the Board with a valuable knowledge base. She currently is a fundraiser for Shriners Hospitals for Children.

Why and when did you join CHS? I've been a member on-and-off for nearly 30 years. I became interested in CHS when I moved to Connecticut and we bought our first home. It was the time when Roger Swain hosted Victory Garden and we'd watch the show every Saturday after we'd finished in the garden.

Describe your gardening style. At this stage of life, my goal is to create oases of calm around me. The rest of life is chaotic enough these days!.

What do you like best about your own garden? We have lived in our current home on Main Street in Old Wethersfield for 18 years. The neighborhood is well-established with large lots and mature trees. Main Street is well-traveled and our lot is on an open corner. We have created layers of enclosure with hedges and mixed shrub borders and taken advantage of the different growing conditions available from dry shade to full sun. It has grown into a sheltered, private space.

Which plant(s) do you wish you could grow but can't? I would love to be able to grow plants that thrive in sharp drainage and hot sun — varieties of lavender and santolina come to mind. Unfortunately, my shady yard and river bottom soil won't support them.

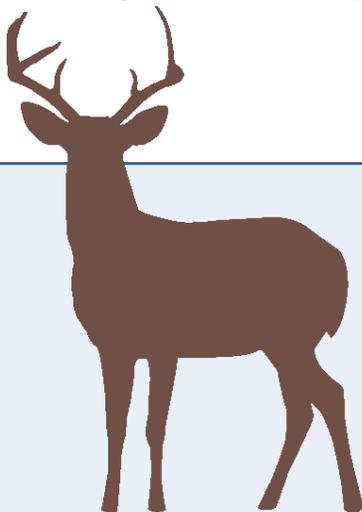
Did someone in your life inspire you to become interested in gardening? Absolutely! That would be my grandmother. She was an artist and had the most amazing woodland garden at her southern home that would change throughout the season with waves of colors and textures. In addition, my dad was an avid vegetable gardener.

If you could be a gardener or horticulturalist from history, who would it be? Gertrude Jekyll (1843-1932). She is considered to be one of the greatest and most influential English garden designers. Gertrude pioneered the idea that a garden should be a series of rooms each planted with a particular color scheme. She believed that gardens shouldn't be too tidy and that self-seeding plants should be allowed to grow where they fall. Her style of 'controlled chaos' is more difficult to achieve than it looks. The White Garden at Sissinghurst Castle in Kent England continues to exemplify Jekyll's design approach.

What gardens do you like to visit? Any garden — a display garden or a friend's garden. There is always something interesting to see.

What is your biggest gardening mistake? Oh gosh... I've had many! I am often too optimistic about my ability to control beautiful garden thugs. I've learned to use something like *Aegopodium podagraria* only when it's surrounded by concrete, but I'm still fighting *Conoclinium coelestinum* and *Adenophora*. My worst recent mistake was to let a large garlic chive go to seed and winter over. It was very romantic in the snow, but I had to dig up the entire herb garden and am still finding seedlings all over the yard.

And when you're not gardening...? You just might find me out somewhere birdwatching or hiking! 🦋



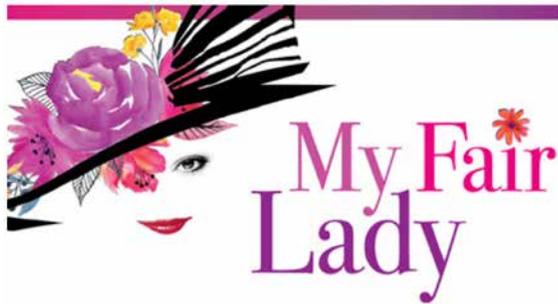
Put Deer Fencing Up Now

While deer are active year round, they seem to do a lot of damage to trees and shrubs during the winter months when other food sources are covered by snow. To protect individual plants or a hedge, set up wire fencing or some other non-light-blocking material. Smaller plants could have a lath-work structure placed over them.

For more ways to control deer damage, view this UConn Ladybug fact sheet:
<http://www.ladybug.uconn.edu/FactSheets/deer-damage---control.php>

CHS Travel

BROADWAY MATINEE



Wednesday, April 4

My Fair Lady is back on Broadway for the first time in 25 years in a new production from Lincoln Center. Tony winner Bartlett Sher directs, leading a creative team that reunites the Tony Award-winning designers behind 2008's South Pacific and 2015's The King and I.

The day includes lunch at Mont Blanc 52 in the Theater District.

Cost: \$224 per member
Add \$10 per person if not a CHS member.

2018 Philadelphia Flower Show *Wonders of Water*



Sunday & Monday, March 4-5, 2018

The Philadelphia Flower Show is America's largest horticultural event that attracts 250,000 guests each year. Don't go it alone, instead hop on with CHS on Sunday-Monday, March 4 & 5, 2018. You'll enjoy acres of gardens, thousands of displays, interactive exhibits and more than 180 shops in the Marketplace.

The theme of this year's show is Wonders of Water and will explore the extraordinary, essential and life-giving beauty of water in the world. Expect a show that showcases the different ways water is used, both for gardening and for amusement. Conservation and sustainability will also be highlighted.

Two-day trip starts with a visit to the brand new Museum of the American Revolution in Philadelphia followed by Sunday dinner at a local favorite – Spasso Italian Grill. Monday is devoted to the flower show.

Cost: \$349 per member (double) or \$429 per member (single).
Add \$50 per person if not a CHS member.

Glorious Gardens of Washington DC

Wednesday–Saturday, April 25-28

This adventure features four full days of magnificent gardens in and around our nation's capital. Garden visits include:

- the recently reopened-to-the-public Dumbarton Oaks located in Georgetown,
- Hillwood estate and gardens in Washington D.C., the final home of Marjorie Merriweather Post.
- American Horticultural Society River Farm in Alexandria, and
- Tudor Place, an urban estate built by Martha Washington's granddaughter overlooking the Potomac

There will also be a riding tour of 'Washington by Night' after a delicious welcome dinner at Tony & Joe's on day one. Our farewell dinner will take place aboard the Odyssey while enjoying a Potomac River music and dinner cruise. This is a spring trip rich with history and beauty.

Cost: \$1049 per member (double) or \$1399 per member (single).
Add \$50 per person if not a CHS member.

NOTE: Seats are limited due to the size of certain gardens so please book early, if interested.



Dumbarton Oaks



Hillwood estate and gardens

**To reserve your spot or for more information, please call
Friendship Tours at (860) 243-1630 / toll-free (800) 243-1630
or visit www.friendshiptours.net and select CHS Tours.**

CHS Calendar at a Glance

- Thurs., Jan. 4** – CHS Board meeting,
7:00 p.m., Rocky Hill office
- Mon., Jan. 10** – Register for Symposium by
today to avoid \$25 price increase
- Mon., Jan. 15** – February Newsletter
content deadline.
- Thurs., Jan. 18** – CHS Program meeting,
7:30 p.m.
- Sat., Feb. 3** – CHS Symposium *Striking a
Balance*, Mark Twain House, Hartford
- Thurs. – Sun., Feb. 22-25** – CT Flower
& Garden Show – *A Breath of Spring*,
Hartford Convention Center.
- Sat., Mar. 3, 10 & 17** – Veggie Workshop
Series, Naugatuck Valley Community
College

Dated Material 🌿 *Please Rush*

The CHS Newsletter is printed
on recycled paper with soya ink.



Beginner Vegetable Gardening Workshop

Presented by Barry Avery, Master Gardener

Saturdays: March 3, 10, 17 (snow date: March 24), 10 a.m. to noon
Naugatuck Valley Community College, Waterbury

Barry Avery likes to say that the one singular thing he has learned in his gardening life is that nothing is ever the same as it was last year, and that is the beauty of Mother Nature. She insists on observation, evaluation and reaction. She teaches you to be patient, to accept failures, celebrate successes, and learn from both the good and bad experiences.

Join Barry as he teaches an encore series on “Beginner Vegetable Gardening.” Classes will be held at Naugatuck Valley Community College in Waterbury. There will be three two-hour sessions, March 3, 10 and 17, with a ‘snow date’ of March 24. This is the first workshop of 2018 organized by the CHS Education Committee.

On March 3, learn what to consider when starting an earth-friendly, organic garden. Topics covered will include:

- site selection, exposure, soil conditions
- seed starting, buying plants, ordering seeds, and correct planting techniques
- the difference between Hybrid, Open Pollinated and Heirlooms varieties, and
- a basic understanding of the biological system of plant growth

The two subsequent dates will focus on the specific vegetables attendees express interest in. Classes are interactive allowing the content to be determined by the need and level of experience of the attendees. Questions are encouraged during class. Common disease and insect problems will also be discussed and advice given on how to prevent and treat. And, if requested, Barry will share his favorites with attendees.

FEE: \$25 for all three classes, if a CHS member.
\$35 for non-members

Visit cthort.org to register online or
call Mary Anna at the CHS office – (860) 529-8713 –
to register. She’s in the office from 11 am to 4 pm
on Tuesdays and Thursdays.

