



**Sandhills**  
Horticultural Gardens

# The Bloomin' News

Sandhills Community College

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Fall 2013

*The Sandhills Horticultural Society - dedicated to the support of the Sandhills Horticultural Gardens since 1987.  
Please help the Gardens grow by becoming a Society member.*

## Birdscaping

Dee Johnson

I borrowed the name 'Birdscaping' from an article I saw on the internet. I thought it was a great descriptive term for what many of us want to do in our own landscape. My own landscape might even include 'Critterscaping' but for this article I will focus on my feathered friends.

Plants have flowers and fruit at various times of the year so to best provide for your birds you need varied bloom and seed producing plants in your landscape. You also need to realize that the birds need different types of food throughout the seasons. You need spring fruit that will feed the new parent birds. In the fall the migratory birds are looking for fatty, ripening fruit and in the winter they are looking for nutritious fruit that remains on the plant long after frost. Remember not all berries are consumed by all bird species. Just like us humans birds have specific tastes for certain fruit and will avoid others.

I want to remind you when looking to purchase fruit producing plants, many need pollinators. In other words there are male and female plants. You must have both to produce fruit. The hollies are the best example of this. Only the female hollies produce fruit.

Most all hollies are good food sources for the birds but the waxwings, robins and bluebirds are especially fond of holly fruit. The deciduous hollies, like Ilex verticillata 'Winter Red' not only make great food for the birds but make great winter interest in your landscape.

Listed are some plants and some of the birds that like certain plants, but in addition to food in your 'Birdscape' you should plant for nesting areas and shelters from the cold. A grouping of conifers produces a nice windbreak and a great place for certain birds to build their nests. If you have enough space a good choice might be Thuja plicata



*Kousa Dogwood*

'Evergreen Giant' – Evergreen Giant Arborvitae.

- 🔴 Cornus florida – Flowering Dogwood – robins, bluebirds, thrushs, catbirds, cardinals
- 🔴 Cornus kousa – Kousa Dogwood - tangers and grosbeaks like dogwoods
- 🔴 Malus – Crabapple
- 🔴 Chionanthus virginicus – Fringetree
- 🔴 Pyracantha coccinea – Scarlet Firethorn
- 🔴 Mahonia bealei – Leatherleaf Mahonia
- 🔴 Nandina domestica – Heavenly Bamboo
- 🔴 Clethra alnifolia – Sweet Pepperbush
- 🔴 Myrica cerifera – Waxmyrtle
- 🔴 Viburnum opulus – Cranberry bush Viburnum

There are many other viburnums that produce good fruit  
Remember to provide diverse food for your birds throughout the seasons.



*Flowering Dogwood*



# Sandhills Horticultural Society Events

Dolores Muller

A bus trip to Witherspoon Rose Nursery, the Annual Spring Plant Sales, a class on the Use and Care of Perennials in the Landscape, Military Appreciation Day in the Gardens, a Summer Floral Arranging Workshop and a Succulent Container Workshop were events that the Horticultural Society offered in the last three months.

Twenty eight people took the trip to the premier rose grower in North Carolina, Witherspoon Roses in Durham. A tour of the nursery, information on growing roses, refreshments and time for rose shopping were part of the day. On the way home a stop was made at Southern Season for lunch and shopping. Look for information about our November bus trip to the Orchid Gallery and lunch at The Oakleaf Restaurant in Pittsboro.

Our first Military Appreciation Day was held in the gardens for military families as a thank you for all they do. Military trained dog demonstrations by K2 Solutions, Chip Gentry of Hawk Manor Falconry with his birds of prey gave a talk about them and their training, the Sanford Wildlife Rescue bird exhibit, balloon animals, face painting, craft stations, music and refreshments all made this day special. Our perennial workshop was a sell out and many happy people went home with summer floral arrangements and succulent container gardens from these two workshops.



Ann Raynor and Deirdre LaCasse enjoying Witherspoon's roses

## FALL EVENTS

To register for workshops and classes – Pre-payment is required.

Send payment and name of class to: Sandhills Horticultural Society, Attn.: Tricia Mabe, 3395 Airport Road, Pinehurst, NC 28374.

Cancellation prior to 48 hours of the event is required to receive a refund or credit toward another workshop.

### Real Foods in Fast Times

September 6 (Friday) 10:30AM to Noon. Ball Visitors Center  
Presentation by natural food chef Kathy O'Donnell, founder of *Real Foods in Fast Times*. Come prepared to taste raw and cooked vegetables from our gardens and farmers markets. Learn the benefits and differences between the two. End with a sweet treat of rosemary olive oil cake. Bring a bottle of mild white wine (Sauvignon Blanc is good) and learn to make an herbal wine you can enjoy at home. **Space is limited.**

Horticultural Society Members \$15. Non-members \$20.

### "The Dance of Photography"

September 16 (Monday) *rain date Tuesday 17* - 9AM to 4PM. Ball Visitors Center

Award winning photographer Laura Gingerich will conduct a full day photography workshop. This workshop is structured for those that have knowledge of their camera but desire a better understanding of shutter speed, aperture and advanced features on the digital cameras. **Class size is limited to a minimum of 10 but no more than 15.**

Horticultural Society Members \$80. Non-members \$90. **Lunch included.**

### Improving Your Health with Tai Chi/Qigong in the Gardens

September 30 (Monday) 9AM to 12:30PM. Ball Visitors Center  
Spend the morning with Tai Chi master instructor Lee Holbrook learning some simple movements that benefit the mind and body. Then, stroll into the Gardens to participate in an interactive class. **Space is limited.** Horticultural Society Members \$5. Non-members \$10.

### Member's Night Pre-Plant Sale

October 18 (Friday) 4:30PM to 6:30PM. Next to Steed Hall, Sandhills Community College

Join us for refreshments and an opportunity for members to get first pick of plants or pick up pre-ordered plants prior to the public sale on Saturday. Call Johanna Westmen 910-246-4959 to pre-order: woody plants (azaleas, hollies, camellias), perennials, daffodils, pansies and spring flowering bulbs.

### Fall Plant Sale

October 19 (Saturday) 8AM to Noon. Next to Steed Hall, Sandhills Community College

Purchase woody plants (azaleas, hollies, camellias), perennials, daffodils, pansies and spring flowering bulbs. Call Johanna Westmen 910-246-4959 to pre-order plants.

### Bus Trip to The Orchid Gallery

November 5 (Tuesday) Depart 9AM Belk's parking lot; Return 3:30PM  
Plans are for bus transportation to The Orchid Gallery followed by lunch at the Oakleaf Restaurant in Pittsboro. *See details in bus tour article.* Horticultural Society Members \$40. Non-members \$45.

### Thanksgiving and Christmas Decorating

November 12 (Tuesday) 10AM to 1PM. Ball Visitors Center  
Carol Dowd of Botanicals in Southern Pines will demonstrate decorating ideas for the upcoming holiday season. Bring a 10 oz. soup can or 12 or 16 oz. soda bottle to create a floral treasure to take home. All materials included. **Space is limited to 24.**

Horticultural Society Members \$25. Non-members \$30.

### Holiday Flower Arranging

December 12 (Thursday) 10AM to 1PM. Ball Visitors Center  
Maggie Smith of Maggie's Farm Floral & Garden

Designs will conduct a workshop in which participants will make a holiday floral arrangement to take home for the Christmas holiday. All materials will be supplied – bring gloves, apron and pruners. **Space is limited to 24.**

Horticultural Society Members \$30.

Non-Members \$35.



# Year Round Vegetable Bounty

Rebecca Rodriguez

In my life I moved around several times before coming to the Sandhills and whenever I settled anywhere for over a year and had even a patch of earth, I started a vegetable garden. I suppose it's in my blood. My grandmother had a vegetable garden, my father had a vegetable garden, I am just supposed to have a vegetable garden. But I quickly realized that with each move, I would need to relearn the definition of a vegetable garden in my new climate. I grew up outside Chicago where you didn't put your tomatoes in the ground before May and by the beginning of October you were putting the garden to sleep for the winter and hoping you wouldn't have to wear a snowsuit underneath your Halloween costume. When I moved to San Francisco, I thought I would have fresh home grown veggies year round, after all California grows more than half of the nations fruits and vegetables (<http://www.farmland.org>). Unfortunately the 8 ft x 8 ft backyard I was lucky to have was foggy 365 days a year and infested with 6 inch long slugs. The only fresh veggies I got were at the farmer's market. Living in Tucson, my gardening brain had to do a 180 turn, and I planted my vegetables in October. I never experienced a frost there and I couldn't keep up with the irrigation needed to survive the heat of the summers so I gardened in the winter. Most recently, I tried my luck in San Antonio, but I started my seedlings a little late to have them in the ground by late February and my yields suffered as the 100 degree days started in May. Finally I arrived in paradise, and if you don't think the Sandhills is gardening paradise, try the red clay in Georgia – not fun.



Summer tomato planting with room to interplant onions and garlic in the Fall

I started my vegetable garden last September, 3 months after moving to the Sandhills and it has produced non-stop ever since. On a side note, thank you to all the local farmer's markets for getting me through that first summer, our local farmers produce amazing crops all year round! As I write this I am currently enjoying the best harvest I can

remember since my youth and am eating and canning and freezing as fast as I can. I am also planning my fall garden and will begin to sow seeds for transplants the first week of August. In the Sandhills, garden centers will start carrying fall crops in August and to get good harvests this fall you can plant as early as you can buy them. Crops to look for include Cabbages, Collards and Broccoli. These all appreciate getting in early if you want to harvest this fall, but I also had great success in letting them grow through the winter and I was harvesting them until I had to make room for my spring crops. Kale and Swiss Chard are also crops that can do good through our winters. I am actually still cutting my Red Russian Kale and Rainbow Swiss Chard that I planted last fall. In the beginning of July I had to pull off all the leaves of the Kale when the cabbage worms got to them, but the stalks have resprouted and I'm harvesting again! I'll also be planting onion and garlic bulbs and the brussel sprouts this Fall and letting them over winter to harvest in the Spring. When it gets cooler, I'll sow a mixture of lettuce seeds to cut from until we get a frost.



Spring garlic harvest for a Fall planting

Although I am contemplating expanding my 25ft x 25ft garden, most of these plants I'll fit in by interplanting with my summer crops. The onion and garlic bulbs are going between my tomato plants. When the tomatos are done I'll just cut the plants off at ground level. I currently have bush beans interplanted with my potatoes. As I harvest the last potatoes, I'll plant cabbage and collards into these spaces. If your interested in interplanting, also called companion planting, there are many good websites that list vegetables that grow well together and the few that are incompatible. I'll write more on that subject in our next newsletter. Until then, enjoy the end of the summer's bounty and look forward to the taste of fall vegetables. Even if you don't grow your own, visit one of our many local farmers markets or stands and reap the healthy epicurean delight of eating local, in-season fresh produce year round in the Sandhills.

## Bus Tour to The Orchid Gallery & Lunch at the Oakleaf Restaurant

Circle Tuesday, November 5 on your calendars now. The Horticultural Society is planning a bus trip to this famous orchid facility. Plans are for bus transportation to the Orchid Gallery, a guided tour & orchid growing tips by owner Jeff Baldwin and time to shop for orchids. We will then go to the Oakleaf Restaurant in Pittsboro for lunch. If you have not eaten there you are in for a treat! On the way home there will be a brief stop at The French Connection in Pittsboro.

Receipt of payment will guarantee your reservation. Cost: \$40.00 Horticultural Society member, \$45.00 non-member. Lunch is not included in the cost. Depart from Belk's parking lot near Talbot's at 9:00 AM return approximately 3:30 PM. For additional information call 910-695-3882. Send your check to: Sandhills Horticultural Society, Attn: Tricia Mabe, 3395 Airport Rd., Pinehurst, NC 28374.

Space is limited. Check due by October 4.



## Fall Garden Tips

- **Overseed warm season grasses with winter rye during September and October.**  
**Note: Do not overseed Centepede grass.**
- **Plant Pansies for Fall and Winter color.**
- **Plant spring blooming bulbs in November.**
- **Cool season vegetable transplants can go in the garden as early as August.**
- **Cut back hybrid tea roses for the winter.**
- **Fall is a great time to plant your trees and shrubs.**
- **Bring any interior or tropical plants back inside before night temperatures drop below 60 degrees.**



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# Proper Planting Techniques

*Jim Westmen*

This time of the year is one of the best times for planting trees and shrubs. The first thing you should think about is the type of planting you are planning on doing. If you are planting a whole bed, then you should consider tilling the soil. This would also be the time to amend and adjust the fertility and ph of the whole bed area. However, if you are planting individual plants separately, then you would approach this situation differently.

When preparing to plant an area I would first till the area then add amendments like aged pine bark, peat moss, or better yet some nice compost that you have created or even bought commercially. Depending on your soil type, for example a sandy type soil, you may benefit from adding an amendment which could increase your soil moisture. On the other hand if you have more of a clay type soil, you would want something to help loosen and aerate your soil. The most important thing to remember is in order to really improve and modify your soil, you need to add and incorporate enough to have an effect. Four to six inches layered on top and tilled in eight to twelve inches would be a good range to start. Any less than that and it will not have much of an affect. A basic fertilizer, organic or otherwise, and some lime to adjust ph should also be incorporated at this time. Here in the Sandhills if the area has never had any lime added, your ph could probably be around 4.2-4.5 which is very low for most ornamental plants to grow well.

When planting an individual hole, consider this. Instead of just digging a hole a few inches wider than the root ball, I suggest you create more of a planting zone and loosen or even till a 3'-6' area just like you would if you were installing a bed to plant in. This way you have given the plant an area for new roots to grow out into and establish itself even more quickly.

When preparing the plant for installation, these are some key things to pay attention to:

- Cut or scratch up the peripheral roots on container grown plants to reduce circling
- Face best side out for view and vertically straight up and down
- Balled and burlap plants; remove strapping and burlap on top, leave wire basket on
- Tall trees 6'-7' or higher consider staking to prevent wind disturbance, but at the same time, allow some trunk movement
- Backfill around the roots to eliminate air pockets and sturdy plant in hole
- Water when backfilled half way and again after completing backfill
- Remember that water is a key ingredient to a new planting succeeding in its new setting. Monitor the moisture level daily then weekly for a few months to ensure the plants root ball area is receiving adequate amounts. This is probably the most critical part of planting new plants.

Little pruning should be needed except for dead, damaged or diseased branches. You can also prune young trees to space branches and remove undesirable branches such as crossing branches, double leaders or branches too close to one another. Happy Planting.

