

# November 2008

## Sacramento Garden Notes

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Last Sale of the year!

November 1,2,3,4

1689 Vallarta Circle off of  
Truxel just south of the I-  
80 Truxel exit.

**50% off ALL PLANTS...** I  
have over 250 varieties of  
perennials available

Effective Nov.5<sup>th</sup>, I will be open by  
appointment only until spring.



Geranium magnificum has fuzzy leaves and purple flowers. An easy to grow variety.



Heucherella Stoplight above and Heuchera Southern Comfort below make a sharp color contrast to each other either in the garden or in containers.



**Things to do now** – There is still time to seed in those California natives and winter growers that grow through the winter and bloom in spring such as California poppy, Clarkia, Blue Spot, Lupines, and almost all other poppies.

In nature these don't germinate until after the first good rains- which we haven't had yet this year...so planting them in a watered setting will start them germinating right away to grow through the winter and bloom in the spring.

You can still plant fall planted, spring blooming bulbs, however check when buying them in stores that the bulbs are neither soft and rotten, or dried out (the exception here are Ranunculus and Anemone, which always look like dried out bits of nothing).



Take a stroll through places like the Land Park WPA Rock Garden, Hamilton Square in the Old City Cemetery and other gardens to see what is in bloom now, so you can plan on improving your fall color.

If you have items that can be subject to freeze damage (Citrus, Angels Trumpets and such) get together items for frost protection in one place NOW – it is much better than running around in the dark when a frost or freeze warning is issued.

Below: Heuchera ‘Lime Ricky’



This is a good time to apply a mulch and start a compost pile. Since Sacramento has street pickup of leaves in many areas, a drive around town can get you bags of leaves to use for this purpose, or to till into your veggie garden.

Remember you want the small, lighter leaves like elm, locus, modesto ash etc - NOT big leaves like Sycamore, which pack down into a plant smothering mat

Other sources for free mulch include the smud corporate yard where you can pick up free shredded wood and leaves from their tree trimming operations and many local area horse owners, who often have composted straw and manure to get rid of.

While plants are drying out slower now due to lower temperatures and shorter days, that doesn't mean you can forget watering. You many not have to do it as often, but you can

lose plants to dryness even when they are dormant.



Salvia guarantica is upright growing Salvia to about 3-4 foot with a long blooming season. It is deer resistant and comes in colors from sky blue to dark purple. Best in half day to full sun.



### Stress relief for nature lovers –

With all the stress many of us are under with the financial mess that has resulted from years of deregulation and unbridled greed in the corporate world.. a few suggestions for moderate to low cost stress relief :

It's a great time to take a car ride towards the mountains and enjoy the fall color and scenery.. even an overnight to Yosemite or one of the coastal state parks can give you a wonderfull escape from the daily stress.

A trip up the coast from San Francisco to Ft Bragg, stopping at beaches to walk the shore, and the huge number of state parks is a great getaway that can be done on the cheap or high end, depending on what you want .



Remember California has a world of parks, great scenery and lots to do to escape your problems if you only take the time to look around at what is available. The CA state parks website can give you some ideas..

A day in San Francisco looking around, maybe visiting Strybling Arboretum and Golden Gate Park is a nice change also. Remember that a day or two away can be MUCH cheaper than weekly counseling sessions.. think of it as therapy for your mental health!!



Salvia leucantha (Mexican Sage) above and Salvia elegans (Pineapple Sage, both the green leaves and the new golden form) below are large growing Salvias that provide great FALL color and are both resistant to drought and attract hummingbirds.

These two can get large though, easily reaching 4' by 4' or larger so give them plenty of room in a sunny spot.



## Fall & Winter Planting:

When talking of HARDY plants, be they perennials, shrubs or trees, most of our area except for higher elevations can plant whenever the ground is not frozen.

For this reason, there isn't much of a break between Fall Planting and Spring Planting, except for people getting busy during the Holiday Season.

Some hardy plants may be dormant, but can be planted all winter. Bareroot material starts coming into the nurseries right after the Holidays.

I will be having a January Bareroot and Dormant plant sale as always, though I haven't decided if it will be downtown or at the house.

Admittedly, it becomes less pleasant to work outdoors as our temperatures drop and the rainy season makes yards wet, but if you know you'll be planting an area, covering it with straw or mulch will help prevent it being pure mud unless we get above normal precipitation.

**Breaking Barriers need help with their holiday meals program, both donations and people to deliver food boxes to clients. Contact them at (916) 447-2437**





Muscari armenicum is an easy to grow, spring blooming small bulb. It puts up its foliage in fall, stays green all winter and blooms with grape scented flowers in spring.

It likes sun or part shade, naturalizes fairly easily, can be used around winter dormant perennials to fill in, in a spot in the front of the border, or in containers where the blooms can be easily reached to smell ( this bulbs only gets about 6 inches tall). It goes dormant for the summer.

For your info, other bulbs that put up foliage in the fall include Paper white Narcissus, Watsonia, some Crocosmia, Chasmanthe, Dutch Iris, Ipheon, Scilla peruviana, Cyclamen, and many South African natives – so no, your plants are not behaving abnormally.

### **Odds & Ends:**

A large pot of Daffodils or Tulips planted now can make quite a show come spring, and it does NOT have to look empty all winter!

Your can plant low growing evergreen plants, or even Violas or Pansies for winter color and the bulbs will come up through them for double effect!

In the garden, this same technique can be used to provide additional color, and

especially daffodils and taller bulbs make a great show coming up through groundcovers, or low creepers, plus you don't have a bare spot when the bulbs die back in summer!



Lavatera bicolor is a large growing, evergreen, very drought resistant shrubby plant that has bright blooms, stands hot sun with no problems and is not fussy about soil (although it does NOT like wet feet).

This plant needs an occasional pruning or will reach 6 x 6 ft. When watered it will bloom for months, if left to mostly natural rainfall will be mostly winter/spring blooming.

### **Do you enjoy Garden Notes?**

**If so, a reminder to be Thankful this Holiday Season and make a tax deductible donation to Sunburst Projects, so they can provide a merry Holiday Season to the children and families they serve! Contact for charge cards: [Jennifer@sunburstprojects.org](mailto:Jennifer@sunburstprojects.org) Even a small donation from each person who receives the free email newsletter would make a HUGE difference!!**