The BUZZ | Page 1

Exclusively for Society members

Winter 2022

Rosa ‘Crimson Knight’. Photo courtesy of Suntory Flowers.
“Won’t you come into the garden? I would like my roses to see you.” – Richard Brinsley Sheridan (1751-1816), Irish politician, poet, and playwright.

Roses have been the world’s favorite flower for millennia, but in the past, most roses required regular spraying with fungicides to prevent diseases. As people became more environmentally conscientious, the popularity of growing roses in home gardens waned. Rose sales declined. That served as a wake-up call for rose growers, who turned to disease resistance as their primary goal in breeding new varieties.

Remember, even the most disease resistant roses require eight hours of sun a day, regular water, and occasional fertilizer. Always practice good garden sanitation.

Kordes® Roses has been a leader in striving to breed disease-free roses since making the revolutionary decision in 1989 to stop spraying their fields. They lost a large percentage of their crop and started breeding with the survivors. Other growers followed suit.

A few years ago, Star Roses and Plants bought the rights to distribute all Kordes® roses in the United States. One of their newest introductions is ‘Soul Sister™’, a shrub rose in the Kordes Sunbelt® collection, indicating that roses in this group are heat tolerant. ‘Soul Sister™’ is a compact grower reaching three and a half feet high and two and a half feet wide. Orange buds open to fragrant ruffled copper flowers that age to amber-yellow. According to Kordes, “The soul of a rose is her fragrance.”

And speaking of fragrance, ‘At Last®’, a floribunda rose, has a strong perfumed fragrance that on warm days can be enjoyed even while standing two feet from the bush. Amazingly, this is a Proven Winners (known more for their annuals) introduction, and they have now included it in their Oso Easy® series of roses. It grows three feet high and wide and was named ‘At Last’ because at last here is a rose that combines all the romance of a fragrant, fully-petaled tea rose with total disease resistance. This rose is almost constantly in bloom. It is a “self-cleaning” rose, meaning that when the apricot-peach blossom is spent, all the petals suddenly fall off. If other plants are growing under ‘At Last®’, you will need to remove the petals that have fallen on the plants below.

A more recent introduction in the
Oso Easy® series is a landscape-type rose named ‘Oso Easy Double Red®’. These true red doubled flowers appear continuously (yes, continuously!) from spring until the first freeze, and they have a lovely, light fragrance.

This durable landscape disease-free rose grows four feet high and wide and has won numerous awards. It makes a dazzling hedge, and is gorgeous in a mixed border.

Another rose in the easy-care Oso Easy® series is ‘Oso Easy® Paprika’, a shrub rose growing to only two feet high and wide making it perfect for a container. The single two-inch free flowering blossoms are coral orange with a yellow eye and bloom in small clusters. In the winter, the bare stems turn burgundy red for year-round interest.

This year, into their Brindabella™ series, Suntory is introducing ‘Crimson Knight’ (pictured on cover). This series is a collection of seven tough shrub roses selected for superior disease resistance and fragrant doubled flowers on bushy plants that grow to four feet high and wide. ‘Crimson Knight’ produces regal flowers that start out with nearly black buds, which then unfurl to reveal vibrant crimson red petals that have a heady fragrance.

‘Funny Face’™ is a rose worth growing for its lighthearted name alone! It is a shrub rose that was bred for Bailey Nursery’s Easy Elegance® collection by the award-winning breeder Ping Lim. It produces four-inch pink-splashed petals surrounding a pure white center with yellow stamens. Blooms vary from single to semi-double and make good cut flowers. Because it only grows three feet high and wide, it makes a good container plant, but is also beautiful in the middle of a mixed border.

Some of these roses may be difficult to find, but the hunt is half the fun! Now is the perfect time to order mail order roses.
We’re excited to once again have a booth at the Northwest Flower & Garden Festival! Because BBGS is sponsoring one of the three flower show judges, Tracy DiSabato-Aust, our booth will be located on the lower level beside the seminar rooms—where all the action is! Hundreds of avid gardeners will pass by every day. Our booth will be especially beautiful, thanks to plants provided by Wells Medina Nursery.

The festival will take place at the Washington State Convention Center February 9-13, 2022. Show hours are 9am-8pm Wednesday-Saturday and 9am-6pm Sunday. Regular adult tickets are $25 per day.

However, volunteers who sign up to work in our booth to promote the Society and our beautiful Garden will receive a free day pass! Your shift will only be two hours, so before and after your shift you will be free to enjoy the show!

Current volunteers can sign up for a shift in Volgistics. If you are not a volunteer and would like to help, please contact us at bbgsoffice@bellevuebotanical.org.

Featured Plant: 

**Garrya elliptica ‘James Roof’**

*By JG Federman*

blooms cast bursts of joy as they meander the chilled air and make for many cozy winter conversations.

This evergreen shrub prefers dappled shade and well-drained soil mixed with maritime coastal temperatures. ‘James Roof’ is an excellent espalier, and is typically pest free and generally resistant to deer. Given its broad leaves, heavy blooms and upright nature, *G. Elliptica* is often used for privacy screens, hedging, and architectural side borders. It grows six to ten feet high by three to eight feet wide. Pruning may affect its flowering cycle, so cutbacks should be monitored with care. The species is native to California and Oregon.

*G. Elliptica* is an excellent evergreen foil for garden transitions. It is perfect for melding woodsy areas with harsh natural stone, or flowering beds set against sprawling landscapes. Companion plants include *Arctostaphylos, Camellia, Clinopodium, Dudleya, Hellebore, Epimedium, Eriophyllum, Felicia aethiopica, Iris, Manzanita, Quercus*, *Salvia*, and *Yerba*.

*Garrya elliptica* ‘James Roof’ can be seen in the Waterwise Garden at the Bellevue Botanical Garden.
I love hydrangeas, and have quite a number of them in my garden, but I’m confused about how to make them turn blue or red. I know that the color of the flower is supposed to be bluer in acid soil. I’ve tried using bluing agent and lime and it’s worked fairly well on some but had no discernable effect on others. Am I missing something?

You’re right that changing the pH (measure of alkalinity) of the soil can cause the flowers of some kinds of hydrangeas to turn bluer in acid soils and pinker or redder in soils that are more alkaline, but there is more to it. First of all, it doesn’t work on all types of hydrangeas. Altering soil pH only changes the color of the flowers of *Hydrangea macrophylla* (bigleaf hydrangea) and *Hydrangea serrata* (mountain hydrangea). The flowers on hydrangea species such as *H. arborescens* (smooth hydrangea), *H. paniculata* (panicled hydrangea), and *H. quercifolia* (oak leaf hydrangea) go through natural color changes as the season progresses, but adding soil amendments to change the pH will have absolutely no effect on the color of the flowers.

Although it is possible to change the color of big leaf and mountain hydrangea flowers, it isn’t entirely dependent on the pH of the soil. Color is actually determined by the amount and availability of aluminum in the soil. In acid soil with a pH of between 4.5 and 5.5, aluminum is easily absorbed resulting in bluer flowers, while the opposite is true in alkaline soils (pH 7 or above), resulting in pinker flowers. The chemical that is most often used to attain blue hydrangea flowers is aluminum sulfate (the ingredients in bluing agent) because it adds aluminum while acidifying the soil. Follow the directions carefully. Aluminum is a common element in soil, but it’s not a plant nutrient. If you use too much, it could harm or even kill your hydrangea. Aluminum sulfate should only be applied to plants that are at least two years old. Always water your hydrangea well an hour before treatment. Generally, one application per year, applied in March, is sufficient to turn most big leaf and mountain hydrangea flowers brilliant blue. Don’t make the mistake I did and feed blue flowering hydrangeas with alfalfa meal. I had no idea how alkaline alfalfa meal is until it turned the flowers of one of my favorite dark blue lace caps a disgusting Pepto Bismol pink.

Due to our acid soils in Western Washington, it’s easy to turn flowers blue, but turning them pink or red is a slow process that can take a couple of years to work. To achieve rosier flowers, spread one-half cup of garden lime per ten square feet around your hydrangea every spring and fall. Take care to avoid applying lime around rhododendrons, azaleas, camellias or other plants that require acid soil. Feeding with a fertilizer high in phosphorus has also been shown to reduce aluminum uptake, so for redder flowers, feed only with organic fertilizers that contain more phosphorus than nitrogen (second number on the bag is higher than the first). Having said all that, however, there is an easier way: Try growing ‘Todi’, ‘Masja, ‘Glowing Embers’, ‘Fire Island’, or ‘Cape Hatteras’. The flowers on these big leaf hydrangea cultivars remain red or pink no matter how low the pH dips or what type of soil acidifier is used.

Finally, since there is generally some aluminum in most western Washington soils, especially if you’ve been using bluing agent around your big leaf or mountain hydrangeas in the past, you might want to give an old-time gardener’s trick a try. Cut up orange, grapefruit, lemon and lime peels into small pieces and bury them just outside the drip line of your hydrangeas. Citrus peel contains sulfur, magnesium, calcium, and other nutrients that enhance healthy plant growth while increasing acidity in the soil. Do it as often as possible year round and the flowers on your hydrangea should stay sparkling blue. Best of all, think how healthy and buff you’ll be after eating all of that extra fruit and vitamin C!
Right Plant, Right Place” is an essential principle to embrace whenever considering new acquisitions for the garden. Once it’s established that a potential plant is both virtuous and apt, the prudent gardener also ponders: Will this thrive in my garden? Despite the simplicity of the question, it’s not always easy to answer. The catchall query many of us fall back on is, “What zone is this plant?” This is, of course, shorthand for “How cold-hardy is it? Will it survive the winter if planted in the ground?” While this is indeed a vital concern, the climate-zone concept commonly employed by most purveyors of plants and gardeners alike doesn’t necessarily adequately address it. Relying solely on climate zone numbers developed by the U.S. Department of Agriculture (USDA) to determine if a plant is suitable for a particular garden proffers peril as well as promise. Let’s explore this issue.

First, a bit of background: The USDA’s first plant hardiness map, issued in 1960, divided the Lower forty-eight states into ten climate zones based on average annual minimum winter temperatures, in ten-degree increments from thirty degrees Fahrenheit in Zone 10 down to minus sixty degrees in Zone 1. A revision in 1990 brought in Alaska and Hawaii, along with Canada and Mexico, adding an eleventh zone for the new tropical areas. The current version, issued in 2012 (now with thirteen numbered zones, each one further divided into “a” and “b” categories with finer, five-degree increments) is based on weather data for the thirty-year period 1976-2005. The Seattle area, along with much of lowland Western Washington, is designated Zone 8b (average minimum temp. 15° to 20° F).

Here some uncomfortable truths emerge. Cool-summer Seattle cohabits Zone 8b with our considerably warmer-summer neighbor, Portland. Granted, these two share the essential climatic similarity of dry summers and wet winters. However, Zone 8b also encompasses such fundamentally alien areas—climatically speaking—as Austin, Texas and Tallahassee, Florida, with their sweltering, often sopping summers and generally warm winters only occasionally subjected to freezing fronts that barrel down from Canada. Many plants that thrive in Tacoma or Anacortes would perish if planted in Tallahassee or Austin, and vice-versa, in spite of their identical zone rating.

Why this discordance? In part, it’s that the USDA system considers only one data point—the average lowest temperature—without accounting for length, frequency, or duration of coldness. Does the thermometer drop to eighteen degrees Fahrenheit just once a winter for only a few hours, or does it occur ten times a season in frigid spells that persist for several days? Moreover, in addition to cold, we must also consider heat, both in terms of tolerance as well as requirement. Many plants suffer cellular damage when...
If you haven’t visited the Native Discovery Garden (NDG) recently, you may be unaware of the many changes made there during the past two years. Thanks to two grants from the King Conservation District, generous gifts of benches and plants from donors, and the hard work and expertise of volunteers from the East Lake Washington District of Garden Clubs and the Washington Native Plant Society (WNPS), the Native Discovery Garden has grown and matured.

The evolution of native plantings at the Bellevue Botanical Garden began in 1993 when the first native plants were planted in the streetscape along Main Street. In 1999, native plants were moved to their current site and the area became the “Native Discovery Garden” in 2006. The Native Discovery Garden is a place of beauty and serenity where visitors enjoy a peaceful woodland setting surrounded by native hemlock, cedars, and firs.

In 2019, a King Conservation District grant provided funding for paths which improved accessibility and allowed for expansion of the collection. Snags were created to provide habitat for birds and pollinators and to allow additional light to reach the NDG floor, thereby increasing the diversity of plants grown there.

Part of the 2019 grant paid for interpretive signage and Tap or Scan signs, an online system that helps visitors identify and learn about specific plants. A goal of this project was to teach visitors about the importance and beauty of planting native plants in their home gardens and the water conservation benefit these plants provide. With the improvements, the Native Discovery Garden also became a new teaching site for educational programs for children and adults.

In 2020, Phase 2 of the King Conservation District grant was awarded to the Bellevue Botanical Garden. This grant funded the extension of the Native Discovery Garden into adjacent native woodlands with the construction of a 200-foot crushed rock path and additional signage at the western entry point where the new path and the Tateuchi Loop Trail intersect.

Botanist Daniel Mount visited the Garden and offered a fresh perspective by recommending that fewer types of plants be planted in larger masses for impact. Drifts of trillium were planted in the NDG.

The grants also funded the planting of new, more unusual native plants in the NDG to assess their hardiness and suitability for home gardens. Alex Wright, Bellevue Botanical Garden Curator, identified plants, and with the help of the WNPS, new natives were planted.

We hope you will visit the Native Discovery Garden soon to see the recent improvements and that you will plant native plants in your own garden.

From Our Curator, Alex Wright

I recommend the following native plants:

**Mitella ovalis**: Coastal miterwort is one of our favorite groundcovers for shade, with bright green slightly crinkled leaves and charming minuscule green flowers. It’s remarkably adaptable to part shade or extremely dark full shade, dense companions or open ground, loose soil or clay, as long as it’s consistently moist but only rarely really wet. You might find this listed under *Pectiantia* or *Brewerimitella*.

**Adiantum × tracyi**: This is a hybrid of winter-dormant *A. aleuticum* from the Northwest and summer-dormant *A. jordanii* from California and southern Oregon. Combine those two and you get a fern that never goes dormant and grows equally well in a nursery pot and a clayey garden cranny. Provide light shade and even water to avoid cosmetic leaf burn.

**Sidalcea hendersonii**: It’s big, it’s pink, it’s ruffled like starched crepe, and it’s one hundred percent native, growing in salt marshes along the coast. Its stems are self-supporting; its flowers are extra-large and extra saturated, and its roots can take heavy winter soil. Prefers sun but can take very light shade. Protect it from deer, but it will rebloom if the buds get eaten!

**Symphyotrichum subspicatum**: This Aster has been a longtime standout in the Native Discovery Garden. It can tolerate difficult conditions but will still send up tall stems topped with lavender flowers in late summer and fall. Like most perennials, it can be pruned back before bloom for a shorter plant. Plants sold as *Aster douglasii* should be this species.

While the four native plants above may be a bit hard to locate, hopefully nurseries and garden centers will stock these plants, especially if customers request them.
In late fall to early winter, many garden birds begin flocking together. A pair of Black-capped Chickadees are often the ones to get the winter gathering going. They are smart, sociable and bossy. When the weather turns colder, for instance, Black-capped Chickadees’ brain neurons containing old information die and are replaced with new neurons, according to Cornell’s Lab of Ornithology. This increases their spatial memory, helping them to adapt to changes in their social flocks and reliably recall where they stashed seeds, among other things. These are handy traits if you expect to be the leader of a flock.

Even their characteristic chicka-dee-dee-dee calls aid them in their role as flock leaders. Chickadee calls are complex and language-like, according to Cornell Lab, communicating information on identity and recognition of other flocks, as well as sounding predator alarms (the more dee notes in the call the greater the danger) and for contact calls.

Fellow Black-capped Chickadees are not the only birds to respond to their invitational contact calls, either. Other birds often sign on with them for the season, forming mixed winter flocks. Look for White-breasted Nuthatches, Chestnut-backed Chickadees, various warblers, kinglets, creepers and vireos in the group. In our garden, for instance, a favorite Townsend’s Warbler has returned for a third year to throw in his lot with a mixed, chickadee-led flock again this winter.

Winter flocking of birds remains something of a mystery, but it has obvious advantages. According to the Audubon Society, for instance, “a flock of birds has many eyes and ears, an advantage for the individual bird, especially in finding food and in sighting predators. A bird in a flock is less likely... to be caught by a hawk. And because of the searching for food by the many members of the flock, new food sources are discovered that a lone bird might miss.”

Flocking is not all about communal peace and harmony, though. As in other animal (and human) groups, spats and quarrels can occur. Accordingly, there are flocking rules to maintain authority and order.

Birds routinely recognize rank by characteristics such as song and plumage, but they use pecking to deal with disputes and reinforce dominance in a flock. There are two types of pecking orders: “peck-dominance” and “peck-right.” In a peck-right system, there is a strict hierarchy within the flock, and each bird can only peck the bird beneath its own status. In a “peck-dominance” flock, such as in a chickadee-run mixed flock, everyone can peck everyone else, but dominant birds can peck more and are on the receiving end less often. Besides having to endure fewer pecks, dominance has other rewards, like getting to eat first.

Scientists have made a study of which birds typically get the upper bill, as it were. According to Cornell Lab’s “Celebrate Urban Birds,” goldfinches never win a conflict, whereas the small, White-breasted Nuthatch will usually best a Black-capped Chickadee in a dispute—and four other common garden species besides.

It is important to note that not all bird flocks are seasonal or quarrelsome. Among the champions at flocking must be the tiny, nondescript Bushtits who spend their entire lives in what bird expert, Roger Tory Peterson, described as “straggling flocks conversing in light, gentle notes.” If you have a suet feeder in your garden, you may have seen twenty or more bushtits covering the feeder at once, seemingly pleased to be dining together as always.

By late winter, seasonal flocks start to break apart. When you begin to hear male birds singing, that is the sure signal that winter gatherings are ending and mating season is at hand. Males who were glad to stick together all winter suddenly become more territorial, and the battle over mates and nesting sites is on. It is serious business for the birds, but it fills gardens with song, and sets the explosion of spring colors and fragrance to music. Could anything be more glorious?
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conic British garden designer Rosemary Verey
and popular realist painter Andrew Wyeth, born
only a year apart, both appreciated winter’s effects
on the landscape, although they expressed their
admiration in contrasting fashion. Wyeth focused on form,
Verey on color. “I prefer winter and fall,” said Wyeth in
a 1965 interview, “when you feel the bone structure of
the landscape. Something waits beneath it; the whole
story doesn’t show.” In her influential 1990 book *The Art
of Planting*, Verey wrote, “Winter is brown and green,
shot through with bright red and yellow, all intensifying
according to the quality of the light.”

Savvy Pacific Northwesterners embrace both
perspectives while surveying their gardens in the chilly but
lengthening days that follow the dawning of the new year.
Now’s the time to ponder a course of action. Whether
you’ve got a makeover in mind, or maintaining the status
quo, here are some items to consider for your to-do list.

• Gather ideas and inspiration by strolling through one of
  our area’s great public gardens, such as the BBG, Kubota,
or Washington Park Arboretum (especially its Witt Winter
  Garden).

• Plant bare-root items. Roses are top of the list for many,
  but edibles such as asparagus, blackberries, raspberries and
  rhubarb are also available in this format.

• Scour your favorite nursery centers for winter-blooming
  shrubs (many of them fragrant), including *Camellia,*
  *Corylopsis,* *Garrya,* *Hamamelis,* *Pieris,* *Rhododendron*
  and *Sarcococca.*

• Purchase seeds for edibles and annuals (in a garden center
  or online), along with seed-starting potting mix; sow
  them in flats under grow lights or in a bright window.

• Plant hardy annuals directly in the ground. These include
  calendula, snapdragon, viola and many types of poppy.

• Refresh your winter containers, if they look bedraggled,
  with heather, hellebore, pansy, primrose, and wintergreen.

• Late February is optimal for pruning roses. Shape hybrid
  teas by cutting back hard to just above an out-facing bud.
  On all rose types, remove injured or dead canes as well as
  suckers.

**“Harmony and Dissonance in Plant Hardiness,” continued from page 6**

temperatures exceed eighty-six degrees Fahrenheit (thirty
degrees Celsius): Delphiniums languish and quickly perish in
torrid Tallahassee, as do hostas in ardent Austin. Other plants
relish heat and in fact need it in order to thrive: Caladiums and
hibiscus are stunted in cucumber-cool Seattle, if they survive at
all. Further conditions, such as winter dormancy requirements,
tolerance of drought, and excessive moisture should enter our
calculations as well.

Is there a better alternative than the USDA zone scheme? In
a word, yes. The venerable *Sunset Western Garden Book*’s 1967
dition debuted a sophisticated, 24-zone system for the eleven
states west of the Continental Divide that considers a much
broader set of variables, including not only cold, but also heat,
alitude, humidity, precipitation, wind, and length of growing
season. Where the USDA system places almost all of western
Washington and Oregon’s populated areas in the same zone,
8b (with slightly chillier Olympia and Bellingham in 8a),
*Sunset* is much more nuanced, with a quartet of distinguishing
zones: Bellingham, Mount Vernon, Everett, Issaquah,
Olympia and Centralia-Chehalis in Sunset Zone 4; Seattle,
Bellevue and the Pacific Coast in Zone 5; Portland, Vancouver
(WA) and the Willamette Valley in Zone 6; Roseburg,
Medford and Ashland in Zone 7.

Alas, this superior system did not achieve widespread
recognition, and *Sunset* itself appears to be on its last legs,
its name becoming a self-fulfilling prophecy as it fades
away. Nevertheless, the encyclopedic and comprehensive
*Western Garden Book* (ninth edition), last published in 2013,
is a treasure trove of essential guidance for beginning and
experienced gardeners alike. Seek it out in used bookstores,
online merchants, or at your local library. Fortunately, *Sunset*
maintains a website featuring its zone system: Enter “Sunset
Climate Zones” in your favorite search engine and freely
explore the detailed maps and descriptions archived there.

Meanwhile, remember that individual gardens contain
microclimates with varying amounts of heat and cold, sun and
shade, drainage and water retention, and exposure to wind and
rain. With these factors in mind, daring gardeners can embrace
a bit of zonal adventure, viewing a plant’s USDA zone number
as a suggestion rather than a straitjacket.
The beloved Dahlia Display at Bellevue Botanical Garden is cared for by members of the Puget Sound Dahlia Association (PSDA). This partnership has been in place since 1993! The dahlias used to grow right around where the administration offices are now. The bed was moved to its current location in 2013.

The PSDA is a part of a larger national organization, the American Dahlia Society. The goals of the PSDA are to educate people about dahlias, get more people to grow them, and to develop new varieties. They put out two publications, *Dahlias of Today* and *Dahlias: A Monthly Guide* (both can be found on their website, pugetsounddahlias.com). The latter is a reference booklet that is used by dahlia clubs around the nation.

Roger Walker (with help from other PSDA members including his son Colin, a Bellevue Parks employee) chooses which dahlia varieties to grow each year. There are about seventy-five plants in the display each year. They plant what they think will appeal to visitors, and get people interested in dahlias. Every year there are ten to twenty unnamed seedlings grown there for assessment, to see how they perform and if people and bees are drawn to them. Plants with bigger flowers are more work, and get fewer blooms, but are very popular. “We develop a lot of new varieties and usually introduce one or two into the trade each year,” Roger says.

Roger walks through every day and works in the garden a few days each week. A couple of other volunteers help with deadheading and weeding, too. While there, he talks to visitors and so is able to learn what they like and what they want to know more about. “We like seeing people out there, taking pictures and enjoying the flowers. That’s what it’s all about!” Roger says.

The most common question he hears is, “Do I need to dig my dahlias every year?” Digging and storing tubers (pictured below) will give your dahlias the best chance, but you also may have luck leaving them in the ground for a few years, he advises. Your microclimate makes a big difference. And if you don’t want to dig and store, you can always get more tubers.

The PSDA will hold their annual Dahlia Tuber Sale at BBG on March 18 and 19, so you can stock up on some new varieties.

The dahlia shown at left, ‘Annie’s Sunflower’, was “rescued” by Roger’s granddaughter Annie when she was three years old. He grew it at the Dahlia Display because it was tall, robust, and colorful. The public liked it so much that this year it will be available at the Tuber Sale.

The public is also welcome to attend a monthly meeting (this year some meetings will be online and some in person). Find out more about meetings and the tuber sale online at pugetsounddahlias.com.
Are you one of millions of gardeners who has wondered how long you can continue gardening because of physical issues? It can happen to any of us—that moment when you realize you have a “new normal” of what you can and can no longer do safely or comfortably in your garden.

What are you going to do? First, take comfort because you are not alone! There are millions of people that are experiencing the same thing. If you are a Baby Boomer, you know we do not easily give in or give up.

That is exactly the kind of attitude we want as we age. It helps us be resilient and accepting of what is. The main thing to remember is that you have a choice. You can be depressed because your body does not work the way it used to, or you can look for other ways to get things done.

I was once down for weeks with a chronic bad back I inherited from my Italian mother. Since I could barely walk, gardening was out of the question and I was getting depressed. After two weeks of feeling sorry for myself, I heard my mom’s voice in my head saying, “Basta!” (Enough!)

I decided to devote my recuperation time to researching adaptive gardening. I had read an article about it and the more I read, the more I realized if it could work for me, it could work for other gardeners who had physical issues that were keeping them from gardening. I was excited to learn something new and wanted to share it with other gardeners.

“In a dark time, the eye begins to see.” Years earlier, I was a member of the National Speakers Association and had the pleasure of meeting Cavett Robert, NSA’s founder. He used that quote often. At the time, the meaning did not fully sink in, but then I began to understand: when you are in pain, it can be a very dark time.

With A Little Help from Your Friends Remember that Beatles song? Now more than ever, it is so true. We can get by with the help of our community and learning how to adapt garden chores can be as easy as talking to your friends or neighbors. Ask them to recommend who you could hire to climb a ladder with a power tool to trim your hedges. Better yet, decide what needs to be done and have a garden work party. Reward them by serving salads adorned with edible flowers and some refreshing iced tea or a glass of wine.

Adaptive Gardening to the Rescue If you find your body does not work the way it used to, change how you approach it. Look for ways to adapt or modify your garden so it is comfortable and easy for you to tend. Treat yourself to a pair of gauntlet gloves that you will cherish like a best friend because of how well they protect your arms when you prune roses or berries. Shop for a good non-kink lightweight hose you do not have to fight with to use. If any of your tools are no longer easy on your hands or your back, replace them with quality ergonomic tools.

Toni Gattone is a passionate gardener, enthusiastic speaker, and the author of The Lifelong Gardener: Garden with Ease & Joy at Any Age (Timber Press, 2019), available at amazon.com, or on Toni’s website, tonigattone.com. Our thanks to Toni for sharing this article with us.

Bellevue Botanical Garden docents lead tours of the Garden and share interesting information about the Garden and its history with our many visitors. Become a docent and you will meet other dedicated people who make the Garden such a great place, learn about our Garden’s history and plants, and learn techniques for leading tours.

The next docent training class will begin on February 1, 2022 and meet on eight consecutive Tuesdays through March 22. February classes will be held via Zoom from 9:30 to 11am. March classes will be held in person at BBG from 9:30am to 12pm. We ask that you make a two-year commitment to the docent program.

If you’re ready to join our terrific docent program, contact Cynthia Welte, Program Coordinator, at cwelte@bellevuewa.gov or 425-452-6826.
In February, BBGS will host a special evening with one of the 2022 Northwest Flower and Garden Festival’s judges: the glamorous Tracy DiSabato-Aust. Tracy is an award-winning garden designer, international speaker, best-selling author, and world champion triathlete with a passion for plants and design, as well as a dynamic inspiring message. She has spoken extensively throughout North America at venues such as Longwood Gardens, The Smithsonian Institute, and The Toronto and Montreal Botanic Gardens, as well as in Australia, New Zealand, Uruguay, Argentina, Portugal, Belgium, Scotland, and England. In England, she was honored to be asked to speak at The Royal Botanic Gardens Kew and Wisley as well as at The Oxford Botanic Garden, while practicing Mindfulness Meditation and Shinrin-Yoku (Japanese Forest Bathing).

Tracy is the author of three best-selling books: *The Well-Tended Perennial Garden*, *The Well-Designed Mixed Garden*, and *50 High-Impact, Low-Care Garden Plants*. There will be a few copies of *The Well-Tended Perennial Garden* available to purchase and a book signing at the event.

In her spare time, Tracy trains and races in triathlons for Team USA. She is also an avid equestrian—riding trails, driving, and competing in dressage with her noble horses Chief and Wiz.

The evening will start with hors d’oeuvres and wine, followed by an entertaining presentation by Tracy during which she will illustrate the design fundamentals of border building using a wide palette of plant material, design steps, color, texture, and form.

**Building Borders with Trees, Shrubs, Perennials, Annuals, and Bulbs**

Wednesday, February 9, 6:30 pm • Aaron Education Center

$50 per person • Buy tickets at bellevuebotanical.org

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**IN-PERSON INSIDE: Hands-on Nature Activities for Preschool-2nd grade Teachers and Parents.** Sat, Feb 12, 9am-1pm. Join us for a fun workshop and be ready to hit the ground running with a new nature-based bag of tricks!

**WEBINAR: Wonderful World of Trilliums.** Thu, Feb 17, 7-8:30 pm. Susie Egan from Cottage Lake Gardens will introduce you to the history, botany, cultivation, and propagation of trilliums.

**IN-PERSON INSIDE: Paper Mycena Mushrooms.** Sat, Feb 19, 10am-12pm. Taught by Kate Alarcon. Make quirky little fungi in paper! Learn how to sculpt and color crepe paper, work with floral stem wire, and create naturalistic mushrooms groupings.

**IN-PERSON OUTSIDE: Forest Bathing in the Ravine.** Sat, Mar 5, 10:30 am-12:30 pm. Join Deborah Wilk and Jessica Hancock and stroll into the most pristine forested area of the Garden, while practicing Mindfulness Meditation and Shinrin-Yoku (Japanese Forest Bathing).

**IN-PERSON INSIDE: South American Stunners for PNW Gardens.** Wed, Mar 16, 7pm. Presented by Daniel Sparler. See details at right.

**WEBINAR: A Walker’s Guide to the BBG.** Thu, Mar 31, 7-8:30 pm. FREE FOR BBGS MEMBERS! Join Janice King, author of *Eastside Seattle Walks*, and see where you can walk the Garden’s pathways to learn about native plants, glimpse history, and explore creative artworks and striking architecture.

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Pre-registration required for all classes and lectures. Register at bellevuebotanical.org/learn. See our website for pricing information. Webinars are recorded and you will receive the recording the next business day.
If you thought bunnies, deer, and squirrels were a challenge in your garden, be ready to laugh at some stories of how gardening with primates, wolves, and other animals takes it to a whole new level!

Bryon Jones is a horticulturist, arborist, and landscape designer at the Point Defiance Zoo and Aquarium in Tacoma. Thanks to Bryon, the zoo is a stunning botanical paradise that serves as an ambassador to the stars of the zoo—the animals. His passion for how plants interconnect with people, animals, and almost everything in life becomes apparent if you participate in one of his scheduled tours at the zoo. Bryon seeks to understand the details of what makes specific plants work in the animal’s natural habit, then translates that into growing them successfully in our own personal gardens.

Bryon’s landscape designs have been featured on television and in numerous publications and websites.

Is It a Zoo, or is It a Garden?
Tales of Zoological Horticulture
Wednesday, January 19, 7pm
Aaron Education Center
$10.50 BBGS members/$15 non-members
Buy tickets at www.bellevuebotanical.org/lectures

From the cloud forests of Colombia to the plains of Patagonia, our neighboring continent offers a cornucopia of horticultural bounty with which we can adorn our gardens as well as nourish our avian friends and pollinators. Daniel Sparler will highlight appealing options that offer four seasons of interest, including annuals, perennials, succulents, vines, shrubs, trees, incredible edibles, and even a few no-nonsense houseplants.

Daniel is a walking horticultural encyclopedia! He is a polished speaker, compulsive plant collector, and botanical Latin maestro. As the latter, he has taught numerous botanical Latin classes for many horticultural organizations. His personal garden is a pollinator’s paradise: a wonderland full of distinct taxa of plants from all corners of the globe that is much in demand for tours and from photographers.

You may have read Daniel’s engaging and witty quarterly articles for The Buzz, and along with Ciscoe Morris and Nita-Jo Rountree, he is co-presenter of “Plant of the Week,” a feature posted every Thursday on the BBGS Facebook page. Both can be accessed on the BBG website at bellevuebotanical.org. He is also on the Board of Directors of the Northwest Horticultural Society.

South American Stunners for PNW Gardens
Wednesday, March 16, 7pm
Aaron Education Center
$10.50 BBGS members/$15 non-members
Buy tickets at www.bellevuebotanical.org/lectures
Changes are coming to the Bellevue Botanical Garden Society membership program beginning January 1, 2022. Membership dues have increased slightly, and we have added new membership levels. The last dues increase was more than five years ago. One- and two-year memberships are still available and are a great value. Please remember that all membership dues are tax-deductible.

As you will see on our website, we have added more membership levels with additional member-only events. For a complete overview of the BBGS Membership program, please visit www.bellevuebotanical.org/membership.

All members will continue to receive the current member benefits listed below:

- 30% discount on most Society classes, webinars, and lectures.
- 10% discount at the Trillium Store.
- 10% discount at participating partner nurseries and garden centers.
- Occasional free member-only classes, such as the free class we are offering on March 31, 2022.
- Free admission to Garden d’Lights: individual membership—one ticket for admission for one; all other membership levels—one ticket for admission for four.
- Quarterly color print newsletter, The Buzz.
- Free admission and/or additional benefits at more than 330 gardens throughout North America and the Caribbean, offered through the American Horticultural Society’s Reciprocal Admissions Program.

Members can join or renew online, in person at the Trillium Store, or by mailing a check made payable to Bellevue Botanical Garden Society to P.O. Box 40536, Bellevue, WA 98015-4536.

Welcome New Members!*

**Contributing**
Monica & Tracy Kevin Franks
Carolyn Fosun
Ana Maria Giuglea
Anne & Alain Gowing
Robin & Brad Granath
Ashley & Kevin Hagwell
Sarah & Leslie Howells
Aimie Hunter
Krishnan Iyer
Michele Jensen
Deborah Katz
Jan Kline
Shannon Komen
Dotti Koster
Lauri Tadlock & Dan Lantz
Karen Larsen
Mary Leith
Amanda Leon
Jacqueline George & Ann Levine
Nancy & George Lindeberg
R. Theo Margelony
Lisa Kahan Marmor & Jonathan Marmor
Nathaniel McCann
Colleen Lawson & Steve Mitchell
Alison Peters & Ed Muir
Sylvia Munoz
Paula & Ashley Alexandrovich
Orehek
Cheryl Parrish
Sarah & Tyler Paxton
Tyler Reynolds
Irana Oei & Edwin Rodriguez
Tom Schabarum
Julie Scheid
J.A. & G. Schell
Janet Smith
Vicki & Pete Sorg
Nancy Torgerson
Sarah Ray & Julie Wade
Krista Welch
Melissa Williams
Melissa & Melanie Young
Natalie & Jeff Yusen
Mary Ellen Tolberg & Eric Zweizig

**Supporting**
Shelley Hovind
Melody Johnson
Mary Pat Osterhaus
Beverlee G. & Thomas Renninger
Matthew Silva

**Family**
Joy & Michael Anderson
Katherine & Bob Barrows
Brigitte Foz & Elliott Bronstein
Heather Burkey
Julie Case
Skye Chacon
Kristen & Rick Chesmore
Helen Kao & Randy Chung
Nathan Clarenburg
Gina Davis
Jeremy Davis
Susan Dowie
Julieta Duncan
Raymond Fowkes

**Individual**
Lina Aaf
Carole Allred

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* August 16 - November 15, 2021

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Member Discount Program

BBGS members receive a 10% discount at the following nurseries, garden centers and garden service providers. Please see bellevuebotanical.org/membership for details.

- Bartlett Tree Experts, Lynnwood
- Bellevue Nursery, Bellevue
- Bouquet Banque Nursery, Marysville
- Cedar Grove, 5 retail locations and online
- City Peoples Garden Store, Seattle
- City People’s Mercantile, Seattle
- Classic Nursery, Woodinville
- Crown Bees, Woodinville
- Davey Tree Expert Co., Redmond
- Gray Barn Nursery & Garden Center, Redmond
- Kent East Hill Nursery, Kent
- Jungle Fever Exotics, Tacoma
- MsK Rare and Native Plant Nursery, Shoreline
- Old Goat Farm, Orting
- Pine Creek Farms and Nursery, Monroe
- Ravena Gardens, Seattle
- Swansons Nursery, Seattle

Bellevue Botanical Garden Society

Our Mission is to perpetuate and further enhance the Bellevue Botanical Garden as a learning resource in partnership with the City of Bellevue.

The Garden is located at 12001 Main St., Bellevue, WA 98005 and is open daily from dawn until dusk.

To reach Society staff, please email us at bbgsoffice@bellevuebotanical.org

www.bellevuebotanical.org

OFFICERS OF THE BELLEVUE BOTANICAL GARDEN SOCIETY

CO-PRESIDENTS Heather Babiak-Kane & Cleo Raulerson

TREASURER Amy Doughty

SECRETARY Robin Root James

DIRECTORS

Tracy Botsford, Barbara Bruell, Amy Doughty, Chuck Freedenberg, Nita-Jo Rountree, Kathleen Searcy, Gretchen Stengel, Doris Wong-Estridge

THE BUZZ TEAM

JG Federman, Tracy Landsman, Wendy Leavitt, Darcy McInnis, Ciscoe Morris, Nita-Jo Rountree, Daniel Sparler, Cynthia Welte

SUBMIT A QUESTION FOR CISCOE MORRIS

askciscoe@bellevuebotanical.org

CONTACT THE BUZZ TEAM

buzzteam@bellevuebotanical.org

What’s New!

Whistling Frog Tile Studio has been dedicated to promoting an appreciation and awareness for the environment, native wildflowers, and plants through their unique art for over thirty-five years. They create pieces with meaning using handmade clays and glazes in a sustainably working studio. Their beautifully handcrafted tiles come in an array of shades and motifs of Trillium, Gingko, frogs, bees and birds. Each tile is made to hang. Featured are 4” tiles, $32.

Trillium Store

Winter Hours

Friday–Sunday

11am–3pm

Members save 10% off store purchases. Simply show your membership card!
Good to Know!

Plant of the Week. Join Ciscoe Morris, Nita-Jo Rountree, and Daniel Sparler every Thursday at 1 pm on our Facebook page for Plant of the Week. Like our page at facebook.com/bellevuebotanic.

Is It a Zoo, or is It a Garden? Wed., Jan 19, 7pm.

Evergreen Botanicals in Winter. Sat, Jan 22, 1-4pm.

Houseplants 101. Thu, Jan 27, 7-8:30 pm.

Building Borders with Trees, Shrubs, Perennials, Annuals, and Bulbs. Wed, Feb 9, 6:30 pm.

Hands-on Nature Activities for Preschool-2nd grade Teachers and Parents. Sat, Feb 12, 9am-1pm.

Wonderful World of Trilliums. Thu, Feb 17, 7-8:30 pm.

Paper Mycena Mushrooms. Sat, Feb 19, 10am-12pm.

Forest Bathing in the Ravine. Sat., Mar 5, 10:30 am-12:30 pm.

South American Stunners for PNW Gardens. Wed, Mar 16, 7 pm.

Houseplants 201. Thu, Mar 24, 7-8:30 pm.

Spring Watercolor. Sat, Mar 26, 10am-12pm.

A Walker’s Guide to the BBG, Thu, Mar 31, 7-8:30pm. FREE FOR BBGS MEMBERS!

The Bellevue Botanical Garden Society is a 501(c)(3) Non-Profit Organization that supports the Bellevue Botanical Garden.

Our Vision: Through education and community involvement, we inspire all generations to advance Northwest horticultural knowledge, and preserve natural beauty and our local ecology.

An Evening with Tracy Sabato-Aust

Wed., February 9 • 6:30 pm
Bellevue Botanical Garden
$50 per person
Buy tickets at bellevuebotanical.org