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I'On is Growing!

The homeowners' guide to gardening and landscaping in the I'On Community

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Contact us ...

If you would like to contribute information, suggest an article, or have a question we could address, please send an email to Barbara Fry at brbfry@comcast.net

For home landscaping questions and concerns, contact **Pam Gabriel, I'On Design Committee**, at 971-1662, ext 216.

For common-area landscaping questions or concerns, call **Cheryl Wilson, AMCS, I'On Community Manager** at 303-3586, or email cwilson@amcs-inc.com

Working Out ... in the Garden

If you're tired of that daily grind at the gym – and haven't quite yet embraced the joy of gardening – you may want to reconsider. As it turns out, gardening may actually give you a better workout!

At the University of Arkansas, researchers found that women over the age of 50 who regularly participated in home gardening had higher bone density readings than others who performed more "exercise" type routines – such as jogging, cycling, walking, swimming and aerobics. Stress levels were also reduced.

Other studies have found that just looking at a garden can have beneficial health effects. In the *Journal of Environmental Psychology*, a study was published that split 112 stressed-out young adults into two groups. One group spent time in a room with a tree view, followed by a walk through a nature preserve; the other sat in a windowless room and

then went on an urban stroll. Individuals in the green group had decreased blood pressure and were in better spirits than their concrete friends. Other studies have shown patients in hospital rooms with landscape views actually recover faster than those without.

Well ... while this may be an eye-opener for medical science, it is not news to any gardener (*although empirical data is nice*). We all know the pay-off of all that sweat in the flower beds, not to mention the adrenaline high.

There's nothing quite as satisfying as being dog-tired and muddy after a day in the garden, and then downing a cool beverage of choice while admiring the result of all your hard work. It's downright uplifting. And if we managed to remember to take an Advil at the last water break, we may actually be able to crawl into the house to fix dinner!

Garden pic of the Month ...photo by Claudia Robinson



Great combination of color, texture and form off Eastlake Road entrance.

June To Do's

Check out clearance sales on garden supplies and plants, but don't buy plants unless they look healthy.

Deadhead blooming flowers often, if not daily. This will give you the best flowers, as well as a tidy garden. It's especially important to deadhead **roses** to keep the blooms going longer.

Pinch suckers off tomatoes. If not removed, suckers will grow to the size of a new plant, stealing nutrients and creating a tangle of stems that make harvest difficult.

Remove yellowed bulb foliage as long as it pulls off without resistance, no sooner!

Dig up and discard tulip and hyacinth bulbs that performed poorly this year. These bulbs typically last only 2-3 years.

Pinch off the last inch of your **Mum** plants until July to assure bushy, well-flowering plants. **Cut back asters** and other tall, floppy, late-summer bloomers by about 1/3 once they're a foot or so high. They'll be sturdier and flower better.

Check junipers, birches, cherry and arborvitae for bagworms and other leaf-eating caterpillars. If found, treat with *Bacillus thuringiensis*. Watch for fungal disease on **tomatoes** and **roses** and spray with a fungicide. Keep an eye out for aphids and other small sucking insects, as well as whitefly.

Fertilize Gardenias after blooming. Do not fertilize **annuals** until the buds show. Premature fertilizing will result in lush foliage with poor flowers.

Check lawn-mower blades for sharpness. Dull blades fray the grass instead of cutting it resulting in a browning of your lawn.

Container Gardening

... by **Betty Barbieri**

*(Editor's note: **Melinda Armstrong** of **Sweet Olive** – I'On's own Garden Shop – gave a demonstration of container gardening on May 13th by re-planting the Friendship Garden's hanging baskets for a crowd of eager I'On gardeners. Following is a report from **Betty Barbieri** as to how the demonstration went.)*

We had a small but fun group at our I'On Garden Club meeting on May 13th. Melinda Armstrong graciously showed us how to create a "**Garden in a Pot.**"

Melinda began by soaking sphagnum moss in water and then laying sheets of the moss into an 18" hanging basket, pressing it firmly against the wire of the basket (*it's better to soak the moss ahead of time because it's hard to get it wet all the way through after planting*). She then added a small amount of soil to the bottom of the container. If plants around the outer edge of the planter are desired, this is the best time to lay them in, pushing the root balls through the wire (*Melinda chose not to do this since most of the foliage she used was trailing in nature*).

Working from the center out, she began with **Penta**, an upright plant that comes in many colors. Around the Penta she added **Petunia integrifolia**, **Potato Vine margarita** (*which is chartreuse/yellow*)

and **Lantana silver mound** (*light cream in color*). She then added **Thyme**, **Creeping Oregano** and **Gomphrena** gumdrop (*which comes in a long and short variety*). When we all thought she had little room for anything else she added **Million Bells** (*which grow like petunias*) and purple **Angelonia mandiana** (*a dwarf variety*). She also noted she likes **Victoria Blue Salvia** a lot for containers.

When all the plants were in place she packed in potting soil, stressing how important it was to be sure all the roots were covered. (*If planting in regular soil, Melinda prefers a time release fertilizer like **Osmocote**, or, plant in **Miracle-Gro** potting soil*). She watered the container well and then covered the soil with additional moss to maintain the moisture in the container.

After the masterpiece was complete we meandered across to Joan Ball's home where she served wonderful tea and snacks. A good time was had by all.

Some Container Garden tips:

- *Pick plants that have the same light requirement (sun or shade) and similar water needs.*
- *Choose colors that compliment each other and the container setting. They can be either dramatic or soothing, just avoid clashes.*
- *Vary textures, like a spiky plant next to soft fern, or a broad leaf next to a tiny flower cascade.*
- *Choose different shapes. Round, mounding plants compliment trailing vines; adding individual flower stalks creates depth.*
- *If you use a solid container (not a wire mesh) make sure the container has adequate drainage holes BEFORE you plant! Use uneven rock chips to keep the soil in but let the water out.*
- *Due to our extremely hot summers, check for dryness every day. Water until the plant is soaked and water runs through.*
- *Go to www.windowbox.com for more great tips.*

Lawn-O-Green Update

... by Cheryl Wilson

On Thursday, May 26, Lawn-O-Green applied the Spring Application to all the turf areas in l'On. This application contained broadleaf weed control, iron and fertilizer. Insect control was applied to the soccer field as well.

Recently, annual flowers were installed at the North Shelmore Boulevard and Eastlake Road entrance. Annual flowers were also installed at the southern tip of Perseverance Square. Lawn-O-Green will be installing a fresh layer of mulch to all the common area planting beds in the next couple of weeks.

The Landscape Committee is looking to do a landscape project at the corner of Sowell Street and Ponsbury Road at the intersection triangle. They are currently waiting on bids for the project before they proceed.

As always, should any resident of l'On have any questions or concerns regarding the common areas of the community please contact Cheryl Wilson with AMCS at 303-3586 or CWilson@AMCS-Inc.com.

Plant Profile ... *Lace Cap Hydrangea*

Hydrangea macrophylla, also called big leaf or French hydrangea, has either pink or blue flowers. Flower color is determined indirectly by the soil pH, which affects the availability of aluminum in the soil. In acid soils the flowers will be blue; in alkaline soils the flowers will be pink. For blue flowers, maintain a soil pH between 5 and 5.5. Apply aluminum sulfate or sulfur to reduce the pH to this range when you see new growth emerging in April.



Lace Cap Hydrangeas are large leaved varieties with flat flowers. They have a center of fertile, relatively non-showy flowers and an outer ring of showy, sterile flowers, which together form a pinwheel effect. They prefer morning sun and afternoon shade. They do best in well-drained, highly organic soil

More Container Gardening Tips ... from Clint Weimann *Good Natured Gardening*

Containers look best when using an anchor plant combined with annual color and a trailing plant to "soften" the container itself. If you have a sunny location, try using **Aucuba** or **Lavender** as your anchor plant, with Zinnia for color and **Vinca** or **Algerian Ivy** as your trailing plant. If you have shade, try **Aucuba** or **Fatsia** as your anchor, **Impatiens** for color and **Lamium** or **Algerian Ivy** as your trailing plant.

Local Attractions

Palmetto Gardening

Tuesdays at Noon. Live, call-in segment on "Your Day," Clemson Extension Service Educational Radio Network, WSCI 89.3 FM.

The Garden Clinic

Saturday's from 9:00–11:00 a.m. Tune in to Bill Lamson-Scribner's weekly radio gardening show on 94.3 WSC FM.

Coastal Carolina Orchid Society

June 12, 2:30 p.m.
Knights of Pythias Hall,
1968 Belgrade Avenue.
Short business meeting followed by discussion by Bill Thoms, of Placida, FL on **Bulbophyllums: Bizarre and Beautiful**. Orchids will be raffled, displayed and for sale.

Garden Plant Swap

June 25, 10:00 a.m.
Hampton Park, parking lot next to the greenhouse. Bring plants and garden materials you would like to swap. Tours of the greenhouse available. For more information e-mail cactusic@netzero.com.

Gateway Walk

Monday–Friday, 8:30 a.m. to 5:00 p.m.
A self-guided walking tour through the heart of the Historic District. Originated in 1930, the walk connects the areas between Archdale Street and Philadelphia Alley. A project of the Garden Club of Charleston. For information, email lnetzler6@comcast.net.

Farmer's Markets

Charleston –
Saturday's through December,
8:00 a.m. to 1:00 p.m.
Marion Square on Calhoun Street (*between King Street and Meeting Street*).

Mount Pleasant –
Tuesday's through October,
4:00 p.m. until dark.
Moultrie Middle School on Coleman Boulevard.