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Journal



The Plant Shack
Bulbs in, bulbs out
Deer-resistant bulbs

FREE

Volume Twenty-six, Issue Five
September-October 2020

Celebrating

25
YEARS
1995-2020

SARA'S GARDEN



Defining Moments

Roller Coaster: move, change, or occur in the dramatically changeable manner

Apprehensive: anxious or fearful that something bad or unpleasant will happen

Hopeful: feeling or inspiring optimism about a future event

Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness

What words describe the impacts of the past weeks and months to your daily life? These are just a few of the adjectives that have crossed our path this season; it was the worst and the best in a ridiculously small and crucial time frame for a plant grower. In short, we know that we are blessed and thankful for the little place we have in the gigantic scheme of things. We get to work with plants, we get to work outside, we get to meet other plant-loving folks ... we wish everything could be as simple as that sounds. Our current fall season will continue the same as we have done for years with our Annual Customer Appreciation Days. But it is filled with an additional level of thankfulness. So many small businesses have had a much harder time than your local plant seller. We completely comprehend that weight and burden. While you have been home more and working in the garden, you have needed us and that has been wonderful—thank you! We need all of our local business, reach out and find them!

With the fall season here, it is time to get those last garden wish list items into the ground. Cooler temps and generally better rainfall make planting now a win for you and your plants. We have had fresh material and new items arriving to prep for this time and are sure that the right plant for that special spot will be sitting right here waiting for you. We love this time of year and especially now, we are committed more than ever to our annual fall theme: Customer Appreciation Days ... see ya soon!

Stonewall Follies 2020

We have had many calls on the Stone Wall Follies 2020. We love when folks recognize and respond to the emotion that happens when seeing the labor of love that a stone wall suggests: endearing, connected, resilient.

Sadly, no follies this season. COVID has sealed the fate and, sadly, ended the momentum. Please come visit and enjoy the lovely work; it will be here for you to gain inspiration, ideas and more. Google these guys listed, follow their work, and keep their inspiration on your radar.

John Shaw-Rimington of the CSWA—thinking-stoneman.blogspot.com

Norman Haddow, Scottish Master Craftsman—wallswithoutmortar.blogspot.com

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Hello, friends—

I have a group of girlfriends—we call ourselves the Bettys—who have all been close for more than a decade. We started out biking and skiing together, and although I am more of a tennis player these days, I still love them with my whole heart and jump at any chance to get together.

Like with everything else, the pandemic situation has limited our opportunities to socialize. We can still ride bikes, sure, but the big dinner at a restaurant afterwards has been out of the question. Usually we'd get together for a happy hour now and again someplace in the city of Rochester, but that's all been on hold, too. It's been sad.

But a few weeks ago, one of these women, a neighbor of mine, came up with a great idea. There are three of us that live in close proximity (walking distance). What about a progressive garden party? It's outside, everyone can keep her distance, and we won't be staying in any one place for too long. Perfect!

Nuts, cheese, crudités, and wine at my place. Delicious sate, corn salad, and wine at Michele's. Then dessert (and a little more wine) at Ann's. We bumbled along, chatted, and laughed like we always do, two on bikes and the rest walking. It was good to be together! And it would not have happened without our precious gardens, all three beautiful and unique.

COVID-19 has not brought a lot of good into most of our lives, I'd posit. But two very good things it has delivered are more newly minted gardeners and more commitment and passion from people who were gardeners already and now have more time on their hands.

Our gardens are giving us plenty in return.

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A handwritten signature in black ink that reads "Jane".

Jane Milliman, Publisher

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A botanical café in Rachel Stepien & the Plant

Story by Michelle Sutton; photos courtesy the Plant Shack except where noted



greater Buffalo: Shack have big plans

Rachel Stepien is the owner of the Plant Shack in East Aurora, southeast of Buffalo. With two locations and a third being planned, she is offering things people need more now than ever: community, creativity, the people-plant connection, and—soon—cocktails!

Did you grow up in a gardening family?

Rachel Stepien: I grew up in Niagara County, in Youngstown. My love for nature started there and with going to nature preserves with my grandparents. My dad always had a garden (and still does), and helping him pick tomatoes and cucumbers in the summer is definitely something I will always remember. I would help find toads in my dad's veggie garden or move spiders off the tomatoes before he watered. He had the knack for growing veggies and herbs, and inside the house we had cacti and small trees. One cactus got so large, we had to donate it because it wouldn't fit in the house anymore.

How did your plant interest evolve from there?

Throughout my life, I've had a fascination with all types of forests. I always wanted to go explore the Amazon rainforest; I remember being a kid and having this cool pop-up book where you could add different plants and animals to a rainforest backdrop. It wasn't until a few years ago, though, that I started collecting plants and really getting into the houseplant hobby.

Before starting the Plant Shack, I had worked at the Buffalo Zoo in the rainforest exhibit (I have a degree from Canisius College in Zoology). After seeing how much my mood improved in the winter because of being surrounded by plants at work as well as at home, my love for them really took off.

What was your initial business spark?

I always had an appreciation for cozy, locally owned coffee shops, and when I was drinking coffee last fall in my home, surrounded by plants, I had a vision of creating a botanical café. I thought, "How cool would it be to actually create this kind of space for other people?" I knew this would be a big endeavor, so I started with plants—getting my name out there, spreading the word and excitement, etc. My end goal is still to become a botanical café: coffee by day, craft cocktails by night—all surrounded by green!

What do you see as your overall business mission and vision?

This is so hard for me to answer, as I have at least ten missions! Overall, though, my mission is to be a place for the community to gather. My vision is to be a business that supports the community that supports me. To be kind.

How have you used social media to grow your Plant Shack community?

Social media has been my number one place for getting out news and information, advertising events, and gathering a following

of fellow plant people. It's been amazing! We've done giveaways with expensive plants so that people who may not be able to splurge to buy one have a chance to win one. I have used our social media to help a foster dog find a home.

I want people to know there is someone just like them behind the Plant Shack name. I like sharing behind-the-scenes things on social media so it's more personal. I want people to know that they can come to me for advice or just to chat. I also use social media to provide exposure to other small businesses in our region and to encourage folks to check them out.



INSET: Anna's cat, Billy, keeps an eye on things.



Could you tell us about #TheShackGivesBack and your areas of giving?

This comes back to my mission and vision. I want to be a place for the community, to help make our community and world a better place. Animals and nature are my passion, so many of my give-back efforts are related to that. For instance, starting last November, for every ten plants we sell, we plant a tree through the nonprofit organization called One Tree Planted. We have planted 445 trees around the world so far! We've also raised money to help those affected by the Australian bushfires.

We have covered the cost of transportation fees for animals who are being transported to our region by plane, and we've sponsored cages at the Niagara County SPCA. One of the dogs we helped transport stayed at the Shack during our open hours to greet customers and gain exposure; because of this, she found an amazing new home! Once we get back to normal, we hope to have more "shop dogs."

You're starting a scholarship for college or trade school students. What inspired you to do that?

I was on a business trip with my other job, and my shuttle driver to the airport was a high school student who was applying to colleges. He is the first of his family to go to college, and he really wanted to go to a certain one that is very expensive. He had this plan laid out, that he was going to go to the local community college for two years, then another college, and then finally transfer to the expensive college so his diploma would be from there.

I told him that the name of the college wasn't everything, but after him telling me his plans, how he was saving money, etc., I tipped him very well and said it was for his college fund. I got such a great feeling that I was able to help him out, even in such a small way, that I decided that

I would use my business to help someone go to school. We were going to start this year, but due to the coronavirus, we instead donated over \$500 in gift cards and Easter dinners to local families who were struggling because of income loss related to the pandemic.

Speaking of the pandemic, how have you been adapting your business in this strange time?

We essentially closed for a full month, but after talking to my employees, we came up with a plan to safely open with curbside pickup. We transferred everything to a new website that's equipped for online purchases. We did that for about a month, and once phase three of reopening came around, we opened to the public but with restrictions (masks, capacity limits, etc.). We have two locations, both in East Aurora. Our seasonal location at Knox Farm State Park will remain closed this year—as it's just easier with everything going on—but our Main Street location is open.

Are you still hoping to open a botanical café in the future?

Yes! We are in the planning phases of opening a separate (different location) botanical café, complete with coffee, patio, indoor seating, and cocktails. I can't wait to fulfill this goal/vision.

What kinds of events and classes did you have and plan to get back to? Will you be adapting them to online?

We had everything! We had introductory German classes, jigsaw puzzle nights, local artists teaching botanical drawing, macramé hanger making classes, succulent arrangement workshops—I can go on! We aren't adapting these to online, but we are working on having some outdoor events before winter hits.

ABOVE (LEFT TO RIGHT): The Plant Shack's Rachel, Erin, and Anna, photographed by Seventh Arrow Studios

OPPOSITE: The Plant Shack's show-stopper displays





LEFT: Packages ready for curbside pickup last spring. Now folks can shop the Plant Shack in person (using safe protocols).

RIGHT: House-plant chic: “plant pouches” lined with plastic. The Shack seeks to support as many small businesses as possible.



The cloth plant pouches are intriguing—can you talk about those?

The cloth pouches are made by Amiga Wild, a business cofounded by two friends in Venice, California. The pouches have plastic liners in the bottom but the friends thought it would be a fun and different way to display your plants. The safari-themed cloth pouches are the most popular.

What are some other innovative products you'd like to highlight?

Not so much individual products, but I would like to add that many of our gift items are made by local or international small businesses; we seek to support as many as possible. Our candles, cards, jewelry, macramé hangers, and embroidery are all from small businesses. Most of our store furniture was custom-made by Black Dog Wood, based in Niagara County.

Where do you turn for creative ideas and inspiration?

When I first started, I would scroll through Instagram for inspiration from other plant shops. But when employees

Erin and Anna came on board, they quickly became the source of creativity! Both of them love interior design, so they are always changing the shops around and arranging everything in the most pleasing and unusual ways.

What interests do you have outside of the business?

I love traveling with my boyfriend—two of my favorite places to go are St. John, USVI and Wengen, Switzerland. I also love reading and playing video games. You can find me down by our pond looking at bugs and other animals. I'm on the board of Knox Farm State Park right here in East Aurora.

What's an interesting fact about you that your customers might not know?

I served in the USAF reserves for six years.

Michelle Sutton is a horticulturist, writer, and editor.

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Autumn: Bulbs in, bulbs out

by Steven Jakobi

Remember those bulbs you ordered from catalogues months ago? The crocuses, irises, and daffodils? Well, they are starting to arrive now and it's time to plant them during the month of October. And if it isn't enough to put the garden to bed, to plant the garlic and those spring-flowering bulbs, you have the added chore of digging some bulbs up to put into storage. Wait—did you say dig some up? Oh, yes—because along with planting bulbs, it is soon time to dig up the dahlias, canna lilies, calla lilies, and gladioli.

Let's start with planting. Ideally, the bulbs of plants that will flower in the early spring (crocus, daffodil, snowdrop, etc.) go in about six weeks before the first frost. When that will occur is, of course, anyone's guess, but in the last twenty years or so, that date keeps getting pushed back more and more as the planet warms. [The *UGJ* generally goes with October 15 as first frost date in upstate New York.—Ed.]

Different kinds of bulbs go in at different soil depths, but a frequently mentioned rule of thumb is to dig a hole two to three times as deep as the bulb's height. However, this is just a general guideline, as tulips do best when planted at a depth of 8 inches, hyacinths at 5 to 6 inches, and crocuses at 3 to 4 inches. Large allium bulbs prefer a depth of 8 inches, while small specimens of the same should be at 2 inches. And don't forget that the pointy end of the bulbs faces upward when placed into the hole.

As spring-blooming bulbs go in, the summer-flowering ones need to be dug up and put into storage until next year.

These include dahlia, gladiolus, some species of lilies, and elephant ear (technically, some of these "bulbs" are corms, rhizomes, or tubers but, from a practical point of view, the terminology is of no consequence). These plants originated in warmer areas of the world and they are unable to survive the cold winter conditions found in our area. Once they are carefully dug up, after the first frost kills back their foliage, the bulbs are stored in well-aerated mesh bags or paper sacks in such a way that they are not crowded together. A temperature regime of around 50° F and darkness are recommended for storage. That is because these bulbs are living organisms whose cells continue to respire and produce moisture that rot fungi thrive on. Some gardening websites recommend washing the soil off the bulbs prior to drying and storage, but I don't do this. While I do shake the excess soil off the bulbs, I believe that washing is unnecessary. It removes some of the protective coating of outer plant tissue, as well as the soil particles containing beneficial microbes that are antagonists of rot fungi and bacteria.

Ok, it's time to go! Let's start digging. Come next year, all the hard work we put in now will be rewarded by the beautiful flowers these plants will produce.

Steven Jakobi is an Allegany County Master Gardener volunteer.

ABOVE: Bulbs in!

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Deer-resistant bulbs to plant in the fall

List compiled by Ken Harbison; photos courtesy Colorblends.com

The fall-planted bulbs that are most deer resistant are:

1. Daffodil and related *Narcissus spp.* The bulbs of this family contain a number of toxic alkaloids, of which the most important in daffodils is lycorine. All parts of the plant are toxic, with the highest toxicity in the bulbs.
2. Ornamental onions, *Allium spp.*, are avoided because of the strong smell.
3. Crown imperial, *Fritillaria imperialis*, is also avoided because of the strong smell.
4. Autumn crocus, *Colchicum autumnale*, contains the toxic alkaloid colchicum. They are planted in early fall for leafless bloom in fall. The foliage appears in the spring.

The following bulbs may occasionally be nibbled by deer, but are seldom seriously damaged:

5. Grape hyacinth, *Muscari armeniacum*
6. Hyacinth, *Hyacinthus orientalis*
7. Trout lily, a.k.a. dogtooth violet, *Erythronium spp.*
8. Snowdrop, *Galanthus nivalis*
9. Glory of the snow, *Chionodoxa spp.*
10. Spanish bluebell, *Hyacinthoides hispanica*
11. Siberian squill, *Scilla siberica*

Ken Harbison is a Master Gardener with Monroe County.

LEFT:
Daffodil 'Delibes'

RIGHT TOP:
Allium nigrum

RIGHT BOTTOM:
Hyacinth
'Yellowstone'

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What to do in the garden in September & October

SEPTEMBER

Ornamentals

Continue to deadhead some perennials and annuals to keep them blooming, others to avoid self-sowing. You may want to leave seedheads for the birds on plants like echinacea.

Stop deadheading most roses. This will allow them to start transitioning to winter. Rosehips are an added bonus with some kinds of roses.

Keep container plants watered and fertilized.

Evergreens, including conifers, should be planted by mid-September to allow them plenty of time to root. The newly planted broadleaf evergreens will need winter protection from sun and wind. Continue to water all newly planted woody plants. Ten to fifteen gallons of water is needed weekly when rainfall is less than one inch.

Protect tree trunks from buck rub as soon as possible.

Plan to protect woody plants from browsing by deer, rabbits and rodents. The bark and the buds on the branches are all susceptible.

Bearded irises should have been divided and/or planted last month but if you do so in September, place a stone or brick on top of the rhizome to prevent winter heaving (this tip courtesy of the Southern Tier Iris Society).

Keep water gardens full. Continue to prevent mosquito development. Use mosquito dunks if necessary—these contain a type of natural Bt that kills mosquito larvae.

September is the best time to renovate or install a lawn. Cooler weather and hopefully more moisture allow better germination and growth of the grass seedlings. Mowing the lawn as high as possible results in a healthier lawn with deeper roots more tolerant of drought and denser turf that will prevent germination of some weed seeds.

Now is a good time to move spring-blooming bulbs if you can locate them. Many will already have roots so don't let them dry out.

Photograph your garden and make notes of needed changes. I put notes on next year's calendar so I don't forget what I wanted to do next April or May.

Now is a good time to plant hardy perennials and woody plants. Keep them watered to encourage rooting.

Narcissus is best planted in September after the soil has cooled a little. Delicate bulbs such as fritillaria and trout lilies should be planted as soon as you get them. Winter aconite tubers and *Anemone blanda* tubers should be soaked in lukewarm water for several hours before planting. This is very effective for *A. blanda*, less so for winter aconites, which are best propagated by seed.

ABOVE:
Hips on *Rosa rugosa*

Nursery stock goes on sale and may be a good money saver if it has been well cared for. Score the rootball of pot-bound plants with vertical cuts to ensure root growth into the surrounding soil. If rain is insufficient, water weekly. Continue watering until the ground freezes.

Check viburnums for viburnum leaf beetle (VLB) adults, especially if the shrubs were defoliated by the larvae. Consider a pesticide treatment to save the shrubs. Do NOT cut back branches just because the leaves have been eaten or damaged. Scratch the bark with your fingernail, if it's green underneath, the branch is alive. Snip off and destroy the twigs that contain the VLB eggs. Although the egg-laying sites are most obvious in the fall, one actually has until April to trim the affected twigs.

It is too late to fertilize woody plants, as doing so may encourage tender late growth that may not harden off in time for winter.

It is also too late to prune woody plants, except for dead or diseased wood. Be especially mindful not to prune spring-blooming shrubs that have already formed next spring's flower buds, such as forsythia.

Bring in poinsettias and Christmas cacti to get them adapted to indoor conditions. Start exposing them to long nights (short days) for flower buds to set. After checking for insects, bring in houseplants before nights cool off too much outside and heating systems start operating.

Consider having windowsill herbs for winter use. You may pot up small ones or take cuttings—basil, sage, rosemary (especially susceptible to drying out in my experience) are some of the possibilities. Chives are a hardy perennial; pot them up and bring them inside in late fall.

If you live in a cold site, you may want to dig tender bulbs such as dahlias, tuberous begonias, and cannas before the frost hits. This winter I am planning to keep canna 'Stuttgart' growing on a windowsill. Cannas do not need a rest period. Gladioli seem to be marginally hardy even in my cold site. One has persisted and bloomed for three years outdoors now, and others survived last winter, but may not bloom this year. I may leave them all in the ground and see what happens!

Edibles

You should already have harvested garlic.

Keep up with weeding! If you can't remove all the weeds right away, at least don't let them go to seed.

Renew the mulch in your veggie garden or consider planting hardy cover crops to improve the soil.

Pick fall raspberries every day, especially if the weather is wet or humid. If raspberries or other soft fruits look moist or misshapen, check for the maggots of the spotted wing drosophila fruit fly. Destroy all the bad fruit. If a lot of fruit has been set, you can then use row cover to keep the fruit flies out, but this will also prevent further pollination. Also look out for the brown marmorated stink bug.

Keep harvesting veggies and herbs and continue to water if it is dry.

If you garden in a cold site, start watching for frost after

October 1 be prepared. (The average first frost in zones 5 and 6 is in mid-October.)

Now is a good time to do a soil test and make pH amendments as needed but wait until spring to apply fertilizer.

OCTOBER

Ornamentals

Continue to water newly planted woodies. You can continue to plant hardy perennials and woody plants such as tall phlox, hostas and lilacs. The shallow-rooted perennials such as Heuchera should have been planted earlier.

This is the best time to move peonies. Normally, they don't need to be moved or divided unless they are growing in too much shade. It may take a couple of years for them to recover after dividing or moving. Do not plant them too deeply; doing so may cause them not to bloom.

Continue to plant spring-blooming bulbs. Tulips can be planted last. Many spring-blooming bulbs are deer-resistant, such as alliums, winter aconite, snowdrops, snowflake, Siberian squill, glory-of-the-snow, puschkinia, fritillaria, and *Anemone blanda*. Grape hyacinths send up fall foliage but even when it's browsed it doesn't seem to affect their vigor.

Cut off all the peony foliage down to the ground to remove botrytis spores.

Some perennials can be cut back now for the winter, if the foliage has senesced already. Leave stalks of natives in place in case beneficial insects use them for overwintering. Also, do not trim back the stalks of certain plants that overwinter better with the protection of the old stalks. This group includes mums, lavender, culinary sage, Kniphofia and butterfly bush.

Late in the month, look for spring bulbs on sale. Consider forcing some: daffodils, crocuses, hyacinths, and smaller bulbs like Siberian squill all force well. Tulips can be forced, too, but they require a longer rooting period and stronger light in the foliage-growing stage or they will be leggy and floppy.

Edibles

Listen to the fall forecasts and be prepared to protect tender plants from an early frost with old sheets, towels, etc., as we frequently get a couple weeks of nice weather afterwards. Otherwise, when frost is predicted, do a quick harvest to get produce indoors.

Mid to late October is the best time to plant garlic. Be sure to rotate garlic; pick a new spot with lots of sun and good drainage. I mulch it with a couple inches of woodchips to give it plenty of time to root but preferably not to sprout.

Remove all the brown asparagus ferns to reduce the number of overwintering asparagus beetles.

Continue weeding, watering and mulching as needed.



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Calendar



Due to the COVID-19 crisis, we strongly recommend you confirm with the host whether an event is still taking place as listed.

SPONSORED EVENT

ROCHESTER

September 26 & 27: Fall Flowers and Foliage, 9am–4pm. Native plants will be available for purchase plus autumn decorations, seed collecting demonstrations and guided tours of the property. Leaf rubbing station for the kids. Staff will be on hand to answer questions and give consultations. Face masks are required and visitors must sign up for a one-hour time slot. Amanda's Garden, 8030 Story Road, Dansville. 585/750-6288; amandasgarden@frontiernet.net; amandasnativeplants.com.

BUFFALO

REGULAR CLUB MEETINGS

African Violet & Gesneriad Society of WNY meets the third Tuesday of the month, March–December, at 7pm, Greenfield Health & Rehab Facility, 5949 Broadway, Lancaster. judyoneil1945@gmail.com.

Alden Garden Club meets the second Wednesday of the month (except July & August) at 7pm, Alden Community Center, West Main Street, Alden. New members and guests welcome. Plant sale each May. 716/937-7924.

Amama Garden Club meets the second Wednesday of the month (except January) at Ebenezer United Church of Christ, 630 Main Street, West Seneca. Visitors welcome. 716/844-8543; singtoo@aol.com.

Amherst Garden Club meets the fourth Wednesday of the month (except December, March, July & August) at 10am, St. John's Lutheran Church, Main Street, Williamsville. New members and guests welcome. 716/836-5397.

Bowmansville Garden Club meets the first Monday of the month (except June, July, August & December) at 7pm, Bowmansville Fire Hall, 36 Main Street, Bowmansville. New members and guests welcome. For more information 716/361-8325.

Buffalo Area Daylily Society. East Aurora Senior Center, 101 King Street, East Aurora. Friendly group who get together to enjoy daylilies. Plant Sales, May & August. Open Gardens, June–August. Facebook.

Buffalo Bonsai Society meets the second Saturday of the month, 1pm, ECC North Campus, STEM Building, Room 102. buffalobonsaisociety.com.

Federated Garden Clubs NYS – District 8. Nancy Kalieta, Director, nancyk212@aol.com. gardenclubsofwny.com.

Forest Stream Garden Club meets the third Thursday of the month (September–May) at 7pm, Presbyterian Village, 214 Village Park Drive, Williamsville and other locations. Summer garden teas & tours. Ongoing projects include beautification of the Williamsville Meeting House, garden therapy at a local nursing home, youth gardening & Victorian Christmas decorating. eileen.s@markzon.com

Friends of Kenan Herb Club meets the fourth Monday of the month at 6pm (January–March), 5:30pm (April–November), Kenan Center for the Arts, 433 Locust Street, Lockport. Meeting dates, times and campus locations: kenancenter.org/affiliates.asp; 716/433-2617.

Garden Club of the Tonawandas meets the third Thursday of the month at 7pm, Tonawanda City Hall,

Community Room.

Garden Friends of Clarence meets the second Wednesday of the month at 7pm, September–June, Town Park Clubhouse, 10405 Main Street, Clarence. gardenfriendsofclarence@hotmail.com.

Hamburg Garden Club meets the second Wednesday of the month at noon, Hamburg Community Center, 107 Prospect Avenue, Hamburg. Summer garden tours. 716/649-6789; lonabutler4@gmail.com.

Kenmore Garden Club meets the second Tuesday of the month (except July, August & December) at 10:00am, Kenmore United Methodist Church, 32 Landers Road, Kenmore. Activities include guest speakers, floral designs and community service. New members and guests welcome. songnbird@aol.com.

Ken-Sheriton Garden Club meets the second Tuesday of the month (except January) at 7pm, St. Mark's Lutheran Church, 576 Delaware Road, Kenmore. Monthly programs, artistic design and horticulture displays. New members and guests welcome. 716/833-8799; dstierheim@gmail.com.

Lancaster Garden Club meets the second Wednesday of the month (except January, July & August) at 7pm, St. John Lutheran Church, 55 Pleasant Avenue, Lancaster. All are welcome. Meetings are currently on hold. 716/685-4881.

Niagara Frontier Koi and Pond Club meets the second Friday of the month at 7pm, Zion United Church, 15 Koenig Circle, Tonawanda.

Niagara Frontier Orchid Society (NFOS) meets the first Tuesday following the first Sunday (dates sometimes vary due to holidays, etc.), September–June, Botanical Gardens, 2655 South Park Avenue, Buffalo. niagarafreerorchids.org.

Orchard Park Garden Club meets the first Thursday of the month at 12pm, Orchard Park Presbyterian Church, 4369 South Buffalo Street, Orchard Park. Contact: Sandra Patrick, 716/662-2608.

Ransomville Garden Club meets the third Wednesday or Saturday of the month at 5:45pm, Ransomville Community Library, 3733 Ransomville Road, Ransomville. Meetings are open to all. Community gardening projects, educational presentations, June plant sale. bbonnie2313@gmail.com.

Silver Creek-Hanover Garden Club meets the second Saturday of the month at 11am, Silver Creek Senior Center, 1823 Lake Road (Rte. 5), Silver Creek. edlorrie@yahoo.com; Facebook.

South Towns Gardeners meets the second Friday of the month (except January) at 9:30am, West Seneca Senior Center. New members welcome.

Town and Country Garden Club of LeRoy meets the second Wednesday of the month (except February) at 6:30pm, First Presbyterian Church, 7 Clay Street, LeRoy. New members and guests are welcome. 585/768-2712; ritawallace005@gmail.com; Facebook.

Western New York Herb Study Group meets the second Wednesday of the month at 7pm, Buffalo and Erie County Botanical Gardens, 2655 South Park Avenue, Buffalo.

Western New York Honey Producers, Inc. Cornell Cooperative Extension of Erie County, 21 South Grove Street, East Aurora. wnyhpa.org.

Western New York Hosta Society. East Aurora Senior Center, 101 King Street, East Aurora. Meetings with speakers, newsletter, sales. Hosta teas first Saturday of July, August, September. h8staman@aol.com; wnyhosta.com.

Western New York Hosta Society Breakfast Meetings, a friendly get-together, first Saturday (winter months only) at 10am, Forestview Restaurant, Depew. wnyhosta.com.

Western NY Iris Society usually meets the first Sunday of the month (when Iris are not in bloom), 1–4pm, at the Lancaster Public Library, 5466 Broadway,

Lancaster. Information about acquiring and growing irises (bearded & non-bearded) and complimentary perennials, annual flower show & summer iris sale. Guests welcome 716/837-2285; drsnooks@twc.com.

Western New York Rose Society meets the third Wednesday of each month at 7pm, St. Stephens-Bethlehem United Church of Christ, 750 Wehrle Drive, Williamsville. Currently holding meetings virtually, see website for details. wnyrosesociety.net.

Youngstown Garden Club meets the second Wednesday of every month at 7pm, First Presbyterian Church, 100 Church Street, Youngstown.

FREQUENT HOSTS

CCE/EC: Cornell Cooperative Extension, Erie County, 21 South Grove Street, East Aurora, NY 14052. 716/652-5400 x174; erie.cce.cornell.edu/events/2020/09/15/master-gardener-2020-fall-gardening-classes-online.

LOCK: Lockwood's Garden Center, 4484 Clark Street, Hamburg, NY 14075. 716/649-4684; weknowplants.com.

REIN: Reinstein Woods Nature Preserve, 93 Honorine Drive, Depew, NY 14043. 716/683-5959; reinsteinwoods.org.

CLASSES / EVENTS

September 12: September Saturday Series. Facebook video class: *Fall Planter Kit*. On site: shrub sale. Vendors: Over the Buffalo Moon, fine jewelry & pottery; So She Sews, quilts & textile art; ReEwesing, felted woolen wear. Weidner BBQ food truck (take away only). **LOCK**

September 15: Bulbs and Tubers and Corms, Oh, My! 6:30–8pm. Carol Ann Harlos will discuss the wide variety of bulbs, tubers and corms available to plant now for the spring garden. Zoom session. \$15; \$40 for 3 sessions (see September 23 & 26). Registration required. **CCE/EC**

September 19: September Saturday Series. Facebook video class: *Hydrangeas*. On site: tree sale. Vendors: Silver Birch Designs, hand-made jewelry; Maple Leaf Alpaca Farm, live alpacas & woven textiles; Rebecca Watts Design, crystal jewelry & felted textiles. LLOYD food truck (take away only). **LOCK**

September 22: Virtual Workshop – Planting for Birds and Butterflies, 10am. Discover plants that can attract birds and beneficial insects to the home garden while also adding beauty. Free. Online registration required. **REIN**

September 23: Fall Propagation, 6:30–8pm. Peggy Koppmann will cover how to take cuttings of shrubs and overwinter them properly. Phyllis Lobbins will discuss the Winter Sowing technique for starting perennials. Zoom session. \$15; \$40 for 3 sessions (see September 15 & 26). Registration required. **CCE/EC**

September 26: Happy, Healthy Houseplants, 10–11:30am. Linda Mayer will share tips on caring for houseplants and will talk about some of the new and unusual varieties appearing in garden centers. Zoom session. \$15; \$40 for 3 sessions (see September 15 & 23). Registration required. **CCE/EC**

September 26: September Saturday Series. Facebook video class: *Succulent Pumpkin How-to*. On site: mystery sale. Vendors: Copper & Steel, garden sculpture; Turtle Designs, original rock art. Masters BBQ Ribs (take away only). **LOCK**

October 3: Trailside Art, 1pm. Create ephemeral art inspired by artist Andy Goldsworthy along the trails and ponds of Reinstein Woods. Free. Online registration required. **REIN**



Due to the COVID-19 crisis, we strongly recommend you confirm with the host whether an event is still taking place as listed.

BUFFALO cont.

October 6: Virtual Workshop – Leaf Art, 10am. Explore different methods for pressing leaves and simple crafts that can be done at home, including making a leaf press. Appropriate for all ages. Free. Online registration required. **REIN**

November 14: Native Seed Exchange, 10am. Bring native plant seeds to share and small containers or baggies to take seeds home. Free. Registration required, call 716/683-5959. **REIN**

SAVE THE DATE

June 5, 2021: Odyssey to Ithaca Day Trip. Join UGJ staff as we travel by motor coach to tour the Ithaca region. Highlights include a visit to Cornell Botanic Gardens; shopping at a variety of nurseries including Baker's Acres and Cayuga Landscape; wine tasting and more. Lunch included. \$85. Registration required. Please call to reserve your seat: 716/432-8688; 585-591-2860. *Upstate Gardeners' Journal*, 390 Hillside Avenue, Rochester, NY 14610. upstategardenersjournal.com.

ITHACA

REGULAR CLUB MEETINGS

Adirondack Chapter, North American Rock Garden Society (ACNARGS) meets the third Saturday of the month (except in summer) at 1pm, Whetzel Room, 404 Plant Science Building, Cornell University, Ithaca. Meetings are open to all. 607/269-7070; acnargs.org; Facebook.com/acnargs.

Auraca Herbarists, an herb study group, usually meets the second Tuesday of the month at noon, Cornell Botanic Gardens, Ithaca. Brownbag lunch at noon followed by the program and herb of the month. Field trips during the growing season. All are welcome. Contact: Pat Curran, pc21@cornell.edu.

Elmira Garden Club meets the first Thursday of the month, April–December, at 6pm, 426 Fulton Street, Elmira. Annual plant sale, workshops, monthly meetings, local garden tours and community gardening services. Karen Coletta, 607/731-8320; Facebook.com.

Finger Lakes Native Plant Society meets the third Wednesday of the month at 7pm, Unitarian Church annex, corner of Buffalo & Aurora, Ithaca. Enter side door on Buffalo Street & up the stairs. 607/257-4853.

Windsor NY Garden Group meets the second and fourth Tuesdays of the month at 10am, members' homes or Windsor Community House, 107 Main Street, Windsor. windsorgardengroup.suerambo.com.

ROCHESTER

REGULAR CLUB MEETINGS

7th District Federated Garden Clubs New York State, Inc. meets the first Wednesday of the month. 7thdistrictgcnys.org.

African Violet and Gesneriad Society of Rochester meets the first Wednesday of the month (except in summer), 7–9pm, Messiah Church, 4301 Mount Read Blvd., Rochester. All are welcome. *Meetings are on hold until further notice.* Stacey Davis, 585/426-5665; stacey.davis@rit.edu; avgsr.org.

Big Springs Garden Club of Caledonia-Mumford meets the second Monday evening of the month, September–November, January–May. New members

and guests welcome. 585/314-6292; mdolan3@rochester.rr.com; Facebook.com.

Bloomfield Garden Club meets the third Thursday of the month at 11:45am, Veterans Park, 6910 Routes 5 & 20, Bloomfield. Visitors and prospective new members welcome. Marlene Moran, 585/924-8035. Facebook.com.

Bonsai Society of Upstate New York meets the fourth Tuesday of the month at the Brighton Town Park Lodge, Buckland Park, 1341 Westfall Road, Rochester. 585/334-2595; Facebook.com; bonsaisocietyofupstateny.org.

Conesus Lake Garden Club meets the third Wednesday of the month (April–December) at 7pm, Watershed Education Center, Vitale Park, Lakeville. Welcoming new members. Contact Rosemary Fisher, 716/983-8630.

Country Gardeners of Webster meets the second Monday of the month (except February, July & August) at 7pm, various locations. All aspects of gardening covered, outside speakers, projects, visits to local gardens, community gardening involvement. Includes coffee and social time. Guests welcome. 585/265-4762.

Creative Gardeners of Penfield meets the second Monday of the month (except July & August) at 9:15am, Penfield United Methodist Church, 1795 Baird Road, Penfield. Visitors welcome. Call 585/385-2065 if interested in attending a meeting.

Fairport Garden Club meets the third Thursday evening of each month (except August & January). Accepting new members. fairportgc@gmail.com; fairportgardenclub.com.

Garden Club of Brockport meets the second Wednesday of every month at 7pm, Jubilee Church, 3565 Lake Road, Brockport. Speakers, hands-on sessions. Georgie: 585/964-7754; georgietoates@yahoo.com.

Garden Club of Mendon meets the third Tuesday of the month, 10am–1pm, Mendon Community Center, 167 North Main Street, Honeoye Falls. Work on community gardens and gather new ideas in a casual, social environment. 585/624-8182; joanheaney70@gmail.com.

Garden Path of Penfield meets the third Wednesday of the month, September–May at 7pm, Penfield Community Center, 1985 Baird Road, Penfield. Members enjoy all aspects of gardening; new members welcome. gardenpathofpenfield@gmail.com.

Gates Garden Club meets the second Thursday of the month (except July & August) at 6:30pm, Gates Town Annex, 1605 Buffalo Road, Rochester. New members and guests welcome. 585/429-5996; may@gmail.com.

Genesee Region Orchid Society (GROS) meets the first Monday following the first Sunday of the month (September–December; February–May), Jewish Community Center, 1200 Edgewood Avenue, Rochester. GROS is an affiliate of the American Orchid Society (AOS) and Orchid Digest Corporation. Facebook.com/geneseeorchid; geneseeorchid.org.

Genesee Valley Hosta Society meets the second Thursday of the month, April–October, at Eli Fagan American Legion Post, 260 Middle Road, Henrietta. 585/538-2280; sebackner@frontiernet.net; geneseevalleyhosta.com.

Greater Rochester Iris Society (GRIS) meets Sundays at 2pm, dates vary, St. John's Episcopal Church Hall, 11 Episcopal Avenue, Honeoye Falls. Public welcome. *September 9: Bulbous Iris – A Great Spring Addition to the Garden, via Zoom, contact thehutchings@mac.com to receive an invite. October 11: Woodpeckers in the Garden with Diane Henderson.* 585/266-0302; thehutchings@mac.com.

Greater Rochester Perennial Society (GRPS) meets the first Thursday of each month at 7pm, Twelve

Corners Presbyterian Church Fellowship Hall, 1200 South Winton Road, Rochester, except in summer when it tours members' gardens. *Lectures & garden tours on pause; see website or Facebook for updates.* cap704@frontiernet.net; Facebook.com; rochesterperennial.com.

Greater Rochester Rose Society meets the first Tuesday of the month at 7pm, First Unitarian Church, 220 Winton Road South, Room 110, Rochester. July meeting is a garden tour. 585/694-8430; rochrosesociety@gmail.com; Facebook.com.

Henrietta Garden Club meets the second Wednesday of the month (except May–August & December) at 6:30pm, Department of Public Works Building, 405 Calkins Road, Henrietta. Guests welcome. *No meetings September 2020–April 2021; club status will be updated as the global community situation changes.* Handicap accessible. 585/889-1547; henrietagardenclub.org.

Holley Garden Club meets the second Thursday of the month at 7pm, Holley Presbyterian Church. 585/638-6973.

Hubbard Springs Garden Club of Chili meets the third Monday of the month at 7pm, Chili Senior Center, 3235 Chili Avenue, Rochester. dtoogood@rochester.rr.com.

Ikebana International Rochester Chapter 53 meets the third Thursday of each month (except December and February) at 10am, First Baptist Church, Hubbell Hall, 175 Allens Creek Road, Rochester. 585/301-6727; 585/402-1772; rochesterikebana@gmail.com; ikebanarochester.org.

Kendall Garden Club meets the first Wednesday of the month at 7pm, Kendall Town Hall. 585/370-8964.

Klemwood Garden Club of Webster meets the 2nd Monday of the month at 7pm (except January & February) in members' homes or local libraries. Accepting new members. 585/671-1961.

Lakeview Garden Club (Greece) meets the second Wednesday of the month (except January & February) at 7pm, meeting location varies depending on activity. Meetings may include a speaker, project or visits to local garden-related sites. New members always welcome. Joanne Ristuccia; rista1234@gmail.com.

Newark Garden Club meets the first Friday of the month at 1pm, Park Presbyterian Church, Newark. Guests are welcome.

Pittsford Garden Club meets the third Tuesday of the month (except January & February) at 10:30am, Spiegel Community Center, 35 Lincoln Avenue, Pittsford. Guest speakers and off-site tours. New members welcome. kwhultz@gmail.com.

Rochester Dahlia Society meets the second Saturday of the month (except August & September) at 12:30pm, Trinity Reformed Church, 909 Landing Road North, Rochester. Visitors welcome. *See website for up-to-date information concerning meetings & shows.* 585/865-2291; Facebook.com; rochesterdahlias.org.

Rochester Herb Society meets the first Tuesday of each month (excluding January, February & July) at 12pm, Potter Memorial Building, 53 West Church Street, Fairport. Summer garden tours. New members welcome. rochesterherbsociety.com.

Rochester Permaculture Center meets monthly to discuss topics such as edible landscapes, gardening, farming, renewable energy, green building, rainwater harvesting, composting, local food, forest gardening, herbalism, green living, etc. Meeting location and details: meetup.com/rochesterpermaculture.

Seabreeze Bloomers Garden Club meets the fourth Wednesday of the month (except January) at 7pm, location varies depending on activity. Meetings may include a speaker, project or visit to local garden-related site. Monthly newsletter. New members welcome. *Meetings are currently cancelled; contact*

Bonnie Arnold with any questions. Bonnie Arnold, 585/230-5356; bonniearnold@frontiernet.net.

Stafford Garden Club meets the third Wednesday of the month (except December & January) at 7pm, Stafford Town Hall, 8903 Morganville Road (Route 237), Stafford. Plant auction in May. All are welcome. 585/343-4494.

Victor Garden Club meets the second Wednesday of the month (except January & February) at 6:30/6:45pm. New members welcome. Meeting and location details: victorgardenclubny2.com; 585/330-3240.

Williamson Garden Club. On-going community projects; free monthly lectures to educate the community about gardening. Open to all. 315/524-4204; grow14589@gmail.com; grow-thewilliamsongardenclub.blogspot.com.

FREQUENT HOSTS

CCE/GC: Cornell Cooperative Extension, Genesee County, 420 East Main Street, Batavia, NY 14020. 585/343-3040 x101; genesee.cce.cornell.edu.

CLASSES / EVENTS

September 11: Canning Salsa & Tomatoes, 11am–12pm. Learn how to can whole and diced tomatoes plus make salsa. Class will cover the basics of canning in a boiling water bath or steam canner, including equipment needed. Taught by Diane Whitten, dwhitten@cornell.edu. Zoom session. Free. Advance registration required. **CCE/GC**

September 25: Dehydrating Fruits & Vegetables, 11am–12pm. Diane Whitten will discuss techniques, tips and different types of dehydrators. Further information: dwhitten@cornell.edu. Zoom session. Free. Advance registration required. **CCE/GC**

September 26 & 27: Fall Flowers and Foliage, 9am–4pm. Native plants will be available for purchase plus autumn decorations, seed collecting demonstrations and guided tours of the property. Leaf rubbing station for the kids. Staff will be on hand to answer questions and give consultations. Face masks are required and visitors must sign up for a one-hour time slot. Amanda's Garden, 8030 Story Road, Dansville. 585/750-6288; amandasgarden@frontiernet.net; amandasnativeplants.com.

October 1: Garden Talk – Easy Preserving, 12–12:45pm. Catherine, CCE Master Food Preserver volunteer, will share some quick and easy ways to preserve the garden's fall bounty. Zoom session. Free. Advance registration required. **CCE/GC**

October 3: Fall Gardening Symposium, 10am–5pm. Donald A. Rakow, School of Integrative Plant Science, at Cornell University. \$35 members; \$40 non-members; \$25 students. Registration required. Sonnenberg Gardens & Mansion State Historic Park, 151 Charlotte Street, Canandaigua. 585/394-4922; sonnenberg.org.

November 5: Garden Talk – Orchids, 12–12:45pm. Master Gardener Jane G. will share tips and tricks for growing orchids at home. Zoom session. Free. Advance registration required. **CCE/GC**

SAVE THE DATE

June 5, 2021: Odyssey to Ithaca Day Trip. Join UGJ staff as we travel by motor coach to tour the Ithaca region. Highlights include a visit to Cornell Botanic Gardens; shopping at a variety of nurseries including Baker's Acres and Cayuga Landscape; wine tasting and more. Lunch included. \$85. Registration required. Please call to reserve your seat: 716/432-8688; 585-591-2860. Upstate Gardeners' Journal, 390 Hillside Avenue, Rochester, NY 14610. upstategardenersjournal.com. upstategardenersjournal.com.

SYRACUSE

REGULAR CLUB MEETINGS

African Violet & Gesneriad Society of Syracuse meets the second Thursday of the month, September–May, Pitcher Hill Community Church, 605 Bailey Road, North Syracuse. 315/492-2562; kgarb@twcny.rr.com; avsofsyracuse.org.

Bonsai Club of CNY (BCCNY) usually meets the second Wednesday of the month at 7pm, Pitcher Hill Community Church, 605 Bailey Road, North Syracuse. 315/436-0135; inewell1@gmail.com; cnybonsai.com.

Central New York Orchid Society meets the first Sunday of the month, September–May, St. Augustine's Church, 7333 O'Brien Road, Baldwinsville. Dates may vary due to holidays. 315/633-2437; cnyos.org.

Fairmount Garden Club meets the third Thursday of the month (March–November) at 6:30pm, Camillus Senior Center, 25 First Street, Camillus. Speakers & community projects. All are welcome. tooley.susan@yahoo.com.

Federated Garden Clubs NYS – District 6. 315/481-4005; dist6fss@gmail.com.

Gardening Friends Club meets the third Tuesday of the month, March–December, at 6:30pm, Wesleyan Church, 4591 US Route 11, Pulaski. 315/298-1276; Facebook: Gardening Friends of Pulaski, NY; VicLaDeeDa@frontiernet.net.

Gardeners of Syracuse meets the third Thursday of each month at 7:30pm, Reformed Church of Syracuse, 1228 Teall Avenue, Syracuse. Enter from Melrose Avenue. 315/464-0051.

Gardeners in Thyme (a women's herb club) meets the second Thursday of the month at 7pm, Beaver Lake Nature Center, Baldwinsville. 315/635-6481; hbaker@twcny.rr.com.

Habitat Gardening in CNY (HGCNY) meets the last Sunday of most months at 2pm. Liverpool Public Library, 310 Tulip Street, Liverpool. HGCNY is a chapter of Wild Ones: Native Plants, Natural Landscapes; wildones.org. Free and open to the public. 315/487-5742; info@hgcnycny.org; hgcnycny.org.

Home Garden Club of Syracuse usually meets the first Tuesday morning of the month. Members are active in educating the community about gardening, horticulture & floral design and involved with several civic projects in the Syracuse area. New members welcome. homegardenclubofsyracuse@gmail.com; homegardenclubofsyracuse.org.

Koi and Water Garden Society of Central New York usually meets the third Monday of each month at 7pm. See website for meeting locations. 315/458-3199; cnykoi.com.

Men and Women's Garden Club of Syracuse meets the third Thursday of the month at 7:30pm, Reformed Church of Syracuse, 1228 Teall Avenue, Syracuse. Meetings feature guest speakers on a variety of gardening and related topics. Members maintain gardens at Rosemond Gifford Zoo & Ronald McDonald House. Annual spring & fall flower shows. 315/699-7942; Facebook.

Southern Hills Garden Club meets the third Tuesday of each month, February–November, LaFayette Community Center, 2508 US Route 11, LaFayette. Some meetings are off site. Guests are welcome. *September 15: Hostas with breeder Dr. Steven Chamberlain, 7pm. October 20: Fall Back to Spring Ahead with Ballantyne Gardens, 7pm.* Cathy Nagel, 315/677-9342; cen42085@aol.com.

Syracuse Rose Society meets the second Thursday of the month (except December) at 7pm, Reformed Church of Syracuse, 1228 Teall Avenue, Syracuse. Enter from Melrose Avenue. Club members maintain the E. M. Mills Memorial Rose Garden, Thornden Park, Syracuse. Public welcome. syracerosesociety.org.

Deadline for Calendar Listings for the next issue (November–December, 2020) is Friday, October 16, 2020. Please send your submissions to deb@upstategardenersjournal.com.



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Miracle monarchs

by Liz Magnanti



ABOVE: Monarch Butterfly on New England Aster. Photo courtesy Flickr: Greg Thompson, US Fish and Wildlife Service Northeast Region

September is a key time to see one of the most interesting animals in our region—the monarch butterfly. The monarch makes an amazing migration down to Mexico every year—a journey that can be more than 3,000 miles! The best thing is, the monarch is relatively easy to attract to your yard.

Monarch butterflies are in the insect order Lepidoptera—an order that consists of butterflies and moths. Lepidoptera literally translates to “scale wing,” and for

good reason: These creatures’ wings are covered in tiny scales, which give them their beautiful colors. All butterflies and moths go through a complete metamorphosis throughout their life cycle. This means that each stage of their life is physically very different from the last. They begin their life as an egg, the egg hatches, and out comes the caterpillar. The caterpillar has chewing mouthparts that allow it to spend its life eating, and then it pupates, forming a chrysalis (or cocoon for moths.) The butterfly will hatch out of the chrysalis and readily visit gardens to drink nectar with a straw-like proboscis and start the egg laying process all over again.

Most butterflies need a specific “host plant” on which to lay their eggs and have their hatchling caterpillars eat. Once they are adult butterflies they will feed from completely different plants. The monarch butterfly, however, could live its life exclusively on milkweed plants. The female monarch will soar over fields and gardens on the hunt for milkweed. When she lands on a likely candidate, she can “taste” that she is on the right plant with specialized chemoreceptors on her legs and abdomen. In her lifetime, a female monarch will lay about 500 eggs, but only about one in twenty of these will make it to adulthood. The egg is laid on the underside of the milkweed leaf and will hatch after three to four days. The whole lifecycle is temperature dependent, with warmer temperatures speeding up the process. After hatching, the caterpillar will eat milkweed leaves religiously for another ten to fourteen days. Once nice and plump, the caterpillar morphs into a light green chrysalis where it will stay for another ten to fourteen days. The chrysalis will begin to turn dark, and the pattern of the black and orange monarch wing will show through it once the butterfly is about to emerge. When it emerges, its wings are wet and crumpled. The monarch will pump its wings and blood from its abdomen will fill the veins in its expanding wings.

Monarch butterflies and caterpillars are toxic to most predators. They acquire their protective toxin from the milkweed plant, which has a milky sap containing cardenolides that are poisonous to most vertebrates. The bright orange coloration of the monarch is its way of telling possible predators that it is not a good meal. This type of

warning coloration is known as aposematic coloration.

Arguably the most impressive feature of monarchs is the ability to migrate long distances. In the fall monarchs begin their migration southward to Mexico. This journey can take months and thousands of miles. While most monarchs only live for two to five weeks, the migratory population will live for eight or nine months. Once in Mexico, the monarchs will congregate to oyamel fir tree forests in high, mountainous elevations. They will spend the winter in these forests until March, when they begin the journey back north. These monarchs will mate and lay eggs along their journey and ultimately die off. Those eggs will continue their whole life cycle and turn into adult monarchs, called the first generation, and will continue the journey north, laying eggs all the while. This process continues for four generations. The monarchs that first make their way up to New York tend to be the third generation. It is the fourth generation that migrates back down to Mexico, meaning that those monarchs that migrate are the great-great grandchildren of the monarchs who migrated south the year before. It is a true spectacle of nature!

Monarch butterflies are relatively easy to attract to your garden. Planting nectar-producing plants like blazing star (liatris), Joe Pye weed, purple coneflower, New York ironweed, aster, and butterfly bush will attract adult monarchs. The one plant you definitely need to plant, of course, is milkweed.

In Upstate New York there are three milkweed species you are likely to find: common milkweed, swamp milkweed and butterfly weed. The common milkweed is very often found in fields, along roadsides, and parks. It has large leaves that are great for monarch caterpillars but can spread and get a bit unruly in the garden. Swamp milkweed can often be found in garden centers, especially if they have native plant sections. Its leaves are smaller and thinner but will still provide monarch caterpillars with the nutrition they need. The same goes for butterfly weed, which can also often be found in garden centers. Its bright orange, nectar producing flowers are a great treat for butterflies and it looks beautiful in the landscape.

The peak dates to see monarchs in our area are in early to mid-September. Monarchs travelling south from Canada are passing through here on their migration southward. Fields of asters and goldenrod are a great place to look. Planting for monarchs can be very rewarding, especially when you get your first visit of the season floating into the garden. These long-distance migrants are not only beautiful, but like many other pollinators, are facing population declines. So consider making your yard more monarch friendly!

Liz Magnanti is the manager of the Bird House in Pittsford.

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—SUZANNE MAYER

CEO/Founder Sirius Change LLC, CEO/Co-Founder Hinge Neighbors Inc. pictured with husband, pediatrician Sandy Mayer



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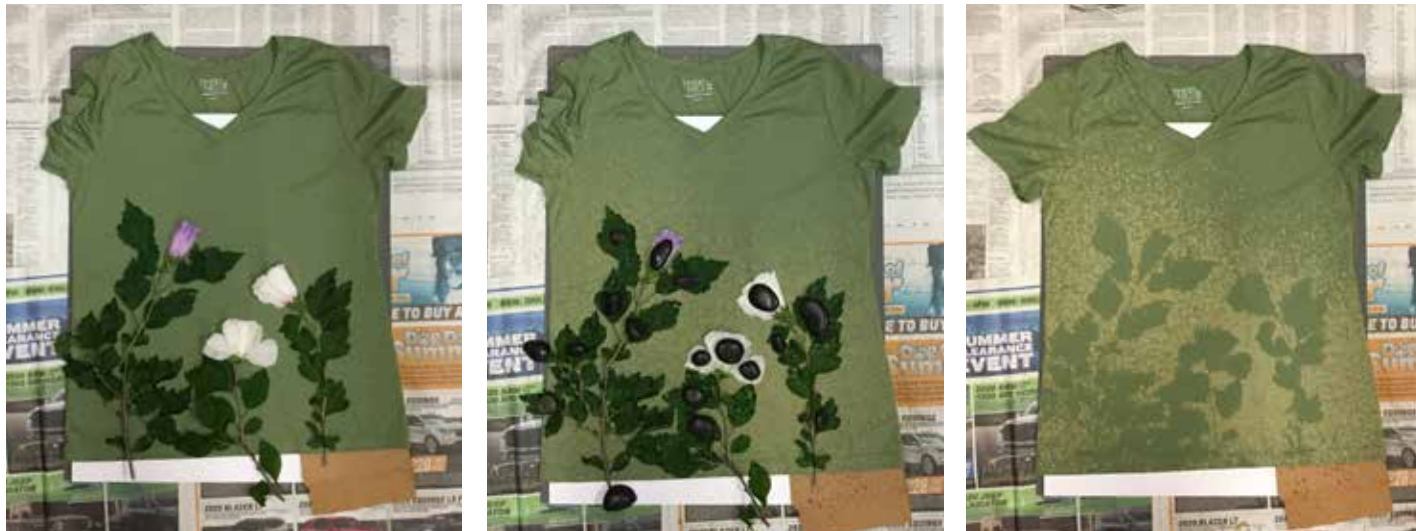
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Bleached botanical stencils



by Cathy Monrad

Create a one-of-a-kind fashion statement using some bleach, water, and plant material. A new shirt, old dress, or thrift store find can be transformed within a few minutes. A few notes before beginning:

- Good ventilation is key; making this project outside is best.
- Choose a day with no wind to avoid bleach splatter and prevent foliage from moving.
- Wear safety glasses to protect your eyes, and old clothes in case a breeze pops up.
- If children want to help, they can safely lay plant material onto clothing, but I recommend adults perform the bleach spraying step.

MATERIALS & TOOLS

Clean shirt or other garment; if new, wash before starting project
3-4 pieces of cardboard; 1-2 to place inside garment and 2 for flattening foliage
Clean, empty spray bottle with adjustable nozzle
Bleach
Water
Foliage of your choice (I used rose of Sharon cuttings; foliage with large leaves work best)
A few small rocks to use as weights
Safety glasses

LEFT: Foliage laid out on shirt

CENTER: Rocks placed strategically to hold down leaves; bleach mixture sprayed lightly over shirt is just beginning to change fabric color

RIGHT: Rocks and foliage removed after desired look achieved

1. Arrange foliage on one piece of cardboard with leaves and/or flowers. Place second piece of cardboard over foliage. Lay heavy items such as books or bricks on top to flatten plant material for a couple of hours.

2. Mix a 50/50 ratio of bleach and water in spray bottle.

3. Place remaining cardboard inside garment.

4. Place flattened foliage in desired collage pattern on garment. Weight any leaves or flowers down with small rocks as needed.

5. From about 3-4 feet above your project, slowly and lightly spray bleach mixture onto garment—oversaturating the fabric will cause bleach mixture to seep under the foliage. The bleach mixture will begin to change the fabric color within 30 seconds. Wait a full 5 minutes to determine if you need to respray an area.

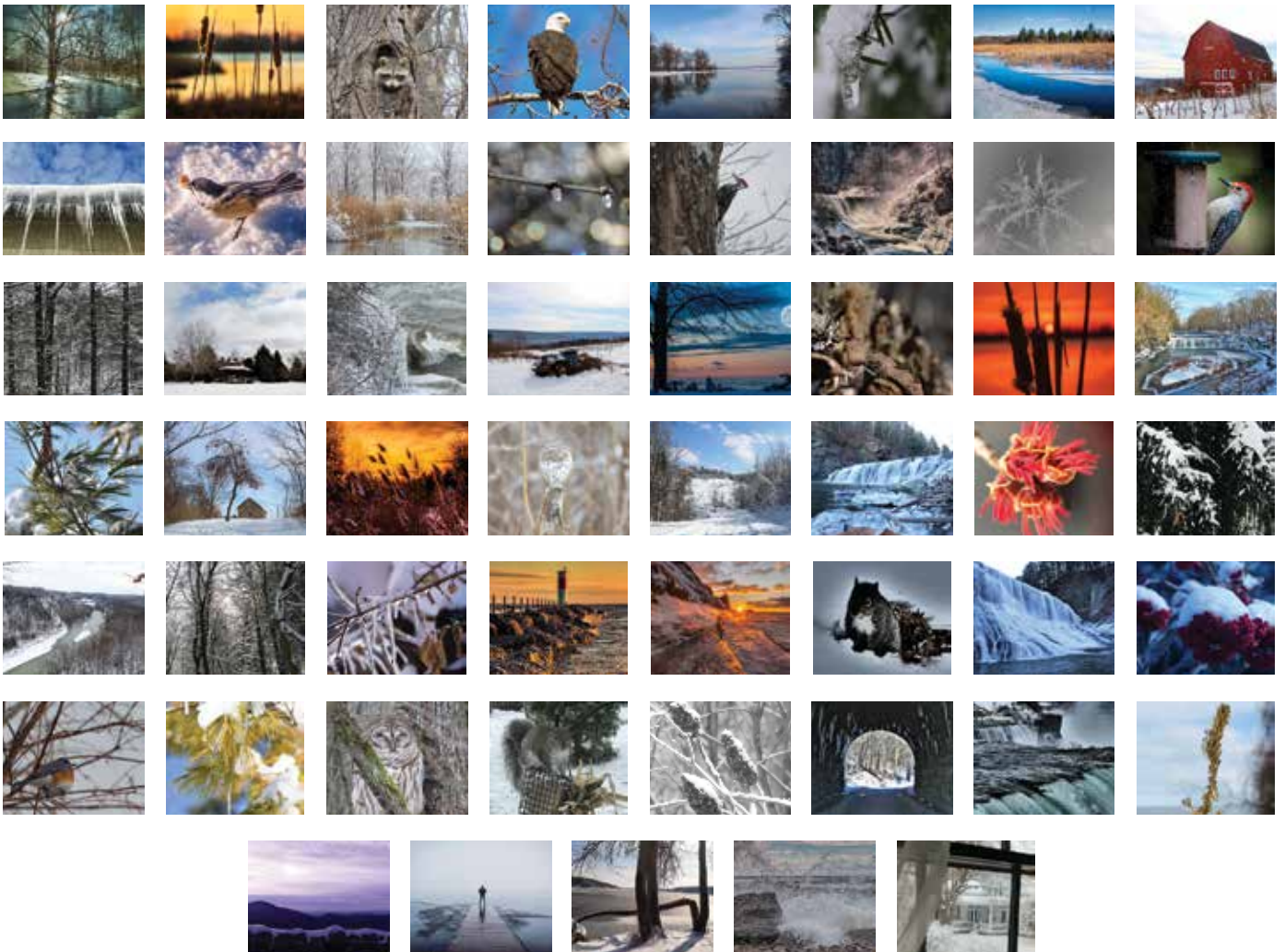
6. Once you've achieved the desired look, carefully remove the rocks and foliage from the garment.

7. Let fabric dry completely. Remove cardboard from the inside and rinse garment thoroughly with cold water before washing per manufacturer's instructions.

Cathy Monrad is the graphic designer and garden crafter for *Upstate Gardeners' Journal*.

Voting is now open for the 10th Annual *Upstate Gardeners' Journal* Winter Photo Contest!

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