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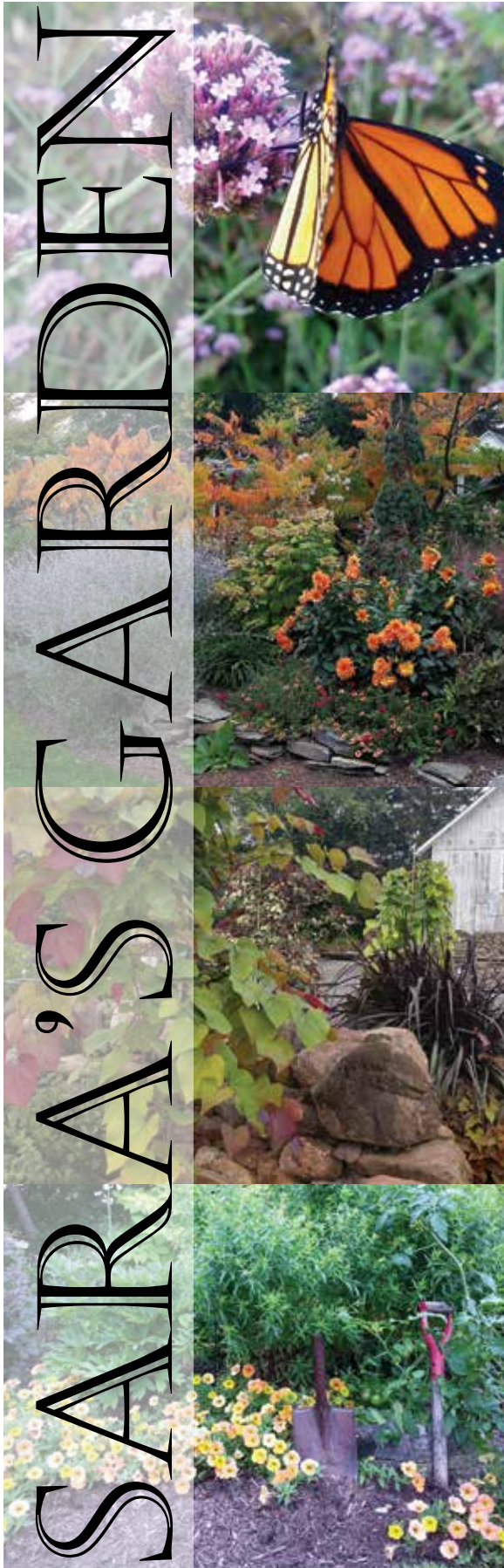
Journal



Flora for the avifauna
Delicious pumpkin seeds
Native gardening for health

FREE

Volume Twenty-nine, Issue Five
September-October 2023



SARA'S GARDEN

At the end of the day you should smell like dirt.

In our ever-increasing state of being “in touch,” “on-line,” and “available,” time spent working in the soil is even more important. Taking time to capture and embrace what may sometimes feel like drudgery can actually have a profound influence on your day-to-day realities. Even daily five-minute garden walk-throughs to pull weeds have benefits. In all the years that we have been here, this season has reminded me just how valuable that activity is. It clears the cobwebs and slows the frenzy which just makes for better overall performance everywhere else; so much good is gained for the body, mind and soul. At the end of the day smelling of dirt is a good thing, so take a shower and wash off the grime, but keep the “dirt feeling” close; it will benefit all else you do.

Customer Appreciation Days

This annual sale is our way of thanking you! 40+ years of your patronage has been an absolute blessing and we can never really express how much it has meant and means to our ‘working and ever changing’ family here at Sara’s. And despite our short comings along the way, you have always been kind and positive towards helping us do better; from the grace you show our new young employees each spring, to the miss timed delivery and probably more. You have always continued to smile and encourage this small local business.

Which is why we love this sale! We start with 20% off all plants and the sales only get better as the season progresses. And since fall is fantastic for planting, we hope that you can make good use of the opportunity and get something special in the ground.

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For details on garden event opportunities
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It is our greatest desire to provide our customers with top quality, well-grown plant material at a fair and honest price. We will strive to provide an unmatched selection of old favorites and underused, hard-to-find items, along with the newest varieties on the market. We will eagerly share our horticultural knowledge gained from years of education and experience. Lastly, we offer all this in a spirit of fun and lightheartedness.

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Ear to the ground

Welcome, dear readers, and thank you for picking up this copy of *Upstate Gardeners' Journal*!

Fall is for planting! It's also (in my opinion) the most beautiful, most relaxing time in the garden . . . still warm without being hot; still plenty to do without the panic of getting everything in like in May and June; beautiful, golden light . . . for a lot of upstate New Yorkers, it's simply the best season there is.

Then you have Halloween. I'm not much for dressing up in costumes (I don't know why—maybe childhood bunny-costume trauma), but I am a huge, huge fan of nuts and seeds, so carving a pumpkin every year is a no-brainer. In this issue, Petra Page-Mann gives us some guidance in the seed roasting department. Though I've roasted many a seed in my day with great success, the idea that there might be a better way is quite appealing, so this year I think I'll follow her instructions.

There's a lot more to love in this issue, including a wonderful piece by Michelle Sutton with her observations on what kinds of plants are best for your backyard birds, and an informative breakdown of milkweeds and the insects they support.

Enjoy this beautiful time of the year!

Jane



**CLOCKWISE FROM
TOP LEFT:**
The four stages of
pumpkin-carving
happiness,
by Reynolds Kelly

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What to do in the garden in September and October

They say fall is for planting, and that is true—the cooler days are ideal for comfortable work in the garden. The first step is to walk through and assess the successes and failures, deciding what needs to be divided, moved, or tossed. Then prioritize and get to work.

GARDEN MAINTENANCE

Fall is an ideal time to weed. This prevents perennial weeds from having a head start in the spring when they will be bigger and harder to remove. Removing annual weeds now is also a time-saver in the spring. If you don't have time to weed, at least cut off and discard the seed heads. Don't put weeds with seeds in your compost.

Watering trees and shrubs is as important as watering perennials, especially anything planted this season. They need to be well hydrated going into the winter. Allow annuals such as nicotiana, annual poppies, cleome, and verbenas to drop seeds in the garden.

Prevent mouse and rabbit damage to thin-barked trees and shrubs by installing a hardware cloth barrier. The barrier should be at least two feet above the anticipated snow depth. Cut any grass around the base of trees short to discourage nesting by these critters. If using a string trimmer, be sure not to damage the bark.

PERENNIALS

Move, divide, and share your oversized perennials to have one less thing to do next spring. You know a plant needs to be divided when it's outgrown its spot, reduced bloom, or formed a "doughnut hole" in the middle. It's best to transplant early in the fall while there is still enough time for the roots to settle in for the winter.

Remove and discard all diseased plant material. Do not place in compost pile as some fungal spores can winter over in ground litter and soil and will reinfest plants next season. An important factor in preventing the spread of disease is to disinfect your pruner after working on diseased plants. A quick wipe or spray with rubbing alcohol or Lysol or a dip in a 10% Clorox solution works well.

Remove and destroy iris foliage to eliminate the eggs of the iris borer. Mound soil around your roses when the temperature drops. Bring in fresh soil to avoid disturbing roots.

You can leave the seed heads of astilbe, black-eyed Susan, coneflower, daisy, etc., intact to provide food for the birds as well as give winter interest. Don't cut back grasses and plants such as red osier dogwood—they add to the beauty of the winter garden.

BULBS

Begin planting spring bulbs. You will get better results if you plant when there is a month of 40-degree or above soil temperature (mid Sept.–mid Oct. in our area). This allows the bulbs time to set strong roots, providing better blooms in the spring. Fertilize bulbs when you plant them using compost or 5-10-10. Cover the planting area with two to three inches of compost.

With some bulbs it's difficult to tell the top from the bottom. The skin is loose at the top and attached at the bottom. If you can't tell, plant them sideways! Plant bulbs two to three times as deep as their height, a little deeper for naturalizing varieties. To deter moles, voles, and squirrels, put a layer of pea gravel or chicken wire between the bulbs and soil surface.



INSET: Toad lily, Sara's Garden Center, Brockport

LAWN

September is the best time to fertilize your lawn and seed a new one. A top dressing of good compost is an ideal natural fertilizer. Overseeding bare spots helps prevent weeds in those areas next year. Remember to water the grass seeds regularly to keep the soil moist and choose high quality seed appropriate for your site.

In early September check your lawn for grubs by lifting up about a square foot of sod. If there are more than ten to twelve grubs per square foot, you may want to treat for grubs. First identify what type of grub you have so you know the proper treatment. Complete your grub control program by the middle of September. Contact your local Cooperative Extension for help in identification and treatment options. For more info, see [grubs-in-lawn-bro-NYSIPM.pdf](#).

Keep mowing the lawn. Make the last cutting one inch lower than usual to prevent matting and to discourage snow mold. If the leaves aren't too thick on your lawn, leave them there when you mow—it feeds your lawn naturally.

VEGETABLES & HERBS

Any time after the first frost through late October is a good time to plant garlic. Pot up some parsley, chives, oregano, or mints to use indoors. You can also freeze or dry herbs for winter use. Be sure to wash off the plants. Pick off the tomato blossoms that won't have time to develop so the nutrients go into the tomatoes already growing on the vine.

Plant cover crops such as peas or clover as you harvest your vegetables. This will reduce the need for weeding and will add nitrogen to the soil. Another option is to sow a cover crop such as rye or winter wheat in the vegetable garden. Turn it over in the spring. If you had any vegetables with fungal problems make sure that area is cleaned of all plant debris and avoid planting the same variety in the same spot next year.

Dig mature onions on a dry day. Store in well-ventilated mesh bags (or even panty hose). Plant radish, kale, spinach, and lettuce seeds in early September as your last crops. Pull up your hot pepper plants and hang them until the peppers are dry. (Or thread them on a string to dry.) Mulch asparagus and strawberries.

MISCELLANEOUS

Dig and store summer-blooming tender bulbs, caladium, and elephant's ears before frost and tuberous begonias, cannas, and dahlias *after* the foliage is blackened by frost. Bring in tender perennials such as scented geraniums, rosemary, and any annuals you want to overwinter *before* you turn on the furnace. This cuts down on the shock of moving inside. Begin bringing in houseplants that lived outdoors all summer. Wash off with a good spray of soapy water and check for diseases and pests before bringing inside.

To start annuals for next season, take cuttings from scented geraniums, begonias, Persian shield, and coleus in early September, while the plants are in their prime. Collect seeds from open-pollinated plants such as kiss-me-over-the garden gate, Big Max pumpkin, and Brandywine tomatoes. If collecting seeds, be sure to keep them dry and chilled 35 to 45 degrees Fahrenheit.

Plant most trees and shrubs now, avoiding evergreens, as they can need more time to establish new roots before winter.

Fallen leaves are one of the most-often wasted natural resources. They can be used as a mulch, improving soil texture while adding nutrients. (Get some from your neighbors as well!) Stored mulched leaves can be kept for use in the spring. Small leaves like linden or birch can be spread on gardens directly. Larger leaves can be shredded or run over with a lawn mower before spreading. Avoid using black walnut or butternut as they can inhibit many plants. Excess leaves can be composted for use next spring. They decompose faster if shredded first.

Lay out thick layers of cardboard or newspaper over areas that will become new beds in the spring and cover with mulch or compost. This will kill grasses and/or weeds as they break down, making spring efforts easier. This is also a good method of controlling large masses of weeds.

Take pictures and take notes for next year's gardens now. (You think you will remember next year, but you probably won't.)

—Carol Ann Harlos & Lyn Chimera,
Master Gardeners, Erie County

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Flora for the avifauna: A new appraisal lens for my landscape

Story by Michelle Sutton; photos and artwork by author unless noted

LEFT: During a heavy fruit set year, juniper trees will be laden with both berries and birds.

RIGHT: Pokeweed berries are lovely as jewels—and watching birds forage on them is highly entertaining. But don't eat them. Photo from www.nwcb.wa.gov.

SHIFTING PLANT PRIORITIES

When I was first trained as a horticulturist (1995–2000), I viewed cultivated landscapes with design and aesthetics top of mind. On my walks and drives, I would mentally edit landscapes: What colors were clashing? What would I take out? What would I put in? What would I prune? What should be massed? Where should a walkway or patio go? I gave no thought to wildlife value. Now, it's all I think about.

My perspective changed gradually but truly accelerated when I started watching birds more closely, learning about them, and doing simple drawings and paintings as a means to get to know their features better. I was deeply distressed to read the 2019 publication of research findings by the

Cornell Lab of Ornithology and six other institutions of a study that looked at population data and trends for 529 bird species. They found that there are nearly 3 billion fewer adult breeding birds in the U.S. and Canada than there were in 1970, a 30% decline in the population. Loss of suitable “stop-over” habitat for migrating birds is a huge factor in this.

So naturally, as I'm watching birds in my yard (about 1/8th of an acre)—including some thrilling migrating birds that have stopped over—I'm noting the plants they are perching on, eating berries and insects from, and nesting in. I'm sure many *UGJ* readers are doing the same; I'd be very curious to know what you're observing. What I'm finding is that the trees that were here before



I was, before this house was here, are hugely important habitat for the birds. And the volunteer trees, shrubs, and herbaceous plants that pop up are, on the whole, more frequently utilized by the birds than the ones I planted (even the ostensibly native ones).

BIRD-FRIENDLIEST FLORA

Shading the east entrance to the house is a glorious pin oak (*Quercus palustris*) that predates our little pre-fabricated home. I estimate it is 60-80 years old. We sit under the edge of it when we do “driveway birding.” In the spring we have to be ok with little green caterpillars landing on us, and in the fall, we are prepared for wee pin oak acorns to rain down upon us. The caterpillars keep many bird species coming around—foliage-gleaners like Black-capped Chickadees, Baltimore Orioles, and Warbling Vireos. The acorns keep the Blue Jays, Red-bellied Woodpeckers, Common Grackles, and White-breasted Nuthatches busy. In our imaginations at least, the tree often seems like a hub of the bird neighborhood.

One May morning my husband and I were eating breakfast at about 6:30 a.m. and heard an enchanting four-note birdsong. We went outside and crossed the street so we could look back to the top of the pin oak, from whence the sweet sound came. It was a stunning, migrating male Rose-breasted Grosbeak who sang for another 10 minutes before moving on. On a hot afternoon in June, I saw a Swainson’s Thrush fly up into the pin

oak; I watched the movements of its little shadow on the ground as the bird moved about the tree. Pin oak is not the most long-lived of oak species, but while it’s here, it’s an extremely generous host to the birds.

Another tree predated my arrival. I’m so glad I didn’t remove the volunteer eastern red cedar/juniper (*Juniperus virginiana*) on the northeast corner of the property when I came to live here in 2010. Likely a volunteer by way of a bird dropping, the tree was only a few feet tall. I was tempted to take it out because at that time I was still seeing the landscape with an editor’s mindset. Now the juniper is 25 feet tall and has provided cover and/or berries to numerous bird species including a flock of Cedar Waxwings that foraged there, during a season of especially heavy fruit set, for the better part of two days. (So endlessly entertaining was this event, that it was hard to get much work done.) Northern Cardinals, Yellow-rumped Warblers, Eastern Bluebirds, and White-throated Sparrows also take cover in the juniper and eat. If you have volunteer *Juniperus virginiana*, favor them where you can!

I’m also glad I didn’t remove two ailing blue spruces (*Picea pungens*, cultivar unknown) that my husband’s father planted about 25 years ago. The spruces were suffering with bagworm but they have since rebounded (and the bagworms themselves are good protein for Sparrows, Chickadees, Finches, Woodpeckers, and other birds). The blue spruces aren’t native here, but the dense

LEFT:

Mature pin oak (*Quercus palustris*). Pin oak is favored by many species of birds for cover, nesting, flowers (catkins), insects, and acorns.

RIGHT:

Mature tupelo (*Nyssasylvatica*). Tupelo provides foliage-gleaners with insects and fruit-eaters with abundant little blue drupes (like a peach with one seed in the center, but much smaller).

SIMPLE MOVES FOR OUR SONGBIRD FRIENDS

- Favor existing evergreen trees and oaks and plant more of them.
- Plant small fruit crops like berries and currants.
- Favor volunteer plants that birds like—e.g., pokeberry, knapweed, and mullein.
- Create a brush pile (for bird cover) on any size woodlot.
- Provide water (in a way that you can keep very clean).
- Provide as many garden corridors and patches as you can, to give the birds optimum cover.

Please see also “Seven Simple Actions to Help Birds” at birds.cornell.edu.



THREE BILLION BIRDS LOST: WHY SHOULD EVERYONE CARE?

Cornell Lab of Ornithology Conservation Scientist Ken Rosenberg, who led the research team that found that three billion birds have been lost since 1970, said in an article in *Living Bird*, the magazine of the Cornell Lab, “These bird losses are a strong signal that our human-altered landscapes are losing their ability to support birdlife. And that is an indicator of a coming collapse of the overall environment.”

ABOVE: Getting to know the Swainson's Thrush.

cover has provided shelter and nesting sites for Common Grackles, Mourning Doves, and Chipping Sparrows. I've seen both a Cooper's Hawk and a Sharp-shinned Hawk in the blue spruce outside my bedroom window; the Cooper's was chasing, in a remarkably agile fashion, a Dark-eyed Junco through the tight branches, and the “Sharpie” was taking a moment to itself in between hunting forays.

On the south side of the house is a raspberry patch. This is one of the cultivated plants here that most convincingly asserts its wildlife value. I planted one ‘Heritage’ raspberry (*Rubus idaeus* ‘Heritage’) in 2010 that has spread to become a major fruit generator for us, for birds, and for at least five generations of cottontails. ‘Heritage’ produces two crops each season—a smaller one in early summer, and a larger one in the fall. The flowers are rich with bee visitors. The Gray Catbirds and other birds readily devour any stray berries on the ground. It has been a dream. Our currant plants (*Ribes* spp.)—a red-fruited one and a champagne-fruited one—have also fed a variety of birds.

Among herbaceous plants in our yard, the biggest bird attractor hands-down is the pokeweed (a.k.a. pokeberry), *Phytolacca americana*. The American Robins love to jump up and down from the ground to pull down the pokeweed berries. Scarlet Tanagers on the move in the fall have foraged on the pokeweed fruits, as have Swainson's Thrushes, Yellow-rumped Warblers, Cedar Waxwings, Blackpoll Warblers (look for the yellow feet!), and Gray Catbirds. Pokeweed is the “weed” that keeps on giving for songbirds. (Note that pokeweed berries are toxic to humans.)

Other volunteer herbaceous plants we've learned to keep include knapweed (*Centaurea* sp.) (think: the wild version of bachelor's button). We've left a patch of volunteer knapweed in one corner of the yard where, in the fall, the American Goldfinches enjoy the prolific seed crop. Mullein spikes (*Verbascum thapsus*) yield thousands of seeds that a variety of sparrows and finches enjoy. Currently I have some mullein spikes right outside my kitchen window, and the array of bees and other pollinators on these volunteers is phenomenal.

AN ANECDOTAL ASSESSMENT

This list of high-, medium-, and low-bird-value plants is based on my observations alone. I rated the plants based on what they appear to offer birds in terms of cover, nesting sites and nesting material, berries, seeds, and insects. Your observations of the same plants may be quite different.

HIGH BIRD VALUE

- Pin oak (*Quercus palustris*)
- White oak (*Q. alba*)
- Red maple (*Acer rubrum*)
- Sugar maple (*A. saccharum*)
- Slippery elm (*Ulmus rubra*)
- Raspberries (*Rubus* ‘Heritage’ and others)
- Blue spruces (*Picea pungens*)
- Mockernut hickory (*Carya tomentosa*)
- Tupelo (*Nyssa sylvatica*)
- Eastern red cedar/Juniper (*Juniperus virginiana*)
- Pokeweed (*Phytolacca americana*)
- Knapweed (*Centaurea* sp.)
- Mullein (*Verbascum thapsis*)

MEDIUM BIRD VALUE

- Sweetshrub (*Calycanthus floridus*)
- Wild black raspberry (*Rubus occidentalis*)
- Virginia creeper (*Parthenocissus quinquefolia*)
- Little bluestem (*Schizachyrium scoparium*)
- Big bluestem (*Andropogon gerardii*)
- Switchgrass (*Panicum* spp.)

LOW BIRD VALUE

- Hostas (*Hosta* spp.)
- Rugosa rose (*Rosa rugosa*)
- Purple smokebush (*Cotinus coggygia* ‘Royal Purple’)
- Kiwi vine (non-fruiting) (*Actinidia arguta*)
- ‘Summer Wine’ Ninebark (*Physocarpus* ‘Summer Wine’)
- Native pachysandra (*Pachysandra procumbens*)
- Black-leaf elderberry (*Sambucus* ‘Black Lace’)
- Yarrow (*Achillea millefolium*)
- Lilac (*Syringa vulgaris*)
- Salvia* ‘Carradonna’

Michelle Sutton is a horticulturist, writer, and editor.



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Welcome these milkweeds and their insects to your garden

By Liz Magnanti



ABOVE: Milkweed Tussock Moth caterpillar. Photo by Kimberly Burkard

Milkweed is a well-known plant due to its ability to provide nourishment to monarch butterflies with its nectar-filled blooms and its leaves that feed hungry caterpillars. It is, however, a host to many other insects.

There are three species of milkweed

plants you are likely to come across in this area. common milkweed (*Asclepias syriaca*), swamp milkweed (*A. incarnata*) and butterfly weed (*A. tuberosa*). Common milkweed has the largest and widest leaves of all these species and has round, light purple fragrant blooms in the early summer. Swamp milkweed has narrow leaves and pinkish flowers and can be found in moist environments. Butterfly weed has bright orange blooms and is often found in dry areas. In the fall and winter milkweed seed pods are large and showy, making it easy to collect seeds for sowing.

When looking at the insects that call milkweed home, you may notice that they are generally all bright in color. This *aposematic*, or warning, coloration is for good reason. The chemicals that are in the leaves of the milkweed plant, called cardiac glycosides, are toxic to most vertebrate predators. Even most insects cannot ingest these toxins except for those who are specially adapted to do so. When insects ingest this toxin, they too become unpalatable to most predators. The nectar of milkweed does not contain toxins, so their blooms are safe for pollinators like bees and butterflies to feed from.

The Milkweed Tussock Moth caterpillar is quite striking. It is covered by fuzzy hairs, or *setae*, that stick out all over their body and are bright orange, white, and black. The moth lays her eggs in groups so you will most likely come across several on the same leaf. Like the monarch caterpillar, they will spend their days eating the leaves of the milkweed plant. The moth they develop into is called the Milkweed Tiger Moth, which is also toxic to vertebrates like bats.

The Longhorn Milkweed Beetle is another insect that calls milkweed home. This red beetle with black spots has

long antennae, which give it its name. The adult beetles feed on milkweed leaves and flowers. Females lay their eggs towards the bottom of the milkweed plant and their larvae bores into the roots of the milkweed plant to spend the winter underground.

Large and Small Milkweed Bugs are black and bright-reddish-orange in color. Their eggs are laid on milkweed plants in groups around the seed pods. They will feed on nectar, but their preference is for milkweed seeds. As the seed pods on the milkweed plants begin to pop open this fall, you might happen to see a congregation of young milkweed bugs inside.

Another small insect you might encounter on milkweed is the Oleander or Milkweed Aphid. These tiny, bright yellow aphids with black legs are an introduced species that can be found on any surface of the plant. Sexual reproduction is not necessary for the females as they will deposit nymphs, not eggs, on the plant, which are clones of the adult female! Aphids will suck the juices out of the stems of the milkweed plant and will sometimes cover the entire length of the plant.

And, of course, there is the Monarch Butterfly caterpillar. This black, white, and yellow striped caterpillar is quite showy as it grows. Monarch Butterflies lay their eggs on milkweed and once hatched, the caterpillar spends all its time eating and growing. The caterpillar goes through 5 *instars* or phases of growth. The caterpillar sheds its skin to get to the next instar allowing it to grow even more. Once it is ready to pupate, they tend to wander off the milkweed on to another plant and hang upside down in a “J” shape. The next step is pupation, where they will form their chrysalis. After about ten days the adult Monarch will hatch out of the chrysalis to be out in the world and start the process all over again.

Milkweed plants are not only beautiful in the garden, but they can be a host for a wide diversity of insects. The blooms bring in a variety of pollinators while the stems, seeds and leaves are a bounty of food for those insects that have evolved to take advantage of them.

Liz Magnanti is co-owner of the Bird House in Brighton.

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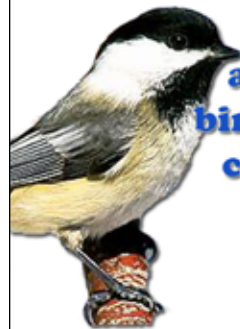
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Savoring and saving pumpkin seeds



Story and photo by Petra Page-Mann

People often ask if they can save the seeds they scoop out of their pumpkins to sow next season, which gives us such hope for the world!

Both pumpkins and winter squash are filled with delicious seeds so often scooped into the compost. We love to munch these scrumptious seeds all fall and, depending on the life history of each squash, we encourage you to save some, too. Here's a bit more of the story.

PUMPKIN SEEDS: TO SAVE OR TO SAVOR?

As you're deciding whether or not to save squash or pumpkin seeds to sow next season, keep in mind that many varieties are F1 hybrids, which won't grow true-to-type when saved. If you've bought your pumpkin from a grocer, farmer's market or roadside stand, chances are good it's an F1 hybrid. So yes, they'll grow, though the fruit they produce will most likely look nothing like what you're expecting.

And did you know that pumpkins are the same species as delicata, acorn and spaghetti squash as well as all summer squash and zucchini?

Which is also to say: even if your pumpkin is an open-pollinated and/or heirloom variety, since pumpkins and squash cross within their species (*Cucurbita pepo*) up to one mile, chances are good that the seeds you're scooping from each pumpkin are actually a mash-up of many marvelous pepos. Unless you've grown the pumpkin and are confident it was isolated up to one mile from other pepos (or you hand-pollinated it), assume the seed has crossed and won't grow true to type next season—sigh . . .

Though if you're up for an adventure and aren't

attached to the fruit being recognizable or delectable, save any and all seed! This is one of the ways new varieties are created in the world, which is so exciting as well as essential. Some people (like us!) save such seed intentionally as a means of cultivating greater diversity in the world.

And if you're attached to having orange Jack-o'-lanterns and quaint acorn squash separate from your zucchini in seasons to come, you're much better off sowing seed straight from the packet.

As you consider whether to save or savor your protein and mineral-rich pumpkin and squash seeds this fall, we'd love to share the recipe we use:

ROAST PUMPKIN & SQUASH SEEDS

1. Rinse your winter squash seeds thoroughly, removing as much pulp as possible.
2. For the most crunchy yet melt-in-your-mouth seeds, soak your seeds in a salty brine (two teaspoons of salt per cup water), 12 to 24 hours prior to toasting. This may seem superfluous, and sure, it requires a touch more planning, but trust us: the results will ensure you never skip this step again! Thanks to our friends at Stony Brook Wholehearted Foods for sharing their delectable brilliance with us.
3. Set oven to 350 F. Toss each half-cup of seeds with one teaspoon of oil. Add salt, pepper and seasonings to taste. Spread in a single layer on a baking sheet. Roast for about 20 minutes, until seeds are golden and starting to pop, stirring them once or twice to ensure even roasting.

Here are a few of our favorite seasonings, beyond the exquisitely delicious simplicity of salt and pepper: rosemary, curry, herbs de Provence, red pepper flakes and maple syrup, za'atar.

In addition to your pumpkin seeds, don't hesitate to savor your delicata, butternut, hubbard squash seeds, and beyond: each one unique, each one delicious!

We love seeds—let us count the ways!

Raised in the Finger Lakes, Petra co-founded Fruition Seeds in 2012, sharing organic seeds, knowledge, and inspiration to surround us all with beauty and abundance for generations to come. Find seeds and resources at 7921 Hickory Bottom Road in Naples.

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BUFFALO

REGULAR CLUB MEETINGS

African Violet & Gesneriad Society of WNY meets the third Tuesday of the month, September–August, at 7pm, Greenfield Health & Rehab Facility, 5949 Broadway, Lancaster. avgswny@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 every second Saturday at 1pm at ECC North Campus, STEM Bldg, 6205 Main St, Williamsville, NY 14221. Two exceptions on the 3rd Saturday: 4/15 and 9/16. buffalobonsaisociety.com. *September 16: ECC north topic TBD. October 14: ECC north Les Allen topic Suseki. November 11: ECC north Christine Wilkolaski topic Plant Physiology*

East Aurora Garden Club meets at noon on the 2nd Monday of each month, except January. We meet at Nativity Lutheran Church, 970 E. Main Street, East Aurora, NY (just west of the 400 Expressway exit). The club's objective is to stimulate, create interest and promote education on horticulture, the art of gardening, flower arranging and environmental conservation; and to promote the beautification of surrounding areas. For more information about the club or membership call 716-912-1589.

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, and Victorian Christmas decorating. eileen.s@markzon.com

Friends of Kenan Herb Club meets the third Monday of the month at 5:30pm at the Taylor Theater. New members are always welcome.

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 10am, VFW Post 1419, 2985 Lakeview Rd, Hamburg, NY. June plant sale. Summer garden

tours. Guests are welcome. *Sept. 24, 1pm: The Hamburg Garden Club and VFW Post 1419 will be hosting the dedication of the Gold Star Memorial Marker at VFW Post 1419, 2985 Lakeview Rd, Hamburg, NY. Everyone is welcome to attend the dedication ceremony. Contact lonabutler4@gmail.com.*

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

Lewiston Garden Club meets the fourth Monday of the month. See website for meeting information, lewistongardenfest.com/garden-club.html or contact at PO Box 32, Lewiston, NY 14092.

Tropical Fish Society of Erie County meets the third Tuesday of the month at 7:30pm, Lake Erie Italian Club, 3200 South Park Ave, Lackawanna, NY 14218.

Niagara Frontier Botanical Society meets the second Tuesday of the month September through May at 7:30pm, Harlem Road Community Center, 4255 Harlem Road, Amherst. Entrance on the north side of the building. Meetings are open to the public. The society promotes the study, appreciation and conservation of the flora of Western New York State. Search Niagara Frontier Botanical Society for more information.

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. *Sept. 28–Oct. 10: Orchid displays at Graycliff.* niagarafreierorchids.org.

Orchard Park Garden Club meets the first Thursday of the month except July and December at 11:30am at St. John's Lutheran Church, 4536 South Buffalo St., Orchard Park. Contact Diana Szczepanski at 716-674-8970 for membership information. Guests are always welcome.

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.

Town and Country Garden Club of Williamsville generally meets the second Thursday of the month from 2–4pm at the Ransom Oaks Community Club House, 101 Ransom Oaks Drive, East Amherst. Some

meetings are held offsite for garden tours and special events. The club maintains a garden at the Clearfield Library, 770 Hopkins Rd, and membership brochures with program information are available in the library. For information, contact LAnscombe@roadrunner.com.

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. The WNYHS was formed to encourage members to appreciate Hostas and to provide them with access to quality new varieties. They meet three times a year at The East Aurora Senior Center, 101 King Street, East Aurora NY 14052. 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 meets at the Julia B Reinstein Library, 1030 Lossos Road, Cheektowaga, NY at 1:30 pm on first Sunday of each month.

Western New York Rose Society meets the third Wednesday of each month at 7pm. *Meetings on Sept. 20, Oct. 18, and Nov. 15.* St. Stephens-Bethlehem United Church of Christ, 750 Wehrle Drive, Williamsville. Check the Facebook page or website for meeting content, wnyrosesociety.net.

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

FREQUENT HOSTS

BECEB: Buffalo & Erie County Botanical Gardens, 2655 South Park Avenue, Buffalo, NY 14218. 716/827-1584; buffalogardens.com.

CCE/EC: Cornell Cooperative Extension, Erie County, 21 South Grove Street, East Aurora, NY 14052. 716-652-5400 x174; erie.cce.cornell.edu.

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

CLASSES / EVENTS

F- Indicates activities especially appropriate for children and families.

Through October 31: Coleus and Creatures. Included with admission. Step into a world of prehistoric plants, captivating creatures, and colorful coleus at the Botanical Gardens. **BECEB**

September 8–9: Back to School at Mischler's. Houseplant and succulent weekend. Check Facebook page for details. 118 South Forest Rd, Williamsville, NY 14221, 716-632-1290.

September 9: Audubon Gala, 6–8pm. Celebrate the Buffalo Audubon Society's plan to expand the Nature Center and re-dedicate its efforts in conservation, nature education, and, most importantly, bird conservancy. Live music, light supper, beer, and wine. \$125/person. Beaver Meadow Audubon Center, 1610 Welch Rd, N. Java, BY 14113. buffaloaudubon.org, 585-457-3228.

September 12: Master Gardener Fall Gardening Classes: I'm For the Birds, 6:30–8pm. Roycroft Power House, East Aurora. \$15/class, \$45/general for all three classes, \$40/Master Gardeners for all three. Contact Jolie Hibit at jah663@cornell.edu, 716-652-5400, ext. 176. **CCE/EC**

September 14: An Evening in Bloom, 5–8pm. Join friends for a magical evening in the elegant Martin House gardens featuring hand-crafted cocktails, seasonally inspired cuisine by Rich's Catering, and live music from Hot Club of Buffalo. \$250/person. The Martin House, 125 Jewett Parkway, Buffalo, NY. 716-856-3858; martinhouse.org.

September 16: Orchid Repotting Event, 12–2pm. Niagara Frontier Orchid Society is sponsoring this repotting event at the Buffalo and Erie County Botanical Gardens' Administration Building.

September 16: Seed Saving, 10:30–11am. Learn seed-saving basics such as what plants are best, how and when to harvest, and proper seed storage techniques. \$25/person, \$22.50/member. **BECBG**

September 20: Master Gardener Fall Gardening Classes: Heirloom Gardening, 6:30–8pm. Roycroft Power House, East Aurora. \$15/class, \$45/general for all three classes, \$40/Master Gardeners for all three. Contact Jolie Hibit at jah663@cornell.edu, 716-652-5400, ext. 176. **CCE/EC**

F September 16: 23rd Annual Fall Festival, 10am–4pm. Kick off the fall season by spending a day in the woods. Enjoy hands-on activities, crafts for kids, live animals, food, live music, and more. **REIN**

September 22: Gala at the Gardens, 6–10pm. Join in for an evening of fun, fellowship, and fundraising for the Botanical Gardens and celebrate the connections between plants, people, places and our planet. See website for ticket information. **BECBG**

September 23: Fall Plant and Seed Exchange, 10am–2pm. Free exchange of perennials, herbs, houseplants and seeds. They will also accept planters, garden art, etc. for resale. Raffle. For information, contact Samuel P. Capen Garden Walk at capengardenwalk@gmail.com or ourheights.org/gardenwalk. University Presbyterian Church, 3330 Main St. at Niagara Falls Blvd., Buffalo..

September 23: Woods Walk: Nature Guide's Choice, 11am. Join a guided nature walk through the woods. No registration required. Repeats October 7. **REIN**

September 29: Full Harvest Moon Walk, 6:30pm. An evening walk through the woods looking for nocturnal critters. Registration required. **REIN**

September 30: Master Gardener Fall Gardening Classes: Shrinking Your Lawn: Benefits and Strategies, 10–11:30am. Parkside Lodge, Buffalo. \$15/class, \$45/general for all three classes, \$40/Master Gardeners for all three. Contact Jolie Hibit at jah663@cornell.edu, 716-652-5400, ext. 176. **CCE/EC**

F September 30: Family Nature Quest: Forests, 10:30am. Take a leisurely stroll through the woods to discover how forests help humans and how humans can help forests and the creatures that call the forests home. Registration required. **REIN**

September 30: Soil Science, 10:30–11:30am. Learn the secrets of soil in this fun and exciting class that's perfect for both beginners and experienced gardeners. Topics include soil science basics, soil testing, amendments, fertilizers, and more. \$25/person, \$22.50/member. **BECBG**

September 30: Bonsai Demonstration, 2–4pm. This bonsai demonstration is the perfect introduction for beginners. Topics include bonsai basics, different styles of bonsai, how to care for and maintain a bonsai, as well as a demonstration on how to design a bonsai. \$25/person, \$22.50/member. **BECBG**

October 5: Fall Floral Arrangement, 6–7pm. Make-it, Take-it Workshop. Create a beautiful autumnal arrangement to celebrate the highlights of the season during this floral design workshop. \$65/person, \$58.50/member. **BECBG**

October 7: Linocut Leaves, 2–3pm. Make-it, Take-it Workshop. Explore linocut printmaking. Use carving tools to create your own unique linoleum print block and artwork. \$45/person, \$40.50/member. **BECBG**

October 7: Shinrin-Yoku with Debra Denome, 1–4pm. \$35/person. Draves Arboretum, 1815 Sharrick Road, Darien, NY 14040. 585-547-3341. dravesarboretum@rochester.rr.com.

October 7: Deer Here, Deer There, 10:30am. Enjoy a stroll around the woods while learning about the white-tailed deer that live there. Registration required. **REIN**

October 7: Fall Gardening, 10:30–11:30am. Learn best practices for cleaning up your garden beds, amending your soil, planning and planting bulbs for spring and more. \$25/person, \$22.50/member. **BECBG**

F October 7 & 8: Honey Harvest Festival, 9am–3pm. Live demonstrations of honey harvesting, honey taste contest, and free seminars. Masterson's Garden Center, 725 Olean Rd., East Aurora, NY 14052. www.mastersons.net

October 11–13, 18–20, 25–29: Creatures After Dark, 6–9pm. When the sun goes down, the creeping creatures and plants at the Botanical Gardens come to life for Creatures After Dark! See website for ticket information. **BECBG**

October 12: Intro to Birding, 6–7pm. This workshop will help you identify some of the birds that are most likely to be seen in our area and discuss ways to attract birds into your space. \$45/person, \$40.50/member. **BECBG**

October 14: Houseplants 101, 10:30–11:30am. Discover the basics of houseplant care and cultivation in this fun class. \$25/person, \$22.50/member. **BECBG**

October 14: Autumn Colors, 10am. Fall foliage is a blaze of color, from flaming oranges and reds to subtle yellows. Enjoy the beauty of autumn on this guided walk as the group identifies trees in the fall. Registration required. **REIN**

October 21: Woods Walk: Fruits of the Forest, 1pm. It's not just your gardens that produce a harvest. Take a walk to discover what nature has been up to. **REIN**

October 21: Intro to Hydroponics, 10:30–11:30am. In this class, you will learn the basics of how to create and care for a simple hydroponic system, what types of plants are best suited to hydroponics, and information on commercial systems and local resources. \$25/person, \$22.50/member. **BECBG**

October 26: Moss Terrarium Workshop, 6–7pm. Make-it, Take-it Workshop. In this workshop, you will learn the basics of moss, including their environment, structure, and types of moss that you would find growing in Western New York. You will then construct your very own moss terrarium, complete with small decorations of your choice. \$45/person, \$40.50/member. **BECBG**

F October 28: Fun Guy's Guide to Fungi, 10am. Our knowledge of fungi has mushroom for improvement, to say the least. Learn about these mysterious organisms, and by the end we're sure you'll be lichen them! For adults and children ages 12 and older. Registration required. **REIN**

November 2: Orchids for Everyone, 6pm. Learn what orchids are easiest to care for, what to look for when purchasing orchids, different growing media, watering techniques, and more. \$25/person, \$22.50/member. **BECBG**

November 4: Woods Walk: Prepping for Winter, 11am. What are our woodland friends doing at this time of year to get ready for the winter? Join them for a walk and find out! **REIN**

November 4: Winter and Cool-Weather Gardening, 10:30–11:30am. Learn easy techniques to extend the growing season with cool-weather vegetable gardening. \$25/person, \$22.50/member. **BECBG**

November 11–November 12: Annual Fall Orchid Show, Nov. 11 10am–4pm and Nov. 12 10am–3pm. Show and vendors. Niagara Frontier Orchid Society. Held at the Buffalo and Erie County Botanical Gardens.

November 18: Woods Walk: Thankfulness Walk, 1pm. It's the season of thanks—did you remember to give nature a high five to show your appreciation? Do it during a walk at Reinstein Woods. **REIN**

ITHACA

REGULAR CLUB MEETINGS

Adirondack Chapter, North American Rock Garden Society (ACNARGS) Meetings are open to all. Check the current newsletter on the website for meeting location: acnargs.org or Facebook.com/acnargs.

Aurora 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.

Finger Lakes Native Plant Society meetings are usually on the 3rd Tuesday of the month Sept–May. flnps.org, info@flnps.org.

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.

FREQUENT HOST

CBG: Cornell Botanic Gardens, 1 Plantations Road, Ithaca, NY 14850. Inquire ahead for meeting locations. 607-254-7430; km274@cornell.edu; cornellbotanicgardens.org.

CLASSES / EVENTS

F- Indicates activities especially appropriate for children and families.

F September 9: Permaculture Park Garden Party, 1–4pm. Join CCE Tompkins at Conley Permaculture Park for food and fun including a release of the endangered nine-spotted ladybug, New York's official insect. During the party, the Sciencenter will be hold its Saturday Science Connections program, Ithaca Children's Garden will have activities for kids, and the CCE SNAP-Ed Educator will be whipping up delicious treats, so bring the whole family. Free. First Street, Ithaca. Cornell Cooperative Extension, Tompkins County, 607-272-2292; ccetompkins.org.

Calendar

ITHACA cont.

September 10: Aster and Goldenrod Walk, 1–3pm. Robert Wesley will lead an aster and goldenrod walk near Ithaca. Check website for location: flnps.org. Finger Lakes Native Plant Society. For more: info@flnps.org.

September 15: Mindful Botany Walk, 12–1pm. Join Cornell Botanic Gardens staff to observe the beauty and drama of nature unfolding on monthly nature walks. Walks repeat on the third Friday of each month, May through October. Free. Meet at Nevin Welcome Center. **CBG**

September 28: Birds and Blooms, 9–10am. Join guides from the Botanic Gardens and the Cornell Lab of Ornithology for combined bird walk and plant walks this summer. Tours will alternate between Sapsucker Woods and the F.R. Newman Arboretum in search of seasonal birds—enjoy the trees and other plants to find along the way. \$12/person, free for members. Pre-registration required. **CBG**

September 30, October 14: Secret Lives of Plants, 1–3pm. Join garden guide Dana Kruser to explore the hidden world of plants and their fascinating adaptations and interactions with other organisms in their environment. Free. **CBG**

September 30, October 8: Exploring the Trees of the Arboretum, 2–3:30pm. Join the tree tour to learn about the wide diversity of tree species in the F.R. Newman Arboretum and why this diversity is so important to humans. \$12/person, Free for members. **CBG**

ROCHESTER

REGULAR CLUB MEETINGS

7th District Federated Garden Clubs New York State, Inc. meets the first Wednesday of the month. 7thdistrictfgcnys.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 and January–May. New members and guests welcome. 585-314-6292, mdlan3@rochester.rr.com, Facebook.

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.

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, bonsaisocietyofupstatenys.org.

Canandaigua Botanical Society meets for in-person botanical events. See website for event schedule. canandaiguabotanicalsociety.blogspot.com

Conesus Lake Garden Club meets the third Wednesday of the month (April–December) at 7pm, Chip Holt Nature Center, Vitale Park, Lakeville. Welcoming new members. Contact Dottie Connelly, 585-703-1748.

Country Gardeners of Webster Do you like to dig in the dirt, smell the roses, learn about the birds and bees, take a walk in the park, eat, drink, and

be merry, or live in Webster? Then the Country Gardeners of Webster would love to have you join them! The group meets the second Monday of the month. Contact Elaine at 585-350-8270 to try this fun-loving club out.

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. Contact 585-385-2065 or 09green17@gmail.com if interested in attending a meeting.

Fairport Garden Club Member club of Federated Garden Clubs of NY State. Meets third Thursday evening of the month (except January & August) in members' homes. Educational topics through speakers, workshops or local tours. Accepting new members. fairportgc@gmail.com, fairportgardenclub.com.

Finger Lakes Daylily Society members garden in west-central NY, covering an area from Batavia to Syracuse and the Southern Tier. Meetings are held in Rochester or the Canandaigua area. There are generally four regular Saturday meetings held in February, March, May, and September. Visitors and prospective new members are welcome to attend. Contact Deb Lawrence for info: binxers1@yahoo.com.

Friends of Ellwanger Garden meets all season long on Tuesday mornings. To volunteer at the garden, contact Cindy Boyer at 585-546-7029, x12 or cboyer@landmarksociety.org.

Garden Club of Brockport meets the second Wednesday of every month at 7pm, Jubilee Church, 3565 Lake Road, Brockport. Learn gardening tips from knowledgeable speakers, make garden ornaments through our hands-on classes and explore beautiful local gardens. For more info call or email Kathy, 585-431-0509 or katyd5950@gmail.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. 585-247-1248, scece6@yahoo.com.

Genesee Region Orchid Society (GROS) meets the first Monday following the first Sunday of the month. Meetings in December, January, and February will be virtual. It is likely that meetings from March–May will be in person at the JCC. See geneseeorchid.org for more.

Genesee Valley Hosta Society meets the second Thursday of the month, April–October, at Eli Fagan American Legion Post, 260 Middle Road, Henrietta. 585-889-7678, sebuckner@frontiernet.net, geneseevalleyhosta.com.

Greater Rochester Iris Society (GRIS), an affiliate of the American Iris Society, meets on a Sunday during the months of March, April, September and October at 2 pm. St. John's Episcopal Church Hall, 11 Episcopal Ave. Honeoye Falls, NY. Public welcome. Plant sales, guest speakers, location visits and volunteer opportunities abound. *Sept. 10, 2pm: Proper planting and soil preparation for planting iris rhizomes. Oct. 8, 2pm: Winterizing your garden.* Honeoye Falls, NY. 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 being held virtually and garden tours are being scheduled. See website or Facebook for updates. cap704@frontiernet.net, rochesterperennial.com.

Greater Rochester Rose Society meets the first Tuesday of the month at 7pm on Zoom Jan., Feb., and Mar. Email j.chorder@gmail.com for meeting link. Questions: 585-694-8430. Facebook: Greater Rochester Rose Society.

Henrietta Garden Club meets the 2nd Wednesday of the month, except May–August and December, at 6:30pm. Guests and non-residents are welcome. *September 13: Mr. J. Cappon will be discussing dwarf fruit trees including identification, maintenance, and pests/diseases. Presentation is open to the public.* Handicap accessible. Call 585-483-0734. Lower level of the Henrietta Town Hall, 475 Calkins Rd, Henrietta. sites.google.com/site/henriettagardenclub

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 6:30pm at the Chili Community Center, 3237 Chili Ave., Rochester. dtogood@rochester.rr.com.

Ikebana International Rochester Chapter 53 meets the third Thursday of each month (except December and February) at 10am, First Baptist Church, Hubbard 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 second 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. *Sept. 13: Joanne Crosman, The Bee Lady, will share a presentation on the mystery and life of bees. Free. Attendees wishing to make a beeswax candle can do so after the presentation. \$5 fee for candle making. At Lakeview Community Church, 30 Long Pond Road.* New members always welcome. Contact, Darlene Markham, dmarkham@rochester.rr.com.

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

Pittsford Garden Club Pittsford Garden Club meets the third Tuesday of the month at 10:30am at the Spiegel Center on Lincoln Avenue in the Village of Pittsford. The club usually meets in Room 18, but ask at the desk. Masks are required at all times in the building unless requirements change. New members are always welcomed. May 21 plant sale, location TBD. Look for signs in the village.

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, 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, victorgardenclub.org.

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

FREQUENT HOSTS

BGC: Broccolo Garden Center, 2755 Penfield Road, Fairport 14450. 585-424-4476; broccolotreeandlawn.com.

CCE/GC: Cornell Cooperative Extension, Genesee County, 420 East Main Street, Batavia, NY 14020. 585-343-3040, ext. 132; genesee.cce.cornell.edu.

FRUIT: Fruition Seeds, 7921 Hickory Bottom Road, Naples, NY 14512. petra@fruitionseeds.com, fruitionseeds.com

CLASSES / EVENTS

S- Indicates plant sales/swaps.

September 16: Transform: Make Your Own Fire Cider & Sauerkraut, 12–4pm. As seasons change, make food and medicine together! Harvest fire cider ingredients as well as Mermaid's Tale cabbage for sauerkraut. **FRUIT**

S September 16: Fall Garden Gala, 10am–1pm. Join the Genesee County Master Gardeners for their annual Fall Garden Gala. Plant sale featuring a selection of perennial plants and houseplants, chance auction, and free soil pH testing. **CCE/GC**

September 16: Create a Natural Fall Wreath, 10–11:30am. Have some fun with Jeanine "J" Fyfe using local dried flowers and grasses to create one-of-a-kind wreaths. \$35/person. **BGC**

September 17: Apple Tasting & Orchard Tour, 2–4pm. With a farm and orchard tour at 2:30, savor all kinds of fruit from the farm and you'll also have the chance to reserve your favorite trees (including pawpaws) for spring. **FRUIT**

September 17: Myco Mania, 10am–4pm. Delve into the fascinating world of fungi with curiosity-provoking presentations, hands-on activities, expert-led hikes, and more. \$10/adults, \$5/kids.

Cumming Nature Center, 6472 Gulick Road, Naples NY 14512. 585-374-6160, rmsc.org.

S September 22–24: Flowers & Foliage, 10am–3pm. Visit Amanda's annual fall sale to get a jump start on planting for next year and explore the gardens at the peak of autumn color. There are beautiful native plants for sale so you can get a jump start on planting this fall to enjoy next year, a seed-matching game for a prize, autumn decorations, seed collecting demonstrations, and guided tours of the property. Bring the kids to enjoy the leaf rubbing station. Knowledgeable staff will be on hand to answer questions and give consultations for your landscape. Amanda's Native Garden, 8030 Story Road, Dansville, NY 14437

September 23: Three Black Cats from Reclaimed Wood, 10–11:30am. Using provided reclaimed wood, paint three black cat silhouettes. Apply googly eyes, washers, buttons, etc., for eyes. Add a finishing touch with twine or raffia for whiskers and you have a perfect grouping to display for Halloween. \$45/person **BGC**

September 24: Cloud Forest Farm, 1pm. Cloud Forest Farm is a plant nursery located south of Canandaigua growing fruit and nut trees, berry bushes, and native perennials. Presented by Canandaigua Botanical Society. See website for event schedule and details. canandaiguabotanicalsociety.blogspot.com

September 30: Cema-Terrarium, 10–11:30am. Use materials provided to make a cute or spooky terrarium with a graveyard theme. It's scary how easy it is! \$45/person. **BGC**

October 5: Garden Talk: Pick your Poison, 12–1pm. Poisonous plants have toppled governments, been at the forefront of murder mysteries, and fascinated gardeners throughout the ages. This program will explore the most commonly used poisonous plants in history and literature, as well as visit some of the poison gardens found around the world. Free. Register to attend in-person or for your Zoom link. **CCE/GC**

October 14: Pressed Fall Flowers, 10–11:30am. Create an 8" X 10" glass framed piece of art with artsy and fun fall flowers. \$35/person. **BGC**

October 21: Apple Tasting & Ashwagandha Harvest Party, Noon–2pm. Taste and share in glorious autumn abundance at Fruition. Join the farm tour at 12:30 and you'll also have the chance to reserve your favorite trees (including pawpaws) for spring. You're also invited to dig as many adaptogenic ashwagandha roots as you'd like. **FRUIT**

October 21: Create a Grapevine Wreath, 10–11:30am. Have some fun with Jeanine "J" Fyfe using local dried flowers and grasses to create one-of-a-kind wreaths. **BGC**

November 2: Garden Talk: Winter Seed Sowing, 12–1pm. Learn the easy way plants can be grown without heating pads or grow lights. You will be surprised how many plants can be started outside during the winter months. Free. Register to attend in-person or for a Zoom link. **CCE/GC**

SYRACUSE

REGULAR CLUB MEETINGS

African Violet & Gesneriad Society of Syracuse meets the second Thursday of the month, September–December and March–May. Pitcher Hill Community Church, 605 Baily Rd., North Syracuse. 315-492-2562. jimviolets@verizon.net

Baldwinsville Women's Garden Club meets the first Thursday of each month except January at St Marks' Lutheran Church in Baldwinsville, 7pm. The club plants the village flower barrels, raises money for the village flower hanging baskets, maintains the Pointe Garden, donates Arbor Day trees to schools, and gets involved in village improvement projects. Perennial sale yearly on Memorial Saturday morning in the village. See more information at Facebook.

Bonsai Club of CNY (BCCNY) meets the first Saturday of the month 10am–12pm, Pitcher Hill Community Church, 605 Bailey Road, North Syracuse. Contact: Dave Taylor, daveturf1@yahoo.com. cnybonsai.com, Bonsai Club of CNY on Facebook.

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. *Sept. 21: Thomas Cross (Cornell Cooperative Extension), "Ticks," Oct. 19: Matt Kosty (Wild Birds Unlimited), "Fall migration of birds relating to our gardens," Nov. 16: Holiday arrangement at Dickman Farms, Auburn—time TBD.* 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 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. hgcnycny.org and ourhabitatgarden.org. Subscribe to the free e-newsletter by emailing info@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.

The Men and Women's Garden Club of Syracuse meets the third Thursday of every month at 7pm in the Reformed Church of Syracuse, 1228 Teall Avenue, Syracuse, NY. Meetings feature guest speakers on gardening-related topics. Members maintain gardens at Rosamond Gifford Zoo and Ronald McDonald House plus host annual flower shows. Regular club meetings take place in the months of March, April, May, August, September, and November. *Sept. 19: Guest speaker Terry Ettinger from ESF with "Gardening Year in Review." There will be a plant sale. Nov. 16: Guest speaker Pat Jokajyts from Cornell Cooperative Extension with "Vegetable Gardening 101."* More information at facebook.com/MWGardenClubOfSyracuse and mwgardencclubofsyracuse@gmail.com.

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Calendar

SYRACUSE cont.

Southern Hills Garden Club meets the third Tuesday of each month, February through November. Meetings are held at the LaFayette Firehouse, 2444 US Route 11, LaFayette NY 13084 and begin at 7pm unless otherwise stated. *Sept. 19, 7pm: Guest speaker Sue Finger of CNY Orchid Society will present orchid culture. Oct. 17, 7pm: Guest speakers Tim and Lisa Ballantyne.* Occasional off-site meetings typically take place at an earlier time. Guests are welcome and membership is open to anyone interested in gardening. For information regarding meetings or membership, please contact Cathy Nagel, 315-677-9342 or 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. syracuserosesociety.org.

allows as many entries as you like. Set up is 9–11am with judging to follow. Ribbons awarded based on quality of exhibit. The show is open to public viewing. For additional information, contact show chairman Ed Stoudemire at erstoud@gmail.com.

5 September 30: 37th Annual Fall Sale, 9am–5pm. Buy direct from the grower and save. Perennials, shrubs, evergreens, grasses, trees, & more. Up to 40% off regular retail prices. Marcellus Nursery, 5062 Onondaga Road, Syracuse, NY 13215.

CLASSES / EVENTS

S- Indicates plant sales/swaps.

September 9–10: The Men and Women's Garden Club of Syracuse Fall Flower Show at Chuck Hafner's Garden Center, 7265 Buckley Rd, North Syracuse, NY 13212. The show is open to public exhibitors. A \$5 fee

Get your club or event listed here for free! Send your submissions to kim@upstategardenersjournal.com. Deadline for Calendar Listings for the next issue (Nov-Dec 2023) is October 11, 2023.



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Native gardening for health



Story and photos by Ellen Henry

ABOVE: Coneflower and butterfly

F all is a great time to plant perennials, as well as shrubs and trees, to enjoy next summer (and beyond). And by choosing native species for your garden, you not only develop an attractive landscape, but you are also supporting a healthy habitat for all the wildlife in your yard and neighborhood. Native plants, unlike most ornamentals stocked by most nurseries, evolved alongside the local insects, birds, and other critters and so are better suited to support a whole community of species. Their flowers provide pollen and nectar for bees, butterflies, and other pollinator insects, as well as some birds such as hummingbirds. Their foliage provides food for the larvae of many insects (e.g., caterpillars), which in turn are needed by most of our songbirds: even if they are seedeaters as adults, most bird species must feed their babies insects and/or larvae. The fruits/seeds produced

are especially nutritious for the local birds and animals, and those who stop by during their migration. In turn, many plant species depend on those birds and animals to disperse their seeds. Another advantage of a native plant garden is its lower need for maintenance—you won't need pesticides and synthetic fertilizers (nor constant watering once plants are well-established). This has the added benefit of eliminating runoff of these toxic products and excess nutrients into our waterways.

WHICH SPECIES TO CHOOSE? Your yard's growing conditions—size, moisture, shadiness, soil type—will partially guide your decisions. Then, among the list of plants suited to those conditions, choose some that bloom at different times so that there are flowers available for pollinators spring, summer, and fall. It's also important to recognize that “*not all (native) plants are created equal!*” Certain *keystone* species have more critical roles than others in supporting their whole ecosystem. Some, such as oak trees, asters, and goldenrods, can host a huge diversity of insects; others are essential hosts for a particular insect. E.g., milkweeds are the vital host species for a few insects, notably monarch butterflies. The reduction of milkweed throughout the monarch migration routes—largely due to agricultural herbicide use—has caused a plummeting of monarch populations. So please include a few local keystone species in your plans. [1, 2]

While you are rethinking your yard to incorporate native plants, it is a good time to remove any *invasive* species—i.e., plants that are non-native to the region and that tend to take over from and displace many other species. Some, such as swallowwort or Japanese knotweed, have come uninvited into your yard. Some species that are frequently used as attractive landscaping become invasive when they “escape” a yard (such as by birds eating the berries and dispersing the seeds in their droppings) and end up growing uncontrolled in the woods or fields, out-competing native plants. Some examples would be burning bush, Japanese barberry, purple loosestrife, tree-of-heaven, and so many others. It's best to remove any such interlopers. [3]

Speaking of invasives, another plant we strongly encourage homeowners to reduce in their yard is . . . grass. Although a uniform, green expanse of turf grass became the norm [the history and impact of this could be another full article!], a lawn is an ecologically useless monoculture. Furthermore, the way we care for lawns makes them even more of a concern—from pesticide treatments that reduce the insects that could feed birds and other wildlife, to soaking with artificial fertilizers that can run off into waterways where they may cause algal blooms that kill off aquatic life. And then the frequent mowing with (usually) fossil-fuel powered equipment causes air and

noise pollution. Grass is indeed much preferable to bare soil, but when mowed short its roots are shallow compared with many wildflowers and so it retains less water and sequesters less carbon. In contrast, a yard area planted with a diversity of native perennials, shrubs, and trees is comparatively low maintenance and once it is established will build a deeper, high-carbon soil with diverse soil microorganisms that support the healthy plants. [4]

HOW TO PURCHASE NATIVE PLANTS? Depending on where you live, this might be a bit of a challenge since few major nurseries carry many *bone fide* native species. Importantly, to ensure your chosen plants are true natives, check the scientific name on each tag: it should give the Latin *Genus* and *species* name and no add-on. For example, purple coneflower is *Echinacea purpurea*; an additional identifier like “Candy cane” or “Green twister” indicates the plant has been bred to produce different colors or size or shape of flower or leaves to appeal to humans rather than insects. These *cultivars* or *nativars* can be less hardy than the original native species since they are clones lacking the natural genetic diversity; their flowers may be unattractive and/or inaccessible to insects; and their pollen and nectar may be less nutritious. Best to avoid choosing them! [5]

IF YOU'RE ALREADY A GARDENER, savor its joys and its phases and productivity. Confronting the increasing immediacy of climate change and the convergence of additional global crises, it is too easy to be overwhelmed in wondering “what can I possibly do that will make a difference?” But one thing we can do, individually or as a group, and that really can contribute to a big difference, is to plant a garden! Start big or small; remember that a diversity of native trees, shrubs, and flowers will restore the soil, protect waterways, and support the diversity of all other critters which not only enrich our lives but make our life possible.

REFERENCES, RESOURCES

1. Keystone Native Plants—Eastern Temperate Forests—Ecoregion 8 [pdf file from Garden for Wildlife by National Wildlife Federation]
2. *Bringing Nature Home; Nature's Best Hope; The Nature of Oaks* – Doug Tallamy these books are excellent and inspiring. Also: YouTube video of talk by Doug Tallamy: [?].
3. PRISM (Partnership for Regional Invasive Species Management) has lots of info specific for the various regions of NYS [fingerlakesinvasives.org] [wnyprism.org]
4. Healthy Yards Monroe County website [https://www.healthyyardsmonroecounty.org] has more details and further links and resources on all these topics.
5. *Central NY Native Plant Shopping Guide 2023* lists regional nurseries specializing in native species for Central NY along with many other useful links. https://www.hgcn.org/projects/shopping/



ABOVE: Coneflower and butterfly

Ellen Henry co-leads (with Megan Meyer) Healthy Yards Monroe County (HYMC), a volunteer organization encouraging residents and towns to restore our regional biodiversity through developing ecologically useful habitats in our yards and public spaces. It grew out of the Color Your Community Green (CYCG) initiative of the Climate Solutions Accelerator of Genesee-Finger Lakes. One of the HYMC goals is to track the connectedness of healthy habitats within our region by encouraging people who believe they have met the criteria to register their yard on our website [healthyyardsmonroecounty.org](https://www.healthyyardsmonroecounty.org). This website also provides basic information and resources to assist the new native gardener.

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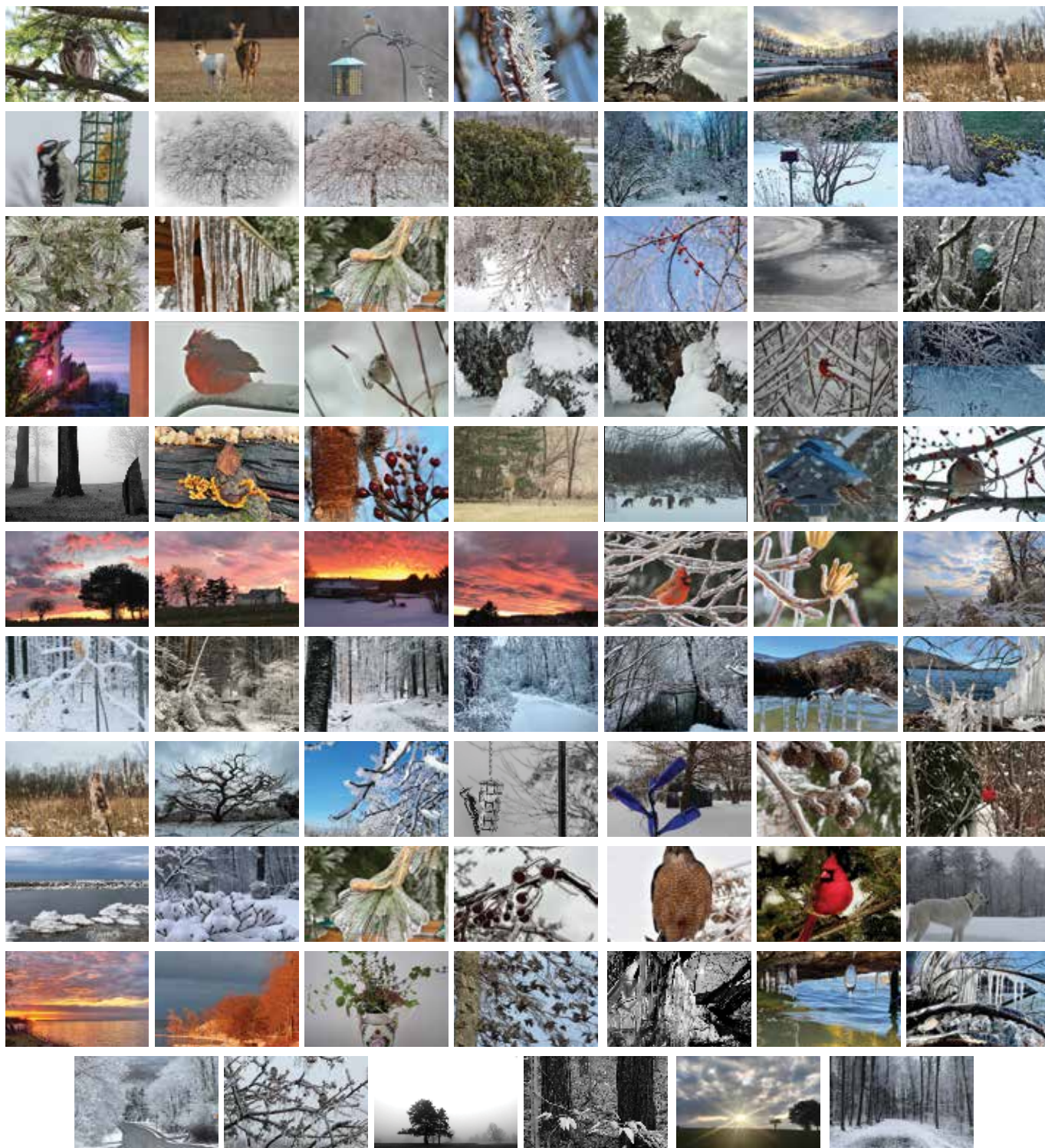
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