

# SPRING SELECTIONS



PHOTO BY KIRK ROSS

2010 GARDENING GUIDE

THE CARRBORO  
**CITIZEN**



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### FIFTH SEASON GARDENING CO.

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A mail-order and retail nursery specializing in wildflowers, natives, perennials, ornamental grasses, trees and shrubs

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### THE POTTING SHED

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Historic public gardens on the Duke University campus. Gift shop and café on site. Seasonal plant sales.

## When gardening and taking care of your lawn... Remember to care for our water, too.



Fertilizers, pesticides, loose soil, improperly stored chemicals, and cleaning agents can wash into our streams and Jordan Lake, causing algae blooms and killing aquatic life. That's not good for wildlife, recreation, OR drinking water!

Learn how you can protect our creeks and Jordan Lake:

**Town of Chapel Hill, Stormwater Management Division, 919-969-RAIN**  
[www.townofchapelhill.org/stormwater](http://www.townofchapelhill.org/stormwater)



### Rain Barrel Sale!

Saturday, April 10, 2010 – Noon till 5pm  
Southern Village Park & Ride Lot  
[townofchapelhill.org/earthday](http://townofchapelhill.org/earthday)



### Build A Rain Garden!

<http://www.bae.ncsu.edu/topic/raingarden>

### Test Your Soils For Free!

Get the dirt on what your plants need *before* adding fertilizer!  
Boxes available at Southern States - Carrboro and NC Botanical Garden  
[www.ncagr.gov/agronomi/soil/Home\\_files/frame.htm](http://www.ncagr.gov/agronomi/soil/Home_files/frame.htm)





# FARMERS' MARKETS

## CARRBORO FARMERS' MARKET

301 W. Main St.,  
280-3326 carrborofarmersmarket.com

Saturdays, 7 a.m. to noon  
Wednesdays, 3:30 to 6:30 p.m.  
(Wednesday market starts April 14)

Fresh, naturally grown produce, prepared foods,  
flowers and crafts sold by the original producers.

## FEARRINGTON FARMERS' MARKET

Next to 2000 Fearington Village Cntr.  
fearington.com/village/farmers market.asp  
Tuesdays, at 4 p.m. (opens April 7)

Organic fruits and vegetables, fresh flowers,  
herbs and more from local farms

## HILLSBOROUGH FARMERS' MARKET

Home Depot Parking Lot  
hillboroughfarmersmarket.org

Saturdays, 10 a.m.-noon  
Seasonal fruits and vegetables, jams and jellies,  
fresh baked goods, local crafts, nursery plants,  
artisan cheeses and more

## ENO RIVER FARMERS' MARKET

Public Market House  
120 East Margaret Lane  
enoriverfarmersmarket.com

Saturdays, April-November 8 a.m.-noon; Decem-  
ber-March 10 a.m.-1 p.m.  
Fresh, naturally grown produce, prepared foods.

## PITTSBORO FARMERS' MARKET

Chatham County Fair Grounds  
Pittsboro 542-8202  
Thursdays, 3:30 to 6:30 p.m. (opens April 2)

Locally grown fruits and vegetables, flowers,  
herbs, meats, canned goods and more

## SOUTH ESTES FARMERS' MARKET

201 South Estes Dr.  
southestesfarmersmarket.com

(Located in front of A Southern Season in the  
University Mall parking lot.) Saturdays, April-  
November 8 a.m.-noon, December-March 9  
a.m.-noon, Tuesday afternoons May-November  
3-6 p.m.

Fresh, naturally grown produce, cheeses, meats  
and prepared foods.

## SOUTHERN VILLAGE FARMERS' MARKET

Market Street, Chapel Hill  
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Monday - Friday, 8am-5pm

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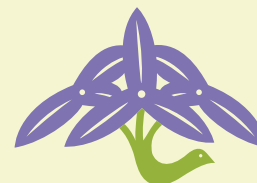
Visit [Earthmachine.com](http://Earthmachine.com) for bin details.



Questions? (919) 968-2788  
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[www.co.orange.nc.us/recycling](http://www.co.orange.nc.us/recycling)



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# Gardeners' Choices

BY KEN MOORE



Spring beauty

PHOTO BY KEN MOORE



Rattlesnake master with common buckeye butterfly

PHOTO BY KEN MOORE

What a joy to sit with a group of the experienced and opinionated curators and gardeners at the N.C. Botanical Garden to chat about their favorite garden plants.

I'm sharing with you random bits of a recent conversation, a "gardeners' choices" of plants, sprinkled throughout with practical gardening wisdom and personal notions about enjoying plants.

**Columbine, *Aquilegia canadensis***, is a hands-down favorite of several garden staff. It is one of the earliest flowering perennials, announcing, as if on command, the return of hummingbirds from their winter retreats. Columbine, tolerating both sun and shade conditions and moist to dry soils, succeeds for the most careless of gardeners.

The bright-orange to lemon-yellow flowered **butterfly weed, *Asclepias tuberosa***, is J.C. Poythress' favorite perennial for dry, sunny conditions. This is the first of the butterfly nectar and larval host milkweeds to flower, early to mid-summer, with dependable re-bloom if deadheaded.

For shady areas, J. C. has a particular preference for **trout lilies, *Erythronium americanum***, and **spring beauties, *Claytonia virginica***, both of which are in full flower right now along low forest slopes and scattered across river bottoms. Trout lilies will eventually naturalize in the woodland garden and spring beauties have demonstrated a willingness to naturalize in moist sunny lawns.

Mike Kunz, who spends most of his time in the field monitoring rare plants, said that most of his favorite plants are rare ones, inappropriate for gardens. He then described **swamp milkweed, *Asclepias incarnata***, as his favorite of the many common milkweeds, this one really happy in wet spots. Almost ecstatically, Mike asked, "Have you ever watched bees and all those other pollinators trying to get inside a milkweed flower?" Mike sits for

long periods, mesmerized by the antics of insects trying to get into those milkweed flowers.

Picking up on "pollinator watching," Bob Peoples was enthusiastic in describing the antics of "friendly wasps" ("they don't sting or bother you at all") on the flowering button heads of the drought-resistant, yucca-like perennial **rattlesnake master, *Eryngium yuccifolium***. Butterflies also take to this plant.

For landscape use, Bob recommends **gallberry holly, *Ilex glabra***, an evergreen shrub, of which he recommends "shamrock," a cultivar that makes a nice little evergreen accent or a low hedge *and* deer won't eat it! It is a sun-lover and can take some shade, as well as adapt to both moist and dry soils.

**Bloodroot, *Sanquinaria canadensis***, is a favorite of Chris Loloia because it is another plant bypassed by deer. After it's early-spring flowering, the distinctive scalloped and lobed lime-green leaves provide real interest into the summer and, if watered a bit during droughts, even into the fall. The orange red-sapped roots of bloodroot are known for their herbal properties and decorative use by Native Americans.

In addition to seconding Chris' choice of bloodroot, Monica Foley recommended the summer-long flowering **whitetop sedge, *Rhynchospora latifolia***. Found in moist savannahs in the wild, this colorful sedge makes itself at home in drier soils and brightens up garden borders for weeks and weeks. I suggest letting it escape into wet spots in the lawn.

**Joe-Pye weed, *Eupatoriadelphus* (formerly *Eupatorium*) *fistulosus***, is another of Chris' favorites. Not only is it one of the tallest of perennials, it does not require staking, the billowy pale-purplish flower heads in mid-summer are one of the best butterfly attractants, birds love to perch in the tall stems that provide winter-long interest *and* deer don't like it.





**Sundrop flowers**

PHOTO BY CHRIS LOLOIA

**White heart-leaved aster, *Eurybia* (formerly *Aster*) *divaricata***, and **beauty berry, *Callicarpa Americana***, are two favorites of Olivia Brakenbury, who has a keen eye for colorful combinations. The gaudy purple-berried shrub, under-planted with the heart-leaved aster, provides opportunity for the aster to flower up into low-reaching berry branches. Both perform well in shade or semi-shade and tolerate some drought.

Several folks were enthusiastic about old-timey **bleeding heart, *Dicentra eximia***, an ideal perennial for shady gardens, though it can take a surprising amount of sun if provided a little moisture from time to time. It begins flowering in April and can continue off and on throughout the summer. It seems to prefer edges of paths and rocky nooks and crannies.

I was not surprised that woody-plant enthusiast Matt Gocke described the small **painted buckeye, *Aesculus sylvatica***, as one of his favorites. Though it will do fine in the sun, this small buckeye of the piedmont is a perfect plant for the shade garden. Matt likes the beautiful palmate leaves, the “oddly tropical” appearance and its habit of leafing out really early in the spring. Matt enjoys carrying a buckeye fruit around for good luck.

**Scarlet hibiscus, *Hibiscus coccineus***, Matt’s selection for sunny spots, is a really big sturdy perennial that is somewhat woody in habit. It grows well in a wide range of soils, wet to dry; attracts hummingbirds; flowers continually from July through August; and carries architectural interest, with its tall stems and interesting pods, through the winter months. Matt likes to interplant this brilliant-red hibiscus with his okra



**Blue phlox**

PHOTO BY CHRIS LOLOIA



**Buckeye buds**

PHOTO BY KEN MOORE

plants, which is also in the mallow family. Matt saves space and increases garden interest by planting vegetables and herbs throughout his perennial garden.

Charlie Tomberlin was enthusiastic about his favorite, **sweetspire, *Itea virginica***, happy and showy in both wet and dry soils, in sun or shade. The cultivar Henry’s garnet has striking burgundy foliage in the fall, and Charlie particularly enjoys its architectural features in the winter.

Carefree gardener Sally Heiney naturally sounded the four-season attributes of **poke, *Phytolacca Americana***. Bluebirds, as well as catbirds and mockingbirds, are all as exuberant about poke as is Sally. If you are not fortunate enough to have wild poke seeding around in your garden, then the Botanical Garden just may have a few little seedlings to get you started on a lifetime supply.



**Heart-leaved aster with beauty berry** PHOTO BY CHRIS LOLOIA



**Butterfly weed**

PHOTO BY CHRIS LOLOIA



**Horsemint**

PHOTO BY CHRIS LOLOIA



**Poke stem**

PHOTO BY KEN MOORE

## ONLINE RESOURCES

**NORTH CAROLINA  
BOTANICAL GARDEN**  
[www.ncbg.unc.edu/](http://www.ncbg.unc.edu/)

**NORTH CAROLINA  
NATIVE PLANT SOCIETY**  
[www.ncwildflower.org/](http://www.ncwildflower.org/)

**NORTH CAROLINA  
HERBARIUM**  
[www.herbarium.unc.edu](http://www.herbarium.unc.edu)

**NC COOPERATIVE  
EXTENSION  
SERVICE/ ORANGE  
COUNTY**  
[orange.ces.ncsu.edu/](http://orange.ces.ncsu.edu/)

**NC COOPERATIVE  
EXTENSION  
SERVICE/ CHATHAM  
COUNTY**  
[chatham.ces.ncsu.edu/index.php](http://chatham.ces.ncsu.edu/index.php)

**ORANGE COUNTY’S  
FARM WEBSITE**  
[orangecountyfarms.org/](http://orangecountyfarms.org/)

**CAROLINA FARM  
STEWARDSHIP  
ASSOCIATION**  
[carolinafarmstewards.org/](http://carolinafarmstewards.org/)

**CARRBORO  
FARMERS’ MARKET**  
[carrborofarmersmarket.com](http://carrborofarmersmarket.com)

**ORANGE COUNTY  
MASTER GARDENERS**  
[www.co.orange.nc.us/Master-Gardener](http://www.co.orange.nc.us/Master-Gardener)

**GROWING SMALL FARMS**  
[www.growingsmallfarms.org](http://www.growingsmallfarms.org)



While other staff deliberated on more favorites, Sally quickly added to her list **green coneflower, *Rudbeckia laciniata***, a winner for Sally because no two flowers look alike and they provide a “bright, cheerful spot in the dark.” Indeed, if you want a striking color in deep shade in late summer, green coneflower is a must-have. And though it is partial to wet soil, it survives drought, and, with luck, you’ll soon have lots of extras to share with gardening friends. **Blue phlox, *Phlox divaricata***, is Sally’s pick for naturalizing in a woodland garden. And last but not least for Sally are **sundrops, *Oenothera fruticosa***, a great perennial for sunny borders, or for naturalizing, with butter-yellow flowers and engaging spotted burgundy-colored leafy winter rosettes.

Coker Arboretum curator Margo McIntyre likes all the native azaleas. **Florida flame azalea, *Rhododendron austrinum***, and **plumleaf azalea, *Rhododendron prunifolium***, are two sure-fire winners. The brilliant golden-orange fragrant flowers of the Florida flame in early April give us the effect of the high-altitude flame azaleas that do not grow as well in our low piedmont climate. Plum-leaf azalea is a mid-summer flow-



Joe-Pye weed

PHOTO BY KEN MOORE

ering surprise with plum-red flowers perched above dark-green foliage.

Herb garden curator Wendy Wenck selected **Eastern horsemint, *Morinda punctata***, with unbelievable brown-speckled yellow flowers setting on pinkish leafy bracts, **Brown-eyed Susan, *Rudbeckia triloba***, which looks like a small shrub of miniature Black-eyed Susan flowers, and **fire-pink, *Silene virginica***, with the most brilliant of red star-like flowers. All three of these perennials perform well in sun or partial shade and all three prefer a gravelly mulch.

**Leopard’s-bane, *Arnica acaulis***, is a rather obscure but very engaging wildflower of dry roadsides and forest edges, often seen by Andy Walker, who, though a big guy, seems to have an affinity for smallish plants. When quizzed about Arnica’s common name, Andy was quick to note that it must discourage leopards, because in all his many Arnica sightings, he has never, ever, once, encountered leopards. The Catawba Indians are described as using it for backache. You’ll like this smallish composite, which looks a bit like a dwarf sunflower extending up from a flat-on-the-ground leafy rosette.

# DOES YOUR GARDENING STORE PROUDLY CARRY BAT GUANO?

Probably not. But at Fifth Season Gardening we carry the widest selection of organic and OMRI-listed gardening products in the area. Soils, amendments, nutrients, seeds, plant starts and more. Come find out why local organic farmers stock up at Fifth Season.



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[www.co.orange.nc.us/recycling](http://www.co.orange.nc.us/recycling)

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Trucks and trailers only.  
Delivery is available.*



**Creeping Phlox, *Phlox nivalis***, is another diminutive Andy favorite. Its cheerful bright pink-and-white flowers are noticeable in early spring on roadsides and forest edges.

Well now, this lively conversation with the garden's gardeners went on and on. I regret there is not space for me to share their enthusiasms for a number of ferns and grasses, as well as other woodies and perennials. Don't hesitate to engage them in conversation when you visit.

All of these recommended plants are native; you will most likely find them all and many more at the Botanical Garden plant sales area. And don't hesitate to search for these natives at the garden center you frequent. Natives are becoming more and more available, and if you don't find them, ask for them.

Most importantly, during the gardening rush of the spring season take time out for walks in woods and meadows to enjoy nature's gardens and get some tips from her on plant combinations and garden design.

## Good therapy for all



Hort-therapy volunteers Roberta Masse (blue jacket) and Janet Meredith enjoy American beech leaves before they will finally drop on April 1.

PHOTO BY NANCY EASTERLING

Strolling in gardens, planting, weeding and harvesting in gardens, and simply walking in the woods, are positive therapy for all of us.

The N.C. Botanical Garden's horticultural therapy program is 28 years old, the longest-running such program in the Southeast and one of the most prestigious in the country.

On March 20, there will be a session called "Healthy Gardening: Taking Good Care of Your Body." This is a free workshop focusing on body mechanics and safe ways of using tools and moving about.

Then, a full-day workshop called "Therapeutic Horticulture" will be held on April 10. This is a full CEU-accreditation workshop for non-professionals and professionals alike. It is a hands-on introduction to the profession and practice of therapeutic horticulture, integrating gardening and nature into traditional and nontraditional settings for people of all ages and abilities.

Call 962-0522 to register or go to [ncbg.unc.edu](http://ncbg.unc.edu) for more information.



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- ❖ Gardens and nature trails unfurling their spring beauty
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### ← Coming Up →

April 10: Introduction to Therapeutic Horticulture

April 11: Guided Hike –  
Spring Wildflowers of Nature Trail Hill

April 25: Forgotten Grasslands –  
Envisioning the Pre-settlement Piedmont

May 1: Discovering Magic in the Garden – for families

May 20-23: Nature Notes Workshop with Robert Johnson  
... and much more

Off Fordham Blvd at Old Mason Farm Rd.  
On the web at [ncbg.unc.edu](http://ncbg.unc.edu)

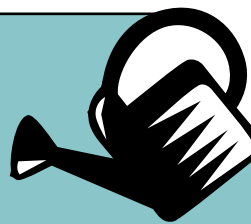
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THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL



# The Carrboro Growing Healthy Kids Project



**T**he Carrboro Growing Healthy Kids Project is an initiative to start community gardens to help young children learn the importance of growing and eating fresh fruits and vegetables. The initiative is in its third growing season and has started three community gardens; one at the Carrboro Elementary School; another at the future site of the Martin Luther King Jr. Park; and the third on James St. in collaboration with Duke Energy. Young children and their families also take part in cooking classes and training on the best use of the fresh produce they are growing. The project is run by the Orange County Partnership for Young Children and has been funded by a grant from the Health and Wellness Trust Fund of North Carolina. Along with the Partnership, Orange County Cooperative Extension and the Town of Carrboro are collaborating to make the community gardens project a success. We would like to thank all of the families for their hard work and dedication throughout the year. We are excited about continuing the good work this year and bringing new families into our gardening community.

For information please call:  
919-967-9091



Supported by a grant from the Health & Wellness Trust Fund



Now accepting applications.  
Please visit the Partnerships website  
[www.OrangeSmartStart.org](http://www.OrangeSmartStart.org)  
for more information