



The Quarterly Newsletter of the Virginia Society of Landscape Designers

Spring 2015

In this issue:

1. [President's Message](#)
2. [Announcements](#)
3. [Lewis Ginter Report](#)
4. [Richmond Regional Report](#)
5. [VSLD Winter Meeting Report](#)
6. [Winter Meeting Photos](#)
7. [Praying Mantis Article](#)
8. Inspirational Quotes
9. Neonicotinoid Update
10. It's In the Dirt Article
11. VSLD Summer Tour
12. Calendar of Events
13. VSLD Board

President's Letter:

April 2015

Another year and it's almost half over – time flies as you get older. It seems like the Winter Meeting was yesterday and the Summer Tour is tomorrow.

If you missed it, the Winter Meeting was a huge success –

How often do you go on line and check the members' only section (itea15) of the VSLD website? Do you read the emails that the VSLD routinely sends to you? Monit and Chris work particularly hard to see that you get timely and important updates on line. If you have been keeping up with things you will have noticed that Kay Moore has arranged another wonderful opportunity for us all to get together this spring here in the Richmond area, and that registration is open (has been for a while) for the Summer Tour which, thanks to Katie, is going to several public and private gardens in the Delaware Valley.



Chanticleer Gardens

The thing about events like these is that they are nothing without YOUR participation. Events are much more “sociable” when there are more people present – as shown by the decibel levels during the Winter Meeting. No time? Phooey! You will always be able to make time

60 people showed up. We met some new members, reconnected with some existing (I'm hesitant to say “old”) members, good food, perfect location, interesting speaker and all accomplished between snow storms. This year at the meeting, Katie started something new. Along with the usual business of the organization, she put together and moderated our first “just what do you want to get out of your membership in the VSLD” roundtable (literally) discussion. The two most frequent answers to that question were - #1: a bigger, shinier, more comfortable and out of state Summer Tour; #2: more networking opportunities. Check and check. Never let it be said that your Board didn't respond to your input.

for the things you want to do, and who couldn't use a break during the spring to sit around and complain about how this client wanted azaleas, pieris and rhododendron planted on the southern side of a treeless property and that client wanted Leyland cypress planted (on five foot centers) as a screen in a six foot easement between his house and his neighbor's driveway.

The BIG event of the year is going to be the Summer Tour. I'm sure you've all seen the emails about it, maybe even seen it mentioned on the web site? Well, we need at least 35 people registered to break even (47 attendees max). We have 18 registered already (thank you) but the registration time period is short this year – don't wait until the last minute. This tour is pretty complicated logistically and represents a financial risk for the VSLD that the Board cannot absorb. We CAN'T lose money on these things – and is, therefore, subject to cancellation by the end of May if we don't reach our break-even point. You have asked for a better tour than the past few years have produced when we piggy backed with the VNLA on their tour. You have to sign up for ours if you want to continue having them. And speaking of that, it's never too early to start planning, so we're reaching out for volunteers to serve on the planning committee for next year's summer event.



Late Summer at Chanticleer

I belong to several organizations – VSLD, VNLA, CVNLA to name a few. When I joined the CVNLA I was taken aside at the first meeting I attended and was given some good advice by Mary Williams that I took to heart. She told me to not just be a member of the organization but to volunteer to serve within the organization; she told me that what I would get out of the organization would depend on what I put into the organization. Looking back on it now, I'm kind of sorry I went to the SECOND meeting – just kidding!

What Mary told me is some of the best professional advice I've ever gotten and if you haven't volunteered to work for the VSLD, you don't know what you're missing, but man, do I have an offer for you. It just so happens that we have room for a couple of volunteers. We need a group to start organizing next year's Summer Tour (at least three people); Monit needs help with keeping the web site current (actually, she needs a staff, but any help would be appreciated); Michele Fletcher would like to step down as marketing chair so we have a need for three or four people to try to replace her in that capacity; and then there's a need for each region to have a couple of people to arrange social/networking events in your part of the state (Kay can give you pointers on how to do it). There it is – what are you going to put into the VSLD?

Well, that's it for now. As you read this, remember the volunteer hours already spent to prepare it for you to read. So, if you want to help out, send in photos, links or announcements—anything of interest to our membership. Send content anytime to our newsletter editor, Helen Janele. She will make sure it gets into the newsletter. That's really it for now. Thanks.

Tom Thompson

ANNOUNCEMENTS

Norfolk Botanical Garden Plant Sale Reminder:

Don't overlook your plant purchasing opportunity on Mother's Day weekend, Friday through Sunday, May 8-10, when NBG will hold its annual plant sale! Brian O'Neil, Director of Horticulture at NBG, says the staff has outdone itself this year in the variety and quality of their offerings. Don't miss this opportunity. More information on line at <http://norfolkbotanicalgarden.org/nbg-plant-sale-2015-top-50/> or <http://norfolkbotanicalgarden.org/wp-content/uploads/2015/01/Spring-Plant-Sale-List-2015.pdf> or <http://norfolkbotanicalgarden.org/events/spring-plant-sale-2015/> ***

New Position for Tim Hess:

After serving as lead designer for 2.5 years at Southern Landscape Group, Tim has accepted a design position at Lee Highway Nursery in Warrenton, Virginia. Company contact information for Tim is Lee Highway Nursery; 540-347-5640 ; 7159 Burke Lane, Warrenton, VA 20186. Look for new photos of work with LHN on the VSLD website soon. Work email will be forwarded as soon as it is available.

Report from Lewis Ginter

by Kay Moore

The Lewis Ginter Spring 2015 Plant Sale is Friday, May 1, from 9-5pm and Saturday, May 2, from 9-3. It's only 2 days this year at the vendors' suggestion.

The Fall Plant Sale at Lewis Ginter will be held one week earlier this year in order to accommodate the International Bike Race in September. Lewis Ginter will actually be the starting point for one of the races because of its historical connection to biking. Lewis Ginter built the Wheelhouse which ultimately became the Bloemendaal House so that young men could come to the "country" and ride their bikes and the ladies could then come out to watch. The garden had its very beginnings with biking.

Richmond Regional Report

by Kay Moore

We will have a regional meeting on Thursday, May 28th, at The Storefront for Community Design at 205 East Broad St from 5-7:00 pm. We have been invited to join with the Beautiful RVA group to learn about this non-profit group and to tour the design facilities. There will be a social hour with food and drink.

The Storefront (www.storefrontrichmond.org) for Community Design offers design help to Richmond City property owners who request help with greening and beautifying an area or business. The organization began in 2011 and is a 501C organization.

Clients ask the non-profit organization for help, and the Storefront team assigns an appropriate designer to give an hour or two of pro bono help to get the client started. Tyler King facilitates the design/client meeting. Larger projects may grow from these beginnings.

Right now the Storefront has the help of the VCU School of Design (no landscapers) and a number of architects who have volunteered. They are in need of some landscape designers. They have a design studio that can be used for meeting with clients or the initial work might be simply done over the phone. Some members of VSLD may be interested in volunteering. Contacts can be made and portfolios built by doing some volunteer work here.

Please join us on May 28th to find out more about what is happening to improve Richmond City. There really is quite a lot going on under the general umbrella of Beautiful RVA. I think you will enjoy the meeting and be amazed at how many groups are working together to green Richmond.

Please send an RSVP if you plan on attending to Randee Humphrey at Randeeh@lewisginter.org. She is organizing the whole event.

Hope you can attend. -Kay

.....

Charlottesville Job Opportunity

(Forwarded by Piedmont Landscape Association)

[Job Posting from C'ville Foodscapes listed below. Please visit <http://cvillefoodscapes.com/jobs/> for more information.]

C'ville Foodscapes is looking for new designers to join our team. We are a worker-owned edible landscaping cooperative that works with folks of all

backgrounds and experiences to transform lawns into beautiful, abundant, low-maintenance, edible oases at the residential, neighborhood, and community scale. Our designers are responsible for overseeing all aspects of edible landscape design, installation, and maintenance and must be able to take a project from start to finish with minimal oversight.

JOB RESPONSIBILITIES

conducting initial consultations to determine client goals and scope of work
 assessing landscapes to determine best possible solutions
 drafting work proposals
 designing edible landscapes, including phased maps, horizon drawings, and plant palettes
 drafting installation estimates and timelines
 coordinating materials and crew for installation
 overseeing installations to ensure efficiency and quality
 participating in installations
 scheduling and performing monthly or quarterly maintenance visits
 interacting directly with clients, making sure their needs are met, responding to questions and concerns at any stage of the process
 contributing to ongoing research and development of educational materials
 contributing to marketing, including public speaking
 participating in and helping facilitate staff meetings and retreats

ESSENTIAL QUALIFICATIONS

commitment to ecological design
 experience with and understanding of perennial edible plants and their companions
 experience designing, installing, and maintaining landscapes
 ability to listen, synthesize information, and speak confidently and intelligently with clients
 attention to detail
 ability to coordinate multiple moving parts — supplies, deliveries, and crew
 ability to think creatively, problem solve, work out details on the spot
 good record keeping skills
 entrepreneurial mindset, a go-getter attitude
 ability to work as part of a team

IMPORTANT QUALIFICATIONS

reliable cell phone & internet
 reliable transportation
 physical strength, endurance & hustle

DESIRABLE QUALIFICATIONS

reside in the city of Charlottesville
 experience with, understanding of, and interest in native plants, native pollinators, and local ecological history
 experience with, understanding of, and interest in cooperatives
 experience with, understanding of, and interest in group process
 experience with, understanding of, and interest in food sovereignty/food justice and wider social, environmental, and economic justice issues
 experience with, understanding of, and interest in community organizing
 experience with, understanding of, and interest in popular education
 hardscaping or carpentry skills

BENEFITS

supportive team
 horizontal management structure
 room for creativity & growth
 opportunity to increase compensation with sales
 opportunity to become worker-owner
 This is a part-time, year-round position with lighter hours in the late fall/winter. Our business is growing, and we're looking for the right candidate to grow with us! People of color, womyn, queer identified folks strongly encouraged to apply. Applications accepted on a rolling basis through March 31st. Start date by May 1st. To apply, please email a letter of interest describing your skills, experience, interests, and availability, along with resume to: info@cvillefoodscapes.com. Please visit <http://cvillefoodscapes.com/jobs/> for more information.

-- The Piedmont Landscape Association
www.piedmontlandscape.org

Reorganization of Virginia Tech Department of Horticulture

The College of Agriculture and Life Sciences is in the process of forming a School of Plant and Environmental Sciences as put forward in the university's strategic plan (A Plan for a New Horizon 2013-2018 <http://www.president.vt.edu/strategic-plan/2012-plan/2012-strategic-plan.pdf>). As such, our

department will join the Crop and Soil Environmental Sciences and the Plant Pathology, Physiology and Weed Science departments to form the new school. Our current department structure will be dissolved next summer and Horticulture will live as an essential component of the new school and not a stand-alone department.

The exact structure of the new school is yet to be determined, but I suspect Horticulture will be an official "section". We will retain our majors, so students will still graduate with an Environmental Horticulture or a Landscape Contracting major. This kind of streamlining of academic units has been going on across many universities. For example, Horticulture departments have been recently restructured at Cornell and Penn State Universities and not too long ago at UC Davis and Ohio State Universities. The restructuring is for strategic reasons, not to save money.

Our department is currently stronger than ever. Despite recent eroding enrollment for undergraduates, our curriculum is very good and our graduates consistently perform at a high level. Our research, extension, and graduate programs are also very good. Besides, allowing for more efficient programming, the new structure will offer a stronger face to both the academic world and to funding agencies. I am more than a bit sad that 122 years of a Horticulture department at VT will be soon be ending, but I am optimistic that Horticulture will flourish in the new school.

*J. Roger Harris
Professor and Head
VT Department of Horticulture
490 West Campus Drive
301 Saunders Hall
Blacksburg VA 24061*

USDA Conducting 2014 Census of Horticulture

[It is VERY IMPORTANT to the VNLA and the green industry to have accurate information on the economic impact of the green industry when legislative issues come up, even down to the local level when YOU have to deal with regulatory agencies, zoning boards, etc., to have facts and figures to show the value of your business to the economy.]

WASHINGTON, Dec 10, 2014 –The U.S. Department of Agriculture's National Agricultural Statistics Service (NASS) is conducting the 2014 Census of Horticultural Specialties to provide a comprehensive picture of the horticultural sector of the U.S. economy. It is the only source of detailed production and sales data for the U.S. floriculture, nursery and specialty crop industries, including greenhouse food crops.

"The recent Census of Agriculture quantified the value of nursery and floriculture products alone at more than \$14.5 billion in 2012, showing just how important this part of U.S. agriculture is," said NASS Administrator Joseph T. Reilly. "Additional information supplied in the 2014 Census of Horticulture will be used to help develop new technologies and programs to support sustainability and growth within this agriculture sector."

In mid-December, NASS mailed the census to approximately 40,000 horticultural operations in the United States that grew and sold \$10,000 or more of horticultural specialty products, as reported in the 2012 Census of Agriculture. Producers are asked to provide information on horticultural activities conducted during 2014, including production of horticultural crops, value of products, square footage used for growing crops, production expenses and more. Growers can complete the census securely online at www.agcensus.usda.gov, or return their questionnaire by mail by February 5, 2015.

"The opportunity to respond to the Census of Horticulture only comes along once every five years," said Reilly. "Participation is important because it's a unique opportunity to help improve production methods, marketing tactics and other industry developments over the next several years."

Federal law (Title 7, U.S. Code) requires all producers who receive a form to respond and requires NASS to keep all individual information confidential. NASS will publish the results in December 2015. For more information about the Census of Horticulture, visit www.agcensus.usda.gov.

Virginia Green Industry Announces the Dissolution of the VGIC

At the Annual Meeting of the Virginia Green Industry Council, Inc. on February 19, 2015, the following action was taken.

- **Review of current status of the VGIC** – Lorene Blackwood reviewed the current status of the VGIC. The nominating committee had no responses in looking for 2015 officers and directors. There has been a lack of participation, new leadership or support from participating organizations and associations.
- **A motion was made to terminate operations of the Virginia Green Industry Council, Inc. effective June 30, 2015, seconded and passed**
- **There will be a conference call of members and the board on Tuesday, June 16, 2015 at 10 a.m.** to determine the final disposition of cash assets of the Council. Lorene requested suggestions to consider.
- **The Bylaws Article XVII – Dissolution states:** The power to make, alter and repeal bylaws of the Council shall be vested in the Board of Directors. Any bylaws adopted by the Board of Directors may be repealed or altered by a majority vote of all active members of the Council present at any annual or special meeting. Any bylaw adopted by a majority vote by all active members of the Council present in any annual or special meeting shall not be subject to alteration or repeal by the Board of Directors if such bylaw specifically denies such right.

The Virginia Green Industry Council appreciates all the support that you have provided through your membership, time, sponsorships, and promotion of the green industry over the last 28 years!

Lorene Blackwood, President
Cary Gouldin, Vice President

Gwynn Hubbard, Secretary
Jeff Miller, Treasurer/Executive Director

Virginia Green Industry Council
383 Coal Hollow Rd.
Christiansburg VA 24073-6721
540-382-0943
Fax: 540-382-2716
info@VirginiaGreen.org
www.VirginiaGreen.org
www.VirginiaGardening.com (consumer website)



VSLD Winter Meeting Report

by Virginia Rockwell

The Photographer's Eye: Charlottesville photographer Ben Greenberg

Thanks to the Virginia Society of Landscape Designers for hosting Charlottesville photographer Ben Greenberg on February 28 at Maymont for a truly educational winter meeting. Ben gave the designers in the room a quick class on basics of landscape photography for those of us who shoot most of our own portfolio pics while dodging heavy equipment and trip hazards like tools, cords and rubble.

<http://vsld.org/photogallery.php?reg=ch#>

Then the professional photographer, whose book was recently published by UVA Press, <http://www.naturalvirginiabook.com>, gently and kindly coached us in improving our own photos. Reminding us early on in the talk, and often, that he had never seen a photograph that could not be improved, he led us through our own designers' photo gallery that we publish to our prospective clients in hopes that they will elicit a

phone call, text or email requesting our landscape design services.

A fun discussion of many images ensued, including one of my photos which is on houzz.com. It was even more fun when I compared the pro's recommendations with what I notice using all those houzz and google analytics tools: what people click on, and spend more time on. One sees an image that does NOT tell them exactly everything, does NOT tell them what to think and does NOT tell them where to look.

Here's a snippet of what I heard :

"Why are we looking at the back of the chairs?"

"What would you see if you sat in the chairs?"

"Why is the photo not of THAT?"

"Why are the chairs facing out of frame? I'd like to see what they are seeing."

"I can see myself in one of those chairs."

"The tree is in the way."

"No, it makes it more interesting. I like the mystery."

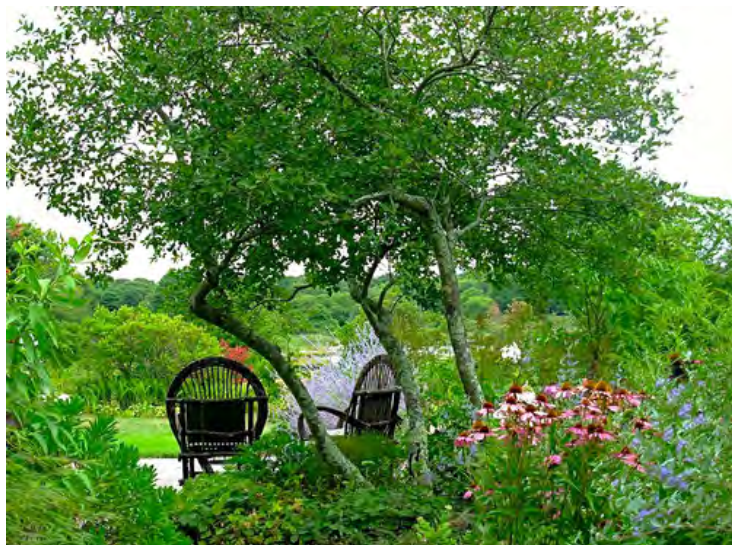
"We want our clients to see themselves in our landscapes."

"I like that there is no house dominating the landscape."

Of course the houzz.com caption and keywords 'give the mystery away': It's a beach home, and that thin line of silver, echoed and amplified by the russian sage, perovskia, billowing misty blue in the background, is the salt pond called Quonochontaug by the Narragansett and/or Pequot tribes in what is today Rhode Island. So here are a few more views of the same space, less mystery, more directed, more informational. But when I am shooting - well, snapping - photos early in the morning or late in the evening 'golden hour', what I am really sharing is my favorite landscape experience:

I am alone, early or late in the day, in the quiet, when the birds and the sound of the waves breaking on the barrier beach are the only thing I hear. What I want to create for you in the photo, and for #landscapedesign clients, is that incredibly joyful and peaceful mix of serenity and excitement, of gratitude and humility, for being alive in this moment in this beautiful place.

On some level, all professional landscape designers are in the business of soul conservation.



Beach Style Landscape by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design



Traditional Landscape by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design



Beach Style Spaces by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design



Beach Style Patio by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design



Beach Style Spaces by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design

And finally, to “break all the rules” of real estate, architecture, landscape, houzz.com, and professional photography, here's one with An Actual Person In the Place:



Beach Style Patio by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design



Beach Style Patio by Montpelier Station Landscape Architects & Landscape Designers Gentle Gardener Green Design

I can't resist the joy in this photograph, with all its "shot in the midday sun" flaws. When you see the place in the photo, you know why that smile is there. Creating that smile, or gently allowing a space for our children and clients to stop.... and enjoy BEING in a place...is what we do in #landscapedesign.

What do you think?

Thank you, Ben Greenberg, and thank you, VSLD. Namaste, y'all.

Winter Meeting Photos:

by Michele Fletcher



Networking at Maymont Social Hour

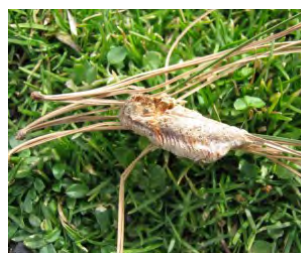


Diane Roselius at Entry Table



Katie Sokol with her President's Service Recognition Award

Praying Mantises. Which are the Good Ones?





Chinese mantis, *Tenodera sinensis*, Preying on a Hummingbird
© [Jeanne Scott-Zumwalt](#)

Last month I wrote about [lady beetles](#), also called ladybugs, and discussed some of the problems with buying them as biocontrols for your garden pests. Now, it is the turn of another beloved insect, the praying mantid or praying mantis. Guess what? Just as there are many species of lady beetles, there are also many different mantises. The good news is that while lady beetle species number in the hundreds, there are only twenty kinds of mantises.* The bad news is that four or five of those species are not-native and may be causing problems for the native ones.

Mantises are charismatic insects because of their remarkable looks and because they are considered a gardener's friend, eating

numerous bugs. Some value them as pets or use them in school projects. The females have the bad reputation of devouring their mate's heads, although this is probably largely exaggerated and not as common in the wild as it is with caged ones. They invented Styrofoam long before humans did, more on this below.



European mantis, *Mantis religiosa*
© [Huhulenik](#), [Wikicommons](#)

Probably, the only one that deserves the name of "praying mantis" is the European species, *Mantis religiosa*. However, often we refer to all of them by that name because of the way they hold their front legs as if in prayer, although they hold this posture for more nefarious reasons.

The colors green and brown predominate in most species; colors that serve them well to hide in the foliage. They are not active hunters; instead, they lay in wait for any walking or flying protein passing by, ready to snatch it with those peculiar front legs. The smallest ones are slightly larger than a quarter inch. The larger ones can reach 4.5 in. The females are larger than the males.



Chinese mantis egg case
© [Beatriz Moisset](#)



Egg case of the native Carolina mantis
© Beatriz Moisset

Females lay a large number of eggs enclosed in an egg case made from a frothy substance secreted along with the eggs. This soon solidifies into a firm spongy material, nature's version of Styrofoam. The newborns are slightly bigger than an eyelash. So don't make the same mistake a friend of mine did, bringing an egg case home and forgetting about it until she found a crowd of little hatchlings scattered on her desk and climbing bookcases. Mantises are notorious cannibals, if the newborns don't find food soon they start eating each other. So, it shouldn't surprise us that females also eat their own kind.



The native Carolina mantis, *Stagmomantis carolina*
© Kaldari. Wikicommons

Native mantises are diminishing in numbers probably because of the invasion by those four or five introduced species. The non-native mantises are larger than most native ones. They either out-compete or eat the ones who were here for millennia before the arrival of the newcomers. You are more likely to see one of these introduced species than one of the natives. I keep searching for native mantises,

but have only found an egg case of a Carolina mantis (*Stagmomantis carolina*).

I have already mentioned one of the most common non-natives, the European praying mantis as big as 3.5 in. It has become rather abundant throughout North America, in large part helped by humans selling it to gardens and pet stores. Connecticut has adopted it as its state insect, despite the fact that it is not native. This shouldn't surprise us, though; seventeen states have chosen the equally non-native honey bee as their state insect.

[The rest of this article from Native Plants and Wildlife Gardens can be seen at <http://nativeplantwildlifegarden.com/praying-mantises-which-are-the-good-ones/> and is written by Beatriz Moisset for Native Plants and Wildlife Gardens website.]

Inspirational Quotable Passages:

By Chris Coen

In "The Artful Garden: Creative Inspiration for Landscape Design," James van Sweden says:

Texture is, in my opinion, the most underused resource in the garden design toolbox. We pay lip service to it. We speak admiringly of the texture of individual plants, their tactile surfaces, the impression made by the size and character of their foliage or bark. Those things are certainly worthy of notice and can be quite useful to the garden maker. But texture is far more than this. If you explore the original meaning of the word, you'll find that "texture" derives from words meaning "to weave" and that initially it was used to describe any woven object (or "web"). That's how I like to think of texture even now: as the fundamental tapestry, the

substance of the garden as a whole.

If you were asked, how would you describe what texture means to you in a garden setting? Here are some images that come to mind...



Neonicotinoid Update:

Agribusiness has made corn, soybean and other seeds coated with neonicotinoids available to farmers. The latest research has shown that this toxic compound is taken up by the growing plant and enough is available in the plant parts to kill pollinators and other insects in the environment. Home Depot is now selling *Jasminum beesianum* and *Pennisetum setaceum* 'Rubrum' (just to name two I personally have seen this spring) tagged as treated with neonicotinoides and guaranteed "protected from aphids, white flies, beetles and mealybugs." It is frightening to think that plants purchased to populate a garden for pollinators and other beneficials might be actually poisoning them. Let the buyer beware!—H. Janele



TLN Blog: Exploring the connection between nature and health

It's in the Dirt! Bacteria in soil may make us happier, smarter



A big thank you to [Horticulture Magazine](#) for featuring this post on their website. We are honored to be chosen as one of their Best Gardening Blogs 2011! AND to the [National Wildlife Federation](#) for featuring this article as a guest post on their blog!

Many people, including me, talk about the restorative benefits of gardening (see [last Tuesday's post](#), for example) and the reasons why it makes us feel good. Just being in nature is already therapeutic, but actively connecting with nature through gardening is value-added. And why is that? All sorts of reasons have been posited: It's a meditative practice; it's gentle

exercise; it's fun; it allows us to be nurturing and to connect with life on a fundamental level.

And some recent research has added another missing piece to the puzzle: It's in the dirt. Or to be a little more specific, a strain of bacterium in soil, *Mycobacterium vaccae*, has been found to trigger the release of serotonin, which in turn elevates mood and decreases anxiety. And on top of that, this little bacterium has been found to improve cognitive function and possibly even treat cancer and other diseases. Which means that contact with soil, through gardening or other means (see Elio, above), is beneficial. How did this discovery come about?

Mary O'Brien, an oncologist at Royal Marsden Hospital in London, first stumbled upon these findings while inoculating lung cancer patients with a strain of *M. vaccae* (pronounced "emm vah-kay") to see if their symptoms improved. She noticed that in addition to fewer cancer symptoms, patients also demonstrated an improvement in emotional health, vitality, and even cognitive function.

Dr. Chris Lowry, at Bristol University, decided to explore O'Brien's discovery. He hypothesized that the body's immune response to the bacterium causes the brain to produce serotonin. Lack of serotonin is one symptom, or perhaps even cause, of depression. He injected mice with the *M. vaccae* and then observed both physiological and behavioral changes. He found that cytokine levels rose – cytokines are part of a chain reaction, the end result of which is the release of serotonin. To test behavioral stress levels, Lowry put the mice into a miniature swimming pool, knowing that although stressed mice get even more stressed by swimming, unstressed mice don't seem to mind. And voila! His *M. vaccae* mice did not exhibit higher stress levels after swimming. Could *M. vaccae* be used as a sort of vaccination to treat depression? Possibly, and it is still being explored as a treatment for cancer, Crohn's disease, and rheumatoid arthritis. For a more detailed but still understandable

summary, see this article in The Economist, [“Bad is Good.”](#)

More recently, Dorothy Matthews and Susan Jenks, at the Sage Colleges in Troy, NY tested the findings, again on mice, but this time by feeding the bacterium to them rather than injecting it. They fed the mice tiny peanut butter sandwiches with a little *M. vaccae* smeared on. Yummm.

Then they ran the mice through a difficult maze. Compared to those that did not ingest the bacterium, the *M. vaccae* mice “navigated the maze twice as fast and exhibited half of the anxiety behaviors.” Serotonin is also thought to play a role in learning, so it may have helped the mice not just by making them less anxious but by facilitating greater concentration. Once the bacterium was removed from their diet, they continued to perform better than the control group for about three weeks. As the bacterium left their system, the superhero effects tapered off and by the third week, the difference was no longer statistically significant.

This research is important because it indicates that the bacterium could potentially affect us through normal everyday contact and not just injection. Just how does *M. vaccae* affect people (as opposed to mice), and how much would be needed to influence us? We don’t know that yet, because that study has not yet been done. “Gardeners inhale these bacteria while digging in the soil, but they also encounter *M. vaccae* in their vegetables or when soil enters a cut in their skin,” says Matthews. “From our study we can say that it is definitely good to be outdoors—it’s good to have contact with these organisms. It is interesting to speculate that creating learning environments in schools that include time in the outdoors where *M. vaccae* is present may decrease anxiety and improve the ability to learn new tasks.”

Matthews and Jenks shared their results at the 110th General Meeting of the American Society for Microbiology in San Diego and at the Annual Animal Behavior Society Meeting at

William and Mary College. For a more detailed summary of this research, see the Cosmos Magazine article, [“How gardening could cure depression.”](#)



Horticultural therapy at Wesley Woods Hospital. Photo courtesy of Kirk Hines, HTR/Wesley Woods Hospital of Emoryhealthcare

Interestingly, with gardens and horticultural therapy in healthcare facilities, practitioners often use sterile soil, in which all bacteria has been removed, to reduce risk of infection. This has been thought to be particularly important for people with immune disorders like cancer and AIDS. It’s certainly true that soil can harbor harmful bacteria as well (not to mention the occasional piece of glass or rusty nail, so make sure those tetanus shots are up to date!). But what if bacteria were found to have more of a benefit than a risk? Further research might change the types of soil that are specified for certain populations and activities.

In the meantime, gardeners have one more excuse to root around in the dirt, and parents and teachers have another incentive to let their kids play in the great outdoors.

Follow-up from March, 2011: A new study published in the New England Journal of Medicine reported that children who grow up on traditional farms are 30% – 50% less likely than other children to develop asthma. Researchers correlated the high diversity of bacteria and fungi in household dust – from soil and farm

animals – with the low likelihood of asthma. Even parents and teachers who believe in the joys of connecting with nature may hesitate to let their kids fully engage (in other words, get dirty). But perhaps a little extra soap and elbow grease at home is a fair trade for healthier, happier, and smarter kids?

Citations and further reading

Lowry C.A., Hollis J.H., de Vries A., Pan B., Brunet L.R., Hunt J.R., Paton J.F., van Kampen E., Knight D.M., Evans A.K., Rook G.A., Lightman S.L. (2007-05-11). "Identification of an immune-responsive mesolimbocortical serotonergic system: potential role in regulation of emotional behavior." *Neuroscience* 146 (2): 756–772. doi:10.1016/j.neuroscience.2007.01.067. PMID 17367941.

Susan M. Jenks (presenter) and Dorothy Matthews, "Ingestion of *Mycobacterium vaccae* influences learning and anxiety in mice." Presented at the Annual Animal Behavior Society Meeting, William and Mary College, Williamsburg, VA July 25 – 30, 2010.

"[Getting Dirty May Lift Your Mood.](#)" Bristol University: Medical News Today. 2007-04-05.

"[Dirt exposure 'boosts happiness.'](#)" BBC News, 2007-04-01.

Szabo, Liz (2011). "[Farm living could arm kids against asthma.](#)" USA Today, February 23

Ege, Marcus, Melanie Mayer, Anne-Cecile Normand, Jon Genuneit, William O.C.M. Cookson, Charlotte Braun-Fahrlander, Renaud Piarroux, and Erika von Mutius for the GABRIELA Transregio 22 Study Group. (2011). "[Exposure to Environmental Microorganisms and Childhood Asthma.](#)" *New England Journal of Medicine*, Vol. 364, pp. 701-709.

[Permission to use this online informational source granted to VSLD by editor of Blogsite]



Home Depot Labels





REGISTRATION FORM
2015 SUMMER TOUR
July 21-23, 2015 Delaware Valley PA

Attendees:

VSLD Member: _____

Guest(s): _____

Your contact information: _____

Phone: _____

Email: _____

_____ number of reservations @ **\$220** for each Member or guest = \$_____

Price includes coach bus transportation, admission to all gardens, and (2) box lunches.

Make your own reservations at the Best Western Plus, Concordville, PA. 610-358-9400

Ask for VSLD rate of \$110/room

June 6 reservation cutoff date

Make your check payable to **VSLD** and

mail it with this registration form to:

VSLD

C/O Chris Coen

4752 Old Fredericksburg Road

Mineral VA 23117

Please return this form by **May 15, 2015**.

Trip is subject to cancellation if we do not receive a minimum of 35 attendees; maximum limit of 47

For more information call Chris Coen @ 804-475-6767 or Katie Sokol @ 540-742-3306



2015 SUMMER TOUR ITINERARY

July 21, 2015

- 7:15 -7:30 am Depart from Lewis Ginter Botanical Garden, Richmond
9:30 -10 Arrive/Depart from NOVA location (Springfield exit 169) exact location TBD
2:00 – 4:00 Guided tour of the Scott Arboretum with Julie Jenney. Swarthmore, PA
<http://www.scottarboretum.org/>
4:20 – 5:20 Private garden of Andrew Bunting:
408 Vassar Avenue, Swarthmore, PA 19081
5:45 Arrival back at hotel; Best Western Plus Concordville, PA
Dinner on your own; we suggest Concordville Inn at the hotel

July 22, 2015

- 9 – 10:00 Private garden of Jeff Jabco and Joe Henderson:
551 Cornell Avenue Swarthmore, PA 19081
<http://www.flickrriver.com/photos/karlgercens/sets/72157625008761089/>
10:15 – 11:30 Private garden of Charles Cresson:
32 Amherst Avenue Swarthmore, PA 19081
<http://gardenwalkgardentalk.com/2014/12/04/charles-cresson-gardens-part-1/>
12:15 Lunch at Chanticleer (Wayne, PA)
1:30 – 3:00 Tour Chanticleer Gardens
www.chanticleergarden.org
3:30 – 5:00 Arrive back at hotel and take a break
5:15 Depart for Terrain
5:30- 6:45 Shopping at Terrain Garden Center
<http://www.shopterrain.com/glen-mills/>
6:45- 8:15 Dinner on your own; we suggest Terrain's Café
or there are a few other options within walking distance.
8:30 Arrival back at hotel... Best Western Plus Concordville

July 23, 2015

- 8:00 – 8:45 Travel to Delaware
8:45 – 10:00 Private garden of Robert and Betty Shellenbarger
3804 Valley Brook Drive Wilmington, DE 19808
10:30 – 12:30 Mt. Cuba Center (Delaware)
<http://www.mtcubacenter.org/>

12:30- 1:15	Lunch at Mt. Cuba
1:30	Group depart
4:00	Arrival back at Springfield location
6:00	Arrival back at Lewis Ginter Botanical Garden, Richmond

2015 GARDEN TOUR INFORMATION

Day 1

Scott Arboretum Tour

The Scott Arboretum of Swarthmore College is a garden of ideas and suggestions. Encompassing more than 300 acres of the Swarthmore College campus and exhibiting over 4,000 kinds of ornamental plants, the Arboretum displays some of the best trees, shrubs, vines, and perennials for use in the region.

The Arboretum is a living memorial to Arthur Hoyt Scott (Swarthmore Class of 1895). Through a gift from Mr. Scott's family, the Arboretum was formed in 1929. The mission of the Arboretum is to display plants suited for home gardens in this area and to educate the public.

Private Garden of Andrew Bunting

Belvidere is the home garden of Andrew Bunting who is the Curator at the Scott Arboretum of Swarthmore College.

Andrew purchased the 1/3rd acre property in 1999. The front of the house has a cottage-like feel with large masses of *Alchemilla mollis*, *Amsonia hubrichtii*, *Echinacea purpurea*, and *Rudbeckia maxima*. Around the foundation are planted unusual shrubs and vines. In the back yard a large bluestone patio runs the lengths of the back of the house and is a showcase for many ornamental containers. The detached stone garage was converted into a summer house in 2006. The front entrance to the summer house opens into a Mediterranean-like garden while end entrance has more of a tropical feel. To the back right is a large tropical garden planted with red Abyssinian bananas, bromeliads and cannas during the summer. Opposing this garden is a long perennial border backed by a hedge of *Carpinus betulus* 'Frans Fontaine'. At the back of the property is a densely planted woodland garden with a pond; a utilitarian area with compost bins and a potager that alternates yearly between vegetables and cut flowers. In 2012 a joint project with the his neighbors was completed which is the addition of the Vassar Farm, a 40' x 100' suburban farm created and maintained by Andrew on his neighbor's property.

Biography

Andrew Bunting is the Curator at the Scott Arboretum of Swarthmore College where he has worked for the last 25 years. He also owns a design/build garden company, Fine Garden Creations which is in its 23rd year. Andrew was also the Curator at the Chanticleer Foundation in Wayne, PA in the early 90's. His home garden, Belvidere, has been featured in This Old House Magazine and the Wall Street Journal. He has served as president of the Magnolia Society International and The Delaware Center for horticulture; has chaired Horticulture at the Philadelphia Flower Show and the North American Plant Collections Consortium which is a

national collections scheme through the American Public Gardens Association. He has gone on plant exploration trips to China, Taiwan and Vietnam. He has written over 100 articles for the American Gardener, Fine Gardening Magazine, Horticulture, Public Garden, Arnoldia etc. He is a passionate gardener, avid birder and traveler.

Day 2

Private Garden of Jeff Jabco and Joe Henderson

Jeff Jabco is executive director of grounds and horticulture coordinator at Swarthmore College and Joe Henderson is a horticulturist at Chanticleer. Together they have transformed this 1950's development home/property into a shining jewel of exquisitely designed landscaping and architecture.

Private Garden of Charles Cresson "Hedgeleigh Spring"

This two-acre garden, home of author/lecturer Charles Cresson, has been a family property since 1883. The garden was designed by his grandfather in the 1920's and 1930's and retains its early 20th Century character. Since 1970, Charles has filled the diverse habitats and microclimates with a diverse and extensive plant collection. Ancient towering white oaks and black gum surround the house and pre-1850 springhouse, under planted with mature azaleas, dogwoods and large hardy camellia hybrids.

The central flower garden of roses and perennials is comprised of over 100 feet of traditional flower borders displaying various color combinations, backed by a unique 90 foot crescent-shaped white picket fence. Subtle topography, numerous stone retaining walls and mature woody plants divide the garden into many other sections containing diverse habitats, intensively "naturalized" with a wide range of unusual plants. These areas include shaded paths, the Fern Dell, the creek and waterfall, a pond, rock garden, vegetable garden and lowland perennial meadow. A brick patio behind the house, furnished with potted tropicals in summer, is surrounded by the "winter borders", containing a remarkable array of flowering plants during the coldest months. A combination of fence types now excludes the deer.

Hedgeleigh Spring has been featured in several books including *The American Man's Garden* by Rosemary Verey and *The Collector's Garden* by Ken Druse.

Biography

Charles Cresson is a garden designer, award winning author, nationally known lecturer and avid gardener and plantsman. Before returning, in 1979, to rejuvenate the garden at Hedgeleigh Spring, he attended the University of Vermont and the University of Bath in England and worked for the Royal Horticultural Society. He has also worked at

Nemours Mansion and Garden, Meadowbrook Farm under Liddon Pennock, W. Atlee Burpee Co., Winterthur and Chanticleer. He has taught bulbs at Longwood Gardens for 30 years. Charles is the author of 3 books: *Charles Cresson on the American Flower Garden*, *Ornamental Trees*, and *Rock Gardening*. As a garden consultant, he has helped many avid gardeners develop their own gardens.

Chanticleer Garden

Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. The garden is a study of textures and forms, where foliage trumps flowers, the gardeners lead the design, and even the drinking fountains are sculptural. It is a garden of pleasure and learning, relaxing yet filled with ideas to take home.

The Chanticleer Foundation owns 47 acres, 35 of which are open to the public. The remaining acreage is in agriculture, woodland, service areas, and staff housing. The main path is just under a mile in length. There are seven Horticulturists, each responsible for the design, planting, and maintenance of an area. The Teacup Garden and Chanticleer Terraces feature seasonal plants and bold-textured tropical and subtropical plants. The Tennis Court, Ruin, Gravel Garden, and Pond Garden focus on hardy perennials, both woody and herbaceous. Asian Woods and Bell's Woodland are shady areas. The former features natives of China, Korea, and Japan; the latter, plants of eastern North America. The Serpentine celebrates the beauty of agricultural crops. The cut flower and vegetable gardens produce flowers for our arrangements and food for our tables. Surplus goes to a shelter. The parking lot is our "low maintenance" area, with hardy plants that are neither irrigated nor fertilized. Staff build furniture, fences, gates, bridges, and drinking fountains during the winter in converted garages.

Day 3

Private Garden of Robert and Betty Shellenbarger

The owner-gardeners of this 2.5 acre wooded property are passionate lovers of the natural world and have created a space defined by interplay of light, shade, and color. Approximately .75 acres have been developed into various levels of activity and garden spaces. A creek meanders through the property and a patio built of local stone leads to a path that invites guests to explore their woodland, which is extensively under-planted with shrubs, perennials, and spring ephemerals.

Mt. Cuba Center

Mt. Cuba Center is a botanical garden that inspires an appreciation for the beauty and value of native plants and a commitment to protect the habitats that sustain them. During our visit we will get to meet with Travis Beck, the director of horticulture and author of a recent book "Principles of Ecological Design".

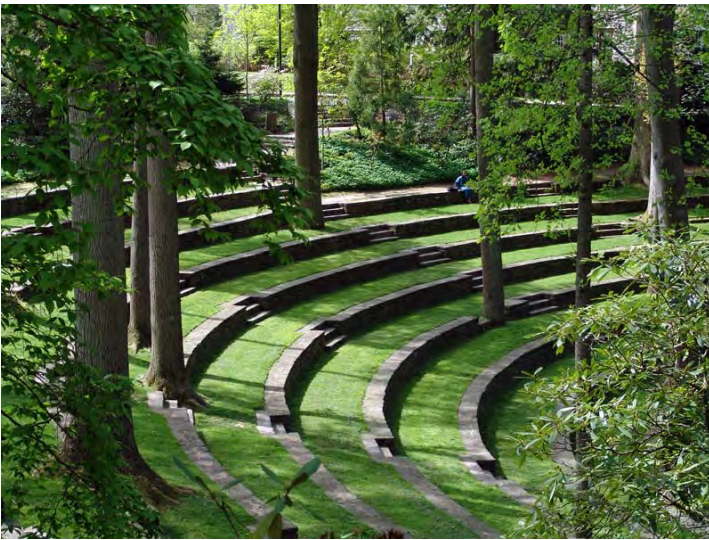
Mt. Cuba Center's Natural Lands consist of nearly 550 acres located in Delaware's Appalachian Piedmont. The natural areas are comprised of steeply rolling hills, stream valleys, rock outcrops, and deciduous forests. Some of the most impressive examples of Appalachian Piedmont geography, flora, and fauna in Delaware can be found in Mt. Cuba Center's Natural Lands which surround the gardens and managed landscapes.



Belvidere: Private Garden of Andrew Bunting



Chanticleer Garden



Scott Arboretum at Swarthmore College



Sellenbarger Private Garden- Delaware

2015 Calendar of Events & Meetings

May 8–10, 2015

Norfolk Botanical Gardens Spring Plant Sale

<http://norfolkbotanicalgarden.org/events/spring-plant-sale-2015/>

June 13, 2015

Virginia Tech' s Annual Hahn Garden Gala

July 21, 2015

Southern Plant Conference

Atlanta GA

<http://www.sna.org/event-1911150>

July 21–23, 2015

VSLD Summer Tour, Pennsylvania/ Delaware

Registration forms avail. on VSLD website and in this newsletter -

Registration deadline May 15!

July 27–August 1, 2015

Perennial Plant Symposium

Baltimore MD

<http://www.perennialplant.org/index.php/events/national-symposium>

August 19–21, 2015

VNLA Field Day and LEAN Workshop

Northern VA Area - stay tuned for details

August 21, 2015

CCLC – Meadows Tour and Field Day

York County PA

<http://www.chesapeakelandscape.org/events/meadows-tour-field-day-in-york-county-pa/>

August 30 - September 1, 2015

SPOGA+GAFA (European Landscape Trade Fair)

Cologne, Germany

(VSLD has been offered tickets; please contact a board member if you are interested in attending this show!)

September 11–13, 2015

Virginia Native Plant Society Annual Meeting

Staunton VA

Coming in Fall 2015:

Day of Digital Photography in the Garden, LGBG ; Richmond, VA
<http://www.lewisginter.org/adult-education/sponsored-symposiums.php>

Coming on Columbus Day Weekend:

APLD garden tour, DC area

November 12, 2015

Dinner and Preconference Screening of New Documentary Film on Conservation Landscaping

Sheraton Baltimore; Towson, MD

<http://www.chesapeakelandscape.org>

November 13, 2015

Turning a New Leaf Conference, Sheraton Baltimore; Towson, MD

Creating Landscapes that Work with our Natural Resources

<http://www.chesapeakelandscape.org>

Fall 2016

Gillette Forum Returns

Officers & Directors 2015

Officers

President

Tom Thompson
Natural Art Landscaping
(804) 674-5703
naturalartlandscaping@yahoo.com

Secretary

Chris Coen
Nature's Palette
(804) 475-6767
clarentine@gmail.com

Vice President

Yulita Ellis
Ellis Landscape & Garden Design
(540) 941-0773
yblu09@aol.com

Treasurer:

Susan Kappel
Creatrix Landscape Design
(804) 741-8975
treas@vsld.org

Past President

Katie Sokol
Down River Landscape Design
(540) 743-1090
downriverlandscapedesign@gmail.com

Directors

Theresa Biagioli
Biagioli's Garden Path Design
(804) 615-4479
tlbiagioli@gmail.com

Denise Hargraves
Denise Hargraves Design
(540) 672-2462
access2denise@netzero.com

Lindsey Gill Smythe
Virginia Berry Farm
804-690-1314
lindsey@virginiaberryfarm.com

Jeff Klingel
Appleseed Nurseries &
Landscape
(757) 678-5600
infi@appleseednurseries.com

Committees

Certification Chair

Jane Abbott
Simply Beautiful Landscape Ideas
(804) 355-5211
janeabbott@verizon.net

Website Chair

Monit Rosendale
Gardens by Monit, LLC
(804) 355-3444
gardensbymonit@verizon.net

Membership Chair

Christie Fargis
Christie Fargis Landscape Designs, LLC
(804) 874-5306
Christie@fargislandscapes.com

Interim-Marketing/Social Media Chair, Official Photographer

Michele Fletcher
Michele Fletcher Landscape Designs
(540) 464-1599
plantlover.mf@gmail.com
[Michele looking for replacement]

Public Relations Chair

Denise Greene
Sassafras Farm
(804) 642-0923
sassafrasfarm@verizon.net

Scholarship Committee Chair

Carol Pilgrim
Shipp & Wilson, Inc.
(804) 781-0084
info@shippandwilson.com

Newsletter Editor

Helen Janele
Eco-Scapes, LLC
(757) 867-6099
ecoscapes@cox.net

Mentorship Chair

Theresa Biagioli
Biagioli's Garden Path Design
(804) 615-4479
tlbiagioli@gmail.com

Central Region Coordinator, Lewis Ginter Botanical Garden Liaison

Kay Moore
Moore Designs
(804)-285-0623
Kimmoore9200@hotmail.com

Contact us: <http://www.vslld.org/contact.htm>



