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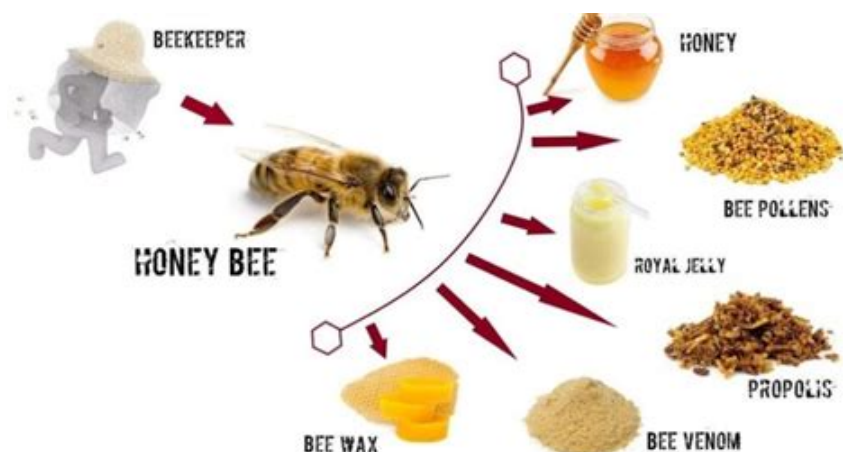
Granville Gardeners Gazette

Promoting Education and Recreation through Gardening Activities

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APITHERAPY – USING BEE PRODUCTS TO IMPROVE HEALTH AND WELLNESS

By Jesse Locklear, Member of Granville Gardeners and Granville Co. Beekeepers Association

Monday, November 27, 7 p.m., Granville Co. Expo Center, 4185 U.S. Hwy 15 S, Oxford, NC

About the Program

Learn about all the amazing products bees create, their vitamin and mineral contents, and how to use them with your culinary herbs. What is apitherapy? “APITHERAPY, or “bee therapy” (from the Latin *apis* which means bee) is the medicinal use of products made by honeybees. Products of the Honeybee include bee venom, honey, pollen, royal jelly, propolis, and beeswax.” Definition is from The American Apitherapy Society, Inc.

About the Speaker

Jesse Locklear is the owner of Red Sage Health & Wellness in Creedmoor. She and her husband live in Stem with their dog, 6 chickens, 8 beehives, and grow several fruits, herbs, and vegetables. Her business is a holistic practice offering therapeutic massage, energy work, Thai yoga massage, yoni steams, and lifestyle consultations at both the Creedmoor and North Raleigh locations. She is a certified Journeyman beekeeper with the North Carolina State Beekeepers Association and is working towards her Master Beekeeping certificate. She is an executive committee member in the Granville County Beekeepers Association (GCBA) and divides her time between helping with the GCBA beginner beekeeper academy each spring and the community apiary at Cedar Grove Acres in Creedmoor.

Photo: Meyer Bees <https://meyerbees.com>

JCRA plants for Auction at November 2023 Meeting

It seems as though we're getting a rare plant each month, judging from the past few. This time it's the Canary Islands juniper, and while the rest of the plants are a little easier to find, they are no less desirable.

Canary Islands Juniper (*Juniperus cedrus*): Native to the Canary Islands, where it is almost extinct due to overgrazing and timber exploitation. Whoever gets this plant will get a rare one indeed. Two hours of online research led me to conclude that it's found mostly in conifer collections and botanic gardens. I had to contact JCRA's Mark Weathington to get this information:

"*Juniperus cedrus* can grow to 100' but will not get that big usually in cultivation, it'll grow maybe 25-35' in 15 years and half as wide. This is a cutting from our plant which has been in the ground here with no damage since 2013." I found growing information from Plant Lust online – full sun, well-draining soil. Do not plant in soil that stays wet.



Yellow Twig Boxelder (*Acer negundo* 'Winter Lightning'): This is a deciduous small tree or large shrub with showy yellow twigs. It really makes a show in winter with all those yellow branches, especially in front of evergreens. Expect a mature height of 20 to 30 feet and width of 15 to 25 feet. Plant in full sun to partial shade in moist, well-draining soil. It has small creamy yellow-green flowers in the spring, and they attract bees. The NC Extension Gardener Toolbox says it has a fast growth rate.



Forrest's St. John's Wort (*Hypericum forrestii*): For low maintenance, cheerful yellow flowers in June and July, and wine red fall color, you can't beat this 3 to 4 foot tall deciduous shrub with smaller, finer textured foliage than other St. John's Worts. Plant in average but well-draining soil in full sun to light shade.



Purple Stem Winter Honeysuckle (*Lonicera x purpusii* 'Winter Beauty'): The fragrance of jasmine between December and April is yours if your bid wins this dense, rounded semi-evergreen shrub with red-violet stems. Its creamy white flowers decorate the garden in winter and pollinators love it, since it provides food to forage on sunny days. Expect a height of 5 – 7' and width over time of 5 – 8' planted in full sun in average, well-drained soil. As a mature shrub, it will benefit from a periodic rejuvenation pruning 6 to 12" from the ground.



Raspberry Splash Lungwort (*Pulmonaria* ‘Raspberry Splash’): The silver patterns on dark green leaves would be reason enough to add this plant to your part-shade to shade garden, but expect exuberant pink to deep rose flowers in the spring. Plant in organically rich, well-drained garden soil. It makes an 8 to 14” tall with a 12 – 16” width mound, and dead-heading the flowers isn’t necessary since it’s self-cleaning. Divide in the fall if it becomes too crowded.



By Marty Finkel Photo Credits: All photos except Raspberry Splash Lungwort are from the JCRA Photo Collection. Photo: flowers from Proven Winners; Leaves from NC Extension Gardener Plant Toolbox, Andrea Laine [CC BY-NC 4.](https://creativecommons.org/licenses/by-nc/4.0/)

BREAKING NEWS! JCRA bonus plant for November 2023 auction

I just received an email from Rob that a brand-new mahonia was added to list of plants we received. It is being marketed under the name ‘**Groovy Glow**’ Mahonia from Star Roses and Plants AND it is yet another NCSU led, Dr. Tom Ranney et al. introduction to the nursery trade.

To receive a plant patent, the new applicant has to show that it is different from any other (in this case, mahonia). This is what I copied and pasted from the patent grant:

“(12) United States Plant Patent (10) Patent No . US PP34,443 P2
Ranney et al . (45) Date of Patent : Jul . 26 , 2022
(54) MAHONIA PLANT NAMED ‘NCMH2’

‘NCMH2’ is a new cultivar of Mahonia with a compact habit, narrow evergreen foliage, showy red and yellow flowers and red new foliage color.”



It is compact and mounded with a height and width of 3 to 4 feet. Grow it in full sun to part shade in average garden soil. Water regularly until established.

Q & A

Q: At previous GG meetings I learned so much from about growing vegetables more or less year-round, but got a little confused about kinds of floating row covers and how to use them. Could you explain a little more about this?

A: Yes. In the fall, they can extend the season and often keep frost from killing sensitive crops, just as in the spring they can protect transplants set out before the last frost. Floating row cover (FRC) is a white, light-weight, non-woven fabric made from spun-bonded polyester or polypropylene and comes in two weights: light and heavy. Many seed catalogs and garden supply catalogs offer it via mail order, and some big box stores carry it. Temperatures under FRC can get 5 to 15 degrees above outside temperature, so check for heat buildup on warm days.

- Light FRCs (~.5 oz./sq. yard) are sometimes called “insect barriers” and transmit 90 to 95% light and have 2 to 6 degrees of frost protection. They can be left on many crops from seeding to harvest.
- Heavy FRCs (1.5 oz./sq. yard) are usually used to extend the growing season in spring and fall. They transmit 50 to 70% light and give 4 to 10 degrees of frost protection.

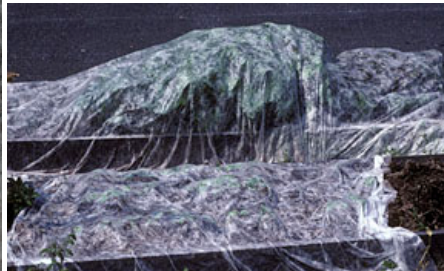
FRC can be draped over plants in rows or beds and held down along the sides by board, rocks, etc. or with wire pins. Gather the fabric at the ends and close with clothes pins. Leave enough slack so that the growing plants can push it up. Or you can make a simple frame to drape it over and secure the sides. Using FRC will speed growth and increase productivity – AND protect against many insects if cover is placed as soon as crops are planted or transplanted.

Use FRC on:

- Tomatoes, peppers, eggplants: protects from flea beetles, cutworms, Colorado potato beetle, aphids
- Summer/winter squash, cucumber, pumpkin, watermelon, cantaloupe, lima bean: protects from cucumber beetle, squash bug, squash vine borer, squash beetle, aphids
- Lettuce, arugula, spinach, radish, carrot, Asian greens, broccoli, cabbage, cauliflower, shap beans: will protect from visits from bunnies, cabbageworm, aphids, harlequin bugs, Mexican bean beetles
For fall, you can leave the covers on from seeding or transplanting through the winter, checking on the occasional hot days for heat buildup. For spring, leave on March – May.
- Mustard, kale, collards, Swiss chard, beets, potatoes, pole beans: protects from late fall frosts and various insects.



Heavy FRC



Light FRC

Mature lettuce pushing up FRC



FRC used over fall greens

By Marty Finkel from the fact sheet “Floating Row Cover” by Jon Traunfeld, University of Maryland Extension Specialist, Home and Garden Information Center. Photos are from the article. For the entire article and more photos, go to:

<https://extension.umd.edu/growit/beyond-basics/floating-row-cover>

Q: Can you recommend some shrubs that have berries for the birds fall through winter?

A: One of the best sources of information for NC is Dr. Chris Moorman's publication about managing backyards for birds, and you can find it here:

<https://content.ces.ncsu.edu/managing-backyards-and-other-urban-habitats-for-birds>

Some of the shrubs listed are:

- Beautyberry (*Callicarpa Americana*), berries Aug. – Nov.
- Waxmyrtle (*Myrica cerifera*), berries Aug. – Dec.
- Inkberry (*Ilex glabra*), berries Aug – Dec
- Winterberry (*Ilex verticillata*), berries Aug. – Dec.
- Yaupon holly (*Ilex vomitoria*), berries Sept. – Jan.

Some of these shrubs get to 10 feet, so if you want a smaller plant, look for dwarf cultivars. They all have several except for waxmyrtle, for which I found only one, 'Don's Dwarf,' at 4 to 6' tall and wide compared to the 8 to 10' tall and wide of the species. The URL above also has trees, vines, and perennials that have excellent berries full of sugar, fats, and antioxidants, plus the calories birds need in order to survive freezing winter nights. Some of our winter residents are cardinals, chickadees, tufted titmouses, juncos, robins, and sparrows. These birds prefer seeds and berries that stay on the plants (coneflower, for example) or are on the ground.

I receive a newsletter from Monrovia Nursery, and one week it featured shrubs that are beautiful in the landscape, have flowers that attract pollinators, have nutritious berries, and look gorgeous in the vase. Many have brightly colored fall foliage. These are mostly improved varieties (cultivars) of native plants.

- 'Little Goblin' red winterberry holly (*Ilex verticillata* 'Little Goblin') is an improved form with abundant berries in deep winter. Plant a male holly nearby for pollination. 3.5' tall and wide.
- Northern bayberry (*Myrica pennsylvanica*) grows to 9' tall and wide with dense foliage and energy-rich berries (50% fat).
- 'Brilliant' chokeberry (*Aronia arbutifolia* 'Brilliantissima') has late winter berries and grows to 6 – 8' tall and wide.
- 'Charming Fantasy' snowberry (*Symphoricarpos* 'Kolcharm') has large, pink-blushed fruit in the fall. It has light pink summer flowers.
- 'Alpine Carpet' juniper (*Juniperus communis* 'Mondap') grows to only 8" and slowly spreads to 3' wide. It has abundant berries and dense, soft-textured foliage for shelter. It is extremely hardy and grows in poor, rocky soil.
- Native viburnums: Nearly all are covered with flat-topped, or snowball, or lacecap creamy white flowers in the spring or summer (depending on the species), some are fragrant, and most of the larger ones have smaller cultivars. Some are evergreen. All have berries that nourish birds.



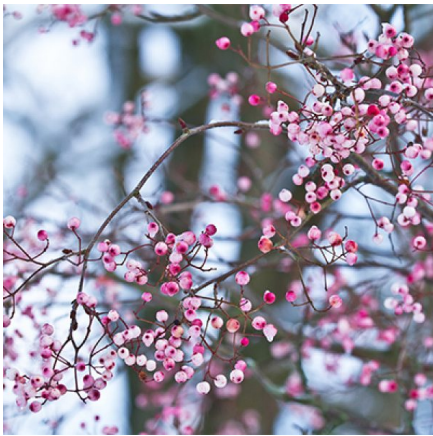
'Little Goblin' Winterberry holly



Northern bayberry



'Brilliant' Chokeberry



'Charming Fantasy' Snowberry



'Alpine Carpet' Juniper



Another native viburnum

November is the perfect time for planting trees and shrubs (even perennials), so call a few nurseries locally and in the Triangle area to see if they have some of these ornamental and wildlife-supporting plants. Try Homewood, Atlantic Avenue, Logan's, as well as others you can find through the internet. Don't forget to look for Durham nurseries and garden centers, too.

By Marty Finkel Sources: Dr. Chris Moorman link cited above; Article "Let's Plant A Berry Garden for Winter" by Kate Karam in online newsletter MONROVIA Grow Beautifully, October 2018

Did You Know

Did you know that there is an apple orchard, Century Farm Orchards, in Reidsville, NC that sells over 400 varieties of old southern and disease resistant apple and pear trees?

After Johnny's October program 'Growing Fruit and Nut Trees in the Northern Piedmont', you probably are excited about planting at least a couple of apple and pear trees. The perfect road trip for this time of year is the one-and-a-half hour drive from Oxford to Reidsville for the Century Farm open house on November 4 and on the 11th. There may be music at one or both days (check their website), but there definitely will be apples and apple cider to taste.

There is a variety of apple for every purpose imaginable, it seems: eating fresh from the tree, cooking, drying, cider -- and others are unique for their ripening period or keeping ability. Many of these old southern heirlooms are now extinct, having disappeared with the family farms that once dotted the landscape. Not just any apple variety will grow in the warm, humid south, and the nationally known expert on heirloom southern apples, Lee Calhoun, traveled around the south for 30 years looking for long-lost apple varieties. His very popular book, *Old Southern Apples* published in 1995, chronicled his search with descriptions of the unique histories of each apple variety he found. A second edition was printed in 2011, including some 1,800 apple varieties that either originated or were widely grown in the South before 1928. It is a collector's item now and can still be found.

Calhoun's nursery in Pittsboro, NC that sold grafted heirloom southern apple trees closed in 2002. Although he died at the age of 86 in 2020, his legacy lives on through nursery growers in the southeast who now sell the trees. David Vernon, owner of Century Farm Orchards, is one of the growers Calhoun mentored. The orchards currently have over 400 varieties, and the website has a spreadsheet that compares characteristics such as ripening period, taste descriptions, and other information about each one. It also advises that apple quality is a function of soil quality, how you maintain the trees, and your individual taste preference.

Even if you don't plan to plant an apple or a pear tree, it is well worth your time to read on their website about the farm, the apples, the history, and there is a link to a 2010 article in *Our State* magazine about David Vernon. This is one of those articles whose research turns up more fascinating history. There is a ton of information about Lee Calhoun on the internet that is compulsive reading, such as the 8-7-19 article by Keia Mastrianni in *The Local Palate, Food Culture of the South* magazine at:

<http://thelocalpalate.com/articles-one-good-apple-2/>



By Marty from sources cited

Photos: Century Farm Orchards <https://centuryfarmorchards.com>

Did you know that there are seedless varieties of our native persimmon (*Diospyros virginiana*)?

I was at the Oxford farmers' market on Saturday morning the 21st of October and saw that member Danny Devito had persimmons. I knew he grows Japanese persimmons, and he asked me if I knew about native seedless ones. I was surprised to learn that varieties have been bred to be seedless, and in the bin with the Japanese fruits were about 8 of the seedless natives. These were larger than the ones I usually pick up off the ground under the tree that's on my walk route. I picked out all the natives, and within 3 days some were nice and soft, ready to eat. They are DELICIOUS – sweet and juicy and no astringency

Even if you don't like persimmons (I can't imagine anyone not liking them), you could plant a tree or two in your yard this fall for its beauty in three seasons and for bees and wildlife. It has dark green leaves that turn brilliant red, orange and yellow in the fall, and the fruit that persists after the leaves fall are very colorful. The dark gray bark is easy to identify in the winter because it has ' . . .thick, dark grey bark that is divided by furrows into square blocks resembling a checkerboard, sometimes referred to as 'alligator bark'.' Besides eating persimmons fresh, you can make fruit leather by drying it, persimmon pudding, cookies, bread, muffins, chiffon pie, crumble, syrup, jellies, ice cream, and probably a lot more.

According to the NC Extension Gardener Toolbox, indelible ink can be made from the fruit, honey from the flowers, and the inner bark and green fruit has been used to treat fevers, diarrhea, and hemorrhage. Persimmon heartwood is nearly black, extremely hard and is used to make golf club heads, billiard cues and shoe lasts. Native Americans used the tree and/or fruit for food and medicinal purposes.

Danny didn't remember the name of his seedless variety, so I did some research and came up with some.



'Prok' fruit Photo by bruce_crossing
[CC-BY-SA 2.0](https://creativecommons.org/licenses/by-sa/2.0/)



'Killen' fruit Photo by bruce_crossing
[CC-BY-SA 2.0](https://creativecommons.org/licenses/by-sa/2.0/)

'Prok' -- The Toolbox description: "It is beautiful, delicious and easy to grow. This cultivar is recommended for the northern edge of the persimmon growing region as it is cold hardy and early ripening (August - October). It is self-fertile and female trees will produce seedless fruit without a male pollinator. 'Prok' is rated as one of the best tasting American persimmons. This variety bears huge crops of 2.5 to 3" sweet, orange, juicy fruit." Grow in full sun in moist, well-drained average to poor soil with a pH of 6.0 to 7. Flowers are greenish-yellow, less than an inch, not showy but are fragrant. Trees are drought tolerant once established and grow to a height of 35 to 60' with width 35 to 50'.

'Killen' – Growing conditions, medicinal and other uses are the same as for 'Prok.' 'Killen' is somewhat smaller at height and width of 20 to 25' and is moderately fruitful. Only one tree is needed, since it is self-pollinating, and the approximately 1" size fruit is said to be exceptionally sweet.



'Morris Burton' fruit Photo by
bruce_crossing [CC-BY-SA 2.0](https://creativecommons.org/licenses/by-sa/2.0/)



'Meader' Photo by
Edible Landscaping [CC BY 2.0](https://creativecommons.org/licenses/by/2.0/)

'Morris Burton' – This variety has the same growing conditions and other uses as for the others. Its dimensions are height: 30 to 60' and width 25 to 30'. Its fruits are 1 to 1.5". Quoting from the Toolbox: ". . . It is partially self-fertile as it produces some male flowers. However, best fruiting occurs with a male and female tree being planted together. The orange-red fruits are considered one of the best native persimmons with a honey-like flavor and few seeds. It is one of the earliest producing cultivars typically producing in the third year."

'Meader' – Growing conditions, medicinal and other uses are the same as for the others. Height is given as 25 to 30' and width 15 to 20' with 2" fruit. The Toolbox says ". . . 'Meader' was bred by the late Elwin Meader of the University of New Hampshire to be self-pollinating. If the flowers are not pollinated, it will produce seedless fruit. If they are pollinated, the fruit will contain seeds."

The fruit of all these trees is astringent unless eaten when soft and almost jelly-like. All the trees sucker from the roots, so unless you want a grove of them, remove the suckers when they show up.

Persimmon cookies

Ingredients

1 cup sugar
1 egg
1 teaspoon baking soda
½ teaspoon cloves.
½ teaspoon nutmeg
½ cup butter
1 cup persimmon pulp
2 cups flour
½ teaspoon cinnamon
1 cup nuts, chopped

Directions

1. Cream sugar and butter.
2. Add egg and then persimmon pulp.
3. Combine dry ingredients and add to the rest
4. Stir until well blended.
5. Add nuts (can add 1 cup of raisins)
6. Drop by teaspoonfuls on a greased cookie sheet.
7. Bake at 350 degrees for 10 to 12 minutes.

By Marty Finkel from NC Extension Garden Toolbox

Recipe from Purdue Extension Foodlink, adapted from the "1960s Home Extension Cookbook – Bertha Jackson"

To-Do List

- Late fall and early winter is a good time to plant fruit and nut trees. Container blueberries can also be planted now. Check local nurseries for new berry varieties, such as 'Baby Cakes' dwarf thornless blackberry. There are dwarf raspberry and blueberry cultivars now, too. Plant some of these low-growing thornless fruits in your perennials beds and mixed borders.
- Plant garlic now if you have not already done so.
- Continue to collect leaves and compost them. If not composting them, run over them with the lawn mower to shred and use as is for free and effective mulch.
- Clean and repair, if necessary, your garden tools and equipment before putting them away for the winter.
- Use the internet to order some seed catalogs if interested in trying some new or different vegetable varieties next year. At this time of the year most garden magazines will have many mail order seed company advertisements. Try: Sources of Organic and Untreated Non-GMO Seeds (<https://attra.ncat.org/sorg/seeds.html>). The Victory Seed Co. has seeds for the shorter tomato plants that have regular size tomatoes, www.victoryseeds.com
- Most outside gardening activities should be finished by now. Trees and shrubs can still be planted as long as the ground is not frozen. If you are adventuresome, try a cold frame in a sunny area to grow radishes, lettuce, spinach, and other greens.
- Still time to apply lime, if needed.
- Most pruning should be put off until late winter or early spring when the weather is more comfortable. You can do fruit trees and grapes in Jan if the weather allows, otherwise do it in Feb. pruning
- If you want to grow your own onion transplants, start seeds in December so that plants can be set out in February or early March. Use short-day or day neutral varieties for our area.
- Inventory your left over seeds. Do a germination test if you are uncertain of their viability.
- If you are growing transplants, note that the average last freeze date for the area has been changed from April 21 to **March 31**. Some seeds need to be started as much as 12 weeks before setting out. Thus, seeds will need to be ordered in Dec. or early Jan. to be available by mid to late January.
- If we have a dry spell in Dec or Jan and the soil can be tilled, you may want to prepare part of your garden for planting early cool season crops because in the late winter and early spring the ground is often too wet to work. Note peas and bulb onions can be seeded in Jan and many plants can be seeded in Feb.
- For fescue lawns, November is the time to fertilize. This is the most important fertilization of the year.
- Have your soil tested now to avoid the spring rush. There is no charge for this service April through November.
- Plant spring flowering bulbs.
- Use pansies and other cool weather flowers to add color to your winter garden.
- Divide perennials such as hostas, phlox, and ferns.
- Start thinking about what you want to do differently next year, and **write it down**.

Plant of the Month



Mexican Marigold (*Tagetes lemmonii*)

Mexican marigold -- also called Mexican bush marigold or copper canyon daisy -- makes a huge impact in the garden when it's in full bloom. The cheerful lemon yellow, daisy-like flowers and finely cut evergreen foliage form a mound that can reach 4 to 6 feet tall and wide -- some sources report the plant as growing up to 10 feet across. Remove dead stems after blooming to keep the evergreen plant looking its best year-round. The plant is prone to stem rot in moist conditions, so plant with its crown in a mound 1 to 2 inches above soil grade. Once established it is drought tolerant and only needs one deep watering every three weeks or so. The foliage has a strong fragrance that may be a benefit, or a drawback, depending on your tastes. Said to be a mix between lemon, mint and the sharp fragrance of standard annual marigolds (*Tagetes erecta*), the scent of Mexican marigold, does discourage deer.

Also in Bloom This Month

Note that bloom times vary, depending on climatic and meteorological conditions, and many plants bloom several months in a row (and sometimes rebloom).

- Aromatic aster
- Autumn sage
- Autumn snowflake
- Camellia
- Cape honeysuckle
- Chrysanthemums
- Climbing aster
- Compact Strawberry Tree
- Coneflower
- Garden
- Dahlias
- Double-flowered leopard plant
- Dwarf Walter's viburnum
- Everblooming confederate rose
- Floribunda rose
- Grapeholly
- Japanese fatsia
- Leadwort
- Lime-calyx Mexican sage
- Mexican witchhazel
- Mountain hydrangea
- Orange cosmos
- Osmanthus
- Parrot beak gladiolus
- Salvia Spotted aloe
- Sempervivum
- Tartarian aster
- Textile banana
- Willow-leaf sweet box
- Willow-leaved Jessamine

Photos of Some of the Plants in Bloom This Month



Everblooming Confederate rose



Aromatic aster



Autumn sage 'Dark Dancer'



Double-flowered
leopard plant



Grapeholly 'Buckland'



Parrot beak gladiolus
'Halloweenie'



Japanese fatsia



Dwarf Walter's viburnum



Willow-leaf sweet box



Lime-calyx Mexican sage