

# COUNCIL OF ROCKFORD GARDENERS, INC.

Organized 3/21/1980

---

E-Issue V4 Issue 5

Editor: Kathy Batzkall

---

## The 5 CRG Clubs:

Northern IL Daffodil Society  
Plantaholics  
Potpourri  
Seedlings  
Wildflowers

## Council Motto:

“Enjoy nature’s bounty  
and beauty through work  
and creativity.”

## Council Website:

[councilofrockfordgardeners.org](http://councilofrockfordgardeners.org)

## Upcoming Meetings:

(Per website,  
check with club to verify)

### Plantaholics

October 1

2020 Planning at Lucha Cantina

### Potpourri

October 8

Hoo Haven, Durand, IL

### Seedlings

October 21

Planning and Potluck at home of  
Lora Prochaska

### Wildflower

September 26

Edwards Apple Orchard



September 2019



## FROM THE PRESIDENT’S PEN

Co-Presidents: Ann Somers & Sarah Britton

Thank you to Seedlings for hosting GoC this year. It was an evening of peace and tranquility. We were able to walk the labyrinth, create a wild flower bouquet, learn about essential oils, eat delicious garden themed cookies. We even did chair yoga! It was a fun time!

As the summer of 2019 comes to a close, it’s time to evaluate your summer garden. Write down the plants that worked, the plant pairings you liked, make note of holes in your beds that could use a new plant or two. Take photos of containers that you’d like to replicate next summer. Not only is it a fun exercise and keeps you in the garden, it will provide handy information next spring. Gardeners are always planning for the next growing season!

Keep playing in the dirt,

Sarah & Ann



Lori Walsh and Anita Johnson walk the labyrinth.

Photos from GoC.  
See more on page 7.



Rachel Carlson & daughter  
DoTERRA essential oils



Brian Pruuka of  
Midway Village

SEPTEMBER  
2019

In This Issue:

P1  
Club Information;  
President's Pen

P2  
Garden Tips & Tricks;  
Garden Q & A;

P3  
Condolence  
Seeds to plant in fall

P4  
Sustainability  
Summit

P5  
Horticulture  
Happenings

P6  
CRG Council Report

P7  
Gathering of Clubs;  
Midway Village  
Garden Walk

P8  
Outdoor Adventures

SUBMIT questions or  
comments to:

CRGnews815@gmail.com

REMEMBER to keep your  
e-mail address current with  
your individual club and  
the Council.



*You could win \$\$\$\$ by sending us your garden tips*

Submit a garden tip to [CRGnews815@gmail.com](mailto:CRGnews815@gmail.com). Your name will be included in a drawing for a \$25 gift card to Pepper Creek. Drawing will take place at the December CRG Luncheon and Scholarship Fundraiser.

This month's garden tips come from **EJ Rebman**, member of Plantaholics and Potpourri:

*See her novel ideas below in Garden Q&A!!*

## GARDEN Q & A

*Ask your garden questions in this new newsletter section and they will be answered in the next newsletter.*

**Q: What do I use to get rid of weeds between the bricks in my garden walkway?** *Asked by Sarah Britton*

**A: Removing weeds from between stones or bricks—***From EJ Rebman*

My husband, Wally, came up with an idea. He first uses the battery powered edger to get as much green matter out as he can. He then goes back between the bricks with a propane torch on a long handle and burns the rest. It lasts an amazing amount of time before he has to do it again.

I enjoy weeding, as crazy as it may sound. It's a no brainer and I can just listen to the water and birds. It is my meditation. The only time I hate to weed is when it is hot and humid with no breeze. On days with no breeze I put a fan on a long extension cord and pull it along with me. The mosquitos don't bother me and it keeps me cool. My helper thinks it is for him.



Another suggestion from council members for removing weeds between bricks/pavers includes spraying white vinegar on them.

q Save the Date q  
**CRG Holiday Luncheon on December 11**



*Sending Love  
and Sympathy*

**to Sarina Tillis  
who recently  
lost her husband, Jack.**

## **VOLUNTEER HELP NEEDED**

Our Lady of the Sacred Heart Academy, located at 3445 Elmwood Road, Rockford, is looking for volunteers to help landscape and maintain the campus.

If you are interested in helping, please contact Lou, principal of the Academy, anytime at 815-509-1720.

---

## **SEEDS TO PLANT IN FALL**

*(from EmpressofDirt.net)*

---

Alyssum, sweet (Lobularia maritima) | zones 3-10  
Bachelor Buttons / Cornflower Centaurea cyanus  
| zones 3-8  
Bee Balm / Monarda | zones 3-9  
Black Eyed Susan / Rudbeckia | zones 3-9  
Blanket Flower / Gaillardia | zones 3-10  
Blue Flax / Linum perenne lewisii | zones 5-8  
Columbine / Aquilegia | zones 3-9  
Coneflower / Echinacea | zones 3-9  
Coreopsis | zones 4-9  
Cupid's Dart / Catananche caerulea | zones 4-9  
Daisy, Painted / Chrysanthemum coccineum  
| zones 3-7  
Delphinium | zones 3-8  
Flax / Linum grandiflorum | zones 3-10  
Foxglove / Digitalis | zones 4-8  
Larkspur / Consolida | zones 2-10

Love-In-A-Mist / Nigella damascena | zones 2-11  
Lobelia | zones 4-8  
Lavender / Lavandula | zones 5-9  
Lady's Mantle / Alchemilla | zones 3-7  
Milkweed / Asclepias | zones 4-9  
Nasturtium / Tropaeolum | zones 7-10  
Pansy / Viola | zones 5-10  
Penstemon | zones 3-8  
Pincushion Flowers / Scabiosa | zones 3-7  
Pinkball Thrift / Armeria Formosa | zones 3-9  
Poppy / Papaveraceae | zones 3-8  
Prairie Coneflower / Ratibida columnifera  
| zones 3-10  
Rose Campion / Silene | zones 4-8  
Snapdragons / Antirrhinum | zones 8-9  
Sweet Pea / Lathyrus odoratus | zones 2-11  
Sweet William / Dianthus | zones 3-9


## ***A Few Words of the Day***

A group of flamingos is called a flamboyance.

A group of bunnies is called a fluffle.

A group of butterflies is officially called a kaleidoscope.

A group of rattlesnakes is called a rhumba.



Wendy Caldwell  
photo

# ROCKFORD SUSTAINABILITY SUMMIT 2019

SATURDAY, SEPTEMBER 28, 10 A.M.—6 P.M.

*THE QUESTION IS: HOW CAN WE DECREASE OUR CARBON FOOTPRINT?*

## RAIN BARREL ART CONTEST

Because water conservation can be beautiful, intriguing and creative...

The contest is open to professional artists and amateurs; individuals and groups. **Finished rain barrels must be submitted on or before Tuesday, September 24th.**

The voting will be online starting September 27th and ending at 11:59 pm on October 4th.

Rain barrels will be showcased at the various locations during the Rockford Sustainability Summit on September 28th. Details at <https://www.rockfordcoalition.org/rain-barrel-contest>

## ACTIVITIES ALL DAY LONG

*Some of the topics include:*

- Compost talk
- Bike tour around town to see sustainable efforts happening in the community
- Kid's activities
- Slide programs on Global Warming and Climate Change

- Community conversation concerning the connection between people, plants and planet
- Energy efficiency tips, resources, and how to avoid utility scams.
- Learn about the Clean Energy Jobs Act
- Discussion on the purchase and delivery of new RMTD hybrid electric vehicles.
- Learn what small businesses can do to achieve green environmental goals.
- See the film, Living the Change which "explores solutions to live in a sustainable and regenerative way."
- Learn how our diet affects the environment and by making wise dietary choices, we can make a difference.
- VEGAN ITALIAN LUNCH - \$20 PER PERSON - MUST PURCHASE IN ADVANCE
- Learn about the process of a bill becoming a law and tips for interacting with your lawmakers to pass legislation.

See more at: <https://www.rockfordcoalition.org/schedule>



# HORTICULTURE HAPPENINGS

Gina Ross, University of Illinois Extension Master Gardener, Winnebago County

## Sunflowers

As summer comes to a close, sunflowers are at their showiest. Sunflowers have an unmistakable sun-like appearance that has made them a flower favorite. They come in several varieties—ranging in size from small to very large, and in color from yellow to red. Sunflowers (genus *Helianthus*) are members of the aster family (*Asteraceae*) which includes nearly 70 species of herbaceous plants.

Sunflowers are native primarily to North and South America. Some species are cultivated as ornamentals for their spectacular size and flower heads and some for their edible seeds and for oil. The name sunflower comes from the Greek *helios* (sun) and *anthos* (flower). Sunflowers turn to face the sun during daylight hours.

Sunflowers are rich in history and symbolize adoration, loyalty and longevity. They were first used by humans in the Americas around 1,000 BC and have been cultivated as a valuable food source since. When the European settlers arrived, they immediately recognized the value of sunflowers and sent seeds back to Europe. There they found a place in English cottage gardens and even Van Gogh's paintings. However, it was in Russia that the sunflower became a major agricultural crop. They provided a source of oil that could be eaten without breaking church dietary laws. Early in the 20th Century, Russian growers spearheaded the breeding and selection for disease resistance and high oil content. In the 1960s, the U.S. began sustained commercial production of oil seed cultivars to produce vegetable oil.



Sunflowers by Van Gogh

Sunflowers can be found in environments ranging from bogs to prairies and are easy to grow. They can be directly seeded in the garden when temperatures are warm enough to prevent frost. There are many varieties, so check seed packs for details on height, flower size and growing requirements. As you might suspect, sunflowers want sunny conditions and full sun is best.

You can find perennial sunflowers for your garden. The most popular perennial sunflowers are cultivars of *Helianthus x multiflorus* (many-flowered sunflower). Perennial sunflowers make good cut flowers, attracting bees and butterflies, pairing well with coneflowers, Joe Pye weed and goldenrod.

*Helianthus* is very tolerant of most soil types if the soil does not stay wet. In most cases, perennial sunflowers are pest-free. They can be prone to powdery mildew, but giving them plenty of air circulation will reduce this risk. Keeping the clumps divided every couple of years will promote air flow around the stems.

Birds and squirrels are attracted to the seeds as the ripen. I've cut flower heads off and have hung them upside down to dry. Birds, squirrels and other wildlife make a meal from the seeds.

Sunflowers have a toxin in the hulls that prevents the growth of other plants when the hulls drop to the ground. Remove them so there is no damage to lawns or desirable vegetation.

Because sunflower seeds are rich in protein and vitamins A, B and E, you may want some for yourself before the birds get them. You can do this by cutting off the seed head with a foot of the stem attached and hang in a dry warm, ventilated place that is free from mice. When the seeds are thoroughly dry, remove them from the seed head, allowing them to dry for a few more days more and then place them in an airtight container. Store in the refrigerator to retain flavor. The seeds can also be roasted.

# SEPTEMBER 9, 2019 COUNCIL MEETING REPORT

## TREASURER'S REPORT

Balance as of June 30, 2019 .....	\$3,678.14
Receipts – Donation.....	200.00
Balance .....	3,878.14
Disbursements.....	0.00
Ending Balance as of Aug. 30, 2019.....	\$3,878.14

Submitted by **Becki Dennis**, Treasurer

---

## COMMITTEE REPORTS

**Programs** – **Deb Bieschke** had nothing new to report regarding the Christmas Luncheon. She has a speaker and a place, and details are to be decided. She also reported that the Spring Luncheon will be held on April 29, 2020. That will be the kickoff for the Council's 40th birthday.

**Publicity** – **Ann Somers** reported that we still don't have anyone for the Publicity position. Arch Smith said that it is really easy.

**Awards** – **Elaine Parrovecchio** reported that she will be getting in touch with Kishwaukee College.

**Civic and Conservation** – **Diane Donze** reported that she has not heard from Habit for Humanity regarding the locations or dates yet. Sarah Britton will do one for the fall. And Ann Somers said that Plantaholics will do one.

**Garden Walk** – **Arch Smith** reported that he has 8 gardens lined up right now and is trying for another. He has two gardens in Cherry Valley and is working on another garden part way to Cherry Valley.

Arch also said that he was considering moving the Garden Walk to July and wanted our thoughts. He proposed holding it the second week in July .

Ann said that Arch is in charge of the Garden Walk, and he can make the choice. He decided on the second Wednesday in July. He will check with the garden owners for the 2020 Garden Walk since he already told them the third Wednesday in June. He is also working on gardens for the following year.

Ann reported that the Garden Walk started a couple of years after 1980. It started out being for members and their guests, and they had 300 – 400 people. The Garden Glories Garden Walk was still going on at that time. Then our walk began to be open to the public.

**Horticulture** – **Ann Somers** reported that Gina Ross will continue to write articles for the newsletter.

**Hospitality** – **Mary Pinter** reported that we have to decide if we want to come back to Cucina di Rosa. Ann said that we try to use local restaurants and that this is a great space. At Stockholm they do not always give us a private room. Perhaps we could meet for lunch in November and January. October will be a breakfast meeting at Greenfire Restaurant.

**Newsletter** – **Kathy Batzkall** reported that she has started the newsletter and has been collecting bits and pieces of news. Deb Bieschke will do the proofreading for the newsletter. Ann Somers suggested that we could have each club prepare an article for the newsletter once a year.

**Parliamentarian** – **Mary Pinter** said all is good.

**Sunshine** – No report. Ann said to contact Peg when a card needs to be sent to a member.

**Ways & Means** – No report.

**Website** – **Kathy Batzkall** reported that she gets lots of interesting requests from website inquiries – such as a request for opening a member's garden for yoga in the garden.

# AUGUST 19, 2019 GATHERING OF CLUBS (GoC)



Joan Tilson, Becki Dennis, and Alice Moczynski enjoy the fall flowers.



Linda Baker and Elaine Parrovecchio take a snack break.



Mary Ann Miller and Ann Somers work on their peace ribbon project.



Jackie Hessian and Kathy Crandall select flowers for their fall bouquets.

## GARDEN TOUR AT MIDWAY VILLAGE

*Submitted by Susan Buzzard*



Members from Seedlings, Potpourri, Plantaholics and Wildflowers joined together for a fun tour of Midway Village Gardens on Wednesday, September 10.

Brian Pruksa, Heritage Garden Coordinator, walked us through the village, which represents a town between 1895 and 1905. We saw hops, watermelon, aster of the prairie, golden rod, and many more. We saw the Moonlight Garden where weddings are held, the Heritage Garden Park, and the Blue Garden.

# OUTDOOR ADVENTURES

## Apple Picking

**Curran's Orchard** - More than a dozen varieties of apples are just waiting to be plucked.

**Edwards Apple Orchard** - Two locations: Rockford and Poplar Grove. In addition to the 18 varieties of apples available at the orchard, they also have weekend tractor rides into the orchard.

**Valley Orchard** - This 35-acre family-owned orchard has approximately 5,000 apple trees.

## Glow in the Garden Festival

Nicholas Conservatory and Gardens  
Sept. 20-21, 6-9 p.m.

## Autumn Pioneer Festival

Sat., Sept. 28, 9am-5pm /  
Sun., Sept. 29, 10am-4pm  
Admission is free, but donations are welcomed  
603 N. Appleton Road, Belvidere. <http://www.bccdil.org/>  
(815) 547-7935  
Travel back to the 1800's for a look at the lifestyles and crafts of the day. Visit the harvest table to purchase fresh vegetables .

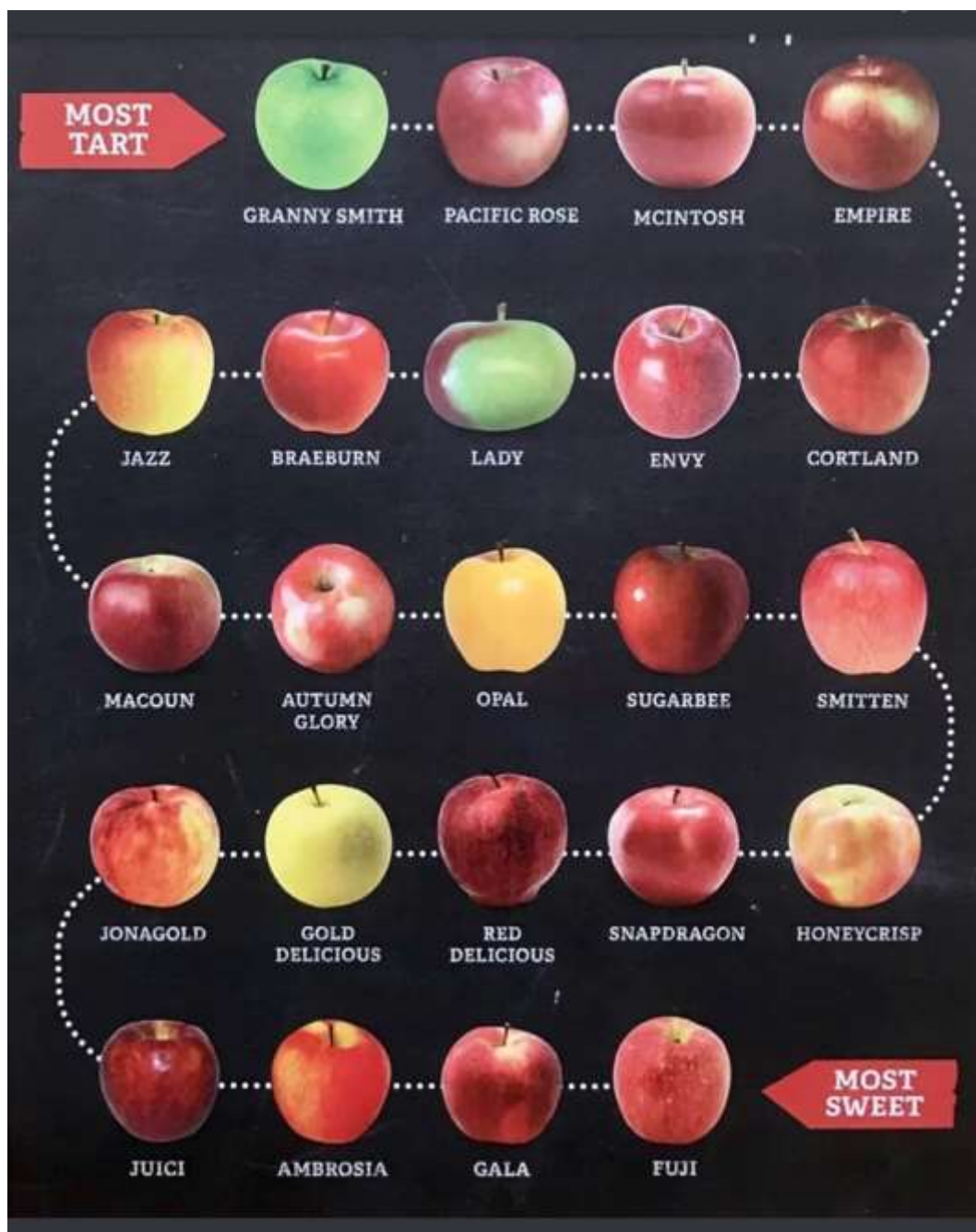
## Bus Trip to TROLL HUNT at The Morton Arboretum

Saturday, October 5,  
8 AM – 5 PM

Leave from Klehm Arboretum and Botanic Garden

<http://klehm.org/>

TROLL HUNT exhibition by Thomas Dambo. Lunch and leisurely exploration.



## Boone County Farm Stroll

Sunday, October 6,  
10 am—5 pm  
Alpaca Farms and Fiber Mill—21756 Beaverton Rd.,  
Poplar Grove, IL.

## Best Places to See Fall Colors in Illinois:

- Galena
- Pere Marquette State Park
- Alton to Grafton along the Great River Road  
Estimated Peak: Second week of October