# Children's Garden Club

Volume #7, Sheet # 11

November 4th, 2006

Natural Fall Decorations & Pressed Leaf Placemats

- Trees -

Sherwood's Forest Nursery & Garden Center

2651 Barrett Station Rd.

# Welcome to the November Meeting

I would like to thank you all for coming and especially Dave For hosting this month' meeting. I would also like to thank all the staff for preparing for this months meeting. From our last months meeting did everyone get their bulb planted? How are your fall planters doing?

Reminder about November 5 – Sunday from 1 to 4 p.m. in planting 'Tahiti' bulbs at the Doris I Schnuck's Children's Garden, ( Thank You to the Netherlands Bulb Info Center for their kind Donation of the bulbs 'Tahiti ' ) as winter approaches, it's time to prepare your garden for the winter sleep or dormancy you are all invited to Missouri Botanical Garden for – "Putting the Children's Garden to Bed". As you will see in information being released, kids are encouraged to wear their pajamas and join in the fun on Sunday November 5th 2006 between 10 a.m. to 2 p.m. which is included with Children's Garden admission ($3.00 ages 3 -12). General Garden admission is $8.00 adults: St. Louis City/County residents, $4.00 adults, $2.00 seniors; children ages 12 and under are free. If you are a member you have already have seen the

information in your member's bulletin or Garden Gram. For more info www.mobot.org

Today's project is going to be fun and educational. The big advantage is you can preserve some of the fall color, memories, and what you learned today. This project you will be doing today is similar to the August meeting and as you now know, plant/flower presses have been around for a long time. Plus David has another Treat – a Autumn Gold Maidenhair Tree – Ginkgo bibola ' Autumn Gold' for each child.

For centuries at herbariums all over the world, plant specimens have been collected and pressed for identification, recorded history, storage using plant/flower presses. Herbarium collections look way beyond the aesthetics of a plant. They capture more of the science of plants by collecting recording every possible aspect of the plant leaves, stems, root system as well as data on habit and environment. This is extremely valuable for identification and taxonomy purpose in the botanical world, world wide. Who has visited the Herbarium at the Missouri Botanical Gardens? Our Missouri Botanical Garden Herbarium is known world wide and his some of the largest and best selection, a great library of books with drawings and recoded data.

Before we go onto making our project I would like to go over Information about the – Trees – and the leaves you are using…

In the spring we celebrate Arbor Day and learn about trees. In Missouri, the first Friday in April is "Arbor Day." Our State Tree is the beautiful flowering Dogwood. Which has the great white or pink flowers it also has great fall color of a burgundy/bronze/orange with the great red berry fruit from the spring flower/s, the birds really do not leave them on long enough for us to enjoy them on the tree.

Trees are the oldest livings on earth. One of the oldest, the Ginkgo tree is the living representative of the order Ginkgoales a group of gymnosperms, of the Family Ginkgoaceae which is a millions years ago. Some bristlecone pines are 4,000 years old. The Sequoias, or Redwood trees, in California are several thousand years old. Trees can get to be almost 300 feet tall and 30 feet wide. It's amazing to think that they started as a tiny seed from inside a cone.

Unlike people and animals, trees keep growing for as long as they live. Their trunks add a layer to their width each year. When a tree is cut down you can count the layers, or rings to tell its age.

When there is not enough light or warmth, the tree becomes dormant, or goes to sleep. They are in the process of doing now going dormant or sleep now – or going to bed for a winter's nap. I.E. MBG is putting the garden to bed, not just the trees but all the plants.

In the fall we also appreciate Trees for the array of fall color they give our landscape, at home and in the County parks and through out our state. In the fall beyond the beautiful color the trees bring us lots of leaves to rake up or place in placemats, they are also appreciated for the wood they produce for our fire places and for those who use them for heaters, stoves and the good old campfires.

I would like to review why this is the best time of the year to plant most trees and also discuss why trees change color and tree identification, especially for those of you who were not here in the past meeting.

Fall is the best time for planting. For one thing, the mild temperatures are perfectly suited to this kind of outdoor activity.

But nursery experts also say that the cool weather and abundance of rain provide excellent conditions for giving plants a healthy start. Fall planting is beneficial for trees and shrubs because it gives them a head start on the spring growing season to establish strength and vigor for enduring the upcoming hot-weather stresses.

Even as fall progresses and the temperatures cool off considerably, you can still plant safely because the soil loses heat very slowly. When winter comes the soil will stay warm enough to maintain root growth. In most cases, root growth is sustained when soil temperatures are 40 degrees or above. Keep the plant warm by covering it with about three inches of mulch. But remember that some plant material (i.e. perennial bulbs) must be planted early enough in fall to provide sufficient growth and development to withstand winter's challenges.

For best results, say AAN's (American Association of Nurserymen's) experts, be sure to put in plants that are balled and bur lapped or container-grown. The advantage to using these plants is that the plants' roots stay in the soil in which they were originally grown, and the roots will grow stronger.

Another tip from the experts is applying mulch to new plants, particularly to the ground covers. They need that protective layer for the warmth, moisture and week control it provides. New plants also need consistent watering into late fall.

Fall is for planting trees. Fall is the perfect time to plant a tree – for both gardener and tree! People who love the outdoors particularly enjoy spending time in the yard during the cool, sunny days of autumn. Trees benefit too, in that they have time to get established before winter comes, and the soil is better able to retain moisture during the fall than during the hot days of summer. If you'd like to add a tree to your home landscape, follow these easy steps from the American Association of Nurserymen (AAN).

Select the tree and decide where to plant. Choose a tree based on your lawn's sun, soil, moisture and temperature conditions, as well as your personal preferences regarding color, size and leaf shape. Make sure you choose a site in your yard that will accommodate the tree after it has matured. You might want a smaller or slower-growing tree if you're planting close to your house. If you're seeking to screen out an undesirable view, however, a larger or faster-growing variety may be just what you're after. For help making the decision, ask the experts at your local garden center.

Psychologically, spring will always be a popular time to plant. In the past, fewer plants were available in fall. That scenario is changing as consumers become aware of the benefits of fall planting. You can hasten the shift by letting your nursery professional know you need certain plants at certain times. Place your order ahead and the crisp days of fall will be planting pleasure.

**University of Missouri Horticultural Extension Service.**

Our state University Extension Service publishes periodic reports to the nursery industry with information useful to all who garden in Missouri. We would like to excerpt and/or summarize some recent Extension articles with timely tips to help with your fall gardening preparations.

There is an increasing body of evidence documenting the benefits of fall planting of trees and shrubs. The cooler air temperature, high light intensity, warm soil temperature, and ample soil moisture in fall often promote root growth, giving the fall-planted specimen a toehold before summer heat arrives. Fall plantings are typically found to have significantly greater leaf area, canopy width and plant height the following spring than plantings

done at other times of the year. This information alone should make you want to come out right now and select some beautiful specimen trees and shrubs to beautify your home!

On the topic of watering, we all know how important it is to keep the soil around our plants consistently moist during the growing season, but did you know that all plants, especially evergreens, should never be allowed to go into the winter suffering from moisture deficit.

Test the soil for drainage. Before you plant a tree, test your soil for drainage. Dig a hole; fill it with water and check it twice, once after 24 hours have elapsed and again after 48 hours. If the hole drains well in this time frame, the soil should adequately support a tree in this area.

Dig the planting hole and place the roots inside. Dig a hole two to three times wider than, and about as deep as, the tree's root ball. The hole should be deep enough that the tree is at or slightly above the depth it was in the nursery field. If your hole is too deep, the tree will settle as you water it, placing stress on the root system.

Now in selecting those good plants for your landscape can be kinda a challenge with so many possibilities to choose from. Today Dave has some great option to show us ranging from Ginkgo (Ginkgo biloba), October Glory (Acer rubrum 'October Glory), and Red Sunset (Acer rubrum 'Red Sunset'
Sugar Maple ( Acer saccharum), Sour Gum (Nyssa sylvantica), 'Autumn Purple' ash (Fraxinus Americana – white Ash), Sourwood (Oxydendron arboretum) to name some fall color ones.

Beyond the fall color of trees you can choose a different reason for choosing that specific tree is also were the Plants of Merit could help you decide on a tree such as the 2006 Plant of Merit trees are Shantung Maple (Acer truncatum), Red Buckeye (

Aesculus pavia ), Downy Serviceberry (Amelanchier arborea), Upright European Hornbeam (Carpinus betulus 'Frastigigiata'), American Hornbeam (Carpinus caroliniana), Katsura Tree (Cercidiphyllum japonicum), Fringe Tree (Chionathus virginicus), Chinese Dogwood (Cornus kousa var. chinensis), Seven-Son Flower (Heptacodium miconiodes), Southern Magnolia (Magnolia grandiflora 'Brackens' Brown Beauty), Sweet Bay Magnolia (Magnolia virginiana var. australis), Crabapple, (Malus ' Mary Potter"), Sour Gum (Nyssa sylvatica),
Colorado Spruce (Picea pungens 'Fat Albert), Lacebark Pine (pinus bungena),
Willow Oak (Quercus Phellos), Japanese Snowbell (Styrax japonicus 'Pink Chimes'). Plant of Merit Plants have all performed well for Three or more years in one or more locations in the lower Midwest ( USAD zones 5 and 6).
Beyond these trees 2006 trees there are others from 1999 to present. For more information on these plants go to www.plantsofmerit.org or call the MBG at (314) 577-9443.

Now talking about Fall Color – Why Leaves Change Color – It requires no vivid imagination to picture Mother Nature going about on autumn days with a liberal supply of paint, coloring the leavers of trees and other plants to produce the brilliant display of red, purple, orange, and yellow found in the forest. Every fall we enjoy the beauty of the trees, knowing it is only a passing pleasure.

Many people suppose that Jack Frost is responsible for the color change, but he is not. If you note some leaves begin to turn before we have any frost. According to a Native American Legend, celestial hunters slew the Great Bear in the autumn, and his blood dripping on the forest changed many leaves to red.

Beyond the Myths & Legends all through Spring and Summer the leaves have served as factories manufacturing the

food necessary for the tree's growth. The food-making process takes place inside leaf cells in tiny structures called chloroplasts. The Chloroplasts contain Chlorophyll which gives the leaf its green color. The chlorophyll absorbs energy from sunlight and uses it to transform carbon dioxide and water to carbohydrates such as sugars and starches. Along with the green-pigment, chloroplast also contain pigments called carotenoids. Carotenoids are yellow and orange in color and are common in many plants such as carrots, corn, daffodils, butter cups and bananas.

Most of the year these yellowish colors are masked by the greater amount of green chlorophyll. But in the fall, because of shorter days and cooler temperatures, the leaves stop their food making process. The chlorophyll breaks down, the green color disappears and the yellow and orange colors become visible.

Carotenoids tint the leaves of hardwood species such as Hickory, Ash, Maple, Yellow-poplar, Birch, Sycamore, Cottonwood, and Sassafras.

The red, purple, and their blended combinations that decorate autumn foliage come from another group of pigments in the cells, called anthocyanins. These pigments are not present in the leaf through the growing season like the carotenoids. They develop in late summer in the sap if the cells. The formation of anthocyanins depends on the amount of sugar in the leaf and the weather conditions.

Warn, sunny days followed by cool nights favor the formation of brilliant red colors. Sugar is made in the leaves during the daytime, but cool nights prevent movement of the sugar from the leaves. Anthocyanin is formed from the sugars trapped in the leaves. The brighter the light during this period, the greater the production of anthocyanins and the color display is more brilliant.

The Degree of color may vary from tree to tree. As we know the colors may vary from hear to year, depending on the weather conditions. Warm, cloudy, rainy fall weather will cause the leaves to have less red coloration because of fewer anthocyanin pigments. Well distributed rainfall during the summer and fall will favor a good fall color display. Temperature also has an effect on tall color. An extreme cold snap will kill the leaves before allowing them to change to their fall display. And even though the colors may be brilliant, a heavy rain or high winds during the peak of color will cause the leaves to drop early.

## Now onto Today's Project

To make or do plant/flower in presses you can either put the flowers and plants in a press or – this same day project.

Supplies: Clear adhesive – contact paper
Ruler, scissors,
Collection of plants – flowers
Imagination

Collect large and small – long and short
Leafs or Flowers (flowers, leaves, blades etc.)
Use fresh flat or pliable leaves.
If you wish do them at home you can add glitter and confetti, shapes or stripes of colored paper.

Lay out a sheet of contact paper sticky side up
Arrange items on the sheet leaving some space open
(the open space helps the sheets stay together)

Once the contact sheet is to your likening lay another piece – slightly larger on top sticky side down.

Use the ruler to push air bubbles out working from the center to the edges. Make sure all bubbles are worked out and gone.

Now, once all bubbles are gone, begin to trim off the excess on the sides.

If you wish to add some frill use pinking shears to add to the edges.

You now can use this under your plate at each meal, or as a Sun catcher and the reflections can also make interesting designs on the wall.

**AUTUMN IN MISSOURI**
**Barbara Simonson**

Did you know that Missouri, particularly the Ozark area, is one of the favorite fall color destinations in the country? Beautiful fall foliage is often compared to the weather - a very unpredictable event! Let's take a look at what produces a glorious autumn of brilliant fall colors.

As any real estate agent would tell you, the general rule is "location, location, location!" The only other parts of the world other than North America that greet cool fall weather with beautiful leaf colors are Japan, China and Korea. You can usually tell our native trees from those brought here from Europe, such as some of the birch trees.

Trees introduced from Europe generally do not display any spectacular foliage colors. They simply go from green to brown and the leaves fall off.

It is a common belief that abundant rain in the summer makes for great fall foliage. It certainly helps, but it takes much more. A beautiful leaf display requires sunny fall days and cool nights. It takes night time temperatures that fall to around 45 degrees, followed by clear sunny days no warmer than 70 degrees to produce good color. Warm, cloudy fall weather wrecks any chance for a spectacular display – the colors end up brown, or muted, not brilliant. On the other side of the coin, an early hard frost kills leaves before the chemical change inside the leaf can be completed and is a total disaster for a beautiful display.

Perhaps you would like to give Mother Nature a hand by planting trees that are known for beautiful color? Four reliable choices for Missouri are: Ginkgo - a lovely, clear yellow which seems to appear overnight, Sugar Maple - the New England classic whose
bright red, yellow and orange really stand out; Sweet Gum - its thick green leaves turn into autumn yellow, red and burgundy and Sumac, an unassertive little tree that surprisingly takes on some of the gaudier shades of red and scarlet. You may have a favorite of your own to add to this group.

There's plenty of time for scenic drives, weekend trips, or garden club walks in nearby parks for viewing foliage. Try to plan your activity just prior to peak because once peak has hit, one good rain or wind, and it can all be gone in a few hours! Keep in mind that like so many other events in nature requiring perfect conditions, grand foliage displays are a very unpredictable event and are often the result of just plain luck!

*What's coming next*

*December 2 2006 Natural Holiday Deco Sherwood's Forest Nursery & Garden Cen.*
*2651 Barrett Station Road*
*January 7, 2007 Flower Arranging Baisch & Skinner, Inc 2721 LaSalle Street*

*February 3, 2007 Birding Sappington Garden Shop 11530 Gravois*

*February 22-25, 2007 Builders Home & Garden Show, America's Center*
*Children's Garden Club section & Flower Show*

*March 3, 2007 "My Garden by my bedside…one pot all my own Sherwood's Forest*

*Nursery & Garden Center 2651 Barrett Station Road*

*April 7.2007 Celebrate Arbor Day For the Garden at Heffner's 6703 Telegraph Rd.*

*Growing into the Future*
*Let Me know your thoughts*

*What is a Children's Garden ( definitions) ?*
*What are things you like about the Children's Garden Club ( topics – hort. crafts)*
*Great Children's Garden Design include the following:*
*Things that don't work in Children's Garden Designs include the following:*
*What's Missing?*
*Recommendation for improvement?*

# Creating Your Own Landscape Journal

A lot happens in our Landscape. "Right Plant – Right Place" Learn about your plants and there Cultural Requirements, Consider their Maximum Heights / Size: Beware of overhead wires and limitations: Consider the rate of growth: Consider All members of the house hold from parents to children and their age, Pets and their usage of the property. Consider any allergies. These are sheets of what we saw on our field trip to collect leafs for our placemats at Sherwood's Forest.

- Tree: _____ Deciduous _____ Evergreen
- Shrub _____ Deciduous _____ Evergreen

- How tall will this get when full-grown ? _____

- What garden visitors would this plant invite to my Landscape. _____

- _____

- Does this plant provide seedpods, pinecones, fruit, etc? _____

- What color is the foliage? ___ Spring ___Summer ___ Fall _____

- Was there any disease or pest problems: _____

- Draw - or – paste a leaf or foliage: _____

- Any interesting information – Facts - Trivia - _____

- _____

Add shapes of tree leaves, cross section of a leaf & word Search.