

# Children's Garden Club

Volume # 7, Sheet # 7

July 8, 2006

## Summer Flowering Shrubs & Horticulture Therapy Sappington Garden Shop 11530 Gravois

### Welcome to the July Meeting

I would like to thank You all from coming and especially Mark for hosting this month's meeting. I would also like to thank Gary Wagner Horticulturist from Children's Hospital to give his insight on Summer Flowering Shrubs & Horticulture Therapy. How many are you here from our visit at the Olson Family Garden on the roof of Children's Hospital last year?

How many are here from our visit to Gilberg's and herbal butter making last month?

Gary has prepared a great presentation " Summer Flowering plants for containers and landscape " and this is his text that is going to give you.

Flowering trees and shrubs for the St. Louis area are a colorful welcome to any garden or patio for the summer in our area. Particular plants I like to use both in the landscape and as a patio plant are ; Crape Myrtle, Oak-leaf Hydrangea, Butterfly bush, Spirea "Mellow-Yellow" and Hydrangea 'Annabelle'.

Flowering plants I like to use in containers but that are not hardy would be ; Flowering Hibiscus, (a tropical plant that has many different varieties and colors of flowers). Cana ‘Bengal Tiger’, Tropicana, and ‘Cleopatra’. Banana plants can be very exotic and do well in containers but require a lot of water and need to be fed on a regular feeding program.

The past few years I have encouraged gardeners to use some of the hardy shrubs and trees as container plants on their patio or deck for the season long color and interest because they can enjoy them in a colorful pot with colorful annuals planted around them and at the end of the season, they can plant them in their yard and enjoy them for many years.

#### “Olson Family Garden”

The Olson Family Garden is a ‘healing garden’ located on the roof of the St. Louis Children’s Hospital 100 feet above the street. The Garden is open year round for our patients and families to visit during their hospital stay.

The garden is planted with tulips, annuals, perennials, trees, and shrubs as a beautiful setting for our patients to experience the

Outdoors or nature in an ‘un-natural’ setting.

The patients can experience the colors and smells of the flowers, waterfalls and pools, a life-size sundial, 1,500 pound water-ball and view Forest Park with telescopes we provide.

Garden activities are also scheduled monthly for families to enjoy music, story-telling, magicians, educational programs from the zoo, Missouri Botanical Garden and Wolf Sanctuary.

Twice a year they experience a three week project raising caterpillars and watch them grow and change into butterflies. They then release them into the garden and watch them fly away.

### “Horticulture Therapy”

If you enjoy gardening, you will have to agree that when you're in your garden planting flowering plants, vegetable, watering pulling weeds or adding mulch, you feel as if you are in a world by yourself and enjoying it .

Horticulture Therapy can do the same for our patients. They experience pain, depression, boredom, stiffness and all sorts of physical things happen when you're sick.. But horticulture can be a great tool for patients to put aside and forget about their pain and worries as they participate in gardening project.

We paint flower pots and add soil and plants, create flower arrangements with fresh cut flowers and dried flowers. We create Wreaths and propagate plants with seeds and cuttings

**SHRUBS** - As a group shrubs contain some of most beautiful and dramatic plants available to the gardener. But I feel, because shrubs seem so familiar, we really overlook many of their special traits. - Summer Flowering Shrubs - Shrubs come in every form and size imaginable, with an array of leaf shapes and textures that seem almost infinite. Some burst into seasonal bloom with exquisite colorful flowers.

Although shrubs are commonly used as backbone of the landscape, while others deserve to be featured as garden highlights,

with all their elegance on full display. That is why and how Gary was suggesting to also use them in container gardening and then plant in the landscape at the end of the season.

What is a shrub? While there is no hard fast definition of what constitutes a shrub, this one is commonly accepted: *a woody plant with multiple stems or trunks that grow less than fifteen feet high when mature.*

*A woody plant has stems and branches that survive from one year to the next, and that do not die back to the ground after growing season. Their woody nature distinguishes shrubs from Herbaceous plants, which are subject to winter damage and which die back to the ground each year.*

*The fact that shrubs have multiple stems or trunks sets them apart from trees, which usually have only a single stem or trunk. There are exceptions: Many shrubs can be deliberately trained to have only a single trunk. Shrubs trained in this way are called standards; basically, they are miniature trees, often used for a formal effect. Some trees also have multiple trunks, but they usually grow higher than fifteen feet.*

In your landscape you need to consider the basic shrub form for each landscape use. Consider the shrubs mature form, texture, sun or shade section of the landscape, deciduous or evergreen. The purpose you are wishing to accomplish. Good design in either a formal or informal garden requires balance.

Consider the maturity and plant the taller ones as the backbone or back round. Second consider the lighter foliage or unique texture, or flowering shrubs as your focal or highlight.

Most people think of flowers when they think of color in the garden. Consider your flowering shrubs to give seasonal color year after year. The process of staging your plants so they are beneficial for each season, Spring, Summer, and fall.

Summer flowering shrubs in St, Louis generally are – Encore Azaleas, Buddleias, ( a wide selection to choose from) Crape Mytle, Hydrangeas ( a wide selection to choose from), Hibcus, ( is it to be considered a perennial), Hypericums, Rose of Sharon, Spireas, Roses ( Shrub type ), Magnolia.

We are very lucky today thanks to the good folks at Spring Meadow Nursery in Grand Haven, MI, has graciously sent us some neat – one of my personal favorites the Buddleias or Butterfly Shrub. This *Buddleia* The English Butterfly Series – Adonis Blue “Peacock ” was chosen for us by Danielle because it has also been selected by P. Allen Smith as one of his “Top 21 plants “ for 2007.

It is also a Proven Winner... for more information go to [www.provenwinners.com](http://www.provenwinners.com)

***Buddleia* The English Butterfly Series™ :**  
**ADONIS BLUE™, PEACOCK™ and PURPLE EMPEROR™**

*Buddleia davidii* ‘Adokeep’, ‘Peakeep’ and ‘Pyrkeep’

**Introduction Date:** Spring '04 to growers

**Hardiness:** USDA Zone 5 –  
treat like a perennial in the north

**Bloom Time:** Mid-summer to fall

**Bloom Color:** ADONIS BLUE™ - blue,  
PEACOCK™- rich pink,  
PURPLE EMPEROR™ - royal purple

**Foliage Color:** grey-green



**Size:** 4-5 feet tall, 3-4 feet wide

**Exposure:** Full sun

**Soil:** Adaptable to many soils

**Breeder:** Elizabeth Keep  
(East Malling, England)

Finally, colorful *buddleia* varieties that won't crowd their neighbors! These three new cultivars were developed in England, and are just now making their way across the Atlantic. Roughly a third the size of other butterfly bush varieties, the English Butterfly Series™ plants are extra bushy and loaded with colorful flowers.

ADONIS BLUE™ has deep blue flowers of good size and with a delightful fragrance. You will find that Adonis Blue has a more horizontal form, tending to be wider than it is all. PEACOCK™ has rich pink blooms, and is distinct in that the flowers radiate outward from the plant like almost like rockets. The flowers on PEACOCK™ are also the largest of three easily reaching 12-14 inches in length. PURPLE EMPEROR™ has smaller mauve-purple flowers and has the tightest habit of the three due impart to the foliage being much narrower, almost strap like. All three varieties are prolific and fragrant bloomers that will attract butterflies and hummingbirds to the summer garden.

The compact size of these new cultivars is perfect for smaller gardens and the mixed border. They can also be used as a container plant in milder climates. Unlike older varieties, these cultivars will not overwhelm the landscape, and never develop the weedy, unkempt habit so typical of butterfly bush. Now even gardeners with limited space can attract butterflies and hummingbirds to their garden with colorful *buddleia*.