

Village Garden Center

& Landscape Service

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By Eva Soud



Grow Some VA!™ Is a social action campaign of the Virginia Green Industry Council that encourages homeowners to reduce water runoff from their yards and gardens into local waterways that flow to the Chesapeake Bay by applying recommended conservation practices and by planting 'Virginia Grown' plants.

Improving water quality in our streams, rivers and Chesapeake Bay is everyone's responsibility.

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plants grown in Virginia are acclimated to the local growing conditions, varieties that do well in the Virginia climate are offered and more and more 'native' plants are available for the benefit of wildlife.

This month we are dedicating our newsletter to everything grown, living or eaten in Virginia.

So Grow some VA is more than a catch phrase; it is a challenge to everyone to do their part at home, at the work place and in your community.

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Ostrya virginiana (American hophornbeam)

A tree with a trunk that looks like sinewy muscles and a rounded crown of slender, spreading branches. Eastern hop-hornbeam or ironweed is a graceful, understory tree, typically growing 30-50 ft. Conical shape, especially when young, the deciduous tree becomes more rounded at maturity. Loose bark, in narrow, rectilinear strips, covers the often twisting trunk. Catkins appear just before or with the appearance of new leaves. Oval-pointed, mature leaves vary in size and turn a mild yellow in fall. Fruits are borne in a hanging, hoplike structure.



The common name refers to the resemblance of the fruit clusters to hops, an ingredient of beer. The nutlets and buds are eaten by wildlife, such as bobwhites, pheasants, grouse, deer, and rabbits. Also called Ironwood, for its extremely hard tough wood, which is used for tool handles, small wooden articles, and fenceposts. Planted as an ornamental but slow-growing.



Fringe Tree — The Best Native Tree Nobody Grows

Fringe tree (*Chionanthus virginicus*) has always played twelfth fiddle to dogwood, saucer magnolia, flowering cherry, Bradford pear (yuck), and numerous others choices for spring-flowering trees. Indigenous to the eastern U.S., it grows from Canada all the way down to the Gulf Coast. It's tougher than dogwood, more dependable than saucer magnolia, longer-lived than cherry, and smells better than Bradford. And it's beautiful.

Fringe tree gets its name from its clouds of fleecy white, softly fragrant flowers that hang from the branches in late spring and early summer. Other common names here in the South are grancy graybeard and old man's beard. Trees can be either male or female. Males sport larger, showier blooms, but females form attractive, blackish-blue fruits that birds like.

Nurseries don't sell trees by sex, so you have to take your chances.

But either sex is well worth planting.

Size: 12 to 20 feet tall and wide Shape: Rounded and usually multi-trunked

Light: Full to partial sun Soil: Moist, fertile, well-drained

Water needs: Moderate, tolerates some drought

Fall foliage: Bright yellow Pests: NONE Hardiness zones: USDA Zones 3-9

Chokecherry

(*Prunus virginiana*)

Description and Adaptation

General: Rose Family (Rosaceae). Chokecherry is a native, perennial, deciduous, woody, thicket-forming large erect shrub or small tree. It rarely reaches a height of over 30 feet.

The crown is irregular and from 10 to 20 feet wide when mature. The stems are numerous and slender. Reproduction can either be by seed or root rhizomes.

Leaves are dark green and glossy above and paler beneath.

They are alternate, simple, glabrous, oval to broadly elliptic in shape, 1 to 4 inches long, and 3/4 to 2 inches wide. The margins are toothed with closely-spaced sharp teeth pointing outward forming a serrated edge. They turn yellow in autumn.

The bark of young trees may vary from gray to a reddish brown. As it ages the bark turns darker, into brownish-black and becomes noticeably furrowed. The bark is distinctly marked by horizontal rows of raised air pores (lenticels).

With maturation the lenticels develop into shallow grooves.

It has perfect flowers which are aromatic and arranged in cylindrical racemes 3 to 6 inches long. The racemes always grow on the current year's leafy twig growth. Individual flowers are perfect, 1/4 to 3/8 inch in diameter with 5 white petals. The flowers start appearing before the leaves are fully developed. Flowers may appear from April to July and fruits form a couple of months later. The fruits are spherical drupes (fleshy fruit with a stone in the center), globose, 1/4 to 3/8 inch in diameter. Small ripe cherries range in color from dark red or purple to almost black.

There are from 3,000 to 5,000 seeds per pound.



From the garden of Eva

Jefferson Davis Pie



"This pie is extremely rich and should be served in small wedges. It's especially good with a dollop of bourbon whipped cream."

Recipe makes 2 - 9 inch pies

Ingredients:

1 cup butter, softened
1 cup white sugar
1 cup packed light brown sugar
1 cup heavy cream
2 eggs
2 tablespoons all-purpose flour
1 tablespoon vanilla extract
1 recipe pastry for a 9 inch single crust pie
1 cup heavy cream
3 tablespoons white sugar
2 tablespoons bourbon whiskey

Directions:

1. Preheat oven to 425 degrees .
2. In a large bowl, mix white sugar, brown sugar, and flour.
3. Add softened butter, cream, eggs and vanilla. Mix until well blended. Pour into 2 unbaked pie shells.
- 4 .Bake at 425 degrees for 10 minutes, then reduce temperature to 350 degrees and continue baking for 45 to 50 minutes.
5. Bourbon Whipped Cream: Whip cream and add sugar gradually until stiff peaks form. Once cream is whipped, gently fold in the bourbon

Williamsburg Cookies

Ingredients

2 egg whites	2 cups light brown sugar
2 cups chopped pecans	2 tablespoons all-purpose flour
1/2 teaspoon salt	1 teaspoon vanilla extract
1/2 tablespoon ground cinnamon	



Directions

1. Beat egg whites until stiff. Add salt and beat. Add brown sugar gradually. Sprinkle flour over pecans and add to mixture. Add vanilla.
2. Drop by teaspoon onto greased cookie sheet. (Use low fat, non-stick spray for less fat). Bake at 275 degrees for 12 - 15 minutes.

"Very tasty, these cookies have very little flour."

Virginia Ham and White Cheddar

Croquettes

Ingredients: (makes about 30)

2 large russet potatoes, peeled and cut into 1" pieces
3 tbsp. unsalted butter
1 small onion, minced
¼ cup heavy cream
Kosher salt and freshly ground black pepper, to taste
4 oz. Virginia ham, finely chopped
4 oz. white cheddar, grated
¼ cup finely chopped chives
1 cup flour, plus more for dusting
2 eggs, beaten
2 cups panko bread crumbs
Canola oil, for frying

How to:

1. Boil potatoes in a 4-qt. pot of salted water until tender, about 20 minutes. Drain and transfer to a bowl; set aside. Add 1 tbsp. butter to the pot, and melt over medium-high heat. Add onion; cook, stirring occasionally, until golden, about 5 minutes. Add to potatoes along with remaining butter, cream, salt and pepper. Using a potato masher, mash until smooth. Fold in ham, cheese, and chives; chill for 20 minutes.
2. Using flour-dusted hands, form 2 tbsp. chilled ham mixture into a 3"-long oval and flatten the ends; dredge in flour, dip in beaten eggs, then coat with bread crumbs. Repeat with remaining mixture, flour, eggs, and bread crumbs; transfer to a plate and freeze for 15 minutes.
3. Heat 2" oil in a 6-qt. saucepan to 375°. Working in batches, fry croquettes, turning as needed, until golden and crisp, about 2 minutes. Transfer to paper towels to drain and season with salt.



Old Virginia Wassail Cider

2 quarts apple cider	2 cups orange juice
1 (46 fluid ounce) pineapple juice	2 (3 inch) cinnamon sticks
1 tablespoon whole cloves	1/2 cup honey

In a large stock pot over medium heat, combine the apple cider, orange juice, pineapple juice, cinnamon sticks, cloves and honey. Bring to a boil, then simmer over low heat, or transfer to a slow cooker to keep warm while serving. Strain out cinnamon sticks and cloves before serving if desired.

Magnolia virginiana

This is a slender tree or shrub with pale grey bark, 12-20 ft. tall, occasionally growing to 50 ft. In the southern part of its range. Multiple, slender, upright trunks bear picturesque, horizontal branches. Tree has aromatic, spicy foliage and twigs. Leaves are simple, green above and whitish below, 3–6 inches long and 1–2 1/2 inches wide. Leaves are semi-evergreen to evergreen and dark green in the South; tardily deciduous, changing to bronze-purple in the North. Foliage is smaller and thinner than southern magnolia. The solitary, fragrant flowers are 4-6 in. across, with 9-12 velvety-white petals 2-3 inches across. Flowers are followed by dark red aggregate fruits exposing bright red seeds. Blossom opening in the morning and closing at night for 2 or 3 days.



This attractive, native ornamental is popular for its fragrant flowers borne over a long period, showy conelike fruit, handsome foliage of contrasting colors, and smooth bark. Introduced into European gardens as early as 1688. Called Beaver tree by colonists who caught beavers in traps baited with the fleshy roots.

Hamamelis virginiana



Witch hazel,
American witch hazel



This small tree or tall shrub is often multi-trunked and usually grows 10-15 ft. tall but can reach 35 ft. in height. The large, crooked, spreading branches form an irregular, open crown. The floral display of witch hazel is unique. Its fragrant, yellow flowers with strap-like, crumpled

petals appear in the fall, persisting for some time after leaf drop. Lettuce-green, deciduous leaves maintain a rich consistency into fall when they turn brilliant gold. Bark is smooth and gray.

The aromatic extract of leaves, twigs, and bark is used in mildly astringent lotions and toilet water. A myth of witchcraft held that a forked branch of Witch-hazel could be used to locate underground water. The foliage and fruits slightly resemble those of the shrub hazel (*Corylus*).

Upon drying, the contracting capsule can eject its small seed as far as 30 (9 m).

Clematis virginiana

Devil's darning needles, Virgin's Bower,

Old Man's Beard

A 12-15 ft., fine-textured vine, climbing by twisting leaf stalks. Profuse, axillary clusters of small, white flowers are followed by plume-like, feathery achenes. Trifoliate leaves are bright-green. A climbing vine with white flowers in many clusters arising from the leaf axils.

A beautiful and common Clematis, it trails over fences and other shrubs along moist roadsides and riverbanks. The female flowers, with their feathery tails or plumes, give a hoary appearance and are especially showy in late summer. Lacking tendrils, the vine supports itself by means of twisted stems, or petioles, that wrap around other plants.



Eastern Red Cedar

Juniperus virginiana



Evergreen, aromatic tree with trunk often angled and buttressed at base and narrow, compact, columnar crown; sometimes becoming broad and irregular. Pyramidal when young, Eastern red-cedar mature form is quite variable. This evergreen usually grows 30-40 ft. but can reach 90 ft. Fragrant, scale-like foliage can be coarse or fine-cut, and varies in color from gray-green to blue-green to light- or dark-green. All colors tend to brown in winter. Pale blue fruits occur on female plants. Soft, silvery bark covers the single trunk.

The most widely distributed eastern conifer, native in 37 states, Eastern Red Cedar is resistant to extremes of drought, heat, and cold. Red Cedar can be injurious to apple orchards because it is an alternate host for cedar-apple rust, a fungal disease. First observed at Roanoke Island, Virginia, in 1564, it was prized by the colonists for building furniture, rail fences, and log cabins.



Virginia State Bird

Cardinal

One of our most popular birds, the Cardinal is the official state bird of no fewer than seven eastern states.

Abundant in the Southeast, it has been extending its range northward for decades, and it now brightens winter

days with its color and its whistled song as far north as southeastern Canada. Feeders stocked with sunflower seeds may have aided its northward spread. West of the Great Plains, the Cardinal is mostly absent, but it is locally common in the desert Southwest.



Feeding Behavior

Forages mostly while hopping on ground or in low bushes, sometimes higher in trees. Readily comes to bird feeders, where it favors sunflower seeds.

Eggs

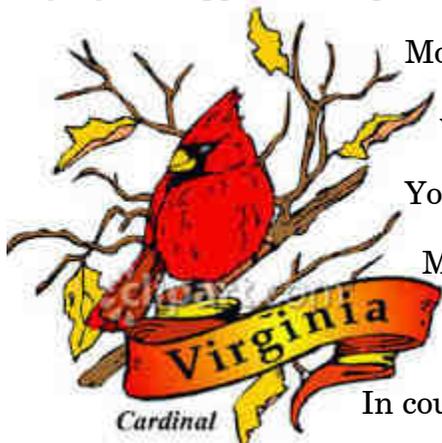
3-4, sometimes 2-5. Whitish to pale bluish or greenish white, marked with brown, purple, and gray.

Incubation is almost always by female alone, 12-13 days. Young: Both parents feed nestlings.

Young leave nest about 9-11 days after hatching. Male may feed fledglings while female begins next nesting attempt. 2-3 broods per year, rarely 4.

Diet

Mostly seeds, insects, berries. Diet is quite varied. Feeds on many insects, including beetles, true bugs, grasshoppers, caterpillars, ants, flies, and many others, also spiders, centipedes, and snails.



Most of diet is vegetable matter, including seeds of weeds and grasses, waste grain, leaf buds, flowers, and many berries and wild fruits.

Young are fed mostly insects.

Male sings to defend nesting territory, actively attacking intruding males (and attacking his own reflection in windows and mirrors).

In courtship, male and female raise heads high, sway back and forth while singing softly; male often feeds female early in breeding season.

11 Awesome Things Even Virginians Don't Know About Virginia

1. The state's academic calendar is largely determined by amusement parks.

Virginia's theme parks have ruled over the state's academic calendar since 1986.

2. Virginia claims to have actually had the "First Thanksgiving," predating the famous Plymouth feast by almost two years. The Plymouth Thanksgiving of 1621 actually came almost two years after the "very first" Thanksgiving celebration in Berkeley, Virginia,

3. Thousands of people watch more than 100 wild ponies swim in an event that's been taking place for almost a century. Every year, "Saltwater Cowboys" corral more than 100 wild horses in a swim from Assateague Island to Chincoteague Island in Eastern Virginia

4. All new land the British discovered was originally called "Virginia." Essentially everything north of Spanish territory in Florida and south of French territories in modern day Canada -- was named "Virginia," thought to have been coined by Raleigh to honor the "Virgin Queen"

5. College bros were basically invented here: Virginia is the birthplace of both streaking and frats.

6. State elections were often bought with booze. Even George Washington got voters really, really Drunk. Elections in colonial Virginia were often decided by how much free alcohol and food a candidate provided for voters.

7. Northern Virginia is the Internet. Estimates suggest that anywhere from 50 to 70 percent of all Internet traffic flows through data centers located in Northern Virginia.

8. Nobody loves vanity license plates quite like Virginians. Virginia is for lovers of vanity plates.

"Out of the 9.3 million personalized plates on the roads of America, about one in 10 are in Virginia,"

9. Virginia used to have "shires." Perhaps Virginia wasn't truly a land of hobbits, but it was the only colony to be broken into shires.

10. Virginia has its own Hercules who totally deserves a movie. Peter Francisco was found abandoned as a small child on a wharf in what is now Hopewell, Virginia. Francisco ended up being raised in Virginia, and becoming a War legend who would ultimately be remembered as the 6' 6", 260 pound "American Hercules."

11. "Nobody puts Baby in a corner" in Virginia. The 1987 classic film "Dirty Dancing" was filmed almost entirely at the Mountain Lake Lodge in Pembroke, Virginia,

Virginia State Tree

Cornus florida

Common Names: dogwood, flowering dogwood

Family: Cornaceae (dogwood Family)e

Description

Flowering dogwood is a small tree, up to 30 ft (9 m) in height and 35 ft (10.7 m) across, but the typical size is more like 15 ft (4.6 m) tall and 15-20 ft (4.6-6 m) across. It has a short trunk and a full, rounded crown with horizontal branches often in layered tiers, spreading wider than its height. The bark on mature trees is broken up into small square blocks. Flowering dogwood has opposite, deciduous midgreen leaves, 3-6 in (7.6-15 cm) long, which turn red and purple in autumn. Flowering dogwood blooms in the spring, as its new leaves are unfolding, and usually remains showy for 2-3 weeks. The inflorescence consists of four showy petal-like bracts, usually snow white or pink, surrounding a cluster of tiny inconspicuous yellowish flowers. The bracts are 1-2 in (2.5-5 cm) long and obovate in shape, usually with a cleft at the tip. Clusters of bright red football shaped fruits, about a half inch long, follow the flowers and often persist into winter.

Location

Flowering dogwood occurs naturally in the eastern United States from Massachusetts to Ontario and Michigan, south to eastern Texas and Mexico, and east to central Florida. It grows in a variety of habitats throughout its range, but generally occurs on fertile, well drained but moist sites. Flowering dogwood is usually an understory component in mixed hardwood forests or at the edges of pine forests.

Culture

Light: Partial or broken shade is best, but flowering dogwood can tolerate full sun, too. It does best with some shade in the south and full sun in the north.

Moisture: Established specimens are tolerant of normal dry periods, but will need supplemental watering during extreme droughts.



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American Foxhound

Virginia State Dog

Virginia designated the American foxhound as the official state dog in 1966. Known for a sweet, kind, loyal disposition, the American foxhound requires ample exercise - a bored foxhound will find ways to keep itself entertained, often including destructive behavior (not a dog that should be left alone indoors for extended periods of time). As with all hounds, foxhounds need careful training and constant socialization. American foxhounds come in four colors: red, tri, black and tan, and blue.

This rare breed still lives and works the way its ancestors did when they came to this country more than 200 years ago. Bred to hunt in large packs, American Foxhounds were developed from hounds brought by English settlers, who adapted them to suit the game and terrain of their new land.

American Foxhounds like the company of other dogs but can be a single companion dog if you're committed to giving them the exercise they'd normally get running around with their canine friends, and to spending the time to help them bond with their human family. Despite their size, they're mild-mannered unless they're in pursuit of their quarry. Then they become relentless in the hunt.

Like all hounds, the Foxhound is musical. Hounds are described as having bell-like voices, and their baying can carry for miles. It's best not to bring one home unless you're sure your neighbors will appreciate the concert or live far enough away that they won't be disturbed.

