



# Perennial Notes

Newsletter of the Wisconsin Hardy Plant Society, Inc.

June 2022



*Athyrum niponicum* – Japanese Painted Fern

## Ferns for Southern WI - Treatise by Steve Lesch

by Steve Lesch • Landscape Designs, Inc.  
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All ferns belong to the Class Polypodiopsida of which there are seven Orders. For this discussion, Osmundaceae and Polypodiales will be discussed, as these two represent the true ferns found in our Midwest gardens. There are about 11,000 species native to every continent except Antarctica.

**Foliage:** The vast majority of ferns for our area have simple lobed – pinnatifid, once pinnate, bipinnate, tripinnate & quadripinnate compound leaves. Stipe is the basal stem of a fern frond. The blade is the portion with the “leaves” and the rachis which holds the pinnae or “leaves.” The frond is the combination of the stipe and blade. New growth is called a crozier, as it resembles a shepherd’s staff.

**Soil:** Ferns occupy many different types of soils ranging from rocky crevices, tree bark, moss covered porous rock, sandy, loamy, gravelly, humusy and even swampy ones. One soil they don’t

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## WHPS coming events!

Questions about our events? Email [wisconsinhps@gmail.com](mailto:wisconsinhps@gmail.com) for specific info.

**NOTE:** The Fall speaker programs are being planned as in-person and Zoom meetings.

**Monday, June 27, 4 pm to dusk, WHPS/MAMGA Garden Tour.** Touring the Gardens of Andrea Diss-Torrance; Stephanie O’Neal; Rita Thomas; Mary Ellen and Tom LaChance. More information on page 7.

**Wednesday, September 21, 6:30 pm, WHPS Meeting (IN PERSON and VIA ZOOM): Speaker Bill Quade,** Senior Manager of Horticulture at Biltmore Estate in Asheville, North Carolina, will talk about the history of Biltmore Estate and gardens, how the gardens are maintained and some of his favorite plants. Quade has been with the Biltmore Estate for over 24 years, starting as a crew member, then crew leader, then landscape manager, leading to his current position as Senior Manager-Landscape. As Senior Manager, Quade’s responsibilities include planning, prioritizing, and implementing horticultural operations throughout the estate, in addition to leading the horticulture crews in maintaining the gardens and grounds. **Special Pre-Meeting Event - Garden Book Exchange:** If you have any garden books or garden magazines to contribute, please arrive at the meeting before 6:30 p.m. and drop them at the table in the back of the room to share with others at our first Garden Book Exchange.



**Sunday, October 9, noon-3 pm, WHPS Day at the Radler Rosarium,** Greenfield, WI. WHPS member Will Radler, owner of Rose Innovations and creator of the Knock Out family of roses, will host again this year a series of open gardens to support nonprofit organizations with 100% of the entrance fees from that day. WHPS has been selected to receive this generous participation and donation on Sunday, October 9. In the June newsletter, we will have more information about the Rosarium, our Open Garden Day and information on other garden-related activities in the area so you can make a day of your visit! Other Open Garden dates are Sunday, June 12, Saturday, June 18, Saturday, July 16, Friday, August 19 and Friday, September 16. For more information on Rose Innovations, go to [www.roseinnovations.org](http://www.roseinnovations.org).

**Wednesday, October 19, 6:30 pm, WHPS Meeting (IN PERSON ONLY): Developing, Selection and Introducing New Woody Plant Cultivars in Wisconsin,** with speaker Michael Yanny, owner of J.N. Plant Selections (Johnson’s Nursery Originals). Yanny credits the late Herbert Trautman of Trautman Nurseries for teaching him the propagation and plant selection skills he has used throughout his career. Based primarily on Trautman’s recommendation, Yanny was hired by Johnson’s Nursery in 1980, at only 23 years of age, to start a propagation department. He spent 30 years as the head plant propagator at Johnson’s before transitioning to senior horticulturalist and starting his own company, JN Plant Selections,



*(continued on page 2)*



### WHPS Plant Sale

see p.5.



### Remembering

Laurie McDowell see p. 5.



### Functional gardening

see p. 6.

## WHPS Events (cont. from p.1)

LLC. His focus has been on developing commercially viable cultivars of native species or “nativars,” with wider adaptation, stronger growth rates and added ornamental characteristics. The Firebird® Crabapple, Redwing® Highbush Cranberry Viburnum and Pink-alicious™ Spirea are some of the many plants Yanny has selected, named and introduced over the course of his career. He works with many nurseries and his plants are in different nationally branded plant programs. He is a key contributor to the Chicagoland Grows® plant introduction program and has

worked with the HGTV plant brand and their woody shrub lines. Yanny has traveled around the nation to give presentations at industry association conferences, incorporating his own poetry and photography into the presentations to better convey his messages. In 2014, he received the Invader Crusader Award from the Wisconsin Invasive Species Council for helping to build bridges between the nursery industry, regulators and the conservation community. In 2016, Yanny was awarded the Wisconsin Distinguished Agriculturalist Award, which recognizes individuals who have provided leadership, service and other contributions to the broader agricultural community.

tor of Horticulture, Coastal Maine Botanical Gardens. Coastal Maine Botanical Gardens has 19 acres of cultivated land and 300 acres in total. The botanical gardens include a mix of nonnative plants and plants that are native to the Eastern Seaboard. The native plants and near-natives are mixed with nonnative plants that make for interesting combinations. He joined the CMBG in 2018 as the curator of living collections, a job in which he worked with staff horticulturists to choose plants for the collections and to decide where they will go. Now, as Director of Horticulture, he continues to oversee the collections but also manages 11 full-time horticulturists, as well as interns and seasonal employees. He arrived in Maine after 27 years as Nursery Manager at Broken Arrow Nursery — a small nursery specializing in rare and unusual trees, shrubs and perennials in Hamden, Connecticut. Brand has said, “I’ve spent most of my life doing plant production and growing plants and trees and shrubs and perennials. And now I’m surrounded by gardens full of not just trees and shrubs and perennials, but thousands of different types of annuals that are so new to me, and other plants that I’ve never seen before...it kind of reinvigorates you...At least for me, that’s what I’ve felt has happened...just a whole new zest for gardens and gardening.”



**Wednesday, November 16, 6:30 pm, WHPS Meeting** (IN PERSON and VIA ZOOM): **Hardy Plants in the Healing Garden Setting.** With speaker Mark Dwyer, Edgerton Hospital & Health Services Healing Garden Manager and owner/operator of Landscape Prescriptions by MD. Mark will discuss the Edgerton Hospital Healing Garden, its plantings and other favorite plants for healing gardens

**Wednesday, December 7, 6:30 pm, WHPS Annual Meeting and Party with Seed Exchange and Trash to Treasure Exchange.**

**Wednesday, January 18, 2023, 6:30 pm, WHPS Meeting** (VIA ZOOM ONLY): **Topic TBD**, with speaker Andrew Brand, Direc-

## Members in the News

Linda and Phil Grosz, “The Complete Package: There’s life everywhere you turn in this garden packed with variety and surrounded by a swath of native prairie” – *Garden Gate* magazine, July/August 2022.

*We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.*

*- Aldo Leopold*



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Chris Neumann, cneumann@hotmail.com, Newsletter Committee, Plant Sale Committee

Kitty Rankin, kitty.rankin@gmail.com, Grants Committee, Newsletter Committee

## New WHPS members

The following members have recently joined WHPS:

Peter Anderson & Sara Herwig, Madison, WI; Donald Beduhn, Madison, WI; Rebecca Bernstein, Monona, WI; Crystal Dichiaro, Madison, WI; Susan Fenton, Stoughton, WI; Jackie George, Brooklyn, WI; Sharon White & Bob Gilson, Middleton, WI; Colvin Goree, Madison, WI; Patricia Gundlach, Monona, WI; Steve Harsy, Verona WI; Karen Jamison, Madison, WI; Judi Langer, Hales Corners, WI; Eileen Nelson, Oregon, WI; Martha Nielsen, Madison, WI; Leslie Salick, Hartland, WI; Parick Smith, Milwaukee, WI; Laurie Starr, Cedarburg WI; Judy Vandebrook, Mount Horeb, WI; Tenny Wiegel, Madison WI; Anita Wilcox, Milton WI. Welcome!

## 2022 – Other gardening events of note

Key events of interest listed but please visit the following websites for more info on events:

- [Allen Centennial Garden](#) in Madison
- [Boerner Botanical Gardens](#) in Milwaukee
- [Chicago Botanic Garden](#) in Chicago
- [Green Bay Botanical Garden](#) in Green Bay
- [Lynden Sculpture Garden](#) in Milwaukee
- [Mitchell Park Horticultural Park \(The Domes\)](#) in Milwaukee
- [Monk Botanical Garden](#) in Wausau
- [Morton Arboretum](#) in Lisle, IL
- [Olbrich Botanical Gardens](#) in Madison
- [Paine Art Center and Gardens](#) in Oshkosh
- [Rotary Botanical Gardens](#) in Janesville
- [University of Wisconsin-Madison Arboretum](#)

**Saturday, June 4, 9 am – 12 pm – Ecological Restoration Work Party: Wingra Oak Savanna.** UW Arboretum, Madison. [More info.](#)

**Saturday, June 4, 10 am – 3 pm – Monarch Larva Monitoring Project virtual training:** northern states UW Arboretum, Madison. Register by June 2. [More info.](#)

**Sundays, June through August, 1:30 and 3 pm – Guided Garden Strolls, Olbrich Botanical Gardens,** Madison. Free guided garden strolls of the outdoor gardens. [More info.](#)

**Sunday, June 5, 1 – 2:30 pm – Nature Hike.** UW Arboretum, Madison. Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Saturday, June 11, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie.** UW Arboretum, Madison. [More info.](#)

**Sunday, June 12, 1 – 3 pm – Nature Hike in the Grady Tract.** UW Arboretum, Madison. Free, no registration required. [More info.](#)

**Tuesday, June 14, 7 pm – Summer Concert Series with The Madison Chamber Choir, Olbrich Botanical Gardens,** Madison. No tickets required. Donation suggested. [More info.](#)

**Wednesday, June 15, 6-7 pm, What's in Bloom Tour, Rotary Botanical Gardens.** Enjoy a tour of the Gardens led by Director of Horticulture Michael Jesiolowski, who will provide a behind the scenes look at what's blooming this month. What's in Bloom Tours are offered on the third Wednesdays of April-September.

**Wednesday, June 15, 7 pm – Woodland, Savanna, and Prairie Gardens Garden Tour, UW Arboretum,** Madison. Free, no registration required. Meet at the Visitor Center. [More info.](#)

**June 17, 6-9 pm, Solstice Picnic, Bookworm Gardens,** Sheboygan, WI. Celebrate the summer solstice with our NEW Solstice Picnic! Adults only, age 21+. Pre-registration opens April 11. [See website for costs and details.](#)

**Friday, June 17, 6 pm – Pike River Benefit Concert Series with The Empty Bottle Boys and One Shot Jane,** Hawthorn Hollow Nature Sanctuary & Arboretum, Kenosha. [See website for fees and details.](#)

**Friday, June 17 & Saturday, June 18, 4 – 9 pm – Summer Breeze, Olbrich Botanical Gardens,** Madison. A feel-good summer tradition! Come enjoy simple pleasures with the ones you love! [See website for fees and details.](#)

### Spring Plant Sales

**June 3 & 4, Friday 5 pm – 7 pm, Saturday 8:30 am – noon, 2022 Spring Plant Fair,** Door County Master Gardeners, Peninsular Agricultural Research Station, 4312 Highway 42, Sturgeon Bay. [More info.](#)

**August 20 & 21, all day – 2022 Plant Sale, Wisconsin Daylily Society,** Olbrich Park, Madison.

**Saturday, June 18, 9 am – 12 pm – Ecological Restoration Work Party Grady Tract,** UW Arboretum, Madison. [More info.](#)

**Sunday, June 19, 1 – 2:30 pm – Nature Hike, UW Arboretum,** Madison. Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Tuesday, June 21, 7 pm – Summer Concert Series with Something To Do, Olbrich Botanical Gardens,** Madison. No tickets required. Donation suggested. [More info.](#)

**Wednesday, June 22, 7 pm – What's in Bloom? Garden Tour, UW Arboretum,** Madison. No registration required. Meet at the Visitor Center. [More info.](#)

**Friday, June 24, 10:30 am – 12:30 pm – Ponds, Pines, and Birds — Finding Mary Oliver Class, UW Arboretum,** Madison. Meet at the Visitor Center. Register for this event by June 20, \$20.

**Saturday, June 25, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie,** UW Arboretum, Madison. [More info.](#)

**Sunday, June 26, 1 – 2 pm – Garden Stroll, UW Arboretum,** Madison. Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Sunday, June 26 – Riveredge Bike Ride, Riveredge Nature Center,** Newburg. Registration required. [See website for fees and more info.](#)

**Tuesday, June 28, 7 pm – Summer Concert Series with Supa Friends, Olbrich Botanical Gardens,** Madison. No tickets required. Donation suggested. [More info.](#)

**Saturday, July 2, 9 am – 12 pm – Ecological Restoration Work Party: Wingra Oak Savanna,** UW Arboretum, Madison. [More info.](#)

**Sunday, July 3, 1 – 2:30 pm – Nature Hike, UW Arboretum,** Madison. Meet at the Visitor Center. Free, no registration required. [More info.](#)

**Tuesday, July 5, 7 pm – Summer Concert Series with The Funkee JBeez, Olbrich Botanical Gardens,** Madison. No tickets required. Donation suggested. [More info.](#)

**Friday, July 8 & Saturday, July 9, 9 am - 3 pm – 2022 Home Garden Tour, Olbrich Botanical Gardens,** Madison. Featuring charming rural garden gems in Oregon, WI. [See website for fees and more info.](#)

**Saturday, July 9, 9 am – 11 am – Reading the Landscape – Prairies and Savannas Class, UW Arboretum,** Madison. In this two-part class (July 9 and 23), explore the hidden treasures of Curtis Prairie, Greene Prairie, and the Grady Tract oak savannas. Fee: \$40; Register by July 4. Meet at the Visitor Center. [Register for this event \(\\$40\)](#)

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## Other events (cont. from p.3)

**Saturday, July 9, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie, UW Arboretum, Madison.** [More info.](#)

**Sunday, July 10, 1 – 3 pm – Nature Hike in the Grady Tract, UW Arboretum, Madison.** Free, no registration required. [More info.](#)

**Tuesday, July 12, 7 pm – Summer Concert Series with Cris Plata, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Wednesday, July 13, 7 pm – Plants for Pollinators Garden Tour, UW Arboretum, Madison.** No registration required. Meet at the Visitor Center. [More info.](#)

**Wednesday, July 13, 5:30-7:30 pm – Botanic Talk: The Prairie Ecosystem and its Plants, with Ann Pedder Reilly, Rotary Botanical Gardens, Janesville.** Attendees will explore the RBG prairie. \$10 for RBG members, \$17 for non-members. Register by July 11. [More info.](#)

**July 14 - August 7, 10 am - 4 pm daily – Olbrich's Blooming Butterflies, Olbrich Botanical Gardens, Madison.** [See website for fees and more info.](#)

**Saturday, July 16, 9 am – 12 pm – Ecological Restoration Work Party: Grady Tract, UW Arboretum, Madison.** [More info.](#)

**Sunday, July 17, 1 pm – 2:30 pm – Nature Hike Free, UW Arboretum, Madison.** No registration required. Meet at the Visitor Center. [More info.](#)

**Tuesday, July 19, 7 pm – Summer Concert Series with The Kissers, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Wednesday, July 20, 6 - 7:00 pm – What's In Bloom? Tour, Rotary Botanical Gardens, Janesville.** Free for RBG members, \$10 for non-members. [More info.](#)

**Friday, July 22, 6 pm – Pike River Benefit Concert Series with Violet Wilder, Hawthorn Hollow Nature Sanctuary & Arboretum, Kenosha.** [See website for fees and details.](#)

**Saturday, July 23, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie, UW Arboretum, Madison.** [More info.](#)

**Sunday, July 24, 1 – 2 pm – Garden Stroll, UW Arboretum, Madison.** Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Tuesday, July 26, 7 pm – Summer Concert Series with Combo Noir, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**July 26 - 31, 9 am – 5 pm – Fairyfolk Festival, Bookworm Gardens, Sheboygan.** Bring your imaginations to our whimsical family event: Fairyfolk Festival! Throughout the week, we'll engage in stories, art-making and more centered around all things magical! [See website for fees and more info.](#)

**Sunday, July 31, 1 – 2:30 pm – Nature Hike, UW Arboretum, Madison.** Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Tuesday, August 2, 7 pm – Summer Concert Series with Fresco Opera, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Wednesday, August 3, 5:30-7:30 pm – Botanic Talk: Bumble Bees of South-Central Wisconsin, with Ann Pedder Reilly, Rotary Botanical Gardens, Janesville.** \$10 for RBG members, \$17 for non-members. Register by Aug. 1. [More info.](#)

**Wednesday, August 3, 7 pm – Native Grasses Garden Tour, UW Arboretum, Madison.** Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Saturday, August 6, 9 am – 12 pm – Ecological Restoration Work Party: Wingra Oak Savanna, UW Arboretum, Madison.** [More info.](#)

**Saturday, August 6, 5 - 8 pm – Good Night Moon Picnic, Bookworm Gardens, Sheboygan.** Family-style picnic centered around the beloved children's classic, Good Night Moon by Margaret Wise Brown. [See website for fees and details.](#)

**Sunday, August 7, 1 – 2:30 pm – Nature Hike, UW Arboretum, Madison.** [More info.](#)

**August 8 to October 30 – The Nature of Light: An Exploration After Dark, Paine Art Center & Gardens, Oshkosh.** [More info.](#)

**Tuesday, August 9, 7 pm – Summer Concert Series - TBD, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Saturday, August 13, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie, UW Arboretum, Madison.** [More info.](#)

**Sunday, August 14, 1 – 3 pm – Nature Hike in the Grady Tract, UW Arboretum, Madison.** Free, no registration required. [More info.](#)

**Tuesday, August 16, 7 pm – Summer Concert Series - TBD, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Wednesday, August 17, 6 - 7 pm – What's In Bloom? Tour, Rotary Botanical Gardens, Janesville.** Free for RBG members, \$10 for non-members. [More info.](#)

**Friday, August 19, 6 pm – Pike River Benefit Concert Series with Cosmic Railroad, Hawthorn Hollow Nature Sanctuary & Arboretum, Kenosha.** [See website for fees and details.](#)

**Saturday, August 20, 9 am – 12 pm – Ecological Restoration Work Party Grady Tract, UW Arboretum, Madison.** [More info.](#)

**Sunday, August 21, 1 – 2:30 pm – Nature Hike, UW Arboretum, Madison.** Free, no registration required. Meet at the Visitor Center. [More info.](#)

**Tuesday, August 23, 7 – 8 pm – Summer Concert Series - Member Appreciation Concert, Olbrich Botanical Gardens, Madison.** No tickets required. Donation suggested. [More info.](#)

**Friday, August 26, 6:30 pm – Member Movie Night featuring The Secret Garden, Olbrich Botanical Gardens, Madison.** Limited space available on a first-come, first-served basis. As a special bonus, members will be able to view GLEAM: Art in a New Light for free during Member Movie Night! [More info.](#)

**August 27 through October 29, Wednesdays, Thursdays, Fridays & Saturdays, 7:30 pm – GLEAM: Art in a New Light, Olbrich Botanical Gardens, Madison.** Advance tickets required. [See website for fees and more info.](#)

**Saturday, August 27, 9 am – 12 pm – Ecological Restoration Work Party: Core Area and Curtis Prairie, UW Arboretum, Madison.** [More info.](#)

**Sunday, August 28, 1 – 2 pm – Garden Stroll, UW Arboretum, Madison.** Free, no registration required. Meet at the Visitor Center. [More info.](#)

**September 10, 10 am - 4 pm – 30th Annual Walk in the Woods Art Fair, Hawthorn Hollow Nature Sanctuary & Arboretum, Kenosha.** [More info.](#)

**Wednesday, September 14, 5:30-7:30 pm – Botanic Talk: Weed Identification and Management, with Ann Pedder Reilly, Rotary Botanical Gardens, Janesville.** \$10 for RBG members, \$17 for non-members. Register by Sept. 12. [More info.](#)

**Wednesday, September 28, 6 - 7 pm – What's In Bloom? Tour, Rotary Botanical Gardens, Janesville.** Free for RBG members, \$10 for non-members. [More info.](#)

## Grants Update

The Wisconsin Hardy Plant Society has awarded a \$1500 grant to the Olbrich Botanical Society for a project that will explore the ways native plants can elevate an ornamental garden and help to heal the planet. Olbrich will be purchasing native plants to plant in areas throughout the garden, and will create a new volunteer docent opportunity and educational materials to use near specific native plantings and pollinator habitats.

If you know of a nonprofit that needs funds for a project that promotes the use of hardy plants in the landscape, the process begins by filling out an application on the Grants page of our [website](#). (Grants can only be awarded to a nonprofit organization or a group that is associated with a nonprofit organization).

## WHPS Spring Plant Sale

Sunday, May 15, was a beautiful day, sunny and temperatures in the 70s, and lots of members and others came out to the WHPS Plant Sale. We sold 96% of the native plant plugs from Agrecol, which is roughly 57½ trays or 1845 plants. We did almost as well with the perennials from Intrinsic, selling about 90% of those Brent Horvath brought. We'd like to thank West Madison Agricultural Research Station for once again hosting our sale, and Agrecol and Intrinsic Perennials for their healthy and beautiful plants. To the Plant Sale Committee - Caroline Bohler, Anna DePauw, Mark Dwyer, Chris Neumann and Stephanie O'Neal - and to our volunteers (cashiers, setup, helpers, experts, cleanup) - thank you for making the sale a success!

**Plant Sale Volunteers:** Jennifer Allen, Max & Joan Bazan, Lynn Belanger, Suzy Bowditch, Emily Buckingham, John Cannon, Maggie Carrao, Mary Collet, Jack Ferreri, Jane Gahlman, Jude Gervais, Margaret Henzler, Liz Kepplinger, Phyllis Lathrope, Linda Marx, Nancy Nedveck, Margaret Plotkin, Sharon Rounds, Sarah Schaffer, Joan Sullivan, Rita Thomas, Sue Wallinger, Tenny Weigel, Elaine Winkel.

## In Remembrance - Laurie McDowell

Laurie McDowell passed away on April 1 at the age of 73. She and her husband Brad have been members for years, enjoying WHPS Trips and regularly attending programs and meetings. She was an avid gardener and a longtime member of the Mound Vue Garden Club and Olbrich Botanical Gardens. Laurie loved creating bouquets of flowers for her home, picnics and other occasions. She was a retired elementary teacher whose interests were many: Concerts on the Square and APT; raising sheep; making her own raspberry applesauce; traveling - especially by train; camping; playing volleyball; sewing and crafts; collecting children's books. We offer our sincere condolences to Brad, their two sons and her large extended family and friends.



Scenes from the May 15 WHPS Plant Sale.



## Hosting an Open Garden

by Jane LaFlash

We want to see your garden!

Each year, the WHPS offers organized evening tours of a group of member gardens in selected areas. We also provide the opportunity for individual members to open their garden to visitors, which is always a positive experience for host and visitor.

Hosting an open garden gives you the opportunity to invite people to visit your garden at very short notice, when you think it's looking especially good. All you have to do is contact us a few days to a week (or more) ahead at [wisconsinhps@gmail.com](mailto:wisconsinhps@gmail.com) with your name, address, a short description of your garden and the date and times you will be open, and we will send out an email invitation to our members.

Last year fifteen member's gardens were opened (some more than once) on dates ranging from April 6 to September 26 with visitor attendance ranging from 30-100.

Feel free to email us with any questions. We are already off to a great start this year and we know of many members with lovely gardens - and we'd like to see them!

# Functional Movement in the Garden

*Title: Functional Movement in the Garden (or, in other words, how to move better so we can keep gardening and doing what we love as we age).*

If you are like me, and I know I am, you have noticed that aging comes with aches and pains. Since I garden for a living, I've become more concerned over the years with how to keep my body able and ready for each gardening season.

This led me to take some courses in sustainable movement and functional mobility. Those are some fancy words, but what I've learned has helped me understand healthy movement in daily life, as well as how to move more safely in the garden.

One of the most common complaints (whether you garden or not) is back pain. There are a variety of reasons for this, but for simplicity, we'll focus on postural improvements while gardening, with the hope of lessening those aches and pains.

## #1 Lift with your legs

Whether we are moving bags of mulch, a bucket of weeds, or a watering can, we lift and carry a lot as gardeners. Avoid bending at the waist. Instead, squat down, tuck the chin in slightly, and try to keep the spine in a straight line. Keep this form all the way up to stand, bringing the object toward your midsection.



Avoid bending at the waist to lift.

## #2 Keep the shoulders slightly back

Most of us in modern society have shoulders that roll forward. There are various reasons for this, but slumped shoulders contribute to a rounded spine, and pain in the neck and back. Pull your shoulders slightly back, but avoid popping out the chest to do it. Think about the rib cage pointing toward your navel, while rolling back the shoulders. I've also heard it said, "Tuck your shoulder blades into your back

pockets." As you work at this, be mindful not to scrunch your shoulders up toward your ears. Test the way this feels in all sorts of movements – raking, lifting, weeding, pruning, etc.



Squat down as much as needed and keep the chin tucked in to lift with your legs and take pressure off the low back.

## #3 Squat to get to the ground

Whether you are cutting back perennials, weeding, planting, etc. Try squatting (again, keeping the spine straight and chin slightly tucked). You may choose to place one or both knees down, but try to keep the spinal and shoulder alignment discussed above.



When I bend at the waist to weed or cut plants back, notice how my spine rounds and my neck is bent. Over time, this position creates tension in the neck and low back.



Squatting down to work allows me to keep my spine straight, and my shoulders from slumping forward.

Learning to move differently can be a challenge. Ten percent change is best, and these postural adjustments can be applied in more places than just the garden! Try picking one and working on it, then add another when you get comfortable.

Another way to help avoid pain from gardening and other activities is to stretch, daily if possible!

If you need some direction with stretches for the gardener, check out these youtube videos:

[Hand + Wrist Stretch](#)

[Cat/Cow with Spinal Articulation](#)

[Rhomboid Push Up](#)

[Sustainable Forward Fold](#)

[Internal + External Rotation on Femur Bone](#)

[The Squat](#)

Gardening has so many benefits, and one of them is moving in a dynamic way that is great for your joints, muscles and bones. Care for yourself, so you can keep caring for your garden!

*Anna DePauw is a member of the WHPS Board and the owner/operator of Botannaca Landscape Design and Care. She is also a certified Yoga Teacher and Sustainable Movement Specialist. [www.botannaca.com](http://www.botannaca.com)*

Help Us Raise Needed Money!  
**Bloomin' Bucks**  
with Brent and Becky's

You can help the Wisconsin Hardy Plant Society raise money with any order you place at [Brent & Becky's Bulbs](http://Brent & Becky's Bulbs). Simply visit [bloominbucks.com](http://bloominbucks.com) and select "Wisconsin Hardy Plant Society" and hit "GO" to be sent to the Brent and Becky's website [Bloomin Bucks](http://Bloomin Bucks) Order any item and 25% of your purchase will be donated to the Wisconsin Hardy Plant Society. This applies to phone and mail orders as well – just be sure to mention WHPS or write us in as the organization you would like to support. As a 501(c)(3) nonprofit, donations like these are essential to continue our mission.

# WHPS/MAMGA South Madison-Fitchburg Garden Tour

Monday, June 27, 2022 – 4-8 PM The gardens may be visited in any order; maps are available on our [website](#).

## Andrea Diss-Torrance – 1101 Lawrence St

I live in an old neighborhood of Madison and my garden is small but varied. While the whole garden is accessible from brick pathways, the “rooms” are distinct, providing options for different peak seasons, conditions, and uses while also giving a cozy feel of enclosure in a closely built neighborhood. A key feature throughout the garden is my use of vertical space. I have a surprisingly large variety of understory trees for such a small garden. I weave willow into soaring spires and towers for climbing plants, and use ceramic chimney tubing to elevate perennials at the back of narrow beds, allowing a steeply raked display. The “wedding cake” steps up into the house and deck also serve as display areas for my potted collection. If you garden in close quarters, come and get some ideas for how to provide a sense of privacy without being isolated from your neighbors and making the most use of the space you have.

The garden can be entered from either Lawrence St. or Homer St., wheelchair entry is easiest from the Homer St side.

## Stephanie O’Neal – 1850 Baird St

When I moved into my 8500-square-foot lot and home on Madison’s south side 26 years ago and saw a five-foot bank behind my garage and other unusual terrain (along with a few black locusts, some mock orange and a privet hedge) I knew I didn’t want to be mowing that bank and the rest of the lawn as I got older. The privet hedge, mock orange and black locusts (now 60+ years old) are still there, but the grass is now long gone and my love for gardening and shrubs, trees and easy-care perennials has itself grown deeper over the years. I now have over 20 trees and more than 130 shrubs throughout the garden. I am presently in the “I-used-to-want-to-plant-everything-but-now-am-trying-to-edit-for-my-older-years” stage. I hope you’ll find favorite plants to enjoy as you walk among the *viburnum*, *Sassafras albidum*, varieties of *Chamaecyparis*, *Liriodendron tulipifera*, *Heptacodium miconoides*, *Acer pseudosieboldianum* and many other favorites.

NOTE: This garden (especially the back

garden) has narrow paths with a variety of stepping stones. PARKING: Street parking is available on Baird and Bram Street.

## Rita Thomas – 5586 Cheryl Dr - Fitchburg

For 37 years I’ve gardened on my 1/3 acre lot. I arrange my sun and shade plant collections as artfully as I can; considering texture, size, flower color, life cycle, and season of bloom. My favorite part of gardening though, is collecting and trialing new plants. I double-fenced a section of my yard to protect and house my latest coveted acquisitions. In that area, I baby newly grafted tree peonies, revitalize declining plants, grow perennials I couldn’t resist buying, and even grow a few vegetables.

I love sharing my sanctuary with other gardeners. Welcome.

## Mary Ellen and Tom LaChance – 5645 Byrneland St., Fitchburg

My gardens surround my home in the Byrnewood subdivision in Fitchburg. Thirty years ago it was open farmland. Today it is my shady yard. Ten years ago retirement gave me the time to roll up my sleeves and take on “a little outdoor project.” Little did I know that gardening was so addictive and would lead to new classes, book collections, new friends, excursions, and wonderful periods of serene connection with the outdoor world.

“My little outdoor projects” changed focus each year to include trialing as many different typical and atypical shade plants in beds that I could squeeze in (it did not go unnoticed by my family that my beds were expanding beyond the original perimeter plantings of trees and shrubs. There is still plenty of grass for badminton and baseball games - so far.) I’ve attempted to add diversity and interest by including woodland plants and natives. We created a new focal point in the front by replacing an aging Black Hills Spruce with a cluster of *Heptacodium* and Quick Fire

hydrangea. To deal with drainage issues in the back, we built a 140-gallon “rain bench” to collect roof water and designed dry creeks to deal with excessive runoff from heavy downpours.

One of my favorite spots is a project from a few years ago: the creation of an arbor-lined pathway along the side of the house inviting entrance to the back gardens. My Covid project was a small “mailbox garden” to accommodate some exceptional sun loving daylilies – and a few other sunny favorites. Last year we enclosed our back deck with “Mosquito Curtains,” making it possible to be outside enjoying views of the garden throughout the day and into the evenings. And lest you think the gardens are strictly for my enjoyment, you may notice evidence of enchanted garden fairies tucked away or an elevated tree house perch for grandkids to enjoy imaginative play among the foliage.

I have loved meeting so many knowledgeable and artistic gardeners in WHPS. I hope if you have a chance to visit my garden you will feel free to offer your impressions and suggestions - I am always open to “just one more little garden project.”



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## Ferns (cont. from p.1)

particularly care for is dense compacted wet clay.

**Lighting:** Most of our hardy ferns are native to deciduous medium-to-light shade forest environments similar to naturalized or formal gardens. I would avoid planting most any of them in hot afternoon direct sun.

**Mulching:** When mulching, I recommend very little mulch, if any, over the crowns of the evergreen types. When mulching the garden, I recommend flagging their locations before mulching, to prevent covering the crowns with excessive mulch as well to prevent stepping on the crowns and damaging them. Other types may be aggressively mulched.

**Cut foliage:** Some species make wonderful cut foliage and the floral industry uses the fronds by the billions. Those will be noted in the following descriptions.

**Winter:** Most ferns may be cut to the ground in the very late autumn. However, we do have hardy evergreen ferns that should not be cut down. On the evergreen types, you may carefully cut off the old foliage once they begin to show spring growth, but I would not recommend doing so.

**Fertilization:** Ferns respond to a good quality time release fertilizer, especially when applied in the late autumn or very early in the spring. I recommend our PLGF – Perennial Landscape and Garden Fertilizer.

**Planting:** When planting the types with erect rhizome crowns, be careful not to cover the tops of crowns with soil. When planting the rhizomatous forms, cover with only about 1" of very loose humusy soil. Smaller forms should be laid on the soil and then covered with a bit of humus. Until established, keep all ferns moist. Ground cover type ferns should be covered with a wire mesh, pinned to the ground, to prevent vermin damage.

**Propagation:** If you must divide them, do it in the spring as soon as the earth is thawed. The very aggressive spreading forms may be divided most anytime, but I recommend cutting the foliage back by about 50% when doing so when they are in frond.

**Hardiness:** All of the following ferns are Hardy in Zone 4b-5.

*Adiantum pedatum* – Maidenhair Fern is native to the Midwest and is one of our most beautiful ferns. Delicate black stems arise from slowly spreading rhizomes and are topped with a near circle of bipinnate compound leaves. These are a must for the shady to light shade garden. Mature leaves may be used as cut foliage. They prefer humusy loam soils. Growing about 18-24". Mulch no more than 1" thick. You may cut off dead fronds in the spring, however, this is unnecessary. Some cultivars and other species may occasionally be offered for sale.

*Asplenium platyneuron* – Ebony Spleenwort Fern is native to the Midwest including WI. Its pinnate fronds arise from rhizomatous roots and are held upright to about 8-15". This fern grows slowly in neutral to acidic soil, very well drained in deciduous light shady forests. Mulch very lightly or not at all. Don't remove spent fronds. It may be found growing in rocky crevices in Southwestern Wisconsin. Other species may occasionally be offered for sale.

*Athyrium filix-femina* – Lady Fern is native to WI and the Midwest. Typically, Lady Ferns have bipinnate fronds but there are numerous forms and hybrids with *Athyrium niponicum* available. Even though Lady Ferns can colonize a medium size area, their spreading rhizomes can be easily controlled. They thrive in medium to light shady



*Adiantum pedatum* – Maidenhair Fern

deciduous forests with humusy loamy soils. They are also at home in our average garden environments. They enjoy moist neutral to acidic soils, and will even tolerate wet conditions. Moist rain gardens suit them well. You may cut off dead fronds in the spring; however, this is unnecessary. Spread light to medium mulch in autumn. Heights are variable with 36" being the norm. In ideal conditions, they may reach 60" or more. Cultivars include:

- **'Dre's Dagger'** has narrow crested pinnae that are held in a cross pattern on the rachis. Very interesting.
- **'Frizelliae'** Tating Fern is unique in having its pinnae (leaves) reduced to flat tats – beads. Growing about 12-18".
- **'Lady in Red'** Glossy red stipes with lime-green foliage. Height about 18-36"
- **'Plumosum Axminster'** has gossamer quadripinnate triangular pinnae. Heights up to 24". 'Rosteil' grows to only 24" with bright red stems and green fronds.
- **'Vernoniae Cristata'** has the tips of each pinnae forked and or tasseled. Matures at 18-24".
- **'Victoria Mickel'** is similar to 'Dre's Dagger' except each pinnule tip is forked or crested. 18-24".
- **'Victoriae'** is similar to 'Plumosum Axminster' except the pinnules are shape like boomerangs. 18-24"

In 1908, there were some 296 named cultivars or variants. Happy hunting!

*Athyrium niponicum* – Japanese Ferns are native to rich moist forests of Japan. These rhizomatous bipinnate ferns with rich green and maroon fronds, are easily raised in many of our medium to light shady gardens. They do require good moisture and rich humusy neutral to acidic soils. They will even tolerate occasional flooding. Moist rain gardens suit them well.



*Athyrium niponicum* – Japanese Painted Ferns

Growing 12-24", some cultivars also make good cut foliage for arrangements. You may cut off dead fronds in the spring, however, this is unnecessary. They may be mulched 1-1½" deep in the autumn. Cultivars include:

- **'Apple Court'** grows 24" with 'Pictum' colors with the tips of the fronds split and often crested.
- **'Branford Beauty'** is a more upright form of 'Pictum'. 'Branford Rambler' is a medium spreader with foliage similar to the species.
- **'Burgundy Lace'** is like 'Pictum', but with intense purplish new growth and centers. 'Ghost' is a stunning hybrid with vertical 24-36" fronds of steely gray.
- **'Godzilla'** is a 36" tall growing 'Pictum'.
- **'Metallicum'** is smaller growing than 'Ghost' with a bit of burgundy blush in its ribs. 12-24"
- **'Red Beauty'** is a color enhanced 'Pictum'.
- **'Ocean's Fury'** has narrow gray-green and twisted primary pinnules with crested tips. 24-36".
- **'Pearly White'** has light green edges and white centers with a purple-rose rachis. 15-24".
- **'Pewter Lace'** is similar to 'Pictum' but with a richer colored rachis and arched fronds. 18"
- **'Pictum'** has silvery blades infused with burgundy. Stunning. 18-24"

## Ferns (cont. from p.8)

- **'Silver Falls'** is like 'Pictum', but with more white than rose coloring.
- **'Regal Red'** fronds emerge dark red with twisted pinnules changing to silver. More upright 24".
- **'Ursula's Red'** is like 'Pictum', but has a darker reddish center to the fronds.
- **'Wildwood Twist'** is a more milky-green 'Pictum' with arched fronds. 18".

*Camptosorus rhizophyllus* – Walking Fern is native to our deciduous forest of Southwestern Wisconsin. These wonderful rhizomatous evergreen ferns have long tapered heart-shaped entire fronds that end in a tip. When the tip touches a suitable growing medium, it roots and sends up another plant – hence Walking Fern. Growing about 4-9" high in very shady to light shady deciduous forests on moist to wet rich humusy surfaces. These surfaces often include porous rock like limestone and sandstones. Do not remove old fronds. Must be covered with a mesh and kept moist during establishment. Do not mulch. Beautiful patches may be viewed at Wildcat Mountain State Park in Western Wisconsin.

*Cheilanthes lanosa* – Hairy Lip Fern is native to southwestern WI, growing amongst rocks in medium to light shady deciduous forests. Soils must be well drained and even gravelly. Growing about 6-12", this rhizomatous fern has gray-green pinnae that are sparsely woolly. Do not remove old fronds. Must be covered with a mesh and kept moist during establishment. Do not mulch this evergreen fern.



*Cheilanthes lanosa* – Hairy Lip Fern

*Cystopteris bulbifera* – Bladder Fern is another wonderful native Wisconsinite. This small rhizomatous fern has lime green fronds and inhabits limestone deciduous medium shady forest environments. They enjoy consistently moist environments and can be very happy in dry-set retaining and cracked mason-set walls. Arching fronds grow about 18-24". It's best not to remove old fronds. Must be covered with a mesh and kept moist during establishment. Only a very light mulch is recommended – or none at all.



*Cystopteris bulbifera* – Bladder Fern

*Dennstaedtia punctilobula* – Hay Scented Fern as one of our more aggressive rhizomatous spreading native ferns. It's ideally suited for naturalizing forest environments. Growing on steep hillsides, it can also be a quality erosion controller. Maturing at 18 to 30 inches, with bipinnatifid yellow-green fronds that when crushed or whirled in the wind, emit a fragrance of a freshly mowed field. The odor is even more pronounced on dried fronds. Tolerant of nearly any type of soil, including around boulders, in a wide array of moisture environments. Hay Scented Fern should be on everyone's naturalized forest renovation revitalization list. Division may be accomplished at nearly any time, but best before growth begins in spring. Once established, no additional care or mulching should be required.

*Deparia acrostichoides* – Silvery Glade Fern is a Wisconsin native found in our shady deciduous forests. Bright green fronds develop their silvery show with maturing spore cases. Widely tolerant of average moist soils, this slower spreading rhizomatous fern is comfortable in most any garden environment. Maturing to 30-42". Old fronds may be cut back in the autumn or spring. Very tolerant of light to medium mulching.

*Diplazium pycnocarpon* – Narrow-leaved Glade Fern is another native upright slowly

spreading rhizomatous Wisconsin fern found in our shady deciduous forests. It prefers moderately rich moisture retentive neutral to slightly acidic soils. While this green fern could be mistaken for *Athyrium* – Lady Fern, its pinnae are not nearly as divided and have slightly undulating margins. It matures at 30-42". Old fronds may be cut back in the autumn or spring. Very tolerant of light to medium mulching.

*Dryopteris* – Woody Ferns and Buckler Ferns comprise about 225 species found over much of the northern hemisphere. They all may be moved when they are dormant. Some of the more common species are discussed here.

*Dryopteris carthusiana* (aka *Dryopteris spinulosa*) – Spinulose or Toothed Wood Fern is native to Eastern and Northern North America. Hardiness is Zone 2 to 8! It is native across most of Wisconsin, being adaptable to nearly all types of moist soil conditions in shady deciduous forest environments. Ascending rhizomes produce clumps of smooth green fronds maturing to 18-30". Old fronds may be cut back in the autumn or spring. Very tolerant of light to medium mulching. *Dryopteris x complexa* is a natural occurring hybrid of *D. affinis* x *D. filix-mas*. *D. affinis* is from Europe and *D. filix-mas* is native to North America. This erect rhizomatous fertile fern is happy in our rich moist deciduous forests, thriving in humusy loamy soils. Singular clumps are crowned with 24-48" bright rich green fronds that make a dramatic show in the garden. Once established, it's quite drought tolerant. Very tolerant of cut back and being covered with 2-3" of mulch. Cultivars include: 'Stableri Crisped' has finely divided pinnae that are crisped at the tips.

*Dryopteris dilatata* – Broad Buckler Fern is now included in our native *Dryopteris expansa*. However, *D. dilatata* enjoys acidic soils and *D. expansa* enjoy alkaline soils. Nevertheless, they both enjoy our shady moist deciduous forest environments and mature at 30-48". Upright spreading fronds emerge from erect rhizomes that occasionally sport an offshoot. Therefore, they remain very localized in the perennial garden. Old fronds may be cut back in the autumn or spring. Very tolerant of light to medium mulching. Cultivars include:

- **'Lepidota Cristata'** has finely filigreed emerald green 24" fronds with minutely crested pinnae.
- **'Recurvata'** is forest-green and is unusual with its pinnae rolled inward.

*Dryopteris erythrosora* 'Brilliance' Autumn Fern is nearly the only form of this fern that is available. It's native to Japan, China, Korea, and other nearby areas. This tight creeping rhizomatous clumping fern emerges with bright orange evergreen fronds with red rachis, with the pinnae aging to celery-green centers and coppery tips in the autumn. Awesome! It matures at 18-24" in moist rich humusy soils in medium to lightly shady deciduous forest environments with neutral to acidic soils. If you must, remove the old fronds in the spring before growth appears. Tolerant of 1-2" of mulch.

*Dryopteris filix-mas* – Male Fern is another wonderful native Wisconsin fern maturing from 24-48". More typically in the 24-30" range in deciduous dense to light shady gardens. Male Fern has stout erect rhizomes that form wonderful clumps of dull green pinnate fronds. Although very tolerant of most any soils, our Eastern USA types prefer a limestone based loamy soil with even moisture. Once established, it's very tolerant of drought conditions. Old foliage may be cut off in the autumn or just covered with 2-2½" of mulch. Foliage may be used for fresh cut arrangements. There are numerous cultivars, and some include:

- **'Crispa Cristata'** matures at about 24" with linear pinnae that have wavy margins with fringed tassels at their tips. 'Cristata Martindale' has narrow, upward-curving pinnae terminating with much divided tassels.
- **'Crispa Whiteside'** has pinnae that are toothed and crispate.
- **'Grandiceps'** has very large terminal branching crested pinnae.
- **'Linearis Polydactyla'** has narrow pinnae with narrow fingered terminal crests.
- **'Parsley'** is a 18-24" cultivar with each pinnae being somewhat crested.
- **'Undulata Robusta'** is a very robust 36" evergreen form with undulating pinnae. Its sword shaped fronds are good for cutting.

*Dryopteris intermedia* – Evergreen Fancy Wood Fern is native to Eastern North American, including WI. This evergreen fern, arising from erect spreading rhizomatous clumps, is found in our open deciduous forests growing on acidic to neutral average to

## Ferns (cont. from p.9)

humusy loamy moist soils. I recommend leaving the evergreen foliage for the winter and only removing it, if you must, in the spring. Makes wonderful cut foliage. Very tolerant of 1-2" of mulch.

*Dryopteris marginalis* – Our native evergreen Marginal Wood Fern inhabits limestone to sandstone based soils of our shady deciduous forests. The erect rhizomatous crown forms a single vase-shaped crown of rich green fronds. Since the crowns are singular, this is a very slow to spread fern, remaining in one place for years. I recommend leaving the evergreen foliage for the winter and only removing it in the spring. Makes wonderful cut foliage. Very tolerant of 1-2" of mulch.

*Gymnocarpium robertianum* – Limestone Oak Fern is native to our limestone rocky slopes and walls in medium to light shady deciduous forests. Growing to about 8-18", this long creeping rhizomatous fern sports bipinnate pale green fronds. Where it has good moisture, it gently spreads about the area, creating a soft naturalized appearance. It looks great in shady moist retaining walls. Do not mulch.

*Matteuccia struthiopteris* – Ostrich Fern is one of our most aggressive and invasive native ferns. It should be rarely planted in the garden. It is very tolerant of just about any type of soil in any shady environment. If grown in wet conditions, it will tolerate full sun. Besides being invasive, if it dries out even a small amount during the summer, it turns brown and if a bit too dry for a bit too long, it goes dormant. Growing up to 72" tall, it will out-compete nearly everything in the garden excluding larger shrubs and trees. If you need a wetter area or a vast shady area rapidly filled in, this would be the fern to do it. Careful planting along asphalt and brick surfaces, as this rapidly rhizomatous can push its erect rhizomes up through asphalt. When cut – harvested at the proper time, its new crosier shoots are a gourmet delight, tasting like asparagus. You know they are aggressive when tons of new fiddleheads are harvested each spring as the State Vegetable of Vermont and the largest export crop on New Brunswick. The dry coarse feather-like sterile fronds are attractive in dried arrangements. I have covered them with 12" of mulch in the autumn, wondering if they would return in the spring – and, yes, they did. You may cut them back or divide them anytime the soil is workable.

*Onoclea sensibilis* – Sensitive Fern is a rhizomatous rapidly spreading fern native to our dense to light shady deciduous forests. While it is a spreader, the rhizomes produce a few leaves here and there, allowing many other forest dwelling plants to flourish amongst them. Tolerant of just about any type of soil and a wide range of moisture levels. While it may not be suited to the formal garden, its coarsely lobed fronds provide a distinct look in the naturalized landscape. The dry coarse clasping finger-like sterile fronds are attractive in dried arrangements. They may be cut back in the autumn or spring. They may be moved when dormant. They are tolerant of 1-2½" of autumn mulch. Named Sensitive Fern due to their sensitivity to hard frosts – seemingly browning overnight.



*Onoclea sensibilis* – Sensitive Fern

*Osmunda* ferns belong to their own group, growing unlike any of the other ferns in this discussion. It's a very primitive group going back over 200 million years, making them the longest continuous living fern. They all enjoy moist acidic to neutral soils in our medium to light shady deciduous forest environments. All of our native *Osmunda* Ferns are extremely long-lived garden worthy plants. One should avoid stepping on the upright rhizomes when mulching or working in the garden. Leaves may be cut back at any time. They may be moved when dormant. Since they don't spread much, if at all via rhizomes, they may only rarely offer up divisions. They are all very tolerant of 1-2½" of autumn mulch.

*Osmunda cinnamomea* – Cinnamon Fern's rhizomes are upright and trunk like with occasional branching. Forming erect slightly arching clumps of green fronds, it provides an ornamental contribution to most any garden. While it can grow to 36-60", 36" is more common in our garden environments. In the center of a mature clump, a fertile frond forms that is devoid of pinnae. When mature the fertile frond looks like cinnamon sticks – hence its name. They may be used in dried arrangements.



*Osmunda cinnamomea* – Cinnamon Fern

*Osmunda claytoniana* – Interrupted Fern grows 24-36" tall with thick upright rhizomes with clumps of upright green fronds. Mature fronds are 'interrupted' with a fertile section in the center portion of the blade. Interrupted Fern is very tolerant of more average moist garden soils in light shady garden environments.

*Osmunda regalis* – Regal or Royal Fern is a 24-72" tall fern native to our moist to wet swampy deciduous shady to sunny environments. The emerging fronds are blushed copper and provide a handsome site in the spring garden. The pinnately lobed fronds age a handsome green. The terminal portion of a mature frond is fertile, providing a beige to coppery plume for the garden. The Regal Fern enjoys more acidic soils. The cultivars include: 'Purpurascens' which has wine-purple spring fronds and var. *spectabilis* which has thinner pinnules and is a bit more open growing.



*Osmunda regalis* – Regal or Royal Fern

*Pellaea atropurpurea* and *P. glabella* are both native to Wisconsin's rocky driftless area and similar environments. They are both difficult to establish in the residential garden as they enjoy gravelly rocky soil outcrops or rock crevices. Enjoy them in their native environments.

*Phegopteris connectilis* – Northern Beech Fern enjoys our deciduous shady forests. This low creeping rhizomatous fern matures at 8-18" with soft limey green pinnatifid to bipinnatifid fronds. It's ideal for decorating moist garden walls and rockeries. Most any moist, well drained soil suits it just fine. You may gently cut off the old foliage in spring. Easily divided. Don't mulch!

*Polypodium virginianum* – Rock Polypody Fern grows on long-creeping rhizomes, covering rocky areas and parts of tree trunks with their pinnatifid linear pinnae rich green fronds. Growing only 8-18" in height, a nice patch of this fern is beautiful to behold in our native shady forests. The growing medium must be moist, yet well drained with near neutral gravels and a fair amount of leaf debris and moss. When planting, care must be given to lay the rhizomes on the medium and only cover with ¼-½" layer of composted leaves. Also, when establishing, cover with a secured wire mesh to hold everything in place. Keep evenly moist. Division is in spring before any growth begins. Don't mulch. However, a few deciduous leaves here and there are fine.

*Polystichum acrostichoides* – Christmas Fern is an evergreen fern native to our drier shady deciduous forest environments. Growing as single crowns from slowly creeping rhizomes, its deep rich polished green fronds spread nearly horizontally making a splendid sight in most any well drained soil. Keep moist when being established but is quite drought tolerant after a couple of years. Cutting a few fresh fronds for arrangements is an added joy, but never cut all of them off a single plant. Divide when dormant. Tolerant of 1-2" of mulch. Try not to step on the crowns, as they are easily damaged. Occasional-



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Have questions about your membership?  
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## Ferns (cont. from p.10)

ly, I have had gardeners over-winter *P. setiferum* – Soft Shield Ferns without any major effort, but they usually succumb to our winters. Handsome, if you wish the additional effort.

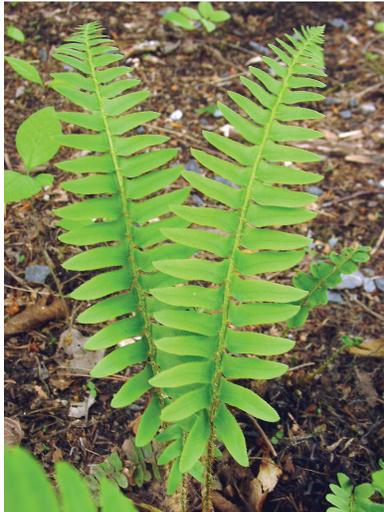
*Pteridium* – Braken Fern is one of our weediest native toxic ferns and should never be used in our gardens.

*Thelypteris noveboracensis* – New York Fern is native to the eastern USA, excluding WI, and very common with its rhizomatous strongly spreading fern that can out-grow any garden environment. It should only be used to naturalize forest environments.

It may be used to control erosion in arroyos and along streams. Maturing at 12-24", its deciduous avocado-green fronds are very attractive in shady forest environments. Once established, no other care is required. Division at nearly any time, but best before growth begins in spring.

*Woodsia* – Cliff Ferns are native to the northern cooler areas of the Northern Hemisphere. If you have a cool north facing cliff or glen, then you might give this group of ferns a try. It is ill suited to normal garden conditions. Look for *W. ilvensis* and *W. obtusa*.

*Woodwardia areolata* – Nettle Chain Fern is native to south-eastern portions of the USA. Not natively found in WI. It grows in shady to partly sunny deciduous forest in moist to wet average garden soils. The fronds grow on slender long-creeping blackish



*Polystichum acrostichoides* – Christmas Fern

rhizomes and mature in the 12-24" range. In your average garden, it is much more behaved than in boggy areas. Once established, no other care is required. You may cut back the old fronds in spring, as they commonly remain good looking well into winter. Division is when they are dormant. Mulch with 1-1½" of mulch. Other *Woodwardia* ferns may also be occasionally available.

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