



CHS NEWS

FEBRUARY 2015

Post: 22 Rustenburg, Pinelands, 7405 | Tel: 021-531-5713 | Fax: 086-514-0998
Email: info@capehorticulturalsociety.co.za | www.capehorticulturalsociety.co.za

NEXT MEETING

Mon, 2 March 2015 at 20:00 at The Athenaeum, Newlands
NB: R10 for members and R20 for visitors

Elmarie de Bruyn is the marketing director of HERBS-APLENTY (PTY) LTD, a farm-based concern in the Overberg. Their focus is on organic herbs – fresh herbs, dried botanicals, volatile oils and natural cosmetics. They grow, process, consult, add value and market their product.

Elmarie says she is fortunate to work with organic botanicals as she has a love for natural plant ingredients. She also says, "I am more fortunate to work with fragrance plants, as I adore aromas. I am the *most* fortunate to also work with lavender, as it is my passion. I only have to pick that one stem of lavender, softly crush the flowers between my fingers and I am inspired – ready for the day." Her talk is appropriately titled

I LOVE LAVENDER

Herbs-aplenty started growing lavender as part of a hectare herb garden 25 years ago. This soon led to growing lavender commercially and with that the challenges surrounding the industry. Elmarie will be sharing her lavender journey with you – the classification of lavenders, cultivation of lavender, attributes and uses of lavender and lavender oil.

NB: Elmarie will have plugs of *Lavandula x 'Abrialis'* and *L 'Maillette'*, as well as dried lavender and oil with her, for you to buy, so bring more cash than you usually do. This is a shopping spree not to be missed.

NEXT OUTING

Sat, 28 February 2015 at 10:00: Take a walk through the Stellenbosch Botanical Garden with Curator, Martin Smit who says "the Victorias and waterlilies should be at their peak" at that time. Limited to 25 members and there are still a few places left. If you need, or can offer, a lift, please advise when giving your name to Glenda **before 25 Feb.**

REPORT BACK

Lost Property:

If you have a plate, dish or hat that you left behind at the Plant Sale or December party, please call Melanie on 021-788-2840 to make an arrangement to collect.

February Plant Table:

Left: White *Physostegia* (Obedience Plant) – pink is more well-known; likes a bit of afternoon shade to remain quite sturdy. Right: *Rosularia*



Another plant brought in by a member was *Turraea obtusifolia*. It is an ornamental shrub with glossy dark green foliage, masses of showy white flowers in summer and decorative orange-red fruits in late summer to winter.

It is a semi-evergreen shrub or small tree, 1-3 x 1 m. In open sunny places it is a bushy shrub but in shade or semi-shade it becomes more of a scrambler or small tree.

Turraea obtusifolia is found in coastal forest, bushveld,

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coastal dunes and rocky outcrops on the east coast in the Eastern Cape, KwaZulu-Natal and Mozambique and in Mpumalanga, Gauteng, Limpopo, North-West, Swaziland, Botswana and Zimbabwe.

Right: *Polygonum* – grey leaves which tend to droop.

Far right: Jenny with *Eucomis comosa*.

Making Kos:

Loubie Rusch enthralled us with her passion for cooking with indigenous plants, which all sounded – and looked – very mouth-watering.

She told us about plants that are commercially available at nurseries, but are not much known for their edible aspects, as well as some wild plants that are not in cultivation yet, such as *Carissa macrocarpa*, *Dovyalis caffra*, *Eriocephalus africanus*, *Portulacaria afra*, and *Tulbaghia violaceae* that many of us already know or might have in our garden; also *Trachyandra ciliata*, *Tetragonia decumbens*, *Dassisperrum suffruticosum*, and *Mesembryanthemum crystallinum*

All the plants she gathers are made into a meal, a marmalade, a cordial, or a relish. You name it, she can make it.

Jenny (right) clutches her purchases of marmalades while Mike gets tips from Loubie – or is she perhaps getting them from *him*?

Loubie can be contacted on 082-314-7200 or at makingkos@gmail.com



IN MEMORIAM

Michael Payne, a member of almost 20 years, passed away suddenly on 23 January. Behind the scenes at setting up time at our shows, Michael ruled with the rod. He was meticulous in having the tables just so! And he was right – a neat layout gave the hall a 'professional' look. As a visitor to our shows you may remember him quietly moving from table to table on the Saturday, removing debris, straightening certificates, or ensuring entries were well placed for visual effect. The prizegiving saw him serving behind the bar. Michael was always involved but preferred to keep out of the limelight. He served on the Show Committee for more than 10 years and called it a day a couple of years ago due to ill health.

"I was sad to hear of Michael's death. I knew little about him really and we didn't see each other often, but he enriched my life and I regarded him as a good friend. I always knew he was genuinely glad to see me when we did meet.

We worked together on the CHS Show Committee over many years. Many of the demands for high standards, the attention to detail and quality of our annual flower shows were at Michael's encouragement. Committee meetings at his house were always fun and he was a humorous and gracious host.

We shared a love of interesting plants. He was proud of the plantings he did in the public spaces at the Marina where he lived and he loved to show us around.

I will miss him – but I have one or two plants that will always remind me of him. Isn't that what sharing plants is really about? Michael knew that and he shared freely. He lived elegantly but in a relaxed way. He was just such a gentleman.

Hamba kahle, Michael, 'til we meet again."

Wilma Tindall

PLANTS TO PROVIDE FOOD FOR HONEYBEES

Honeybees feed on nectar (carbohydrates) and pollen (protein) from a wide variety of flowering plants. While the honeybee forages for nectar and pollen it transfers pollen from one flower to another, providing the service of pollination, which allows the plant to produce seeds. However, bees don't pollinate all flowers that they visit.

This list is based on observations of bees visiting flowers in Kirstenbosch NBG, and on a variety of references, in particular the following:

Plant of the Week articles on www.PlantZAfrica.com

Johannsmeier, M.F. 2005. *Beeplants of the South-Western Cape, Nectar and pollen sources of honeybees (revised and expanded)*. Plant Protection Research Institute Handbook No. 17. Agricultural Research Council, Plant Protection Research Institute, Pretoria, South Africa

Annuals

Arctotis fastuosa
Arctotis hirsuta
Arctotis venusta
Carpanthea pomeridiana
Ceratotheca triloba (& carpenter bees)
Dimorphotheca pluvialis
Dimorphotheca sinuata
Dorotheanthus bellidiformis
Felicia dubia
Felicia elongata
Felicia heterophylla
Heliophila coronopifolia
Nemesia strumosa
Senecio elegans
Ursinia spp.

Herbaceous perennials & groundcovers

Aerva leucura
Anchusa capensis
Aptenia cordifolia
Arctotis arctotoides
Arctotis stoechadifolia
Artemisia afra
Asparagus spp. incl. A. densiflorus
Barleria obtusa
Berkheya spp.
Cotula sericea
Diascia spp.
Dimorphotheca cuneata
Dissotis princeps (carpenter bees)
Eumorphia prostrata
Felicia spp.
Gazania spp.
Geranium drakensbergensis
Geranium incanum
Geranium multisectum
Geranium sanguineum
Helichrysum argyrophyllum
Helichrysum cymosum
Helichrysum dasyanthum
Helichrysum foetidum
Helichrysum odoratissimum
Helichrysum patulum
Helichrysum petiolare
Helichrysum umbraculigerum
Hemizygia see Syncolostemon
Hermannia pinnata
Hermannia saccifera
Lasiospermum bipinnatum
Leonotis leonurus
Lessertia frutescens (=Sutherlandia)
Lobelia coronopifolia
Lobelia pinifolia
Mentha longifolia

Monopsis lutea
Monopsis unidentata
Ocimum labiatum (=Orthosiphon amabilis, O. labiatum)
Osteospermum spp.
Otholobium virgatum (=O. decumbens)
Pycnostachys reticulata
Pycnostachys urticifolia
Salvia aurita
Salvia disermas
Salvia repens
Scabiosa africana
Scabiosa columbaria
Scabiosa drakensbergensis
Scabiosa incisa
Selago corymbosa
Selago canescens
Selago villicaulis 'Purple Turtle'
Senecio glastifolius
Senecio halimifolius
Senecio lineatus
Senecio rigidus
Senecio macrocephalus
Chaenostoma caeruleum (= Sutura caerulea)
Chaenostoma cordata (= Sutura cordata)
Chaenostoma hispida
Chaenostoma pauciflora
Syncolostemon spp. (=Hemizygia spp.)
Syncolostemon latidens
Syncolostemon obermeyeriae
Syncolostemon transvaalensis
Ursinia abrotanifolia
Ursinia sericea
Wahlenbergia rivularis
Walafrida nitida

Shrubs

Anisodonteia julii
Anisodonteia scabrosa
Aspalathus spp.
Athanasia crithmifolia
Athanasia dentata
Barleria obtusa
Bauhinia spp.
Berzelia lanuginosa
Brunia albiflora
Brunia noduliflora
Buddleja auriculata
Buddleja loricata
Buddleja saligna
Buddleja salviifolia
Calobota cytisoides (=Lebeckia cytisoides)
Calobota sericea (=Lebeckia sericea)

Chrysanthemoides incana
Chrysanthemoides monilifera
Chrysocoma coma-aurea
Clerodendrum myricoides
Clerodendrum ugandense
Cliffortia ilicifolia
Cliffortia odorata
Cliffortia ruscifolia
Commiphora spp.
Crotalaria capensis
Cussonia spp.
Cyclopia spp.
Didelta carnosa
Didelta spinosa
Dombeya spp.
Dovyalis caffra
Eriocephalus africanus
Eriocephalus ericoides
Euryops abrotanifolius
Euryops annae
Euryops pectinatus
Euryops speciosissimus
Euryops virgineus
Felicia aethiopica
Felicia amelloides
Felicia filifolia
Felicia fruticosa
Freylinia lanceolata
Grewia spp.
Grewia occidentalis
Greyia spp.
Hermannia spp.
Heterolepis aliena
Hypoestes aristata
Jasminum multipartitum
Limonium peregrinum
Limonium scabrum
Lippia spp.
Lobostemon belliformis
Lobostemon fruticosus
Lobostemon montanus
Lycium afrum
Lycium ferocissimum
Melianthus comosus
Melianthus major
Metalasia muricata
Morella cordifolia (male plants) (=Myrica cordifolia)
Muraltia spinosa (=Nylandtia spinosa)
Muraltia spp.
Nymania capensis
Ochna serrulata
Oldenburgia grandis
Otholobium fruticans
Orphium frutescens (& carpenter bees)
Otholobium hirtum
Othonna spp.

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Passerina spp.
Pavetta spp.
Phyllica ericoides
Phyllica pubescens
Phyllica purpurea
Podalyria calyptata (& carpenter bees)
Podalyria sericea
Polygala fruticosa
Polygala myrtifolia
Polygala virgata
Printzia polyfolia
Rhigozum obovatum
Rhus spp. now Searsia
Roella spp.

Salvia africana-caerulea
Salvia africana-lutea
Salvia chameleagnea
Salvia dolomitica
Sparrmannia africana
Psoralea pinnata
Pteronia incana
Rafnia spp.
Salvia repens
Schistostephium umbellatum
Scutia myrtina
Searsia spp. (=Rhus spp.)
Searsia laevigata
Searsia lucida
Searsia tomentosa

Stachys spp. S.aethiopica. S.rugosa
Strelitzia reginae
Stoebe spp.
Syncarpha argyropsis
Syncarpha spp.
Syncolostemon latidens
Syncolostemon teucrifolius
Tecomaria capensis
Tetradenia riparia
Vernonia spp.
Wiborgia spp.

To be cont

ITEMS OF INTEREST



- Above left: an unusual sight – a *Tillandsia* (air plant) flowering for the Scarrs.
- Above right: This *Xeronema callistemon* - Poor Knights Lily, was photographed at a botanical garden in New Plymouth, NZ when Rod and Melanie were there in November. This flowering plant, endemic to the Poor Knights Islands and Taranga Island in the north of New Zealand, was discovered in 1924 and was listed as vulnerable in the 1997 IUCN Red List of Plants. As of October 2010 it is no longer on the IUCN Red List of Threatened Species.
- Are you clearing your pond or water feature and have **aquatic plants** to share? Wilma is looking for water plants of any variety. Please call her on 021-683-8305.
- Would you be interested in joining or contributing to the **Mediterranean Garden Society**, of which there are quite a few on the European continent, as well as in Australia and the USA. They are wondering why there is no society in South Africa, especially Cape Town seeing as we also boast a Mediterranean climate. For more information take a look at <http://www.mediterraneangardensociety.org/> or request details from Glenda.
- Nature's beauty can be easily missed — but not through Louie Schwartzberg's lens. His stunning **time-lapse photography**, accompanied by powerful words from Benedictine monk Brother David Steindl-Rast, serves as a meditation on being grateful for every day. Follow this link to see flowers opening in a matter of seconds: <http://gosouthonline.co.za/louie-schwartzberg-nature-beauty-gratitude-ted/>
- Ken Southey has very kindly donated his mother's **gardening books** to the CHS to raise funds. They will be available at our March meeting for a donation of **R20 per book**. This is your last chance, as they will be handed to a charity bookstore after the meeting.

(Photographs: Jenny Scarr, Rod Stewart, Andrew and Glenda Thorpe)

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YOUR THOUGHTS, PLEASE

Last month 3 questions were put to you. In order to gauge whether our current members are happy with what their Committee organises for them, we would appreciate you giving us your comments and returning this page (renewal form on the back) to the Secretary – either at a meeting, by fax or by e-mail.

Contents of the CHS News (the newsletter):

What would you like to see more/less of? _____

Have you any ideas for something different? _____

Other comments _____

Subject matter of our monthly talks:

Are the talks of interest to you? _____

If not, what subjects would you prefer to hear about? _____

Are you able to provide details of good speakers you have heard? _____

Other comments _____

Monthly outings:

Have you enjoyed the outings you have attended? _____

What have you not enjoyed? _____

Other ideas _____

2015 MEMBERSHIP

The time for renewing your membership is now! Your subscription renewal form can be found on page 6 of this newsletter. Please complete it and bring it along to the next meeting, together with your cash or cheque payment.

If you do not attend a meeting and make an electronic payment, you must PLEASE complete the form and return it either by fax or by e-mail. Having these forms just helps to keep the records straight so that no-one falls through the cracks.

Please ensure that you put the correct reference for the beneficiary (meaning the CHS) because receiving notification of payment from "CHS Subs" is of no use in identifying the member! Please use your initial and surname as a reference.

You are aware of how costs are constantly rising no matter where you go. The same is true for the running costs of the CHS – speakers' fees, postage, printing etc. Bearing this in mind, the Committee is proposing an increase in subscriptions come March 2016, but the structure will be different. Although not yet finalized, the members who receive newsletters by post will have to pay towards the cost of producing and posting them. At present just over half of the annual fees of "snail mail" members is used to pay for their newsletters, while there is no cost for receiving newsletters electronically.

Give this some thought, as a proposal will be put forward in May at the AGM.

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MEMBERSHIP SUBSCRIPTION RENEWAL (March 2015 – end February 2016)

**Please print clearly when completing this form and return it,
together with your payment, or proof of payment, to the Secretary.**

To: The Secretary
The Cape Horticultural Society (CHS)
22 Rustenburg, PINELANDS 7405

Tel: 021-531-5713
Fax: 086-514-0998
e-mail: info@capehorticulturalsociety.co.za

Please renew my subscription for the **year ending 29 February 2016.**

NAME (if a single membership) or NAMES (if a family membership): _____

My/Our personal particulars have changed in the past year and are recorded below – eg. name change, new residential address, new phone number and/or new e-mail address etc:

I am/We are prepared to help with: **TEA DUTY AT MONTHLY MEETINGS**, the **FLOWER AND GARDEN SHOW**, the **ANNUAL PLANT SALE** (circle your preference/s).

I/We would prefer to receive newsletters by **E-MAIL/ POST** (please consider adding postage to your fee).

Banking details:

Account name: Cape Horticultural Society

Branch: Standard Bank, Blue Route

Account number: 072030321

Branch code: 025-609

Reference: Your initial and surname

Due to the high bank charges levied, direct individual cash/cheque deposits into our bank account are not favoured. If you have no other means of payment, please add R4.00 to your cash deposit or R14.00 for a cheque deposit into the bank.

This is not necessary when paying cash at a meeting or posting a cheque to the Secretary.

NB: Membership renewal will only take effect on receipt of both the Subscription Renewal form and Proof of Payment, posted, faxed or e-mailed to the Secretary (details above).

PAYMENT:

Membership – Single (one adult) @ **R120** R _____

Membership – Student @ **R60** (with copy of valid Student ID) R _____

Membership – Family (two adults with/without children under age 16) @ **R160** R _____

Name Badge/s** (with a pin – **R45**; or magnet – **R55**)..... R _____

Donation (optional) R _____

Extra charges, if applicable – bank, postage..... R _____

TOTAL: Paid by **CASH / CHEQUE / EFT** R _____

** (Specify name/s to be printed on badge/s): _____