

CHS NEWS

NEXT MEETING

Monday, 4 December 2023 at 18:00 at The Athenaeum

Come and celebrate the end of the year with other members. Please note the earlier starting time.

The cost per person will be R20 and this will include a chance to win a prize in the lucky draw.

In order to enjoy the evening, you are asked to bring a plate of eats – either savoury or sweet. It would be preferable to have ‘finger’ food to cut down on the need for cutlery – and the washing thereof.

To ensure we have a variety of delicious food – and not 30 plates of mince pies 🍷 – please let Glenda know by the 30th what you are able to supply. For those already on the list and as yet undecided about what to bring, please also let Glenda know once your mind is made up.

If your culinary delights require serving spoons or knives of any sort, please bring what you need – and label them.

Wine and fruit juice will be available.



To make the party more festive, the Committee would like you to wear a Christmas hat. This can be as fancy or as ordinary as you wish. We look forward to a lovely display of headgear.



REPORT BACK

November Plant Table – read this in conjunction with the Plant Table video <https://youtu.be/swlANiLsFCE> which gives more explanation.

Exotic:

Rosa ‘Buff Beauty’ and *Rosa* ‘Albertine’ (below left) – both rambling and scented.

Rosa ‘La Reine Victoria’ – Bourbon ±1850; very fragrant; suckers and grows well in Pinelands.

Epiphyllum ‘clown’ (right)

Angelica – self seeds



NOVEMBER 2023

President

Marianne Alexander

Chairlady

Jenny Scarr

Hon Treasurer

Vacant

Hon Secretary

Glenda Thorpe

Committee Members

Susan Armstrong Gerald Robertson

Cherise Viljoen Cherry Mann

Chris Wren-Sargent

Honorary Members

Marianne Alexander Mary Smith

Adam Harrower Bill Elder

Ernst van Jaarsveld

*“Self-sufficiency gardening:
A method of growing vast
supplies of the kinds of
vegetables you would never
normally eat.”*

*Robin Clarke, from “The Completely
Unillustrated Encyclopaedia of Gardening”*



120 YEARS

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Instagram – capehortsoc

Fuchsia triphylla group – grown easily from cuttings; mid-morning to late afternoon sun; daily watering.

Rhipsalidopsis (right)

Hippeastrum hybrid – in pots in shade; when flowers die down, feed the leaves for a good display the next year.

Rhododendron ponticum – large, leathery leaves; flowers are bell-shaped, grouped at the end of 10 stamens; acidic soil; flowers in spring/summer and also autumn; in a semi-shade position with more morning sun; general feed of Talborne or Biorganic and compost or manure.

Verbena – low growing; pops up all over the place.

A Carrot flower head – a seedling left to flower; tall and attractive; same family as *Orlaya* and *Ammi*; purple carrots would produce purple flowers.

Alstroemeria sp (below left) – often regarded as a ‘weed’; no propping up needed as the stems are strong; flower together with *Agapanthus*.

Aeonium ‘bronze medal’, *Aeonium* ‘Ink Painting’ and *Aeonium* ‘Medusa’ variegated form (below right, from L to R) – available from Living Desert Nursery in Fish Hoek.



Indigenous:

Ornithogalum thyrsoides or Chinchinchee or Star of Bethlehem – endemic to the Cape; easy to grow; plant the bulbs in April/May in full sun; flowers for weeks from October; excellent cut flower which lasts for ages in a vase; poisonous!

Crotalaria capensis ‘Cape Laburnum’ – approx. 10m high and 3m wide; loved by bees; gets morning sun.

Kleinia fulgens (right) – dangle buds then stand up as they open.

Impatiens niamniamensis ‘Parrot plant’ – grows easily from cuttings; watered as needed; grown in a pot in afternoon sun.

Leucospermum ‘High Gold’

Hermannia flammea – hang them in a basket or pot as the flowers face down.

Plectranthus zuluensis – very pleasant perfume; does well in bright but indirect light.

Nicotiana ‘Limelight’

Eshscholzia californica ‘Dusky Rose’ ?? – very different from the usual yellow/orange variety of Californian Poppy

Pelargonium quercifolium – oak leaved; very stinky; good in the shade.



Pelargonium zonale (left)– in shade, hence big leaves.



Clivia hybrid (below left)

Psychotria capensis (below right) – shady spot; yellow flowers; berries change colour.

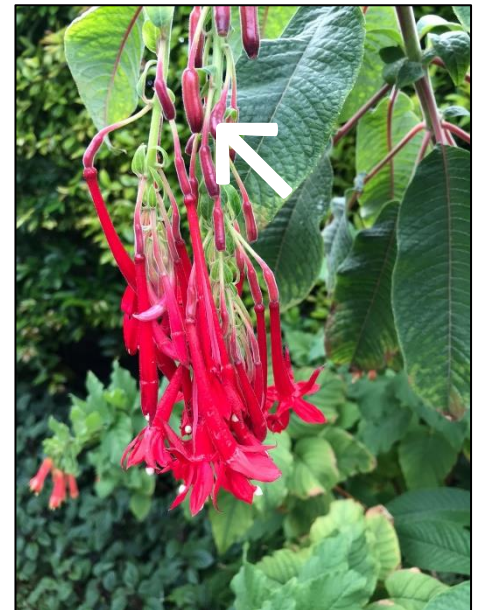
Pelargonium acetosum ?? (right) – grows slowly.



WHAT IS THE BOLIVIAN FUCHSIA USED FOR?

Submitted by Jenny Scarr

After flowering, *Fuchsia boliviana* produces tasty, edible, red fruits! The ancient Incas cultivated this exotic plant centuries ago and the fruits are still sold in South American markets today. They taste a bit like Kiwi fruit but are not as sweet. However, it's safe to say that this plant is mainly grown for its flowers! There is also a white variety. It grows to approx. 2m wide and 1.7m tall.



The fruits (arrowed above, and below) should only be eaten when ripe.



PLANTING FOR BEES

by Morné Faulhammer, published in *Landscape Design & Garden – Spring 2013*.

"It is a well recorded fact that bees are responsible for pollinating over 60% of all flowering plants in South Africa. The honeybee is also the main pollinator of many agricultural food crops throughout the world. The United Nations Environment Programme states that of the 100 crop species that provide 90% of the world's food, over 70 are pollinated by bees.

I have been fortunate to be exposed to bees and honey farming from a young age and have observed the decline in wild bee populations first hand. Many wild bee colonies have been lost over the years, in part to honeybee diseases, the indiscriminate use of pesticides and the loss of bee-friendly foraging plants through habitat destruction.

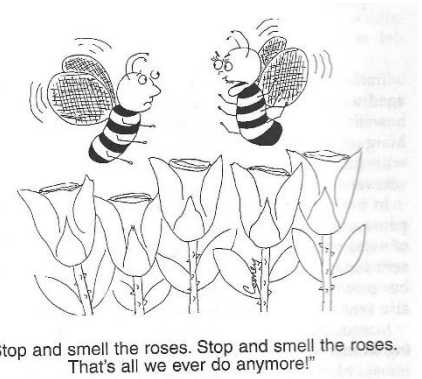
With so many gardens in Cape Town bordering natural areas, the gardening fraternity have a responsibility to provide bees with a food source throughout the year.

This can be done by promoting plants that have two main characteristics. First, they must have large amounts of pollen and second, they must have the ability to open their flowers over a period of time to give the bees extended foraging opportunities.

A good example of this is our indigenous aloe family. The flowers provide ideal foraging during the winter months as well as an extended flowering period.

Efforts should be made to encourage 'nectar corridors' through suburbs to help the bees. The more gardeners provide a bee-friendly space, the greater the security of our fynbos heritage, as well as the country's food supplies. Bees prefer a diversity of bee-friendly flowers, with large patches of each kind of flower. Bees also are attracted to flowers with blue, yellow, violet and bluish-green colours. Similarly, choose plants that have scented flowers. I recommend alyssum, lavenders, aloes, ericas, felicia, geranium, sage and thyme."

10 years later this still holds true and the 'nectar corridors' have since been set up by Ingungcu Sunbird Restoration. Do the bees follow the birds, or vice versa?



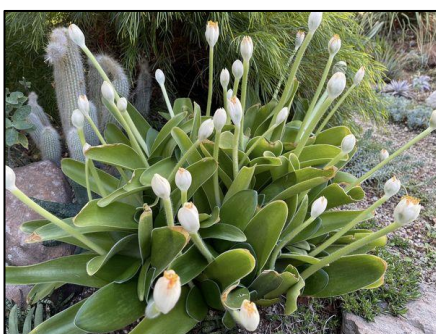
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Chicken Soup for the Gardener's Soul – 2000

GARDENING IN MEDITERRANEAN CLIMATES

Submitted by Jenny Scarr

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Haemanthus albiflos

The town of Rojas has a modern depurification plant at its southern end. The purified water is led into a large park with five lagoons of various sizes. In cascades it flows from lagoon to lagoon and thus forms a unique fluvial ecosystem with a rich vegetation.



Parque El Recorral, Rojas

Photos: A Thorpe, Google