



Every child is a different kind of flower, and all together, they make this world a beautiful garden.

Anon.

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## NEXT MEETING

Monday, 7 July 2025 at **19:30** at The Athenaeum

Members: No entrance fee

Visitors: R40 per person

## THE SECRET LIFE OF FYNBOS

Mark Johnston’s talk explores the many remarkable adaptations that fynbos has evolved to survive the harsh, fire-prone, nutrient-poor conditions of the Cape, and explains how this led to its exceptional degree of biodiversity and endemism.

Mark was four when his grandmother first took him hiking on Table Mountain. Thus began a lifelong love affair with the Cape mountains that has spanned a wide range of interests, from rock climbing to geology to photography and, most recently, botany.

Our 2<sup>nd</sup> Seasonal (Winter) Raffle will take place at the end of the evening. Only R10 a ticket to win some lovely plant-related prizes – supplied by you, of course. 😊

**NB: The Exhibit Table and Nursery Table will be taking a break for the night!**

Specimens and plant contributions will be very welcome at the August meeting.

## FORTHCOMING OUTINGS

**Fri, 11 July: 09:45 for 10:00 to visit Plantify Urban Nursery, Gardens.** They are on a mission to “green” Capetonians’ homes and offices. Plus, they want to do it in a fun, accessible way, attuned to your lifestyle. With a wide range of indoor and stoep plants, baskets, pots and a potting up service, this is ideal for flat dwellers or people with limited garden space. Stephan will give us a rundown of the business and a talk on indoor plant care, feeding and maintenance.

Limited to 12 members. RSVP to Glenda by no later than Tuesday, 8 July.

## FROM THE COMMITTEE

The new microphone we purchased was in operation at our last meeting and worked flawlessly. We hope that that is the end of our sound gremlins for a long time.

Our next meeting features our seasonal raffle. Could members please bring as many plants or plant-related items (books, equipment etc.) to the meeting, and also well loaded wallets/purses so they can buy tickets and get into the fun.

## WELCOME TO ...

... Christelli van Wyk, Barbara Patton, Marcelle Byrnes, Vanessa Johnstone, Nicola Bowen and Elizabeth Meinert who have recently joined the CHS. We hope that membership of the CHS will bring them as much pleasure and knowledge as it does all our members.

## REPORT BACK

The Committee has re-appointed the members to their previous positions.

Office Bearers:	Planners:
Chairperson: Cherise Viljoen	Speakers: Cherise Viljoen
Vice-Chairperson: Chris Wren-Sargent	Outings: Anne Gleeson
Treasurer: Isabella Hayden	
Secretary: Glenda Thorpe	Plus Susan Armstrong and Belinda du Rand

Other members are kindly helping out with ensuring our presence in the public domain and seeing that monthly meetings run smoothly.

Tasks:	Member/s responsible:
Social Media:	
• Facebook Admins:	Carol Otto, Isabella Hayden, Marianne Alexander
• Instagram:	Lisa Otto
• Website:	Glenda Thorpe
Media (radio and community newspapers):	Wilma Tindall
Tea:	Elwyn Whitford
Library:	Jean Fillis
Nursery Table:	Cherry Mann and Susan Armstrong, with the help of Fee Pegge
Exhibit Table:	Isabella Hayden, with the help of Anne Gleeson
Sound:	Chris Wren-Sargent

### June Exhibit Table

Indigenous:

*Salvia guaranitica* “Black and Blue” from South America – full sun; needs regular pruning; grown to waist height.

*Lachenalia viridiflora* – has had no flowers in many years; recently learnt to keep it dry in winter – and it flowered!

*Lachenalia ensifolia* – planted from seed 2 years ago; these are the first flowers.



*Wurmbea stricta* Cobra lily – grows ‘wild’ in the Green Belt; needle-like leaves and beautiful pink flowers.



*Halleria elliptica* “Wild Fuchsia” growing in the same pot as the *Wurmbea*; flowers of *Halleria*.

*Plectranthus chimanimaniensis* (prize for lucky draw)

Exotic:

*Justicia carnea* “Jacobinia carnea” or “Brazilian plume flower” from Brazil – a rewarding shrub; about 1.2m tall; upright habit with attractive long leaves; striking pink flowers; best in bright, slightly shady areas; long flower period from October to Autumn. Prune regularly to keep a good shape; pinch back tips to promote branching and a fuller shape.

*Raphiolepis indica* “Indian Hawthorn” – grown to chest height; full sun; gets berries in autumn.

*Epilobium canum* “California Fuchsia”, formerly *Zauschneria californica* – 1m tall in a pot but straggly and falls over; full sun; flowers all summer.



**Stellenbosch Botanical Garden visit**

We had a stunning crisp day with blue skies as we headed out to Stellenbosch to view the Oxalis Collection. We met Annerie, the Deputy Curator, who took us for a tour around the gardens. We first had a look at the display near the entrance of the gardens (right). It is a display of four threatened lowland habitats from the Cape Floristic Region. These are amongst the most threatened areas and help to create awareness to visitors for the need to protect threatened habitats.



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This was followed by a short tour of two greenhouses (left and next page) housing the succulent collections including the *Welwitschia mirabilis*.

(Left) These are a small ortiont of the poached plants that are being revived.



Our tour finally got to the Oxalis Collection (Cape Sorrel). Despite the sunshine, it had been a very crisp morning and the *Oxalis* were covered in gorgeous dewdrops floating on their leaves while the flowers were slowly opening. There are around 180 species on display. They all have bulbs and go dormant in summer. The capsule of seeds explodes and can spread about 7m, so it is a problem when the *Oxalis* are all displayed together as a lot of attention is needed to keep the collection weeded and to keep the different species separated. They were so beautiful and each unique. What was lovely to see was the difference in the colour, shape and size of the leaves, showing their diversity. The flowers were gradually opening up as the

sun got stronger. This collection was initiated by Prof Leanne Dreyer in 2001. One on display was the *Oxalis fragilis*, from the red list of South African Critically Endangered Oxalis. (Right)



After a break for refreshments, we were treated to watching a Harrier Hawk (right) eat its prey in the oak tree above us.

Most of the group went back to the Oxalis Collection to see the flowers fully open and soaking up the welcome sunshine.

Anne Gleeson



## CABBAGE WHITE BUTTERFLIES AND WASPS

submitted by Marianne Alexander

Did your nasturtiums, cabbages and other brassicas, get turned to lace by caterpillars last spring? The culprits are the larvae of the introduced cabbage white butterfly (*Pieris brassicae*).

Fortunately nature has come to the rescue in the form of a tiny parasitoid wasp, *Cotesia glomerata*, which was described by Carl Linnaeus as long ago as 1758.

The wasp lays its eggs in the caterpillars. The young emerge after 2 to 3 weeks, usually killing the caterpillar, then spin cocoons on or near the host caterpillar. Adult wasps hatch out of the cocoons about a week later.

Cabbage whites are not indigenous and it is not known how they arrived in South Africa. 'The earliest recorded sighting was that of a female in late July 1994, in my garden in Sea Point' writes Andre Classens in a back issue of Veld and Flora. When this invader butterfly was discovered in New Zealand in 2010, the Department of Conservation offered a monetary reward (\$10 dollar) for the capture of each butterfly. After two weeks, the public had captured 134 butterflies. With continued control they were all eradicated.

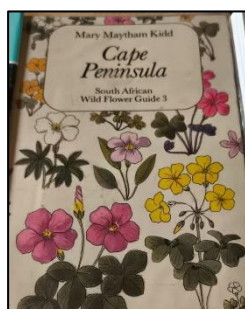
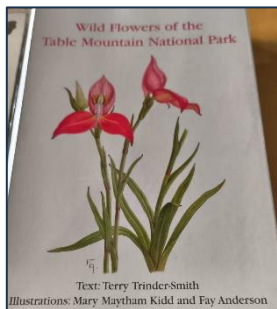
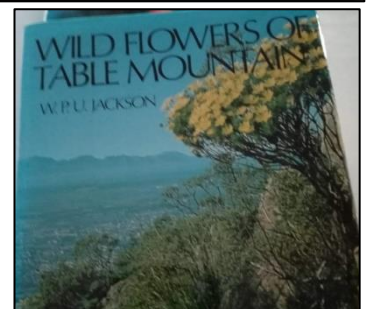
## Summary:

1. Adult Cabbage white butterflies live on nectar
2. Eggs of cabbage white butterfly
3. Tiny young larvae (caterpillars) are often found hidden under the leaves; they feed on plants containing mustard oils which makes them distasteful to predators, such as birds
4. As caterpillars grow their appetites increase
5. Wasps lay their eggs the caterpillar. After hatching they emerge from the caterpillars.
6. They spin cocoons
7. Wasps hatch

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**AS A MATTER OF INTEREST ...**

- **Seed packets** are available from Merry Pak as well as PNA
- The **Chelsea exhibit** will again be staged in Stanford from 10 – 24 September.
- **Winter Wonderland** at Happy by Nature - Come Rain or Shine: Nature play, planting, and wonder for the whole family. Taking place on 2, 4, 7, 9 and 11 July. Treat your children or grandchildren.
- Here are two **garden items** that might interest you:
  - Aerobin is a new and updated design on other compost bins. To see the Aerobin in use and watch how it works use Instagram (@earthagainco) and Facebook (Earth Again) or [tom@earthagain.co.za](mailto:tom@earthagain.co.za) (Thomas Pretorius). Or try [www.earthagain.co.za](http://www.earthagain.co.za).
  - Garden trolley – [The Trolley Company | Buy Trolleys Online South Africa - The Trolley Company | Buy Trolleys Online South Africa](#). Contact Philip on 063-950-5655.
- **Garden Day** – this will take place on 12 October this year. Await details.
- **Books** for sale
  - We have been donated these books by Karrie in memory of her mother, Karin Glover, who was a member of the CHS for years and who loved the Cape flora. They are all in excellent condition and the funds will go to the CHS.
    1. R250 for *Ericas of South Africa*. Autographed by Dolf Schumann. 272 pages; photos of 450 species.
    2. R100 for *Wild Flowers of Table Mountain* by WPU Jackson.
    3. R120 for *The Wild Flowers of Table Mountain National Park*. This is an updated version of Mary Maytham Kidd's guide, *Flowers of the Cape Peninsula*.
    4. R100 for the original Guide 3 (*Flowers of the Cape Peninsula*).



Contact Wilma Tindall for more information or to buy the books.

WA 083 645 246

Or email [wilmatindall@gmail.com](mailto:wilmatindall@gmail.com)

- There is a tome of a vintage garden book, over 100 years old, for sale. *Some English Garden* by Gertrude Jekyll/George S Elgood. The book can be viewed on Google and this lady is willing to sell it for R1000.00. It belonged to Marjory Woodhead who taught botany at Sea Point High. The book can be viewed in Plumstead. Contact Glenda for details.

# COMPANION PLANTING

In natural ecosystems, plants perform functions that can either help or inhibit other plants to grow. This chart will help you understand which plants grow well together.

## PLANT

## ✓ GOOD COMPANIONS

## ✗ BAD COMPANIONS

 Beetroot	 Lettuce, Onion, Cabbage, Garlic, Beans	
 Brinjal	 Calendula, Marigolds, Mint, Peas	
 Beans	 Sunflower, Cabbage, Brinjal, Maize, Lavender, Strawberries, Cucumber	 Onion, Garlic, Fennel
 Broccoli, Kale, Cabbage, Cauliflower	 Aromatic Plants (e.g. Dill), Sage, Rosemary, Potatoes, Beetroot, Celery, Garlic, Onions	 Tomatoes, Peppers, Peas & Runner Beans
 Carrots	 Lettuce, Chives, Sage, Leeks, Rosemary, Peas, Wormwood	 Fennel, Strawberries
 Lettuce	 Carrots, Radish, Beans, Strawberries, Cucumber, Chili Peppers (Hot Peppers)	 Celery, Parsley
 Maize	 Sunflower, Amaranth, Beans, Peas, Pumpkin, Squash, Melons, Parsley	 Celery, Cabbage, Tomatoes
 Onion/Garlic	 Lettuce, Strawberries, Beetroot, Tomatoes, Carrots, Cabbage, Chillies (Hot Peppers)	 Beans, Peas, Parsley, Leeks
 Peas	 Lavender, Carrot, Cucumber, Turnip, Radish, Maize, Beans, (Groups Well With Most Vegetables & Herbs)	 Onion, Garlic
 Peppers	 Tomatoes, Carrots, Onions, Geranium, Basil	 Broccoli, Cabbage, Kale, Cauliflower, Beans
 Potatoes	 Coriander, Maize, Marigold, Brinjal, Beans, Cabbage Family	 Pumpkin, Cucumber, Melon, Sunflower, Squash, Tomatoes
 Spinach	 Strawberries, Peas, Beans	
 Tomatoes	 Chives, Celery, Basil, Parsley, Oregano, Onion, Carrots, Calendula, Borage, Nasturtium	 Fennel, Potatoes, Cabbage Family
 Squash	 Corn, Climbing Beans, Peas, Radish, Borage, Melon, Chillies (Hot Peppers), Lettuce, Aromatic Herbs (e.g. Dill), Nasturtium	 Potatoes, Broccoli, Kale, Cabbage, Cauliflower, Fennel

Adapted from Afristar, N.d. Companion Planting. [Online] Available at: <http://afristarfoundation.org/wp-content/uploads/2012/09/Companion-Planting.jpg>



**African Climate Reality Project**

[www.climatereality.africa](http://www.climatereality.africa)  
[www.trees.org.za](http://www.trees.org.za)