
Turn your face to the sun and the shadows will fall
behind you.

Maori Proverb

NEXT MEETING

Monday, 7 September 2026 at 19:30 at The Athenaeum

Members: No entrance fee

Visitors: R40 per person

GROW ONE, TEACH ONE: HOW A CITY LEARNS TO FEED ITSELF

Dr Jo Hunter Adams is a public health researcher turned farmer on one acre in the Far South of Cape Town. For more than a decade she and her family have slowly built diversified systems of fruit and veg, bees, goats and poultry. Today, Heart & Soil Urban Permaculture Farm is a living example of what's possible on a small city plot, and is now also an Agroecology Hub. Through workshops, courses, affordable seedlings, and just persisting, Jo is on a mission to make growing accessible, one grower at a time. She documents the many growers quietly transforming gardens across South Africa, writes a weekly newsletter for a growing community of home growers, and believes that small is resilient — and that a city can, garden by garden, learn to feed itself.

NB: If you have some well-grown plants to spare for donating to the plant stall at Helen Keller Society's (Pinelands) fête on 3 October, please bring them along to this meeting. We will ensure they get to them.

NEXT OUTING

Thurs, 3 September: 09:45 for 10:00 in Grabouw to visit the Oak Valley Flower Farm.

Established in 1978, Oak Valley Flowers has grown to become the largest producer and wholesaler of fresh-cut flowers in the Western Cape. Products grown include Chrysanthemum, Alstroemeria, Lilies, Statice, Iris, Tulips, Gladiolus, Peony and many more as well as greenery. As a result of long-term relationships with overseas plant breeders, Oak Valley Flowers has access to the latest varieties available worldwide. There are over 16 hectares of greenhouses, shade houses and open fields in production, including the first fully imported automated climate controlled Dutch glasshouses in South Africa. They supply flowers across the country and neighbouring countries. Their customer base ranges from wholesalers to florists, hotels and supermarkets. Oak Valley has also been the supplier of choice to Woolworths in the Western Cape for over three decades.

If you need help with a lift please mention this to Glenda. We can then see if we can coordinate lifts to help. If you are a willing driver and are happy to fill your vehicle, please also let Glenda know. Your passengers can contribute to fuel costs.

This outing is limited to 25 members. RSVP by no later than 1 September 2026.

Fri, 2 October: Visit Heart and Soil. Further details to follow.

President Marianne Alexander | **Hon Treasurer** Joy Currie | **Hon Secretary** Glenda Thorpe
Committee Members Susan Armstrong, Cherise Viljoen, Chris Wren-Sargent, Anne Gleeson,
Belinda du Rand, Lisa Otto, Barbara Patton

Honorary Members Marianne Alexander, Mary Smith, Adam Harrower, Bill Elder
Ernst van Jaarsveld, Pam Hart, Jenny Scarr, Glenda Thorpe

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WELCOME TO ...

... Barbara van Alphen Stahl and Koemi Rowe who have joined us this month.

We wish them a time of happy gardening with the CHS, learning from experienced members and enjoying the various activities.

FROM THE COMMITTEE

A mild, quietish and very dry August has unfolded itself to us ... and here are some of the committee matters being dealt with at present.

Committee: We welcome Georgina Charlesworth, who has agreed to join the committee. She will be a co-opted member until the next AGM.

Athenaeum: Our thanks to Nick Starke, who has agreed to remain on the Board of the Athenaeum. It is very useful for the CHS to have one of our members in this position.

CHS Constitution and Rules: The Special General Meeting to vote upon the changes to our Rules takes place on 7 September at 7.30 pm, directly before the evening meeting begins.

Friends of Wynberg Park: This project is taking shape slowly, and the Manager of Wynberg Park has submitted a proposal to CoCT for approval.

Prince Albert Tour: If you have not yet decided whether to PA or Not PA, do so quickly as accommodation is filling up fast. If you are coming, please keep your eyes open for messages about this extended outing.

And, as they say in Parys: *Fluit, fluit, my storie is uit*.

REPORT-BACK

August exhibits

Tetradenia riparia "Misty Plume bush" – large shrub, fairly waterwise; semi-shade or morning sun.

Gnidia pinifolia "Pin- leaved Saffron Bush" or "Needle Cape Saffron" – indigenous, Piketberg to W Cape; lovely night perfume; pollinated by moths; 1m x 1m; flowers all year round; full sun; well drained soil.

Agathosma apiculata "Garlic buchu" – good coastal plant.

Agathosma capensis? – good in sand.

Veltheimia bracteata – they love being in pots – 7 bulbs in this pot!

Ochna serrulata "Mickey Mouse bush" – slow-growing tall shrub or small tree; yellow flowers, followed by red and black Mickey Mouse 'faces'.

L to R: *Gnidia pinifolia*; *Agathosma apiculata*; *A capensis*; *Veltheimia bracteata*



Ornithogalum juncifolium "Grass-leaved Chinnerinchee" – indigenous bulb – E Cape, Free State, Gauteng, KZN, W Cape – full sun/semi shade; needs water; frost hardy; good for water feature, damp grassland garden, containers.

Metalsia aurea? – found growing in old Lakeside garden; bright yellow small flower heads; sand.

Viburnum (right)

Streptosolen jamesonii "Marmalade Bush" – large, sprawling shrub; semi-shade or sun; flowers continuously.



Linaria maroccana (left)– genus contains 125 species; native to the N hemisphere and S America; quick blooming annual; very easy to grow; seeds sown directly into garden; full sun; sow autumn, also Spring and summer; these are Fairy Bouquet mixed heirloom seeds; the snapdragon-like flowers are in a rainbow mix of colours.

Lewisia (right), named after the American explorer, Meriwether Lewis who discovered the species in 1806 in W America – native



habitat is rocky ground and cliffs; the leaves and crown must be kept dry; keep it sheltered so it doesn't get rain; drought tolerant; comes in exquisite shades of coral, orange, pinks and whites.

Malcolmia "Virginia Stocks" or "French Forget-me-Nots" – a genus of flowering plants from the family Brassicaceae; native to the mediterranean basin and Asia; a bit like Alyssum - easy annual and can be sown directly; the 4-petalled flowers are fragrant; come in blends of white, pink, lavender; 20 – 25cm high; half to full sun.

Matthiola "Stocks" (below)– grown from seed; Cherise got them from Hank Lith and handed out the seeds; these grow wild along the southern suburbs railway line.



Lavandula allardii – *L latifolia* x *L Dentata* – very good scent; dries well and keeps scent; large hedges up to 1m.

Billbergia nutans "Queens' Tears" (right) – acid soil

Dipladenia / *Mandevilla* – grows in a pot; soft pink flowers from January to August; got battered in the storm but revived.

L to R: *Ochna serrulata*; *Streptosolen jamesonii*; *Tetradenia riparia*



Stonehurst visit

"Our August outing was to see the Stonehurst Mountain Estate gardens. After a few previous chilly days we were treated to a spectacular day with not a breath of wind which we were grateful for as the wind here can be severe. Isabella Hayden was our guide. She is very involved in the Estate and works with the team of people who keep the gardens looking so good. There are 20 gardeners and a manager who work on this Estate. In winter time, which is the planting time, Isabella and the manager decide which areas need attention. She sources the correct plants and what is needed, a budget is done and then she organises the correct placing of the plants.

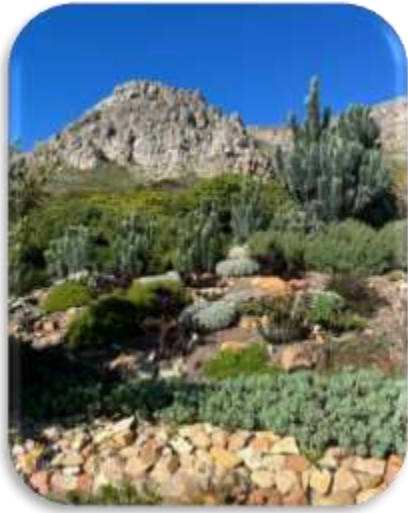
Isabella suggested we drive to 3 places on the Estate. On the East Riverine side we could look up the valley. They have been very busy clearing bulrushes and that has made a big difference in the dams but they can only do this work up to a point because they can't interfere with the breeding season of the Leopard Toad frogs. We could hear the Clicking Stream Frogs chorus from another dam. The wild rosemary was flowering profusely. There is a lot of coastal bitou on the Estate which was planted by the developer which has become quite invasive as well as the *Euryops virgineus*. The *Pelargonium fruticosum* creates a very compact, attractive plant that flowers all the time and the white *Felicia echinata* was also in this area. Rivers from the mountain feed the various dams in this Riverine.

There are measures to try and keep anything invasive and alien from being planted. Above Stonehurst the land is owned by the navy and there are lots of aliens so there is a risk of fire. There is a public open space and firebreak area but it is not always clear and therefore a fire risk. We then drove to the top of this Riverine section and could look down. We could see an area behind the home owned by Mike and Melinda Winfield. They were very instrumental in the ethos of planting only indigenous plants suited to the area and also educating residents. The sloped area behind their home has been successfully planted with Silver trees (*Leucadendron argenteum*), *Leucospermum*, *Mimetes* and they have planted a small forest of trees including Wild Almond. Melinda is apparently so skilled in creating the perfect acid soil and planting hole and very successful with tricky things like the *Protea cynaroides* and Silver trees. They do irrigate using their own borehole. Silver trees grow well on East slopes and are an endemic tree for this area. We saw *Erica* (possibly *paniculata*), *Lobostemon montanus*, *Leucospermum oleifolium*, everlastings and *Leucadendrons* in Mike and Melinda's garden.

We then drove to the West Riverine area and saw the children's park and a more recent planted area. The ficus and stone pines have been here for many years. Several Coral trees have been planted along the west side by a resident. Here in the river, black plastic had been used to cover and smother the bulrushes. Isabella was pleased to see some bokbaai vygies flowering from seeds she had scattered in previous years. It was a perfect time of years for this outing as we saw so much in flower and were saved from the harsh south easter winds."

Anne Gleeson



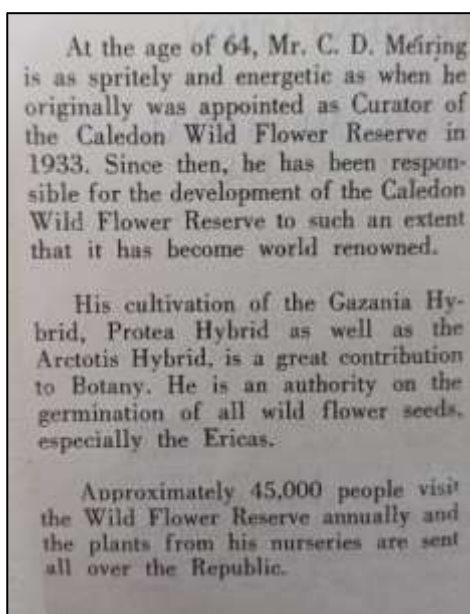
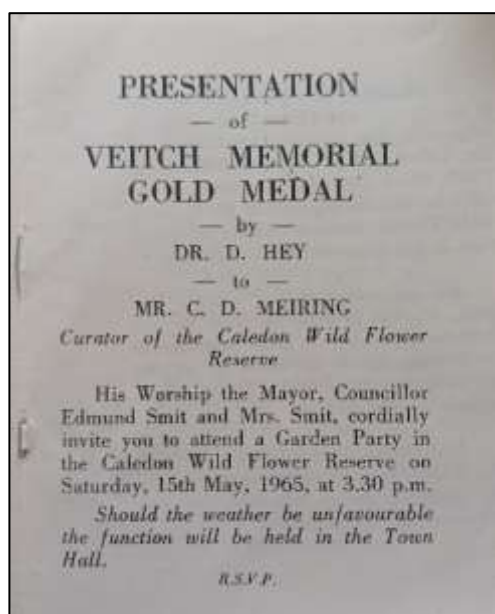


CALEDON WILD FLOWER RESERVE – MR CD MEIRING

Tidying up my office I came across an envelope – given to me by Mr Meiring's son. It was labelled:

'Mr Meiring / Gazanias / Caledon'

In it was a postcard of 'The Wild Flower Reserve Caledon S.A - 'Veldblomtuin' (from the 1980s), a photo of Mr Meiring and a tiny pamphlet - an invitation to the Presentation of Veitch Memorial **Gold Medal** to be presented by Dr D Hey to Mr C.D. Meiring – Curator of the Caledon Wild Flower Reserve in 1965. The reserve was developed



on land bequeathed to the town in 1899 by the late Queen Victoria when she visited Caledon. It was initially known as Victoria Park until local residents established the official wildflower reserve in 1927.

Brief history

1899: Land on the Swartberg Mountain was bequeathed to the municipality of Caledon by Queen Victoria.

1927: The wildflower garden was officially established on the site.

1933: Mr Meiring was appointed curator of the garden.

1964: The area was officially declared a nature reserve to qualify for Provincial Administration support. Mr Meiring's contribution was not just developing the garden but, as a 'botanist and being a fundi on seed germination, he also developed many hybrid proteas, arctotis and gazanias.



The Caledon garden boasts an amazingly diverse and unique collection of fynbos plants which includes many ericas. Set on a mountain side, there are numerous scenic paths, hiking trails, benches and picnic spots, as well as historic sites like the Venster Rock and Khoi Kraal. It's at its best in Spring.

Submitted by *Marianne Alexander*

AS A MATTER OF INTEREST

- What happened to the **Baobab trees** that a number of our members received almost 7 years ago? I know a few of them have thrived. Those who still have them, please send in a photo of the tree as it is now, or just before you moved it out of the rain this year. It would be interesting to see how they've grown – or not – in this time.
- The list of **Open Gardens** for this year was sent by e-mail on 14 August 2026. You can start planning your trips to see them all.
- The **Darling Wildflower Show** takes place from 18 – 20 September 2026.
- One of the **Durbanville** gardens is also open:



- The **Fish Hoek Garden Club Flower Show** will take place on 3 October 2026. The Show Schedule will be sent to you shortly. If you haven't exhibited before, now's the time to take the plunge. It's great fun – and a chance to show off your blooms.

WHAT IS THIS?

Do you know what these are? Send Glenda your answer and you'll find out how correct you are in the September newsletter.



Here are the names of last month's close-ups:

Chrysanthemoides monilifera



Faucaria tigrina



Photos: A Gleeson, L Pollard, A and G Thorpe

Any and all photos taken at CHS events may be used in the newsletter and on social media.