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## **President's Message**

Greetings!

The warm weather has arrived and with it a sense of renewal. The perennials are awakening from their winter's rest and color has returned to our landscape. Like all gardeners, it is time to plant and anticipate what is to come from our endeavors.

The Garden Club of New Jersey is proud to announce that six affiliated garden clubs received a National Garden Clubs Plant America Community Grant of \$1000. The recipients are: All Seasons Garden Club, Floraphile Garden Club, Garden Club of Fair Haven, Garden Club of Toms River, Garden Club of Westfield and, the Holly Club of Sea Girt. Congratulations!

The 2022 GCNJ Annual Meeting will be an in-person event held Thursday, June 9, at the Bridgewater Marriott. We will welcome former CAR Assistant Director Angela Raitano as our honored guest. As in the past, there will be an opportunity to shop the boutiques, purchase raffle tickets, and enjoy the luncheon with fellow garden club members. The morning session will include award presentations, scholarship announcements and the Book of Memory. The afternoon program will be presented by Valerie McLaughlin, a creative and talented floral designer. All of her beautiful designs will be available for raffle. Plan to join for an eventful and enjoyable day.

The Central Atlantic Region asked each of the seven-member state garden clubs to host a virtual program. Each state's program will differ, covering a variety of topics of interest to garden club members. The first virtual program was conducted by the CAR member state of Maryland. New Jersey hosted our virtual program on Friday, April 29. I spoke about my President's Project, "Plant Trees: Nature's Unsung Heroes", and the many applications received from affiliated New Jersey garden clubs for their outstanding projects that focus on the planting of native trees. The presentation done at our 2021 Annual Meeting by world renowned arborist, Dr. Margaret Lowman, who explores the tree canopy of forests around the globe, was also shared with those who attended the virtual meeting. Let's join together to protect and save trees!



Sussex County Blue Star Memorial Marker



Joan Cichalski, GCNJ Blue Star Chair; Cecelia Millea, GCNJ President; Florence Vidam, Sussex County GC President

On April 29 the Sussex County Garden Club dedicated a Blue Star Memorial marker in Founder's Park at the Sussex County Fairgrounds. I was in attendance along with Joan Cichalski and Florence Vidam. We each said a few words and were proud to join in the dedication ceremony to pay tribute to those who have bravely defended our country. The Blue Star Memorial program was begun by the Garden Club of New Jersey in 1944, and there are now markers in every state. We salute those who have served in our Armed Forces.

Happy gardening,

Cecelia Millea  
GCNJ President



"Plant trees, invest in the future"





**GARDEN CLUB OF NEW JERSEY, INC.**  
**96th ANNUAL MEETING**  
**June 9, 2022**  
**at the**  
**BRIDGEWATER MARRIOTT HOTEL**  
**700 COMMONS WAY**  
**BRIDGEWATER, NJ 08807**

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Registration at the event begins at 8:00 a.m., with the morning session beginning at 9:15AM and the luncheon at 12:30PM. 11:30AM - 12:30PM is an intermission with time to shop if you wish or just relax. The afternoon session will officially begin at 1:15PM and end at approximately 3:30PM.

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The morning session will feature the GCNJ Book of Memory Ceremony, the Awards Presentations, as well as Scholarship Awards. The Installation of New Officers will be part of the afternoon session. Valerie McLaughlin will be the afternoon guest presenter. She is an Accredited Member of the American Institute of Floral Designers and currently serves as a design instructor at Longwood Gardens. She has won numerous awards for her floral designs, including blue ribbons, and the "Best of the Week" award at the Philadelphia Flower Show. You won't want to miss this special presentation. Her creations will be raffled off with the container.

**IT'S TIME TO GATHER, IN PERSON, ONCE AGAIN.**  
**LET'S MAKE THIS A VERY SPECIAL DAY.**

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## Why Trees Can Make You Happier

**Research suggests that being around trees is good for our mental and social well-being.** BY [JILL SUTTIE](#) | APRIL 26, 2019

I love trees and am not immune to hugging them. It may not be rational, but when I'm near one of these quiet giants, I feel like they are kin—ancient grandparents, or at least benevolent witnesses of history and time.



Everyone probably doesn't feel the same way as I do, but perhaps they should. While being in nature [leads to](#) better health, creativity, and even kindness, there may be something special about being among trees.

After all, trees are important to our lives in many ways. The most obvious is their role in producing the oxygen we breathe and sequestering carbon dioxide to help protect our atmosphere; but science suggests trees provide

other important benefits, too.

Here are some of the more provocative findings from recent research on how trees increase human well-being.

### Trees help us feel less stressed and more restored

Probably the most well-researched benefit of nature exposure is that it seems to help decrease our stress, rumination, and anxiety. And much of that research has been conducted in forests.

In [one recent study](#), 585 young adult Japanese participants reported on their moods after walking for 15 minutes, either in an urban setting or in a forest. The forests and urban centers were in 52 different locations around the country, and about a dozen participants walked in each area. In all cases, the participants walking in a forest experienced less anxiety, hostility, fatigue, confusion, and depressive symptoms, and more vigor, compared to walking in an urban setting. The results were even stronger for people who were more anxious to begin with.

"The psychological benefits of walking through forests are very significant, and forest environments are expected to have very important roles in promoting mental health in the future," the authors write. Indeed, various other studies suggest that the practice of "[forest bathing](#)"—deliberately spending time among the woods—can help us deal with the stresses and strains of urban living.

In another [recent study](#), Polish participants spent 15 minutes gazing at either a wintertime urban forest or an unforested urban landscape. The trees in the forest had straight trunks and no leaves (because of winter), and there was no other shrubbery below the trees—in other words, no green; the urban landscape consisted of buildings and roads. Before and after, the participants filled out questionnaires related to their moods and emotions. Those who gazed at a winter forest reported

significantly better moods, more positive emotions, more vigor, and a greater sense of personal restoration afterwards than those who gazed at the urban scene.

It may be that some of these benefits have to do with how forests affect our brains. [One study](#) found that people living in proximity to trees had better “amygdala integrity”—meaning, a brain structure better able to handle stressors.

These findings and many others—including an earlier [review](#) of the research—show how even short amounts of time in a forest can give us a break from our frenzied lifestyles.

## Trees improve our health

Besides helping us breathe, being around trees may improve our health in other ways, too.

Studies have shown that spending short amounts of time in forests seems to benefit our immune systems. Specifically, [one study](#) found that elderly patients suffering from chronic obstructive pulmonary disease experienced decreases in perforin and granzyme B expressions, as well as decreased pro-inflammatory cytokines—all related to better immune function—after they visited forests rather than urban areas. Though it’s not clear exactly why this would be, a prior [study](#) suggests that trees may [improve immunity](#) thanks to certain aromatic compounds they release.

Trees also seem to help our heart health. In [one study](#), participants walked in a forest one day and an urban environment another day, and researchers measured how the two walks impacted their bodies. In comparison to the urban environment, walking in trees lowered people’s blood pressure, cortisol levels, pulse rates, and sympathetic nervous system activity (related to stress), while increasing their parasympathetic nervous system activity (related to relaxation). All of these physiological markers are tied to better heart health, suggesting that walking in the woods improves cardiovascular function.

Though it could be that these health benefits are due less to trees than to natural spaces in general, New Yorkers living near trees [report](#) better overall health than residents living near green, grassy spaces. And [another study](#) found that women who live in areas affected by tree loss have a higher risk of cardiovascular disease than those in unaffected areas. One [study](#) that tried to quantify this health effect concluded that “having 10 more trees in a city block, on average, improves health perception in ways comparable to an increase in annual personal income of \$10,000 and moving to a neighborhood with \$10,000 higher median income or being 7 years younger.” Clearly, there’s something healing about trees.

## Trees in neighborhoods lead to less crime

While some prior [research](#) has shown that green spaces reduce crime in urban settings, it may be that trees are even more effective.

In [one recent study](#), researchers looked at crime data for the city of Chicago, computing a score for each census tract. Then, they compared that to the percentage of tree canopy cover and park space enclosed in each tract. They found that for every 10 percent increase in tree canopy cover, crime rates went down in several categories—11.3 percent for assaults, narcotics crimes, and robbery, and 10.3 percent for battery.

These findings held after controlling for factors that might skew the results—like the socioeconomic status, poverty, unemployment, and education of the residents. Also, while burglary

rates went down 6.3 percent for every 10 percent increase in park space, other types of crimes were unaffected by having a park nearby. In other words, trees were more predictive of crime reduction than parks.

“Understanding the relationship between green space and crime can inform urban planning to improve human safety and well-being,” conclude the authors.



This result mirrors those of other studies in different urban settings—[Baltimore](#), [New Haven](#), and [Vancouver](#). In all cases, areas with more tree coverage had lower crime.

Why would this be? Researchers don't know for sure, but [prior research](#) has shown that vegetation around houses helps reduce people's fear, incivility, and aggression—potential precursors to crime. And trees may also draw people out of their homes, creating an

atmosphere of more “eyes on the street,” which aids in reducing crime. Whatever the case, planting some trees may be an effective way to help communities stay safer.

## Trees may make us more generous and trusting

Research suggests that nature experiences help us to feel kinder toward others, and many of those studies involve trees.

In [one experiment](#), researchers asked a group of university students to look up at either a tall building or a grove of towering eucalyptus trees for one minute. They found that students who studied the trees experienced more feelings of awe—a sense of wonder and of being in the presence of something larger than oneself. Afterwards, when one of the experimenters pretended to accidentally drop a bunch of pens, the students who had seen the trees and felt awe helped pick up more pens than those who had looked at the building.

In [another study](#), researchers found that people were more willing to help someone who'd lost a glove if they had just spent time walking through a park with trees, rather than if they were near the entrance to the park. Unfortunately, this study, like many others, doesn't specify the benefits of trees versus green space in general. So, we don't know the exact role trees play in promoting kind and helpful behavior. But there's a good chance that their presence at least contributes to better social interactions.

For all of these reasons, I make an almost daily practice of interacting with trees. Whether it's just looking out my office window or taking a short stroll down the block to visit a favorite oak, I like to acknowledge the trees around me, often with a quick pat or hug. As research continues to grow, I'm sure my tree appreciation will, too.

About the Author: **Jill Suttie, Psy.D.**, is *Greater Good's* former book review editor and now serves as a staff writer and contributing editor for the magazine. She received her doctorate of psychology from the University of San Francisco in 1998 and was a psychologist in private practice before coming to *Greater Good*.

# Upcoming Events



**June 4, 2022** – The **Greater Woodbury Garden Club** will their annual Garden Tour and Plant Sale. 10-4 PM. For more details: [www.facebook.com/GreaterWoodburyGardenClub](https://www.facebook.com/GreaterWoodburyGardenClub).

**June 5 – 11, 2022** – **National Garden Club Week**. Celebrate National Garden Week in Your Community! This week is an opportunity to encourage pride in your community, interest new members, and work with other groups to be part of those efforts.

**June 9, 2022** - **GCNJ Annual Meeting**. See article.

**June 11, 2022** - 10:00am -4:00pm **Garden Club of Hunterdon Hills** is having a “Spring Garden Fling” featuring a 4 acre garden, select craft vendors, demonstrations, silent auction and guest speaker. More information can be found on Face Book and at [www.gardenclubhunterdonhills.com](http://www.gardenclubhunterdonhills.com).

**June 11-19, 2022** – **Philadelphia Flower Show**. [PHS Philadelphia Flower Show \(phsonline.org\)](http://phsonline.org)

**June 12, 2022** - Garden Club of Hackensack is participating in Arts Amble 2022. This free outdoor event will take place in the Hackensack Community Garden in Johnson Park, 444 River Street Hackensack Saturday, June 11, 2022, 11:00am-4:00pm. (Rain date Sunday, June 12, 2022, 11-4pm). For further information: [Gardenclubofhackensack@gmail.com](mailto:Gardenclubofhackensack@gmail.com)

**June 16, 2022** – **Longwood Gardens Day Trip**. Bus leaves from Lord & Taylor, Westfield, NJ promptly at 9:00 am and will arrive between 11:30 and 12:30. Cost is \$100. Please return payment (checks payable to The Garden Club of Westfield, Inc.) to Judith Richards, 585 Trinity Place, Unit 1, Westfield, NJ 07090, email: [judy585a@aol.com](mailto:judy585a@aol.com) or Phone: 908-654-7046. For more information, please reach out to Phyllis Pappas at [npappas121@comcast.net](mailto:npappas121@comcast.net) or 732-382-2255.

**June 22, 2022:** The **Garden Club of Spring Lake** will hold their Garden Tour of 9 private gardens in Spring Lake, NJ. Hours: 10 – 3pm Cost: \$30 in advance / \$35 day of event. For more information contact: Gert Wasilishen at 908-461-1840 or email: [gertw@optonline.net](mailto:gertw@optonline.net).

**October 12 & 13, 2022** - **GCNJ Symposium**.

**November 1-4, 2022** - **CAR-SGC Conference 2022** at Seven Springs Mountain Resort, Somerset County, PA





## Club News



### Garden Club of Morristown

The Home Garden Club of Morristown reached out to the local community by creating over 50 mini evergreen centerpieces with Christmas mugs which were given to each client of Meals on Wheels in Morristown and Randolph. In addition, 12 wreaths were assembled from fresh greens for the historical and municipal buildings of Morristown.

Our club continued our monthly speakers through zoom with speakers on hydrangeas as well as garden design and landscaping. Both speakers were from out of state and presented beautifully.

Lastly, a “pop-up” trip to a lavender farm in South Jersey was a delightful day of cutting lavender with some adorable goats!

Sally Barmakian  
President  
Home Garden Club of Morristown



## YOUTH CORNER

### YOUTH GARDEN CLUB ANNOUNCEMENTS

#### 2022-2023 YOUTH CLUB REGISTRATION

May 15 through September 30 is the registration period for Youth Garden Clubs.

Youth Club Registration Fee: \$20 Annually

Payable to GCNJ with note in memo naming the Youth Club.

Include completed Youth Club Registration Form by going onto the GCNJ website [www.gardenclubofnewjersey.org/youth](http://www.gardenclubofnewjersey.org/youth) and clicking "Youth Club Annual Registration."

Print the Youth Club Registration form and mail the completed form with your \$20 Youth Club fee to: Susan Berdahl. Her contact info is on the registration form.



#### YOUTH COORDINATORS NEEDED:

##### VOLUNTEERS TO COORDINATE 4 YOUTH CONTESTS

Four volunteers are invited to coordinate each of these Youth Contests for 2022-2023:

- 1) Smokey Bear and Woodsy Owl Posters
- 2) Poetry
- 3) Sculpture Contest
- 4) High School Essay Contest

Each Coordinator is asked to receive the entries, have them judged, and submit the state winners to the next level by the winter deadline (usually during January or February).

*YOUTH LEADER to submit info for the YOUTH CORNER of the NEWS LEAF.*

*VOLUNTEER to submit info for the YOUTH SECTION of the GCNJ Website.*

#### Is there interest in a ZOOM YOUTH LEADERS MEETING in 2022 - 2023?

If so then please email Diana Dove [dianadove13@gmail.com](mailto:dianadove13@gmail.com) with ideas and suggested times that would be convenient for you. Please suggest youth topics and questions that should be part of the agenda.

Diana Dove

Youth Chair

[dianadove13@gmail.com](mailto:dianadove13@gmail.com)

(908) 763-9648

# CRAWFORD'S CORNER

## Happy Hydrangeas

One group of plants that has a near universal appeal among gardeners are Hydrangeas. Admittedly, I count myself among this group of infatuated gardeners! This adoration is compounded by the onslaught of new cultivar introductions over the past 25 years, ensuring that there is now at least one Hydrangea suitable for nearly every garden! However, there still remains a shroud of mystery to these plants, with the biggest issue surrounding how best to prune the various species. Hopefully, some of the mystery can be resolved, ensuring everyone has a garden complimented by a number of happy Hydrangeas!

The term *Hydrangea* was first penned by the Swedish Botanist, Physician and Zoologist, Carl Linnaeus (1707-1778) in 1753. The name is derived from the Greek *Hydor*, meaning water and *Angos*, meaning vessel or jar. Thus, its direct translation is water jar! The name refers to either the overall shape of the showy sterile florets, which are shaped like a cup or the seed pods, which resemble miniature water jars. Although most likely not the aquatic affiliation that Linnaeus was considering, most species need adequate moisture and will wilt painfully during periods of a prolonged drought! The four species of *Hydrangea* that are most frequently found in NJ gardens are native to 4 distinct regions of the world, which also proves helpful when deciding how to prune the plants. Those native to colder regions of the world produce flower buds on 'new' wood produced in spring. This is logical for the plant's survival since if the previous year's growth was frozen to the ground during extreme cold or possibly grazed by a hungry animal, the plant would still be able to produce flowers and seed during the year to come, ensuring future generations of plants. By contrast, if the plant is native to warmer climates and winters wrath is no longer a concern, it is more energy efficient for the plant to produce the flower buds on the previous year's wood, allowing it to both produce flowers earlier in the season when conditions are more favorable to seed production and avoid the need to push 1-6' of new growth before blooming.

*Hydrangea arborescens*, the Smooth Hydrangea, is native from New York to Florida and West to Missouri. In the wild, the plants are typically found growing in shaded sites in soils that are often moist and humus rich. The species epithet of *arborescens* refers to the similarity of the plants' form to that of a tree. Since it is native to colder climates, it blooms on new wood. Consequently, this plant can be pruned to the ground at any point from January through late March. This also helps the overall shape of the plant, as the stems or canes will often collapse under snow and ice load. The flowers are white and



normally appear in a flat or slightly mounded configuration called a cyme (pictured above). The center of the cyme consists of fertile florets, with each floret containing both anthers and a stigma. The cyme is ringed by sterile florets whereby the anthers have become petaloid. This type of flower arrangement is referred to as a lace-cap flower. Lace-cap flowers are ideal where the plant is situated for up-close and detail viewing. However, if the plant is to be viewed from afar, consider the Hortensia or mop head

hydrangeas. This group features large balls of predominantly showy sterile florets. They are called Hortensias since they occur under horticultural cultivation and rarely in the wild. The reduced number of fertile florets and subsequent reduced seed production ensures they are also not as successful at seeding about the garden as are lace-caps, although they are far from invasive. For the gardener, the Hortensia forms provide a nice display, even at 60 MPH and the large balls of lacy florets provides the garden with a rather harlequin appearance. The lack of fertile florets also corresponds with less nectar or pollen for visiting pollinators and is the primary reason why I no longer favor Hortensia as once I did. However, they



still have their place and 'Annabelle' is an attractive form (pictured at left). Discovered near Anna Illinois, this plant produces large green flowers in early June, which mature to pure white by mid-June before fading back to green and finally tan for winter. A wonderful plant for many months of Garden interest! Very similar in appearance is the selection named Incrediball™. Although it is reputed that Incrediball™ is less likely to flop in fertile soils following heavy rains, I have seen both perform very admirably in the Garden. The key of course is to amend the soils with ample amounts of compost to maintain adequate soil moisture and to avoid fertilizers, which will ensure stems will

collapse more readily. If providing flowers beneficial for pollinators is of need, consider the selection 'Haas Hallo' as pictured on the right. It is a lace-cap form selected by Mr. Rick Ray of Pennsylvania from seeds given to him by Ms. Joan Haas. This lace cap form features exceptionally large flowers, reaching upwards of 14" in diameter on strong stems! The urn-like seeds pods can be seen in the image which was photographed in September, illustrating as well how long the flowers remain attractive! A slightly smaller lace-cap flowered form that is equally beloved by pollinators is 'White Dome'.



Another species possessing Lacecap and Hortensia shaped flowers is *Hydrangea macrophylla*. It is native to the warmer, coastal regions of Japan and China and consequently, it blooms on the previous year's growth. The plants have relatively large, glossy foliage that inspired the species epithet, *macrophylla*, meaning large leaves. Flowers can be pink or blue, resulting from the impact of the soil pH on pigments in the flowers called Anthocyanin. Anthocyanins change color depending upon the pH. In acid conditions they are blue, in neutral violet and in alkaline soils they turn red or pink. Consequently, a soil pH of 6.5-7.0 or above results in pink flowers, while pH values below 6.0 result in blue flower colors. The flowers are produced from the terminal buds on the stems. If these buds are desiccated by strong winter winds or removed through the act of 'shearing' during late summer or autumn, few if any flowers will be produced the following summer.



Hence, it is important to select cultivars that are from a more northerly and colder native range of Asia that are tolerant of cold winter winds. In addition, pruning should be conducted through the thinning or removal of entire stems, not shearing. Pruning is best conducted during the winter months, when the stems can be easily viewed. The stems that are produced the preceding summer are cinnamon brown and should not be removed. The balance of the stems are light grey in color and based upon the age of the plant, anywhere



from none to 8-12 of the largest and oldest stems should be removed. Their removal promotes the production of new canes, which in turn will yield larger flowers! Provide a site in full sun to partial shade and soils that are well-drained yet resistant to drying-out frequently. As before, the addition of compost is ideal. Of the Lacecap forms available on the market, I have found 'Blue Wave' and 'Tokyo Delight' (picture at left) to be very winter hardy. As a bonus, both provide the benefit of fall color – an unusual trait for Large Leaved Hydrangeas! Of the Hortensia types, 'Nikko Blue' is an old but noteworthy selection as is the more recent introduction of Endless Summer®. Endless Summer® will produce a secondary bloom in August and September on new side branches from older stems. Following

the icy and prolonged winter of 2014, the canes of most Endless Summer® cultivars died to the ground, resulting in no blossoms the following summer. Thus, in order for both the flowering stems and flowers to appear later in the season, older stem need to remain, since new shoots produced from the base do not yield blooms on current season's growth! Despite various thoughts on pruning Endless Summer® selections to the ground, it is still best to prune by thinning the older canes, just as is done with the other cultivars.

The remaining two Hydrangeas commonly used in Gardens are *Hydrangea paniculata* and *Hydrangea quercifolia*. Both of these plants produce a white cone shaped flower called a panicle, which consists of a central stem that in turn is branched, producing a cone shaped flower. *Hydrangea paniculata*, the Panicle Hydrangea is native to cold, mountainous regions of Japan and China and blooms on new wood. Unfortunately, pruning is not as straight forward as with the Smooth Hydrangea. Similar to the previous two species, some plants







have copious amounts of showy sterile florets while other plants have more limited quantities. Selections such as *Hydrangea paniculata* 'Unique' (pictured above) have a more open and lighter weight panicle with a large number of fertile flowers located beneath the showy, sterile outer florets. Selections with these types of flowers can be treated in several different manners: they can be left unpruned; they can be pruned moderately, leaving a 3-4' tall framework from which the new growth can sprout; or they can be cut back heavily, with cuts nearly to the ground! If the plants are pruned heavily to the ground, they respond with 5-6' tall canes with noticeably larger

flowers. Since the panicle of 'Unique' has less sterile florets to catch rainwater, heavy downpours will not weigh down the flower, allowing the plant to stand 'proud' throughout the summer following a heavy pruning. Other plants, such as *H. paniculata* 'Limelight' (at right) produce large quantities of sterile florets; if these stems are cut back severely the tall canes are not able to support the heavy panicles and will bend to the ground under the weight following a heavy rain. Thus, they should be cut back to a 3-4' tall framework or not at all, which will yield a more modest 1-2' spurt of new growth that can adequately support the flowers. Of all the species, *Hydrangea paniculata* has probably seen the most active release of hardy new cultivars. The most significant improvements focus upon selections whose flowers age from white to pink in late summer and early fall, rather than tan. Plants such as *Hydrangea paniculata* 'Fire and Ice' (pictured on the right), 'Pink Diamond' and 'Limelight' present this floral color change, which not only provides extended interest, but also more potential plant combinations in the Garden. They look great combined with the red fall color of *Itea virginica* 'Henry's Garnet' or the wonderful golden yellow of *Amsonia hubrichtii*. Most selections of Panicle Hydrangea typically grow to between 8' to nearly 20' tall over time. If this exceeds the Garden's space allocations,



there are several compact forms, including Little Lime™ and 'Bobo' that grow to a more diminutive 4-5' tall without pruning! Although both are similar, I prefer 'Bobo' since the flowers are slightly smaller and more in scale with the size of the plant. The last of the quartet of popular Garden Hydrangeas is *Hydrangea quercifolia*, or the Oak Leaf Hydrangea. It is native to shady, woodland regions of Georgia, Alabama and parts of Florida. Amazingly, it is also very hardy in New Jersey! As the name implies, the leaf shape is very reminiscent to that of an Oak

and they develop fantastic fall color! Similar to *Hydrangea paniculata*, they also produce a panicle flower. However, since they are native to a warmer climate, the flower is produced on previous year's growth and – considering that these plants grow from 8 to 10 feet tall – it is nearly impossible to keep them at a more

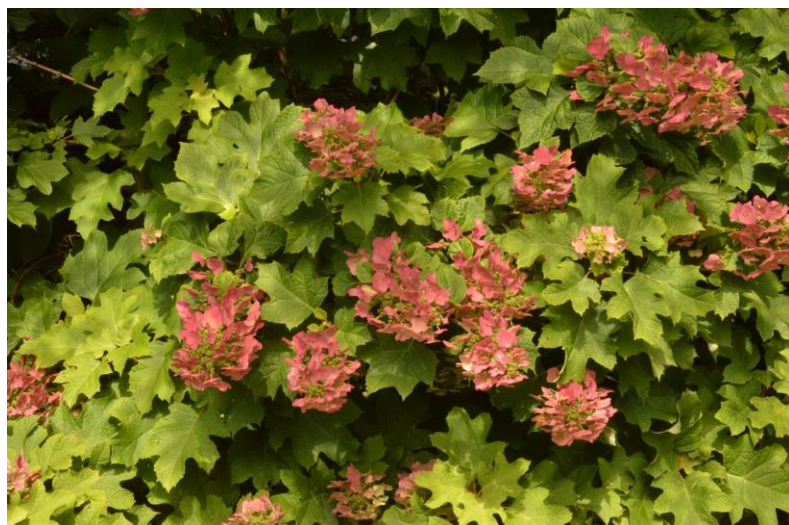
restrained size for the front of a home while not removing any flower buds! Plants are best located away from buildings or other architectural entities that could be 'eaten' or hidden as they grow, allowing them to



become a perfect screen or backdrop to the garden. If a smaller plant is of need, 'Peewee' and 'Ruby Slippers' are two selections that mature to a more restrained height of 4' tall. The advantage to 'Ruby Slippers' (as seen at the article's end) is the attractive aging of the flowers as it passes from a clean white during summer to a rich red during late summer and fall – a very stunning plant! The flowers of Peewee age to tan. Of the remaining selections available, 'Snow Flake' (pictured at left) is a unique plant, producing very attractive double, or hose-

in-hose flowers. It too slowly fades to red as fall approaches, with its only downside being the sheer weight of the flower, as it causes the flower to droop. The added bonus of Oak Leaf Hydrangea is the stunning red, orange and yellow fall colors. Amazingly drought and heat tolerant once established, Oak Leaf Hydrangea is as much at home in the sun as the shade in NJ. It simply needs space to grow!

Hydrangeas have been one of the great staples for the Garden during the past century. With the numerous additional selections that have been added to the list over the past 20 plus years, it will certainly retain this honor throughout the century to come. The key to success is identifying the plants native provenance or 'home' as that will foretell how best to prune the plant. And as we all know, a properly pruned Hydrangea is indeed a Happy Hydrangea!



Bruce Crawford  
Manager of Horticulture, Morris County Park Commission  
[bcrawford@morrisparks.net](mailto:bcrawford@morrisparks.net)



## *Information for the next issue:*

***July 1 is the deadline for articles for The Fall 2022 News Leaf as well as listings of upcoming club events and online ads.***

Send articles and upcoming events to Karen Eardley at [k.eardley@live.com](mailto:k.eardley@live.com)

Go to GCNJ website at [www.gardenclubofnewjersey.org](http://www.gardenclubofnewjersey.org) for more information or check out Facebook for some informative posts: [\(4\) Garden Club of New Jersey | Facebook](#)

**Enjoy!!!**

