

Gardens

Spring 2009

The University of Tennessee

The University of Tennessee Gardens located in Knoxville and Jackson are part of the UT Institute of Agriculture. Their mission is to foster appreciation, education and stewardship of plants through garden displays, collections, educational programs and research trials. Some 4,000 annuals, perennials, herbs, tropicals, trees, shrubs, vegetables and ornamental grasses are evaluated each year. Both gardens are Tennessee Certified Arboreta. The gardens are open during all seasons and are free to the public. Visit utgardens.tennessee.edu for more information.

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You are Invited!

The UT Gardens are your gardens, the monthly e-newsletter and this magazine are yours, and we want to hear from you. What is it that brings you out to the gardens? What do you enjoy most about your membership benefits? Why do you volunteer and help in the UT Gardens? Is there a garden or plant book that you have particularly enjoyed? Take photos of your favorite sights at the UT Gardens and send them to us at utgardens@utk.edu. Send us your pressing garden questions or comments for our letters to the editor. Allow us to share your images and stories with others. After all, the mission of the UT Gardens is to connect people with plants. It's what we love to do, and we will do it best when we learn from our most valuable resource: you.



A New Way to Show Your Support for the UT Gardens

Help us promote the UT Gardens and recruit new members – display your 2009 Friend of the UT Gardens window cling proudly! This year, we are mailing a window cling to everyone who has supported the gardens. The window cling is a small way for us to thank you for your support while providing us with another way to be more visible to the public. For more information, please contact us at 865-974-8265.



From the Director



Greetings from the UT Gardens!

My first six months as interim director have been very busy and exciting. I'm enjoying working with the gardens staff, volunteers, Friends of the Gardens members, and our Institute of Agriculture development and marketing and communications offices.

Our new special event, the Holiday Express, was a great success with more than 9,000 visitors. We've started the new year with a monthly e-newsletter and this quarterly magazine. We've also put together a wonderful offering of lectures and workshops for this spring, and we hope you have the opportunity to join us for some, if not all, of the programs.

The staff is quite busy germinating seed and growing the many vegetables, herbs, annuals and perennials not only for the spring plant sale, but also for our summer plantings. I can assure you the gardens will be full of many new and different plants for you to learn about and enjoy.

As you visit and shop East Tennessee garden centers and nurseries this spring, look for the great performing plants from our 2008 gardens highlighted in this newsletter. Many thanks to our trials coordinator, Beth Willis, who has identified the garden centers and nurseries that will sell many of these wonderful plants.

We all look with great anticipation to the construction of the Beall Family Rose Garden this spring in the UT Gardens. Thanks to the generosity of Sam and Mary Ann Beall, this new garden will feature no-spray roses based on the research of Dr. Mark Windham, a UT plant pathologist. The newest roses on the market, along with future releases including hybrid teas, miniatures, climbers, floribundas, grandifloras, multifloras and shrub roses, will be showcased. The garden will also feature a gazebo, electricity and a grand water feature.

Also, I'm delighted to share the good news that the Southeast American Conifer Society has awarded the UT Gardens in Knoxville a \$1,500 grant toward interpretive signage of our conifer collection and partial funding of a conifer symposium we are planning this fall.

Finally, I want to take the opportunity to thank all of you who so generously give of your time and money in support of the UT Gardens. The gardens are a special place to me – as they are for all of you – and I look forward to charting their future course. I have watched the UT Gardens evolve over the last 25 years from a locally recognized treasure to a nationally known garden. That growth and evolution would not have been possible without the care, concern and assistance of so many people.

Yes, our gardens are about the plants, but they are also about the incredible satisfaction that we all derive from working in the earth and interacting with other people who share a passion for the gardens.

I look forward to seeing you in the UT Gardens!

Dr. Sue Hamilton

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We are so excited about what's in store for the gardens this year. Visit the Web site for announcements and to sign up for our new e-Newsletter!
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-Sue

Update from West Tennessee

The West Tennessee Research and Education Center in Jackson, established in 1907, is the oldest UT AgResearch center. Under the guidance of Dr. Robert Hayes, this center focuses on research in the areas of ornamentals, turfgrasses, and agronomic and horticultural crops. It is also the home of the UT Gardens, Jackson.

Since horticulturist Jason Reeves joined the WTREC staff in 2002, ornamental plant research has grown by leaps and bounds. Jason, a life-long gardener and native of rural West Tennessee, earned a master's degree in ornamental horticulture and landscape design from UT Knoxville. His background includes work at the Opryland Conservatories in Nashville, the Missouri Botanical Garden in St. Louis, and Longwood Gardens in Pennsylvania. He has also lived and worked as a horticulturist in New Zealand.

The UT Gardens in Jackson include a kitchen garden, a low-maintenance fruit demonstration orchard, annual and perennial displays, an All-American Selection display garden, a heat-tolerant conifer display garden, and a *witch hazel* (*Hamamelis*) and *redbud* (*Cercis*) collection. Visitors can also enjoy a rose research garden, courtyard garden, turf wheel, turf variety trials, compost display, plant screen demonstration and a magnolia collection. In addition, the on-site arboretum is an attraction for local children who collect leaves for school projects. More than 50 new species and cultivars of trees have been added to this collection in the last three years.

In 2008, several new projects began, including a "dry bed" consisting of several different genera of xerophytes, such as colorful sedums, succulents, yuccas and hardy agaves. A new acidic peat bog garden near the main office building contains several kinds of carnivorous plants, including pitcher plants (*Sarracenia*), sundews and the infamous Venus

Fly Trap. Finally, in preparation for the Regional American Hemerocallis Daylily Society meeting that will be held in Jackson in 2010, more than 75 new cultivars of daylilies are now part of the garden.



Many of the ornamental annual plant trials conducted at the Jackson gardens mirror the evaluations performed at the Knoxville gardens. Large seed and plug producers enlist UT's expertise in the assessment of the heat tolerance, flower production, plant uniformity, flower and plant size, pest resistance and overall landscape appeal of their products. Climatic and environmental conditions can vary widely between East and West Tennessee, and information collected from both sites provides comprehensive data on which cultivars measure up. Such information is important not only to the commercial sponsors of the research, but essential to the success of commercial growers, landscapers and gardeners as well. This research aids the economic growth of Tennessee's green industry and helps gardening to remain a popular pastime.

In addition to ornamental plants, each year between 80 and 90 cultivars of pumpkins, gourds and winter squash are

grown on two acres at the center. They are evaluated for characteristics such as disease and insect susceptibility, size, yield and storage longevity. The end product of these trials is used to create an original and magnificent display containing more than 5,000 pumpkins, gourds and winter squash. This remarkable display has made national headlines and attracted hundreds of visitors.

Master Gardener volunteers provide welcome assistance in the implementation and maintenance of the spaces. The volunteers also greatly contribute to UT's Summer Celebration Lawn and Garden Show by helping to maintain all parts of the gardens. The Summer Celebration Lawn and Garden Show, held on the second Thursday in July since 1988, attracts visitors from nearly every Southeastern state. In 2008, more than 3,400 gardening enthusiasts had the opportunity to hear more than 20 indoor and outdoor presentations on an amazing variety of horticultural subjects, including annuals, perennials, floral arrangements, trees, shrubs, vegetable production, turfgrass and backyard wildlife. UT experts diagnose plant, insect and garden woes at the event. A large exhibitors tent showcases vendors who sell merchandise and services from local green-industry merchants and crafters. The gardens helps round out the showcase with enough beauty to stun even the most jaded of gardeners – proving there is definitely something for everyone at Summer Celebration.

Visitors are welcome at the UT Gardens in Jackson during daylight hours all year long. The Web site is always evolving, so check it out and let us know what you think.

Make Your New Year's Fitness Resolution Green

by Dr. Sue Hamilton

It's that time of year when many of us pause and contemplate improvements we want to make in our finances or our health and fitness. Getting more physically fit is always at the top of my list, but this year, in addition to heading off to the gym, I'm headed to my garden.

That's right. My garden. My personal outdoor gym. Physical fitness might not be the main reason avid gardeners till, plant and weed, but regular gardening can help keep you fit. Nurturing your body and nurturing flora are complementary. All that bending, stooping, stretching, lifting and carrying can help keep you strong as you maintain your landscape or grow vegetables and herbs for your kitchen.

The health benefits of gardening are impressive. Gardening uses all the major muscle groups – the muscles that do most of the calorie burning – in the human body. Your legs, buttocks, shoulders, stomach, arms, neck and back all get a workout. Gardening also increases flexibility and strengthens joints and even uses resistance principles similar to weight training, while expending calories. Think of your shovel, rake, wheelbarrow and push mower as your exercise equipment. Lifting a gallon sprinkling can full of water in each hand is equal to hefting 8-pound dumbbells. Turning compost is essentially lifting weights. Raking is like using a rowing machine. Pushing the mower is similar to walking on a treadmill. Your walking or running track is the yard and garden. These activities can be an aerobic exercise after just 15 to 20 minutes of movement, and maintaining a good posture throughout can prevent injury.

Studies have shown that gardening can actually lower blood pressure and cholesterol or prevent diabetes, heart disease, depression and osteoporosis when practiced on a regular basis. I also like the fact that gardening provides an adequate and challenging workout, but is not as stressful to the body as other exercise options such as jogging or aerobics. Another great benefit, according to a study from the University of Arkansas, is that people who garden at least once a week have higher bone density than those who swim, jog, walk or do aerobics.

If you're looking to lose a few inches around your waistline, or simply to maintain your weight, gardening is a wise choice. According to the National Gardening Association, 45 minutes of moderate gardening can burn as many calories as 30 minutes of aerobics. And study after study shows that if you enjoy the exercise activity, you'll

probably stick with it. Check out the calories you can burn in 30 minutes with different gardening tasks compared to common exercises. The following chart from the National Gardening Association (2000) gives the calories burned during 30 minutes of the activity for a 180-pound person. Generally, a person who weighs more will burn more calories than the amount shown here. Likewise, a person weighing less burns fewer calories.

Typical calories burned by a 180-pound person in 30 minutes of

•Sleeping	36
•Sitting quietly	40
•Watering lawn or garden	61
•Mowing lawn (riding)	101
•Leisure walking	108
•Brisk walking	115
•Moderate swimming	123
•Trimming shrubs (power)	142
•Raking	162
•Bagging leaves	162
•Planting seedlings	162
•Mowing (push with motor)	182
•Planting trees	182
•Snow thrower (walking)	182
•Trimming shrubs (manual)	182
•Weeding	182
•Clearing land	202
•Digging, spading, tilling	202
•Laying sod	202
•General gardening	202
•Jogging	215
•Chopping wood	243
•Gardening with heavy power tools	243
•Mowing lawn (push mower)	243
•Shoveling snow	243
•Double-digging	344
•Shoveling heavy snow	364

Gardening several times a week will help keep you and your landscape looking great. And anytime I can receive double or triple the benefit from my time and energy, the more likely I am to complete the task. In a recent study by Barbara Ainsworth and associates, exertion values were assigned to human physical activities of all kinds. These values were based on the ratio of the associated metabolic rate for the specific activity divided by the resting metabolic rate. These studies show that an individual expends just as much energy performing some gardening tasks as they

would participating in recommended exercise routines. Weeding, pruning, mowing and even walking around the yard can increase your heart rate and tone up your body. If you still doubt that gardening is a viable exercise, look at these comparisons by the Virginia Cooperative Extension Service. Trimming shrubs is comparable to walking 3 mph. Raking and sacking leaves or grass compares to bicycling at 10 mph, and mowing with a push mower expends almost as much energy as playing softball.



But how much is enough? Researchers now say you can break up the exercise sessions into short bursts (at least eight minutes) of moderate activity throughout the day. Although each short activity has minimal health benefits, as long as those exercise sessions total 30 minutes, you'll profit. For example, if you weed for 10 minutes in the morning, push a mower for 10 minutes in the afternoon, and chop wood for 10 minutes in the evening, you get a health benefit similar to doing 30 consecutive minutes of comparable activities.

In order to maximize the exercise benefits from gardening, focus on the major muscle groups, advises Jeff Restuccio, author of "Fitness the Dynamic Gardening Way."

The Tennessee-based author and martial arts expert recommends exaggerating movements to achieve maximum range of motion and changing gardening stances in order to use different muscles. For example, when raking put your left foot forward, and use your left hand on the lower

handle. Then switch the right foot forward, and switch your hand positions as well. Restuccio offers these suggestions to get the most benefit from gardening exercise:

1. Follow the Aerobic Model as often as possible.
2. Avoid all-day marathon gardening sessions on weekends (space it out).
3. Always bend from the knees and not your back.
4. Alternate your stance and motion as often as possible.
5. Use long-handled tools for raking or hoeing and kneel or sit while using hand tools.

Don't bend from the back as you rake or hoe. If you make just one change, Restuccio recommends this should be it. Bend from the knees and use your legs, shoulders and arms in a rocking motion. Also, alternate your stance from right to left often. Remember, sore muscles aren't proof that you've exercised. More often, stiffness and pain indicate inadequate or improper stretching and warm-up, or overuse of muscles. After gardening you should feel tired, not achy. Take time to stretch, and avoid marathon sessions turning compost or raking leaves. As with any exercise program, beginning gardeners should start slowly and build up endurance. If you haven't been exercising at all, see a doctor before starting.

National Gardening Exercise Day

On June 6 of each year, state garden clubs and thousands of "aerobic gardeners" across America encourage people to substitute the phrase "yard work" with "yard exercise!" Tending your lawn or garden will no longer be a "chore," but a great way to achieve physical fitness. You might think of it as getting fit through gardening. For more information, contact your state garden club chapter or Jeff Restuccio at 901-517-1705.

2008 Best In Show

Prepared by:
 Dr. Susan Hamilton, director
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 horticulture director
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 Jackson UT Gardens
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Best in Show Annual

Ornamental Pepper 'Purple Flash' had striking purple and white foliage variegation. Dark purple fruits that ripened to red added to the display. A PanAmerican selection, it was a gardens visitor favorite. (E, MC, MV)

Best New 2008 Annual Variety

Vinca 'Mediterranean Red XP' from PanAmerican, boasted vigorous, ground-hugging plants that were covered in masses of red blooms. (E,P)

Best Old Annual Variety

Impatiens 'Jambalaya Orange' from Syngenta bloomed profusely all summer. Bright, deep orange blooms were a showstopper in the garden! (MV, P)

Top 10 Annual Performers

Begonia 'Big Red with Green Leaf' from Benary was a beautiful selection with lush foliage. Large blooms were held above the foliage and were self-cleaning. (E, G, MC, P, SP)

Bracteantha 'Strawburst Yellow' from Fischer boasted eye-catching bright yellow blooms. Dense, uniform plants held numerous blooms all summer long.



Ornamental Pepper 'Purple Flash' pg. 7

Calibrachoa 'Million Bells Cherry Pink Improved' from Jackson & Perkins was notable for abundant blooming all season. The vivid

pink blooms were a great attention-getter! (E, MC, P, SP)

Double Impatiens 'Rockapulco Orchid' from Proven Winners had showy flowers on dense plants all season. Fantastic rose-like blooms! (E, MC, P)

Euphorbia 'Diamond Frost' from Proven Winners had loads of soft, airy flowers which covered the plant all season, adding a soft texture to the landscape. Great for containers or in mass plantings. (P)

Geranium 'Mystical Rose' was a profuse bloomer with a deep dusty rose color. From J.P. Bartlett, it was beautiful all season. (SP)



Diascia 'Darla Deep Salmon' pg. 7

Lantana 'Luscious Grape' was an exceptional selection from Proven Winners that was covered with blooms all season long and had a ground cover growth habit. (E, MC, SP)

Petunia 'Supertunia Vista Fuschia' had outstanding color and numerous blooms on strong plants. A vigorous selection from Proven Winners. (E, MC, SP)

Salvia 'Fahrenheit Violet' from Grimes Seed had showy blooms on dense plants all season. Fantastic bright violet flowers really stood out against dark stems!

Verbena 'Lanai Bright Pink' was a lush ground cover plant which provided non-stop vivid blooms all season. From Fischer, it is great as a border/edging plant in the garden. (E, MC, MV, P)

Top Cool-Season Annual Performers

Diascia 'Darla Light Pink' from Fischer performed well as a cool-season annual. Plants were covered with delicate pink blooms. (E,SP)

Diascia 'Darla Deep Salmon' from Fischer performed well as a cool-season annual. Plants

were covered with delicate blooms in late summer and fall. (SP)

Osteospermum 'Asti White,' an AAS Winner, had a long season of striking blooms. The white flowers with vivid blue centers were a showstopper in the gardens. (E, MC, P, SP)

Osteospermum 'Tradewinds Deep Purple,' a Fischer selection, bloomed prolifically all season. The unusual bloom color was beautiful and eye-catching. (E, SP)

Top Perennials

Aster oblongifolia 'Rachel Jackson' – Aromatic Aster. A special selection from the garden of Rachel Jackson at the Hermitage in Nashville. This aster is the last one to bloom when in late fall, the compact, densely-branched plants are covered by myriad small lavender daisy flowers. It continues to provide an astonishingly colorful display even after autumn's first light frosts. Grows best in full sun and partial shade and grows to 2½ feet tall and just as wide. (SP)

Brunnera 'Jack Frost' – Heartleaf *Brunnera*. One of the most outstanding foliage perennials ever. The leaves are a frosted silver color with light green veins that break up the silvery overlay. They look like cracked porcelain and shimmer in the sunlight and brighten any shady area. Blue forget-me-not flowers are an added bonus in the spring. Grows to 15 inches tall and just as wide. Prefers full shade to light shade. (E, MC, O, P, SP, WR)

Buddleia marrubifolia – Woolly Butterfly Bush. Winter-hardy to 15 degrees, the Woolly Butterfly Bush is a full-sun, drought-resistant plant with orange flower heads. Butterflies are attracted by the smell of its flowers. Grows to 5 feet tall and just as wide. (P)

Coreopsis grandiflora 'Presto' – Presto *Coreopsis*. Compact growth and spectacular flower power in this new, choice selection. Large, bright yellow, mostly double, daisy flowers keep coming all summer on rounded plants little more than 6 inches high and 8 inches across. Ideal in containers and at the front of sunny borders. A 2007 award winner in Europe. (MC)

Dianthus x 'Spangled Star' – Spangled Star Cheddar Pinks. A selection of the Border Pinks or Cheddar Pinks, a group of *Dianthus* that are a favorite for planting in rock gardens or using as a border edging. This British selection forms a mound of grassy blue-green foliage, with an early summer display of fragrant single flowers, deep red with pale pink to white blotches and a narrow picotee margin. Makes a nice evergreen

ground cover. Shear plants back lightly after blooming to maintain a tight, compact habit. Plants require good drainage and are an excellent choice for hot, dry sites or gravelly soils. Grows best in full sun. Grows just 6 feet tall with an 18-inch spread. (E, MC, O, P)

Osteospermum 'Asti White' pg. 7



Euphorbia characias 'Shorty' – Shorty Spurge. A great drought-tolerant perennial growing to just 2 feet tall and 2 feet wide. The narrow blue recurved-edge leaves take on a purple hue in the winter months and are topped with short stalks of yellow flowers in March/April. Good drainage is the key for all *E. characias* forms and hybrids; don't forget to cut them back severely after flowering. (WR)

Iris pallida 'Albo-Variegata,' 'Aurea-Variegata' – Variegated Sweet Iris. This old-fashioned perennial is renowned for the fragrance rather than the form of its blooms, which are said to smell like grape soda. The lavender-blue flowers are bearded and complement the foliage nicely, but it is the foliage variegation that makes this plant so lovely. Needs well-drained soil in sun to light shade. Grows 2 to 2½ feet tall. The foliage keeps its lovely striping for nine months every year, adding fascinating color to the sunny garden. (BC, MC, P, WR)

Muehlenbergia capillaris – Muhly Grass. A fantastic ornamental grass that bursts with feathery pink plumes from late summer into fall. Most showy when massed together. Grows to 24 inches tall. Does best in full sun to partial shade. (BC, E, MC, O, P, S, SP, WR)

Sedum 'Black Jack' – Black Jack Stonecrop. This new and distinct plant cultivar of Stonecrop has large dark mahogany leaves with stiff, upright stems and long-lasting, wine-colored flowers; valuable for landscaping, or as a potted plant or cut flower. Unlike other purple sedums, which have a sprawling habit, this one displays thick, broad leaves on strong, stout, upright stems. It is a sport of 'Matrona' with the same habit and more brilliantly colored pink flowers. The flower heads can measure a massive 8 inches across! (E, O, P, SP, WR)

Stipa tenuissima – Mexican Feather Grass. No other grass exhibits quite the refinement of texture as this species. Its bright green foliage resembles delicate filaments that arise in elegant, vase-like clumps and spill outward like a soft fountain. All summer it bears a profusion of feathery panicles, which mature from foamy-green to blonde. A real drought-tolerant grass that thrives in full sun and well-drained soil. Great for use in containers or in mass in the garden. Grows to 2½ feet tall and just as wide. (MC, P)

Top Herbs

Allium 'Ambassador' – Giant Onion. This new hybrid has dramatic, large round blooms atop thick stems reaching up to 4 to 5 feet in height. Plant bulbs in the fall for a beautiful show in mid-summer. As with other alliums, it has edible and medicinal uses.



Double Impatiens 'Rockapulco Orchid' pg. 7

Arctium lappa – Burdock. Although many parts of this plant are tasty and it is also used medicinally, it could succeed on its ornamental qualities alone. Bold, beautifully textured leaves make quite an impression on garden visitors. The purple blooms rise 3 to 4 feet above the large basal leaves.

Cerinth minor 'Bouquet Gold' – Honeywort. Nodding stems are graced with charming yellow flowers on this compact, mounding plant. Foliage is green with attractive white spots. Grown centuries ago for the pleasure of sipping the honey from the flowers. (P)

Galega officinalis – Goat's Rue, French Lilac. This tough perennial's nature is at odds with its delicate appearance. A member of the Pea family, it has pale pink blooms and small compound leaves. It contains compounds used to treat diabetes by lowering blood sugar and has uses within the cosmetic industry.

Leycesteria formosa 'Golden Lanterns' – Golden Partridgeberry, Himalayan Honeysuckle. Crimson-burgundy flowers and berries really

stand out against the attractive yellow foliage of this deciduous shrub. Hollow stems have been used to make whistles and flutes.

Ocimum basilicum 'Boxwood' – Basil. A compact, small-leaved basil which looks like boxwood and is more uniform than other dwarf basil. Very bushy and productive, it is great for pesto and other culinary uses, as well as ornamental uses. Measures 12 to 16 inches tall. (P, SP)

Penstemon barbatus 'Iron Maiden' – Scarlet Bugler Penstemon. This hardy perennial puts on a show with slender spikes of bright scarlet blooms. Can reach heights of up to 4 feet. It makes an excellent cut flower and was used medicinally by certain Native American tribes.

Petroselinum crispum crispum 'Afrodite' – Afrodite Parsley. An ultra-curly parsley with deep green color. Leaves are so finely curled they look like lush moss! Excellent for edging paths and great for pots. Has a tight and compact habit but really large foliage.

Solanum torvum 'Thai Green Pea' – Wild Eggplant. This tall (to 6 feet or more) plant makes a splash in the garden with its bold texture. Tiny round fruits are a favorite in Asian cuisine and the plant has been used medicinally as well.

Tagetes tenuifolia 'Orange Gem' – Citrus Marigold. This highly fragrant annual herb is loaded with small but vibrant orange blooms all season long. (P, SP)

Top Vines

Basella rubra – Malabar Spinach. This extremely vigorous annual vine sports attractive dark red stems against large, deep green leaves. This beautiful climber looks wonderful on a trellis or arbor and does best in full sun. As if that weren't enough, it lives up to its common name by being edible. (E, MC, P)

Jasminum officinalis 'Frojas' – Fiona Sunrise Jasmine is a great new introduction. It has bright golden-yellow foliage all summer, becoming a stronger gold as the plant becomes mature. It flowers from May to September, producing white flowers with a heavenly scent. Even after defoliating, its bright gold stems and branches have great winter interest. (P, SP)

Mina lobata – Firecracker Vine. It's hard to believe such an exotic looking vine is so easy to grow each year from seed. Intriguing blooms have a combination of red, orange, yellow and cream all on the same spike. This climber loves full sun. (E, P)

Polygonum aubertii 'Lemon Lace' (synonym *Fallopia aubertii*) – Lemon Lace Vine. This golden-leaved sport of the popular Silver Lace Vine boasts bright red stems and fragrant, foamy-white flowers. Grow this vigorous climber in full sun. (E, MC, P, SP)

Senecio confusus – Mexican Flame Vine. This annual vine in the *Asteraceae* family is a vigorous grower, producing loads of bright orange daisy-type flowers all season. The 2-inch flowers stand out against the almost velvety dark green foliage. (P)



Dahlia 'Ferncliff Illusion' pg. 9

Top Tropicals

Canna x generalis 'Tropicanna Black' – Tropicanna Black Canna. A striking selection for its bright orange flowers that grace its dark burgundy, almost black foliage. Large, broad leaves make a statement in the landscape. (P)

Dahlia 'Ferncliff Illusion' – Dinnerplate Dahlia. Late summer through fall this dahlia was simply loaded with enormous (8 to 10 inch) blooms of white with lavender blush edges. Larger than regular dahlias, this plant is definitely an attention-getter in the garden. (E)

Ensete superbum – Thai Hardy Banana Plant. The Thai banana is striking for its pronounced erect form. Its bright green leaves are large and sturdy, reaching 8 feet long with a width of nearly 2 feet. It is hardy to a temperature of 30 F. (E)

Musa acuminata 'Siam Ruby' – Siam Ruby Banana. Extremely rare red banana from the wilds of New Guinea. Makes a statement in any landscape with its bright red and chartreuse variegated foliage. Grows to 8 feet tall. Not believed to be cold hardy. Very fast growing. Leaves are the main attraction. (P)

Musella lasiocarpa – Chinese Dwarf Banana, Golden Lotus Banana. A great, winter-hardy shrub banana species. Valued for its showy golden flowers that can last months. The large, lotus-like flowers appear beneath leathery, tropical gray-green leaves throughout the summer. Not your typical banana! Winter-hardy to zone 6 with good winter protection such as pine needles. Makes an impressive container plant. (MC)

Top Roses

Rosa 'Rainbow' – Rainbow Knockout Rose. A great addition to the Knockout series. A disease-resistant shrub rose that flowers non-stop all season with pink flowers with a yellow center fading to almost white. Grows to 3 feet and just as wide. Thrives in full sun to part shade. (MC, P, SP)

Rosa rugosa 'Hansa' – Hansa Rugosa Shrub Rose. All the good, rugged features of the *Rugosa* family are combined with big shapely buds and bright purple fragrant flowers that bloom throughout the season. Large, striking red hips in fall. Grows up to 5 feet tall and just as wide. One of the great no-spray selections from Dr. Mark Windham's rose disease research at UT.

Rosa x 'Madame Alfred Carriere' – Climbing Tea-noisette Rose. Thanks to UT Gardens volunteer and Master Gardener Ione Smith, this antique climbing rose is in the gardens' rose collection. Introduced in 1879, the flowers are intensely fragrant, cupped and double-opening the palest of pinks, then cooling to creamy white. Vigorous to about 20 feet and easy to work with, Madame Alfred will create a vertical focal point in any garden. Its nearly thornless canes make it a very easy rose to train. Flowers early.

Rosa x 'Nearly Wild' – Nearly Wild Floribunda Rose. Blooms non-stop all summer with fragrant single pink, white-eyed flowers. Grows to 3 feet tall and 5 feet wide and is self-cleaning. Another of the 'no-spray' selections from Dr. Mark Windham's rose disease research at UT. (E, P)

Rosa x 'Phyllis Bide' – Climbing Polyantha Rose. Phyllis Bide is a hardy climbing polyantha rose that produces clusters of rosette-shaped, double yellow flowers, flushed pink,

with many lax shoots and shiny, mid-green leaves. Lightly scented. Ideal for training on small structures. Everblooming. Another contribution to our gardens rose collection by Master Gardener Ione Smith.

Top Trees and Shrubs

Abelia x grandiflora 'Kaleidoscope,' 'Canyon Creek' – Flowering Abelia. Canyon Creek and Kaleidoscope are two great new selections valued for their colorful variegated foliage. Both thrive in full sun and grow to about 3 feet tall. (E, OE, P, WR)



Diascia 'Darla Light Pink' pg. 7

Acer palmatum var. *dissectum* 'Watnong' – Watnong Laceleaf Maple. A fast growing laceleaf maple. New growth comes out slightly red before turning a spectacular pink and then fading to green as the foliage begins to harden off. The pink new growth tips last well into the summer. Plant stops growing to rest during the heat of summer. Fall color is a great mix of yellow, orange and sometimes red. A nice low-growing selection (about 3 feet tall and 6 feet wide). Does best in a partial-shade location with moist but good drainage. (OE)

Caryopteris 'Sunshine Blue' – 'Sunshine Blue' Blue Mist Shrub, Bluebeard. Sunshine Blue is hands down the best yellow-leaved form of Blue Mist Shrub available. It holds its color through the summer. It is also the most hardy and reliable *Caryopteris* on the market. (E, MC, SP)

Cercidiphyllum japonicum 'Pendula' – Weeping Katsura Tree. This is a magnificent cultivar of the species that grows into a beautiful weeping form. New leaves emerge a rich reddish-purple and change over to a bluish-green, fall color of yellow or apricot; leaves are similar to redbud but smaller and give a wonderful effect when shimmering in the breeze. Can grow to 15 to 20 feet tall and 12 to 15 feet wide. The striking specimen in the UT Gardens is 20 years old and one of the most beautiful trees in the gardens for its striking, weeping form. (OE, P)

Cercis canadensis 'Hearts of Gold' – First known redbud with yellow foliage. With a mature height of only about 15 feet and an 18-foot spread, Hearts of Gold would make an excellent feature in any lawn. Hearts of Gold should bloom its first year and appears to be a faster grower than other cultivars of *Cercis*, growing 10 feet in its first five years. (BC)



Bracteantha 'Strawburst Yellow' pg.7

Corylus avellana 'Red Majestic' – Red Corkscrew Hazel. This is the latest contorted hazel that combines the charm of the twisted hazel with beautiful red foliage. Has upright habit growing to 5 feet tall with intricately contorted branches that are most showy in the winter. It also produces purple catkins in late winter that accompany the rich purple foliage beautifully. Deciduous variety which grows best in a moist, well-drained soil in full sun to partial shade.

Cryptomeria japonica 'Mushroom' – Mushroom Japanese Cedar. Dwarf, round form growing to 3 feet tall. Soft green in spring and summer, the finely textured foliage of this mounding, mop-like Japanese cedar turns a dramatic russet in winter. Its thin, evenly spaced needles on delicate branches create an open, airy look that requires little to no pruning to maintain. Full sun to part shade. (P)

Cryptomeria japonica 'Sekkan Suji.' Grows to approximately 12 feet tall and 4 feet wide in 10 years. Narrow, upright evergreen with striking yellow new growth and nice pyramidal form. Resistant to sunburn. (BC, P)

Cupressus glabra 'Raywood's Weeping' – Raywood's Weeping Arizona Cypress. Has a soft gray-blue foliage with a weeping habit. (P)

Gardenia jasminoides 'Daisy' – Daisy Hardy Gardenia, Cape Jasmine. Small, fragrant single blooms of 2 to 3 inches with pale yellow center. Evergreen shrub growing to 2 feet tall and 3 feet wide. Blooms sporadically from spring to late summer. Performs best in sun to partial shade and moist but well-drained soil. One of the more winter-hardy selections on the market. (P, WR)

Hydrangea serrata 'Beni Gaku' – Mountain Lacecap Hydrangea. Features attractive, tricolor, lacecap flowers on a compact, deciduous plant. Flowers emerge white, then darken to pink with deep red edges. The small fertile florets are a dark purple, opening to light blue. As the season progresses, all three colors are present at the same time. Prefers a moist, well-drained soil rich in organic matter. Does best in part shade to shade. (BC)

Hypericum patulum 'Hidcote' – Hidcote St. Johnswort. This selection can grow to 6 feet tall and 6 feet wide, making it one of the larger varieties of St. Johnswort. Easily kept more compact and in the 3-by-4-foot range if pruned late each winter to remove all old wood. Large yellow flowers bloom from throughout the summer months through October. Prefers full sun to partial shade and well-drained soil. (E, P, SP)

Juniperus chinensis 'Holbert' – Holbert Juniper. Grows to a height of 2 to 4 feet with a spread of 6 to 12 feet. Full sun, low water needs (xeric). Silvery-blue foliage on a low-growing, widely spreading form. Retains its attractiveness through the winter. Mostly scale-type foliage. A beautiful and underused spreader. (P)

Lagerstroemia indica 'Prostrata Rosey Carpet' – Rosey Carpet Prostrate Crepe Myrtle. This ground cover crepe myrtle grows just 6 feet tall with a 3-foot spread. Flowers nonstop throughout the growing season with bright pink flowers. Great in containers or as a ground cover. (OE, P)

Magnolia stellata 'Royal Star' – Royal Star Magnolia is a popular magnolia cultivar producing scads of large, mildly fragrant, snowy-white double flowers from mid-March through April before its leaves emerge. It prefers full sun but will tolerate a partially shady location. Grows to 12 feet tall. (P, WR)

Physocarpus opulifolius 'Diablo,' 'Coppertina' – Ninebark. These great selections are valued for their deep burgundy to bronze foliage. Spring flowering with soft white blooms. Prune each spring to keep rejuvenated and looking great. Can grow to 10 feet if not pruned. (E, P)

Pinus densiflora 'Aurea' – Japanese Red Pine. This yellow Japanese Red Pine variety lives up to its name. The long graceful needles turn bright golden in winter, and remain pale gold through the summer. Even the cones are gold. Prefers full sun and well-drained soil. Has upright growth habit. Can grow quite tall if not pruned. (P)

Pinus mugo – Corley's Mat Mugo Pine. A low-growing form with a flat-topped appearance, with thick shoots. Bright mid-green foliage. Grows to 1 foot high and 3 feet wide in 10 years. Thrives in full sun and a well-drained soil. Great for rock gardens. (OE)

Pinus strobus 'Blue Shag' – Dwarf Blue Shag White Pine. Soft blue foliage and a round compact habit growing just 2 feet tall and 4 feet wide. Full sun to part shade. (OE)

Platyclusus orientalis 'Van Hoey Smith' – Van Hoey Smith Oriental Arborvitae. Nice, neat vertical sprays of foliage are bright gold flecked with green and a touch of silver/white. Very pyramidal/cone-shaped growth habit. Likes full sun to achieve the best color, but will tolerate some shade. Truly a must-have for the collector, or for anyone who wants something that is way out of the ordinary. Excellent as an accent planting, or when planted in groups of two or three.

Local Availability Key

The following Business Friends of the Gardens have indicated that they will stock the plants listed in this report. Please call to check on whether plants are available before you visit and thank them for supporting the UT Gardens.

(BC) Beaver Creek Nursery, 7526 Pel-leaux Road, Knoxville, 865-922-3961

(E) Ellenburg Landscaping & Nursery, 722 Vanosdale Road, Knoxville, 865-769-5677

(MC) Mouse Creek Perennial Farm, 276 County Road 67, Riceville, 423-462-2666

(MV) Meadow View Garden Center, 9885 Hwy. 11E, Lenoir City, 865-986-7229

(O) Oakes Daylilies, 8153 Monday Road, Corryton, 865-687-3770

(OE) Out of Eden Garden Center, 2928 Hwy. 411S, Maryville, 865-984-8500

(P) Pope's Garden Center, 3308 Old Knoxville Hwy., Maryville, 865-982-9217

(S) Sunlight Gardens, 174 Golden Lane, Andersonville, 865-494-8237

(SP) Sweet Pea, 116 Carr Street, Knoxville, 865-584-9000

(WR) Willow Ridge Garden Center, 97 Oak Ridge Turnpike, Oak Ridge, 865-481-3825

Web Site Update

By Beth Willis

Have you checked out the UT Gardens Web site at utgardens.tennessee.edu? Thanks to the help of longtime garden volunteer Harriette Spiegel, it's a great source of up-to-date information about recent news and upcoming events, great plants for our region, annual plant trial results, our volunteer program, planning a visit to the gardens and much more.



We recently added the 2008 Annual Trial results and pictures to the site, and in 2009 you'll be able to access trial ratings and pictures "live" as the summer progresses. Our next major project involves updating our image galleries of different garden areas to reflect the many changes that have taken place in the gardens over the last few years. We will also add a page that will be updated weekly to show what is going on in the gardens now – what's in bloom, what events are taking place, and what looks

great. The "Contact Us" page will also be made more functional so that you can easily submit comments, suggestions and questions to us while online.

Several other features already have been added for your convenience. For example, click on "Support the UT Gardens" for ways you can support the UT Gardens and help them grow. From there, you can visit our membership page to begin or renew your membership at the level you choose. You can also sign up to receive our new monthly e-newsletter by visiting our home page and clicking the e-newsletter icon located on the right.

If you haven't visited utgardens.tennessee.edu recently, browse on over soon. We hope you will find it a valuable resource!

Alumni Update

Emily Smith has been employed at Nebraska's Lauritzen Gardens since her 2004 graduation from the University of Tennessee. She was recently promoted to director of education from her previous position as a garden educator.



A garden enthusiast and self-proclaimed kid forever, Emily focuses her work at Lauritzen Gardens on exposing children to the wonders of the natural world. She believes gardens provide a perfect environment for children to develop an appreciation and interest in the world around them. At Lauritzen, children begin at age three to participate in programs, tours, family workshops and summer camps. "Miss Emily," as she is affectionately referred to by students and their parents, enjoys teaching children that a garden is filled with more than just plants. With more than 100 acres to explore, everyone has fun learning and laughing through her energetic and creative hands-on teaching methods.

Emily credits her time and training at the UT Gardens for allowing her to be the very best teacher she can be. The days she spent there taught her that learning and laughter grow together!



Volunteer Program Report

By Beth Willis

Forty enthusiastic people - a great mix of established and new volunteers - crowded into our meeting room in February to hear what the UT Gardens have

in store for them this year. Some of the exciting volunteer opportunities that we discussed were:

- Training to become a Certified Garden Guide.
- Adopting and maintaining areas of the gardens.
- Helping to photograph the gardens throughout the year for our Web site.
- Helping to plan and execute special events such as plant sales throughout the year.
- Participating in our monthly informal, educational 'Lunch and Learn' sessions.
- Participating in Work with Garden Staff sessions (will continue on Tuesday mornings and Thursday afternoons).

Following the meeting, everyone toured our new greenhouse space and got a first-hand look at the area we will be working in this spring and summer. We're excited to be moving into this state-of-the-art facility and can't wait to see it bustling with volunteers.

If you weren't one of those 40 volunteers - it's never too late to join the fun! Our fantastic volunteers logged more than 1,600 service hours last year, but with your help we can blow that record away this year! Whether you're a complete novice at gardening, a registered Master Gardener or anywhere between, there are opportunities for you to get actively involved in the UT Gardens as a volunteer.

If you are interested in becoming a volunteer, please contact Volunteer Coordinators Beth Willis (ewillis2@utk.edu or 865-974-2712) or Cindy Williams (orchidsandonions@aol.com or 865-938-1895) to arrange an orientation and to discuss ways that you can get involved with the UT Gardens this year.



Public Horticulture News

By Andrew Pulte

Public horticulture students in the Department of Plant Sciences continue to make an impact in their field. Many of our students are currently gearing

up to spend their summer gaining hands-on experience through internship programs. Some students will travel to other states, while others will be working closer to home. Like years past, several students will work this summer at the UT Gardens. The gardens continue to offer a venue for learning like no other in East Tennessee. Those who choose to support the gardens make a direct impact on the education of these students.

We are also very proud of a group of students from our department who created and displayed a living wall at the Southeastern Flower Show in Atlanta in late January. Their display, "Vertical and Verdant: Living Wall," showcased ways to go vertical with gardening and reduce environmental impact.

Vertical gardening also helps those with limited space to garden more efficiently. For their efforts, our students received the Atlanta Botanical Garden Blue Ribbon Certificate of Excellence. Way to go!



Corona Tools to sponsor UT Gardens

One of the biggest pieces of news around the gardens is a new garden sponsorship with Corona Tools. Corona is a leader in the marketing and manufacturing of professional and consumer tools for the lawn and garden, landscape, irrigation, construction and agriculture markets. With a retail and distribution network that extends throughout the United States and Canada, Corona's proven designs, quality manufacturing processes and unparalleled customer service make it a great fit for our work in the UT Gardens. Corona is now the "Official Garden Tool" of the UT Gardens and will generously support them by providing pruners and other vital gardening tools.

In the Garden

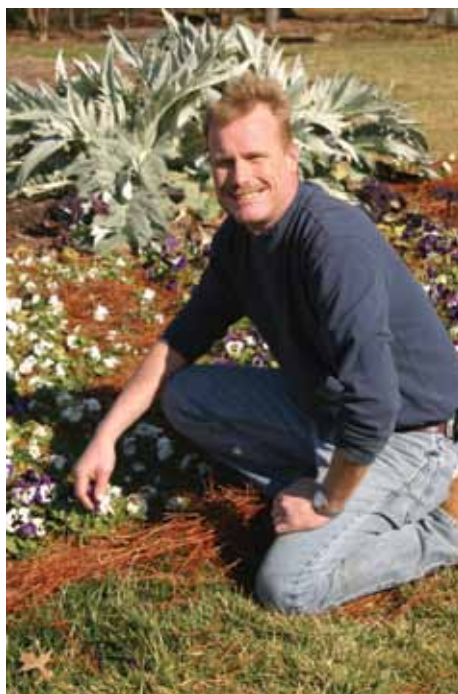
By James Newburn

What a beautiful spring we are having (even with the few cold snaps) and what fun it is to see the UT Gardens come to life! As the gardening season takes off in earnest, we really rely on and appreciate the work of our volunteers. They have put forth an incredible effort, helping us rid the gardens of winter weeds, deadheading perennials, cutting back ornamental grasses and spring-pruning our roses.

We have continued to develop our tree and shrub collection toward Third Creek with additions we planted during the winter. On your next visit, take time to stroll down that way and see the new choice conifers, deciduous trees and shrubs. We have made new beds and mulched them with composted leaves from the leaf collection on campus – just one way we are reducing our expenditures while maximizing a great resource of compost material. The new beds will also minimize turf areas in that part of the garden, and in turn, reduce our mowing time and maintenance costs associated with turf care.

As the weather continues to warm in April, it is so pleasant to be outside and enjoy the spring-blooming trees and shrubs. We have prepared our annual planting beds by adding a layer of compost for building the soil. Well-rooted manure, processed manure, mushroom compost and peat moss are also good additives that you can use in your garden beds. We usually wait until after April 15 to plant our annuals, as this is our average last frost date. This is the time when we really get to have fun by laying out our color display beds. We typically take a flower or piece of foliage from our trial plants and use them as examples as we mix and match to see what plants work well together before laying out our displays. This method saves a lot of time in the

design process. Remember to look at a plant's form, foliage and flower color, and texture when creating exciting and pleasing displays.



On your next visit, you will also notice the renovation of our some of our turf areas. In keeping with the UT Gardens' mission of serving as a living laboratory for university teaching programs, we are pleased that Dr. Tom Samples, a UT turfgrass Extension specialist, utilized the gardens for one of his turf courses. You may have noticed areas of turf marked off with flags over the spring. His students gained real world experience by analyzing soil fertility and soil structure, traffic patterns and needs, then coming up with turfgrass area protocols for the gardens. These protocols include times for aerating, dethatching, overseeding damaged areas, seeding, fertilization and weed management regimens. These regimens will be implemented throughout the year as turf renovation and turf introductions continue. It is always a win-win situation when we can combine classroom experience and garden needs.

Although new plantings and turf can be very noticeable in a positive way, spring weeds can proliferate and quickly detract from the gardens' appearance. We catch them now, while they are tender and easily removed. It is also the time – before the understory becomes too dense – to catch those pesky invasive exotics that birds have scattered since last fall. If you keep an eye out now, you can remove the honeysuckle, privet, English ivy and brambles (like blackberry vines) before they become part of the background greenery.

In keeping with our efforts to minimize herbicide use and use "green" maintenance practices, we continue to employ a variety of methods for weed removal. Simply pulling these woody-type plants when they are young and tender will eliminate most of them. Using a wonderful tool called a scuffle or stirrup hoe works well with annual herbaceous weeds around vegetables, herbs and annuals. We also use horticulture vinegar and other botanical herbicides for spot removal. And, for removing weeds between bricks and pavers on the hardscape of our patios and sidewalks, nothing beats the propane weed torch that simply burns the weeds away (our students love this "chore").

As we move further into the growing season and the UT Gardens become alive once again with the color and wonder of spring, be sure and visit often. At this time of year there truly is something new to see each week. Bring a pad and pencil and write down the name, bloom time and environmental location of those special plants that catch your eye. Bring your lunch and enjoy the setting of nature redressing after a winter's nap. Bring a friend and leisurely stroll through the gardens and soak up the sun. Or better yet, make new friends with other garden-lovers you meet on site. You can rejuvenate your soul and discover (or rediscover) your passion for the UT Gardens. I look forward to seeing you there.

Beall Family Rose Garden to bring additional beauty to UT Gardens

Sam and Mary Anne Beall have contributed a substantial gift to the UT Gardens for the creation of the Beall Family Rose Garden. An accompanying endowment will assure maintenance and upkeep of the Beall Family Rose Garden in perpetuity. Students, faculty, staff, and the greater Knoxville community will all benefit from the Bealls' kind generosity.

In addition to a beautiful array and variety of roses, the garden will include a water feature and gazebo. Construction has already begun to establish the initial groundwork for the gazebo installation. The anticipated completion date is late June, with an official dedication ceremony to follow in September when roses are expected to be in peak form.

Sam and Mary Anne are both UT alumni who are known throughout the community for their kindness and generosity. They share a passion for roses and hope this gift will inspire both students and gardeners in the Knoxville community.



Book Review

By Joan Worley, Blount County Master Gardener

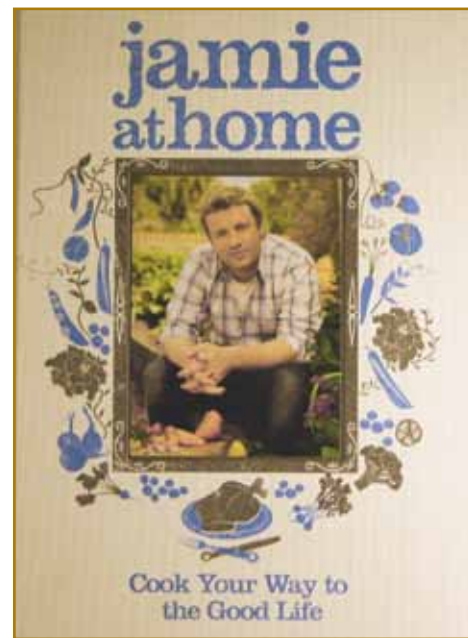
Jamie Oliver always opens his Food Network program, "Jamie at Home" in his garden in Essex, England, with his hands full of carrots, fennel, chard or whatever, with the soil still clinging to the vegetables. His book of the same title (Hyperion, 2007) follows the same format, with profuse, gorgeous illustrations – that is, each section begins with a bit on the vegetable in the raw, and there is how-to-grow as well as how-to-cook. For those of us starting latter-day Victory Gardens, it's an easy and attractive guide to growing what we eat.

Organized by the seasons, the book is 407 pages long, including the index and an appended "useful stuff," which includes Jamie's favorite seed and plant varieties, where to buy them and "other good addresses and Web sites." He is writing in England for an English climate, remember, so there may be some translation required (ratcheting down for Tennessee heat and humidity, for starters). Like all the sections, the first, Spring, starts in the garden with asparagus, with two pages of general garden information on asparagus, one of growing tips, and three or four recipes, each with a scrumptious photograph. Spring also includes mini-sections on eggs (Jamie has his own hens), with a page on five kinds of eggs and two pages on factory farming, recipes and scrumptious photographs; lamb – yes, he begins with a lamb in the field – and rhubarb follow the same pattern. The summer section has many more vegetables and recipes than the other sections, of course. There are recipes for fish and game in Autumn, too, but not very many. The emphasis is on garden vegetables.

There are illustrations galore, fresh herbs in every recipe, and although the text is Jamie's own brand of English ("Just whack in the flour, butter, sugar, and ginger..."), the recipes are in cups, sprigs and handfuls – not kilos and grams – and easy to follow. They're not too fancy, just tasty, down-home things with a flair – Sweet Cherry Tomato Sausage Bake sounds good to me, and Indian Carrot Salad. Anyone for Rhubarb and Sticky Ginger Crumble?

Jamie Oliver has written eight other cookery books and hosted several television cooking shows over the past 10 or 12 years. The first cooking show was from a bachelor's pad with an herb garden in the window, and now he's married and the father of three little girls, with a serious garden. And a gardener named Brian.

At this writing, "Jamie at Home" is shown at 7:30 a.m. on Saturdays. The Knox County Public Library has the book, and it is available at area and online bookstores, too.



New and Renewing Donors

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You may join Friends of the Gardens or contribute online at utgardens.tennessee.edu/membership.html.

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