

## July 2024 Newsletter

Happy Summer!

If we let it, summer can be both familiar and filled with discovery. This season has a way of resurfacing our younger selves while also prompting us to explore, look ahead, and dare to dream. Those things don't always come naturally, but summer is like a twinkle-eyed guide, inviting us to take the leap ...

Enjoy the summer in your garden!

### ***FLOWER OF THE MONTH:***

The July birth flower is the Water Lily. It symbolizes purity, joy, and innocence while helping to strengthen aquatic and tropical ecosystems. The white Larkspur is also a July birth flower representing love and happiness. Additionally, rubies are the traditional birthstone for those born in July.

### **What are the symbolism and meaning of the July birth flower?**

The water lily is the July birth flower, symbolizing purity, joy, and innocence. The white Larkspur also symbolizes love and happiness. Rubies are the traditional birthstone for those born in July, signifying protection and abundance. Water lilies represent rebirth and enlightenment as they bloom each day before sinking below the water's surface. This makes them a great representation of new beginnings, a reminder to keep growing despite setbacks or difficulties. Additionally, rubies provide a sense of protection while also representing abundance. Both flowers can bring forth feelings of comfort in difficult times!

## What are the color varieties of the July birth flower?

The water lily, is usually white. The Larkspur can come in various colors, such as blue, purple, and pink. Rubies are the birth month flowers, traditionally red but can also come in shades of pink to purple.

## NO MEETING UNTIL SEPTEMBER:

Date: Next meet is September 11

Time: 9:30 AM - Set-up

10:00 AM - Business Meeting

10:30 AM - 11:00AM - Social time and snacks

11:00 AM - Program - TBD

12:30 PM - Clean-up

Location: Our Savior Lutheran Church  
745 Front Street South  
Issaquah, WA

Snack Committee:

Hostess: TBD

Committee: TBD

### ***TIME TO PAY DUES:***

It's that time of year again when we need to pay dues for the next garden club year.

Amount: \$25.00 with or without a contribution to the club in lieu of having a plant sale / fund raiser this spring. Write checks payable to the Issaquah Garden Club.

Send to: Sandra Roberts  
4623 194th Ave SE  
Issaquah, WA 98027-4357

Keep in mind that in September we'll be making a new membership list and this is what I use to send the newsletter. No Dues = No Newsletter ...

## ***SAD NEWS:***

Our own Jean Pass' husband passed away last week after a long illness.

A memorial will be held at Our Savior Lutheran Church:

Date: July 12, 2024

Time: 2:00PM

Location: 745 Front Street South, Issaquah

Condolence cards can be sent to Jean at:

22005 SE 21st Place, Sammamish, WA 98075

And, for all of you that know Lana Finegold but didn't see the message ...

It is with heartfelt sadness I share the news of the sudden and unexpected passing on Tuesday, June 25, 2024 of Al and Lana Finegold's 54 year old son-in-law West Cooke, husband of their youngest daughter.

Condolence cards can be sent to Lana and Al at:

1414 179th Ave. NE, Bellevue, WA 98008.

## **SAVE THE DATES:**

**September 30, 2024** - General Membership Meeting at St. Andrews Lutheran Church in Bellevue. Cost is \$10.00 for two speakers and lunch. Registration begins at 9:30AM. You need to reserve a space in advance. ***Lunch will be provided by the Issaquah Garden Club.*** More details will be forthcoming in subsequent newsletters.

**October 18, 2024** - Work Day at Bellevue Botanical Gardens. Remember that in order to volunteer you need to have completed the required paperwork and the background check!

**July 18 - 20, 2025** (Friday, Saturday & Sunday) - Flower Show at Bellevue Botanical Garden

## EDUCATIONAL CORNER

# 15 Low-Growing Perennials for a Beautiful Border Garden Year After Year

These plants provide great ground cover and don't need to be replanted every year.

Low-growing perennials have many benefits. Like most [ground covers](#), they hold dirt in place, [choke out weeds](#), and slow down erosion. But as perennials, they last all year, adding either blooms or visual interest through their hues or uniquely [textured leaves](#). And because they are low-growing, they are easy to maintain and keep in check. To help you determine what low-growing perennials are right for your garden, we spoke to experts who shared their top picks.

## Meet the Expert

Lara Hermanson co-owns [Farmscape](#), which designs, installs, and maintains crop and native plant gardens in California.

Eleanor Gould is the director of estate gardening at [The Inn at Little Washington](#), a three-star Michelin Restaurant and Double five Star inn in the Virginia countryside.

**RELATED:** [10 Fast-Growing Ground Cover Plants That Give Your Yard Quick, Beautiful Results](#)

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## Everbearing Strawberries

Everbearing strawberries (*Fragaria* × *ananassa* 'Quinault') are an excellent low-growing perennial. “We use both the edible variety and the California native, *Fragaria Chiloensis*,” says Lara Hermanson, principal, and co-owner at Farmscape. This latter species is best in zones 7 to 10 and grows only a few inches high. Most [varieties of strawberry](#), in general, also spread quickly, becoming a thick green carpet in areas you don't want covered in weeds.

Zones: 3 to 10

Size: 8 to 10 inches tall x 12 to 18 inches wide

Care requirements: Full sun; moist, well-drained soil

**RELATED:** [9 Fast-Growing Berries That Will Bear Fruit in No Time](#)

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## Red Salvia

Though technically a perennial, red salvia (*Salvia splendens*) is grown as an annual plant in temperate zones. “It [provides habitat for pollinators](#),” says Hermanson. Salvia also grows quickly, making it a great plant for filling up newly tilled soil.

Zones: 3 to 10

Size: 12 to 24 inches tall x 9 to 18 inches wide

Care requirements: Full sun to partial shade; moist but well-drained soil

## Lamb's Ear

Lamb's ear (*Stachys byzantina*) has beautiful silver-gray color foliage. Hermanson says its texture can add interest to a garden, especially if it's used to border other plants. Lamb's ear doesn't need much water and when it blooms, it grows spikes of pinkish flowers in the summer months.

Zones: 4 to 8

Size: 6 to 24 inches tall x 12 to 36 inches wide

Care requirements: Full sun to partial shade; well-drained soil

## Creeping Thyme

A low-perennial, creeping thyme (*Thymus spp.*) does great in small patches of land. It blooms a carpet of tiny purple, pink, or white flowers and can even be used to fill in the space between pavers, Hermanson says.

Zones: 2 to 9

Size: 2 to 6 inches tall x 6 to 18 inches wide

Care requirements: Full sun; well-drained, sandy soil

**RELATED:** [How to Grow and Care for Creeping Thyme—a No-Mow Alternative to Turf Grass](#)

## Woodland Phlox

Growing in mild climates, woodland phlox (*Phlox divaricata*) can work in a wide range of [USDA zones](#). It also doesn't need much sunlight, which means it does well in shady spots but blooms all spring. "Woodland phlox blooms in the spring and provides nectar and pollen for butterflies, bees, moths, and hummingbirds," says Eleanor Gould, director of estate gardening at The Inn at Little Washington.

Zones: 3 to 8

Size: 6 to 12 inches tall x 10 to 20 inches wide

Care requirements: Partial sun to shade; moist but well-drained soil

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## Barrenwort

Barrenwort (*Epimedium*) has impressive heart-shaped leaves and star-like flowers. But the best part is this plant grows really well in shade. "They are a natural fit for shady borders and tricky, dry areas under trees and shrubs," says Gould. "They're prized as ground cover plants and have a spreading habit."

Zones: 5 to 8

Size: 8 to 12 inches tall x 12 to 36 inches wide

Care requirements: Partial sun to shade; loamy, sandy, moist but well-drained soil

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## Japanese Forest Grass

A rare ornamental grass because it flourishes in shade, Japanese forest grass (*Hakonechloa macra*) is stunning. "It has a tropical look and feel, making it a striking ornamental grass for [shade gardens](#)," says Gould. Unlike many other decorative grasses, it does not grow into an [invasive weed](#) and won't spread too fast.

Zones: 4 to 9

Size: 12 inches to 18 inches tall x 12 to 24 inches wide

Care requirements: Partial sun; moist but well-drained soil

**RELATED:** [10 Perennial Ornamental Grasses That Will Add Texture and Color to Your Garden](#)

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## Basket of Gold

Basket of Gold (*Aurinia saxatilis*) is a low-growing plant with clusters of bright [yellow flowers](#). In areas with mild summers, it is typically grown as a perennial, while in southern regions, it's an annual. It is [drought-tolerant](#) and low-maintenance and can even grow around what might be inhospitable spots for other plants, like [rock gardens](#).

Zones: 4 to 7

Size: 6 to 12 inches tall x 12 to 18 inches wide

Care requirements: Full sun; well-drained soil

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## Foamflower

Foamflower (*Tiarella cordifolia*) grows best in woodlands, favoring shady spaces under trees. As a [wildflower](#), it's also very pretty in a subtle way. "It produces airy, bottlebrush-like flowers that are lightly fragrant and white or pink with a tinge of pink," says Gould. "The flowers sit on top of the plant and look like puffs of floating foam."

Zones: 3 to 8

Size: 1 to 3 feet tall x 6 to 12 inches wide

Care requirements: Full to partial sun; loamy soil

**RELATED:** [How to Grow Tiarella \(aka Foamflower\), a Pretty Flowering Ground Cover for All Your Shady Spots](#)

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## Coral Bells

Coral bells (*Heuchera spp.*) produce small bell-shaped blooms. “The blooms attract bees, butterflies, and hummingbirds,” says Gould. Plus, the plant’s shallow rhizomes can help keep soil in place, which is good for flood-prone areas.

Zones: 4 to 9

Size: 8 to 18 inches tall x 12 to 24 inches wide

Care requirements: Full to partial sun; moist but well-drained soil

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## Creeping Juniper

Creeping juniper (*Juniper horizontalis*) is a sprawling evergreen shrub. Contrasted with other shrubs, it doesn’t grow very tall, reaching a height of no more than 18 inches. It spreads well and covers difficult terrain easily.

Zones: 3 to 9

Size: 8 to 18 inches tall by 8 feet wide

Care requirements: Full sun; sandy, well-drained soil

**RELATED:** [13 Fragrant Evergreen Shrubs That Will Make Your Garden Smell Incredible](#)

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## Lungwort

Lungwort (*Pulmonaria spp.*) is a low-growing plant that produces flowers on 18-inch stalks. It's an early nectar source for bees, hummingbirds, and butterflies in late winter and early spring. "It's often grown for its attractive leaves, shade tolerance, and bee-friendly flowers," says Gould. "Lungwort's flowers open pink, then change to violet and blue as they mature, and often all three colors are on the plant at once."

Zones: 5 to 9

Size: 6 to 12 inches high x 1 to 2 inches wide

Care requirements: Full sun to part shade; moist, well-drained soil

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## Bunchberry

A shade-loving shrub, bunchberry (*Cornus canadensis*) prefers wooded areas and grows to a maximum height of 9 inches. Its pretty white flowers grow in clusters and add visual interest to dark spots of a yard.

Zones: 2 to 6

Size: 8 to 9 inches high x 12 inches wide

Care requirements: Part shade; moist, well-drained soil

**RELATED:** [10 Shade-Loving Shrubs That Will Add Dimension to Your Yard](#)

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## Liverleaf

Liverleaf (*Anemone americana*) is a perennial low-growing wildflower that is perfect for filling smaller spaces. Its leaves can change to brown during winter, hence the name, but its white, pink, or lavender flowers add a pop of color.

Zones: 3 to 8

Size: 6 inches high x 9 inches wide

Care requirements: Part shade; moist, well-drained soil

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## Ice Plant

A low-growing [succulent](#), ice plant (*Delosperma cooperi*) grows best in arid regions. Its leaves are fleshy and thick, while it can bloom in a variety of shades from pink to crisp yellow. The plant grows low to the ground, holding dirt in place, and will even grow along seaside cliffs.

Zones: 4 to 11

Size: 2 inches high x 24 inches wide

Care requirements: Full sun; sandy, well-drained soil