

Great Lakes Trade Expo

Overcoming Seasonal Depression Utilizing Plants with Winter Interest and Blooms

Monday, January 23, 2017

Lecture Description: After the vibrant colors of fall fade and the gray skies of winter engulf the Great Lake States, it can be a bleak time for gardens seeking the comfort of a bloom or the scent of a flower. This is the period when seasonal depression can lead some to travel south or to read gardening books while pining for the first sign of spring. Imagine unlocking the secret to extending flowering in your garden during these mundane times. Whether it is book ending your landscape with witch hazels or mass planting uncommon bulbs and corms, there are several plants that can add interest to the winter garden. Matthew will offer insight into enhancing the winter garden with plants and techniques that can provide a chance to overcome the frigid temps and gray skies.

Samples: There was plant material on the table that represented an assortment of plants with winter interest including, Blood-twig Dogwood (*Cornus sanguinea* 'Midwinter Fire'), Red-twig Dogwood (*Cornus sericea* 'Baileyi'), Cardinal Red-twig Dogwood (*Cornus sericea* 'Cardinal'), Yellow-twig Dogwood (*Cornus sericea* 'Falviramea'), Winter jasmine (*Jasminum nudiflorum*), American Sweetgum (*Liquidambar styraciflua* 'Corky'), Staghorn Sumac (*Rhus typhina*), and others.

An additional way to experience your landscape during the winter months is to utilize their aesthetic stems, fruit, and bark. Presented are just a few examples of how you can take advantage of both woody and herbaceous plants. These examples represent some of the innovative ways in which the horticulture staff at Longwood Gardens uses ordinary plants in extraordinary ways.

These ornaments include the use of fruit of the American Sweetgum (*Liquidambar styraciflua*), Dawn Redwood (*Metasequoia glyptostroboides*), and Common Evening Primrose (*Oenothera biennis*). Colored stems of Red-twig (*Cornus sericea*) and Yellow-twig (*Cornus sericea* 'Flaviramea') provide structure and the fruit of Staghorn Sumac (*Rhus typhina*), along with the fertile fronds of Sensitive Fern (*Onoclea sensibilis*) that were used as holiday embellishments during *A Longwood Christmas* this past year.

The naturally dried Pitcher Plants (*Sarracenia sp.*) can provide an exciting and dramatic addition to winter floral displays during a time when you may not have an abundant of selection from within your landscape.



Opening Slides: *Explanation of Seasonal Affective Disorder (SAD), the Faces of SAD, and an Overview of Winter in Michigan*

Additional Resources can be found at:

<http://www.uofmhealth.org/health-library/hw169553>

<https://access.ewu.edu/caps/selfhelp/sad>

www.nami.org

<https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>

Techniques to Ignite Your Winter Landscape

1. Include Late Fall Bloomers
2. Extend your Fall Color
3. Utilize Persistent Winter Color
4. Plant Winter Annuals and Seasonal Displays
5. Find Plants with Exciting Sepals, Seeds, and Berries
6. Find Versatile Colored Stems and Interesting Bark
7. Embrace the Snow Bloomers
8. Infuse your Garden with Ephemerals, Minor Bulbs, and Naked Bloomers
9. When all else Fails, Use the Force

Late Fall Bloomers

Plans in this category: Monkshood (*Aconitum carmichaelii* ‘Arendsii’), Groundsel-tree (*Baccharis halimifolia*), White Autumn-crocus (*Colchicum autumnale* ‘Album’), Autumn-crocus (*Colchicum byzantinum*), Fall Crocus (*Crocus speciosus*), *Ivy Leaf Cyclamen (*Cyclamen hederifolium*), Disanthus (*Disanthus cercidifolius*), ***Fall Blooming Snowdrop (*Galanthus reginae-olgae****), Common Witch-hazel (*Hamamelis virginiana*), Trumpet Honeysuckle (*Lonicera sempervirens* ‘Crimson Cascade’), Autumn Higan Cherry (*Prunus subhirtella* ‘Autumnalis’), Fragrant Ladies’-tresses (*Spiranthes odorata* ‘Chadds Ford’), Aromatic Aster (*Symphotrichum oblongifolium* ‘October Skies’), Hairy Toad-lily (*Tricyrtis hirta*), Toad-lily (*Tricyrtis* ‘Sininome’), and Wikstroemia (*Wikstroemia trichotoma*)



Extending your Fall Color

Plants in this Category: Arkansas Amsonia (*Amsonia hubrichtii*), Blue Dogbane (*Amsonia tabernaemontana*), Japanese Clethra (*Clethra barbinervis*), Oakleaf Hydrangea (*Hydrangea quercifolia*), Virginia sweetspire (*Itea virginica*), Mukdenia (*Mukdenia rossii* ‘Crimson Fans’), Persian Parrotia (*Parrotia persica*), *** Pitcher Plant (*Sarracenia sp.****), Sedum (*Sedum rupestre* ‘Angelina’), Blue-stemmed Goldenrod (*Solidago caesia*), Japanese Stewartia (*Stewartia pseudocamellia*), Chinese stewartia (*Stewartia sinensis*), Sawtooth Stewartia (*Stewartia serrata*), Blueberries (*Vaccinium sp.*), Yellow-root (*Xanthorhiza simplicissima*), and Several Species and Selections of Ornamental Grasses

Persistent Winter Color

Plants in this Category: Yellow-leaved Sweetgrass (*Acorus gramineus* ‘Ogon’), *Italian Arum (*Arum italicum*), Bergenia (*Bergenia cordifolia*), Epimedium (*Epimedium sp.*), *Blackbird Spurge (*Euphorbia* ‘Blackbird’), ***Wandflower (*Galax urceolata****), Box Huckleberry (*Gaylussacia brachycera*), *Heartleaf ginger (*Hexastylis arifolia*), Dwarf Fetterbush (*Leucothoe fontanesiana*), Creeping Oregon Grapeholly (*Mahonia repens*), Oregon Grapeholly (*Mahonia aquifolium*), Siberian-cypress (*Microbiota decussata*), and Allegheny Pachysandra (*Pachysandra procumbens*).

Winter Annuals and Seasonal Displays

Plants in this Category: Silver and Gold Chrysanthemum (*Ajania pacifica*), Snapdragon (*Anthirrhinum sp.*), Black Mustard (*Brassica nigra*), Ornamental Kales and Cabbages (*Brassica sp.*), Spring Heath (*Erica carnea*), Wallflower (*Erysimum sp.*), Checkered-lily (*Fritillaria meleagris*), Fritillary (*Fritillaria persica*), Sheet-moss (*Hypnum cupressiforme*), Sweet-alyssum (*Lobularia*), Nemesia (*Nemesia sp.*), Pansy (*Viola x wittrockiana*), and an endless array of evergreens as both living and cut branches.

Sepals, Seeds, and Berries

Plants in this Category: White Baneberry (*Actea pachypoda*), Thimbleweed (*Anemone virginiana*), Beautyberry (*Callicarpa dichotoma*), Some Clematis (*Clematis sp.*), Seven-son-flower (*Heptacodium miconioides*), ***Idesia (*Idesia polycarpa****), Yellow-fruited American Holly (*Ilex opaca* ‘Xanthocarpa’), Winteberry Holly (*Ilex verticillata* ‘Golden Verboom’), Hybrid Winterberry Holly (*Ilex verticillata* ‘Sparkleberry’), *Foster Hybrid Holly (*Ilex x attenuata* ‘Longwood Gold’), Blackberry-lily (*Iris domestica*), Japanese Pollia (*Pollia japonica*), Clustered Mountain-mint (*Pycnanthemum muticum*), Virginia Mountain-mint (*Pycnanthemum virginianum*), Staghorn Sumac (*Rhus typhina*), Coralberry (*Symphocarpus orbiculatus*), Linden Viburnum (*Viburnum dilatatatum*), and Swamp-haw (*Viburnum nudum* ‘Winterthur’).



Colored Stems and Interesting Bark

Plants in this Category: Trident maple (*Acer buergerianum*), Paper-bark Maple (*Acer griseum*), Striped Maple (*Acer pennsylvanicum*), Snake-bark Maple (*Acer rufinerve*), Birch (*Betula sp.*), Shagbark Hickory (*Carya ovata*), Blood-twig Dogwood (*Cornus sanguinea* ‘Midwinter Fire’), Red-twig Dogwood (*Cornus sericea* ‘Baileyi’), Cardinal Red-twig Dogwood (*Cornus sericea* ‘Cardinal’), Yellow-twig Dogwood (*Cornus sericea* ‘Falviramea’), Virginia Sweetspire (*Itea virginica*), Winter jasmine (*Jasminum nudiflorum*), American Sweetgum (*Liquidambar styraciflua* ‘Corky’), Syacmore (*Platanus sp.*), Ghost Bramble (*Rubus biflorus*), Coral-bark Willow (*Salix alba* subsp. *Vitellina* ‘Britzensis’), Stewartia (*Stewartia* ***monodelpha***, pseudocamelia, serrata, and sinenses), and Zelkova (*Zelkova sp.*)

Snow Bloomers

Plants in this Category: Amur Adonis (*Adonis amurensis*), Winter-aconite (*Eranthis hyemalis*), *Giant Snowdrop (*Galanthus elwesii*), Snowdrop (*Glanathus nivalis*), Hellebore (*Helleborus sp.*), Vernal Witch-hazel (*Hamamelis vernalis*), Skunk-cabbage (*Lysichiton americanus*), Skunk-cabbage (*Lysichiton camtschaticensis*), and Skunk-cabbage (*Lysichiton foetidus*).

Ephemerals, Minor bulbs, and Naked Bloomers

Plants in this Category: Quince (*Chaenomeles speciosa*), Chionodoxa (*Chionodoxa forbesii*), Spring Beauty (*Claytonia virginica*), Cornelian Cherry (*Cornus mas*), Yellow Fumewort (*Corydalis lutea*), Chinese Corydalis (*Corydalis cheilanthifolia*), *** Spike Winter-hazel (*Corylopsis spicata*)***, Crocus (*Crocus sp.*), Eastern False Rue-anemone (*Enemion biternatum*), Epimedium (*Epimedium sp.*), Harbinger-of-Spring (*Erigenia bulbosa*), Hepatica (*Hepatica sp.*), Bitter Pea-vine (*Lathyrus vernus*), Spring Snowflake (*Leucojum vernus*), Cherries (*Prunus*), Bloodroot (*Sanguinaria canadensis*), Squill (*Scilla sp.*), and Pink Pearl Rue-anemone (*Thalictrum thalictroides* ‘Pink Pearl’).

Forcing Bulbs, Branches, and Houseplants with Winter Blooms

Plants in this Category : ***Camellia (*Camellia sp.*)***, ***Clivia (*Clivia miniata*)***, Flowering Dogwood (*Cornus florida*), ***Paper-bush (*Edgeworthia chrysantha*)***, Forsythia (*Forsythia sp.*), Amaryllis (*Hippeastrum sp.*)***, Magnolia (*Magnolia sp.*), Daffodils (*Narcissus sp.*), ***Paperwhite (*Narcissus* ‘Ariel’)***, ***Primulina (*Primulina sp.*)***, and Cherries (*Prunus sp.*).



Key for Plant Listings

*Marginally Hardy ~ USDA Zone 6 or sometimes unreliable in Zone 5

***Not Hardy ~ USDA Zone 6b or 7

_____ Less Common in the Trade

Biography: Matthew received a B.S. and M.S. in Horticulture from Michigan State University where he studied landscape design and urban forestry. After working as a landscape designer for Season's by Ruggirello and as a salesman for Ray Wiegand's Nursery, he moved to Toledo, Ohio. At Owens State Community College he instructed close to 20 courses ranging from soil science to post-harvest technology and landscape design. While teaching he also was a horticulturist at Toledo Botanical Garden where he oversaw nearly 30 acres of gardens and developed a 5-acre farm in the heart of the city.

He currently is the Coordinator of Continuing Education at Longwood Gardens where he oversees the development and delivery of more than 170 courses and lectures annually. His passion for plants and photography will be on full display as he shares images from travels and experiences in the natural and cultivated world.

For Additional Information Feel Free to Email Matthew Ross at: mross@longwoodgardens.org

Longwood Gardens: In 1906, industrialist Pierre du Pont (1870-1954) purchased a small farm near Kennett Square, PA, to save a collection of historic trees from being sold for lumber. Today, Longwood Gardens is one of the world's great horticultural displays, encompassing 1,077 acres of dazzling gardens, woodlands, meadows, fountains, 10,010-pipe Aeolian organ and 4.5 acre conservatory. Longwood continues the mission set forth by Mr. du Pont to inspire people through excellence in garden design, horticulture, education and the performing arts, through programming that includes exhibitions, musical performances by leading artists, renowned horticulture education programs, horticulture research, environmental stewardship and community engagement. Longwood Gardens is on US Route 1 near Kennett Square, PA. For more information, visit www.longwoodgardens.org or call 610-388-1000.

