

Geraniamania

Planting Since 1972

President's Message

Its almost Labour Day and the Geraniums in my yard have not been doing well, probably due to the heat. I have also lost some and given others away, and it it time to think about planting for next year. The big problem is to decide what new ones to plant.

Visting Robin Parer (Geraniacea.com) made me realize what a tremendous variety there is to choose from.

As part of our National Conference meeting, I was thinking about doing a "Top 10 Favorites" list, and putting some of them on display.

For example:

- Regals** - favorites or outstanding cultivar.
- Angels** - there are so many to choose from in this category!
- Zonals** - leaves with interesting colors. I like Occult Sheild and its relatives.
- Classic Geraniums/Pelargoniums** - long time favorites, big flowers, good growth.
- Scented** - outstanding form as well as scent? I like Prince Rupert (AKA French Lace) for its form and scent. Also, here in El Cajon we have some Species Pelargonium that do very well in the heat.

Any other suggestions? I will put out some sheets you can use to list your favorites at the next meeting. Take them home and fill them in and then either email, mail, or bring them to the next meeting.

See you at the meeting! Patrick



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A Publication of the San Diego Geranium Society
The San Diego Geranium Society meets the Second
Tuesday of the month, 7 p.m., in Room 101 of the
Casa Del Prado in Balboa Park.
Meetings are Free! All Welcome!

September Meeting

Tuesday, September 10, 2019

7:00

September

Don't forget to -
Bring Cuttings from your Garden -
Bring a plant for "Show and Tell"

Our Speaker will be Mark Valen, who works at South Western College. He will share his expertise on Geraniums, especially regarding Fertilizers and Insecticides

Show & Tell

During August's Show and Tell - member Carol Hamlin brought in 3 intriguing plants. She was in search of the elusive yellow geranium so she ordered on line 72 seed packets. They recently arrived from China and the Philippines without any explanation of what was in the packets.

So being adventurous and using her green thumb, she planted several and the club was able to see first hand the mystery plants. One looked like a tomato plant and the other two might have been a geranium.

The club is looking forward to each month's progress report and hopes to see a yellow geranium by the Show and Sale. One can only hope!



Tomatoes have yellow flowers!



Who knows? This could be the one!

a quiet place
to
sit and
think!



Or this one?

10 Surprising Ways Gardening Is One of the Healthiest Things You Can Do

Charlotte Hilton Andersen

Sure, you knew gardening was fun, and who doesn't love fresh flowers? But did you know it can also boost self-esteem, keep colds at bay, and even give you a killer handshake?

#1 Makes you love veggies you thought you hated

Were you the kid who fed your peas to the dog under the table? Faked a stomach illness every time Brussels sprouts were served? Ordered a salad with extra ranch, hold the lettuce? Simply growing older may not have changed your feelings about eating your greens but growing your own vegetables just might. People who learn how to garden are not only far more likely to eat their five servings of fruits and vegetables a day, but they also enjoy eating them more, according to a study done by the University of Florida Institute of Food and Agricultural Sciences. The effect is strongest on people who were taught gardening skills as children, but even if that ship has sailed, it's never too late to learn. Here are the healthy vegetables you're about to realize are downright delicious.

#2 Helps you lose weight

Weight loss is the holy grail of health for many people, and gardening can help you achieve that goal, according to a study published in the American Journal of Public Health. Gardeners have a significantly lower body mass index, as well as lower odds of being overweight or obese, than non-gardeners, they found. The average weight loss? About 11 pounds for women and 16 pounds for men. Here's how you can lose weight in our sleep.

#3 Provides a great workout that feels more fun than work

Think pattering around in the garden is just something your elderly neighbor does when she gets bored with watching TV? Well it's time to stop underestimating granny! Carrying bags of mulch, pushing a wheelbarrow, hoeing rows, picking weeds, planting seeds, toting equipment, shoveling manure, moving pots, pushing a mower, and building containers provides a whole-body workout for your heart and your muscles, according to a study done by the American Society for Horticultural Science. Even better, it's exercise with a purpose. Gardening rewards you with fruits and flowers to enjoy—when's the last time your treadmill gave you anything besides a guilt trip?

#4 Nourishes your spirit

Call it the “gardening glow”—working with plants provides serious stress relief and positive sensory stimulation, according to researchers from NASA. That's right, the scientists responsible for hurtling humans into space have discovered that gardening can keep astronauts sane and happy in the severe environment of outer space. They found that planting and nurturing seeds, even just in small pots, provided great mental health benefits. And if it helps an astronaut, it can definitely help those of us who just watch them on TV. Check out these other natural stress-soothers.

#5 Cuts your risk of heart disease

Even though gardening may not be a high-intensity cardio sweat fest, it's still providing powerful heart health benefits. In fact, gardening can cut the risk of a heart attack or stroke and prolong life by 30 percent, according to research published in the British Journal of Sports Medicine. The benefits appear to come from the combination of physical exercise and the stress reduction playing in the dirt provides. Here are more lifestyle habits that cut your risk of heart disease.

#6 Helps slow climate change

When it comes to reversing or stopping global climate change, there's a lot you can do on an individual level. Recycling, carpooling, using energy efficient appliances, and hybrid cars all help. But did you know that you can add your backyard garden to that list? Gardens provide vital green space to offset all that asphalt, reduce greenhouse gasses, lessen your need to buy things, allow you to recycle kitchen waste, and many other positives for our planet, says a recent report issued by the National Wildlife Federation.

#7 Boosts your immune system

Having dirt under your fingernails used to be a sign of poor hygiene, but these days scientists are saying it's actually a mark of good health. Thanks to beneficial bacteria found in soil, gardening can improve your immune system, helping you get sick less and fight off infections easier, according to research published in *Science*. Working in the garden can also help prevent certain allergies and decrease the severity of a reaction, according to a separate study done by the University of Copenhagen. These other healthy habits will keep your immune system revved.

#8 Increases hand coordination and strength

A powerful grip is important for more than just rock climbing or intimidating underlings at work. Hand strength, flexibility, and coordination are essential for everyday tasks like opening jars, carrying packages, and picking up children. And gardening is the perfect way to hone those finemotor skills and muscles, according to a study published in *HortScience*. A few minutes of daily weeding may even help offset some of the strain caused by repetitive use like typing or phone swiping.

#9 Gives you better self-esteem

Researchers at Kansas State studying the health effects of gardening were surprised to note that as the gardeners' skills increased their self-esteem skyrocketed along with their health. These science-backed tips can also boost your confidence.

#10 Sharpens your brain

Gardening isn't just good exercise for your body, it also provides a healthy workout for your brain, says research published in the *Journal of Alzheimer's Disease*. Scientists found that regularly working in the garden is a powerful tool for protecting cognitive health, increasing the study participants' brain volume and cutting the risk of Alzheimer's disease by 50 percent.

Source: <https://www.thehealthy.com/mental-health/self-care/health-benefits-of-gardening/>

Heat, Humidity Are Geraniums' Enemies

As tough as geraniums are, they don't like the combination of heat and high humidity. That combo can set them up for fungus and disease, so it's important that we stay vigilant in the garden, even though we'd much rather laze around the pool, or stay inside our air conditioned (or cooler) houses.

Although standard directions for growing geraniums recommend full sun all day, they'll do better during the summer months on the east side of the house where they will get good morning light but be protected from the searing afternoon sun. Be extra careful about geraniums you may be growing in unglazed clay pots - they dry out much more quickly than plastic, and the tender roots can burn. Dark pots - even plastic ones - also attract more heat - so keep an eye on them, too. Some plants may need to be moved to a shadier location during this really hot spell. You can also try putting up a sunscreen to protect plants from the intense sun.

Geraniums tend to bloom better when they are somewhat potbound. In an overly large container, the plant will develop lots of foliage but fewer flowers.

The potting mix should be light and fast-draining. A heavy, mucky mix is sure to cause root decay. Nevertheless, geraniums need adequate water along with an occasional application of a balanced plant food. Apply water to the soil rather than to the foliage and flowers. (You can water in the early morning or the evening, as long as you keep the water on the soil. Water on the foliage at night can lead to mold.) Don't overdo the feeding as a soft, overfed plant won't be able to tolerate heat or drought. Once a month, or even less often, is enough.

Our geraniums/pelargoniums will make it through this hot/humid spell - and so will we! Stay hydrated!