



## Boot Camp for your Senses: Autumn/Winter

### *The Garden in Every Sense and Season*

A lecture by **Tovah Martin**

Photography copyrighted by **Kindra Clineff**

Follow me on Facebook at Plantswise by Tovah Martin

Contact me at [tovah@tovahmartin.com](mailto:tovah@tovahmartin.com)

During this lecture, we'll explore our senses together: Rather than going image-by-image, this handout just mentions highlighted plant names for future reference. But for now, let's build the experience and sensations of autumn and winter as those seasons unfold. Ready? Begin...

### **Sight**

The texture of grasses: *Miscanthus sinensis* 'Morning Light'

The garden's gradual evolution = *Amsonia hubrichtii*

*Amsonia tabernaemontana*

Dahlia 'Bishop of Llandaff'

*Magnolia* 'Goldfinch'

*Spiraea betulifolia* 'Thor'

*Disanthus cercidifolius*

*Acer japonicum* 'Aconitifolium'

Kale 'Pigeon Purple'

Blues: *Aster oblongifolius* 'Raydon's Favorite' (okay, *Symphotrichum oblongifolius*...)

*Aconitum carmichaelii* 'Arendsii' (monkshood)

Vines: Morning glory 'Heavenly Blue'

Morning glory 'Grandpa Ott's & mystery morning glory'

*Ipomoea quamoclit* (cardinal vine)

*Ipomoea lobata* (formerly *mina lobata* – Spanish flag)

*Cobaea scandens* (cup and saucer vine)

Brown is beautiful: *Sedum* 'Autumn Joy' with *Salvia officinalis* 'Berggarten'

*Eryngium* 'Big Blue'

*Hydrangea paniculata* 'Quick Fire'

*Phlomis russeliana*

### **Smell**

Follow your nose to grapes

Blowing in the wind = clotheslines

What's worse than rotten tomatoes?

Deerly departed = deer repellent substitutes (especially around the veg garden)

Feverfew & rue

Spraying amaranth (prince's feather)

### **Sound**

Not counting crows

Insects lured in by *Chrysanthemum* 'Hillside Sheffield Pink' and 'October Glory'

*Ruta graveolens* (herbal rue) and black swallowtail caterpillar

*Verbena bonariensis* with common buckeye

*Callicarpa dichotoma* 'Early Amethyst'

Crunch time = stealth missions to my door impossible in autumn

Why I love the sound of raking leaves

## **Touch**

Get a grip: prepping the garden for winter and it's danger to digits: cutting back hosta  
Leaving vines for early bird nests (*Lonicera tellmanniana*)  
Hyacinth bulbs have raphides which can cause unpleasant dermatological reaction  
Slippery paths

## **Taste**

Brussels sprouts mixed with cosmos and asparagus foliage gone to seed  
Just peachy – autumn fruits, juice dribbling down your chin  
Carrots  
Cabbages & kings  
The Late Show = lettuce and late veggies

## **WINTER**

### **Sight**

Sparkle of frost, diamonds on the snow  
Telltale signs = animal tracks in the snow  
Windowsill dressing = sparkling leaves against Jack Frost's artistry  
Begonia 'Cathedral' and flowers illuminated against the windowpanes  
amaryllis

### **Smell**

Awareness stronger in winter = smell of hay (I'm a hay connoisseur)  
*Trachelospermum asiaticum*  
*Jasminum polyanthum*  
Camellia 'Scentuous'  
Freesia 'Mercurius' – very fragrant blue  
Freesia 'Aleide' – rose-colored but very little scent  
Freesia 'Ambiance' – white and intoxicatingly fragrant  
Hyacinthus 'Crystal Palace' (blue)  
Hyacinthus 'Jan Bos' (magenta) and 'Gypsy Queen' (apricot)  
Narcissus 'Falconet'

### **Sound**

Things that go boom in the night (The Plowman Cometh)  
Drip = listening as you water – *Vriesea* in a pedestal urn

### **Touch**

The competition to bask in the sunbeams (bogarting sunbeams)—Einstein and the plectranthus  
Furry-touchy feely plants – pettable *Salvia argentea*  
Tools

### **Taste**

Calamondin orange (*Citrofortunella microcarpa*) the easiest indoor citrus  
Winter vegetables—Lettuce 'Greenhouse Five-Star Mix' (best for indoor gardening)  
    'Amara' mustard green  
    'Butterflay' spinach  
    'Shiro' pak choi  
    'Red Russian' baby kale  
Tendrils pea shoots from Johnny's Selected Seeds  
For the Birds – berries = such as *Viburnum* 'Cardinal Candy' and *Ilex verticillata*