



Boot Camp for your Senses: Autumn/Winter

The Garden in Every Sense and Season

A lecture by **Tovah Martin**

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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*