



# SEVEN BENDS AND FRIENDS



OFFICIAL NEWSLETTER OF SEVEN BENDS NURSERY



## *Letter from Lara*

To our compassionate customers,

Wowza, was that a spring! Thank you to all that bought plants from us, visited us at the farm, and engaged with our social media accounts. One of the most frequent questions we encounter is: Do any of our native plants do well in pots? The answer is YES!! At Seven Bends Nursery, we grow our plants in containers, primarily for ease in transporting plants of many different sizes to our customer's homes. Because of this we have the experience to guide you in exploring container gardening for yourself!

Have a small space? - Container 😊

Are you a renter? - Container 😊

Want easier access to watch monarch caterpillars eat your milkweed? - Container 😊

There are many options to choose from, and frankly the limits of containers can push our creativity to explore novel combinations of species with little consequence and at much lower cost!

Read below to learn more about container gardening and to see recommendations for species!

Happy planting!

Dr. Lara Lacher



[Website](#)



[Webstore](#)



[Fairs](#)



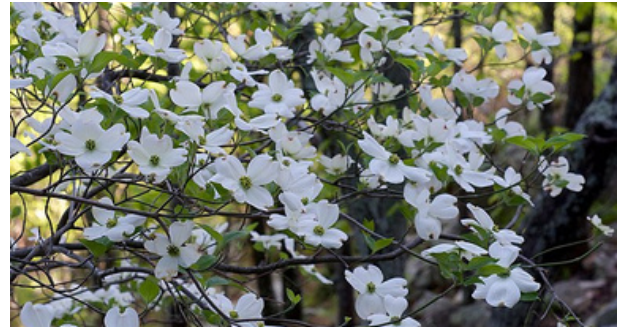
# Container gardening with native plants

## CREATING HABITAT IN SMALL SPACES

No space is too small for habitat! Container gardening is a fantastic way to bring color and life to your landscape if you have limited space - and did you know there are lots of native plant options for container gardening?

In doing so you are creating both a beautiful container design and habitat for wildlife around you. A win-win situation! Plus planting natives in a container creates an opportunity to learn up close about native plants and the wildlife they support.

Creating a container garden is also an easy, relatively low-cost project! All you need are a few supplies and the right selection of native plants. Read below to learn how to get started on creating a habitat where one was missing with a native container garden!



## Announcements

### Plants for Pitties

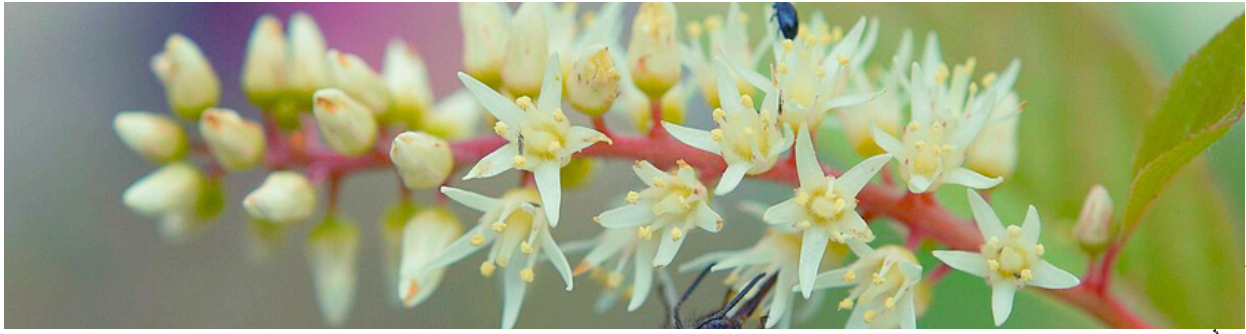
Join us in helping Margaret's Saving Grace Bully Rescue after an electrical fire claimed their home and four rescue dogs.

When purchasing a plant from Seven Bends Nursery between June 5, 2024 and June 12, 2024 **100% of all proceeds** will go directly to MSGB Rescue and the owners to utilize as they see fit. More details on pg.7

### Mondays at the Farm!

We have opened the nursery back up for Mondays at the Farm appointments from March 1st to October 28th of 2024. More details on pg.8. We can hardly wait to see you there!





## Why container-garden with natives?

### Provide benefits to wildlife

Whether in the ground or in a container native plants are capable of providing ecosystem benefits such as food and shelter to local native wildlife. Pollinators can still benefit from nectar and pollen, caterpillars can still feed on leafy native greens, birds can still eat the seeds off of flowers and grasses, and insects may still use the stems for over-wintering shelter! Bees, butterflies, and birds will still find their way to a container on a doorstep, patio, balcony, or rooftop. You can attract a wide array of wildlife by planting several pots with different combinations of plant species!

### Easy for children to watch and learn

Container gardening can also be a tool for learning about native plants and their relationships with wildlife. Planters can be placed in accessible locations so that young children can observe insects easily and at a close distance.

### Good for tight spaces, tight budgets, and impermanent homes

A container garden is a relatively affordable option for growing native plants in an assortment of locations across your patio or garden. Create one for a hot sunny spot or a cool, shady one! You can mix and match to create big-impact with modest cost, perfect for those with small spaces. And, if you are a renter, you can bring the pots with you if you move!





## Creating a container garden

With the correct materials and maintenance you can have a container garden that comes back to provide habitat year after year!



What you will need:

- Container with drainage
  - For healthy plants that will return each spring it is best to use a container that is at least one to two feet in diameter and depth. Large containers provide room for growth and help plants overwinter with enough insulation. You can either purchase a large container or you can get creative repurposing objects into a container (old water troughs, bath tubs, barrels, etc.) Whether purchasing or repurposing a container, be sure that there are holes for drainage. If not, you can always add your own!
- Soil
  - As we discussed in our March newsletter you want to fill containers with a sustainable soil mix. All soil mixes are made up of three components: water-retaining materials, draining materials and nutritional materials. The correct ratio of these materials depends on what your selected species require for moisture, drainage and food. Read the moisture and soil requirements for your plants to ensure you select the appropriate soil mix.
  - It is not recommended to fill containers with other mediums such as rocks or logs as they hinder plant growth and soil drainage. Fill containers only with potting soil mix.



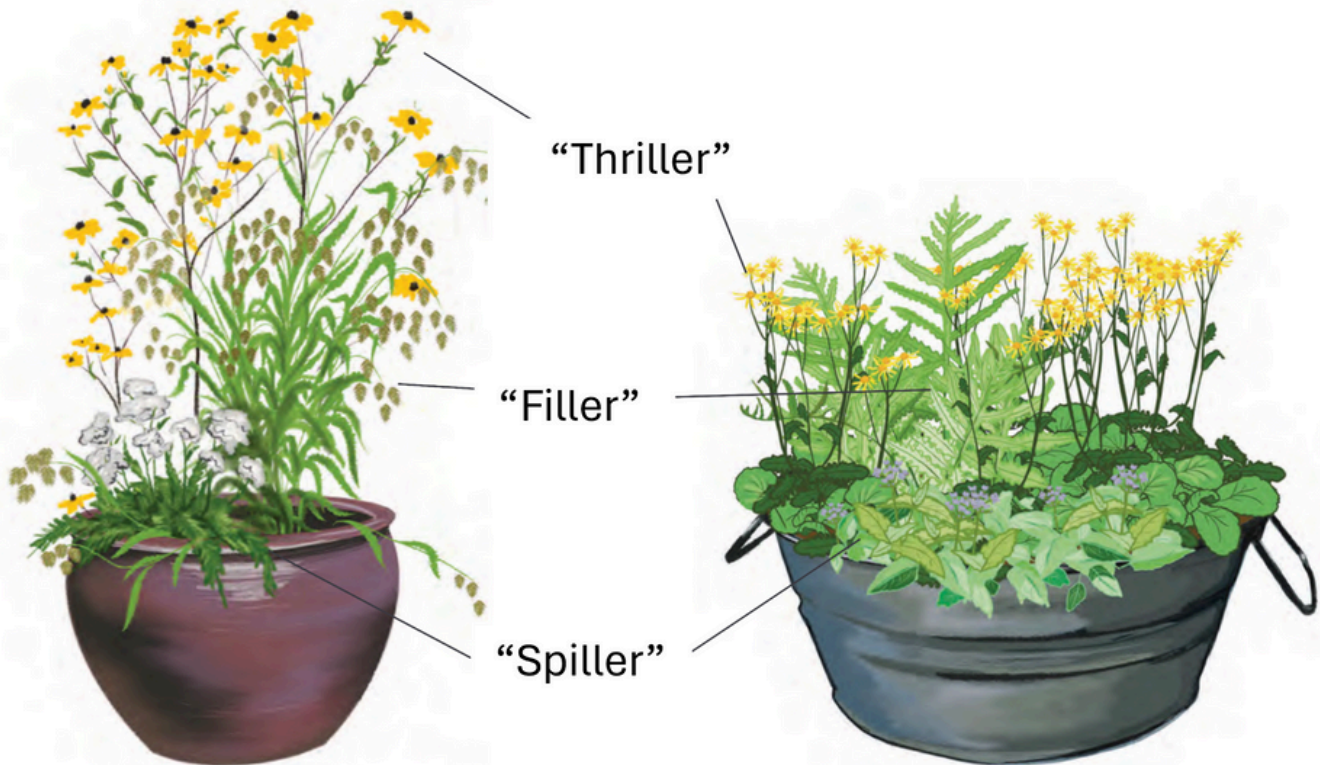


- Native plants

- Now for the fun part! Selecting native plants. Before purchasing plants to add to your container garden take a look at how much sun and moisture the area you will be placing your container will regularly get. Then research native plants that will do well in such conditions. Go wild and mix and match species, just make sure you plant those with similar requirements together. Look below for ideas on species!

**Some species to consider for a container garden:**

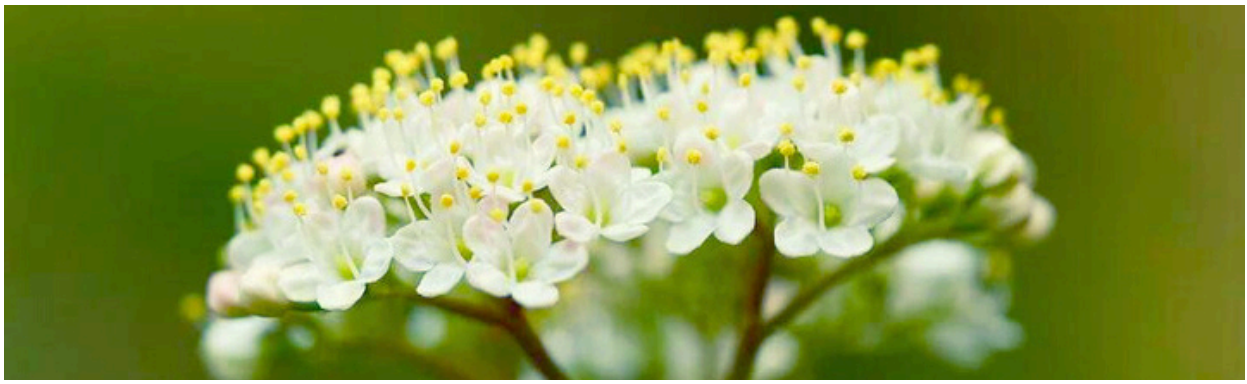
We recommend using a variety of plants! When designing a container look for a thriller, filler and spiller. A “thriller” is a tall showy plant that is placed in the back of a pot. The “filler” is used in the middle ground of a pot and is slightly shorter. Grasses are often used as a filler since they bring terrific color and texture to the landscape! Plus, in Virginia we have no shortage of beautiful grasses to select from. A “spiller” is often a ground cover that gets its name for spilling over and down the side of a pot. Ground covers and smaller plants can also be used in a pot as a spiller.



Container design by Dr. Iara Lacher

Container design by Anne Elise Lintelman

*For species list please see “Plant Ridge & Valley Natives”*



### Maintaining your container garden:

Maintaining a container of native plants is similar to maintaining a garden of natives, just on a much smaller scale. The goal for both is to create and maintain habitat! Focus on two aspects: **protecting** the health of your plants and **preserving** their characteristics that provide for native wildlife.

- Watering
  - Plants in containers dry out faster than individuals that have been planted directly into the ground. Therefore when caring for your container garden you will need to water your plants more frequently. Watch for dry soil and wilting plants as a signal that it is time to water. It is usually best to water deep and less frequently rather than shallow and every day.
- Overwintering containers
  - Leave dried plants in your containers as long as you can tolerate them. Native wildlife feast on seed heads and insects like bees and butterflies overwinter by burrowing under leaf litter and into dead stems. They can still do this in a container!
  - Soil is a terrific insulator. If you've natives in deep, wide containers, this should keep roots protected from frostbite during winter. Do NOT store in your basement or garage - outside is best for natives!





- Replenish soil nutrients
  - Plants in containers should have their soil refreshed with nutrients each year. If opting to use fertilizers be sure to avoid the center of the plant and instead mix them deep into the soil around the edges of the plant. Remember that a little goes a long way when it comes to fertilizers.
- Dividing perennials
  - Some perennial species have the capability of crowding a container over time. Thankfully, many plants can be split into multiple viable individuals. Splitting plants not only helps overcrowding, but it gifts you with more baby plants to either fill more pots with or, if you are feeling generous, share with your friends and neighbors! What's better than free plants?

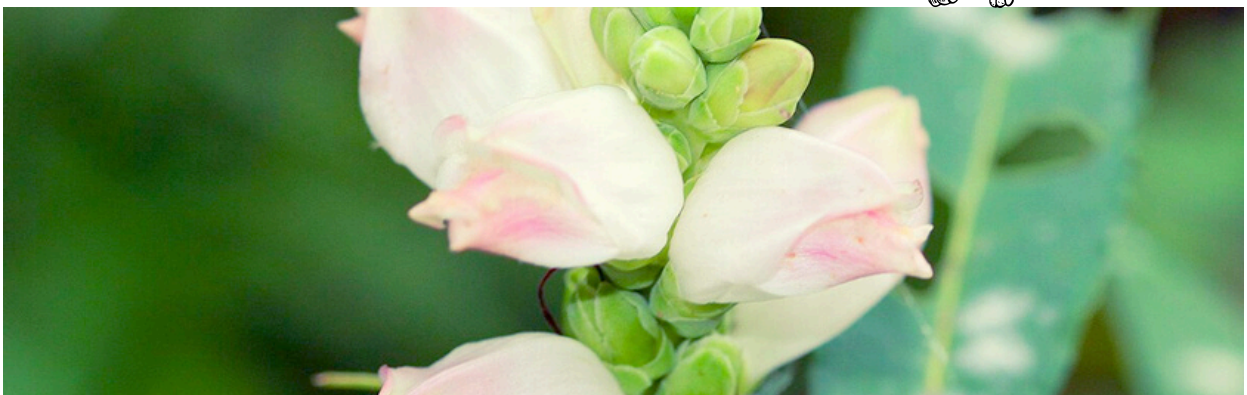
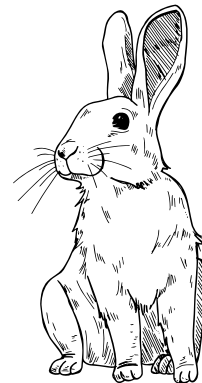
### **Get Planting!**

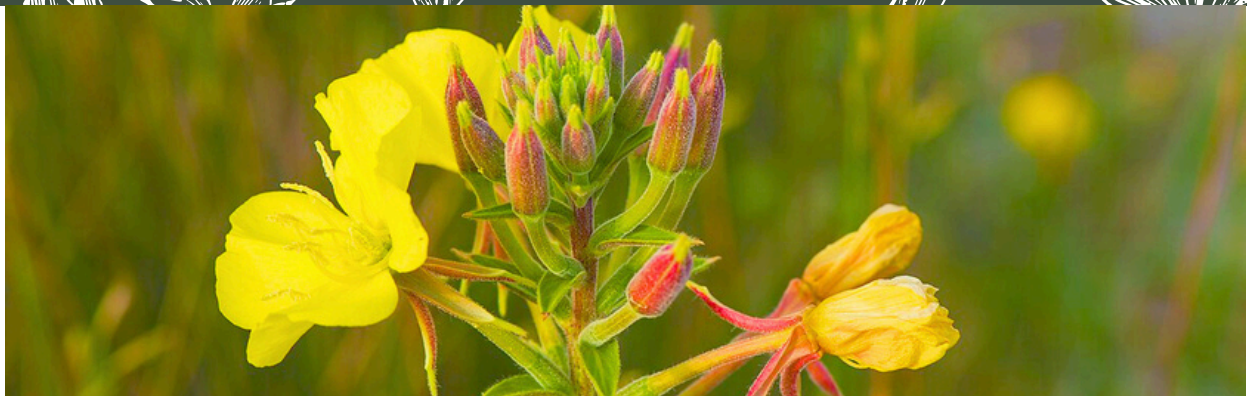
No action is ever too small to make a difference. No garden is ever too small to be a habitat. Get started on your container garden today! Resources are below to help guide your native plant selections.

### **Resources**

[Missouri Botanical Garden](#)

[Plant Ridge and Valley Natives Guide Book](#)





### Sun

Achillea millefolium (Yarrow)  
Blephilia hirsuta (Hairy Wood Mint)  
Coreopsis lanceolata (Lanceleaf Coreopsis)  
Coreopsis verticillata (Threadleaf Coreopsis)  
Corydalis sempervirens (Pale Corydalis)  
Eryngium yuccifolium (Rattlesnake Master)  
Eupatorium serotinum (Late Boneset)  
Eurybia spectabilis (Showy Aster)  
Iris cristata (Dwarf Crested Iris)  
Monarda fistulosa (Wild Bergamot)  
Monarda punctata (Spotted Beebalm)  
Muhlenbergia capillaris (Pink Muhlygrass)  
Opuntia humifusa (Virginian Prickly Pear)  
Penstemon digitalis (Foxglove White Beardtongue)  
Phlox paniculata (Garden Phlox)  
Pycnanthemum muticum (Clustered Mountain Mint)  
Rudbeckia fulgida (Orange Coneflower)  
Rudbeckia laciniata (Cut-Leaved Coneflower)  
Ruellia humilis (Low Wild Petunia)  
Salvia lyrata (Lyre-Leaved Sage)  
Schizachyrium scoparium (Little Bluestem)  
Scirpus atrovirens (Dark Green Bulrush)  
Silene caroliniana (Wild Pink)  
Silene virginica (Fire Pink)  
Sporobolus heterolepis (Prairie Dropseed)  
Symphyotrichum laeve (Smooth Blue Aster)  
Symphyotrichum novae-angliae (New England Aster)  
Symphyotrichum oblongifolium (Aromatic Aster)  
Yucca filamentosa (Adam's Needle)

### Part to Full Shade

Adiantum pedatum (Maidenhair Fern)  
Aster puniceus (Purplestem Aster)  
Carex amphibola (Creek Sedge)  
Carex appalachica (Appalachian Sedge)  
Carex blanda (Eastern Woodland Sedge)  
Carex pennsylvanica (Pennsylvania Sedge)  
Carex eburnea (Bristle-Leaved Sedge)  
Carex radiata (Eastern Star Sedge)  
Carex vulpinoidea (Fox Sedge)  
Chasmanthium latifolium (River Oats)  
Chelone glabra (White Turtlehead)  
Conoclinium coelestinum (Mistflower)  
Elymus hystrix (Bottlebrush Grass)  
Lobelia cardinalis (Cardinal Flower)  
Osmunda cinnamomea (Cinnamon Fern)  
Phlox divaricata (Wild Blue Phlox)  
Polemonium reptans (Jacobs Ladder)  
Polystichum acrostichoides (Christmas Fern)  
Ruellia strepens (Smooth Wild Petunia)  
Symphyotrichum cordifolium (Heart-Leaved Aster)







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# Plants for Pitties



**Fundraiser**

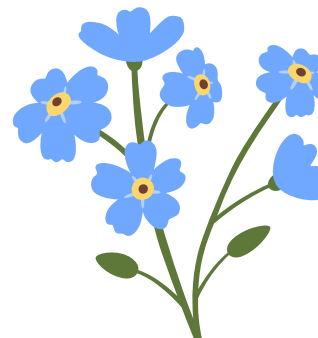


**June 5, 2024- June 12, 2024**

Join us in helping Margaret's Saving Grace Bully Rescue after an electrical fire claimed their home and four rescue dogs.

When purchasing on the webstore or at the farm this week from Seven Bends Nursery 100% of the net proceeds will go directly to MSGB Rescue.

Purchase plants [HERE](#)





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## Mondays at the Farm

Seven Bends Nursery  
welcomes you to shop our  
spring blooms in person!

Sign up for an appointment  
slot to shop or pick up  
orders on Mondays at our  
working farm.



Strasburg, VA

Exact location will be given  
when you sign up for a  
timeslot.



Mondays

March 1- October 28, 2024

Sign up by clicking [here](#)

**Come join us at the  
farm!**

