

A photograph of the Natural Bridge in Virginia, showing a large natural rock archway with a dirt path leading through it. The surrounding area is lush with green trees and vegetation.

# *Back to Nature*

VA Native Plant Horticulture Show  
Guided and Self-Guided Hiking  
Geocaching  
Tree Planting Dedication  
Horticulture Sip and See  
61st Annual Conservation Forum

[gcvirginia.org/event](http://gcvirginia.org/event)

A photograph of a large tree with vibrant autumn foliage in shades of orange, yellow, and red, set against a clear blue sky.

## 61st Annual Conservation Forum Trees: Canopy of Conservation

featuring

Frazier Armstrong  
Dr. Elizabeth Brantley  
Dr. Eric Wiseman  
Andrew Moore

A close-up photograph of several bright pink flowers with yellow centers, likely Echinacea, with a white butterfly perched on one of them. There are also some purple flowers in the background.

## Calling Exhibitors!

A smaller photograph of the Natural Bridge, showing the rock archway and the path through it.

Horticulture Show at Natural Bridge

featuring

Virginia Native Plants

Tuesday, September 24, 2019

visit [gcvirginia.org/event](http://gcvirginia.org/event) for details

*Back to Nature*

# *Back to Nature*

## Timeline of Events And Activities

### **Monday, September 23 Natural Bridge Visitor Center**

- 10:00 am - 2:00 pm Horticulture Show setup  
2:00 pm - 5:00 pm Horticulture registration and entries accepted

### **Tuesday, September 24 Natural Bridge Visitor Center**

- 8:00 am - 10:00 am Registration and entries accepted  
10:00 am - 1:00 pm Horticulture judging  
10:00 am - 12 noon Guided Tree Hike, geocaching and self-guided hiking  
12 noon - 1:30 pm Lunch on your own  
1:00 pm - 1:30 pm Bartlett program with Rockbridge Elementary School children  
1:30 pm - 2:30 pm Tree planting / Ribbon cutting / Conservation awards and reception  
2:00 pm - 6:00 pm Horticulture open  
2:30 pm - 4:30 pm Guided Tree Hike, geocaching and self-guided hiking  
4:00 pm - 6:00 pm Sip and See  
6:15 pm Gather at Visitor Center lower level for shuttle to Cedar Creek.  
(Dinner registrants only)  
6:30 pm - 8:00 pm Cedar Creek Buffet Dinner  
8:45 pm Stargazer Tour Shuttle, gather at Main Entrance of Visitor Center.  
(Stargazer registrants only)  
9:00 pm Stargazer Tour

### **Wednesday, September 25 Natural Bridge Hotel, Washington Hall**

- 8:30 am - 9:30 am Check in and continental breakfast  
9:30 am - 12:30 pm 61st Annual Conservation Forum "Trees: Canopy of Conservation"  
12:30 pm Lunch on your own  
2:30 pm - 3:30 pm Hour-long, strenuous guided hike at Virginia Horse Center (Hike registrants only)

## 2019 GCV Horticulture Show

Natural Bridge State Park  
September 24, 2019

### List of Classes <sup>1</sup>

## A Virginia Native Plant Horticulture Show In celebration of Garden Club of Virginia's 100 years of conservation

### The Pollenizer Plants - the food source for pollinators.

One single stem in bloom to be exhibited in green, glass bottle supplied by exhibitor.

1. *Achillea millefolium* (yarrow)
2. *Anemone* (windflower)
3. *Aster*
4. *Coreopsis*
5. *Echinacea* (coneflower)
6. *Helianthus* (sunflower)
7. *Monarda* (bee balm)
8. *Phlox*
9. *Rudbeckia*
10. *Salvia*
11. *Sedum*
12. *Solidago* (goldenrod)
13. Other Native Pollenizers

### The Forest Floor - Ferns and Fern Allies

One single stem to be exhibited in a green glass bottle supplied by exhibitor.

14. *Adiantum pedatum* (maidenhair fern)
15. *Athyrium asplenoides* (southern lady fern)
16. *Dennstaedtia punctilobula* (hay-scented fern)
17. *Onoclea sensibilis* (sensitive fern)
18. *Osmunda cinnamomen* (cinnamon fern)
19. *Osmunda regalis* (royal fern)
20. *Polystichum acrostichoides* (Christmas fern)
21. Other Native Ferns and Fern Allies

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1

#### Resources:

Virginia Native Plant Society

<https://vnps.org>

Virginia Department of Conservation and Recreation

<http://www.dcr.virginia.gov/natural-heritage/nativeplants>

## The Canopy of Conservation

One single branch to be exhibited in a green, glass bottle supplied by the exhibitor.

### Evergreens:

22. *Pinus strobus* (eastern white pine)
23. *Pinus taeda* (loblolly pine)
24. *Pinus virginiana* (Virginia pine)
25. *Tsuga canadensis* (eastern hemlock)
26. *Juniperus virginiana* (eastern redcedar)

### Deciduous:

27. *Juglans nigra* (black walnut)
28. *Carya cordiformis* (bitternut or swamp hickory)
29. *Carya ovata* (shagbark hickory)
30. *Carya alba* (mockernut or white hickory)
31. *Carpinus caroliniana* (American hornbeam)
32. *Quercus alba* (white oak)
33. *Magnolia virginiana* (sweetbay)
34. *Liriodendron tulipifera* (tulip tree or tulip-poplar)
35. *Asimina triloba* (pawpaw)
36. *Sassafras albidum* (sassafras)
37. *Platanus occidentalis* (sycamore)
38. *Cercis canadensis* (eastern redbud)

## Picnic in the Park

Food item that includes an ingredient from your garden. Ingredient may be fresh, prepared, cooked or preserved. Exhibitor to provide a taste test for three judges. Exhibit to include plant material, and/or fruit or vegetable used as culinary ingredient and recipe printed or handwritten on 4" x 6" index card. To be exhibited on a cut log approximately 12" in diameter provided by the committee and available at the show. Accessories are permitted. Exhibits will be judged from all sides and can be arranged on the showroom floor and will be passed in place.

Each class limited to four entries. Pre-register by emailing [kimcory@mac.com](mailto:kimcory@mac.com).

39. Sweet
40. Savory
41. Spicy

To be judged

Culinary appeal	50%
Artistic composition of exhibit	25%
Horticulture merit of plant material	25%

# 2019 GCV Horticulture Show

Natural Bridge State Park

September 24, 2019

## Awards

### Centennial Cup

to be awarded to the best horticulture exhibit in the show from amongst the blue ribbon winners.

### Novice Award

to be awarded to the best horticulture exhibit in the show from amongst the novice entries. A novice is an exhibitor who has not won a blue ribbon at any GCV show in the horticulture division.

### Propagation Award

to be awarded to the best horticulture exhibit in the show that was propagated by the exhibitor. The entry must have been awarded a first, second or third place ribbon. A detailed explanation of the propagation method should accompany the entry.

### Sweepstakes Award

to be awarded to the club with the highest number of points earned. Points are awarded as follows:

Special award.....	10 points
First place.....	4 points
Second place.....	3 points
Third place.....	2 points
Honorable mention.....	1 point
Commendation .....	1 point

### Natural Bridge Award

to be awarded to the club with the most entries amongst all of the horticulture classes.

### Judges Commendation

may be awarded to an entry or a class, section or other aspect of the show that is of exceptional merit.

## 2019 GCV Horticulture Show

Natural Bridge State Park

September 24, 2019

### Guidelines

1. Entries are open to all GCV members and the public. Advanced registration is NOT required except for classes 39-41. To register for classes 39-41 please email [kimcory@mac.com](mailto:kimcory@mac.com).
2. Entries must have been owned and grown by the exhibitor for a minimum of three months. Ownership deadline is June 25, 2019.
3. Grooming each entry is encouraged. Helpful grooming and showing tips may be found on the GCV website. The presence of any foreign substance applied to the foliage, stem or bloom will result in the entry not being passed nor entered in the show.
4. An exhibitor may enter as many classes as she likes and is allowed up to three entries in the same class provided that each is a different cultivar, except as noted in the schedule. An exhibit may not be entered in an "other" class if there is a class that calls for that genus specifically.
5. Exhibitors are to use their own containers except as otherwise noted in the schedule. Containers are to be plain, green glass bottles without labels, metal rings, handles or conspicuous markings. A very limited number of bottles will be available at the show. Containers should be of a size complimentary to the specimen.
6. Exhibitors are to provide wedging material of their choice as needed, except boxwood or plastic wrap. Boxwood is NOT allowed. Plastic wrap is NOT allowed. Suitable wedging material may include plant material such as yew, privet, moss or twigs or cotton balls or celery.
7. Mats, stands and accessories are not allowed. Unobtrusive staking is permitted. Weights or pebbles may be used in the bottles.
8. GCV entry cards will be provided at the show or may be found online. Exhibitors are responsible for the proper labeling of exhibits. The use of binomial nomenclature is encouraged. Entry cards and key cards if necessary should be filled out using black, waterproof ink or typed.
9. Members of the Horticulture Committee will be available in the work room to provide assistance in plant identification and nomenclature.
10. Each exhibit will be passed by the passing committee. The passing committee reserves the right to refuse any entry that does not conform to the schedule. The exhibitor has the option of correcting the entry, if time permits. If not corrected, the entry cannot be judged and may be marked "For Exhibit Only." The judges will not judge any entry passed by the passing committee if evidence of insect infestation or disease is identified. Once an exhibit is passed, it will be placed on the exhibit floor by the committee and may not be touched again by the exhibitor.

11. The registration committee will give each exhibit an entry number that will be recorded on the entry card. The entry number will also be placed on the bottom of the exhibit to help ensure that an entry card separated from the exhibit during placement can be returned to the proper entry before judging.
12. An exhibitor may mark the back of the exhibit with a white chalk mark or a white dot if they would like to indicate the back of the exhibit and how to place the exhibit.
13. A key card (diagram or plant list) must accompany the exhibit when different species or cultivars are in one exhibit. Key cards must be a 4" x 6", white, unlined card and typed or written in black, waterproof, ballpoint pen. Alternatively, a 4" x 6" photograph may be used with identifying numbers that correspond to a plant list.
14. An exhibit will be measured using the "lip to tip" rule: from the lip of the container to the tip of the stem. No exhibit should exceed 32" from lip to tip. Exhibits in containers are measured at the diameter or diagonal of the inside rim.
15. The committee may at its discretion place an exhibit in a different class or subdivide classes.
16. Only participating judges and clerks will be allowed on the show floor during judging.

Plants on the Virginia Department of Conservation and Recreation list of Invasive Plants -

<http://www.dcr.virginia.gov/natural-heritage/document/nh-invasive-plant-list-2014.pdf> and on the list of Rare Plants - <http://www.dcr.virginia.gov/natural-heritage/document/plantlist17.pdf> - may not be exhibited.

17. Dried plant material and artificial plant material are not permitted.
18. Plant material showing evidence of insects or disease must be removed immediately from the exhibition area.
19. Exhibits, entry cards, ribbons and awards may be removed from the show by the exhibitor between 6 pm and 6:30 pm on Tuesday, September 24th. After that time, the show committee will dispose of any remaining exhibits. Every effort will be made to return entry cards and any ribbons or awards received to the exhibitor.

## 2019 GCV Horticulture Show

Natural Bridge State Park  
September 24, 2019

# Timeline

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2:00 pm -5:00 pm	Horticulture registration and entries accepted

### Tuesday, September 24 Natural Bridge Visitor Center

8:00 am - 10:00 am	Registration and entries accepted
10:00 am - 1:00 pm	Horticulture judging
10:00 am - 12 noon	Guided Tree Hike, geocaching and self-guided hiking
12 noon - 1:30 pm	Lunch on your own
1:00 pm - 1:30 pm	Bartlett program with Rockbridge Elementary School children
1:30 pm - 2:30 pm	Tree planting / Ribbon cutting / Conservation awards and reception
2:00 pm - 6:00 pm	Horticulture open
2:30 pm - 4:30 pm	Guided Tree Hike, geocaching and self-guided hiking
4:00 pm - 6:00 pm	Sip and See
6:30 pm - 8:00 pm	Cedar Creek buffet dinner
9:00 pm – 9:30 pm	Stargazer tour (limit 20 participants)

### Wednesday, September 25 Natural Bridge Hotel, Washington Hall

8:30 am - 9:30 am	Registration and continental breakfast
9:30 am - 12:30 pm	Forum speakers
12:30 pm	Lunch on your own
2:30 pm - 3:30 pm	Hour-long, strenuous guided hike at Virginia Horse Center



# Back to Nature



## PICNIC IN THE PARK

Prepare a food item that includes an ingredient from your garden. Ingredient may be fresh, prepared, cooked or preserved.

Exhibitor to provide a taste test for three judges.

Exhibit to include plant material, and/or fruit or vegetable used as culinary ingredient and recipe printed or handwritten on 4" x 6" index card. To be exhibited on a cut log approximately 12" in diameter provided by the committee and available at the show. Accessories are permitted.

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## RECIPES

End of Summer Pesto .....	2
Fig Jam .....	3
Fig Preserves .....	4
Hot Pepper Jelly.....	5
Meyer Lemon Coconut Puffs with Sweet Mint ...	6
Rosemary Shortbread Cookies .....	7
Rosemary Thyme Savory Cashews .....	8

## End of Summer Pesto

Claire Mellinger and Esther Hannon, Albemarle Garden Club

- 1 cup pine nuts
- 1 cup freshly grated Parmesan cheese
- ¼ cup freshly grated Romano cheese
- 3-4 garlic gloves (depending on how much you like garlic)
- 2 cups fresh basil leaves
- 1 cup best quality olive oil
- ¼ cup goat cheese, softened



1. Process, pine nuts, garlic in food processor - pulse a few times then add basil leaves and pulse a few more times.
2. With machine running, pour in olive oil in a thin steady stream.
3. Add cheese, a big pinch of salt and a good grind of pepper and goat cheese. Process briefly to combine.

*Fresh ingredients are the key to a fantastic pesto. Use as a spread on crackers, sauce on pasta or chicken.*

# Fig Jam

Nancy Freeman, Virginia Beach Garden Club

6 lbs. figs

1/2 cup granulated sugar

1/2 cup water

juice of one large lemon

2 teaspoons pure vanilla extract



1. Slice stems off of figs and place figs in a heavy bottom saucepan.
2. Add sugar and water and cook over medium heat for one hour.
3. Take a wooden spoon and break up figs to desired texture.
4. Reduce heat to low, add lemon juice and vanilla.
5. Cook one hour.
6. Fill a large stock pot or canning pot with water and bring to a boil. Add jars, lids and bands. Simmer 5 minutes.
7. Use tongs to remove them to a clean kitchen towel.
8. Once cool enough to handle but still warm, fill the jars to the top with hot fig jam, leaving 1/2 inch headspace. Screw lids on. Unopened jam will keep for 3 months.

Enjoy!

# Fig Preserves

Sonya Wodicka, Hillside Garden Club

(Adapted slightly from UGA National Ctr. For Food Preservation)

- 3 quarts figs
- 3 quarts boiling water
- 4 cups sugar
- 1 ½ quarts water
- 2 lemons, thinly sliced



1. Pour 3 quarts boiling water over figs. Let stand 15 minutes. Drain and discard liquid.
2. Rinse figs in cold water and drain.
3. Prepare syrup by mixing sugar, 1 ½ quarts water and lemon. Boil rapidly for 10 minutes. Skim syrup.
4. Carefully add whole figs to boiling syrup. Cook until figs and lemon are translucent; remove the figs and lemon into a shallow pan.
5. Boil syrup until thickness of honey. Pour syrup over figs, cool, and let stand 8 hours or overnight in refrigerator.
6. Reheat fig mixture to full boil and fill sterilized jars. Cap with 2-piece canning lids; process in boiling water bath 5-10 minutes (half-pints, pints)

Yield: About 10 half-pint jars.

# Hot Pepper Jelly

Mary Hart Darden, Nansemond River Garden Club

*Pick almost any type of garden pepper. An assortment works just fine.*

1 cup Green and Red Bell Peppers  
½ cup Yellow Banana Peppers  
¼ cup Cayenne Peppers  
½ cup Jalapenos Peppers  
2 small Habaneros Peppers  
1.75 oz. package fruit pectin such as *Sure-Jell*  
4 cups white sugar



1. Seed and chop all peppers. Careful, wear rubber gloves.
2. Put all ingredients, except sugar, into a heavy pot. Bring to a hard boil on high. Boil for 5 minutes.
3. Add sugar, return to the boil and time for 2 minutes. Skim if needed. Jar up and seal. Follow normal processing practices for 5 minutes.

# Meyer Lemon Coconut Puffs with Sweet Mint

Jane Booth, Virginia Beach Garden Club

- 1 cup unsweetened fine coconut flakes
- ¼ cup almond flour
- 3 tablespoons solid coconut oil
- 3 tablespoons organic maple syrup
- 1 ½ tablespoons fresh meyer lemon juice
- 1 ½ tablespoons fresh lemon zest
- 1 tablespoon fresh chopped sweet mint leaves



1. Combine ingredients and place small spoonfuls on parchment covered cookie sheet.
2. Bake 12 minutes at 350°.

# Rosemary Shortbread Cookies

Colleen Bassett, Albemarle Garden Club

1 cup butter, softened  
½ cup confectioners sugar  
2 cups all-purpose flour  
2 tablespoons minced fresh rosemary  
½ teaspoon sea salt



1. In a large bowl, cream butter and confectioners sugar until light and fluffy. Combine the flour, rosemary and salt; gradually add to creamed mixture and mix well.
2. Shape into two 8-1/4 inch rolls; wrap each in plastic. Refrigerate overnight. Cut into ¼ inch slices. Place 2 inches apart on ungreased baking sheets.
3. Bake at 350° for 11-13 minutes or until edges begin to brown. Cool for 1 minute before removing from pan to wire racks. Store in an airtight container.

## Rosemary Thyme Savory Cashews

Jane Booth, Virginia Beach Garden Club

1 cup raw cashews  
1 tablespoon fresh rosemary, chopped fine  
1 tablespoon fresh thyme leaves  
1 tablespoon organic extra virgin olive oil  
1 teaspoon fine ground sea salt  
Dash cumin  
Dash black pepper, fresh ground



1. Toss ingredients and spread on parchment or cookie sheet.
2. Bake 15-20 minutes at 300° until nuts are golden.
3. Seal in glass jar once cooled.