

September 2026 Newsletter

YEAR AFTER YEAR, AUTUMN
RETURN TO THE WORLD IN HER
OWN GOOD TIME.

She can sneak up subtly or arrive all of a sudden. Either way, she rides in on wild winds and under a harvest moon the color of honey. She comes to dim the daylight and stretch out the night. She colors the trees and urges the songbirds southward. She has returned to set the natural world afire, to bring the sun low, to usher in the fall of the year — a time so very familiar to us and, yet, always new. Wherever she goes, autumn lights up the senses and stirs up memories. She wields the power to enchant us all, in fact — to transport us back in time, back into ourselves. One way or another, the amber magic seeps into each and everyone of us. And while the natural world softly fades into winter, autumn is busy changing us from within. She whispers gently, speaking silent incantations to both body and soul, reminders of just how far we have come and how far we still have to go ...

Come, she says, let us go together. Ever onward, hand in hand ...

Interesting Factoids:

** Meteorological fall starts on September 1

** Astronomical fall begins at the autumnal equinox which occurs at 8:05PM (ET) on September 22

SEPTEMBER GARDEN CLUB MEETING:

Date: September 9, 2026

Time: 9:30 AM - Set-up

10:00 AM - Meeting

10:45AM - Social Time and Snacks

11:00AM - Speaker

12:30 - Clean-up

Program: Get to know other members and a small craft project (fun!)

Location: Our Savior Lutheran Church

745 Front Street South

Issaquah, WA

Snack Crew:

Hostess: Marie W. / Gloria W.

Crew: Joan F.

Joy J.

Joanne W.

Gloria W.

Nancy G.

LETS SAVE ON KITCHEN SUPPLIES:

Please remember to bring your own plate, napkin and silverware so we don't deplete the club's supplies and reduces our garbage footprint! And, attention coffee and tea drinkers - remember to bring your own cup (THANKS)

SALES TABLE:

It will be back the year as it's a good money maker:

- ** Since our gardens are beginning to go to sleep for fall/winter it's a good time to dig volunteer plants and bring them to be sold

- ** Clean out that closet you've been wanting to get to and bring the treasures you find

- ** Put a price on all items you bring

- ** Remember ... what isn't sold you will need to take home

YOU MIGHT HAVE MISSED:

ORDERING VISION OF BEAUTY CALENDARS FOR 2027:

** The deadline is September 5, 2026. If you want to order a Vision of Beauty Calendar please email Sandra at robersd-rspecialties@comcast.net. Cost is \$13.00 which includes shipping.

AUGUST BOARD MEETING:

The Board met at Bellevue Botanical Gardens on Monday August 17, 2026.

- ** There are current 244 garden club members in the district with another 3 clubs who have yet to send in their membership rosters

- ** A Nominating Committee is being formed to determine a slate of officers for the 2027 - 2029 (2 year) term

- ** Final planning for the September 28 General Membership Meeting was done

ABOUT THE ISSAQUAH GARDEN CLUB ...

TREASURERS REPORT:

- ** We are starting the year with a healthy budget thanks to all the extra donations made during the dues collection process this last spring.

- ** The Treasurers records were reviewed per by the Bylaws and found to be 100% in order (thank you Sandra)

GARDEN THERAPY (JOAN H.):

** We will have Garden Therapy sessions immediately after the meetings for Fall and or Christmas, Valentine's Day and Easter

** Last year we tried actually making the arrangements in our meeting room at the church and taking them next door. This seemed to work well so we will try this again this year.

** Remember to bring clippers as well as greens from your garden. Gale purchases flowers from Trader Joe's but having greens provided is a big help.

** The flowers are purchased with grant money from the district

BELLEVUE BOTANICAL GARDEN (GALE):

** The next Work Day is Friday, October 16, 2026

POST OFFICE (GEORGANN):

** Current Sign-up Status:

September: Maura E. (Need a back-up volunteer)

October: TBD

November: TBD

December: TBD

BLUE STAR MARKER (DIANNE):

** The next gathering requiring a floral arrangement will be Veteran's Day on November 11.

** Help with watering and maintenance on the coming months needs to be established at the September meeting

GENERAL MEMBERSHIP MEETING (GMM):

Date: Monday, September 28, 2026

Time: Registration begins at 9:30AM and program begins at 10:00AM

Location: Saint Andrew's Church

2650 148th Ave SE

Bellevue, WA 98007

Just off of I-90 (behind Michael's Toyota) and lots of free

parking!

Cost: \$10.00 which gets you two programs (one horticulture and one design) as well as lunch. Walk-ins will be asked to pay \$15.00 and if you make a reservation and don't cancel it if you don't come you will be charged \$10.00.

As always there will be two program and lunch. The horticulture program will be a presentation by Caroline Zebroski talking about Fuchsias. Design winners from the August State Flower Show will be the afternoon presenters and discuss how they made their designs and do some demonstration.

**If you are planning to attend, you must RSVP to
Joyce at javodal@hotmail.com**

SAD NEWS:

Information from Ellen Daly (WSFGC Corresponding Secretary):

I regret to inform you that Mary Stumph died peacefully on August 16 at home with family in Bellevue. Mary was a long-time, active, and Life Member of WSFGC and its Board, and served in many capacities for the Sherwood Forest Garden Club, East Lake Washington District, and the State, including serving as Editor for *Smoke Signals*, the predecessor of the current *Washington Garden & Design (WG&D)* publication. Mary was also a longtime member of ELWD's invitational Avant Designers Guild.

The Memorial Mass for Mary Stumph, with reception following in the hall, will be on Friday Sept 4th at 11am at St Louise Church, 141-156th Ave. SE, Bellevue 98007 (156th and Main)

SAVE THE DATES:

- ** September 28, 2026 - Fall General Membership Meeting
- ** February 22, 2027 - Winter General Membership Meeting
- ** May 24, 2027 - Spring General Membership Meeting
- ** June 7 - 10 - WSFGC Convention/Annual Meeting, Suquamish Resort, Suquamish, WA

EDUCATIONAL CORNER:

10 Perennials You Should Always Cut Back in the Fall, According To Pro Gardeners ...

Prune now for a healthier, more vibrant garden later.

Pruning certain perennial plants in the fall is a crucial step in [preparing your garden](#) for winter and ensuring a healthy spring bloom. By cutting back specific perennials, you can reduce the risk of disease, tidy up your garden, and set the stage for vibrant growth in the new season. If you're unsure where to begin, here are 10 expert-recommended perennials that should always be [cut back in the fall](#).

Meet the Expert

Shelley Cramm, award-winning gardening author and founder of the blog [Garden In Delight](#)

Teri Speight, [estate gardener](#), podcast host, and author of *The Urban Garden*

Bee Balm

Beautiful and aromatic, bee balm (*Monarda*) is a favorite of [pollinators](#) and a bright spot in any garden. It also benefits from an autumn pruning. "It's best to shape up bee balm at the end of fall to reign in its wildness a bit," says gardening author and expert Shelley Cramm. "This creates some space, and lets you add compost and mulch more easily."

Zones: 3 to 9

Size: 36 inches tall x 8 inches wide

Care requirements: Full sun; well-drained soil

RELATED: [How to Grow and Care for Bee Balm, the Pollinator Plant Your Garden Is Missing](#)

Penstemon

Also known as beardtongue, this colorful and cheery *Penstemon* is a delight in any garden. “First on my list to cut back in autumn is my favorite pollinator plant, penstemon,” says author and gardener Teri Speight. “This intermittent seasonal blooming perennial has minimal fall-winter interest—so the foliage is a bit tattered by mid to late fall.” Cutting the leaves back after the blooming season is finished, she notes, will allow the crown to remain dry: “This aids in preventing disease and rotting foliage.”

Zones: 3 to 8

Size: 12 to 36 inches tall x about 30 inches wide

Care requirements: Full sun, well-drained soil, happy in poorer soil

Phlox

Showy *Phlox* blooms can last late into the autumn season, but once they finish for the year, it's time to cut them back. “Phlox is known for its powdery mildew issues,” says Speight. “Cutting back the stems removes any diseased, discolored, or damaged foliage from the plant, as well as its surroundings, and decreases the risk of powdery mildew in the next season.” She suggests cutting the stems to a height of 4 to 6 inches to allow air to flow over the crown, which also helps discourage disease. “I don't include the debris in my compost,” she adds.

Zones: 3 to 8

Size: 24 to 48 inches tall x 24 to 36 inches wide

Care requirements: Full to partial sun; moist soil

Before cutting back perennials in the fall, ensure your tools are clean and sharp to prevent plant damage and disease spread. Before cutting back perennials in the fall, ensure your tools are clean and sharp to prevent plant damage and disease spread.

Daylily

Hemerocallis plants are a spectacular addition to any kind of landscaping around your home. The blooms are wonderful, and the foliage grows tall and thick, happily staying contained in the spaces where you planted it and adding visual interest throughout the year. Go ahead and cut the dead foliage away in late fall, though—it wilts badly [after a freeze](#) and quickly loses its aesthetic charm. Don't worry—new growth will form early in the next season.

Zones: 3 to 9

Size: 24 to 48 inches tall x 24 to 36 inches wide

Care requirements: Full to partial sun; well-drained soil

Bearded Iris

With its rich colors and impressive blossoms, *Iris germanica* is a spectacular addition to your garden. In the fall, prune away to get ready for next year. “Another perennial I keep an eye on after bloom time is German Bearded Iris,” says Speight. “Unsightly foliage is a sign of disease or iris borers.” She recommends removing the foliage to a height of 5 to 6 inches in the fall. “I throw away all the diseased or yellowing foliage out of habit, and never put it in my compost,” she says.

Zones: 3 to 9

Size: Varies; 12 to 36 inches tall x 24 inches wide

Care requirements: Full sun; well-drained soil

Yarrow

One of the prettiest herbs, *Achillea millefolium* is another perennial that benefits from pruning in the fall. “Yarrow is such a good garden friend,” says Speight. “Cutting back

the foliage allows great air circulation, which minimizes the opportunity for disease and rot to set in.” She recommends cutting back the gray, brittle foliage and stems to where the fresh growth begins: “I allow 2 to 3 inches of stem to remain, which protects the crown. If the foliage is not diseased, I add it to my compost pile.”

Zones: 3 to 9

Size: 2 to 3 feet tall x 8 to 12 inches wide

Care requirements: Full sun; well-drained soil

Sedum

A “perennial” fall favorite for gardeners, *Sedum* grows lovely foliage and blossoms that provide excellent late-season nectar for pollinators. You can potentially leave sedum undisturbed for some [winter garden](#) structure, but you can also trim the spent stems and foliage back down to ground level. This is especially a good idea if the plant shows any sign of late-season disease or rot.

Zones: 3 to 9

Size: 24 inches tall x 24 inches wide

Care requirements: Full sun to partial sun (depends on variety); well-drained soil

Joe Pye Weed

If you’re looking for a statement-making perennial with some impressive height, *Eutrochium maculatum* won’t disappoint. Once Joe Pye weed has finished blooming for the season and died back, you can cut back and clean up the stems and foliage. Just makes sure to leave several inches—you don’t want to cut it back completely to the ground.

Zones: 4 to 9

Size: Up to 8 feet tall x 3 to 5 feet wide

Care requirements: Full to partial sun; well-drained soil, regular watering

Lavender

In addition to its good looks and violet flowers, *Lavandula* is an herb with all kinds of popular uses, including cooking, teas, and skincare products. You can also grow it solely for its lovely scent and its beauty. Regardless of your intent, lavender may benefit from being cut back in the fall—it can lead to better blossoms for the next year.

Zones: 5 to 9

Mature size: 12 to 30 inches tall x 24 to 36 inches wide

Care requirements: well-drained soil; full sun