

The Urban Rock Gardener



Volume 39, Issue 4

September/October 2026

SEPTEMBER MEETING

September 21 at 6 p.m.

In-person at The Center

CULTIVATING THE CARNIVOROUS PLANTS OF NEW YORK

Speaker:

Will Lenihan

Gardener, Native Flora Garden
Brooklyn Botanic Garden

Did you know that New York is one of the richest northern states for carnivorous plant diversity, hosting over twenty native and naturalized plant species that will capture, kill, and digest members of the animal kingdom? In this presentation on some of New York's most dynamic and unusual photosynthetic inhabitants, we will learn all about their cultivation and relevant local ecology.



WILL LENIHAN is the gardener of Brooklyn Botanic Garden's Native Flora Garden. He is the former curator of natural science at the Staten Island Museum and was a member of the horticulture team at the Cary Institute of Ecosystem Studies in Dutchess County. Will is a graduate of BBG's Horticulture Certificate Program and the State University of New York at Plattsburgh's Ecology program. He is a lifelong carnivorous plant enthusiast.



The flower of the northern butterwort (*Pinguicula vulgaris*)



The flower of the striped bladderwort (*Utricularia striata*), an imperiled species in New York State



A mosquito larva stuck to the protocarnivorous seeds of shepherd's purse (*Capsella bursa-pastoris*), a naturalized species in New York



Unfurling leaf of the thread-leaf sundew (*Drosera filiformis*), an imperiled species in New York State



New York State's most robust bladderwort species, the common bladderwort (*Utricularia macrorhiza*) forming a turion for winter dormancy



The northern butterwort (*Pinguicula vulgaris*), New York State's only butterwort species

The Center is located at 208 West 13th Street (between 7th and 8th Avenues) in Manhattan. It is easily reached by subway, and is a short walk from the 14th Street stations of the 1, 2 and 3 trains (at 7th Avenue), the A, C, E and L trains (at 8th Avenue), and the F, M and L trains (at 6th Avenue).

JOIN US FOR A BRAND-NEW EVENT!

NEWYORK METRO NARGS CHAPTERS MEETING AND PLANT SALE

Sunday, October 11

1 p.m. – 4 p.m.

The Center

208 West 13th Street

Guest Speakers:

Judith and Felix Jones

Fancy Fronds Nursery

FERNS FOR THE ROCK GARDEN AND WOODLANDS OF NORTHEASTERN UNITED STATES

Outdoor ferns that are hardy in the USDA zones in New York – the life cycle of ferns – the ways ferns reproduce and tips and methods for propagating them



Woodsia scopulina

This year, in lieu of the Tri-State Meeting, we are excited to announce a new event, our first-ever **New York Metro NARGS Chapters Meeting and Plant Sale**.

We are gathering in the Center's spacious first floor auditorium, and hoping for a big turnout! We welcome all NARGS members and NARGS Chapter members, as well as Metro Hort members, their guests, and anyone interested in learning more about rock gardening, ferns and the North American Rock Garden Society. **NO REGISTRATION IS REQUIRED.**

Lori Chips and Don Dembowski will be vendors, and sales will take place both before and after the presentation. Here's your chance to stock up on Lori's alpines, succulents and troughs, and Don's home-grown hardy ferns, succulents, and hepaticas.



JUDITH JONES first began working with ferns when she volunteered at the Seattle Arboretum. As her interest grew, she established connections with the British Pteridological Society and traveled to England, where she was fortunate to find a mentor in Pteridology, Jimmy Dyce. Since the 1980s, Judith has named and introduced several new cultivars of ferns, including her namesake "Fancy Fronds," a dwarf crested lady fern. Over the years she has become a leading expert on the identification of temperate fern species, constantly in correspondence with other growers and botanists, such as John Mickel and Barbara Hoshizaki. Judith began a mail-order fern business in 1981, selling ferns she grew from both spore and division, many of them obtained through spore exchanges or through contacts with British fern aficionados, and her company Fancy Fronds was born (www.fancyfrondsnursery.com). In 1995, the Jones family purchased a five-acre property in Gold Bar, a small town east of Seattle, so that Judith could erect commercial greenhouses and expand her fern collection.



FELIX JONES, Judith's youngest son, apprentice and protégé, has always been immersed in ferns and horticulture, attending plants sales, assisting with propagation, and helping to run the family business since high school. He has worked in a variety of retail and horticultural settings, including wineries, nurseries, and even a hazelnut farm. After earning a bachelor's

degree in Western European History from Willamette University, Felix returned from Oregon to assist in the day-to-day operations of the nursery. He now manages Fancy Fronds, continuing the tradition of sharing a world of fine foliage and fabulous fronds.



Myriopteris (formerly *Cheilanthes*) *gracilis*
(Fee's Lip Fern)



Polystichum kruckebergii
(Kruckeberg's Sword Fern)



Dryopteris filix-mas

VENDORS



LORI CHIPS

<https://www.instagram.com/lorichips/?hl=en>



DON DEMBOWSKI
Hudson Valley Chapter

MCNARGS GOES "HIGH & DRY IN THE CHINOOK ZONE" AT THE AGM IN CALGARY, ALBERTA

By Nancy Beranbaum

As a relative newcomer to both NARGS and our local chapter, MCNARGS, I have had a very exciting and educational few years working on the Plant Sale and learning with Lola Lloyd Horwitz, Judi Dumont and Jennifer Kalb, and have expanded my plant and horticulture knowledge tremendously through the unique focus of the North American Rock Garden Society's lens! So, when the opportunity arose to attend this year's NARGS Annual General Meeting, "High & Dry in the Chinook Zone" in Alberta, hosted by the Calgary Rock and Alpine Garden Society (CRAGS), I was thrilled.

Mid-June in Banff National Park

My husband John and I started our trip by exploring Banff National Park for four days prior to the conference, where we hiked and hunted for alpine plants on our own. With our days starting out in the 40's (Fahrenheit) and eventually climbing to 55, we traveled to Lake Louise, Takakaw Falls, Emerald Lake and Peyto Lake in Yoho Park, British Columbia. It was mid-June but we felt like we were very much on the edge of spring. We were delighted to see a surprising array of plants and flowers, including *Cypripedium parviflorum* (yellow lady's slipper) on the shores of Emerald Lake and *Calypso bulbosa* (calypso orchid) on the shores of Lake Louise! Over the next few days we found *Castilleja miniata* (scarlet paintbrush), *Erigeron peregrinus* (fleabane), *Clematis occidentalis* (western blue virgin's bower), *Thalictrum occidentale* (meadow rue), and *Maianthemum racemosum* (false lily of the valley). To discover these treasures on our own was very exciting and whet our appetites for the trove of discoveries awaiting us at the AGM!



Left to right : Jennifer Kalb, Sandy Shaller, Lola Lloyd Horwitz, Nancy Beranbaum and John Beranbaum



June 25, 2026 – The Conference Begins!

Our first day at the conference was a great reunion of MCNARGS people – New Yorkers out of our city habitat and enthusiastic for the explorations, tours and programs coming up. Our first excursion was to the Reader Rock Garden in Calgary. This special gem of a garden, along with its original house, is a National Historic site. The garden was created in 1913 by William Roland Reader who had been hired originally as the superintendent of Calgary Parks and spent the next fifty-five years developing a marvelous garden that is now home to over 1,400 plant species.

During our first evening of dinner and lectures, NARGS president Todd Boland gave an update on NARGS followed by a beautiful presentation on "Wildflowers of Southern Alberta: Foothills to the Alpine." Todd was kind enough to send me highlights from his inspiring talk. [Photos at right]

"*Lilium philadelphicum* is the wood lily, a common western North American species found on the foothills and valleys of the Rockies. *Corallorhiza striata* is the striped coralroot orchid, a mycoheterotroph which parasitizes soil fungi. *Castilleja miniata* is the red or orange paintbrush, THE most common *Castilleja* species in the Alberta Rockies. *Dryas hookeriana* is the white mountain avens, a key species in the alpine zone of the Alberta Rockies." – Todd Boland.

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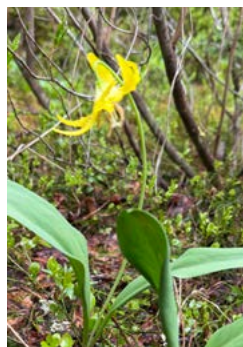
MCNARGS GOES "HIGH & DRY IN THE CHINOOK ZONE"

Continued from page 3

The second speaker that night was paleontologist Dr. Jon Noad, whose presentation, "Geology on Your Doorstep," was a deep dive into the sedimentary rocks that would dominate the landscape over our next few days of hiking and exploring. On the right is a photo of Late Cretaceous fossil branchlets.

June 26, 2026

On the second day we took a stunning hike along Black Prince Cirque, a 2.6 mile trail through a moist subalpine forest. This tour was led by a wonderful and experienced local guide who pointed out fungi, lichen, fossils, and identified plants, in many cases including their uses amongst the indigenous peoples. Our group was fortunate to have Todd Boland along, who dove into the banks and stone outcroppings, identifying plants with both their prior and updated nomenclature.

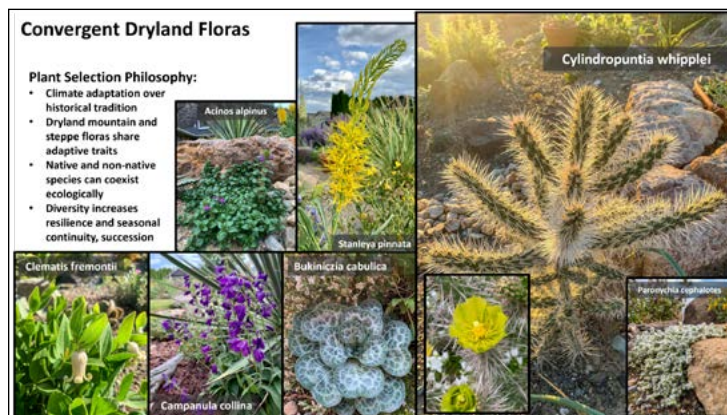


That evening, an excellent lecture and slide show was given by Jay Ackerley on "Garden Resiliency in a Land of Extremes." Jay's gardens in British Columbia's interior include those in the arid valley as well as alpine ski slopes. He's developed designs and methods for water-wise and fire-safe plantings while prioritizing wildlife-friendly gardens. He graciously sent me a few highlights from his presentation:

"My approach to rock gardening is rooted in more than twenty years of 'gardening with place' – designing from the climate, soils, hydrology, and ecological character of the site rather than trying to impose a conventional garden onto it. In my Kamloops garden, that means working with poor mineral soils, extreme heat and drought, severe continental winter cold, and natural patterns of water movement to create diverse microclimates and resilient plant communities. I combine native plants with carefully selected non-native species from dryland, steppe, montane, and alpine regions around the world when they are ecologically compatible with the site.

I am interested not only in specimen plants, but in what happens between them: self-seeding, seasonal succession, recruitment, wildlife interactions, and the gradual development of habitat. The garden is therefore intentionally dynamic; I think of my role increasingly as guiding and editing rather than controlling.

The goal is not to recreate a particular natural ecosystem, but to create a beautiful, resilient rock garden that works with the realities of its place." – Jay Ackerley



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MCNARGS GOES "HIGH & DRY IN THE CHINOOK ZONE"

Continued from page 4

June 27, 2026

On day three, we had the opportunity to visit CRAGS members' gardens. These were great examples of deeply committed gardening in the "high and dry" and challenging climate and elevation of Calgary. Our first stop was at Yaro Horachek's large crevice garden. His sandstone garden was built four-to-nine years ago and continued in 2019 with a creviced tufa terrace. This is a spectacular rock garden that these few pictures cannot convey! It included a small pond, dwarf evergreens, and many alpine species: Hepaticas, early Primulas and Scillas, Androsaces, Drabas, Callianthemums, Columbines, Edraianthus and Gentians among many others. I have so many pictures and so little space! But here are three (at the right).



Following Yaro's garden we traveled to the gardens of Rob Staniland, where a four-acre parcel of natural poplar woodland and prairie surrounds his house, gardens and troughs. We followed paths for an immersive meander through a multitude of crevice gardens planted and placed according to the varied exposures available. An extensive wetland system included a tufa spring that fed a koi pond, stream and a series of "underflow crevices" and bogs. Rob, a self-described propagation addict, does his own grafting of alpine and miniature trees including Douglas fir, lodgepole pine and white spruce.

Our last stop was the Botanical Gardens of Silver Springs which is 100% volunteer maintained and free to the public. Within the botanical garden, CRAGS built and maintains a crevice and native plant garden. Amongst those plantings are *Arnica angustifolia*, *Viscaria alpina*, *Potentilla hyparctica* var. 'Nana', *Antennaria alpina*, *Androsace carnea*, dwarf alpines such as *Pinus mugo* 'Donna's Mini', *Pinus cembra* 'Pigmaea' and many others.



My experience attending the Calgary AGM was so worthwhile! The CRAGS folks were amazing hosts and saw to every detail and our tours and lectures were exciting and tremendously inspiring! I really encourage any MCNARGS members who haven't yet attended a NARGS conference to consider it – first time attendees receive a stipend both from NARGS and MCNARGS! (You'll just need to write an article for the newsletter!)

MCNARGS GOES "HIGH & DRY IN THE CHINOOK ZONE"

Sandy Schaller kept a journal of the AGM – not in words but pictures. Here is a small selection of her photographs.



Yaro Horachek's amazing crevice garden



Papaver nudicaule



Aster alpinus



Gorgeous color combination

Allium insubricum



Lisa Roper at Yaro Horachek's crevice garden



Another gem from Yaro Horachek's garden



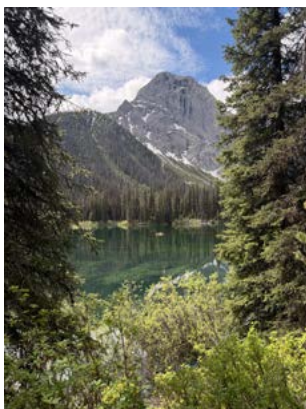
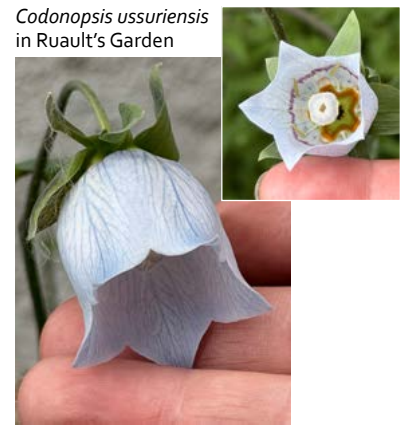
Calypso orchid on the Black Prince trail

Corallorhiza maculata



Lady slipper orchids in Rob Staniland's poplar woodland

Codonopsis ussuriensis in Ruault's Garden



Glacial Lake



Lunch on the talus slope



Lola Lloyd Horwitz taking a break

Castilleja on the roadside near Banff



SELF-SOWING PLANTS – ADVENTURERS OF THE GARDEN

When Michael Hagen gave us a tour of the NYBG Rock Garden last spring, I was excited to hear that they have been embracing self-sowing perennials. I thought this newsletter would be a good opportunity to extol the virtues of self-sowing perennials generally as well as to discuss my experience with self-sowing perennials at Brooklyn Botanic Garden's Rock Garden, including some of my favorites.

Why do I encourage self-sowing plants in the Rock Garden? Self-sowing plants add spontaneity, naturalism, resilience and combinations that gardeners wouldn't necessarily come up with on their own.

Rock gardens in particular are well-suited for experimenting with self-sowing perennials because their varied microclimates, lean soils and cracks and crevices provide endless opportunities for seeds to find a spot they like, and for gardeners to discover that plants sometimes know their preferred growing conditions better than we do.

I had a garden teacher who used to say, "the plants don't read the gardening books," and self-sowing perennials are here to remind us how true that is.

Take *Lobelia cardinalis*, for example. All the gardening books say it requires rich and moist soil. The Lady Bird Johnson Wildflower Center website says that when growing *Lobelia cardinalis*, "the soil must be kept moist or wet at all times." In the BBG Rock Garden it was originally planted around the pond with those cultural conditions in mind. But over the years it has migrated – by repeatedly self-sowing – to a bed with lean soil that receives absolutely no supplemental water (I have two beds in the Rock Garden where I have been experimenting with zero water gardening).

If I were planting *Lobelia*, I would never have chosen that bed. I love the idea of plants having agency in our gardens, exceeding our expectations, and teaching us a thing or two about what they are capable of.

There is an ecological argument for allowing this experimentation as well. Unlike plants that are propagated vegetatively, seedlings are genetically variable. A population that continually produces seedlings has opportunities, generation after generation, to produce individuals that are better suited to the conditions they encounter in our particular gardens. As our climate changes, that flexibility may become increasingly valuable. The plants that thrive in our gardens five, ten, or twenty years from now may not be exactly the plants we planted today – they may be their offspring, selected by the conditions of the garden itself.

A good self-sower is a gift to a gardener, it does the propagation, the planting and even



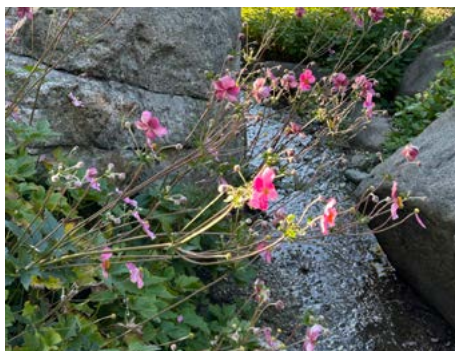
Lobelia cardinalis, making itself at home – in the xeriscape!



Callirhoe digitata is messy but worth it



Who says *Digitalis lanata* prefers the sun?



Not mentioned in the article, Japanese anemone is another self-sower

the site-selection, but of course, there is a catch: not every self-sown seedling is a welcome guest. Some plants have a rather different definition of "self-sowing" that translates roughly as "I have invited all my relatives." Self-sowers generally require editing, but it's worth noting that some are more enthusiastic and prolific than others and require more diligent and persistent culling.

The trick is knowing when to intervene and when to let the plant do its thing. It is a difficult balance and I am constantly editing and revising the self-sowing plants in BBG's Rock Garden. One of my favorite self-sowing perennials is *Callirhoe digitata*. It has gorgeous bright magenta flowers much like its better-known relative, *Callirhoe involucrata*, but while *involucrata* has a sprawling habit that lays claim to a fair amount of space in a garden, *digitata* is more upright with basal foliage that has a small footprint relative to the visual impact of the flowers. In my opinion, it is an easy plant to incorporate into a small garden because it gives you so much vertical drama and takes up so little planting space. The flower stalks do tend to get a little floppy after blooming which brings me to the next potential drawback of cultivating self-sowing perennials: you will have to leave the seedheads up long enough for the seeds to ripen and drop. If you prefer a tidy, well-deadheaded garden, this can be challenging. Sometimes you have to tolerate a little mess now if you want more plants later.

Another of my favorite self-sowing plants is *Digitalis lanata* (technically a biennial). I had originally planted it on a partly sunny slope, but over the years it has taken up residence at the roots of various *Chamaecyparis* where it nestles charmingly. I can confidently say that I would never have thought of planting it there, but the plants themselves chose the perfect spot for themselves, both culturally and aesthetically.

That to me is the real appeal of self-sowers. I'm not suggesting that we throw out our plant catalogs, retire our weeding tools and hand our gardens over to the plants. Self-sowing is simply another tool in a gardener's toolbox, one that invites collaboration from the plants. Self-sowing plants require us to temporarily suspend our desire for tidiness and control. Next time a plant pops up where you didn't put it, don't just automatically pull it out; maybe it has something to teach you. Gardening books give us useful information, but sometimes the most useful horticultural information comes from watching what the plants actually do.

LAURA POWELL

Laura Powell is the gardener of the Rock Garden at the Brooklyn Botanic Garden.

RICK PLATE HOSTS A POOL PARTY

Six years ago Rick and Jackie Plate purchased a 1.6 acre property on the site of an abandoned tree farm in Holmdel, New Jersey, and have been hard at work ever since, establishing a variety of gardens around the property. On June 14, members of MCNARGS and the Watnong and Hudson Valley chapters were invited to tour the gardens, relax by the pool (and take a dip), bring a box lunch and enjoy some cooling beverages, meet other NARGS members and swap plants. It was a great day, and we admire the effort and dedication Rick and Jackie have put into this ongoing project.

Photos by Jack Kaplan



Front yard. That's a young China fir next to the rose campion.



The fish pond with flamingos



Our group with Jackie



Home grown orchids adorn the kitchen counter



Norway spruce "forest" behind the house. Note the toppled tree. Rick plans to leave it in place.



Rick showing off the garden on the south slope of the pool



Rock garden. Truckloads of rock had to be hauled in.



Holding and cutting bed



A repurposed fire pit support protects a white pine seedling

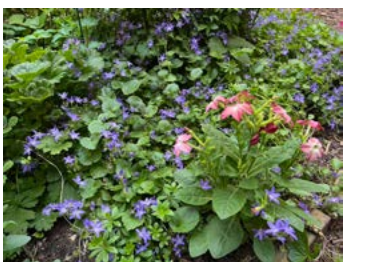


The plant swap table

A VISIT TO THE LOTUS GARDEN

Welcome to the Lotus Garden – the community garden atop a parking garage on the Upper West Side. Shanna Forlano and Nancy Froud both garden there, and on June 8 they opened the gate to MCNARGS members for a tour, a bounty of beverages and snacks, and to relax among plants for an hour or two.

This beautiful garden feels so harmonious that visitors are unlikely to notice that the garden is actually made up of thirty individual plots. As Nancy explained, there is a lot of plant-swapping among the members, with some prohibitions: no vegetables or trees are allowed. (Though a peach tree, planted years ago, dominates the landscape, which somehow has thrived in only three feet of soil.) Volunteers help the gardeners water and weed, and are given priority when it comes to acquiring a plot – though they can wait a long time, as turnover is slow. But anyone can enjoy the garden, no matter where they live. Pay the annual fee, and you are given one of those coveted keys to the gate – of heaven, so to speak.



NOTES FROM A BROOKLYN GARDEN

By Judi Dumont, Chair



Chop (and Chop Again?)

I'm guessing most of our readers are familiar with the "Chelsea Chop," a practice of cutting back herbaceous plants by one-third to one-half around the time of the Chelsea Flower Show. Basically, it's a late-spring pruning method where you cut back to control height, prevent flopping, and extend or delay the flowering season. It can also be used selectively on a plant to stagger the

bloom season on that specific plant by only cutting back a portion of the growth.

Primarily out of laziness, I've generally "Chelsea Chopped" only a few plants in my garden. Taller *Phlox paniculata* varieties are the primary recipients. I pruned *P. paniculata* 'Norah Leigh' by one-third in April this year. And yet, it still grew tall, and flopped. Exuberant growth due to heavy rains? Should I give it a second chop next year? And if so, when? It needs to be before it begins setting buds. Perhaps I'll try a slightly earlier first prune, and a second one in mid-June? TBD.



Phlox paniculata 'Nora Leigh'



Phlox 'Luminary Ultraviolet' from one of Nancy Crumley's gardens. She reports chopping it back three times.

Flop (or not)

Thanks to the lush growth/heavy precipitation in the later part of the summer this year, by mid-summer I pretty much gave up on staking plants in the garden and let them just use each other for support. I did support a few plants early on. We all know that it's key to give plants support early and let them grow into it, but it's easy to tell yourself that you'll do it in a day or two, by which time it's really too late.



Lobelia 'Compliment Deep Red' in 2025



Lobelia 'Compliment Deep Red' in 2026, supported by its neighbors

WE NEED YOUR SEEDS FOR THE ANNUAL NARGS SEED EXCHANGE!

I'm hoping that more of you will collect and donate seeds this fall. If you do, I urge you to check out the NARGS website under "Seeds." Scroll down to "Seedex Info" and read "Seed Donation Instructions – how to collect, clean, and donate seed for the seed exchange." <https://www.nargs.org/seed-donation-instructions>

My shorthand version is this: collect only seeds, not entire dried flowers; clean seeds, which means discard the pods or capsules and all debris and chaff; put each species in a small envelope or glassine; label the packets according to botanic name and provide your name and country on each packet. Finally, provide an alphabetized list of the species you are contributing, and mail seeds and list to:

NARGS Seed Exchange,
15411 Woodring St, Livonia, MI 48154-3029.

The valiant seed intake manager is Laura Serowicz who will appreciate every correctly labeled packet you provide. When the seed list is posted on the NARGS website in mid-December, all seed contributors (you must be a NARGS member) have priority in choosing seeds. When you receive your new seeds in January you will be poised to start a new cycle of growing, collecting, and donating these possibly addictive things essential to the fascinating natural world that surrounds us. Go for it!

LOLA LLOYD HORWITZ

NARGS MEMBERSHIP PROMOTION ENDING SOON!



For a limited time, the North American Rock Garden Society (our parent organization) is offering free one-year memberships for **NEW members under age 40**. NARGS also is offering **\$20 memberships to chapter members who have never joined**. To take advantage of this short term promotion, click on the "Membership Category" in the Contact Us screen. Let us know you would like to participate in this deal and also let us know if you are under 40 or over 40. Please include postal mailing address. Put "Membership Promotion" as the subject line.

Benefits of membership include a subscription to NARGS's *The Rock Garden Quarterly*, access to botanical tours around the world, Zoom webinars presented by leading horticulturists, participation in the seed exchange, and the opportunity to join other garden enthusiasts at annual meetings held throughout North America.

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THE MANHATTAN CHAPTER of the North American Rock Garden Society, founded in 1987, is a group of gardening enthusiasts who are interested in an eclectic range of plants, with emphasis on alpine and rock gardening selections. Our programs cover a broad spectrum of special interests such as rock and alpine, succulents, woodland, bog and planted walls, as well as trough and container gardening. While we're based in New York City, we welcome members in any location!

The Urban Rock Gardener is a newsletter published by the Manhattan Chapter of the North American Rock Garden Society.

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Our gratitude to Michael Riley for donating the printing and mailing of the *Urban Rock Gardener*.

UPCOMING EVENTS

Monday, November 16 (in person)

A Garden in New Jersey and a Nursery in Israel
Denise Adams and Moti Kopilovitz

Monday, December 14 (in person)

Holiday Party and Annual Meeting
Program TBA

WE WANT TO HEAR FROM YOU!

The Urban Rock Gardener welcomes contributions from everyone. Be it a photo, story, adventure, misadventure, musing, or opinion, please share it with us! The submission deadline for the November/December issue is **October 20**. Send your offering to editor Jack Kaplan at jkaplan1313@gmail.com



**MCNARGS WELCOMES
OUR NEW MEMBER**

Mauren León

MCNARGS MEMBERSHIP

For information about joining MCNARGS or renewing your membership, please visit our website: www.mcnargs.org.

WE HOPE TO SEE YOU AT ALL OUR UPCOMING EVENTS

Submission deadline for November/December issue: October 20

MANHATTAN CHAPTER OF THE NORTH AMERICAN ROCK GARDEN SOCIETY

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