

The GardenShed

FALL 2020

THE NEWSLETTER OF THE APPLE COUNTRY GARDEN CLUB





the Garden Shed

Fall 2020

~ From the Editor

Are you sick of living in this COVID year? Sick of masks? Not sure if it is a smile or a frown behind the mask? Tired of not hugging your loved ones? Sick of not getting together with friends and family? And tired of not being able to get together with the Garden Club? Yup, me too!

COVID has eliminated almost every social activity and holiday celebration we normally enjoy. With everything else to worry about, it makes it hard to keep the interest level present to support our

garden club. If we learned nothing else during this pandemic, we have learned that making and keeping close social relationships is only second to protecting our health. We all must use a little ingenuity and put in a little extra effort to stay in touch with each other, keep our club close in our hearts & minds to ensure that it will be there for us when this crisis is over. And, speaking of this pandemic.....last summer at the height of the first wave, the Toronto Star published the timely chart shown here. It hit the nail on the head for me and I cut it out and framed it. I think it might be appropriate to share with you now as it has twice the impact while the second wave has hit us even harder. And this is the last time I will write about the pandemic situation until I am celebrating its demise or a vaccine. So until then, stay well, stay safe.

~ Shannon

~from the President

Well this is not the way I imagined spending my last year as President. Talk about a bumpy ride.

Normally I would be reviewing and listing our club accomplishments and events of the past two seasons.... I would praise those who entered into our yearly spring and fall flower and veggie shows and extol the beauty of the blooms and arrangements....but...or I could pat us all on the back for a successful plant sale....but... or I could thank all those who entered our fall photography show ...but... lets be real.

IT HAS BEEN A TOTALLY CRAPPY HOT DRY VIRUS PLAGUED year and I for one would like to pass a motion to blow it up and have a reboot...

All those in favour?? Great!





Now that I have that off my chest, let's address the positives; we did have a beautiful ecology garden thanks to those who worked hard to maintain it through the long hot summer.

We did work with the Library to provide a fall craft for the youngsters, the materials were provided by our club and the library distributed the bags of supplies and equipment and produced an instructional video, with our help, to those who participated. Mary tells me that it was very successful.

Even though we did not provide our usual floral baskets and chairs we still "gave back" to the community through donations to the local food bank. We are planning to go ahead with the floral program in the spring. We are also hopeful that we will be able to have our plant sale as well.

While we are not meeting this fall we are looking forward to possibly being able to restart our meetings in January. To this end we have had two membership sign up days and I hope that everyone took advantage of this opportunity. It is very important that we demonstrate continuity to our grant providers at the provincial and local levels. If you missed the dates please call either Clair Breton, Trish O'Brian or myself to get signed up.

Speaking of continuity we are still in need of several volunteers to assume both executive and event organizing functions.

We need a President,
 Vice President,
 Youth program director,
 Sunshine provider, and
 Display board & scrapbook volunteer

These are important positions and must be filled to meet our requirements for grants and membership in Gardens Ontario, so please think seriously about them and if interested, contact any of the existing

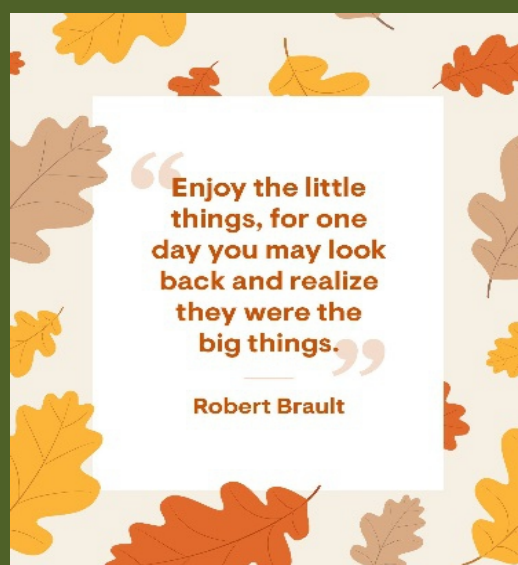
executive or myself and we can provide information on the duties and requirements of the positions. Though we are not required to have an AGM during the pandemic emergency, however, it would be nice to have one to wrap up our year end (September) and get a new executive installed once we have all the players in place. This meeting could take the form (and please correct me if I am mistaken) of a virtual meeting or a smaller meeting with the minutes and proposed resolutions provided to the general membership of record for approval. The executive has not, to date, decided on which form we will have. We will keep you all informed.

So much for all the business items.

In closing I hope that this finds every one of you well and rested up from your albeit different Thanksgiving celebrations. Enjoy the balance of the autumn season, the colors in our maples are phenomenal and we are truly fortunate to live in a part of the province that offers such beautiful fall colors, and has been, to date, spared the ravages of the current "situation". Till next time keep the sun on your back and the rain out of your boots

Stay safe, we're all in this together
Hope to see you in January!

~ ***Jim***





The large, deep bodies of water in Ontario help moderate temperatures along the shores of the lower great lakes making it an ideal place for 225 orchards of 10 acres or more to grow close to 20 different varieties of apples as shown in the following table.

<i>Type</i>	<i>Availability</i>	<i>Best Uses</i>	<i>Characteristics</i>
Ambrosia	Oct. to Mar	Snacks	Large, bi-coloured with a bright pink blush over a creamy yellow background. Crisp and juicy with a distinct aroma.
Cortland	Oct to Apr	Salads, fruit plates pies & sauces	Of the McIntosh family. Large globular shape with red/orange stripes. Mild, sweet taste and crisp texture. Resists browning.
Crispin	Oct to Apr	Snacks, pies & sauces	Larger than average with a tart to sweet taste and firm texture.
Empire	Oct to July	Snacks & applesauce	Slightly tart, juicy, firm and crisp.
Fuji	Oct to Feb	Snacks	Medium to large size, firm and greenish pink with white flesh.
Gala	Sept to Feb	Snacks	Average size, yellow-orange colour with a red blush.
Golden Delicious	Oct to May	Snacks, pies & applesauce	Firm and juicy. Slices keep their shape when baked in pies.
Honeycrisp	Sept to Mar	Snacks	Large size with distinctive crisp texture, aromatic, juicy, sweet taste. Cream coloured flesh.
Idared	Oct to July	Snacks & baking	Medium to large with round to flat round shape. Tart; keeps its flavour when oven baked.
Jonagold	Sept to Feb	Snacks & baking	Large, round in shape with orange-red blush over faint striping and green-yellow colour. Firm, slightly coarse texture.
McIntosh	Sep to May	Snacks, pies & sauces	Medium size with irregular round shape. White, juicy flesh. Mildly tart with sweetness as it ripens.
Northern Spy	Oct to May	Baking	Bright red stripes and an elongated shape. Large, crisp and firm.
Red Delicious	Oct to Jul	Snacks & Salads	Large, firm, sweet and juicy. Dark red colour and elongated shape. Not recommended for cooking.
Red Prince	Oct to Jan	Snacks, Salads and baking	Tangy, sweet flavour with a crisp and juicy texture.
Russet	Oct to Jan	Snacks, baking & applesauce	Sweet and tangy.
Spartan	Oct to Apr	Snacks & baking	Medium size, red variety.

More facts than you ever thought you wanted to know about



Apple Facts

- Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than 3,000 years.
- Apples are now grown in thousands of varieties in almost every corner of the world.
- The Ontario Apple Growers (OAG) represent Ontario apple farmers with 10 acres of orchard or more and in 2020, have approximately 225 members.
- The apple tree now grows in thousands of varieties in almost every corner of the globe — from Japan to Madagascar to South Africa, New Zealand, Russia, China, England, France and across much of North America.

Apple Yields

- During the California Gold Rush, apples sometimes fetched more than \$100 a bushel because of their versatility, durability and capacity to be preserved by drying.
- A bushel of apples holds about 125 medium apples. That's enough to make 15 (or more) quarts of applesauce or around 15 apple pies. If you eat one apple a day, a bushel will last you for three months.
- 1/2 bushel of apples = 20-24 lb.
- 1 bushel of apples = 40-48 lb.
- 1/2 peck of apples (5-6 lb.) makes 5 pints of applesauce.
- 1/2 bushel of apples makes 8-10 quarts
- It takes four apples to make a glass of pure apple juice.
- 3 medium apples equal about 1lb (500 g).
- 1 medium apple is 1/4 cup (175mL) of sliced apples.

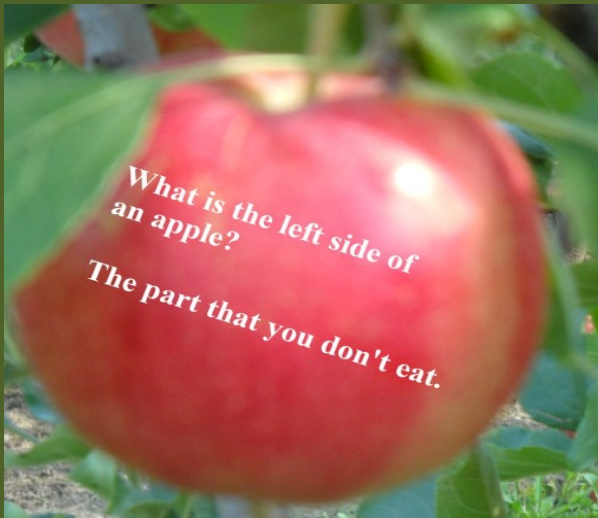


Who's an apple's favorite relative?
Granny

What's an apple's favorite restaurant?
Applebee's.

What do you see at a funeral for a piece of fruit?
Apple-bearer

What do you get if you cross an apple with a shellfish?
A crab apple!



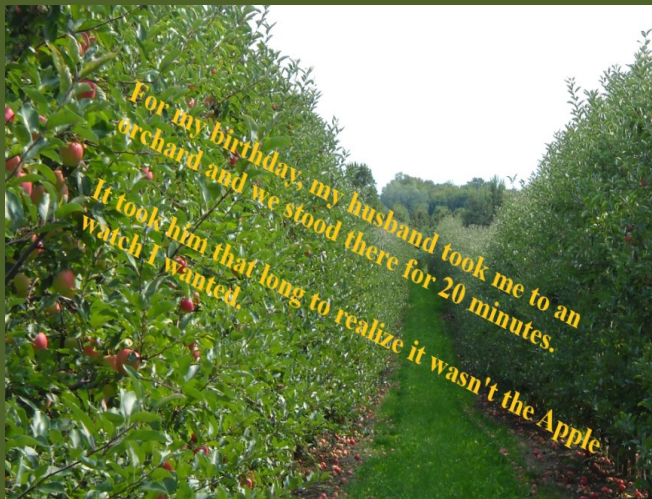
Apple Handling

- Select firm apples that are well shaped and have smooth skin, free of wrinkles and bruises.
- Store apples in perforated plastic bags in your refrigerator crisper. Cold, humid storage helps maintain their crispness, juicy texture and full flavour.
- Remove any fruit that are overripe or have soft spots because they naturally give off ethylene gas that will cause nearby apples to ripen too quickly and spoil.
- Store apples separately from other fruits and vegetables.
- To prevent browning when preparing apples, sprinkle with lemon juice.

Apples for health

Apples are known to be a healthy eating choice and the latest research indicates that they may reduce the risk of:

- Alzheimer's
- heart disease
- high cholesterol
- breast cancer
- colon cancer
- prostate cancer
- chronic obstructive pulmonary disease (COPD)
- asthma
- tooth decay
- bone disease



Apple Tips

- When a recipe calls for oil, substitute half with smooth applesauce.
- Use a U-shaped peeler instead of a knife to peel apples.
- Cooked apples go very well with meat such as pork and chicken.
- Apples that are a little older can be revived. Just chop them into large chunks, coat with cold apple juice and pop them in the refrigerator for half an hour.
- Apples are a perfect base for fresh juice. Combine with carrot and some leafy greens for a healthy, delicious home pressed juice.

~~~ *from the Orchard to the Table* ~~~

There are so many ways to serve and eat Apples. You can just bite into the crisp, fresh, sweet or tart fruit; you can eat them sliced with peanut butter, add slices to your salads, make them part of your fruit trays; you can roast them, make applesauce or enjoy apple butter; you can bake them, you can drink them, make them into pies and cakes and the list goes on.

Thank you to the members who are willing to share their very best and favourite apple recipes with us.

I think there may be a bake-off challenge in the works. ***Oh the smell of Apples baking!***

This recipe was one of my Mom's - Trish O

Core, peel and cut apples in 1/8ths.
Put in greased 9x12 inch pan.
Sprinkle with cinnamon.

Dutch Apple Pie

Pastry for bottom pie crust.
4 – 6 peeled & sliced apples **
1/3 cup white sugar **
1/3 cup brown sugar **
3 tbsp flour **
pinch of salt **
1/4 cup milk **
1/4 cup cream **
1/4 cup brown sugar
Cinnamon

Topping:
Mix flour and brown sugar and cut in butter

Syrup:
Mix the 3 ingredients together.
Pour 1/2 over apples in pan.
Top with dry mix .
Pour remaining syrup over topping.

Bake at 350 degrees for 60 minutes

Preheat oven to 400°.
Prepare pastry for bottom pie crust.
Place the sliced apples on the pastry.

Mix together ** ingredients and pour over the apples.

Sprinkle the 1/4 cup of brown sugar and cinnamon on top.

Bake at 400° for 10 to 15 minutes.
Reduce heat to 350° until done (set).

Got this recipe from my sister, Janice, years ago and it makes lots! - Valerie D

The best Apple Crisp ever - Marg P

4 cups cooking apples peeled and sliced thinly
1 tbsp lemon juice
1 1/2 tbsp brown sugar
1/4 cup water
1 cup Quaker Oats (any variety)
1/2 cup firmly packed brown sugar
1/4 cup all purpose flour
1 tsp cinnamon
1/2 tsp salt
1/3 cup melted butter (or margarine)

Place apples in a greased shallow 9 inch square baking dish. Sprinkle with lemon juice, brown sugar, and water.

Combine oats, brown sugar, flour, cinnamon and salt; add melted butter, mixing until crumbly.

Sprinkle crumb mixture on top of apples.

Bake at 375F for 30 minutes or until apples are tender.
Serve warm or cold with milk or cream or ice cream.

Apple Brown Betty

Dry Ingredients:
11(approx.) medium apples
2 tsp. Cinnamon
1 1/2 cup flour
3/4 cup brown sugar
1/2 cup butter or margarine

Syrup Ingredients:
2/3 cup brown sugar
1/4 cup hot water
1tbsp lemon juice

Apple Crumble Pie

- Karen P

Ingredients:

1/2 pie crust
3/4 cup brown sugar
1 tsp cinnamon
1/4 tsp salt
6 cups peeled sliced apples.

Topping:

1/2 cupbrown sugar
1/2 cup butter
1/2 cup quick oats
1 cup flour
Line pie plate with pie crust
Mix sugar cinnamon & salt toss with apples
Put in pie crust

Work the topping ingredients together until crumbly
Sprinkle over apples
Bake on bottom of oven for 1 hour at 375 degrees

Sugar, and water. Combine oats, brown sugar, flour, cinnamon and salt; add melted butter, mixing until crumbly. Sprinkle crumb mixture on top of apples. Bake at 375F for 30 minutes or until apples are tender. Serve warm or cold with milk or ice cream.

Apple Crisp

- Peggy H.

Temperature: 375 degrees
Time 30-35 minutes
Serves 6

Ingredients:

6 - 8 apples
1/8 tsp. salt
1 tsp. grated lemon rind
1 tbsp. lemon juice

Topping:

1/2 cup flour
1/2 cup brown sugar
1/4 cup butter or margarine
1/4 tsp. salt
1/2 tsp. cinnamon (**I like to use lots more cinnamon**)
Pare, core and slice apples in thin slices;
Place in oiled, 8" by 8" pan.

Sprinkle with 1/8 tsp. salt, lemon rind and juice.
Blend together till crumbly; flour, sugar and butter.
Add 1/4 tsp. salt and cinnamon. Sprinkle over apples.

Bake at 375 degrees till apples are tender 30 - 35 minutes. Serve warm with cream, ice cream or plain.

Note to fruit lovers: substitute apples for blueberries, gooseberries, peaches, prune plums or red currants.



~~ Battles in Gardening ~~

Last year a woody stemmed plant showed up unexpectedly in the rose garden *probably via a dirty bird*. It grew tall, probably to 5'. It wasn't a particularly attractive flower; small and gold with a dark centre. So mid-summer, regardless of having to fight rose thorns, we cut it down.

Moving ahead to this year, there it is again! Perennial for sure....so this time, armed with cuttings, off I go to the ladies of the coffee clan to see if they can identify it. Looks like *Coreopsis* they say...okay I say, I'll go with that....research shows *Coreopsis* has a pretty flower so I was thinking I should give it a second chance. I let it grow. It didn't get any more attractive with time and completely took over the rose garden.

While tending the roses (made a lot more difficult around this invader), I put my arm into the branches and came back out with little burr-like seeds, looking like black, legless ear wigs, hanging on to my sweater for dear life. Armed with the knowledge of what the seeds look like, back I go to 'Google Gardener' to see what I might be faced with. I found *Bidens Frondosa* or *Devil's Beggartick*!

Time to get rid of that puppy! Wearing a white sweatshirt (got to be able to see those little hitchhikers!) and armed with the loppers, I start cutting out the six foot monster. By the time I am done, I have filled a yard waste bag, my hair is knotted with the seeds, my shirt looks like it has a million tiny polka dots, the ground and all around it is covered with the spawn of the *Devil's Beggartick*. The next hour is spent picking off the seeds from myself and worrying about the million little devils just waiting to set themselves up in the rose garden for next year. Off I go to bring out the shop vac and start sucking up the seeds from the garden bed, the wooden edge and the wall of the house. I am sure I didn't get even half of the @\$#% offenders.



So....(and hoping it's not **sow**)...in my gardening 'friend or foe' listing, the *Devil's Beggartick* is definitely logged into the foe list. We'll see what happens next year.

~~ Shannon

~~~ *Swap Shop Corner* ~~~

Item/Items

Zinnia Seeds
Green/Yellow Beans for Seed
Feverfew Daisy Seeds
Green (mostly) Tom Thumb Tomatoes

Contact by email or call:

Shannon S
Shannon S
Shannon S
Shannon S

~~~ *Little Sprout Corner* ~~~

Which of our Garden Club members do you think this little baby sprout grew up to be??



Your baby picture here.



Your current picture will be revealed here next issue.

Be the first to be our lucky baby picture stumper!

~~ Over the Garden Fence ~~

(Neighbouring Horticultural Societies)

The Horticultural clubs have been closed to public meetings due to COVID since March 2020. Where possible, there has been some effort made by the individual clubs to keep the club somewhat active during the past six months.

Brighton Horticulture meets at King Edward Community Centre, 81 Elizabeth St. 4th Tuesday of the month at 7:30pm.

Though the meetings have been cancelled due to COVID, the club passes on information about local growers/nurseries opening up and also forward articles of interest such as "National Bee Day" in May. The speaker for May should have been Paul LaPorte who had planned to bring plants to sell as he did a couple of years ago. He offered to provide his plant list for members to order on the condition that only one order was submitted for the Society. He delivered them to the President's home and then, once they were sorted into marked boxes or flats, the participating members picked up (and paid for) their plants.

Cobourg Horticulture meets at Cobourg Columbus Community Centre, 232 Spencer Street East (D'Arcy),
1st Wednesday of the month at 7:00pm.

The last board meeting was held on February 20th. The last general meeting was held in early March. In April, a President's Message was sent through our membership chair, via email, that most events planned in the upcoming months would be cancelled, through to the fall. The building used for our general meetings would be closed.

Members were told to check the website and their emails for any change in events. The Plant Sale would not be conducted as it had been in the past, but would perhaps attempt to do sales in driveways. The chairperson for that event did a phenomenal job of organizing hosts for the driveway sales, which happened over a two-week period. Folks were asked to respect social distancing, hand washing and had signs expressing this at the hosts' driveways. Individuals could check email for where to find plants they may be looking for. Different people had various times for their sales, so members needed to check prior to heading out. The community garden was tended to through our chairperson, as she has slotted in the names of folks to weed, water and maintain the plants, abiding by municipal and provincial guidelines.

Grafton Green Thumbs meet at St. Andrews United Church, 137 Old Danforth Rd., 2nd Tuesday of the month at 7:00pm.

Held a Skype board meeting in May. Held an **interesting virtual Spring Flower Show with a good** number of exhibitors. At two residences, a plant sale was held on a Saturday in June advertised to our membership and on Facebook which raised some money. Meetings have been cancelled until at least September.

Peterborough Horticulture meets at the Lions' Centre, 347 Burnham St., Peterborough, 4th Wednesday of the month, 7:00 p.m.

All meetings and activities are cancelled until at least November.

Port Hope Garden Club meets at the Ruth Clarke Centre, 81 Mill St. S., 2nd Monday of the Month at 7:00 pm.

All meetings and events have been cancelled until further notice. Newsletters have been sent. The tree planting project has gone ahead.

~~ Please Join Us ...

on *facebook*
or online at cramahehort.ca

... meetings are cancelled at the moment....stay tuned.....

Fall, Leaves, Fall

Emily Brontë

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.



The Apple Country Garden Club

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*Growing our community ...
One garden at a time.*