

# *The GardenShed*

*THE NEWSLETTER of THE APPLE COUNTRY GARDEN CLUB*

*Fall 2023*





# the GardenShed

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## ~ From the Editor

Summers seem to disappear into Fall more quickly every year. **But not this year!** We're all very thankful for an extra five weeks of fabulous summer weather. I do hope you all had a very good and enjoyable summer this year. Hopefully your gardens were all a success and that your crops came in healthy and bountiful.

This summer was great as far as rain water was concerned, we had plenty, enough that I didn't have to lug water from my rain barrels to water the various gardens more than a couple of times per month. It's usually a couple of times per week!

Along with that, the days were bright and sunny but, for the most part, not so hot that you couldn't stand to be out working hard in the gardens.

My vegetables were quite successful in their growth except for the leafy greens.

This year I planted all the greens in among the flowers in a north-facing garden....however, that did not work out well. Firstly, the seeds didn't take (lettuces, spinach, etc) and I had to reseed a couple of times...then they didn't flourish at all. But everything else did very well, the Swiss Chard, Kale, Beets, Beans, Peppers, zucchini and tomatoes all continue to produce. So all in all, I am quite happy with the veggies this year.

Fall is always a busy time for gardeners and this year will be no exception. However, it tends to give us a sense of closure, working to put everything down for the winter and start making plans for the next spring's growing season.

As we head into the season's end, I hope you have had a great Thanksgiving and wish for you all, a wonderful Halloween and Christmas/New Year season and look forward to seeing everyone at the meetings.

~Shannon

At this time of year, we gardeners are looking to plant bulbs for a flowery show come early through late spring next year. We immediately think Tulips and Daffodils. They just shout spring don't they?

Tulips with their multi-colours and multi-shapes are so eye-catching but let's think for a minute about which tulips pack the most punch with fragrance!

Bulb specialists suggest the best choices for emitting fragrance along a pathway are "Apricot Beauty", "Abba", "Princess Irene" and "Margarita".

Tulips scent intensifies throughout the day, so by evening the perfume will permeate your whole yard.



Best in a mixed flowerbed or border are a softly scented bunch like "Verona" 10" double tulips. And best for distant impact

and robust aroma is the 16 inch "Ballerina".

Let's also consider some other spring delights which are the mini (or minor) bulbs. We're talking here about some of the 'baby blues' ...

One of the nicest things about early-blooming small or minor bulbs is that many of them will do well in conditions that other bulbs can't tolerate. For example, they can be planted in areas like a woodland where it's normally shaded by deciduous



trees later in the season. “Glory-of-the-snow” ① is especially shade tolerant.

In larger spaces, these small bulbs can go unnoticed so to ensure they stand out, plant bulbs like dwarf iris ③ in tight clusters in borders or smaller beds where they get only morning sun to prevent scorching.



For areas with more sun exposure, consider planting an early muscari & anemone carpet ② in a lawn. They will often bloom early enough to peek out when snow is still on the ground.



Mini bulbs typically do best in full sun to part shade. Plant the bulbs in well-draining soil, roughly 3 times deeper than their diameter with 2 to 3 inches between each bulb. Pinch off blossoms as they fade, but leave the foliage intact to encourage the bulbs to re-bloom next year.



### What's great about Basil?

Not only is it decorative, it offers almost calorie-free flavour. Adding 2 tbsp of fragrant basil to your salad or pasta will bump up the taste and add just one tiny calorie.

It provides antibacterial protection. Washing fresh produce in a solution that contains one percent basil essential oil is an all-natural way to reduce bacteria such as E. coli and Listeria which can cause food poisoning. You can also make a vinaigrette with fresh-pressed basil and mist it on your salad greens.

It helps blood clot properly. Basil is an excellent source of vitamin K which is necessary for normal blood coagulation and overall bone health. Add 2 tsp. Of freshly chopped basil to a meal which gives you 22 micrograms of the 90 adult daily requirement.

Does harvest time find you with lots of herbs still growing in your gardens? They're expensive to buy, why not save them for future use by freezing. For best results, pick in the morning after watering the day before. Frozen herbs can last up to one year in the freezer. Frozen herbs taste much closer to fresh than dried. When you're ready to use Do Not Thaw. To do so will result in limp or mushy herbs. They are best used in soups and stews rather than salads.

The hardy herbs can be frozen right on the stem. Select sage, thyme, bay, rosemary or dill, rinse well and pat dry then lay them flat on a cookie sheet, place in the freezer until frozen. Pop them into a freezer bag and when needed, remove the sprigs

one at a time. Basil leaves can be done this way too but I think they're too thin unfold and lay them flat.

Some of the more tender herbs such as parsley, lemon balm and cilantro, it is better to remove the leaves and pack them in portions in ice cube tray filled with water and pop into the freezer. Once frozen, you can remove from the ice cube tray and store in a freezer bag.

When freezing herbs for use in soups and stews, you can also freeze with a bit of oil. Select basil, oregano, tarragon or mint remove the leaves and chop or pulse in a food processor; 2 cups of leaves with 1/3 cup of olive oil. Place in a freezer bag and once frozen and break off pieces when needed.

One of the classic and tastiest uses of Basil is the Pesto sauce which is an ideal topper for pasta, pizza, bruschetta and grilled meats.

1/2 cup grated Parmesan cheese  
1/4 cup pine nuts  
2 cloves of garlic  
2 1/2 cups fresh basil  
1/4 tsp. each salt & pepper  
1/3 cup extra-virgin olive oil  
In food processor, pulse together cheese, pine nuts and garlic until coarsely ground. Add basil, salt and pepper, pulse 6 times.

With motor running, add oil in thin, steady stream until smooth.

Refrigerate in airtight container for up to 3 days or freeze for up to 6 months.

Something else to try:

### Escarole, Pear, Parmesan, and Basil Leaf Salad

Fresh basil and pears team up to offer a winning combination of delicate fruit and herbal notes to this bright, crisp salad.

Time 25 minutes    Servings: 10

Ingredients:

1 tablespoon olive oil  
1 cup hazelnuts, coarsely chopped  
Kosher salt

1 small garlic clove  
2 tablespoons red wine vinegar  
1 tablespoon Dijon mustard  
Freshly ground black pepper  
1/2 cup extra-virgin olive oil  
Flaky sea salt  
2 heads of escarole (about 2 1/2 lbs), tough outer greens removed, leaves torn into bite-sized pieces  
2 Cornice or Anjou pears, preferably red, cored, thinly sliced lengthwise  
1/2 pound Parmesan, shaved  
2 cups (packed) basil leaves, torn into bite-sized pieces

Instructions:

Heat 1 Tbsp. olive oil in a small skillet over medium. Add hazelnuts and toast, stirring occasionally, until golden, 2–3 minutes. Season with 1/8 tsp. kosher salt. Remove from heat; set aside.

Finely chop garlic clove. Using the side of a chef's knife, mash garlic with 1/4 tsp. kosher salt to form a paste. Whisk garlic paste, vinegar, mustard, and 1/4 tsp. pepper in a medium bowl. Whisk in 1/2 cup extra-virgin olive oil in a slow and steady stream.

Place escarole, pears, Parmesan, basil, and about 1/3 of the reserved hazelnuts in a large bowl and drizzle with vinaigrette. Gently toss until salad is evenly dressed; season with sea salt and pepper. Top with remaining hazelnuts.

The dressing can be made up to 1 day ahead. Whisk well before using.



## ~~ Presentations ~~

On April 25, the Garden Club welcomed *Ms. Christine Gilbey of Sun Worshipper Succulents* in Belleville to give a presentation and sale of a wide variety of healthy, happy AIR PLANTS.

Some general information on the living, breathing Air Plants was new to most of us:

- Ideal Climate between 15 – 30 degrees Celsius
- Easy to care for, long lasting addition to your home
- They do not do well in soil (tends to cause rot) but instead, in their natural environment, attach themselves to trees and rocks.
- There are two types of Air Plants

Mesic which come from the moderately humid regions where they prefer filtered sunlight. Their leaves are a deeper green, smooth and shiny.

Xeric which come from dry, low humidity environs such as deserts and mountainous areas where tree cover is sparse. Their colour is more silver. They love sun, low moisture.

Place your air plant in an area where there is good air movement, and depending upon which type of air plant you select, be aware of their likes on humidity and sunlight.

- × Do Not Keep your AIR PLANT in or near Copper.

If your air plant seems distressed, check for drying in the centre...tug on it gently...if it pops out, your air plant is dead or dying. If your air plant's leaves have turned yellow or the base is yellow, remove the yellowed leaves to let in more air.



### On Watering:

- ✓ First, let's talk about watering an Air Plant that doesn't live in soil....You water by giving the plant a good 5 – 10 seconds *dunk* in room temperature water. Remove quickly and shake off excess water and then set out to dry (about 4 hours drying time).
- ✓ If you have chlorinated town water you must let the water sit for 24 hours before using on the Air Plant.
- ✓ The best water for your Air Plant is aquarium water, snow (melted), rain water.
  - × Do not use softened water
  - × Do not use distilled water
  - × Do not use humidifier water
- ✓ If your home is heated by wood or electric, then water more often
- ✓ If your home is humid, then water less
- ✓ In Summer, water every two weeks, in Winter, every 10 days
- ✓ If the leaves start to get curly, then it needs watering

### On Blooming and Propagating:

Air plants bloom only once in their lifetime. Their blooms are orange or coral coloured. Once they have bloomed, the plant will send out their 'pups'. Wait until the pups are about 1/3 of the size of the mother prior to separating.

Some air plants are spray painted for the decorative look however, the air plant cannot survive long-term when covered in spray paint that creates a thick coating which blocks air getting to the leaves.

To propagate, separate the pups from the mother plant with scissors or twist off the pup. Once removed, lay the pups on a flat surface, spritz with water on a weekly basis and continue care for the pups just as you did the mother plant.

Ms. *M J Pilgrim*, Master Gardener from Peterborough ([mjpilgrim@live.ca](mailto:mjpilgrim@live.ca)) joined us during the May 23 meeting to give us a fun and fanciful presentation on Perennials – Slips, Tips & Tricks.

M J has a comical way of delivering her speech while imparting much, very much, useful information for gardener's ears. I hope I can cover most of the information, albeit unfortunately it will have to be without the humour.

#### On Slips: (Mistakes that could ruin your healthy garden)

- failing to plan, or to design for the size of the garden
- failing to prune regularly or pruning at the wrong time for the plant
- planting a garden under the roof overhang of your home, especially on the east side
- allowing non-native ground-covers to infiltrate native areas
- neglecting to enhance soil with compost and organic supplements
- failure to read and follow the purchase tag directions when planting
- allowing your lawn to encroach on your garden – be sure to cut a *hill, valley, hill* edging technique between the lawn and the garden bed.
- never, ever use landscaping fabric (except under rocks) – it's not healthy for the soil and nothing, absolutely nothing, no plants, no insects, no worms, etc., can live under it.
- failure to mulch – bare soil is an invitation to weeds so mulch all open areas
- failure to control the weeds going to seed near your gardens: buckthorn, manitoba maple, wood sorrel, purslane, horsetail, dandelion, spotted spurge, garlic mustard, thistle
- planting invasive plants that encroach – periwinkle, english ivy, goutweed, lily of the valley (toxic), creeping – anything, ditch lily, chameleon, bugle plant, mint – any type, feverfew plant

#### On Tips: (10 Important Tips)

1. Chose plants two zones lower than the one you're in to ensure your plant will survive over winter.
2. Check tropical plants when bringing in from the outside to ensure that you're not bringing any hitchhikers in with with your plant/s.
3. Be sure to label your plants. Know your plants and create a permanent label alongside your plant.
4. Prune your plants to 1/3 their size after flowering. Evergreens & Boxwood – prune in early spring. Look for spider webs...a sure sign that the boxwood Leaf Miner insect is about destroy your shrub.
5. What can you plant under a maple tree? Annuals!
6. Do not plant where you are not. See to enjoy.
7. Split spring blooming perennials in fall
8. Variegated plants are not as hardy as the non-variegated varieties
9. Plants that are consistently cut off at the earth every time they grow will eventually loose strength to regrow and will wither away.
10. For hard-to-kill invasive weeds, such as buckthorn, cover at ground level with a green garbage bag which blocks the sun and stunts growth.



#### On Tricks: No-fail winners

1. When transplanting, loosen and cut off roots prior to seating the plant into soil.
2. Tulips should be planted deep and place chicken wire over the bulb just under the ground level to keep the bulb from being stolen by squirrels & chipmunks. Plant Daffodils, squirrels and chipmunks don't like daffodils.
3. Slug spray recipe: 1 part ammonia to 10 parts water  
soak soil under hosta plants
4. Save silica gel packs, use to keep seeds dry
5. Use coffee filters or leaves in bottom of planter pots
6. Use a water filled pop bottle inverted in the soil to self water newly planted perennials
7. After day lilies have bloomed, cut to 6" and they will regenerate.

On June 27, the Garden Club welcomed *Lisa Smith* from *Connon Nurseries*. Lisa was substituting for Karen Nichols this time...giving a presentation on “*Landscaping and Design for your Garden*”. Lisa has a degree in Horticulture from Niagara College and is president of the Landscape Ontario Upper Canada Chapter.

A few notes on her presentation overall:

- ✓ she was a lot of fun - had us all drawing up our favourite gardens
- ✓ explained different types of gardens...ie: Formal (English) vs. relaxed
- ✓ plan a garden before purchasing anything to go in them with an eye for the following:
  - where snow has to be plowed
  - location of walkways, power-lines, septic tanks etc.
  - plan the type of preferred edging such as formal or wavy
  - how you want your garden to be used whether it requires lots of lawn for play, seating areas,
- ✓ remember that some trees and shrubs need a lot of space so leave room for growth
- ✓ buy what gives you joy being aware of their needs (sun or shade, size at maturity)
- ✓ plan the location of your compost pile so you can easily get to it and think about the best way to attempt to hide it
- ✓ design your garden in layers; for example, tall trees to the back, then shrubs and so on height-wise, ending with the borders.
- ✓ design in colours; mix shrubs with different colours to set off each other - planting 3 - 5 in total, not just one of each



Lisa recommended “*Natural Themes Native Plant Nursery*” in Frankfort, Ontario <http://naturalthemes.com> who are suppliers of over 300 species of Native Plants.

Lisa's parting recommendation? ***Have Fun! - Enjoy your Gardens***

~~ *Karen P.*

The September 26 meeting brought us Ms. Joyce Hostyn ([joyce@littleforests.org](mailto:joyce@littleforests.org)) giving a presentation on *Wildscaping – Landscaping with Lawn Alternatives*. Joyce is a Master Gardener, an ecological designer, writer and teacher who is working to re-grow Kingston, one Little Forest at a time.

**Wildscaping Definition:** A collaboration between plants, soil, organisms, climate, geology, land and people.

**How does it help?** It helps to heal our earth by being better able to adapt, allows the a gathering of multi-species and gives us a chance to know the history of the land where native plants and animals evolved in a given place over time. It improves the water quality, purifies the air and aids in the fight against climate change.

**What is the plan?** Look to biodiversity. To halt the loss of birds, insects and and animals by returning the land to the way it wants to be. The Little Forest group in Kingston strives to halt the loss by 2030 by creating little forests throughout the city.

**Why?** For our future generations of people, plants, animals, birds and insects.

**Think Differently** Think beyond growing zones and start thinking in terms of ecozones which is defined as “*a division of the earth's land surface distinguished by the evolutionary histories and distribution patterns of its life forms*”.

You can check your EcoDistrict at Forest Gene Conservation Association (FGRA) to get a .pdf of woody species for our area which appears to be 6E-15.

### How to get started?

Joyce urged us to start thinking about creating little forests in our own yards, replacing our lawns with densely planted trees, shrubs, flowers and plants in every area available. As in all gardens. We need to prepare the area to accept the plants by laying leaves, straw and woodchips followed by compost or manure for nitrogen followed by a layer of wood chips. Leave to compost for 3-6 months before planting. Fall is the best time to plant.

### What to Plant?

These gardens, generally require little maintenance but must be planned randomly and closely together to include plants and trees that will happily live and grow together in your area. Design the Little Forest in structured layers based on height, light, seasonal themes and colour. Select native plants, trees (it could be fruit and nut trees), shrubs, grasses, sedge grass, perennial flowers and ground-cover.

Joyce is encouraging gardeners and landscape designers to think Wildscaping beyond the home lawns and gardens further afield to the cities and towns in street-scapes and any uncultivated available spaces, Check out the website at [Little Forests](#).

To assist in the design, planting and maintaining of the Little Forest, Joyce has recommended a book by Thomas Rainer & Claudia West called *Planting in a Post-Wild World*



The Ecology garden had a successful growing season this past summer. The Garden Crew of Len S., Joanne T., June J. and Shirley R. worked tirelessly to keep everything growing and in good shape. There is a new focus on growing vegetables in the raised garden beds which has thrived this year. Thank you Len for sharing these photographs for us outlining this year's efforts.





~~ *From one Gardener to Another* ~~

I thought I might share my joy with a new-to-me garden addition I was gifted. It is a Starry Starry Night perennial hibiscus with huge pink flowers with deep pink veining and throat on dark plum foliage. It produced more than 36 blooms this first year! It came from True North Daylilies.



~ Pat J.

ENSS Environmental Studies fundraiser sparked the interest of Apple Country Garden Club member, Harry McMurter.

White Spruce, White Pine and Maple Trees were available at their Applefest booth.

In follow-through, on Monday Oct 2, some of the students watched and helped to plant the seedlings at Charlen Farm



Supplier: Pineneedle Organic Farms, as recommended to them by Lower Trent Conservation.

~ Carol L.

## ~~ From one Gardener to Another~~

I'm sure you are wondering why there is an article about barn quilts in our Garden Shed Newsletter.

Well, I love garden decor and I know many of you do too. I discovered barn quilts a few years ago in Prince Edward County. One day I saw a posting on Facebook to take a course in Trenton. Off I went and loved it! Here is a picture of one I made for my own fence.



Barn quilts are not just for barns. They are popping up on homes, sheds, fences and even mounted on two posts. Barn quilts have been around for almost 300 years and are accredited to the central regions of Europe – Germany, Austria and the Netherlands.

A little history on barn quilt trails. In Ohio, back in 2001 Sue Ann Groves decided to honour her mother and painted a quilt pattern on her mother's tobacco barn. This morphed into her community's tourism and economic development project and the first Barn Quilt Trail was born. Only community projects are placed on a map but there is no reason not to have your own to enjoy.

Want a lovely fall drive? Enjoy the changing colour of the season and check out a Barn Quilt Trail with interactive maps to guide you. Here are some links:

Barn Quilt Trails <https://barnquilttrails.ca/>

Destination Ontario <https://www.destinationontario.com/en-ca/articles/ontarios-barn-quilt-ales-and-trails>

Ontario Trails Council <https://www.ontariotrails.on.ca/trail/ontario-barn-quilt-trails-tourism-trail>

~ Trish O.

I am Happy to have a butterfly bush (Buddleja). Although I've been told that a butterfly bush is short lived around here, I have enjoyed them, if only for a few years. This is the fourth year for this magenta beauty and it was bigger and better!

As the anchor at the end of a smallish butterfly garden, it grew taller than I am. This year it welcomed little white butterflies, red admirals, monarchs and a lone swallowtail. A cluster of swamp milkweed caterpillars munched on the leaves. The swamp milkweed, a gift from a local Fall seminar, grows at the opposite end of the garden. A perfect tiny, brilliant yellow spider lived on a high leaf. Hummingbirds have even visited for a sip.

In full sun, the gorgeous colour stands out among the late, green summer garden.

Beautiful flowers for an arrangement Lots of colour and a home and buffet for so many, what's not to love!



~ Valerie D.



~~ *Over the Garden Fence* ~~~  
 (Neighbouring Horticultural Societies)

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

October 24	Winterscaping	Vikki Whitney	7:30 pm
November 28	Potluck Dinner & AGM Bees – What's the Buzz	Jerry Jerrard	7:30 pm

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

October 4	Getting Gardens Ready for Winter	Sherry Dodson	7:30 pm - 8:30 pm
November 1	Garden Club Panel & AGM		7:30 pm – 8:30 pm
December 6	Annual Holiday Event		7:30 pm – 8:30 pm

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

November 14	Easy Centrepieces for Special Occasions	Ursula Eley	7:00 pm
December 12	Christmas Potluck & Awards	5:30 pm	
Jan 9/24	Chili Supper Slide Show – theme tba		

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

October 25	What Plants Eat	Gary Westlake	7:00 p.m.
November 22	Elevated Arboriculture - Common Tree Problems	Ethan Bensones	7:00 p.m.

**Port Hope Garden Club meets at the St. John's Parish Hall, 33 Pine Street North, Port Hope, Ontario, 3rd Monday of the Month at 7:00 pm.**

~~ Please Join Us ...

on Facebook; online at [cramahehort.ca](http://cramahehort.ca)

## The Apple Country Garden Club

Meetings: Keeler Centre, 2<sup>nd</sup> Floor,  
80 Division Street, Colborne

**Fourth** Tuesday of the month 7:00 p.m.

October 24      Designing a Fall Table Centrepiece  
Greenery Photography Show

Julie Powell      7:30 – 8:30 pm

November 28    Annual General Meeting & Potluck  
Awards Ceremony

Open at 5 pm, Dinner at 6 pm

### Fall, leaves, fall

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.

BY EMILY BRONTË



# HAPPY HALLOWEEN



*Merry Christmas*

# HAPPY NEW YEAR

President: Sharron MacDonald  
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*Growing our community ...  
One garden at a time*