

The GardenShed

Fall 2024

THE NEWSLETTER OF THE APPLE COUNTRY GARDEN CLUB



Fall 2024

Photograph by Ingrid A.

Inglis Road, Cramahe



the GardenShed

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~ from the Editor

Well, my dear friends.....this is my last issue of the GardenShed newsletter. I am retiring my position to make way for a new editor for the publication. I wish them well.

I have to say that I did enjoy my time as editor. It gave me an outlet for my creativity, not to mention the fact that I learned a lot from researching topics for the gardening section of the newsletter.

I want to thank all the members, past and present who submitted their stories, articles, pictures and recipes for inclusion in the seasonal issues. I am so impressed with all the wonderfully talented people we have in our membership, not just in gardening but in cooking, photography, writing, painting and more! I have certainly enjoyed and will miss working with all of you.

~ Shannon

Please be aware that due to scheduling by the Keeler Centre for the Township Offices, we will be reverting back to meeting on the 3rd Tuesday of the month.

This takes effect in January 2025. And as always, January's meeting will be at 1:30 p.m. As will February and March meetings.

Planting now from Seeds for Spring & Summer Blooming

We all know that Fall is the time for planting your tulip and daffodil bulbs for spring but there are other native perennial plants that can be seeded now for blooming in spring and summer next year.

For instance, **Beebalm**, loved by hummingbirds and pollinators but its minty leaves are a deterrent to deer and rabbits. This pretty plant will grow 2 to 4 feet in summer in colours of red, white, pink, lavender and purple in full or partial sun.

Black eyed Susans can be planted by seed at this time of year in an area of full sun. Although the plant has a relatively short life, they re-seed themselves quickly so be sure to thin out regularly in Spring.

The **Obedient Plant** grows to 3 to 4 feet in rich, moist soil, full sun with pink-purple flowers and bloom through summer and fall. These flowers spread quickly by re-seeding and through underground rhizomes so be sure to thin out regularly. The tubular flower of the Obedient plant is attractive to butterflies, hummingbirds and bees.



Foxglove Beardtongue is another tall (3-5 ft) perennial to grow in full sun to partial shade. Its Spring-blooming, tubular flowers are pollinator-loving blooms famous for cutting flowers

The **Lanceleaf Coreopsis** grows in full sun, 1-2 feet in height as a perennial wildflower with bright yellow blooms all summer long. These self-seeding, fast spreading blooms attract numerous pollinators, make lovely cut flowers and their seeds are a favourite of songbirds.

Other tall, sun-loving and self-seeding perennials to grow now from seed are the **Hollyhocks** and **Delphiniums**,

Bringing Houseplants back inside

After spending the summer outside, it's time to bring those houseplants back inside for the colder months. Here are some tips to make sure you're not bringing in more than you bargained for.

- ✓ Check for **Pests**. Carefully inspect the fronts and backs of leaves and soil. If there are any bugs, spray foliage, stems and soil with an insecticide once a week until there is no sign of pests, which takes two to three weeks.
- ✓ **Repotting** is recommended. Check the roots for any signs of moisture or rot. Up the pot size by a maximum of 2 inches then place a few inches of soil under the plant (you can make your own potting soil with equal parts potting soil and perlite for extra drainage), Fill the pot with more loosely packed soil.
- ✓ Give them a good **watering**. Use lukewarm water and pour until the water drains through the hole.
- ✓ **Quarantine**. Keep the newest plants away from others for two weeks to make sure they are pest free and safe to join the others.

Ensure potted plants stay healthy

When the temperature drops, you like to bring the potted plants on your porch inside for the season. But household dust can settle on leaves, keeping them from absorbing sun. So...Pour 1 tsp. of conditioner on a wet cloth and use it to wipe the leaves, taking care to avoid any flowers. The conditioner will leave behind positive ions that repel dust.

Rescue ailing houseplants



Even with regular watering, the leaves of your houseplants will turn yellow and lose their lushness. The likely cause is root-rot! To eliminate it, fill a spray bottle with 1 cup of water and 1 oz. Of hydrogen peroxide, then use the solution to water plants as usual. The peroxide helps release extra oxygen to aerate the soil and strengthen the plants so they can thrive again.

Uses for Fallen Leaves

Cleaning up fallen leaves is considerable work whether when you bag them up for collection, but not all of those leaves need to be carried away. In fact, there are several different uses of leaves that can be beneficial.

- ✓ Spread leaves as a protective mulch to cover tender perennials
- ✓ Create a compost pile of leaves that will break down and form a crumbly compost-like material called leaf mold. The name sounds bad but actually, leaf mold is a good amendment to garden soil which improves its structure and attracts beneficial organisms vital to healthy soil.
- ✓ Store dried, mulched leaves in a dry spot so they can be used in spring as a weed barrier for seed plantings.
- ✓ Use shredded leaves as a lawn supplement. Mow over leaves on the lawn to break down into pieces

too small to rake. This will help keep the lawn healthy throughout the winter without blocking out needed sunlight.

- ✓ Bag dry leaves in green garbage bags and leave in the yard in the sunlight. This will hasten the composting process, ready for the spring planting.



Recharge with harvest veggies

Celery is a **DETOXIFIER** and can help you stay focused and energized thanks to its rich stores of *phenolic acids* helping the liver excrete energy sapping toxins.

Cabbage is a **STRESS BUSTER**. A 1 cup serving daily will calm you with its vitamins C and K, it slows the body's production of the stress hormone cortisol.

Arugula is an **ACHE ENDER**. Rich in *lutein and zeaxanthin*, nutrients that act as natural painkillers to soothe achy muscle and joint tissue. Add 3 cups to your weekly diet.

Sweet Potatoes are **WRINKLE REDUCERS**. Just ½ cup daily can help reverse signs of aging. Beta Carotene heals and protects the skin's top layers to reduce fine lines.

Brussels Sprouts, the **FAT BLASTER**. Loaded with plant compounds *glucosinolates* that help cells burn more fat for energy. Take 1/3 cup daily halts weight gain and 3 cups weekly is said to help you drop 8 pounds this winter.

Squash is an **ENERGIZER**. Scientists say the gourd contains two phytonutrients (*alphacarotene* and *beta-cryptoxanthin* which taking ½ cup of squash daily will steady carb absorption and improve insulin sensitivity.

Want to try a bunch of these healthy ideas together?

See the Recipes Section



Rid produce of bacteria:



The easy way to sanitize your fruit and vegetables so they're free of dirt, pesticides and germs? Fill a large bowl with cold water and add ¼ cup of peroxide. Soak produce for 1 minute then rinse with running water. Peroxide effectively kills dirt and bacteria by creating an oxygen rich environment in which they can't survive.

~~ Fall Recipes

Butternut Ginger Soup

Instructions:

- Cook 1 chopped onion and 1 tbsp. of grated ginger in 2 tbsp. butter for 3 minutes
- Add 6 cups of cubed butternut squash and 6 cups of chicken stock and simmer for 20 minutes.
- Puree the mixture, season with salt and pour into a bowl.

Leftover Halloween Candy Bark

If you have any leftover candy after Halloween night, you may want to use them this way:

Ingredients:

1 $\frac{3}{4}$ pounds good-quality 60% cacao semisweet chocolate, chopped

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{2}{3}$ cups chopped candy bar pieces, chocolate candy pieces, broken cookie pieces, crushed pretzels or mini marshmallows

Instructions:

- Line a rimmed baking sheet with parchment paper.
- Place the chocolate in a microwave-safe bowl and melt it in the microwave in 10-second intervals, stirring often, until smooth. Add the vanilla and stir well. Gently stir in half the various candy, cookies, pretzels, marshmallows, or what have you.
- Using a rubber spatula, spread the chocolate mixture evenly into the prepared baking sheet and smooth the surface as best you can. Sprinkle with the remaining candy, cookies, pretzels, or marshmallows. Loosely cover and refrigerate until the chocolate is set, 2 to 4 hours.
- Break the chilled bark into pieces. Indulge or package it up and gift it to anyone and everyone to get it the heck out of your house. (You can store the bark in an airtight



container, stacking the layers of bark between sheets of parchment or wax paper, at room temperature for up to 1 week.

Roasted Brussels Sprouts & Sweet Potatoes

Prep Time: 5 mins

Cook Time 35 mins

Ingredients

1 pound fresh brussels sprouts 1 large sweet potato
 $\frac{1}{4}$ small red onion 3 tablespoons olive oil
 $\frac{1}{2}$ teaspoon salt $\frac{1}{4}$ tsp. black pepper
 $\frac{1}{2}$ 1/2 tsp garlic powder $\frac{1}{4}$ cup dried cranberries
3 tbsp nuts or seeds (sunflower, pepitos, pecans, walnuts, almonds OR pistachios)
3 tbsp bottled balsamic glaze or more to taste
cooking spray

Instructions

Preheat the oven to 400° F. then line a large sheet with aluminum foil or parchment paper and lightly spritz with cooking spray.

Trim the Brussels sprouts. Cut large Brussels sprouts in half then add them to a large bowl (smaller ones can be left whole - aim for them being approx. the same size).

Peel the sweet potato, slice into 1-2" pieces and add to the bowl. Again, you want the potatoes and Brussels similar size for even cooking.

Next slice the onion, add to the same bowl and drizzle the olive oil over the top.

Season with salt, pepper and garlic powder then toss or stir to evenly coat.

Transfer the vegetables to the baking sheet in a single layer then roast 20-25 minutes or until the vegetables are fork tender and golden with lightly crisp edges.

NOTE: don't crowd the vegetables or they'll steam instead of crisp.

When the vegetables are finished roasting, stir in the dried cranberries, nuts and 2 tablespoons of the balsamic glaze.

Transfer to a serving bowl, drizzle the remaining tablespoon of balsamic glaze over the top.

~~~ Garden Gallery ~~~

Happy Fall! Many of us love this time of year for the cooler and more relaxed approach to just about everything. Our gardens are no longer needing us like they did over the summer, although they're still providing some gorgeous views as we peer out our windows. The showy pinks, whites and purples are replaced by shades of red, orange and brown. Perhaps you're fortunate enough to have sugar maples on your property, or a shrub specimen or two that glow orange and red at this time of year. I'll share a picture of my smokebush with you... a fall stunner!

Fall affords us time. We're less inclined to be planning for road trips or visitors. Things are slower around our towns and villages. And as our garden demands draw to a close we're spending more afternoons in our favourite chairs with a good book and cup of tea (or your equivalent of same). Perhaps you've already made use of your wood stove or fireplace. As an artist, although I paint pretty much all year round, there is something uniquely inspiring about the approach of fall. At the moment I am working on a barn quilt that'll be hung on the outside of my house next year. To be continued. (Thank you to Trish her sister, Debbie!)

Fall is also a great time to take stock of the kind of summer we had in our gardens, what needs to be improved upon, what should be added, what needs thinning and what needs to go. As we go through the fall clean up process it becomes quite obvious where things worked and where they didn't. Now's the time to make a few notes as reminders for next spring. On my list, pretty much every year, is "thin the hostas". Yet every early spring I hesitate to chop away at what looks like the delicate (not) and manageable (really not) clumps. Summer arrives, and the hostas quickly overtake their space, and everyone else's. "Thin the hostas" is on my list once again. Maybe next spring I'll actually follow through. A more immediate "to do" is to sink more Daffodil bulbs. I'll appreciate their cheerful payoff once spring arrives.

So, Happy Fall everyone! Enjoy this lovely time of year, the sounds and smells, the slower pace and the beautiful fall views in the fields and forests around us. Now, where did I leave my book ?

Pictures from last year: smokebush/first frost, October 31st/fall display at the end of my driveway/Halloween's coming and on the front page, fall leaves last year



~~ Ingrid A.





Zinnias for Market



Thanksgiving off the Farm



Found now in far lower garden below patio



Celebration of the life of longtime "last of a generation" PEC farmer, *Cliff Foster of Fosterholme Farms, Belleville Farmer's Market.*

Spearheaded by Charlen Farms



~Carol L.

~~~ Ecology Garden Gallery ~~~

This has been quite a year for the Ecology Garden. Len S. and his team (JoAnne T., June J., Clare P., Shirley R.) worked hard all year (and continue through the Fall) to **clean-up, plant-up, grow-up, eat-up, and clean-up again.** This year, Len oversaw the creation of a new garden bed which the team actively turned into the third community vegetable garden. These gardens were open to the public to pick and enjoy all season long. Many of our garden club members, town residents and our colleagues from the Port Hope, Cobourg and Grafton garden clubs enjoyed it on the Garden Tour this past June. Congratulations to the Ecology Garden Team for a job well done!



~~~ Presentations ~~~

During our **May 29th** meeting Ms. **Joanne Howes** provided us with a talk on the earth's oldest organisms, some of the 120,000 named species of fungi known to man....in fact, she suggested that scientists believe that there could be some 6 million as yet unknown to man. – *The Magic of Mushrooms & Other Fungi*

There are the Edible Mushrooms such as **Puffballs** looking unlike most other types of mushrooms since they don't have gills, the young ones are solid spongy balls growing from the earth. Easy to spot, since they can be quite large, round, and white. They tend to stick out against the green grass they grow in. Other edibles include **Hen of the Woods** which is comprised of a mass of interlocking flat lobed fronds growing from a dense core, at the base of oak trees and **Morels** which aren't like other wild mushrooms — available only a short time, grow only in the wild and considered by many to be a delicacy. Find morels at fallen and rotting trees.



The Medicinal Mushrooms have been found to enhance our cognitive and physical performance, improving focus and mental clarity, they contain both antioxidant and immune-boosting properties. **Lion's Mane** benefits the brain, nervous system, and Alzheimer's. **Reishi** mushroom fights virus, asthma, helps control Blood Pressure & Cholesterol. **Chaga** helps digestive issues, helps control Blood Pressure, strength & longevity. The **Agarikon** mushroom is rare, found growing on the forest floor in the Pacific North West benefits immune system.

And then there are the **PsychoActive** Mushrooms or Magic mushrooms which are hallucinogenic drugs and can cause a person to see, hear, and feel sensations that seem real but are not. They are used in rituals, mental health treatment

Which brings us to the few of the 70-80 species of **Poisonous Mushrooms** which are actually fatal when ingested, many of these deadly fungi bear an unfortunate resemblance to edible species and are thus especially dangerous. The destroying angel (**Amanita bisporigera**) and the death cap (**Amanita phalloides**) account for the overwhelming majority of deaths due to mushroom poisoning.

The **June 25** meeting included our annual **Summer Flower Show**. **Suzy Cavaney**, the Judge of the event stayed after selecting the winners to talk to us about the “whats” and the “dos” and the “don'ts” of preparing your entries for a garden show.

Suzy gave the participants a pat-on-the-back for what she said were very good and well-displayed entries to the show.

She offered the following general rules as a guideline when perusing your garden for your best & brightest entry:

- choose strong stems, free of dust, pollen and insects
- cut the stems on an angle, not more than 3 hours prior and store in a cool, dark place until show time.
- Containers should be clean, glass, sturdy and proportionate to the size of the entry
- hide any supports you may have used in the container
- when your entry contains three or more blooms, make sure they are of the same size.
- In other than the single stem classification, add some foliage to your single bloom container.



Suggestions on design included:

- take into consideration the space, line, form and colour of your blooms in their containers
- Do not use Oasis to mount your entry as it is not biodegradable.
- stand back and look at your design as you create your entry keeping an eye for balance, rhythm, contrast, dominance, proportion, theme and colour.
- **And.....Above all else..... Go with your best instincts**

At the **September 24th** general meeting, Ms. *Donna Edwards* who has combined her love of photography with her love of gardens (and bugs!) to us with *“Tips for Photographing Plants for Show and Entertainment”*.

Need to Know

The **Focal Plane** is defined as a plane that is perpendicular to the axis of a lens or mirror and passes through the focus. It is the area in an image within which an object or objects are in sharp focus.

Aperture in photography is the section of the camera that can be adjusted to let in more or less light. Consider it as the depth of the focus. A small aperture lets in less light and leads to a darker image and less of the image in focus. A larger one can flood the sensors with light. It adds depth by blurring backgrounds or creating super-sharp landscape images.

Focal Point is the area of a picture that will catch the eye of the viewer above all else.

Shutter speed refers to the length of time that the camera's shutter remains open. A fast shutter speed results in a shorter exposure, while a slow shutter speed gives a longer exposure. Use it to freeze the image or to capture movement.



Tips on how-to Focus

- ◆ Camera too close or too far away will not give you the proper focus.
- ◆ Moving the camera very little will greatly change the focus.
- ◆ Make yourself aware of what's in the background and to the side of your focal point and move the camera up or down to get the correct separation.
- ◆ Focus is most important to your picture so pick one thing to be your focal point.
- ◆ Choose flower blooms that stick up in the focal area.
- ◆ If your subject has eyes, make that your focal point.
- ◆ Change the camera angle to change and isolate your subject.

~~~ *Over the Garden Fence* ~~~

(Neighbouring Horticultural Societies)



Brighton Horticulture meets at King Edward Community Centre, 81 Elizabeth St. 4th Tuesday of the month at 7:00pm.

Oct. 22 Mushrooms/Fungi Speaker: Jan Thornhill King Edward Community Centre

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

Nov. 6 Houseplants MD Also, Annual General Meeting
Dec. 4 8 - 5pm Holiday Design, Photography and Craft Show...
Dec. 4 7:30 – 8:30 pm Annual Holiday Event

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

Nov. 12 "Christmas Decor and Urns" Lisa Moore, Baltimore Valley Nursery
Dec. 10 Christmas Pot Luck & Awards

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

Oct 23: "Illuminating the World of Moths" Speaker: Basil Conlin
Nov. 27: "Winter Floral Design" Speaker: Vikki Whitney griffinsgreenhouses.com

Port Hope Garden Club meets at the Ruth Clarke Centre, 81 Mill St. S., 3rd Monday of the Month at 7:00 pm.

Oct 21 Vegetable Container Gardening Speaker: Jillian Bishop, Seed Steward, Urban Tomato
for the Urban Gardener
Nov 18 Native Plant Conservation & Speaker: Gillian di Petta Mitigomin,
Native Plant Nursery - Black Oak Savannah Grasslands
Dec 16 Christmas Flower & Photography Show Speaker: TBA



~~ Please Join Us ...

Apple Country Garden Club (Cramahe) meets 4th Tuesday of each month, 7:00 pm. at the Keeler Centre, 80 Division Street, Colborne. January, February, March at 1:30 p.m.

Please be advised that effective January 2025, we will be reverting to our original meeting schedule of the 3rd Tuesday of the Month.

on Facebook or online at cramahehort.ca, email at cramahe.hort@gmail.com



The Apple Country Garden Club

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