

The GardenShed

JANUARY 2016

THE NEWSLETTER OF THE CRAMAHE HORTICULTURAL SOCIETY



JANUARY THAW

Photo by Barrie Wood



The GardenShed

~From the Editor

Aaaah, January, the month of getting cozy. Just because the weather has been so mild doesn't mean we can't enjoy the pleasures of winter. One of the best things about our Canadian climate is that winter has the tendency to slow us down a bit. Especially after all the hurly burly of the holidays, the quiet of January comes as a very welcome respite. It's a time to get cozy: stick a fragrant casserole of root veggies into the oven; toss another log onto the crackling fire; allow yourself second mugfuls of your favorite warm drink; enjoy watching the antics of the wildlife outside your windows; curl up with a pile of long-anticipated winter reading.

For most gardeners, that will doubtless include a few gardening books and a lot of seed catalogues, and I am no exception. I devote many contented January hours to reading and researching and planning and dreaming. My garden has never looked as beautiful as it does in my imagination in January.

They say that one reason Denmark always scores so high on happiness ratings is because the Danes have mastered the art of being cozy. I believe that we gardeners could give them a run for their money.

In this issue, I hope you will find a few ideas and recipes to help make your own winter cozier. Happy gardening dreams!

~ Lorelyn

50TH ANNIVERSARY 1966 – 2016



**Lupin – Cramahe Horticultural Society's
2016 Flower of the Year**

~President's Message

As I sit here typing this message, the snowflakes are drifting past my window. Yes, winter has finally arrived and I know some of you are not too thrilled with the idea. I don't mind winter, unless we get freezing rain and then that is a another story. We have been extremely lucky so far with the weather, but I fear that we will end up paying for our good fortune later in the season.

Our first meeting of the year had a great turnout of members and as of Tuesday's



meeting we have 48 members signed up for this year. We are well on our way to the "magic number" of 50, which is the requirement of the OHA to qualify for our grant. We still have a number of members who are away in the sunny south (boo, hiss) and I am sure that by the time they return, we will be well over our target number. Remember, if you have any friends or neighbours that you think might like to try us out, please bring them along to a meeting. Guests are always welcome.

I have started a new project for this year.... a monthly photography section at our meetings. This will not be a judged exhibit, just a chance for everyone to practice their photography skills. This way, you will all have some experience putting pictures together when it comes time for the photography show in October. I have picked a category for each month and for those of you that weren't at the meeting last week, the category for February will be "Winter's Beauty". Each category will be open to your own interpretation of the subject....there are no rules....just take some pictures and bring them in so we can all enjoy them at the meeting.

We have also reinstated the "Show and Tell" table at the meetings. Please bring in anything that you think the membership will enjoy looking at. This month, Frances Schell brought in some beautiful pictures that she had blown up for us to see. Maybe you have a house plant that you think we should see, or maybe you are enjoying an adult colouring book and you would like us to see what you have coloured. I got three colouring books for Christmas, so maybe

you might see some of my handiwork. Anyway, you get the idea ... so please share.

We have a wonderful year planned for the membership with some great guest speakers. 2016 is also the year of our 50th anniversary, and there are going to be some celebrations surrounding that event, not the least of which will be opening of our community garden in May. We will be having a grand opening celebration at the garden, with ribbon cutting and cake, and dignitaries and guests in attendance. More news about this as the time draws nearer.

Don't forget that the "Flower of the Year" for 2016 is the lupin, so if you don't have any in your garden, you better get planting! The lupin will be featured at the June flower show. I look forward to the coming year as your President and hope to see you all at the coming meetings

From the desk of your president,

~ Sharron



Winter Lavender

Photo by Barrie Wood



~ From the treasurer

2016 Commemorative Calendars

Our 2016 calendars are a fundraising project. As you may know, Cramahe Horticultural Society plan to develop a community garden as our 50th anniversary project. Thus the development of our beautiful and useful calendar. It includes the Volunteer Hour Form to facilitate keeping your record up-to-date.

Unfortunately, sales have been slow. The committee would like to thank those who purchased calendars last year. Now we still have the remainder for sale at the bargain price of \$10. It is not too late to have another calendar in your home. And you will be helping the Community Garden Project.

Call or email me with your order. Or bring \$10 for each calendar you wish to purchase to the February 16, 2016 General Meeting.

Cramahe Hort Society T-Shirts

I have two, large-sized Society T-Shirts available. The price is \$15.25 which is the cost from last year. If the Society places a new order, the price will be higher - just like almost everything else! The T-Shirts conveniently identify the wearer as a member of Cramahe Horticultural Society when attending Ontario Horticultural Association District #4 events or at local Society events like the Apple Blossom Tyme Garden Shed Plant Sale. Contact me if you wish to reserve one or both!

mcarthur.198@sympatico.ca

905-355-2665

~ Carol McArthur

~ January Presentation

Native Plants to Sustain

Pollinators

with Peter Fuller

of Fuller Native and Rare Plants

On Tuesday, January 19th, 2016, the Cramahe Horticultural Society welcomed Peter Fuller of Fuller Native and Rare Plants in Belleville.

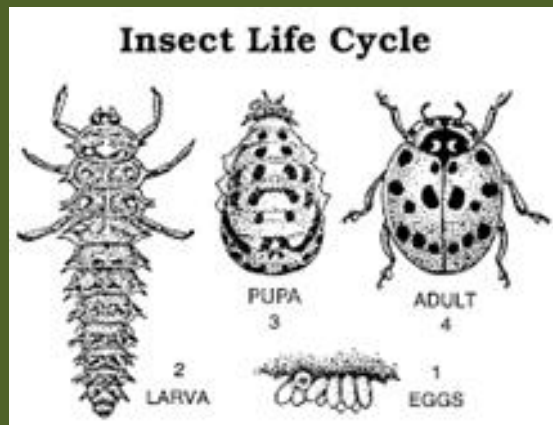


Photo by Barrie Wood

Peter has combined his lifelong interest in horticulture with a fascination of the natural world, by opening a nursery specializing in propagating from seed, perennials, grasses, ferns, shrubs and trees that are native to the Great Lakes region. He tirelessly promotes the benefits of propagating and incorporating native plants into the garden, in order to create a biologically diverse and sustainable landscape.

Peter's focus is the identification of native plants, and gardening practices that support and sustain pollinators, namely bees,

wasps, flies, butterflies, moths and beetles, all of which undergo the lifecycle changes below.



These pollinators need nesting, feeding, hunting and adult feeding sites to thrive, and plants need the pollinators to achieve gender diversity, reproduction and seed dispersal.

The following garden practices will sustain the pollinators: diversity in plantings; varied levels or heights (trees, bushes, perennials, ground covers); attractive colour; full lifecycle plantings; and the avoidance of cloned hybrids which have often lost their fragrance or nectar and are sterile. As well, mass plantings, a water source, and nesting and overwintering areas with buffer zones and uncultivated/wild strips are important. Early spring and late fall are the best times for rich sources of nectar.

Peter defines “native” plants as those hardy souls within 100 miles of his nursery. He advises that for best results, we get to know

the native plants, habitats and eco-systems of the area, choose suitable plants, propagate from seed, and plant for the conditions (woodland, wetland, shade, sun etc.).

Bloodroot, wild leek, the colourfully named Dutchman’s britches and Doll’s eyes (red baneberry), dogtooth violet, trillium and Jack-in-the-Pulpit are a very few of the many native woodland plants outlined. Also listed were vines; grasses (good for the larval stage of pollinators); and those plants that prefer dry or well-drained soil along with those that produce nectar late in the season so necessary to sustain the insects’ lifecycle.

Questions for Peter? petefullz@g.mail.com

Peter volunteers at the Prince Edward Point Bird Sanctuary, where 14-17,000 birds are banded each year and he urges you to investigate further at www.peptbo.ca

For a full list of rock, shade, meadow, pond/wetland, ground covers and butterfly garden native plants, go to www.fullerplants.com

~ Robin Young

Many thanks to Robin for stepping into the breach when Jill was under the weather.

~~ OHA News ~~

Spring Get-Together
(District 4)

March 12, 2016

Peterborough
Auburn Bible Chapel,
911 Armour Road

AGM (District 4)

April 2, 2016

Ennismore

Celebration Event & Awards
(District 4) Theme: English Tea Time

June 15, 2016

Peterborough
Naval Club

OHA Convention 2016

July 29-31

Waterloo
Crown Plaza Hotel

Fall Seminar (District 4)
Photo competition:

Oct. 29, 2016

Bobcaygeon

- An open and shut case
- An icy landscape
- My favorite 'pest' garden visitors

OHA Convention 2017

Dates TBA

Toronto

~~~ Executive Doings ~~~

BOARD NOTES FROM JANUARY 12, 2016

It had been 62 days since the friendly faces of your Board had gathered around a meeting table, and it was a pleasure to see everyone again. We were grateful to Clare Phillips for making it to the meeting, as she was extremely unwell. Trish O'Brien joined us as incoming Secretary, and Clare can heave a sigh of relief as Trish takes over from here on in. Thanks to you, Clare for all your many hours of work, and thanks to you, Trish for stepping in.

After anecdotal reports of newcomers feeling awkward at meetings, there was a

discussion about the "friendliness" of Hort meetings. We just all need to be aware that some folks might be reticent to jump into social situations, and perhaps "long-timers" might make a point of sitting with some new people at a meeting. This is an ongoing issue to contribute to the health of our club. If gardeners aren't friendly, then who is !!??

We learned that the process of archiving these GardenShed newsletters on the Cramahe Hort website is now in place and operating. So if you want to go back and consult Jill's notes on a speaker from three



months ago, you can find it in an archive on the website. The archive goes back to the beginning of 2015, and all future newsletters will be posted. Also nice if you get a non-colour copy in the mail, and you have occasional access to a computer (maybe at our excellent Library?). You can see how great it looks in full-colour.

Sharron keeps Facebooking our Hort club to prominence. She had a certain posting recently that had 765 “likes” in a very short time! Sharron wasn’t sure which post it was; of course it might have been the one offering a \$20 payout for every “like”, but still . . . (don’t try to find it, folks, that’s a joke.) The total of 5435 hits in December 2015 also speaks to the fact that people from all over the world drop in to see what

Sharron’s up to on a very regular basis. And she enjoys doing it – what a good fit!!

Membership reported that as of January 1, 2016, we had 20 paid-up members. After our General Meeting on January 19, we are quite close to our minimum 50 members required for OMAFRA grant purposes. So – if you haven’t joined yet, please print off the form sent to all members recently, fill it out and bring your \$\$\$ to the next meeting, and let’s surpass our requirement. It’s the best deal in town!

Enjoy the seed catalogues that keep arriving in your mailbox!

~ *Barrie Wood*

~~~ *From One Gardener to Another* ~~~

Remember the seed heads from goatsbeard and snakeroot that I used in one of my winter/Christmas planters? They are the brown sprays showing in the photo in the November/December 2015 newsletter. I had a little surprise with them the other day. While watching the juncos feeding at the finch seed feeder, I saw one drop down to the branches in the planter, hop over to the goatsbeard, perch on it and begin picking out the seeds! Then another junco went to the snakeroot and did the same. I had never seen this before. I shouldn’t have been surprised as I know wild birds eat the seeds of many flowers, shrubs and weeds left standing over the winter. This is one reason I do not cut down most perennials in the fall. I wait till spring so

wildlife can have the full benefit of the food source.



Nature’s bird feeder

Photo by Barrie Wood

Are you a birder? Birds are my second passion. Do you feed the birds in winter or summer? I have the pleasure of two crows



who come by on a daily basis. I love crows! On January 9th I had put out (amongst other things) some hard old pizza crust for them. One crow carried a big piece over to a puddle of water on the ice, dropped it in, and then took five or six drinks of water. Then he pecked at the crust and ate it. It had softened nicely, I'm sure. What a smart bird! There's more I'd like to tell about 'my' crows, but then you might think I'm crazy.

Have you discovered scratch grains, or chick scratch, at the Co-op? About \$16 for a 50-pound bag, less expensive than black oil sunflower seeds. It attracts many ground-feeding birds, also squirrels and (at my place) rabbits. I feed it in two places: in the front yard it's under branches of the cedar trees. The branches are pruned up two feet so it's somewhat open but also has easy access to cover if a hawk flies by looking for lunch. And yes, I lose a bird now and then, usually a dove, and yes, I've seen it happen. It is nature's way. In the backyard, grains are spread in a more open area as this is where 'my' crows feel more comfortable. Other birds feed there too.

I make most of my own suet. The birds devour it, as I put many special things in it. About once a winter, I make 'chickadee donut delights'. Other birds like them too. Did you know that a chickadee needs 150 sunflower seeds (or the equivalent) per day to survive in cold winter weather?

As of this writing on January 25th, out in my yard, there is a robin chirping in the big

maple tree. I don't think he is 'back', I think he didn't even go south in this mild winter. Has anybody else seen one?

See you at the next meeting!

~ Peg Howden

Peg's Chickadee Donut Delights

2 eggs

1 c. milk

4 c. all-purpose flour

1 c. unsalted peanuts, finely chopped

1 c. sugar

5 tbsp. melted shortening

4 tsp. baking powder

Mix together and put dough in fridge for 30 minutes to make handling easier. Heat lard or oil for frying to 375 F in deep pan. Roll or press dough to half inch thickness. Use a donut cutter to cut donuts from the rolled dough. Fry 2 to 3 minutes on each side.

Meanwhile, sprinkle a triple thickness of paper towel with some crushed peanuts or cornmeal. Lift the donuts out of the fat and press on the peanuts/cornmeal. Turn to coat both sides. If they don't stick, 'glaze' donuts first by spreading with a thin layer of peanut butter.

When cool enough to handle, I hang them over a stubby branch on my redbud tree out front, where I can watch the antics. They can also hang on a stout nail on a vertical board that you mount at your feeding station. Store extras in a container with a lid. I don't put them all out at once. I dole out one or two per day.



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

**Brighton Horticulture** meets at King Edward Community Centre, 81 Elizabeth St. 4<sup>th</sup> Tuesday of the month at 7:30pm. Next Meeting: February 23

**Cobourg Horticulture** meets at Cobourg Columbus Community Centre, 232 Spencer Street East (D'Arcy), 1<sup>st</sup> Wednesday of the month at 7:00pm. Next Meeting: February 3

**Grafton Horticulture** meets at St. Andrews United Church, 137 Old Danforth Rd., 2<sup>nd</sup> Tuesday of the month at 7:00pm. Next meeting: February 9

**Omeme Horticulture** meets at Trinity United Church, 3<sup>rd</sup> Monday of the month, 7:30 p.m.  
Next meeting: February 15

**Port Hope & District Horticulture** meets at the Ruth Clarke Centre, 81 Mill St. S., 2<sup>nd</sup> Monday of the Month at 7:00 pm. Next Meeting: February 8

~~~ *Upcoming Garden-Friendly Events* ~~~

..... March 11 – 20, 2016 **CANADA BLOOMS** Canada's largest flower and garden festival
Will once again co-locate with the **National Home Show** (2 events for 1 admission)
At the Direct Energy Centre in Toronto
Admission \$20 at the door
\$14 each for groups of 20 or more, booked in advance
www.CanadaBlooms.com

April 8 – 10, **FOR THE LOVE OF GARDENING** Peterborough Garden show
At the Evinrude Centre on Monaghan Road in Peterborough
Admission \$8 per day, \$12 weekend pass, free for children under 12 (with adult)
www.peterboroughgardenshow.com



~~ Garden to Table ~~

We've had requests for a recipe column featuring seasonal produce from the garden. At our pot luck meeting in November, Carol McArthur's delicious and nutritious squash dish was a huge success and generated many requests for the recipe .. so what better way to begin this column? I'm sure more than a few of us still have a squash or two in the cold cellar....

Apple Baked Squash

1 medium butternut squash, peeled and seeded
 1 medium apple, cored and quartered
 1/4 cup (50 mL) packed brown sugar*
 1/4 cup (50 mL) soft butter or margarine
 1 1/2 tsp (7 mL) flour**
 1/4 tsp (1 mL) cinnamon

Method

1. Cut squash into 1/2" (1 cm) slices; arrange in microwavable casserole.
2. Cut apple into thin slices; place on top of squash.
3. Combine remaining ingredients in small dish; drop by spoonfuls over apple/squash.
4. Cover casserole with lid or plastic wrap.
5. Cook at Medium (50%) Power in microwave for 17 minutes; release wrap and let stand for 3 minutes.

* may substitute calorie reduced brown sugar

** for Gluten Free substitute with corn starch

Yield: 6 servings

Source: Quasar Microwave Cooking, 1984

Note: May also be baked in 350F (180C) oven for 40 minutes.

Thanks to Carol for providing her recipe. Gardeners are such great cooks! Please share your favourite recipes.

~~ Please Join Us ...

... on *facebook* or online at cramahehort.ca

... or at a meeting - on the 3rd Tuesday of the month in the Keeler Centre, Colborne.

Next meeting: Tuesday, February 16 at 1:30
 Michael Mesure of FLAP (Fatal Light Awareness)
 on Preventing Bird Window Strikes

| | |
|-------------|--|
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*Growing our
 community
 one garden
 at a time.*



Photo by Barrie Wood

