

The GardenShed

THE NEWSLETTER of THE APPLE COUNTRY GARDEN CLUB

Spring 2023





the GardenShed

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~ From the Editor

Ahhh Spring....when young men's fancy...well let's not go there....when the ACGC gardener's thoughts turn to THE PLANT SALE~!~!

Oh no we say, drop our heads and hope to stay under the radar...not again!! But yes, we go again.....it's not just our biggest (and our only) fund-raiser, but it's the beginning of the planting/growing season we all love and wait so anxiously for all winter.

I moved into this area in 2011 and the next summer I saw the sale signs and headed to the Hort plant sale to get items for my new gardens. The next year, same thing and then for four more years. Everything I bought and planted, and I do mean everything, was successful and continues growing in my garden to this very day.



It was one year, 2016 actually, I talked to one of the volunteers at the sale, about the plants, about the sale and about the club, I was afraid I wasn't a knowledgeable enough gardener but she assured me it didn't matter, I would learn. She said I would have fun and enjoy the meetings. Something else, that has stayed with me ever since she said I would be spending time with the best group of people I would ever hope to meet.

So as we come up to another spring, another May and another plant sale, I can absolutely say for certain that every year for as long as I am a member of the club and physically able,rain or shine, I will be digging plants from my garden (many from generations of plants purchased all those years ago), potting them up, and on the last Saturday of May, I will be meeting people, having a few laughs, selling a few plants and standing shoulder to shoulder with friends, *some of the best people I would ever hope to meet.*

~Shannon



"My winter fat is gone. Now I have spring rolls"

Blooms that Attract Happy Hummingbirds

Hummingbirds not only pollinate flowers, they also eat garden pests like spiders. So invite them in and add charm to any sunny corner of your garden bed or container with a multicoloured medley of colourful and sweet **Zinnias and Lobelia**.

Hummingbirds, butterflies and bees are drawn to the full-sun orange **Butterfly Weed** – a plant that is far prettier than its name suggests. The small clusters of saturated orange flowers are easy to grow and it does well in dry soil. Keep the soil moist after first planting but once established, this perennial will look after itself.

The "Pretty in Purple" display of **Delphinium** mixed with purple Lobelia and white **Lilies** are attractive to hummingbirds and passersby alike. This combination of height and colour in a sunny garden will go a long way to dress up an entryway.

Blooms that turn your space into an Oasis

Dress up a flower bed with a blooming cascade of **Peonies and Campanula**. Their shapes and colours complement each other and their fragrances work together. As peonies open, they release a strong but sweet rose-like scent that's especially powerful in the morning, as the sun hits the petals. Campanula, on the other hand, are virtually scentless and won't compete with the peonies' beautiful perfume. Place the two plants in a sunny spot in a flower bed near a seating area or walkway, where the beautiful blossoms - and the aroma - will get plenty of attention.

Say “welcome” with a pop of purple with **Lavender** which releases its stress-busting earthy scent all day long, and the aroma helps repel bugs. This container is great to place on a bright porch or patio with a seating area. And when you perch a charming rustic wicker basket of the blooms near an entryway, you'll keep mosquitoes, moths and other pests from slipping inside along with visitors.

Only a few blooms release a stronger fragrance at night, and **Nicotiana** is one of them. To take advantage of the gentle blossoms' sweet jasmine-like scent, plant them in a spot that gets some traffic in the evening, like near a deck or patio, or even beneath an open window. Nicotiana can grow in part shade but they require lots of water and nutrients.

Let's get growing – from Seeds

Select the Right Spot for your Vegetable Garden:

Ideally, your location should receive 6 – 8 hours of **sunlight** per day, a bit of shade is okay. If you have less sunlight (4 – 5 hours) root vegetables will still be successful.

Make sure the bed is situated well away from tree roots and avoid areas of steep slopes or where water pools after a rain which indicates poor drainage. You'll also need access to the garden from all sides.

If you only have a **balcony or deck** to work with, grow your vegetable garden in containers. While small pots may suffice for most herbs, vegetables need more space,

otherwise they tend to dry out too quickly. Consider using a medium-size container that can hold a large mass of soil, like a plastic storage bin. Drill a few holes in the bottom for drainage, fill with soil and plant your 'mini vegetable patch'.

Square Foot Gardening

Square foot gardening is a method that can produce more vegetables in the same amount of space. Simply divide your garden patch into 30 cm. by 30 cm squares using wood or twine.

Decide on your vegetables: It's recommended to plant one large, four medium or nine small plants per square. Sow seeds or plant seedlings at the recommended depth and spacing for each vegetable. Cover with soil and water well.

Top Soil:

The biggest investment in any vegetable garden should be soil. Always use top-quality vegetable garden soil; it's never wise to skimp on it! You'll need enough soil to fill in the garden or frame which can be pricey (but necessary). Get advice from the vendor on the amount by providing them with the measurements of width x length x height of your garden. You can also add 2 cm. of compost and mix with the top soil.

When to Start:

Some vegetables need to be sown early, so aim to start planting in mid-spring as the ground begins to warm up, usually mid-April through mid-May for our zone. Don't hesitate to purchase seeds in advance.

What Vegetables to Sow

Some vegetables grow very quickly, so it's easy enough to grow from seed planted directly into the garden.

In this group, you'll find all the:

- leafy vegetables (lettuce, Swiss Chard, spinach, etc).
- root vegetables (carrots, turnips, radishes, beets, etc)
- some fruiting vegetables (peas, beans, squash, cucumbers, onion, etc)

In general, leafy greens, root vegetables and peas germinate well in cool soil, so you can sow them about two weeks before the last frost date in your area. Other fruiting crops, including beans, squash and cucumbers, don't tolerate cool soil, so wait until the soil has warmed up and the nights are above 10 degrees C before sowing.

Don't forget to follow the instructions on the seed packet!





I die once a year, yet time makes me stronger. **A tree.**

Although I'm a flower, you can find me in your eye. What am I?

An iris.

What did the big flower say to the little one?

You're really growing bud!

How does a bee brush its hair?

With its honeycomb.

Why is April the cleanest month?

April Showers.

I fall, but I don't get hurt. I pour, but I'm not a jug. And, I help plants grow, but I'm not the sun. What am I?

Rain



Spring Word Scramble

- WBNIAOR _____
- BLLAMURE _____
- WFLORE _____
- PLITU _____
- NERGE _____
- MLOBO _____
- PLRIA _____
- LFBTUTREY _____
- NIAR _____
- DREGNA _____
- EBE _____
- YMA _____
- GNRIPS _____
- HSSNIEUN _____
- YBNUN _____
- CAMHR _____
- EDES _____



Why is spring a great season to start a gardening business?
Because it's when you can really "rake in the money!"

What did the mother worm say to the little worm who was late?
Where in earth have you been?

What kind of garden does a baker have?
A flour garden.

What is Spring's favorite appetizer?
A bloomin' onion.

What is Spring's favorite kind of pickles?
Daffo-dills.

What is a spring chick after it is five months old?
Six months old.

What did the dirt say to the rain?
If this keeps up, my name will be mud

I am a bow that can't be tied.
A rainbow.

What do you call a cyborg bee?
The Pollinator.

What do you call a rabbit with fleas?
Bugs Bunny

A mama robin has two daughters.
Each of her daughters has a brother.
How many children does the mama robin have?
She has 3.
Both of the daughters have the same one brother.

~~ Presentations ~~

In anticipation of having participation in the flower shows this year (after such a lengthy hiatus due to Covid), January and February presentations have been dedicated to the judging of the flower shows as a review of what to do and how to do it to impress the judges who select the 'best in show' of our exhibits.

On January 24, Bev Silk of the Grafton Green Thumbs, an accredited flower show judge joined us to give a presentation on 'Getting Ready to Enter a Flower Show' which she refers to as 'From A to G'. February's presentation was canceled due to weather

A Anticipation

- Read the schedule early – know when the flowers need to be ready to show.
- Decide what to plant in order to be ready for the scheduled show.
- Order your seeds or purchase from a nursery.
- Walk through garden centers getting attractive design ideas and plans.

C Condition

- Cut your floral specimens, using a sharp, clean knife or scissors. Scrape, crush or split stem ends.
- Remove the foliage from the lower portion of the stem and place immediately in water.
- Select firm, blemish-free vegetables.
- Gently wash, leave stems on. Grapes are shown in clusters, berries are shown loose.

E Exhibit

- Make sure you have the correct number of pieces to the entry such as number of stems or sprays.
- Make sure you have the Entry Tags filled out properly and affixed to the exhibit. (some judges prefer that elastic tags are not used).

G Grooming

- Make sure that your entry does not have any bugs.
- Arrangements should show greenery for design purposes.
- GROW to SHOW!

B Bring

- Gather information: know the rules.
- first things first....*read the 'need to know' sections in your Year Book that outline the Flower Show Rules, Definitions, Suggestions and Divisions.*
- Gather tools: collect up your vases, make sure they are clean and stable.
- create your Supply Kit, filled with scissors, paintbrushes, wires and wedges (to support flowers).

D Deliver

- Get your entries to the exhibition on time.
- Make sure your entry is in the correct class (i.e.: Decorative, Fruit & Vegetable, Perennial, etc.)
- Design: concentrate on space, line, form, pattern, size, colour and texture.

F Familiar

- Know your show schedule.
- Pick flowers with uniformity.
- Leave foliage attached (but not below water level).

A recommended book on what is expected by judges and why is available in the following book: Ontario Judging and Exhibiting Standards

Limited number of copies available from Sharron M.



During the March meeting we were given a presentation on **Lavender** from Ms. **Penny Stewart** (613) 583-1033 pssloves2garden@gmail.com who is a lifelong avid gardener. She became involved with the Gananoque Horticulture Society 20 years ago and is an active board member and the current President as well as being the current Chair of the OHA Judging Committee.

The Lavender plant is a member of the mint family and grows naturally in “Mediterranean” countries. Provence, France is well known for its lavender. The key to its growth is hot, sunny days and well-drained soils.

On a trip to Hawaii, Penny took an excursion 4,000 ft. up Haleakala (House of the Sun) a dormant volcano on eastern Maui to the 13.5 acre Lavender Farm of Mr. Alii Chang (1942 – 2011) called Ali'i Kula Lavender. With the motto “My Passion has always been the Earth”, Alii’s vision for the lavender farm was to create a venue for “Sustainable Aloha”.

The Alii Kula Lavender Farm boasts 55,000 plants, 45 varieties and though Lavender is a summer bloomer, there are 9 varieties which bloom all year. Many other plant varieties grown in the gardens of the farm.

The fabulously scented and colourful Lavender plants grow naturally in Hawaii due to the combination of the volcanic, well-drained soils and bright sunny days.

What about Canada? Can we grow Lavender in Canada? Of course we can, if we work at it!

Penny talked about the Bleu Lavende Farm in Quebec near Magog between Montreal and Sherbrooke (Hwy 10 & 112). They are the second largest farm in North America and the largest in Canada. They distill all their own oils and produce their own creams, gels, soaps and cleaners.



Penny offered us cookies made with almond flour and lavender to sample at the meeting and provided us with a copy of a recipe for Lavender Lemonade.

~~ 'Needful' things to Know ~~

Some tips on growing Lavender in Ontario from the website of: Laveanne Lavender Fields
8667 Gilmour Road,
Campbellcroft, ON L0A 1B0

All species of lavender are sun lovers, semi-woody, semi-evergreen, perennials and thrive in well-drained soil. They are drought tolerant and pest and disease resistant. Lavender makes a beautiful addition to the garden if you are prepared to take care of it.

Requirements:

1. Sun from 6 a.m. To 8 p.m., southwest exposure
2. Well-drained sandy soil. Plant in an area that never has any puddling after heavy rain or in early spring.
3. Both the English lavender and the Lavandin species require summer pruning in early August, just after they have flowered and no later than the middle of August. Spring pruning is not recommended in this country since our spring starts so late. As well as fall pruning is not recommended in this country since our falls are too short. The pruning involves removing the flower heads and the stalks first (deadheading), then pruning back 1/3 of the GREEN plant mass that is left. Never take down more than 1/3 of the green plant mass since plants make their food from their leaves, if you cut off more than 1/3 you will be starving your plant of food.
4. Lavender will not winter in a pot in Ontario, they must be planted in the ground. Both the English lavender and the Lavandin species require wind protection from early November to the middle of May. This is since these plants are semi-evergreen and don't lose their leaves in the fall, this makes them susceptible to windburn or drying out. Penny mentioned this as well: to protect them build a frame over your plant with some wire, close to the plant but not touching it. Over this wireframe cover the plant with a breathable material like burlap, making sure there are enough layers to break the wind. It must be a light colour to reflect the sun and keep your plant from overheating.

With all the discussions on lavender, I was reminded that I had saved some instructions on using lavender as a scent for body spray (which I did make) and another one for a 'dream pillow' (which I didn't). So I thought I would gather some further information on growing lavender in Ontario, and for using it to make some scented products - just in case we wanted to give it a go! Lift your spirits with **fragrant body mist**. By infusing unscented alcohol with flowers or essential oils, you can create beautiful scents just like the high-end fragrance companies – at a fraction of the price.

1. Cover the bottom of a small, clean reclosable glass jar with buds of 2-4 sprigs lavender or use 20 drops of essential oil (depending upon preferred strength).
2. Add ¼ to 1 cup of unflavored vodka almost filling the jar. A natural astringent, the alcohol in the vodka will slowly “pull” scented essences from the other ingredients.
3. Swirl the liquid and close the lid. Set the jar in a cool dark place for at least two days, then open it to see if the scent is strong enough for you. If not, add more buds or essential oil and let sit for a few more days.
4. Remove the cap from a clean 2 – 8 oz. spray bottle. Fit in a funnel and pour in 1-3 tsp. of the scented liquid. Add a generous amount of distilled water and a few drops of glycerin. Shake and mist over your body. Keeps 3-4 months when stored in a cool, dry space.

Make a “Dream Pillow” of Bergamot and Lavender

Use a breathable but lightly woven material that lets the scents softly diffuse. Sew your own cotton case or buy a pre-made sachet approximately 4 x 6 “ that ties closed.

- ¼ cup of dried lavender buds
- 5 drops of bergamot essential oil
- 4 cotton balls gently pulled apart

Add lavender buds and bergamot oil to glass bowl, gently stir. Add cotton balls, mix until scent is absorbed. Pour mixture into sachet, then tie or sew closed. To use, tuck the “Dream Pillow” beneath pillowcase or beside your bed.

~~ *From one Gardener to Another* ~~

As I write this (March 28) there remains a significant amount of snow on the property and no, nothing is popping out of the ground just yet. This is “the waiting time” for most of us who love to garden. A period during which we longingly gaze out of windows looking for those first signs. Some have already arrived. Hungry robins, fat buds ready to burst on trees and shrubs, crocuses delivering their yearly show, the first shoots of tulips reaching through last year’s garden leaves. It’s like waiting for any worthwhile event though, isn’t it? Not always easy (hurry up already!) but so worth it in the end. Very soon we’ll be seeing that almost shimmering, pale green flush that arrives in Spring. Leaves will open, our gardens will return and soil will once again collect under our nails. Meanwhile, I am (more or less) content to read, in my comfy chair, drink tea ... and try and stay on top of the grit and sand that comes in every time the dogs do. Yikes!

And finally, I managed to commit a few things to canvas over the Winter. This one’s called *Grasslands*. I hope you enjoy it.



~*Ingrid A.*



~~~~ *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.

|              |                                    |              |                                                         |
|--------------|------------------------------------|--------------|---------------------------------------------------------|
| April 25     | Tracing the Roots of Native Plants | Paul Laporte |                                                         |
| May 9        | Plant Auction with Auctioneer      |              | <b>Viewing at 6:30 p.m. Auction starts at 7:00 p.m.</b> |
| May 23       | Vertical Gardening                 | Ken Brown    |                                                         |
| June 27      | TBA                                |              |                                                         |
| September 26 | All About Orchids                  | Marg Burley  |                                                         |

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

|        |                                                                  |                |                    |
|--------|------------------------------------------------------------------|----------------|--------------------|
| May 3  | Container/Vertical Gardening<br>Spring Mini Flower & Photography | Charlie Dobbin | 7:30 pm - 8:30 pm  |
| May 20 | Annual Plant Sale                                                |                | 9:00 am - 12:00 pm |
| June 7 | Square Ft. Gardening                                             | Gini Sage      | 7:30 pm - 8:30 pm  |
| Aug 12 | Summer Flower, Fruit and Photography Show & Tea                  |                | 1:30 pm - 3:30 pm  |
| Sept 6 | Harvesting and Cooking with herbs                                |                | 7:30 pm - 8:30 pm  |
| Oct. 4 | Preparing Garden for Winter                                      | Sherry Dodson  | 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.

|          |                            |                      |                  |
|----------|----------------------------|----------------------|------------------|
| April 11 | Safe Gardening Tips        | Dave Evans, We-Fix-U |                  |
| May 9    | How to Enter a Flower Show | Bev. Silk            |                  |
| May 13   | Society Plant Sale         |                      | 9:00 a.m. – noon |
| June 13  | June Flower Show           |                      | 6:30 p.m.        |
|          | Rain Gardens               | Ewa Bednarczuk       | 7:30 p.m.        |
| Sept 12  | Summer Flower Show         |                      | 6:30 p.m.        |
|          | Grasses                    | Connon Nursery       | 7:30 p.m.        |
| Oct 10   | Houseplant Clinic          | Michael Erdman       |                  |

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

|          |                                                            |                 |           |
|----------|------------------------------------------------------------|-----------------|-----------|
| April 26 | Pruning 101                                                | David Retallick | 7:00 p.m. |
| May 24   | Fusion Gardening                                           | Sean James      | 7:00 p.m. |
| May 26   | PHS PLANT SALE Westdale United Church, 1509 Sherbrooke St. |                 | 6:00 p.m. |
| June 28  | Fertilizing 101                                            | Victor Freiberg | 7:00 p.m. |
| Sept. 27 | Gardening from a Hammock                                   | Dan Cooper      | 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.

|         |                                            |                                                           |  |
|---------|--------------------------------------------|-----------------------------------------------------------|--|
| Apr 17  | Climate change and the garden              | Lorraine Johnson                                          |  |
| May 13  | Plant Sale                                 | Port Hope Fair Building, McCaul St, 8:30 am till sold out |  |
| May 15  | Tips and advice on photographing plants by | Donna Edmonds for our shows and your enjoyment            |  |
| Jun 19  | My favourite plants                        | Anna Mizyn, Anna's Perennials                             |  |
| Sept 18 | Clematis: The Queen of Flowers             | Anna Leggatt                                              |  |
| Oct. 16 | Winterscaping                              | Victoria Whitney, Owner, Griffins Greenhouses             |  |

~~ *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.

|         |                                               |
|---------|-----------------------------------------------|
| Apr. 25 | Air Plants                                    |
| May 23  | Slips, Tips & Tricks with Perennials          |
|         | Mini Spring Flower Show                       |
| May 27  | Plant Sale                                    |
| June 27 | Landscaping and design for your garden        |
| Sept 26 | Wildscaping, Landscaping w/ Lawn Alternatives |
|         | Vegetable & decorative flower show            |

Christine Gilbey  
MJ Pilgrim

Plants will be offered for sale

Judged by Members  
10:00 a.m. - 1:00 p.m.

Member Volunteers  
Karen Nichols  
Joyce Hostyn

### A TALE OF SPRING

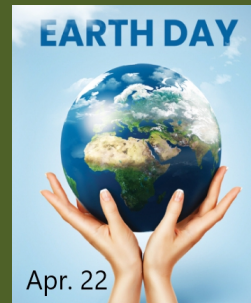
*Tell me a tale of spring  
Please tell me all about it.  
I haven't got much time  
So please be quick about it!*

|           |           |
|-----------|-----------|
| Popping   | Hopping   |
| Showering | Flowering |
| Waking    | Shaking   |
| Bouncing  | Pouncing  |
| Sprouting | Shouting  |
| Growing   | Mowing    |

*Now I get the picture  
That was really very fast.  
But there's something you've forgotten  
Have you saved it until last?*

Chocolate

Thanks!



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