

The GardenShed

SUMMER/FALL 2017

THE NEWSLETTER OF THE CRAMAHE HORTICULTURAL SOCIETY



FALL HARVEST

Photo by Len Salvati



The GardenShed

~ From the Editor

So here it is, my final GardenShed newsletter. I am writing in mid-October during the warmest fall I can remember. Even with all of this glorious late gardening weather, my laissez-faire attitude to fall garden clean-up has reached new heights of utter neglect this year.

I've found it increasingly difficult to do the work as I await orthopedic surgery, now scheduled for early December. My studio work has shut down completely and utter chaos reigns supreme on my sunny slope. On the good side, all being well I should be recovered enough to really get my hands dirty in the spring, and I find that a very encouraging prospect.

The members of Cramahe Hort are a friendly and generous lot, and this newsletter is intended as a vehicle to document our organization's activities and to share our love of gardening. During my tenure as editor, the newsletter has been hugely enhanced by the regular contributions of Sharron, Robin, Peg, Karen and Barrie. Thank you all! Thanks also to all the many members who have shared photos, articles, poems, ideas, recipes and events. The newsletter wouldn't exist without you.

I'm hoping to hand over my editorial reigns to a yet-to-volunteer successor. I'll be happy to offer whatever help I can in the transition. Please volunteer!

See you at the potluck.

~ Lorelyn



~ President's Message

Hello everyone and welcome to fall (I think). We certainly have had some strange weather this year, not the least of which was our lack of summer. Wait ... that's not right ... we have just finished having summer when we should have been having fall. I'm confused, but I think Mother Nature is even more confused than I am. I hope this doesn't mean that we are going to finally have a good old fashioned winter. That would be a novelty, since we have not had one of those for a few years.

If I am confused about my gardening, then I am sure the rest of you are feeling the same way. Some things did do extremely well this year and others, well, not so much. It sure put us to the test as far as knowing what was going to do well and what wasn't. Oh well, I guess that is what

makes gardening so much fun and so much of a challenge at times but, being the intrepid gardeners that we are, we carry on and just GARDEN!

Speaking of gardening, I know that by now you have been tasked with coming up with a more “user-friendly” name for our Society. The Executive has felt for some time now that our “Horticulture” name scares potential new members away, because they feel they have to be experts in the field of horticulture. Excuse me ... do they know us ??? I am pretty sure there isn’t one person in our group who holds any kind of a “degree” in horticulture, botany, etc., and we all do just fine, thank you very much. I am looking forward to returning to our “roots”, if you will, and hoping that our new name will reflect what we are all about ... a group of people with a like interest in *gardening* ... period. So please get those names in to the Executive so we can present the winner with his or her prize at the November potluck.

Since I was absent from the September and October meetings, I am relying on the rest of

the Executive to pass on information, and I would like to thank all the members who entered the September Vegetable & Decorative Flower Show and also those that entered the October Photography Show. Congratulations to all the winners! Everyone did a great job.

Also, thank you for the pictures from the corsage making workshop....you all did very well with your corsages and they looked wonderful. I am trying to arrange more workshops for us for the coming year and if you know of or have any information on something you would like to see us do, please contact me and let me know and I will do my best to make arrangements. That also goes for anything else that you think would be of interest to the group. This is *your* group and you should have a say when it comes to the programming. I will be working on the yearbook for the next little while, so if you do have an idea, please let me know.

From the cluttered desk of your President,

~ Sharron



Life member Isabel Gummow recently celebrated her 91st birthday.



Dahlia, voted Cramahe Hort's Flower of the Year for 2018.

~~ September Presentation ~~

Pure Joy Herbal Creations

With Joy Cameron & Joanna Wiersma



Pure Joy perfectly expresses what Johanna Wiersma and Joy Cameron feel about their organic homegrown skin food, grown at Fifth Wind Farm. The farm, which is in Cold Springs about 10 minutes North of Cobourg, offers a community shared agriculture garden which is run on the honour system and which, for a seasonal fee, provides a once per week basket of vegetables of your choice. As well, you can sign up for a 6 month herbal apprenticeship, work shops and herb walks, all with a view to enhancing participants' knowledge of healing botanicals,

The salves, creams, oils, tinctures, teas and condiments are conceived and created using, for example calendula and sea buckthorn. Hippophae is a genus of sea buckthorns,

deciduous shrubs in the family Elaeagnaceae. The name sea buckthorn may be hyphenated to avoid confusion with the buckthorns. The sea buckthorn plant (*Hippophae rhamnoides*) is a rare species of fruit, native to Europe and Asia. The plant is used for soil and wildlife conservation but also produces some tasty, tart (but citrusy) berries high in nutrient value.



Once thought of as an invasive species, covered in obnoxious sharp thorns, sea buckthorn is poised to be the next big thing. The oil is well-known today for its healing and rejuvenating effects on the skin. When used topically, it's a great natural cleanser and exfoliator. It can also help heal burns, cuts, wounds, sunburn, rashes, and other types of skin damage and is thought to have a positive effect on actinic keratosis (old age barnacles). As well, it is thought to have many nutrients such as Vitamin A,B,C,D,E and K. It is an anti-oxidant and contains Omega 3 and 6 as well as dietary minerals.

Sea buckthorn grows prodigiously and in mid August it is loaded with berries. Harvesting is not for the faint hearted; even the birds ignore the thorns and sour taste. All *Pure Joy* products are dried and steeped in olive oil. Should you survive the harvest, sea buckthorn berries can be eaten, put into creams and salves, steeped to make a delicious tea and frozen to put into smoothies.

Wiersma and Cameron also use calendula, St. John's wort for sore muscles, arnica and comfrey, poplar bud which is a natural preservative, and plantain, good for itchy



things. Members were very pleased to see that a number of *Pure Joy* products were for sale. For more information and guidance in choosing the appropriate products, please contact either Johanna or Joy at the coordinates shown below:

Fifthwind Farm
3987 Timlin Road Cobourg, Ontario
905 342 3666
www.purejoyherbalcreations.com
email: purejoyherbs@gmail.com

~ Robin Young

~~ OHA News ~~

Fall Seminar: Lindsay & District <i>Photo Competition:</i> 1 – Storm Damage 2 – Children Love Flowers Too 3 – I Have Changed – 2 photos of Same plant(s) first during summer, Second during autumn	Oct 28, 2017	Dunsford Community Centre
OHA Convention <i>Theme: Shore to Shield</i>	2018	Kingston (District 3)
OHA Convention <i>Theme: Come to the Deep South Where Everything Grows</i>	2019	Windsor (District 11)

~~ October Presentation ~~

Corsage Making Workshop

With Rose Odell and Kris Rahn





~~~ *Garden to Table* ~~~

Onion Soup

2 tbsp oil
 2 tbsp butter
 6 cups sliced onions
 ¼ cup flour
 6 cups beef stock (oxo & water)
 2 bay leaves
 ½ cup white wine

Sauté onions in oil & butter. Sprinkle with the flour.

Transfer to soup pot (scraping all from pan).

Add stock & wine & bay leaves.

Simmer 1 hour.

You can turn this into French Onion Soup by dividing into individual ovenproof bowls and topping with French bread cubes & cheese (I use a mix of Mozzarella & Swiss.) Broil until cheese is bubbling.



Plum Clafoutis

5-6 plums
2 tbsp butter
3 eggs
pinch of salt
2 tbsp brandy
2/3 cup sugar
½ cup flour
1 cup milk

Half & pit plums. Marinate in brandy 1/2 hour.
Melt butter in baking dish. Place plums cut side down in dish. Pour Brandy over plums.
Beat eggs, sugar, flour & salt. Beat in the milk.
Pour over plums & brandy.
Cook 40 minutes in pre-heated 375 oven.
When cool sprinkle with icing sugar.
Serve with a dollop of whipping cream.

Cranberry Bread

2 cups cranberries
1 2/3 cups sugar
2/3 cup oil
½ cup milk
2 tsp lemon zest
2 tsp vanilla
4 eggs
3 cups flour
4 tsp baking powder
1 tsp salt

Pre-heat oven to 350.
Grease bottoms only of 2 loaf pans.
Mix dry ingredients separately.
Mix all the rest. Add the dry to the wet.
Pour into 2 pans. Bake 50-60 minutes. Test with tooth pick.
Cool in pans for 10 minutes.

Baked Green Cabbage

½ head of cabbage , cut up
½ cup of milk
¼ cup butter
1 tsp sugar
1-2 tbsp paprika
5-8 cloves

Mix all together in ovenproof casserole with lid.
Bake at 350 with lid on ½ hour. Stir.
Remove lid and cook for another ½ hour.

~ Karen Prins

~~ From One Gardener to Another~~

I had two unexpected opportunities on my property this year. The first was an unexpected find. Two large rocks were unearthed late last fall while clearing all around our barn. John's tractor was used to bring them one at a time to the front yard. They were very heavy. With one shot each, they were placed where I wanted them. In the spring, I moved many other smaller rocks into place and created the

rock garden I've been wanting to try for a long time. I filled all the planting pockets with a mixture of half coarse sand and half good soil. My intention was to grow plants that need very sharp drainage to survive – in other words, 'alpine' or 'scree' type plants. I've been wanting to try some of these for many years. By eliminating a small garden in another area, I was able to scavenge two small yellow yucca,

some opuntia cactus (our native one) some red Voodoo sedum, some yellow Angelina sedum and some hens and chicks. To add to this, I purchased a new red thrift (armeria) a red pasque flower (pulsatilla), a yellow ice plant (delosperma) and a red ice plant (delosperma Jewel of Desert Grenade). This last one proved to be sensational! It's tiny – only 4" high – but it



Delosperma Jewel of Desert Grenade

bloomed the whole season till early October, with the most gorgeous little red flowers. This group were all planted on the south or sunniest side of the garden, and as you can gather are mostly reds and yellows.

On the other side is planted mostly blues, purples and pinks. That side includes heuchera Blackberry Ice, geranium Ballerina, gentian dahurica, white and blue Carpathian harebells, creeping speedwell (veronica Waterperry Blue) and lithodora diffusa Grace Ward. This last one has the most beautiful true blue little bell-shaped blooms. It's fun to watch a bumblebee



Lithodora diffusa Grace Ward

bury its head in the flower and get so excited. I've grown it before, but never been able to overwinter it, so I'm hoping for success this time in this new situation. As of this writing (October 22/17) it is still blooming, along with the little veronica.

This new bed on the front lawn is anchored at one end by a double Japanese herria and at the other by my very large hosta Empress Wu.

The second unexpected opportunity this year arose from a garden tragedy. One Sunday afternoon back in June, I was on my veranda when we began to get some freaky weird gusts of wind. I heard that unmistakeable sound of tree wood cracking. Sure enough, I watched as one third of a large sugar maple tree came down in my front yard. It went to the left of the arbour out front, thankfully. However, it severely bent or destroyed many of the mature cedars in that area. When the wind calmed down, we had a look at the situation and realized that many branches were on the hydro wires. One call and hydro had a crew there pretty quick to remove them and prevent a power interruption. The next day (a Monday) a supervisor came by and told us that the rest of the tree was no longer stable and needed to come down, because if it fell towards the highway it would be a major power outage for many along County Road 2. By that afternoon, all the big limbs were down and small branches chipped. The following day, the main trunk went down. Then we were left with all the wood to clean up. Fortunately, we found someone who heats their home with wood, so they did the work and took it all away.

On the other side of the cedar hedge, John and a friend had to cut away many broken cedars. This left a huge open space. There was nothing green growing there, not even weeds, because

the earth was covered in a deep mulch from years of shedding from the trees. After I raked away all the smaller branches and mulch, I saw a huge opportunity for a garden in dappled shade. The soil there is rather poor, so I dug in lots of manure and peat moss. I also made raised beds. I had previously begun eliminating another area of garden in half shade, so moved some daylilies over to the sunniest spots in the new area. I also moved many large hosta specimens to the new spot, as well as Midnight Lady ligularia, Southern Comfort heuchera, various ferns, Japanese forest grass, several medium –sized hosta, many miniature hosta and some of my favourite primrose, Green Lace.



Primrose Green Lace

While digging about in other areas, I was thrilled to find two little pieces of heuchera Mystic Mist which I thought I had lost. I hope I can nurture them along as I don't think the plant is available commercially anymore. I also came across a gorgeous fern which I have yet to identify.

I mulched all the plantings immediately with natural cedar mulch. I may mulch the paths with black mulch to keep weeds down and differentiate the paths from the beds.

For now, I'm calling this the 'Secret Garden', because you can't see it from the house or the veranda or the front yard. I may eventually be looking for a new bench, but for now I have moved two old benches to the new spot. It's a lovely place to sit.

After the big tree was gone, I was afraid I'd lose some of the plants on my hosta walk. After all, they were put there because of the light conditions afforded by the tree at the time. Some that started to deteriorate right away were moved to the other side. Others I kept very well-watered and they made it through the summer. Empress Wu was not happy all the



Hosta Empress Wu

same. She's far too large to move, and I don't want to move her anyway, so I bought her a new tree this fall – a serviceberry. It will give me white flowers in spring and then fruit for the birds. Also, it's turning some lovely colours this fall. However, it will be a few years until it provides adequate shade. In the meantime, in the spring I'll plant some tall annuals to provide some temporary shade. Or maybe I'll come up with another solution.

All for now,

~ Peg Howden

~~ September Vegetable & Decorative Flower Show ~~



~~~ Across 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.

Upcoming Meetings: October 24, **Christmas Wreaths & Planters Demo**, with Conrad Grohl. November 28 (5:30 pm) **Potluck Dinner, Putting the Garden to Bed** with BGC Panel, and **AGM**.

Cobourg Horticulture meets at Cobourg Columbus Community Centre, 232 Spencer Street East (D'Arcy), 1st Wednesday of the month at 7:00pm. Upcoming Meetings: November 1, **Amazing Begonias** with Jeff Mason, and **AGM**. December 7, **Christmas Plants & Arranging**, with Yonna Stadke, and **Christmas Greenery Exchange**.

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

Upcoming meetings: November 14, **Winter 'Scaping' Your Gardens & Planters** with Vikki Whitney and **AGM**. December 12 (5:30 pm), **Christmas Pot Luck & Awards**. January 9, 2018 (5:30 pm), **Chili Supper & Get to Know our Members**.

Omemee Blooms Garden Club meets at Trinity United Church, 3rd Monday of the month, 7:30 p.m. Upcoming meetings November 20, **Christmas Centrepieces** with Gail Murray and **Photo Show**.

Peterborough Horticulture meets at the Lions' Centre, 347 Burnham St., Peterborough, 4th Wednesday of the month, 7:00 p.m. Upcoming meetings: October 25, **Pathway to Stewardship – How We Teach Children about the Environment** with Jacob Rodenburg of Camp Kawartha. November 22, **Houseplants: Orchids & Beyond** with Marg Burley of Burley's Gardens.

Port Hope & District Horticulture meets at the Ruth Clarke Centre, 81 Mill St. S., 2nd Monday of the Month at 7:00 pm. Upcoming Meetings: November 13, **Poinsettias** with Flemming Nielsen of Viking Nurseries. December 11, **Christmas Flower & Photography Show, Christmas Display Design and Twig Design**.

~~~ Executive Doings ~~~

BOARD NOTES

As this is my last column in this capacity, I thought it might be fun NOT to relay exactly what was discussed during the last meeting or two, but rather to give you a GENERIC, AVERAGE meeting summary. So, I've rolled all the meetings together, divided by the number of meetings held, and here are the minutes that might appear. And for good measure, I'll write them up as a description of a documentary film.

THE DOC PROJECT:

a look behind the scenes at the
Cramahe Horticultural Society's
typical Board Meeting.

TIME: Early afternoon, second Tuesday of any month.

PLACE: Anywhere but the Keeler Centre, preferably around a dining room table on King Street West.

[CAMERA ONE (the only one) enters through a side door to]

[SFX*: roar of small talk chatter, we anticipate a room teeming with 70 -85 people only to find – 7 retirees having 6 conversations simultaneously. Coffee is being distributed, the morning's talk at the Big Apple Therapy Session is carrying overand overand]

[There are doughnuts, camera pushes in to ECU]**

All vow to not have any this time, because who really LIKES Tim-Bits anyway? (Well, quite a few as it turns out.)

TIME 1:37 pm

*SFX = sound effects

**ECU = extreme close-up

Sharron calls for order, gets none, calls again, vows to bring her gavel from home for the umpteenth time, and eventually the room falls silent except for one or two of the conversations which have been too intense to be interrupted by Sharron's voice.

Sharron welcomes all, thanks them for coming, mentions the "regrets" – or at least the names of the members who will not be attending. Other regrets remain unstated.

Doughnuts and coffees are whizzing around the table as we go through the agenda, moving quickly:

Minutes from last meeting are assessed, with everyone swearing they "read them at home" (**CAMERA ONE pan table of guilty faces**) and they pass, AIF (not All Is Fake, as in White House notes, but All In Favour) ... if Barrie has not raised any picky detail that is amiss. (He has a reputation to uphold.)

Correspondence: Trish hauls out a copy of *Canadian Living* and asks if any DOESN'T have this issue. Everyone does.

Treasurer's report: If the weather is still warm Clair will give us all the relevant numbers for the month and the year to date. She has a paper trail to back it all up, possibly in triplicate.

If the weather has turned cold, Carol will say, "Well this is what I got from Clair in Florida, and that's all I know. It looks fine to me."

The Treasurer's Report passes, AIF (op. cit.)

Directors' reports follow in rapid succession, as we all know that much time will be spent on New Business, soon to come. Highlights:

-The Ecology Garden looks great, its cleanup is planned, Len is ON IT.



-Membership numbers are well, you know, kind of the same as last time. But we're 50+, so we're legal.

-Lorelyn wants recipes and articles for inclusion in the next newsletter.

-Carol is advertising all she can to get new people to the meetings.

-Bea's fingers are starting to feel the strain of all that dialing, and she wonders if it's worth it.

All members leap in to say that it's really important that people get a nudge, and that non-computer people feel included. Bea pledges to continue at least for now.

-Marg (Doc Sunshine) reports that there were 0.27 sick people this month (remember this is an AVERAGE meeting) and that she sent out 0.54 cards, since there was still lots of budget left.

-Community Garden discussions circle the subject from many directions, all well-intentioned, but ultimately leading to the project being shelved for now, with new focus on a project for young people, at the Colborne Public School if possible.

-Sharron reports 6.8 million likes for the Hort Facebook page (I may have that number wrong.)

And now Sharron calls for New Business:

[CAMERA ONE pans over the group as tense silence holds (silence defined for these purposes as only 2 conversations going on at once)]

[CAMERA ONE picks up increasingly pleased faces as the projects come up, and people get excited.]

-The insect hotel. Karen and Trish step up on this one, and are full of ideas to make it work with the kids. *(Insert: **Insect Hotel Montage** showing that it was a grand success.)*

-Plant sale. Much planning, much working, digging, potting, schlepping, and much money made for the Club! *(Insert: **Plant Sale Montage** showing tables laden with plants gradually*

being emptied and our happy treasurer counting up the take - many times.)

-Chair project. Ideas are fielded to distinguish the Colborne idea from the very successful bicycle project in Castleton. Chairs are suggested and faces reflect the realization that this is a great idea, and very doable. *[Insert: **Time lapse photography** showing chairs being painted vibrant colours, and sprouting beautiful plants.]*

-Hanging baskets. OY, when will they let us hang them on the main street??!! They look so great, but they get lost in the park! However, beautifying the town is what we do, so . . . maybe next year.

-Requirements for next speaker? Microphone, projector, travel money, speaking fee? Answers are provided.

-Next meeting, one month hence.

SFX: discussion on next meeting fades under, as members realize we are on the last item. Conversations dwindle to 2 or 3, purses and notebooks are found and closed up.

ECU: Camera finds the Tim-Bits carton, still with some contents, but bereft of the chocolate ones and the honey glazes. People search through them one last time anyway, some settle for the sparkly ones.

SFX: Chairs are pushed back, anticipating the words "Meeting Adjourned", at which point full conversation resumes

CAMERA ONE pulls back to reveal the scene: *Good people doing good things for a good place, and doing so in concert with like-minded folks who don't mind doing some work to make the world a little more beautiful, literally and figuratively.*

CAMERA ONE backs out of door.



CAMERA ONE *crane shot up and over the heritage home as members filter out, taking in the lovely little village that surrounds them, content that they are a good part of it all.*

"Thanks to all who have taken the time to read these columns, I hope they have made you smile at least a few times. Any fun poked has been in a spirit of love and respect. Stay well.

FADE TO BLACK. ROLL CREDITS.

Ending with:

~ Barrie Wood



~~ 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 in Colborne.

Next Meeting:

Tuesday, November 21st 5:30 p.m.

At Old St. Andrews Presbyterian Church

- *Pot Luck Dinner*
(Bring your own dishes & cutlery.)
- *Annual General Meeting*
- *Awards Presentations*
- *Election of Officers*

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

CRAMAHE HORTICULTURAL SOCIETY

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Photo by Barrie Wood

