



'Through The Garden Gate'

The monthly newsletter of the Englehart and District Horticultural Society
August 2014



Englehart and District Horticultural Society was formed in 1956.

General meetings:

3rd Wednesday of most months at 7:00 p.m. in the Anglican Church basement

- *Speakers, workshops, demonstrations
- *Civic Improvement
- *Youth Involvement
- *Displays and Competitions
- *Environmental Stewardship

President: B. Wilson
Bulletin Editor: E. Fisher
Website:
engleharthort.weebly.com

A Word From The Editor

August- that wonderful month of Riches from the forest, the field, and from our gardens. The strawberries are pretty well finished, but raspberries, blueberries, peas and beans, broccoli and cauliflower, even melons can be found growing locally. The peaches and pears of southern Ontario are appearing in our stores, as well as other fruits and vegetables we can't grow here. It is a time to fill our freezers and basement shelves with preserves. But best of all, it's the time to fill our stomachs with the best food in the world! I thought you might appreciate the accompanying chart and the nutritional information to help you make your dietary picks.

Low Cal/High Fibre Fruit and Vegetables

Broccoli: 1/2 c. = 3 grams fibre and 26 calories

Raspberries: 1/4 c fresh berries = 4 g fibre and 32 c.

Blackberries: 1/2 c = 4 g fibre and 31 c.

Carrots: 1/2 c. = 2.5 g fibre and 27 c.

Blueberries: 1/2 c. = 2 g fibre and 42 c.

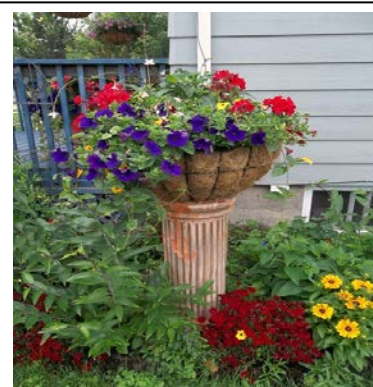
Mark It On Your Calendar:

Tues. August 19- set up show in Holy Family School gym
August 21, 22: Festival of Flowers
September 4- 6: Englehart Fall Fair
September 17: General Meeting
September 27: District 12 Fall Planning Meeting in Cochrane

*"To forget how to dig the earth and to tend the soil is to forget ourselves."
Mohandas K. Gandhi*

Looking Back

Our July meeting was a very successful one. We are very grateful to Carrie Anne and Ron for opening up their home and garden to us that evening. Due to the cool weather, we ended up eating indoors, and enjoyed the burgers and hotdogs straight from the grill, accompanied by a wonderful assortment of salads and side dishes. Thanks to Ron, our barbecuer and to all members and guests who provided food. Our auction was also very successful. Thank you to all who donated something to the auction and to those who bid on the 'treasures'. Check out the EDHS website for pictures of the event.



Some of Carrie Anne's beautiful flowers.

Gardening Recipes

Those of us who grow more than one or two tomato plants or zucchinis, or any of those wonderfully fruitful plants, will soon have more than we can use, and people will hide from us when we come bearing gifts. Here's a recipe you might enjoy.

Tomato-Zucchini Bake

Ingredients:

- *cooking spray
- *1 lb. sliced zucchini
- *1 ½ c. fresh or frozen corn kernels
- *½ c. panko or breadcrumbs
- *¼ c finely grated Parmesan cheese

Preheat oven to 400F. Coat a shallow 2 qt. shallow baking dish with cooking spray and alternately layer sliced zucchini, corn kernels and sliced tomatoes. Combine crumbs and Parmesan and sprinkle on top. Bake uncovered in centre of oven for 30 minutes or the top is golden brown. Cover with foil and bake 10 minutes more or until vegetables are tender. Serve immediately and enjoy.



Festival of Flowers: The 2014 Festival of Flowers will soon be here and we will be using the theme 'Oh, the Places You'll Go' for the second year. Last year's floral designs and photographs, built around the theme from Dr. Seus's beloved book, were creative and interesting. We hope that all of our members will be involved in this summer's flower show, either by entering your flowers, vegetables, potted plants, floral designs or photos, or by helping set up/take down, assisting a judge, etc. Convenors Bonnie Warner, Rick Heaslip, and Eileen Fisher will be looking for people to help with those important jobs, so we hope you'll say yes when asked. The hall will be open to accept exhibits on Wednesday, August 20 from 7:00 to 8:00 p.m., and on Thursday from 8:00 to **11:30 a.m.** Doors will be closed and entries must be placed by that time. Don't forget that the additions and deletions from the show schedule were all listed in the May Bulletin. There will be no 'formal' Tea Garden this year, but tea/coffee and sweet treats will be available for a free will donation. Twyla and Bruce Wilson are in charge of the Silent Auction. If you wish to donate an item to the auction, please bring it to the set-up on Tuesday, or contact Twyla or Bruce. We are also looking for mugs to use for floral designs for the visitors from Northview Nursing Home. If you have any to donate, just bring them along to the set up or call Rick, Bonnie, or myself. Remember, we have no show without you the members who take the time and make the effort to put in the exhibits. Let's see if we can make this year's show as successful as the one we enjoyed in 2013. Please come and help us set up for the show on Tuesday, August 19th at Holy Family School at 1:00. We also need help bringing tables from EHS and material from the garage behind Ace hardware. We'll meet at the garage at **10:00 a.m.** Please remind your friends and neighbours to come to the show as well.

Festival of Flowers Hint #8: This is your last chance to get to know your show schedule. Take some time during the next week to look through your prize list, check out which classes you would like to enter, and double check in your garden, your houseplants, your photos, etc. Spend some time reading over page 1, 2 (rules and regulations), page 3 (general information), page 4, 5 (Definitions), and pages 6, 7 (Hints for Exhibitors). Jot down any ideas you might have and feel free to call a friend or one of the show convenors (Bonnie Warner, Rick Heaslip, Eileen Fisher) if you can't find an answer to your questions. Just remember, everyone has to start somewhere, so even if you only put in a couple of entries, you're learning. You may not win a first prize but each entry is a learning experience and helps improve the show. Most importantly, remember the importance of good grooming ... for your entries, that is!

Programme: Due to the Festival of Flowers this month, there is no General Meeting. Our next one will be September 17. There will also be no Directors' Meeting September 3 due to the Fall Fair. We hope that Horticultural members will support our Agricultural Society friends by exhibiting our flowers, fruits and vegetables, crafts, etc., and that we will attend the Fall Fair events.

Website: Don't forget our website for the latest news and pictures. There were 1549 visits to our site in July. Check it out for pictures from the July meeting at Carrie Anne Field's home and garden.

Social: Mary Schippers reminds us that Claudette Black will be the hostess for the September meeting and Rick and Carol Heaslip will bring the gift for the free draw.

OHA/District 12 News:

The District 12 Fall Planning Meeting will be held on September 27 in Cochrane. Englehart is entitled to send two delegates to help the District plan the Annual Meeting of 2015, which may be held in Englehart. Due to unforeseen circumstances, Susanne Stamper is no longer the District Director. First Assistant Anne Jaimeson has agreed to move up to fill the position and Frances Crundwell will assume the position of First Assistant. Mary Schippers and Rosemary Campbell will be our delegates in Cochrane.

Don't forget to check out District 12's website at district12hort.weebly.com

Reminder #1: If you know a child who has been growing a garden this summer, make sure you remind them that we do sponsor a Youth Garden Competition. Please have them call Carrie Anne Field or Bonnie Warner to enter the contest.

Reminder #2: Director Deb Murray reminds everyone that there will be an Open House at the Hilliardton Marsh on Saturday, August 17 from 8:00-12:00. There will be bird banding and an opportunity to see the Hummingbird Garden. All are welcome to drop by that morning for a visit.



Going Green

(Using Epsom salt- continued from past bulletin)

3. Exfoliator: If you have rough skin, you can make a paste with Epsom salt and water and use it to gently lift away dead skin and break down calluses. This may take some time and you may need to exfoliate over days or weeks to completely smooth your skin. Apparently it works well on garden-roughened hands.

4. Weed and Pest Control: A mixture of one gallon of water, 2 cups of Epsom salt, and ½ cup of liquid soap (preferably Dawn) sprayed on weeds, even your lawn, will help in your weed control without using poisonous substances. Dry Epsom salt sprinkled in areas around plants where slugs are a problem can help get rid of the critters.

5. Bruise care: Use a compress dipped in a solution of equal parts of Epsom salt and warm water to help reduce bruising.

Plant of the Month

Dahlias

Dahlias are considered one of the most spectacular garden flowers. There is a great variety of size and shape in dahlias, from the showy dinner-plate size to the bright, little single ones. Dahlias require some special care, especially lifting for winter storage. However, with minimum care, beautiful dahlias can bloom in your garden from July until frost. Dahlias should be planted in a sunny location. Wait until danger of spring frost is past before planting or be prepared to cover your plants. The soil should be rich and well-drained. Too much nitrogen will result in lots of green and few blooms, so if using fertilizer, go for one with a higher middle number. The smaller-flowering types, which are usually about three feet tall, should be spaced two feet apart. The taller, larger-flowered dahlias should be spaced three feet apart. Dig the planting hole slightly larger than the root ball of the plant and incorporate some compost into the soil. Plant the tubers so the crowns are just below soil level. Tall, large-flowered cultivars will require support. Place stakes around plants at planting time and tie stems to them as the plants grow. To encourages blooming I like to put a bit of super phosphate fertilizer around the plants and scratch it in carefully in late May, early June. Unfortunately, earwigs and slugs love these juicy plants, so be vigilant. I'll try to include some 'fall care' for dahlias in the September bulletin.



Poetry and Prose

*A spell lies on the garden.
Summer sits
with her finger on her
lips,
as if she heard
the steps of Autumn
echo on the hills*

*Gertrude Huntington
McGiffert*



Healthy Soil Part 3

(or More Soil Chemistry)

Fertilizers that contain all three of the macronutrient are called complete fertilizers, but they are not absolutely complete. Calcium, magnesium and sulfur, known as secondary nutrients, are also important to many plants. Micronutrients include boron, copper, iron manganese and zinc. Some plant micronutrients have specific functions such as cobalt, which isn't used by most plants but helps legumes use or 'fix' nitrogen. Another important part of your soil is its acid-alkaline balance or pH reading. All these essential elements — and the proper texture — make for healthy soil.

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