



# 'Through The Garden Gate'

The monthly newsletter of the Englehart and District Horticultural Society  
January 2023



**Englehart and District Horticultural Society was formed in 1956.**

**General meetings:**

3<sup>rd</sup> Wednesday of most months at 7:00 p.m. in the St. Paul's Emmanuel Community Church

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

President: Jean. Bott  
Bulletin Editor: E. Fisher

**Website:**  
engleharthort.weebly.com

## A Final Word From This Editor

I am beginning this bulletin with mixed feelings...relief and sadness. I remember when I was young, how much my mother looked forward to receiving the bulletin in the mail. She would read out interesting bits and pieces to us and I was always impressed that people knew so much. When I took over as Bulletin Editor, I again remembered mom and dad talking about the meetings and horticultural events and I worried about doing a good job with the monthly newsletter. It is hard for me to believe that I this is my last bulletin. For the past ten years I have kept my eyes open for horticulturally-oriented articles to share with our members. Thank you so much to those people have sent me information, pictures, and ideas to share. I wish that Rick Heaslip was still with us as he helped me with the more technical aspects of sending our monthly newsletter each month. I also want to encourage Directors to consider taking this job on. It's work you will enjoy! To the new editor... if I can help in any way, please let me know.

## Mark It On Your Calendar

Wednesday, January 18: Annual Meeting – 6:00 p.m. – see details below  
Wednesday, February 1: Director/Executive Meeting – 7:00 p.m.



## Annual Meeting

## Potluck Supper & Bird Bistros

Wednesday - January 18, 2023 – 6:00 p.m.

St. Paul's Emmanuel Community Church



Bring along a friend and your favourite dish – main course, dessert, hors d'oeuvres, etc. – enjoy a great meal!

After Supper there will be a short business meeting with the presentation of the Annual Report, election of our Executive and Directors, and any other business. The meeting will be followed by a presentation from Bruce Murphy of the Hilliardton Marsh.

## Ghost Trees and Hummingbird Mist



How to create a bird and pollinator garden habitat.

\*2023 Memberships will also be available - \$10.00.



### *Christmas Workshop*

The Annual Christmas Workshop was a very successful one this year. Anna Regele and Carrie Anne De Jong, as co-convenors, worked so hard planning, organising, and setting up this workshop event. It was well received by all who attended and were provided with a beautiful decoration which will be able to be displayed in our homes for many years to come (all we'll need to do is switch out the old pine for new greenery). I was unable to attend (the first one I have missed in years) but I was able to obtain a kit and did my own thing with mine. As you can see, it looks quite nice being spray painted red. Many thanks to Anna and Carrie Anne for their hours of work. Thanks again to all whom attended the Workshop.



### *The Benefits of Gardening*

Old ladies, stay-at-home moms, penny pinchers, and rich ladies who had servants are people that I associated with gardening for years. My mother was an avid gardener who 'cut her gardening teeth' by visiting her grandfather when she was a young child in England. Apparently, he gardened to feed his family and because he loved it. Mom was born in 1908, lived through both world wars, and often talked of visiting the old fellow and of all he had taught her. Having their own gardens was essential when my mom was young. Growing their own fruit and vegetables kept them alive. Her mother was never a strong woman and Mom, and her sisters were responsible for growing and preserving what they grew on their small lot. I grew up loving to help my mom in her gardens here in Englehart (although I doubt, I was much help!) I watched her dig our solid clay soil by hand, helped her plant and weed and ran errands for her, fetching the right tools, pails of old manure from the Edwards' farm next door, and buckets of water from the rain barrels. I could hardly wait until I was old enough to have my own gardens. Gardening provides nutritious produce. You can be sure it has not been treated with unhealthy chemicals. You can also try growing different produce that isn't available in local stores. Gardening helps promote independence as you are no longer totally dependent on whatever "came off the truck". Eating your own healthy plants provides a powerful feeling of self-worth. I am hoping to teach my grandchildren to garden so that they will have the same sense of joy at harvest time and of self-worth with their skills.

### *Reports From Your Directors*

1. Bulletin: I have been putting our monthly newsletter together and editing it for the past ten years. I think it is now time to pass the torch. I have greatly enjoyed putting the Bulletins together but it is time for a fresh outlook. Thanks to all who have sent me information or written an interesting article for me to include in the Bulletins. This will be my last Bulletin. I could not have done the job without the help of Bonnie Warner and Ginny Montminy, "the Editor's Editors". They have saved my bacon many times! I am very willing to help the next Bulletin Editor to get started.
2. Our thanks are also extended to President Jean, Secretary Bonnie, and Treasurer Ginny for their many hours of work on our behalf. We would be lost without them!



## *Vegetable Facts*

(con't from a previous bulletin)

... Potato is the fourth most-produced crop in the world. Ahead of it are maize, rice, and wheat.

...Vegetables are full of vitamins and minerals. Their presence boosts our immune system, regulates our metabolism, and enables us to live healthier.

...Vegetables are famous for having high amounts of fibre in them.

...Orange carrots were first introduced during 17th century in Netherlands as a tribute to the ruling house of Orange. Many modern vegetables are also created through selective breeding, enabling them to become easier to grow, produce and have better ratio of healthy and unwanted components (for example, carrots were for the longest time bitter and had a really wooden core).

### **Fruits Commonly Mistaken for Vegetables:**

Foods that are considered to be fruits are often sweeter or less savoury than vegetables. Botanically speaking, any part of a plant that develops from the ovary of a flowering plant is a fruit, while all other parts of the plant are considered vegetables. Despite that, there are still some foods that we call vegetables but are fruits. For example, tomatoes, cucumber, avocados, olives are technically fruits, even if they taste savoury. Capsicum, pepper or paprika is a fruit that comes in many colors and two basic tastes – sweet and spicy. The spicy variant has many health benefits and can help in a wide variety of cases.

## *We All Need a Little Humour in Our Lives in January!*

~ The old gardeners on the allotment would judge the temperature of the soil suitable for planting out, by dropping their trousers and pants and sitting on the soil!! If it felt too cold – too early to sow!! The preferred option now is using the back of your hand or a soil thermometer; it's far more hygienic and less chance of upsetting the neighbours!

~ What vegetable can tie your stomach in knots? (String beans)

~ A man walks into a flower shop "I'd like some flowers please." "Certainly, Sir. What did you have in mind?" He shrugs "Well I'm not sure, I uh, I uh..." "Perhaps I could help. What exactly have you done?"

~ "I always thought a yard was three feet until I started mowing the lawn."

~ A woman asked her neighbor, "May I borrow your lawnmower?" The neighbour replied, "No, he's not home yet."

## *Going Green*

★ Wash vegetables and fruits with hydrogen peroxide to remove dirt and pesticides. Add 1/4 cup of H<sub>2</sub>O<sub>2</sub> to a sink of cold water. After washing, rinse thoroughly with cool water.

★ Beef up your regular dish soap by adding roughly 2 ounces of 3% H<sub>2</sub>O<sub>2</sub> to the bottle.

★ Keep dirt off lettuce and cabbage leaves when growing by spreading a 1-2 inch layer of mulch (untreated by pesticides, fertilizers) around each plant. This also helps keep the weeds down.

★ Botanical insecticides are plant derivatives and can be more toxic than some synthetics. They are, however, better in the long run because they break down rapidly and do not accumulate in the food chain as synthetics do.

## *Plant of the Month*

### *Cyclamen*

These plants are native to the Mediterranean and typically bloom from December-April. The blooms range from white to pink/red. Don't throw the plant away after it blooms because it loses its leaves. It is going dormant. Water it occasionally this period and as soon as cool temperatures start in the fall; the plant will begin to revive with regular watering. Keep it in bright light while in bloom and keep the root ball moist by watering in a tray and allowing the roots to take up the water, not by watering from above the plant. Remove yellow leaves and spent flowers. Feed the plant every two weeks. When cyclamen are finished blooming, some people discard the corm but you can save it. After the foliage dies, the plant should be left to dry. Repot the corm in mid-summer and place in a warm place so it can establish roots before returning it to a cool 55 - 60° F. to encourage flowering. (These were my dad's favourites. A happy memory for me!)



### *Should You Remove Foil from Houseplant Pots?*

It's common for nurseries to put colourful foil around plant pots, especially around the holidays. Poinsettias and potted hydrangeas are common but foil-wrapped plants often include lemon cypress or dwarf Alberta spruce, as well as orchids, chrysanthemums, Easter lilies, Christmas cactus, and lucky bamboo. Nurseries often wrap foil around plants because it makes them more attractive and festive, and it hides the inexpensive plastic pot that most plants come in. Often, those foil-wrapped plants die in the first couple of weeks and the recipient of the gift plant is discouraged and wondering how they managed to kill that beautiful, healthy poinsettia or Christmas cactus. The foil around plants is often to blame for the early demise of the plant. The problem is that water catches in the foil because it has nowhere to go. As a result, the bottom of the pot sits in the water and the plant soon rots because its roots are sopping wet and unable to breathe. So, if you're wondering if you should remove foil around plants, the answer is yes. The foil should be removed as soon as possible. If you want to leave that colourful foil in place a little longer, just poke several tiny holes in the bottom of the foil, then set the foil-wrapped plant on a tray or saucer to catch the drained water. This way you can enjoy the pretty wrapper, but the plant has drainage it needs in order to survive. You can lift the plant from the foil wrapper. Water the plant in the sink and let it drain thoroughly before replacing it in the foil. Eventually, you'll either discard the plant (many people toss out poinsettias after the holidays) or in the case of Christmas cactus and lucky bamboo, move it to a more permanent container. Some plants, like mums, can even be planted outdoors, but check your plant hardiness zone first. Remember...we are in Zone 3a. (information from Gardening Knowhow)

### *Poetry and Prose*

#### *January Morn*

*Bare branches of each tree  
on this chilly January morn  
Look so cold, so forlorn.  
Gray skies dip ever so low  
left from yesterday's  
dusting of snow.  
Yet in the heart of each tree  
waiting for each who  
wait to see,  
New life as warm sun and  
breeze will blow,  
like magic, unlock springs  
sap to flow,  
Buds, new leaves, then  
blooms will grow.*

*Nelda Hartmann*

Published 11 times a year  
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