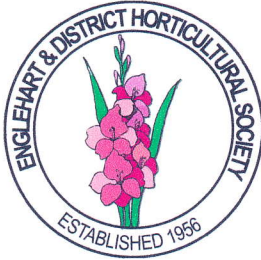




'Through The Garden Gate'

The monthly newsletter of the Englehart and District Horticultural Society
May 2016



Englehart and District Horticultural Society was formed in 1956.

General meetings:

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

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

President: C. A. Field
Bulletin Editor: E. Fisher
Website:
engleharthort.weebly.com

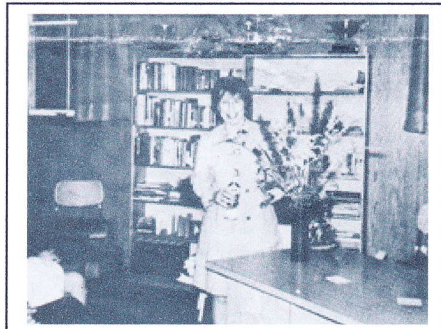
How Dirt Makes You Happy

My mother was a firm believer in this and it's beginning to sound as if she was right. Studies are seeming to say that dirt may indeed be good for us. Antidepressant microbes in soil cause cytokine levels to rise, which results in the production of higher levels of serotonin (a happiness-making chemical). The bacterium was tested both by injection and ingestion on rats and the results were increased cognitive ability, lower stress and better concentration to tasks than a control group. Gardeners inhale the bacteria, have topical contact with it and get it into their bloodstreams when there is a cut or other pathway for infection. The natural effects of the soil bacteria antidepressant can be felt for up to 3 weeks if the experiments with rats are any indication. So get out and get dirty in your garden and feel better! ("Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior," by Christopher Lowry et al., published in *Neuroscience*)

Mark It On Your Calendar:

- May 18:** General Meeting
- May 20:** Set-up for Plant and Bake Sale
- May 21:** Plant and Bake Sale
- June 11-18:** Horticultural Week

Looking Back to December 1971



Members Gwen Colquhoun, Jean Wallace, and Ethel Edwards demonstrated making beautiful Christmas decorations at the December meeting back in 1971. Our Society has long been blessed with talented people who are willing to share their skills with others.

Plant Rotation Part IV

This final chapter about crop rotation will give you some ideas of how to rotate crops through a garden bed:

Year One: Peas or other legumes Year Two: Onions, carrots, and tomatoes Year Three: Root vegetables like potatoes

Year One: Root vegetables Year Two: Brassicas like broccoli Year Three: Beans/peas

Year One: Leafy greens like lettuce Year Two: Radishes and light feeders Year Three: Legumes

Remember, you don't have to follow an exact plan- you can pick and choose what works for you.

OHA/District 12 News:

The 2016 District Annual Meeting was a great success. Many thanks to the committee of Bonnie Warner, Rick Heaslip, and Eileen Fisher for their planning and to all of the Englehart members who attended. A special thank you to all who helped set up/take down/had a role in organizing the day. 45 people from Kapuskasing down to Englehart attended and participated in District 12 business and also enjoyed interesting presentations by Becky Hughes, Amber Elliot and Suzanne Hanna, President of the OHA. The theme 'Celebrating Our Diamond Journey' allowed us to look back at our 60 years of history. The Fall Planning Meeting will be held in Kapuskasing in September and next year's Annual Meeting will possibly be hosted by the Kirkland Lake Society. Right: top- Amber Elliot demonstrated floral designs; bottom-Suzanne Hanna, OHA President. We won first prizes with our bookmark and our Bulletin, and third prize for our Show Schedule. Yay us!



Reports from Your Directors:

Programme: This month we will be taking a trip to Aидie Creek Gardens. We'll meet at the Presbyterian Church at 6:30 to carpool. A snack and drink will be provided by the Society.

Social: This month Rick and Carol Heaslip are the hosts and bring the gift.

Plant and Bake Sale: Jean Bott asks that members turn out to the Legion Hall to help set up and price for our sale. We'll be there at 1:00 p.m. If you can't stay, please drop off your plants/baking that afternoon, or before 9:30 am on Saturday. Small boxes/pop flats, bags are always needed. Spread the word to friends and neighbours about the wonderful bargains available. There will be annuals, perennials, fruit and vegetable plants, shrubs, wildflowers, groundcovers, houseplants, and more available for great prices.

Horticultural Week: Convenor Deb Murray is busy planning events for this week which this year coincides with the OHA's 'Garden Ontario Week'.

Show Schedule: Convenor Rick Heaslip and the committee met this month to update the show book for the Festival of Flowers. The changes are attached as page 5 of this bulletin.

Festival of Flowers: Remember to get your show schedule to help you plan what you want to plant to show in the flower show. Start looking through the notes in the booklet as there are great hints and examples of things you can do well in advance to get yourself ready for the show. Contact Bonnie Warner if you don't have your last year's copy (it is made to last 2 years.)

Creating Biodiversity in Our Yards (Part 3)

An easy way to diversify the life in your gardens is to provide water, especially still water. A pond, a half-barrel with plants and still water, a bird bath, even a dish, which you clean and replenish regularly, will work. Placed on your deck or patio, or even set into your garden, water will attract a great array of wildlife, from dragonflies and birds, to toads and butterflies, which will visit your gardens and help with pollination and pest control. This isn't a difficult thing to do and is good for them and fun for you. You really can't lose.



Getting Kids Gardening

Not much is better for children than to be involved in gardening, whether in their own garden or using part of the family's. It's the ownership of the plot that's important...their own garden. If your child is to enjoy a positive experience, the first step, after finding the right spot, is to help them make a plan. Starting without a plan can cause frustration and failure. Involve the kids in planning what to grow and where to grow it. Perhaps there is no room for an in-ground garden, but they can still be successful with flowers and/or vegies in containers. Ask them to make a list of what they'd like to plant and sketch out where they'd like things to go, etc. Take them to local stores to purchase seeds, visit local greenhouses to purchase plants. Perhaps they'd like to make their own plant labels, using painted rocks, old spoons, etc. Encourage them to start a journal of their successes and failures...there are lots of kid-oriented journals available or perhaps they can make and decorate their own. Next year, they'll be able to look back to see what varieties grew, which ones to avoid, what they did that worked and was fun, etc. Perhaps they'll see similarities from year to year- ie. which insect pests they found in what plants, etc. What about going to the library to get some good children's gardening books, or check on-line for children's gardening activities.

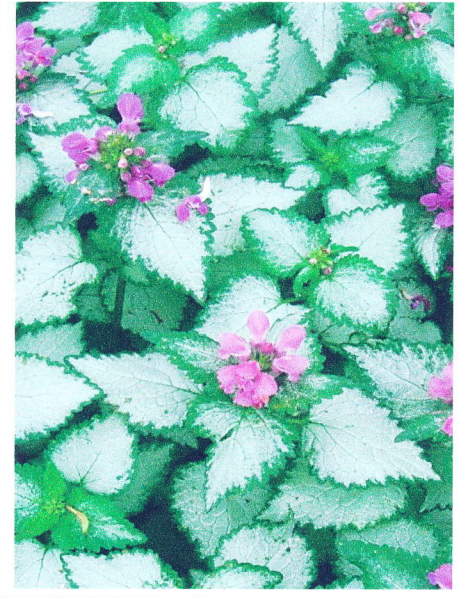
Don't forget, we do sponsor a youth garden competition each year, with trophies and prizes, but whether a child wants to enter or not, encouraging a child close to you to take responsibility for a piece of earth, to give them the thrill of watching a seed germinate, a flower bloom, of tasting their own carrots or radishes, is an experience that is hard to beat. Let them get dirty...and happy!



Your child or grandchild can get the information about the Horticultural Society's Youth Gardening Competition from their local school office or by calling Eileen Fisher at 544-8074 or Bonnie Warner at 544-8916.

Plant of the Month

Lamium is one of the best choices for a tough yet showy perennial groundcover. There are several hardy varieties, including *Lamium maculatum*. These all form a spreading patch of small silver, green, lime, or variegated leaves. Clusters of soft pink or white flowers appear in spring, then continue off and on until fall. These plants prefer partial to full shade, average moisture, but are also quite tolerant of dry shade, once established. Stems will root into the ground where they touch, and any new plants that form can be easily moved in spring or fall. They are also easily divided for sharing and are practically evergreen. There are usually some for sale at our May Plant and Bake Sale.



Our 14th President: Rick Heaslip



Rick Heaslip
1987-1988
1999-2000

Rick was interested in horticulture long before he joined our Society. He comes from a farming family and began gardening with his father, then continued when he and Carol bought a house. He joined the Society in 1978-79 and quickly became a Director, holding the post of convenor in many committees. Rick served two terms as President and soon became involved in District 12, serving as

Secretary-Treasurer and also District Director from 1988-91. Rick took over from Jean Wallace and ran the annual Judging School here in Englehart. He has also received the District Service Award, the Society's Service Certificate and the OHA Award of Merit. He continues to be very involved in the Society, serving as the Website Chairperson and the convenor of the Show Schedule. Rick continues to enjoy gardening and showing cut flowers in the Festival of Flowers.

Poetry and Prose

*Dark the shadows
Passing night
Longest hours
Morning light
Paperwhites glow
Light of moon
Shadows pass
Crocus bloom
Spring arrives
Winter's fight
Longer days
Shorter night.*

Rosemary Campbell

Hints and Tips

Seeding Advice: In general, the larger the seed, the deeper it should be planted. Seed packets usually contain information regarding how deeply to plant the seeds. Pay attention to this advice. If you plant too deeply, seeds may fail to grow due to lack of energy to reach the light. Planting seeds too shallowly can cause some seeds to dry out quickly and therefore fail to sprout. So, follow instructions, keep an eye on them for watering, and good luck at seeding time!

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Treasurer: Ginny Montminy
Editor: Eileen Fisher
Mailing: Joyce Marie Smith
Labels: Rick Heaslip

Changes to the "Festival of Flowers" Show Schedule for 2016

This page is the list of changes/additions to the show schedule from last year.
Please look it over and put it in a safe place with your show schedule.

Cover Page: **Change Dates to "Thursday, August 18" and "Friday, August 19"**

Page (i) Presidents of The Society: **Add: "2016 Carrie Anne Field"**

Page (ii) Service Certificate Awards: **Add: "Carrie Anne Field";**

Add "+" to Life Member Elsie Elyea;

Life Members: **Add: "Kathy Martin, Joe Muething"**

Page 2: **Officers For 2015-16: Change Second Vice-President to "Jean Bott";**

Page 11: **Change #2: "Entry tags may be picked up at the Englehart Legion Hall on Wednesday the week of the Show at 7 P.M. or call Mrs. Fisher (544-8074) or Mrs. Warner (544-8916) to make other arrangements."**

Page 24: **Intermediate Decorative:**

Add Class 210(a): "Come For Tea: an interpretive design to celebrate a diamond anniversary."

Page 25: **Winners' League Decorative:**

Add Class 224(a): "At The Hop: an interpretive design reminiscent of the 1950's".

Page 26: **Open Fruits & Vegetables:**

Change Class 234: **"Cauliflower, 1 head";**

Change Class 246: **"Peppers, any colour, 1."**

Page 28: **Special Open Class 296: Open Photography:**

Remove: "Celebration of Colour".

Page 29: **Special Open Class 298: Open Interpretive:**

Remove: "Celebrating Our Journey".