

'Through The Garden Gate'

*The monthly newsletter of the Englehart and District Horticultural Society
August 2019*



Englehart and District Horticultural Society was formed in 1956.

General meetings:

3rd 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 Word From The Editor

"Gardening is fundamentally an act of enormous hope because everything you do in the garden is for the future." (Barbara Frum)

Research has revealed that gardening has a positive effect on our mental health. It allows us to be nurtures, develops a sense of responsibility, and keeps us connected to other living things.

For many people, the peacefulness associated with gardening comes not from the social aspects, however, but the opposite. It enables us to escape from other people. "Flowers are restful to look at. They have no emotions or conflict," said Freud. I know that when I am alone in my gardens, I am living in the moment, not worrying about bills, timetables, and what to make for supper! To me, gardening is a relatively cheap form of therapy! Remember that famous quote "Gardening is cheaper than therapy and you get tomatoes!"

**NEVER
UNDERESTIMATE
THE HEALING
POWER OF A QUIET
MOMENT IN THE
GARDEN.**

Nature Hills Nursery

Mark It On Your Calendar

Director's Meeting: August 7

General Meeting: August 21

Englehart Fall Fair: September 5-7

There will be no Directors meeting in September due to the Fall Fair.

Programme

This month's programme is a field trip to Lilley Bee Apiary in Earlton (Poupore Road). We will meet at the St. Paul's Emmanuel Community Church at 6:45 p.m. to arrange carpooling or you can just meet us at the apiary. There will be no social/snack time back at the church this month.



The Hilliardton Marsh Open House



Our Society has enjoyed a very positive relationship with the Hilliardton Marsh organization, which is gaining world recognition for its environmental work with birds and other wildlife. We have had Bruce Murphy as a speaker at several meetings. Some of our members were instrumental in the planning and planting of the Pollinator Garden at the Marsh a few years ago. We have also helped out on the Marsh Open House days with crafts for kids and this year is no exception. This year the Hummingbird Garden Party and Open House takes place on August 17 from 9:00 a.m - 1:00 p.m. We have been invited to participate again and a children's craft is planned. This is always a fun-filled day and everyone is invited to attend. I'm hoping that I can get some volunteers to help us at our table. Please give me a call at 544 3771 if you can.

Saving Vegetable and Flower Seeds in Your Backyard

Many of us are interested in gardening from seed... saving and starting our own seeds to grow. The 'saving' part is very important. In fact, we are asking members to consider saving seeds from their gardens (or a friend's garden) to use as part of a seed exchange, which we hope will occur next February, just in time to start planting seeds for 2020! Now is the time to start checking your gardens for seeds you could share at this event. This is not a mandatory activity but will be for fun and for the fellowship of sharing. I know that I needed a refresher on how to do a good job of saving seeds as I haven't done it for years so Rick Heaslip, with help from Google, has put together an article to help us out. *"Before the actual "here's how" of preserving seeds, I'd like to offer a few observations that could save you a good deal of frustration or disappointment. First of all, hybrid varieties (you'll see the word 'hybrid' in the seed catalogue description or in the vegetable's name) do not always breed true to type. The seed from last season's mammoth tomatoes may only produce scraggly plants bearing tiny red buttons the following season. To avoid this problem, always start with standard (non-hybrid) vegetable or flower varieties, or stick with hybrids that you know will breed true. Second, if you plant two or more standard varieties of corn, squash, tomatoes, or any flowering vegetables, you're likely to have crosspollination by wind and/or insects. This results in an uncertainty of your seed quality (a rare result is a new hybrid of higher quality than the two varieties with which you started ... but this is highly unlikely). You can minimize this cross-fertilization process by planting only one variety of corn (or squash, tomato, etc.) at a time and locating your plot as far as possible from your neighbour's patch.*

Seed Saving Techniques...When and How to Collect: For fleshy vegetables such as tomatoes, squash and melons, pick them when they are fully ripe. Scoop out their seeds, wash the flesh away and spread them to dry in a well-ventilated place. Beans and peas need to be left on the vine until the pods are dry and crackly. Corn should also be left to dry on the stalk until the kernels dent. Other types of seed may be gathered when the fruit or vegetables are fully formed, hard and "meaty." (cont. pg. 3)

Reports From Your Directors

Civic Improvement: The gardens planted and cared for by Mary Schippers and Bruce Wilson are doing well. They brighten up the town. Many thanks to the committee for this job.

Social: Remember- no snack this meeting. Anna Regele brings the gift this month.

Facebook and Website: At the time of publication, we had 289 people using/posting on the page. It is a great way to exchange ideas and information with other plant lovers. Rick reports that he has updated our website with the latest information and photos. We had 507 unique visits to our website in July and Rick has added lots of pictures from our July bbq and also a link to the OHA website. Take the time to check out our website for all the latest news.

Bulletin: Thanks to Bonnie Warner, Joyce Marie Smith, and Ginny Montminy for their time and effort getting the bulletin out to you. Remember, if you have an article to share or information you would like to see included in our newsletter, please let me know.

Cards and Gifts: If you know of a member who is ill, bereaved, or has accomplished something special, please let Ginny Montminy know so that she may get a card out to them.

Membership: Ginny reports that we have 68 members to date.

Youth Garden Competitions: This year we had 16 young gardeners enter the contest. I believe this is the highest number of entries to date. Many thanks go to Lois Dekker and Dorothy de Champlain for the days they give up to visit and talk to the young gardeners. Judging is a difficult job and we are so happy that these two women have taken on this job for another year. They truly understand the importance of involving young people in gardening. Please thank them the next time you see them.

Saving Seeds (cont. from page 2)

"Scarlet runner beans, perennial sweet peas, sweet peas, rudbeckia, echinacea, dill, and other non-hybrids are good candidates in the flower categories. It is a good rule of thumb to let harvested seed dry for at least a few more days after being removed from the plant. The larger the seed, the longer the drying period required. Most seeds will dry adequately for home storage if spread on wax paper, newspapers, trays, plates, or screens in an airy place for a few days to a week. They should be turned and spread several times during that period. Remember to collect seeds only from the most vigorous plants in your garden, and not just from the first few ripe specimens you happen to encounter. By selecting seeds from just the healthiest plants, you will – over time – select for and create a special sub-variety of these crops that are especially adapted to your backyard's climate and soil."

Seed Storage: Also remember to label and store your free bonanza as soon as possible after harvesting. You may think you'll be able to recall the name of each kind of seed, but believe me — it's easy to get confused. Some resemble one another quite closely. Envelopes make good containers for storing small quantities of most kinds of seed since they can be sealed and labeled conveniently. For larger quantities, I use plastic pill bottles (they take up more space than envelopes and are breakable, but you can see inside them). All my envelopes are then put into zip-lock bags and sealed. I label my seed containers with the following: Each kind of vegetable, variety of vegetable, where and when I originally bought the seed, and the month and year of the harvest. Example: Scarlet Runner beans — Painted Lady (2018) — August 2019.

The Key to Successful Seed Storage: The key to successful long-term seed storage is keeping your cache cool and dry. If you store your seeds where the air is moist, they may sprout and/or become mildewed (Tip: You may want to put a small amount of powdered milk into each storage container to act as a desiccant although I have never needed this). Mold growth occurs at a faster rate in warm air than it does in cool air. For that reason, I find room in our second fridge for all my packages of seeds (whether bought or harvested) which have been sealed in Zip-lock bags."

Thanks to Rick, many of us now will be able to save seeds, not just for the seed exchange, but for our own gardens for next year.

Looking Back

This delightful article is taken from a newspaper article (August 1958) received from Nancy Bond:

Horticultural Society Makes Town Beautiful

(by Ruby Bryan)

"The Society has an enlarged membership this year and enthusiasm for the year's programme is high. A new department for junior gardening has been opened, a hobby section has been arranged for in the Flower Show, and a much wider adult prize list should ensure many worthwhile entries.

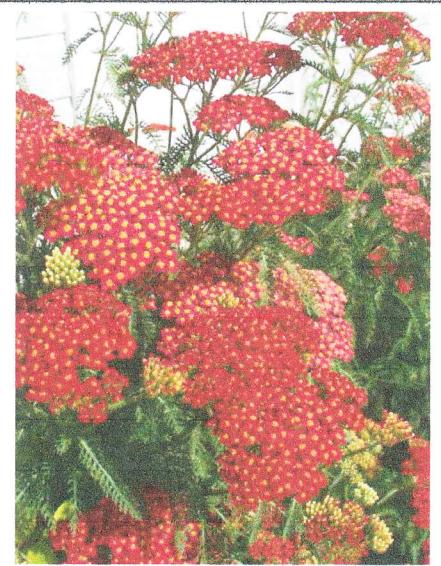
The Society has made extensive plans to assist in beautifying the grounds of Public and High School, the hospital, municipal buildings, churches, and cemetery. It is expected that, as summer advances, their aim of a brighter and more beautiful community will be realised.

The Flower Show date for 1958 is August 15 and 16. Preceding this is the judging of local gardens and grounds, for which prizes are given to both urban and rural entrants. The 1958 executive is: President: Mr. A. Edwards; Vice President: Mrs. Ruby Bryan; Sec-Treasurer: Mrs. R.E. Edwards; Directors: Mrs. H. Peterson, Mrs. A. Armstrong, Mrs. G. Henderson, Miss M. Peterson. Mr. P. Gray, Mr. W. Hill, Mrs. G. Edwards, Mrs. A.J. Catt, Mrs. A. Ryan. Honourable Members: Mr. C.A. Byam, Mr. A.J. Catt. Anyone wishing to join may obtain tickets from the booth in the Sportsman Show. New members are always welcome."

I love looking back at our history as a club. The scary thing is, too many times I can actually remember it!

Plant of the Month

Achillea (named after the Greek soldier Achilles) varies in height and form, from low spreading mat-forming plants to tall specimens. It has a long flowering period from mid-summer onwards and will often flower longer if dead-headed. (spent flowers removed) Foliage is silver-grey or green, usually ferny or finely cut and often quite aromatic. The flowers come in a range of bright and pastel colours, depending on the variety. Some have wide flat heads, packed with tiny flowers, which can reach 4" (10cm) across. Other forms have small button shaped flowers. The flowers of most flat head varieties can be easily dried for indoor decoration. Most Achillea, sometimes called Yarrow, prefer full sun and well-drained soil. I find that Achillea can take some frost and still remain in good shape. It is very useful in floral designs, if the smell is not too overpowering.



Health Benefits of Purslane

This wonderful green leafy weed is very low in calories (just 16 kcal/100g) and fats; nonetheless, it is rich in dietary fiber, vitamins, and minerals. Fresh leaves contain surprisingly more omega-3 fatty acids (α -linolenic acid) than any other leafy vegetable plant. 100 grams of fresh purslane leaves provide about 350 mg of α -linolenic acid. Research studies show that consumption of foods rich in omega-3 fatty acids may reduce the risk of coronary heart disease and stroke. It is an excellent source of Vitamin-A, (1320 IU/100 g, provides 44% of RDA) one of the highest among green leafy vegetables. Vitamin-A is a known powerful natural antioxidant and an essential vitamin for vision. It is also required to maintain healthy mucosa and skin. Consumption of natural vegetables and fruits rich in vitamin-A is known to help to protect from lung and oral cavity cancers. Purslane is also a rich source of vitamin-C, and some B-complex vitamins like riboflavin, niacin, pyridoxine and carotenoids, as well as dietary minerals, such as iron, magnesium, calcium, potassium, and manganese.

Purslane is an annual that grows horizontally and forms flat, circular mats up to 16 inches across (looks like a miniature Jade Plant). It is somewhat crunchy and has a slight lemony taste. Young, raw leaves and stems are tender and are good in salads and sandwiches. They can also be lightly steamed or stir-fried. Purslane's high level of pectin (known to lower cholesterol) thickens soups and stews. Who would have ever thought that pesky little spreading ground-cover weed could be so beneficial? (Harristown and District Horticultural Society newsletter)



Poetry and Prose

August

Lazy summer afternoons

Walks along a beach

Balmy evenings, cloudless skies,

Stars just out of reach.

Sailing on a quiet lake,

Hammocks in the shade...

These are the simple treasures

Of which August days are made.

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Englehart & District Horticultural Society
Box 677, Englehart, ON POJ 1H0
President: Jean Bott
Secretary: Bonnie Warner
Treasurer: Ginny Montminy
Editor: Eileen Fisher
Copying: Ginny Montminy
Mailing: Joyce Marie Smith