



'Through The Garden Gate'

The monthly newsletter of the Englehart and District Horticultural Society
July 2017



**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

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A Word From The Editor

The Science is In...Gardening is Good for You (from "The Conversation")

"That's all very well put," says Candide, in the final line of Voltaire's novel of the same name, "but we must go and work our garden." In fact, Voltaire himself really believed that active gardening was a great way to stay sane, healthy and free from stress. That was 300 years ago. As it turns out, the science suggests he was right.

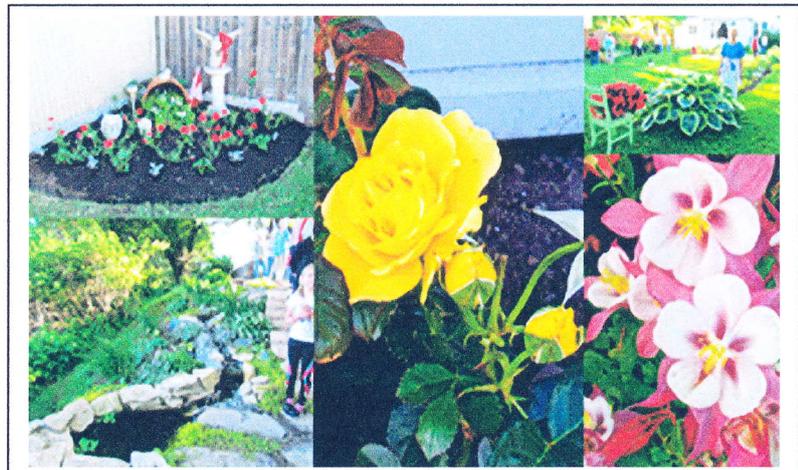
Gardens and landscapes have long been designed as sanctuaries and retreats from the stresses of life – from great urban green spaces such as Central Park in New York to the humblest suburban backyard. But beyond the passive enjoyment of a garden or of being in nature more generally, researchers have also studied the role of actively caring for plants as a therapeutic and educational tool. "Therapeutic horticulture" and "horticultural therapy" have become recognised treatments for stress and depression, which have served as a healing aid in settings ranging from prisons and mental health treatment facilities to schools and hospitals. (to be continued)

Mark It On Your Calendar:

- July 19:** General Meeting- bbq and auction at Carrie Anne Field's
August 12: Hummingbird Garden Party (9:00-3:00) Hilliardton
Marsh (check their website for more info)
August 16: General Meeting and competitions

Our June Garden Tour

Our June meeting was a mini garden tour this year and what a great time we had. The gardens were lovely and we were very fortunate with the weather (and the lack of flies!). Many thanks to Nina and John Wallace, Rick and Carol Heaslip, and Carrie Anne Field for allowing us to visit their lovely yards. We really appreciated their efforts on our behalf. Perhaps next year we'll have a late summer tour.



Looking Ahead

The competitions **next month** will actually be a mini show. Please come a few minutes early to tag and place your entries. There will be classes for children as well as adults. Please participate in this!

Adult Classes

Class 1: Petunias (3 blooms)

Class 2: Marigolds (3 blooms)

Class 3: Any other annual (3 blooms)

Class 4: Gladiolus (1 stem)

Class 5: Lily (1 stem)

Class 6: Any other perennial (1 stem)

Class 7: Tomatoes (3)

Class 8: Beans (5 pods)

Class 9: Any other vegetable (1 specimen)

Class 10: 'Canadian Colours': a floral design to celebrate Canada's 150th birthday, featuring the colours red and white

Youth Classes

Class 1: Tomatoes (2)

Class 2: Beans (3 pods)

Class 3: Potted plant (1)

Class 4: Annual (1 bloom or stem)

Class 5: Any perennial (1 bloom or stem)

Class 6: Creature made from natural materials

Looking Back

Here's an interesting find from the September 1983 bulletin, written by none other than yours truly:

Eat Your Flowers

"Colour your salads and make them more varied and richer in vitamins in the bargain. One of the prettiest salad plants is the nasturtium. These showy annuals grow in pots as well as flourishing in the poorest soil. You can use nearly every part of the plant- leaves, buds, seeds, and flowers. If you want a good supply of leaves, sow a few seeds in good soil or fertilize a few plants very well. The bright flowers and half opened buds look as attractive as tomatoes as a garnish for sandwiches or hors d'oeuvres. Try filling the washed and dried open flowers with cream cheese mixed with chives and chopped nasturtium seeds. The seeds are good also chopped and mixed in yogurt, as a dip or salad dressing. The seeds and flower buds can be pickled and used as capers. Clean and dry them on paper towels and pack them into small jars. Mix together one pint (570 ml) vinegar, one ounce (25 g) salt, 6 peppercorns, and a bay leaf. Boil and allow to cool before pouring it on the seeds or buds. These capers improve with keeping." (to be continued)



Reports from Your Directors:

Social: This month Social Convenor Mary Schippers is the hostess and Bruce Wilson brings the gift for the giveaway.

Programme: This month is our annual summer bbq and get-together at Carrie Anne Field's home on 5th Ave. Bring along some cutlery, a lawn chair (if you can), and a salad or dessert. We'll provide the hot dogs, water, tea and coffee. We'll also enjoy a fun auction, so bring along a bit of money to do some bidding. If you have anything you'd like to donate to the auction, please feel free. Remember, it's all for fun.

Website/Facebook: We are up to 149 members on our Facebook page. Webmaster Rick Heaslip reports that our site (engleharthort.weebly.com) had 447 unique visits in June and 2797 visits to date. Check it out for all the latest news and pictures of our events.

Horticultural Week: Deb Murray reports a successful week. She visited Holy Family School and did some petunia planting with the grade one and two; they also painted a mini birdhouse in red and

white to celebrate Canada's 150th birthday. She also visited Englehart Public School, where she and Bonnie Warner planted perennials in the new raised beds at the entrance to the school. Some primary students later planted annuals in front of the beds. Have you been listening to the gardening hints on CJBB as part of Horticultural Week which they actually continue to play throughout the summer? Thanks to Deb for her work on this as well as the posters used to advertise this special week.

Civic Planting: Convenor Bonnie Warner had planned the plantings at the Legion Hall, the cenotaph, and the two beds we plant in the Centennial Park to be part of the Canada 150 celebrations. The colours are red & white and the plants include cleome, petunias, alyssum, geraniums and impatiens. Many thanks to Mary Schippers who planted the cenotaph, Mary and Deb Murray who planted the Legion, and Bonnie & Bruce Wilson for planting the two beds in Centennial Park, and to our busy Bonnie Warner for wearing several hats for our Society!

Community Garden

In a previous bulletin I mentioned that Englehart was going to have a community garden, thanks to Ashley Fehr. I asked Ashley for some information about the garden to keep us 'in the know' about this great project and below is the first installment of the story:

"Where did the idea for a community garden come from?" What gave me the idea of beginning a community garden was a big plot of land on 4th Ave. It's an open area and every time I drove by, it made me think of how great of a garden space it would be for everyone. Originally I didn't pursue it. I was new in the area and already had a garden at home. When I started with the Girl Guides, I figured it would be an amazing project for the Sparks and Brownies to get badges. The Brownie program has a lot of outdoor badges involving plants, water conservation, weather, etc.

Eventually I went into the town office and asked about the plot of land I had been eyeing up. Unfortunately, it is private property and not the town's. The town graciously offered the area on the corner of Second Street. I've worked with Ryan Vickery from the town to find out what we were permitted and was able to get a gardening space prepared with the town's help. Finding funds involved asking around and sending out letters. Our community has been amazing and we were able to do it! *(continued on page 4)*

Why Are My Tomatoes Not Blooming ?

The following information may be helpful if your tomato plants are growing well but have few or no blossoms. It is not a comprehensive list but may help you increase the number of blooms and hopefully, fruit

1. **Too much nitrogen.** Tomatoes are heavy feeders, and require nitrogen, phosphorus and potassium, plus many micro-nutrients. To produce flowers, they need less nitrogen and more phosphorus. (higher middle number in a general fertilizer)
2. **Too hot.** A temperature range of 65 to 75°F (18-24°C) is ideal. During extreme heat, the tomatoes will stop flower production.
3. **Not enough water.** Tomato plants need about 1 to 1 1/2 inches of water each week to fruit. Don't allow them dry out and don't water unevenly. Mulching will help retain moisture.
4. **Tomato Variety.** Some tomatoes are bred to produce large fruit, and often not as many are produced as varieties which produce smaller fruit. Also-, some tomatoes are 'determinate' which means that they are bred to reach a specific size then stop growing. 'Indeterminate' types keep on growing and keep on producing if the conditions are good.
5. **Not enough sun.** Tomatoes need at least 6-8 hours of sun a day.

Plant of the Month

Delphinium

This beautiful perennial is sometimes called the queen of the summer garden. It does best in fertile, well-drained soil in full sun to light shade, with shelter from strong winds. It prefers cooler, damp conditions. Delphiniums come in all shades of blue from pale blue to deep purple-blue as well as white and a pinky mauve variety. Growing as high as 6', they often require staking as the blossoms may become heavy. It is a haven for bees and other pollinators and looks lovely in bouquets as well. It is one of the few truly blue summer perennials and looks lovely with yellow heliopsis and other bright garden flowers.



Getting the Most from Your Garden Part 3

Inter-planting and Under-planting)

Essentially, inter-planting is making the best use of your garden space by growing crops close together based from when they need to be harvested. Inter-planting is growing fast crops in between or around your larger plants that can be harvested within 1-2 months. Because some crops are large and need more root space, you can grow the fast or shallow rooted veggies around or in-between those larger plants. The smaller fast growing crops are harvested or they bolt/go to seed before the larger plant needs the space to grow. You then pull up those fast growing crops and eat or compost them.

Community Garden (continued)

What are my hopes for it? I hope that our Sparks and Brownies will see that they can grow food from a seed. I want them to learn about catching rain water and how something as simple as that helps conserve water. I'd love for people who don't have the time, space, or knowledge for gardening to take the opportunity to enjoy the gardening space. I hope anyone who wants or needs the produce takes it. I hope the food bank and its users are given fresh vegetables, or someone walking by grabs an apple, plum, or whatever for a fresh, healthy snack. **Who is involved?** We have had amazing involvement from our Sparks, Brownies, and their moms. We have had very generous donations from the Town of Englehart, Englehart Lions Club, the Englehart Horticultural Society, Rebekah lodge, Valumart..... the list goes on! All of the donations have made it possible to purchase supplies needed to get the garden going. I would also like to thank Kandice Farr for all of her work in this project." *(to be continued in August)*

Poetry and Prose

Under a Striped Umbrella

*Let's make
a tiny little place
a quiet shady spot
under a
striped umbrella
for you and me
to watch
the world go by.*

(Erica Gerald Mason)



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