



## Ontario Horticultural Association – District 6

### Lynden Horticultural Society Newsletter

Established 1928

February 2021 – 9<sup>th</sup> issue.

Website: [www.gardenontario.org](http://www.gardenontario.org)

Facebook: [Lynden Horticultural Society](#)

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**Message from the President:** We made it! Happy New Year everyone!!! A new year with a new set of challenges. Like most, I'm feeling the winter blues and longing for spring! I don't know about you, but I've had about 3 spring cleanings at this point, on the plus side I have found things I forgot I had, lol!

I hope you have all been keeping busy and finding little projects to do.

One for me is writing this newsletter and the February one was a challenge. I was at an impasse, what to put in it? It's winter, it's cold there's snow on the ground, you can't garden, or can you???

Winter is such a hard time for most anyways but in these times much harder, but there is a rainbow on the other side, spring is only 2 months away!!!! So, this month is all about seeds, well not totally, it's also about getting ready for spring and planning your garden!!!

Unfortunately, there is too much for me to squeeze into this issue so our March issue will have the continuation, as always in gardening it's never ending!!!



**Behind the Scenes:** I would like to take this opportunity to thank everyone who helps out behind the scenes to keep this society up and running. A special thank you to Ruth Brooks and Marilyn Bean for reviewing the Treasurer's report for our financial audit with the OHA and OMAFRA and to Barb Bell for preparing this report. To Cindy Blair with her help on this newsletter, the Facebook page and all the other things I ask her to do, you too Shelley and Helen! Thank you for your continued support in these trying times.

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**OHA Official Business:** According to the rules and regulations set out by our governing bodies we must hold an Annual General Meeting (AGM). OMAFRA was going to allow societies to forego having one due to COVID restrictions but has since decided if societies can, they should hold one. If we do not hold one, we possibly risk losing our grant money. We have decided to hold one via zoom on February 22, 2021 (details to follow). Barb and I have finished our reports to OHA and OMAFRA as required.

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**Next Meeting:** Our first meeting of the year will be on Monday February 22, 2021 at 7 p.m. via zoom. Cindy will send you all a link when we have it set up. This will be our AGM and we need as many members attending as possible to have a quorum. We will take care of the business part at the beginning of the

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meeting so if anyone needs to leave this won't affect the vote, then we will tell you what we have planned for this year. We will need a response from you and encourage you to attend so we can be sure to make quorum. We have been working hard to come up with an engaging calendar of events and hope you will join us, even for a little while, for this meeting.

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#### Trivia:

1. The longest living organisms on earth are?
2. What nut is related to beans and lentils?
3. Where did the word pineapple come from?
4. What do Vanilla and corn have in common?
5. Can you figure out the name of this flower from these pictures?



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**Seeds:** If you are planning to grow your own vegetables or flowers from seed you need to start thinking now about what you want to plant. Where are you going to put them or how you will grow them, in a pot, in the garden or raised bed. What will you grow from seed or get from greenhouses? If you haven't already ordered your seed you might want to do so now, some suppliers have run out of certain varieties and orders are taking longer to fill than usual due to the restrictions. Cindy did a great post on Facebook beginning of January about this and recommend some seed companies.

- [William Dam Seeds](#)
- [Stokes Seeds](#)
- [OSC Seeds](#)
- [Vessey](#)
- [W. H. Perron \(used to be known as Dominion Seed House\)](#)
- [Shearlea Acres](#) has a rack of OSC seeds available. Open daily.
- Zehrs in Brantford also has a rack of Mackenzie seeds available at the entrance of the King George Rd. store.





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**Seeds vs. Transplants:** There are pros and cons to both. Growing from seed gives you more choice of varieties and tastes, and if you are an organic gardener, what its grown in. Draw back is that unless you have a large garden you may end up with more seeds than you know what to do with. Solution purchase with a friend, share the seeds. If you remember our October issue had a list of the longevity of seed storage, so some seeds will last a few years (If you didn't save it, this issue is posted on the [OHA Website](#)).



With vegetables if you choose to do transplants the great part about that, is they are ready to be dropped in the ground, however the varieties change each year so you never know what you will get, great bean one year not so good the next, but if you are a beginner this is the place to start! The other positive point for transplants is if you have a small garden you can just get a couple plants and have more variety in your garden also this gives you what you need.

Because we live in a colder climate and we have a shorter growing season it is more beneficial to start your seeds indoors, slow growing crops may not have enough time to reach maturity otherwise. This also gives you an early start to the growing season. However not all seeds should be started indoors some prefer not to be transplanted.

Plants recommended starting indoors; slower root development and tender	Broccoli, brussel sprouts, cabbage, lettuce, tomatoes, eggplant, peppers, cauliflower, celery
Planting outdoors: don't transplant well or resist transplanting, don't like having roots disturbed or long tap roots	Cucumbers, muskmelon, pumpkin, squash, watermelon, carrots, beets, dill, parsley, nasturtium
Outdoors, cold tolerant, fast growing	Radishes, peas

Growing from seed is hit and miss and can be stressful if you are just starting out. Start too early your plants end up long and leggy too late and they don't produce as well, my recommendation is try planting some seeds and buy some transplants. The easiest ones to grow from seeds are beans, the germination isn't long (2 weeks), and they are rewarding, lots of beans however you can have lots of success planting them in the ground also.

Make a list of what you want, then imagine your garden ¼ the size it is, this makes for good spacing practice. Prepare for losses and plant a few extra. Plants need between 6-8 hours of direct sun so grow



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lights are recommended if growing in doors in late winter otherwise they will get leggy. Always use clean containers, make sure to label them and rotate so they grow evenly. For more information check out [The Old Farmer's Almanac](#) they have lots of great information and this video [Sowing Seeds: Absolutely everything you need to know](#) has some great tips.

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**Videos:** Here is a little bit of inspiration in our own back yard, so to speak. This short video is of the transformation of a small garden in Toronto into a stunning [Secret Garden](#), with touches of whimsy and illusion of space are enough to make anyone jealous. (3:22 minutes long)

This video is from one of my favorite British gardeners, Alan Titchmarsh. This series called **Love your Garden**, is about transforming the most unloved gardens for deserving people who struggle either with a disability or devote themselves to the less fortunate. Along the way they share gardening tips and visit a local garden with an idea they wish to implement. The transformation will inspire and make you itch to get out and garden. The title of this one is in a town and episode are called [Pontypool](#), in Wales, in a very large junky back yard with an awe-inspiring result for a man confined to a wheelchair. The reactions will make you cry with them. (46:35 minutes long)



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**Recipe:** Here is an easy recipe I tried that is great on ham steaks and after Christmas I'm sure a few of us have some ham in the freezer and apples are easy to come by this time of year. The chunks of apple give this dish another layer of flavor. Check our Josmar Acres for a great variety of locally grown apples.

#### **Caramelized Applesauce with Ham Steaks:**

¼ cup packed brown sugar	4 firm apples, sliced
1 Tbsp apple cider vinegar	(granny smith recommended but I used what I had)
1 cup apple cider or juice (nicer with cider)	3 Tbsp unsalted butter
2 tsp Dijon	
Pinch of cinnamon	

1. Whisk together sugar, cider vinegar, apple cider, Dijon, and cinnamon. Peel and slice apples.
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2. Melt butter, add apples. Sauté for 3-4 minutes until edges start to brown slightly.
3. Add sugar - cider mix to apples, cook on medium-high heat until apples are tender, and the liquid has reduced to a glaze.

\*\*\*If liquid is thick before apples are tender, add a splash of water and continue to cook. Taste and season if needed.

Grill ham steaks with some butter in a pan or heat how you would normally and serve with Caramelized Applesauce.

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**Planting hack:** If you don't have enough pots or can't get any extra to plant seeds, here is a great substitute, toilet paper tubes! And everyone has them!!! The great thing about these is if you don't have pots or want to give away your pots for the plant sale, you can fill these with seeds and not have to worry. I fill the tubes and stick them in recycled food



containers to hold water (the rectangular 454g. lettuce containers work great and they have a lid to close and hold moisture). I twist the tube into my potting soil which packs one end nicely, top it up, drop in the seed, cover, and water. The cardboard holds the moisture well and roots can grow through if they must. The best part is when they are ready to plant the tube easily peels away (uncoils). All natural and biodegradable. Other great options are yogurt and pudding cups, just cut or poke drainage holes.



**Bird Seed:** I know I go on about birds and this is a gardening newsletter, but I just love watching them enjoying my garden (it seems as much as I do!). Some things I learned this winter that I never thought of before and maybe that's because I haven't been home as much. I get lots of birds where I live, 22 species have visited my feeder and garden. All year my feeder is busy; however I purchase a bag of sunflower bird seed on sale at the beginning of winter, as I used it my bird numbers started to dwindle. At first, I considered it was the weather, and migration, then I saw a hawk on the fence, ok that would do it, but still they didn't come back, only a couple chickadees who were dumping most of the seed on the ground.





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Yes, the hawk and weather attributed to the loss of birds, but the big culprit was the sunflower seeds, they were old. I bought a new bag and slowly my birds have returned. My yard is a flurry of activity and it is a joy to watch!

If you want birds in your garden, you need to consider several things. What kind of birds you get depends on the food you offer, where you hang it, in a tree provides perches and some protection from predators but then there are the squirrels, now you need to get a squirrel proof feeder (I received one for Christmas and it works great!), or hang it from a pole, if that doesn't stop them get a baffle (purchase or I made one out of a bucket lid and wire, don't knock it, it works!!).

**Heated Bird Bath:** For Christmas I also received a winter bird bath, it works great! I have spotted finches drinking from it so far. This style has 3 different mounting options. The cord is a little short but I think that is so it does not sit in snow or water (it's not much longer than you see in the picture). Amazon has a large variety of heated bird baths, including this fake rock you can put into your existing bird bath. These are just a few things that will help encourage our feathered friends to visit your yard.



If you're looking for supplies Shearlea Acres has everything you need for your feathered friends, they carry a great selection of food and feeders.

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### **Trivia Answers:**

1. Trees are the longest living organisms that exist on earth!
  2. Peanuts. They are not nuts, but legumes related to beans and lentils. They have more protein, niacin, folate and phytosterols than any nut, according to the National Peanut Board. (yep there really is a National Peanut Board.)
  3. The word pineapple comes from European explorers who thought the fruit combined the look of a pinecone with the flesh of an apple.
  4. Vanilla flavoring comes from the pod of an orchid, *Vanilla planifolia*. Though the pods are called vanilla beans, they are more closely related to corn than green beans.
  5. Snowdrop.
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