

# North Dumfries Garden Club NEWS

Winter 2025

## NDGC Executive Team

President  
Betty Butcher

Past-President  
Juliette Coughlan

Secretary & Email  
Jacqueline Wettlaufer

Treasurer & Email  
Mary Lynn Benninger

Memberships  
Nadine Feser

Monthly Meeting Chair  
Robert Marshall

Events Programming  
Juliette Coughlan

Newsletter  
Jacqueline Wettlaufer

Horticulture Q&A  
Erika Brombacher

Social Media  
Erika Brombacher & Lori Crewe

Directors At Large  
Janet Schmidt

NEXT ISSUE: Spring 2025

*“Putting  
down roots  
since 1920”*



“No winter lasts forever; no spring skips its turn.”

Hal Borland

55 Best Winter Quotes: Sayings That Capture the Season. [14MAR2025].  
Retrieved from, <https://www.today.com/life/quotes/winter-quotes-rcna48128>



Photo Credits: Jacqueline Wettlaufer, 2025

## MESSAGE FROM THE PRESIDENT

### *Celebrating the Sunshine!*

It is indeed a pleasure to lead  
the North Dumfries Garden Club this year!

Our club is made up of so many enthusiastic and energetic people working together - all with a love for plants, for nature and for our environment. We enjoy a collective goal of beautifying North Dumfries and specifically our own Greenwood Park.



Together we work, listen, learn and exchange ideas for the benefit of all. Those with vegetable gardens and our well-kept community gardens at the NDCC sustain so many. From a simple seed, planted in the ground with a little water, nutrients from the soil, and a whole lot of energy from the sun, comes the wholesome food that sustains our lives.



We are so blessed to live in a corner of the world with rich soil and favourable climate!



We are adopting two mottos for this year:

*Pull one, Plant one*

suggested by Juliette, to encourage removing invasive species from our gardens and replacing with native plants from Ontario



and,

*Grow a Row*

to encourage planting an extra row of vegetables that will exclusively be grown for the Food Bank.



I hope everyone has enjoyed the beauty of our snowfalls on the trees and the ice on plants sparkling in the sun. However, as we look ahead, I wish you success and joy in anticipating your garden plans for the season ahead.



*In Celebration of our Members,*

*Betty*



## An Ecological Approach to Spring Clean-up

by Elizabeth Paling

As the snow melts and temperatures climb, it's tempting to get outside and clean up our gardens. Hold off! Consider the impact traditional garden clean-up has on pollinators and other beneficial insects. When, what and how we tidy up impacts the life-cycles of insects who are critical to our garden's health and all life on earth.

### *When to clean-up*

There's an onslaught of advice out there! 'No Mow May'! Wait until air temperatures are consistently 10 degrees Celsius or more! But what are the best practices that follow sound ecological principles? Entomologist, Doug Tallamy, explains that insects don't all emerge at the same time; many continue to develop into late Summer. It's most beneficial **not** to clean up at all. Butterflies, moths, fireflies and native bees need leaf litter, hollow stems and soft ground to complete their development cycles. Even if we delay clean-up, our methods can harm important pollinators and contribute to their current population decline.

Despite all the ecological benefits, if we don't do anything, we'll appear to be neglecting our property and irritate our neighbours (and ourselves). There is a gentler approach that balances our needs for tidiness with the needs of all-important insects.



Photo Credits: Elizabeth Paling, 2024.

Avoid walking on your lawn and garden soil as long as possible to prevent compacting your soil and killing insects in diapause (hibernation). Stand on your hardscaping, stone pathways and patios.

We think of leaves as litter to be raked, bagged and removed. In addition to being essential habitat for pollinators, leaves boost the health of the soil by returning essential nutrients as they decompose. Retain as many leaves in your gardens as possible. If they are very dense, lift them and spread them in a low, loose pile in the back corner of your yard. They will eventually decompose. Otherwise, fluff them up in your garden where they will act as mulch, direct rain water, protect and enrich your garden soil.

Hopefully you left plant stems and seed heads over the winter as shelter and food for birds and other creatures. Instead of cutting hollow, pithy stems to the ground, cut back to 15 inches above the ground. Many solitary bees use these as nesting cavities. The spent stems will soon be hidden by new growth and act as natural staking. The stems you cut off can be tied in bundles and placed upright in a corner of your yard as further nesting spots. Or cut them into smaller pieces and drop them in your garden. Wiry stems can be cut right to the ground. Always keep your eyes open and avoid cutting stems that contain pupae and chrysalids.

A balanced, gentle approach to garden clean-up  
can satisfy our human needs for tidiness  
and support essential insects and pollinators.  
These practices will save you time and money  
and contribute to a healthier ecosystem for us all.

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Interested in learning more? Check out this resource:

1. Berit Erickson, The Corner Pollinator Garden and Wildlife Habitat blog <https://cornerpollinatorgarden.net/spring-clean-up/>
  2. In Our Nature, When to Clean up Your Wildlife Garden <https://www.inournature.ca/when-to-clean-up-your-wildlife-garden>
-

MEMBER CONTRIBUTIONS & CELEBRATIONS

*The Mayor's Levee*



Photo Credits: Lori Crewe, 2025



Photo Credits: Jacqueline Wettlaufer, 2025



Photo Credits: Lori Crewe, 2025.

## JANUARY

“Gardening with Native Plants”, Elizabeth Paling.

*There's a native plant for every kind of mindful garden space.*

<https://www.ontarioinvasiveplants.ca/resources/grow-me-instead/>

Gardening with ecological integrity supports biodiversity, wildlife and pollinators, and requires a mindful approach towards the inclusion of native plants. It relies on the consistent removal of invasive species in order to support highly evolved specificities within plant and insect relationships. Southern Ontario is located in a Carolinian Zone, and is a hotspot for diversity, with more species of rare plants and animals than anywhere else in Canada. Pollinators are essential to these native species growing and thriving to fulfill their fundamental food chain role feeding herbivores. Some 90% of herbivore insects are diet specialists, relying on highly specific plant relationships! Supporting these insect herbivores, for example, caterpillars, with their required plant species, in turn, supports bird populations. Not all native plants are created equally though, and some can be referred to as ‘keystone’ because of their tremendous ability to support dozens of pollinator species. These native plants include oaks, sugar maples, goldenrod, asters, milkweed, black-eyed Susan, green-headed coneflower, sunflowers. Some more popular garden plants, like hostas and irises, create ‘ghettos’ with food chains, so consider being more mindful when planning out your flower displays because garden centers sell invasive species! Consider thinking beyond the surface beauty in order to thoughtfully build a conservation hardscape that can support several members of local food chains (ex. frogs and turtles).

## FEBRUARY



Photo Credits: Katie Flohr, 2024



Photo Credits: Jacqueline Wettlaufer

### “Planning a Successful Perennial Garden”, Katie Flohr [katie@flohr.ca](mailto:katie@flohr.ca)

Planning a successful perennial garden has its climate challenges. To be successful, a gardener must take into account the growing conditions, light exposure, challenges of location, soil texture and the planting zone. There’s no ‘one fits all’ response to water availability, and therefore compost and mulch become an integral component of healthy garden bedding – keep your garden spaces chemical free! *Pull one, plant one!* Watering in the early morning so the plant leaves have a chance to dry out can be more advantageous than in the evening which can promote the growth of molds and blights. Consider watering via a drip line to provide precision of delivery to plant roots, as opposed to spraying from above which damage delicate flowers and lead to diseased leaves. When working with northern exposures that have deciduous trees, consider working with early blooming flowering plants. It’s important to keep mature trees pruned in order to provide a balance of sunshine to the beds below. Planting designs can incorporate support structures which in some cases can be a natural part of the flowering cycle (ex. waxy blue hostas can support peonies). To achieve visual interest plant with biodiversity in mind, choose long-blooming perennials, utilize ranges in foliage colorations, and consider texture of leaves. When planting bulbs the rule is to have it sit 3 times the height of the bulb below the soil surface. Remember to split perennials regularly, particularly when the centers of the plant become sparse looking. Add to bulb collections yearly, and make a note that tulips really need full sun from all angles in order to thrive. Choose plants that are disease and pest resistant, and with any new plantings, water deeply. Avoid cultivating the soil, there are microbes that are important to your plant’s health that will be disturbed. Minimize the fall trimming of plants to invite pollinators and birds into an overwintering habitat that can provide shelter and food.

#### Design Tricks

- ❖ No open soil
- ❖ plant in multiples of 3-5 to create showy groupings
  - ❖ use drip irrigation lines
- ❖ use compact plant varieties in the foreground or near areas of high traffic
  - ❖ choose reblooming varieties
  - ❖ use plants with interesting foliage
- ❖ control rust by removing affected areas of the plant
  - ❖ consider adding a mirror to the garden!

<https://www.indigo.ca/en-ca/flower-color-guide/9780714877556.html>

[https://store.hermanmiller.com/decor-books-paper-goods-games/flower-color-theory/2549051.html?lang=en\\_US](https://store.hermanmiller.com/decor-books-paper-goods-games/flower-color-theory/2549051.html?lang=en_US)

<https://www.moodyblooms.ca/>

<https://www.instagram.com/the.moodyblooms/>

<https://www.linkedin.com/in/katie-flohr-803041152/?originalSubdomain=ca>

GRASSES FOR SHADE		
Acorus	Chasmanthium	Hakonechloa
Carex	Deschampsia	
GRASSES FOR SUN - DRY CONDITIONS		
Andropogon	Deschampsia	Miscanthus
Bultelove	Erianthus	Panicum
Calamagrostis	Festuca	Pennisetum
	Helictotrichon	

PERENNIALS FOR SHADE		
Acanthus	Epimedium	Lysimachia
Aconitum	Eupatorium	Pachysandra
Ajuga	Ferns	Phlox stolonifera
Alchemilla	Filipendula	Platycodon
Anemone	Galium	Polemonium
Aquilegia	Gaultheria	Polygonatum
Aruncus	Geranium	Pulmonaria
Astilbe	Hedera	Pulsatilla
Bergenia	Helleborus	Rodgersia
Brunnera	Heuchera	Thalictrum
Chelone	Heucherella	Tiarella
Cimicifuga	Hosta	Tradescantia
Convallaria	Kirengeshoma	Trillium
Cornus	Lamium	Tricyrtis
Corydalis	Lingularia	Trollius
Digitalis	Lobelia	Vinca
PERENNIALS FOR SHADE - DRY CONDITIONS		
Acanthus mollis	Dryopteris	Phlox divaricata
Aegopodium	Epimedium	Phlox stolonifera
Aquilegia	Geranium mac.	Pachysandra
Ajuga	Gallium	Polystichum
Alchemilla mollis	Helleborus	Pulmonaria
Convallaria	Lamium	Tiarella
Digitalis		
PERENNIALS FOR SUN - DRY CONDITIONS		
Acanthus	Deschampsia	Monarda
Achillea	Echinops	Nepeta
Agastache	Euphorbia	Oenothera
Alyssum	Eryngium	Perovskia
Artemesia	Gaillardia	Potentilla
Asclepias tuberosa	Gaura	Rudbeckia hirta
Aster lateriflorus	Geranium	Salvia
Baptisia	Gypsophylla	Scabiosa
Campanula carpatica	Helianthemum	Sedum
Ceratostigma	Iris Germanica	Solidago
Chrysanthemum	Lavandula	Stachys
Coreopsis verticillate	Leucanthemum	Tradescantia
Delosperma	Lychnis	Thymus
Dianthus	Echinops	
Acanthus	Deschampsia	Monarda

# rare's 1,000 Gardens Project

Help us build a Pollinator Corridor through southern Ontario, eventually to become a Trans-Canada Pollinator Highway!

# Native Plants of Ontario



**Name:** Eastern Prickly Pear Cactus

**Scientific Name:** Opuntia Humifusa

**Plant Family:** Cactaceae (Cactus Family)

**Blooms:** Yellow flowers bloom in June

**Height:** 6-12" tall, 12-18" wide

**Requirements:** Full sun, Sandy/Well-drained Soil

**Status:** Endangered

**Hardiness Zone:** 4

**Lifespan:** Perennial

**Note:** In Ontario, the Eastern Prickly Pear is endangered since April 1985, primarily due to habitat loss from shoreline erosion. The last wild populations are found on the sand spits on the north shores of Lake Erie, including Point Pelee National Park. This perennial can be grown in home gardens under full sun in well-drained, gravelly, or sandy soils.

**Eastern Prickly Pear Cactus:** PxHere (Uploaded on February 3, 2017 - No attribution required).

Retrieved from,

<https://pxhere.com/en/photo/606552>.

[18MAR2025].

Graphic design by Lori-Anne Crewe.

**Blue Vervain:** James St John, Flickr (Uploaded on January 2, 2018).

Retrieved from,

<https://www.flickr.com/photos/jsigeology/24577>

[539927/in/photolist-233Ndgm-J9Nqo2-](https://www.flickr.com/photos/jsigeology/24577/539927/in/photolist-233Ndgm-J9Nqo2-236vA7v-221XfRW-DrQjmp-221Xj7J)

[236vA7v-221XfRW-DrQjmp-221Xj7J](https://www.flickr.com/photos/jsigeology/24577/539927/in/photolist-233Ndgm-J9Nqo2-236vA7v-221XfRW-DrQjmp-221Xj7J).

[18MAR2025].

Graphic design by Lori-Anne Crewe.

# Native Plants of Ontario



**Name:** Blue Vervain

**Scientific Name:** Verbena Hastata

**Plant Family:** Verbenaceae

**Blooms:** July - September, Perennial

**Height:** 2 - 6 feet

**Requirements:** Full Sun; Prefers Moist, Loamy Soils

**Attracts:** Butterflies, Bees, Caterpillars, Wasps, Moths

**Hardiness Zones:** Carolinian zone (3-9)

**Medicinal Uses:** Blue Vervain is a nervine, defined as an herbal medicine that is used to nourish and strengthen the central nervous system. [It] is also classified as an adaptogen, specifically targeting anxiety. Healing properties can be found in nearly every part of the plant, including the leaves, flowers, and roots.

# Native Plants of Ontario



**Name:** Wild Bergamot, Bee Balm

**Scientific Name:** Monarda Fistulosa

**Plant Family:** Lamiaceae (Mint Family)

**Blooms:** July - September

**Height:** 2 - 4 feet

**Requirements:** Full sun - partial sun; sandy, loamy or clay

**Attracts:** Butterflies, bees, caterpillars, moths

**Hardiness Zones:** Carolinian zone (3-9)

**Culinary Uses:** The leaves and flowers of wild bergamot can be used in cooking as a substitute for oregano or thyme.

**Medicinal Uses:** Antiseptic properties make the leaves ideal for coughs and throat infections.

**Bee Balm:** A.B. Azborus, UnSplash (Uploaded on November 27, 2022).

Retrieved from, <https://unsplash.com/photos/a-bee-on-a-flower-XrOJ-hYmh9c> [18MAR2025].

Graphic design by Lori-Anne Crewe.



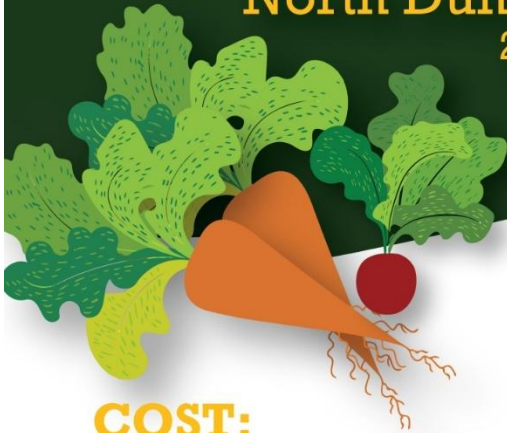
Township of North Dumfries & North Dumfries Garden Club

# Community Garden

## 2025 Plots Available

### North Dumfries Community Complex

2958 Greenfield Rd, Ayr



#### COST:

**Option A:** \$15 for a 10' X 10' plot

**Option B:** \$30 for a 10' X 20' plot  
(Based on availability)

#### DURATION:

May 17 to October 31, 2025

#### APPLICATIONS:

Please visit [northdumfries.ca/en/play-explore/community-garden.aspx](http://northdumfries.ca/en/play-explore/community-garden.aspx) for more information

#### The Township will:

- Rototill plots in spring and fall
- Fill and maintain water system
- Provide mulch, soil and tools

#### The Gardeners will:

- Plant seeds/seedlings
- Weed/maintain their plots
- Follow guidelines provided
- Have fun in the garden!



← or use QR Link



## 2025 Club Meetings:

Doors Open @ 7:00pm, meeting begins @ 7:30pm Kirkwood Lounge, 191 Stanley Street, Ayr

- March 31<sup>st</sup> Peter Rasberry
- April 28<sup>th</sup>
- May 26<sup>th</sup>



# BACK-TO-BASICS SYMPOSIUM



**Learn traditional skills to lead a simpler, healthier and more self-sufficient life.**

The **one-day event** includes presentations by community experts in: Sourdough Bread Making / Growing Food in Hard Times / Pressure Canning / Herbal Medicine Making / The Art of Tallow Making

**COST: \$45** per person & includes lunch

**SATURDAY, MAY 3**

**10AM to 4PM**

Roseville Community Centre

3195 Roseville Road, Ayr

**Register at:** [castandcrewe.com/symposium](https://castandcrewe.com/symposium)

**Questions?** [b2bsymposium@gmail.com](mailto:b2bsymposium@gmail.com)

*Sponsored in part by the North Dumfries Garden Club / Cast & Crewe Photography/Film*

Graphic by Lori-Anne Crewe [19MAR2025].

## Paris Horticultural Society Annual Plant Sale

Saturday, May 10<sup>th</sup>, 8 – 10:30am

Syl Apps Community Centre-Arena, 51 William Street, Paris, Ont. N3L 1L2.

Selection of perennial favourites from members' gardens, vegetables, herbs, annuals, and native plants.

Master Gardener on site. Junior Gardener's Corner for children. Plant Auction to follow

Coffee and Muffin available \$2. Cash Only!

## Paris Horticultural Society Annual Garden Tour

Saturday & Sunday, June 7<sup>th</sup> & 8<sup>th</sup> from 10am - 4pm

Come and visit behind the gates of six beautiful Paris area gardens.

Live Musician's and Local Artist's will be performing in the gardens.

Tickets \$15.00 per person.

Tickets may be purchased in advance at Sobey's Floral Department in Paris, John M. Hall House of Linen, and Walter's Greenhouse. Tickets may also be purchased on the days of the event at any of the Gardens.



**FREE** TUESDAYS 60 mins April to June

# 2025 Spring Outdoor Learning Virtual Workshops

REGISTER AT: [OUTDOORLEARNING.COM/EVENT](https://outdoorlearning.com/event)

- 15 April**  
**Learning in the Garden**  
Activities, Lessons & Resources
- 22 April**  
**Outdoor Learning Across the Curriculum**
- 29 April**  
**STEAM Learning Outdoors**
- 20 May**  
**Claws, Paws & Jaws:**  
Resources for Teaching about Wildlife
- 27 May**  
**Being Held & Known by the Land:**  
Indigenous Resources for Outdoor Learning
- 3 June**  
**New Indigenous Learning**  
Resources for the Elementary Years

**OUTDOOR LEARNING**  
RESOURCES, TOOLS & TRAINING  
[OUTDOORLEARNING.COM](https://outdoorlearning.com)  
SCHOOL & STORE

**TAKE ME OUTSIDE**

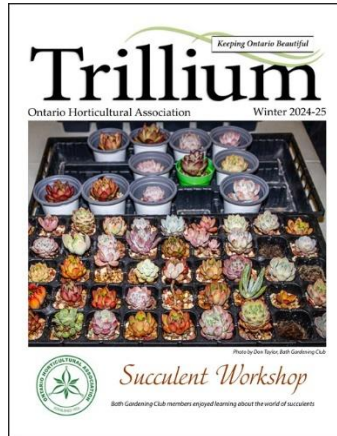
The poster features a vibrant, colorful background with floral and nature motifs. It includes illustrations of a bird in boots, a watering can, a sun, a microscope, and a child working on a project. The text is arranged in a clear, organized manner, with dates and workshop titles highlighted in colored circles.

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## Here's What You've Been Looking Forward To – The Wonderful Winter *Trillium!*

Start at the front, the back or in the middle! Because such inspiring content was created for this delightful newsletter, you won't be disappointed! Find out what has been going on in gardening. Learn what is planned for 2025 by the OHA, Ontario Garden Clubs and Horticultural Societies.

Taken from, <https://gardenontario.org/winter-2024-25-trillium/>. [18MAR2025].



Shared with permission, 2025.

