



OHA Member since 2006

*French River Horticultural Society*  
*Société d'horticulture de la Rivière-des-Français*

SPRING ISSUE 2024

CONTACT INFORMATION

[frhortsoc@gmail.com](mailto:frhortsoc@gmail.com)

Next meeting:

**Sunday, May 26** in the library of St-Antoine School in Noëlville

Refreshments and social at 1:30

Meeting begins at 2:00

All are welcome!

Membership is \$8/year (October to September)

Guest fee is \$4/meeting.

Guest speaker **Heather Patterson**, formerly with Beautiful Field Farm and Fruit Trees in Lively, will be talking about how to plant and care for your fruit trees.

Presently, Heather is Great Lakes (Biinaagami) Engagement Coordinator with Swim, Drink Fish. She has degrees in restoration biology, environmental science, and science communication.

\*This will be the last meeting before summer. General meetings will resume in September.



## CHRISTINE'S CORNER

It was a pleasure to attend the District 13 Horticulture Society AGM in Sault Ste Marie on May 4. It was held at the Water Tower Inn and I was pleased to be able to show off our beautiful banner. We will try to display it at our monthly meetings so that you too can enjoy it. I received many compliments on it. Our society was also thanked for all the work they are doing in the community.

The OHA provincial treasurer, Marian Heil, attended the event and wanted to extend an invitation to all our members to attend the OHA Annual Convention and AGM in Guelph from July 12 -14. Early bird registration is \$300 and all the information can be found at [gardenontario.org/convention](https://gardenontario.org/convention). She also wanted to remind people to support the OHA 50/50 draw. The next draw is July 14, 2024 and the jackpot is now more than \$2,075. OHA does many things for each individual society, so when you support the OHA, in a way, you are also supporting our club. You can buy tickets at: <https://www.rafflebox.ca/raffle/ontario-ha>.



Our **plant sale** will once again be held at the French River Market on Saturday, June 8<sup>th</sup>. Please drop off any plants early that morning so that they have the best chance to be sold. If you have extra pots, please bring them to the May 26<sup>th</sup> general meeting so that others who need pots can get them in plenty of time to transplant their perennials. It is best if you pot the plants at least a week, preferably two weeks, before the plant sale date so they look their best.

I am very excited to remind everyone that our **Garden Tour** is on Saturday, July 27. A huge thank you to Anita Bracer for lining up the different gardens for us to tour in the Monetville area. We will meet at the French River Market at 9:30, where you can pick up your map. Parking at some locations is limited, so please plan on carpooling. We will visit the gardens in order and hopefully leave the market at 9:45am sharp. The cost of the garden tour is free!

A huge thank you to Louise, Gillian, Paulette and Susan for putting their names forward for the French River Community Gardens Steering Committee. This year our society is helping out with the renting of the Alban raised garden beds (behind the Caisse) and the Noelville raised garden beds just past the arena, near the Municipality Office building. It costs just \$15 for a bed for the season, so spread the word, and if you are interested, just email [frhortsoc@gmail.com](mailto:frhortsoc@gmail.com).

Finally, I hope to see many of you at our long anticipated general meeting with Heather Patterson, who will be talking about caring for your fruit trees. Heather has worked many summers at Beautiful Field Farms and Fruit Trees in Naughton and helped me pick out 2 apple trees that were donated to Monetville Public School last September. She is a fountain of knowledge and we are lucky to be having her as a guest speaker this month.

Christine

# Earth Day, 2024



On Saturday, April 20, we participated in Earth Day, Green Expo at the Alban Community Centre. We promoted society memberships and Community Garden box rentals. Information on environmental projects like saving pollinators, restoring shorelines, and using powdered laundry soaps was shared. Visitors had an opportunity to pick up seedlings, rooted dogwood stems and some powdered soap samples. It was a great day!

*Thanks Dawn James for donating celery, cleone, aster, parsley, sage, and forget-me-not seedlings.*

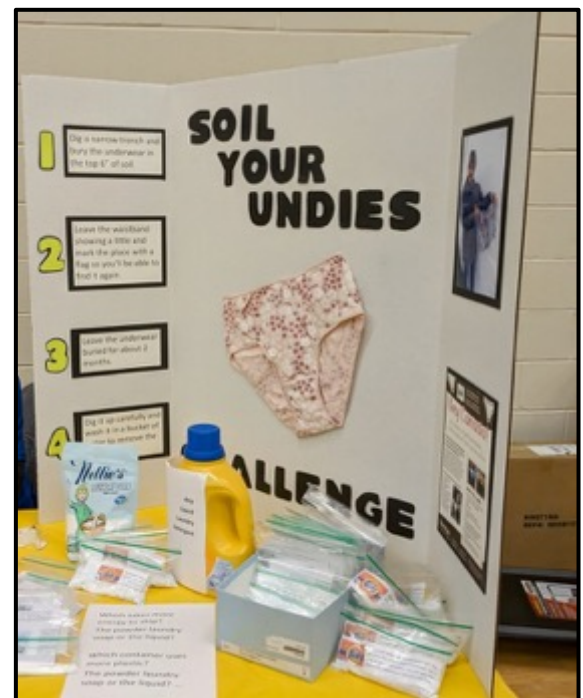
*Thanks Christine Tworo, Mary Bradbury, Fran Ireland, Susan Hart, Linda Shaw, Linda Stevenson, Donna Butson, Gillian Jeffery for setting up and manning the tables!*



## SOIL YOUR UNDIES CHALLENGE

- Dig a narrow trench and bury a pair of 100% white cotton underwear in the top 6" of soil.
- Leave the waistband showing a little and mark the place with a flag so you'll be able to find it again.
- Leave the underwear buried for about 2 months.
- Dig it up carefully and wash it in a bucket of water to remove the soil.
- You can tell how healthy your soil is by the amount of cotton that remains. The less, the better!

*Thanks Mary Bradbury for collecting and rooting the dogwood slips.*





# March Meeting



Guest speaker at our March meeting was our very own **Giselle Bellefeuille** who spoke to us about preserving our garden harvests using a pressure cooker. As well as disputing fears related to the use of this device, Gisele promoted the many advantages it has over other techniques. There is no need to sterilize jars prior to filling and jars can be stacked. Pressure cookers reach a higher temperature than water baths. The initial cost can be expensive but will soon be made up. Giselle preserves a variety of foods, potatoes, beans, chic peas, relish, onions, soups, sauces and so much more.

Giselle's suggestions:

- rub the rubber ring on the lid with coconut oil to keep it from drying out.
- Make sure the water in the cooker is the same temperature as the liquid in the jars to avoid breaking glass.
- When the process is finished and the jars have cooled sufficiently, remove the metal screw tops, and wipe clean with a cloth. This will prevent rusting. No need to replace them! The rubberized discs will keep the jars sealed.
- Use pickling salt or Kosher salt. Other kinds may cloud the liquid. (1 tsp./quart; 1/2 tsp./pint)
- Don't reuse seals.

## Gisele's Son-in-Law's "Plum" Sauce

4 cups of white sugar  
1 cup of vinegar  
1 can (14oz.) of pumpkin or use fresh pumpkin.  
2 cups water  
Dash of cayenne  
Add 1 tbsp. of ketchup (for colour)  
Approximately 3 tbsp. cornstarch mixed with water.

Bring all ingredients **except cornstarch** to a boil. Lower heat and simmer 10 minutes. Thicken with cornstarch and water mixture. Put in jars and process in a water bath for 15 minutes.

**Submitted by Gisele Bellefeuille**

**\*Note: There are no plums in this recipe!**



## Bread & Butter Pickles

3 quarts small cucumbers (3 lbs.)  
2 cups thinly sliced small onions.  
2 medium green peppers, diced.  
1 sweet red pepper, diced.  
1/3 cup coarse pickling salt  
4 cups white vinegar  
4 cups sugar  
2 tsp. turmeric  
2 tsp. mustard seed  
1 tsp. celery seed



- Scrub cucumbers (do not peel)
  - Slice thinly
  - Combine cucumbers, onions, peppers and salt. Cover and let stand for 12 hours (or add 2 trays of ice cubes and let stand for 3 hours.)
  - Drain well
  - Combine sugar, vinegar, turmeric, mustard seed and celery seed in a large saucepan and bring to a boil.
- Add drained vegetables and return to a full boil.
- Pack into hot sterilized jars, covering vegetables with hot syrup.
  - Seal

**Submitted by Donna Butson**

## Tomato Sauce

½ bushel of tomatoes  
7 onions  
9 garlic toes  
1 1/3 cup lemon juice  
3 1/2 tbsp. pickling salt  
1/2 – 1 tsp. red pepper flakes  
1 1/2 – tsp. black pepper

Submerge tomatoes in boiling water in sink. Let sit until skins begin to peel. Peel tomatoes and put in a large preserving pot. Add all other ingredients. Bring to a boil & boil for 15 to 20 minutes. Stir occasionally. Pour into sterilized jars.  
Makes 21 pints.

**Submitted by Cheryl Stewart**



## Rudy's Pickle Brine

1 litre of vinegar  
2 litres of water  
8 tbsp. of sugar (helps keep vegetables crisp)  
5 1/2 tbsp. salt

Boil to dissolve.  
Fill jars.

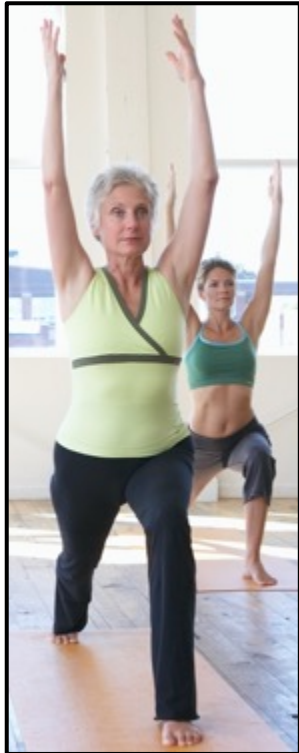
Use for dill or stuffed peppers.

**Submitted by Gisele Bellefeuille**



If you have a favourite recipe for a preserve, send it to [frhortsoc@gmail.com](mailto:frhortsoc@gmail.com) and we'll publish it in a future newsletter.

## April Meeting



STRENGTH

MOBILITY

STRETCH

### Get Ready!

Chances are that spring gardening will awaken some muscles that have been as dormant over the winter as your plants.

Avoid pains and strains by ...

- Easing into an exercise routine that will limber up muscles and boost your heart rate.
- Pacing yourself.
- Keeping hydrated.

Sunday, May 26 – F.R.H.S. General Meeting

- At 2 pm in the library at St. Antoine School
- Guest Speaker – Heather Patterson

Saturday, June 8 - Plant Sale

Our plant sale will be held at the French River Market behind St. David Church in Noëlville from 9am to 1pm.

- Members who are donating plants are asked to deliver them before 9 am if possible.
- Please pot plants at least one week before the sale so that they look their best on the day of the sale.
- Label names and if possible colour and height.

Saturday, July 27 – Garden Tour

Our garden tour resumes this year for the first time since COVID struck. Gardens in the Monetville area will be featured.

- The tour is free! Donations and/or memberships are welcomed.
- Details will be shared with members by email and the public on French River Area Info & Events Facebook Page closer to the event.



Mark Your Calendars!



# Volunteers Needed

## We are looking for a newsletter editor!

- Computer skills and knowledge of Microsoft Word would be beneficial.
- Help is available so you would not be tossed into the job without a lifeline.
- We aim to publish quarterly.
- Our goal is to inform and educate members.

\*\*\*\*\*

## We are always looking for volunteers to help with maintaining local gardens in Noëlville and Alban.

If you are able to help out, please let us know by sending an email to [frhortsoc@gmail.com](mailto:frhortsoc@gmail.com)

\*\*\*\*\*

**Lisette Lamoureux, Public Health Nurse, Health Promotion Team, is looking for up to 18 volunteers to help water the Noëlville Food Forest.** The Noëlville food forest is along the walking trail near the Municipality Office Building. There are 3 sections to the food forest and the middle section is being watered by a group, so she needs volunteers to water the first and third section. There is a rain barrel near the third section, so you just need to be able to walk about the ¼ kilometre to get to it. The rain barrel for the first section is located at the Community Gardens raised beds.

The municipality waters every Thursday, so she needs volunteers to water early in the week, so either Sunday or Monday. You can volunteer either once a month, or more often. If this is something you can do, please email Lisette at [lamoureuxl@phsd.ca](mailto:lamoureuxl@phsd.ca) or call her at 705-222-9201, Ext. 486. You can also email [frhortsoc@gmail.com](mailto:frhortsoc@gmail.com) and we can pass the information onto Lisette. Thank you!

\*\*\*\*\*



Many thanks to Christine Tworo, Susan Hart, Carmen Maines & Jackie Beausoleil who, despite the rain, took on weeding at the food forest in Alban.



## Rent a Garden

This year, our society is working with VAA Community Gardens. Our board members and a few willing participants have been working to prepare the raised gardens in Alban and Noëlville. The boxes can be rented for a mere \$15 for the season. If interested, contact us at [frhortsoc@gmail.com](mailto:frhortsoc@gmail.com) for a copy of the "Gardener Orientation Package."



Bug spray was a must!



*"Many hands make light work!"*





# DON'T KILL THE BUZZ



## What's in Mosquito Sprays?

- Mosquito and tick control yard services spray pyrethroids, which are synthetic derivatives of pyrethrins (naturally occurring insecticides from Chrysanthemum flowers);
- Pyrethroids last longer than pyrethrins because they do not break down as quickly from sunlight;
- They are adulticides: they kill most adult insects including bees and other pollinators, by disrupting their nervous system.

## Impact on environment

### In your backyard and garden

- They are highly toxic to insects, including native pollinators you may be attracting to your pollinator garden, or that may be pollinating your fruit trees or vegetable garden;
- Insects are part of the base of the food web, without which other wildlife cannot survive, including many species of backyard birds;
- Cats are very sensitive to pyrethroid exposure.



### Near water

- Highly toxic to aquatic animals like fish and shellfish;
- Pyrethroids should never be sprayed near lakes, rivers or wetlands.



**Mosquitoes themselves play an ecological role, serving as pollinators and as a food source for other wildlife.**



**There is essentially no way for companies to spray these insecticides without killing the other insects they come in contact with.**



SCAN ME

[liveablesudbury.org/buzz](https://liveablesudbury.org/buzz)