

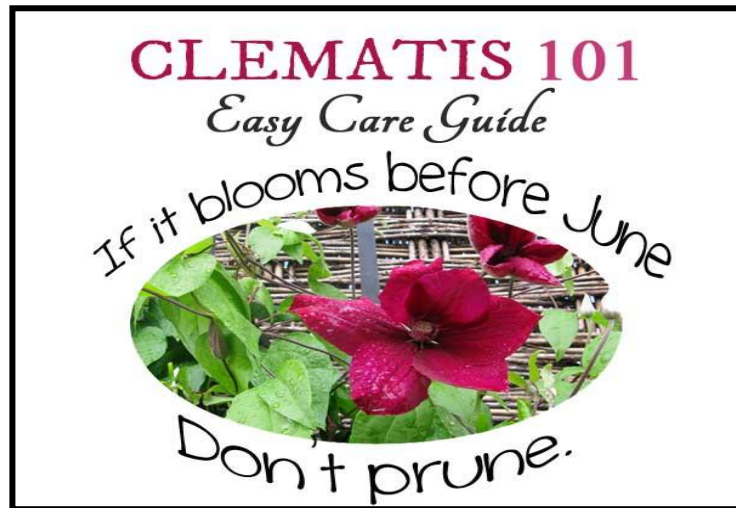
GARDENING GEMS

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Iris versicolor –
Harriston emblem



Types of clematis and their pruning groups.

Group 1

Bloom in spring on old wood and do not require pruning to trigger future blooming

Group 2

Bloom in early summer, first on old wood then on new wood.
Can be pruned after flowering

Group 3

Bloom in late summer on new wood
Can be cut down each winter from 6 to 24 inches depending on the maturity of the plant

Other hybrids may be tricky to identify, but, once you've determined the blooming cycle, you'll know when or if to prune.

Group	 1	 2	 3
Flower Time	Spring	Early Summer & repeat blooms	Late Summer
Flowers on	Old Wood	Old & New Wood	New Wood
When To Prune	After Flowering (Summer)	After Flowering (Fall/Winter)	After Flowering (Winter/Spring)
Notes	No pruning OR Lightly prune dead wood if needed	Remove dead wood OR Cut whole plant down to 12" every few years	Prune hard leaving 6-12" above ground with strong buds

(empressofdirt.net)



The Harriston Garden Festival was well attended **on a sunny Saturday**, June 1st. Lots of plant vendors and garden crafters both outside and inside the pavilion.



Most of us appreciate hostas, and indeed would love to have a garden area like this picture (note - it can't possibly all be under trees). There are many myths surrounding hostas such as "they love shade" - in reality they are shade *tolerant* and put up with it if they're planted there because they have no other choice. In fact most hostas appreciate sun. Paler hostas actually have better coloring in sun. The ones that do better in shade are the blue ones as the blue color comes from a waxy powder coating that disappears quickly in hot sun.

Don't waste your hosta flowers as some are not only beautiful but highly perfumed. If you must clip the flowers use the petals in your salads as hosta leaves and flowers are deliciously edible

For more interesting tidbits, and 10 myths about hostas see: <https://laidbackgardener.blog/tag/hosta-myths/>

It's fun having interaction among various horticultural groups. Last month our own Janna Dodds was a guest of the Arthur Horticultural Society where she did her presentation on "*Herbs, Growing, Cooking, and Their Medicinal Uses*", Janna had also given this talk to the Elora/Salem group the month before.

There is so much "green stuff" outside that is actually palatable and each one of us should catch up on what's edible and add to salads, stews or sandwiches.



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 groundcover weed could be so beneficial

I have found that using a needle-nose pliers to pull weeds is easy on the hands and does a better job of root removal because it can get down deep without disturbing nearby plants.





Many great prizes were donated for the recent Harriston Garden Festival.

Often we wonder `who won what`

Below is a list of the donors plus winners.

1. \$100 Lee Valley Gift Certificate	donated by the Horticultural Society	Laverne Stinson
2. \$75 Arthur Greenhouse certificate	“ “ “ “ “	Pat Reading
3. \$50 Donna’s Baskets certificate	“ “ “ “ “	Kristy Kelly
4. \$25 BeeC Products & Honey “	“ “ “ “ “	Jim Riedel
5. Butterfly Sun Catcher	donated by Harriston Home Hardware	Anne South
6. Moisture/ph Tester & soap dispenser	“ “ Doug’s Auto Service	Peggy Bauman
7. Wall Art	“ “ North Wellington Co-op	Kane Hall
8. “Boot” Planter & Autumn Picture	“ “ Beyond The Rock	Bonnie Becker
9. Sign “Potting Shed Rules”	“ “ North Wellington Co-op	Mike Ensor
10. 2kg Chicken Breast & Football Ham	“ “ Erie Meats	Ron Grubb
11. \$20 Gift Certificate	“ “ Gramma Jo’s Restaurant	Elaine Hubbard
12. \$50 Gift Certificate	“ “ Alpaca Time	Chris Davis
13. Collapsible wagon	“ “ Gray’s Auction Service	Jordan Scholten
14. Hanging Basket	“ “ Steckle’s Produce & Flowers	Clarke Richardson
15. 2kg Chicken Breast & Football Ham	“ “ Erie Meats	Susan Hartman
16. Hummingbird Sun Catcher	“ “ Harriston Home Hardware	Shannon Rioux
17. \$25 Gift Certificate	“ “ Mail Box Café	Ron Leslie
18. Local Food Promo Gift Bag	“ “ Town of Minto	Tina Smith
19. Butterfly House & BBQ cleaner	“ “ Doug Anderson	Tom Hale
20. 1.5 kg Grass Seed	“ “ Speare Seeds	Jason Claringhold
21. Gift Bag	“ “ Royal Bank	Mike Reidt
22. \$25 Gift Certificate	“ “ Harry Stone’s Restaurant	Sue Bridge
23. Succulent Planter	“ “ Callise Loos	Joan Burnett
24. \$20 Gift Certificate	“ “ R-Lil Golden Treats	Kevin Sinclair
25. Butterfly Lawn Ornament	“ “ Weathered Minto	Roy Carmount
26. Bird Lawn Ornament	“ “ Weathered Minto	Dale Hartwick

At our May Flower Show there were several samples of wild flower entries. Although such plants as Trilliums, Dog Tooth Violets, Jack-in-the Pulpit etc are grown in our gardens, the question arose “Can they be considered as spring flower specimens for the Flower Show?”

On later questing Judge Roland Craig, his answer was: any plant that flowers in spring is considered, just same as flowering branch i.e. many crab apples are wild and wild lilacs. I have Trilliums in my garden which came out of a bush 20 years ago. They are also being sold in some garden centers now, also Marsh Marigolds are used around garden ponds along with Arrowheads and Violets. However it should be remembered that entries **must have come from the exhibitors garden**; only exception being Design Class when materials may be purchased.

Also at that Flower Show was an itty bitty Tulip which won a 1st Prize and got a lot of raised eyebrows and speculation as to why. Judge Roland recognized it as the species tulip Tarda (and it was correctly labelled). It only grows 6” high and the bloom when closed is the size of a thumbnail; when opened makes a perfect 6-point star, white with yellow centre.



1st Prize for Class 34 Tulip, any other variety (not listed)

Species tulip "Tarda", grows six inches high and naturalizes well

Are you afraid of GMO's, What are your reasons for fearing them. The "non GMO" on products is so hyped up that some labeling is ridiculous - why would salt be labeled non-GMO, or kitty litter. Most things like that happen because we fear the unknown - to learn more, and to educate yourself a bit, read an excellent article at <https://www.morningagclips.com/when-did-gmo-become-a-dirty-word/?fbclid=IwAR2RVr7zO-da4-bzybx8aCLuZDt9vOpSKBsBWgdJngoDHxTofVSaxMVJwF4>



Audrey Krotz photo

How many of you have the Fern Leaf Peony (*Paeonia tenuifolia*). This is a case of "what's old is new again".

Forty some years ago I moved to a new location in Gowanstown and had a long perennial bed devoid of flowers. Neighbors kicked in and one of the plants was a clump of Fern Leaf Peony (altho' everyone had it, no one knew what it's proper name was.) Because it was a short term bloomer it more or less fell out of favor and eventually you only found it in "older" established gardens.

During the last ten years this plant has had a reappearance - a very expensive reappearance to purchase at Nurseries.

This particular Fern Leaf is a gifted memory treasure for Audrey Krotz of Gowanstown. It's about five years old and she fertilizes with 10-52-10.

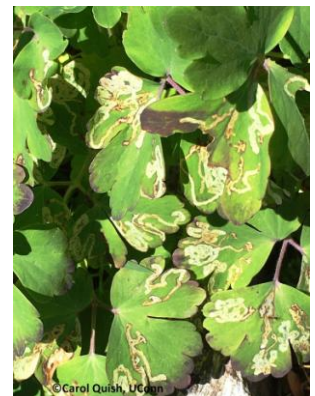


Think 2020
Linda Campbell wants additional help
Would you be willing to assist?
A Co-chair is needed for next year's Festival



Columbines are at their height right now - which means we have to be on the lookout for Columbine Leafminer damage.

Leafminers are the larval form of a fly in the order Diptera that cause damage to foliage vegetable crops such as spinach, beets, chard, and herbaceous plants. The feeding damage appears in the form of hollowed out whitish, serpentine tunneling patterns between the upper and lower layers of the leaves. The tunneling larvae will also leave excrement behind, making vegetable leaves unfit for human consumption. Moderate damage will not distress Columbines or vegetables, but remove and destroy affected leaves to reduce next year's population of this pest insect.



(*excerpts from University of Connecticut article*)

Recently a plea went out for assistance in planting various areas in Palmerston and Harriston. Response was good, so on a nice sunny day the main street "Business" planters were completed, however it was a cool wet morning when Tannery Park and a few other areas were tackled



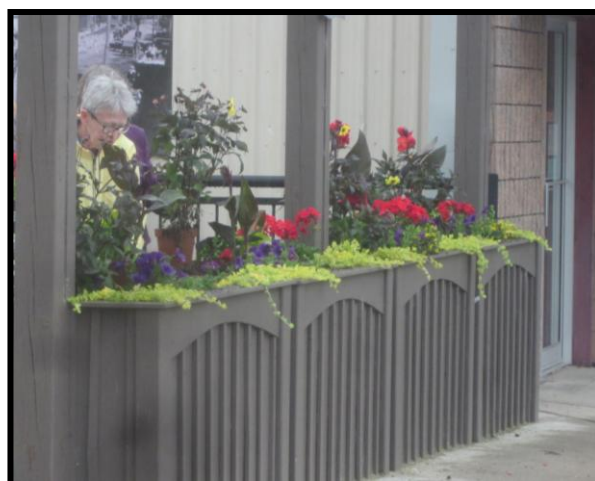
Harold Fisher sweeps up spillage after completing a planter at Leslie Motors



Eleanor Butt puts the finishing touches on the planters in front of Harry Stones Restaurant

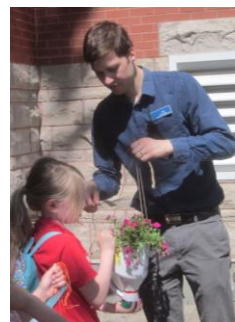
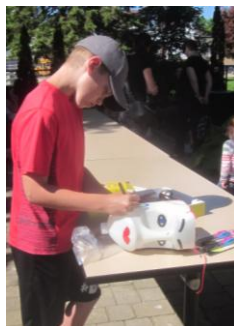


Sue Bridge and Sharon Weber work on Tannery Park planters



Sue Kelly admires the almost finished planter at Tannery Park

For the P.A. Day on Friday June 7th, the horticultural society partnered with the library staff to assist some younger students in the making of Face planters.



Not all planters copied the prototype and we had monsters, original designs, plus butterflies and flowers as well as faces. Library assistant Tim helped water the containers and tie knots in cords. Unfortunately everyone seemed in a hurry to leave this time so there is no group photo.



Garlic Mustard seems to be extra ordinarily plentiful this year popping up in clumps in the most unexpected places.

Garlic mustard is an invasive plant native to Europe. It was brought to North America in the early 1800s for use as an edible herb. Since its arrival in North America it has escaped into the wild and is now one of Ontario's most aggressive invaders.

Garlic mustard seeds are easily spread by people and animals. They can remain in the soil for up to 30 years and still be able to sprout. The plant can grow in a wide range of sunny and fully shaded habitats. Garlic mustard does not provide a valuable food source for native wildlife. Once established, it can displace native wildflowers like Trilliums and Dog Toothed Violets because it is allelopathic; the chemicals produced in the roots have been shown to prevent the growth of other plants and grasses (It hinders other plants by interfering with the growth of fungi that bring nutrients to the roots of the plants).

Best control if area not too large is hand pulling. In some areas entire parties go out into infested areas and pull the plants. Dispose these invasive plants in the garbage. **Do not put them in the compost or discard them in natural areas. Discarded flowers may produce seeds.**

On the bright side - Garlic Mustard is edible. Young lime green leaves can be used as a colorful addition to salads.
(excerpts from Ontario Invasive Plants Council, and Gardening Know How website)

Ever wanted to try your hand at Bonsai. Any time you see it in pictures it looks awesome, but difficult. I stumbled on this video and it makes it look easy enough that now I really want to try.

<https://www.youtube.com/watch?v=0C0in603zYQ>

Yes I quote a lot of links which lead you to various websites. The reason for this is that it would take up too much space to copy all the information. I subscribe to a wide assortment of gardening blogs and newsletters. When a topic appears that I think may be of interest, I give a short lead-in followed by the actual website so that you may follow (or ignore) at your leisure.

How to prune lavender - a YouTube video created by Robert Pavlis, Guelph, and one of our former speakers:

https://www.youtube.com/watch?v=3EBP4TGRbqk&feature=youtu.be&fbclid=IwAR2KdeEmz8KAu7qUcraKR88WeZqZ22D_vIL4p-MhchUOoA-taxnddSC5fS8



**Next meeting is Wednesday, June 19th, 7:30, at the Senior's Centre (Train Station)
Presenter will be local organic farmer Kim Delaney with her topic "Seed Matters"**

Your mind is a garden
Your thoughts are the seeds
You can grow flowers
Or you can grow weeds



The **Gardening Gems Newsletter** is published monthly by the Harriston and District Horticultural Society. Established in 1952 we now have 212 members.
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