



# Flamborough Horticultural Society

## Co-President's Message

My "Partner-in-Crime", Tina, asked me to send you a message from us, as she is taking a well-deserved holiday at the cottage.

Finally, it's summer, the season we all look forward to. But unfortunately, we still have to deal with travel restrictions and physical distancing. Those of us who are fortunate to live in a house with a garden can devote more of our time to re-arrange flower beds, grow our own vegetables and do extra gardening chores. In fact, I have just recently started to do some summer seeding in pots. If all works well, I have extra *Baptisia australis* (Blue Indigo), *Crocasmia 'Lucifer'* (*Montbretia*) and *Lychnis chalconica* (Maltese Cross) seedlings for next spring. Every year, I find clumps of new *Helleborus orientalis* (Lentenrose) seedlings which I re-plant. It takes about five years from seedling to bloom; so, it is not for the gardener who wants immediate gratification but they are well worth the effort.

So much has changed with the cancellation of our meetings, annual plant sale and bus tour.

We held our last two Directors' meetings in front of our computers with Zoom.

With no meetings, Susan has done a terrific job with getting you as much gardening information as possible in the newsletter (space providing). Liz adds timely information on Facebook and members are beginning to post more as well. We encourage you to visit and post on our Facebook page and 'like' or 'comment' on what you see.

Gardening is a wonderful hobby. When I think about how many wonderful friendships have been made in my garden, I feel privileged and can only recommend it.

It's good news that I have not heard of any of our members contracting the Coronavirus. However, we need to remain vigilant and do all we can to stay healthy until we meet again. I hope to see you all on our **members-only** open garden event. Trudy

Newsletter  
July 2020

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## Dog Days Begin July 3<sup>rd</sup> to August 11

The connection here originates from the Romans, Egyptians and Greeks who believed that the rising dog star of Sirius released some of its heat to the Sun's and caused the hot weather. The first three weeks of June has certainly been hot and dry.

### Pinch Your Herbs

Seed production is very demanding on plants so be sure to keep pinching off your basil, mint, oregano etc. If you cut your mint to the ground (or at soil level in your pot), you'll get a whole new crop.

### Drying Your Own Herbs

Do you Hang them to dry? Use the paper bag method? Strip leaves from stems, refrigerate leaves in a bag and turn 1-2 times a day for 1-2 weeks and your herbs should be dry and green. Most people do not have enough room in their freezer for the "freeze-dried" method. If you don't have a food dehydrator, turning the oven to "proof setting" can gently dry herbs on a sheet pan. You will be happier in winter when you do not have to purchase that small \$7 jar of herbs.

### Tips for Water Conservation

Keep an empty jug beside your tap. When you need to access hot water, you'd be surprised how much water you have to bleed off before hot water returns. Use the initial water for your outdoor container plants. Dump the lettuce / greens/ vegetable wash water into your garden instead of down the drain. Everyone wants to be environmentally conscientious when it comes to watering wisely.

Some people love to have the perfect lawn. They are irrigating, fertilizing, and using a range of herbicides designed to kill weeds and other perceived problematic plant species. Pesticides are used to kill or repel pests of all types, including insects and occasionally plants. Although many factors are involved, the desire to have a monoculture lawn is a primary culprit as it offers very little habitat or food for most species.

The classic suburban lawn is becoming taboo. Horticulturalists are cultivators, and we are always seeking others to join us. Xeriscaping (also called xerogardening – landscaping with an eye toward water conservation), for example, using native plants, drought tolerant plants and mulch to limit the amount of water and maintenance needed in a garden. White Clover, a grass alternative requires little water once established and no need for herbicides.

For further reading see the Ecology of lawns at <https://earthobservatory.nasa.gov/features/Lawn/lawn3.php>

### No Rain Barrel Yet?

There are so many different styles and colours of rain barrels that you can pick a favourite to blend into your garden.

New plants, shrubs and trees require much more water than you think and take a long time to adjust to your soil and garden.

Water beds in the morning and pots in the afternoon. For more information about this and other water saving tips, see <https://www.hgtv.com/outdoors/gardens/planting-and-maintenance/25-ways-to-conserve-water-in-your-garden-pictures>

*"A weed is but an unloved flower."  
— Ella Wheeler Wilcox*

## Container Plants

These can be prone to overfertilization so it's better to under fertilize than overfertilize. Over fertilizing causes weak stems and an excess of leaves. A telltale sign is chalky deposits on the pots. In addition, plants that you deadhead will require less fertilizer.

## Worn out Perennials

As your perennials start to look 'tired,' cut them back so they will start to grow again and come in healthier. This usually works as long as there was not a disease or insect problem in the first place. If you are bringing in some as fresh cut flowers, add some Queen Anne's lace (*Daucus carota*) to add impact to the vase.

You can get a second bloom of Phlox by cutting off 10-15 inches (25-38 cm) depending on the cultivar. Fewer than the initial bloom, but it still adds colour.

## Feeding Care of Perennials

Asilbe, Bleeding Heart, Delphinium and Shasta daisy benefit from regular feedings unless you composted and pre-conditioned your beds.

Plants that are dead-headed (not going into seed production) require less fertilizer. Yarrow and butterfly weed thrive on less fertile beds as well.

## More on Beneficial Insects

Did you know that spiders in your garden help keep down other insect populations? See <https://www.cwffcf.org/en/resources/encyclopedias/fauna/insects/beneficial-insects.html>

## Perennial and Biennial Seeds

You might not want to hear this in July, but the second week of July is the time to sow any of the perennial and biennial seeds to allow time for good root development. Your biennials will grow their leaves now then flower next summer (e.g., Hollyhock, Foxglove, Poppy). This is also about the time to stop pinching back your Mums.

## Plants as Cover-Ups

Do you have a fence where you are trying to soften its look or some other unsightly item? Make a trellis and plant vines like pipe vine (food for the swallowtail), clematis both native or non native, or a loofah vine (then you can later use the dried loofah sponges in your shower.).

## Front Yard Vegetable Gardening

Creating an edible front yard can be as simple as incorporating an herb garden or potted vegetables tucked in amongst existing landscaping. 'Purple Ruffles' basil, 'Russian Red' kale, Swiss chard and any pepper variety will add interest to your garden. Add flowers to the pot for visual effect. Read more at Gardening Know How: Creating An Edible Front Yard – Tips For Front Yard Gardens <https://www.veggiegardener.com/tips-for-growing-front-yard-vegetable-garden/> And for an artistic approach, watch this entertaining video at [https://www.youtube.com/watch?v=vpUSS\\_CbWI](https://www.youtube.com/watch?v=vpUSS_CbWI)

*"There is nothing more precarious than an environment whose smallest inhabitants have been completely removed."*  
— Kim Nelson, *A Desert Gardener's Companion*

## Hand Care

Even with the use of gloves, a gardener's hands can become unsightly. If they get too bad, slather them in oil-based lotion and wear cloth gloves for 30 minutes –a good excuse to wander through a good book. Alternatively, heavily lather your hands with lotion and put on clean cloth garden gloves. The heat from garden work will allow the lotion to penetrate your skin.

## Did You Win the Aphid War?

One female aphid can produce up to 5 million offspring in a season. A female mite produces about 1 million eggs a month. Compare this to a queen bee that produces 1,000-2,000 eggs a day! There is still lots of time for squishing or hosing them down.

## Pick Your Greens Early

Baby Kale taste so much better and is more tender when picked young. Arugula at 3-4 inches (7.6-10.6cm) is peppery and very tender and baby zucchini is never woody or mushy. Sowing every 2 weeks means you will have a steady supply of these tender vegetables.

If you do like to grow a few vegetables, July is the time to look at your "tried and true" seeds that will be easier to transplant rather than a tired looking 6-pack with tangled matted roots on the bottom.

Be mindful that fall vegetable plantings can be more susceptible to insect attacks like leafhoppers, cabbage loopers, and aphids.

## Did You Know?

There is an Act -Duty to Destroy Noxious Weeds

See <https://www.ontario.ca/laws/statute/90w05>

## Do you love strawberries? Tips for Growing Strawberries

This only works if you do not have furry bandits (chipmunks or squirrels)

[https://garden.org/learn/articles/view/1231/?utm\\_source=nl&utm\\_medium=mail&utm\\_campaign=nl\\_2020-06-06](https://garden.org/learn/articles/view/1231/?utm_source=nl&utm_medium=mail&utm_campaign=nl_2020-06-06)

## Did you know that robins bathe twice a day?

Lee Valley has a Gardening post on their web site with several informative articles. This includes, How to Grow A Garden for Birds, and Features of Great Garden Design that can be seen at

<https://www.leevalley.com/en-ca/discover/gardening/2020/may/grow-a-garden-for-birds>

## Tranquility Video- From Erika

Looking for some tranquility? Watch this video of a log and what accesses it.

[https://dl-mail.yahoo.com/ws/download/mailboxes/@.id==VjN-jp4QTHESfQF8pYP4w93dNWzWcJ9mO42IEiLFGRLz\\_Phy9kQIUkgDxH-82zJpKQCMQps6p3gVf1jerdAjQ1ifXw/messages/@.id==AMJ2m0hKidHKXu4ANgN-iGiQHrI/content/parts/@.id==2.2/raw?appid=YMailNorri n&ymreqid=323abf89-a1ae-a70d-1c9e-a60022018700&token=upTi0K14d4xsiwohmDy7DT6e\\_kPnIMwFHTOheugGF0UPZ2DOjUWISE5uiGjedGjll1FSAYzqT-JyTUqXQQFVpFYl6wumfiHq4cMaNQwS70iAIB0gRO5Vi7YnpMvrlj-F&error=https%3A%2F%2Fmail.yahoo.com%2Fd%2Fiframemsg%3Fid%3Ddownload-3026310895](https://dl-mail.yahoo.com/ws/download/mailboxes/@.id==VjN-jp4QTHESfQF8pYP4w93dNWzWcJ9mO42IEiLFGRLz_Phy9kQIUkgDxH-82zJpKQCMQps6p3gVf1jerdAjQ1ifXw/messages/@.id==AMJ2m0hKidHKXu4ANgN-iGiQHrI/content/parts/@.id==2.2/raw?appid=YMailNorri n&ymreqid=323abf89-a1ae-a70d-1c9e-a60022018700&token=upTi0K14d4xsiwohmDy7DT6e_kPnIMwFHTOheugGF0UPZ2DOjUWISE5uiGjedGjll1FSAYzqT-JyTUqXQQFVpFYl6wumfiHq4cMaNQwS70iAIB0gRO5Vi7YnpMvrlj-F&error=https%3A%2F%2Fmail.yahoo.com%2Fd%2Fiframemsg%3Fid%3Ddownload-3026310895)

*"As I leave the garden, I take with me a renewed view, And a quiet soul.*

*" — Jessica Coupe*

## Myths Debunked

Read Robert Pavlis as he dispels myths and hacks. Here are a few topics he has recently covered at. <https://www.gardenmyths.com/>  
Baking Soda in the Garden – Hacks that Work and Don't Work

Gypsy Moth Caterpillar – Proper Identification and Control

Should You Buy Ladybugs for the Garden?

How to Get Rid of Ants Naturally, In the Garden [Or do you really need to?]

Aspirin Spray for Tomatoes and the Vegetable Garden?

Is Compostable Plastic Really Compostable?

27 Composting Myths That Will Save You Time and Money

<https://www.gardenmyths.com/mosquito-apps-smart-phone/#more-6732>

Synthetic Fertilizer Ingredients – Are They Made from Petroleum?

<https://www.gardenmyths.com/synthetic-fertilizer-petroleum/#more-6832>

Eggshells – How Not to Use Them in the Garden

<https://www.gardenmyths.com/eggshells-not-use-garden/>

## Leaf Indicators of Tree Health See

[https://www.leevalley.com/en-ca/discover/gardening/2020/june/leaf-indicators-of-tree-health?utm\\_source=Newsletter---Gardening&utm\\_medium=email&utm\\_campaign=200622-Garden-Leaf-Indicators-of-Tree-Health](https://www.leevalley.com/en-ca/discover/gardening/2020/june/leaf-indicators-of-tree-health?utm_source=Newsletter---Gardening&utm_medium=email&utm_campaign=200622-Garden-Leaf-Indicators-of-Tree-Health)

## Other FHS events are on hold until further notice.

Visit and post on our Facebook page.

Go to [www.Facebook.com](http://www.Facebook.com) and in the search bar, enter Flamborough Horticultural Society to navigate to the page.

## Other News & Important Items Do You Know of Good Speakers?

As you come across a name or hear about a good potential speaker for our meetings, please submit the information to [flamhort@hotmail.com](mailto:flamhort@hotmail.com). Be sure to enter in the subject line "Potential Speaker"

## Trillium Committee

Ann Cochren is Chair of the Trillium Committee. You must nominate your own garden, not others. Judging will be virtual. See attachment at end of Newsletter. Anyone can be a judge using their easy to follow criteria. **Please register** your willingness to be a judge at <https://www.hamilton.ca/city-awards/trillium-awards-program/trillium-award-volunteer-judges>.

You can nominate your own garden June 15- July 15 at [hamilton.ca/trilliumawards](http://hamilton.ca/trilliumawards) or <https://engage.hamilton.ca/trillium-awards-2020>

## Sign Standardization

Plant Sale signs were old and in poor condition so a Sign Standardization Committee chaired by Ann Cochren developed ideas for weather-hardy signs.

A special thankyou goes to Daniel Lethbridge at tdi-imaging who donated his time and the design and development of the artwork for the signs.

A photo of the Plant Sale Signs and the Civic Improvement garden bed signs will be attached with the email of this newsletter.

*"All gardening is landscape painting, said Alexander Pope"*

*–Rebecca Solnit, Wanderlust: A History of Walking*

## Directors 2019-2020

Co-President - Trudy Bliedung  
Co-President - Tina Coverly  
Vice President - Theresa Santin  
Past President - **Vacant**  
Treasurer -Trudy Bliedung (to Sept 30)  
Secretary - Susan MacMillan  
Director - Ann Cochren  
Publicity Director & Newsletter Editor - Susan MacMillan (to Sept 30)  
Director & Facebook Administrator - Liz Visentin  
Director - Rosanne Waugh

## Committee Chairpersons

Bus Tour– Tina Coverly  
Caring – Annamary Kilham  
Civic Improvement– Jan Bignell  
Communications Copywriter- Jennifer Godyn  
Flower Show & Trillium Liaison– Ann Cochren  
Garden Walk – Susan MacMillan  
Meeting Hospitality – Susan MacMillan  
Membership – Janet Waterfall  
OHA Website Monitor: Phil Longstaff  
Plant Sale – Connie Godyn and Roxanne Riley  
Sign Standardization – Ann Cochren  
Speakers and Programs – Theresa Santin & Connie Godyn

## How to Reach Us

### Flamborough Horticultural Society

P.O. Box 902  
Waterdown  
ON L0R 2H0

E-mail: [flamhort@hotmail.com](mailto:flamhort@hotmail.com)

Or Phone: Susan at  
905-977-8567

## Mission

The mission of the Flamborough Horticultural Society is to encourage interest and involvement in horticulture through civic improvement, preservation, exhibitions, the distribution of plant materials and regular instruction pertaining to the theory and practice of horticulture.

**We are dedicated to sharing gardening knowledge**



*"The garden, historically, is the place where all the senses are exploited. Not just the eye, but the ear- with water, with birds. And there is texture, too, in plants you long to touch."*

— William Howard Adams

## History of Our Garden

- From Tudy Bliedung and Roy Horlick

We bought our house about 30 years ago (around 1989). There was no garden except a foot of exposed soil with a few plants in it and decorated with a family of four artificial ducks between plants. They died quickly by ending up in the garbage can.

Once we started gardening around the house, I realized how costly plants were when purchased at a nursery. So, I put a free ad into the local newspaper asking for a plant exchange partner. One woman, Pearl, called and invited me to visit her. Pearl had an extensive country garden and I left her house thankful to have met her and with a trunk full of perennials to add to my meagre new garden beds. Pearl must have realized quickly that I had no idea about plants as she suggested I join the Flamborough Horticultural Society. I followed her advice – that was 21 years ago – and I never looked back.

With the knowledge that I gained from listening to speakers, helping with the annual plant sale, checking names and pictures on the internet and gardening books, my knowledge of gardening expanded just as much as our outside gardens expanded. Our property is 75 x 330 feet (or 25 x 110 meters) and on a steep hill leading down to two ponds. Behind us is conservation property. Neighbours on both sides own property almost twice as large as ours. As there are no fences between properties, it looks like a park setting. How fortunate we are.

Roy was riding the lawn mower along the back slope when it slipped on the moist grass and both he and the mower tumbled down the bank onto the neighbour's property. He was lucky and uninjured.

However, for safety reasons, we decided to change the lawn to a rock garden. Hence a new and final garden was born.

We dug out two ponds manually with a shovel. It was hard work but rewarding. They are natural ponds, without a liner and the water flows continuously from an artesian well. This keeps the ponds fresh and they are ideal for wildlife to congregate. In the past, we had goldfish as well as visiting Herons and Kingfishers (who ate the fish), racoons and other hungry animals. Last year, either a muskrat (or North American mink?) decided to over-winter by the ponds. It made channels throughout the area around the ponds resulting in water loss, ate most of the frogs but finally disappeared, allowing us to clean up the mess. Now, the water lilies have a chance to live and thrive again and, hopefully, the frogs will flourish again. Such is nature.

We have enjoyed our garden and are now in the process of decreasing its size slowly, so as to make it more manageable and to keep it maintained. We hope to enjoy many more years in our garden.

**Send us a history of your Garden so that new and existing members get to know you through your garden!**