



Flamborough Horticultural Society

Co-President's Message

Newsletter
August 2020

August already.

Summer sure does go by fast. Lots of watering this year to keep our plants happy. We hope you are well and are enjoying your gardens. Listening to the birds with your morning cup of coffee is the perfect way to start the day.

Remember to stretch before you start your garden chores. We are really good at bending over just like an ostrich.

Hope you get to visit a few nurseries to look for that perfect addition. The summer sales should be happening soon. As gardeners we don't need the plant in full bloom to buy it, if we wait, we can pay much less and know the plant will look great next year.

Time to move a few things around in the garden and fill a couple of empty spaces.

Please continue to checkout our Facebook and post pictures or ask questions.

It was a pleasure to visit Pearl Hoogerdyk and Susan Chater's gardens during our members only garden tour.

Your Board of Directors will be meeting at the end of August to prepare for the fall. Not sure if we will have a September meeting but we are reviewing all our options.

Keep cool and garden on!!

Tina Coverly
Co-President

Important Notices:

Please support your Society.

We are looking for a Director of Hospitality and Committee members. The executive is open to new ideas and a fresh perspective.

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July Heat and Drought

Some areas of Ontario have been luckier than others for thunderstorms and rain accumulation. It's true. Gardeners love the rain.

[*Editor's note*] I have a rain meter and Waterdown received 2 inches in May, 1 ¾ inches in June and 2 inches as of July 31.

Some of you might have been luckier

Water is crucial during a drought and young trees, shrubs and plants not yet established need about an inch of water a week according to experts. Put cans out or recycle plastic containers around to see how much water your young plants are getting from Nature especially if you do not have a rain meter. Then you can adjust watering accordingly. Empty 3-litre bottles with drip spikes filled with sand can be added to provide a slow release of water and tree and shrub watering bags can help those that are newly planted.

How to Tell the Health of Your Soil:

Don't want to get your soil tested? Author Howard Garrett, known as "the Dirt Doctor" says, "dig up a 12-inch square by 6-inch deep and sift into a container. For mulched beds you should see 10 good sized worms. If not, add compost and leaf mulch and you should see improvement over a few months.

See <https://www.dirtdoctor.com/>

Did You Plant Hot Peppers?

An easy way to dry them is to remove them with the stem intact. Run a heavy needle and strong thread through the stem and hang them up to dry.

Did You Know?

Carrots come out of the soil more easily if you moisten the soil first.

Late Summer Food Planting

This is tricky especially during heat and drought. Trick your seeds like spinach, broccoli and cabbage by placing them in the fridge for a day. Then pre-sprout them using small moist paper towel squares folded over each seed. Place them in a bag in a warm protected spot. Once shoots emerge, plant the paper towel square and root a bit deeper in the soil and keep them watered. Subtract 8-10 weeks from your first Fall frost to time your planting of beets, spinach, greens, turnips, etc. Unless you have rich soil, you might also need to add compost and/or aged manure. Or, a fertilizer like a 10-10-10 (NPK value) for spinach and other nitrogen lovers if using the same garden plot. Peas will mature by October so try to get that last crop in. They turn out sweeter and more mellow in cool weather.

More on Beneficial Bugs

Did You know that the average Ladybug consumes more than 5,000 aphids in a lifetime? Aphids are wind-borne creatures. If your garden is large, check the upwind section most carefully.

Reality Check About Weeds

You've done everything possible to curtail them. You cannot control them and never will. A bird dropping a dry seed head can result in thousands of plants being sown. You have a new name for it. The garden of WEEDen.

Mulch slows them down but too much mulch attracts rodents and other 4-legged diggers.

Irish writer Penelope Hobhouse says that "Nature soon takes over if the gardener is absent." ~Cicero

What about all those herbs you are drying?

Herb mixes make great hostess gifts when you can finally visit someone post Covid-19. Or as gifts to friends and family (an Italian mix, Indian mix, Thai mix, a dry rub for ribs etc.) Attach the recipe card to the ribbon when delivering.

Another use for Basil

Besides all that pesto you made, or tomato bruschetta you ate, pack a 4.5L (one gallon) plastic or glass container a little more than half full with washed and salad spinner-dried or air-dried basil leaves and stems. Fill with white wine vinegar or rice wine vinegar that has been heated to almost a boil. Cover and let steep 1-2 months. Taste. When the flavour is fully developed strain it, place it in gift bottles and share it with friends. Or store in clean screw capped wine bottles for your salad dressing recipes

Freeze Your Fresh Beans Right Away

A study at the University of Illinois at Urbana Champaign showed that frozen green beans retained much more vitamin C than fresh beans stored even 2 days in the fridge. For other tips on food growing see https://web.extension.illinois.edu/vegguide/grow_beans.cfm

Corn Season

Boiled Corn Recipe

Be amazed! Shuck corn immediately (a clean moist terry cloth run down an ear will help remove those last traces of silk) and place corn in a pot of cold water to cover. Add 1/3 cup of milk and a heaping tablespoon of sugar. Bring to a boil and let it boil uncovered for 2 minutes only, then turn it off and let it sit covered for 10 minutes.

Another method is to leave the inner corn husk on and bake at 375 ° F for 15 minutes.

Finally, BBQ corn adds another dimension of flavour. Remove all but inner husks, soak in water for 30 minutes, drain then grill for 10—12 minutes, turning periodically.

Another use for that clumping kind of kitty litter

Place a layer of kitty litter in an old cookie tin, place the flower or foliage that you want to dry on top, cover with more kitty litter, replace the lid and it should be dry in about 7 days.

Ninebark or Viburnum branches - a dramatic display in your cut flower arrangement

Select just a few branches since next year's flowers are on this year's growth. Cut branches at an angle ¼ inch above a bud or leaf node. Strip away all leaves you don't need so that none will be in water. Use preservative crystals in warm water in your vase and let the branches have a long overnight drink in a dark place. Change water every 3 days and cut the stem ½ to 1 inch.

Keep your Cutting Tools Clean

Disinfect your tools with cotton balls and alcohol before pruning a different plant especially if you notice disease.

Member Questions

A member asked which hydrangeas feed the bees. Some of the popular ones cannot because their flowers are sterile. See <http://www.greengardenbuzz.com/do-hydrangeas-feed-bees/>. It turns out there are several hydrangeas that contain more nectar than others for our pollinators. Lacecap Hydrangea (*Hydrangea mycophylla*) and oak leaf Hydrangea are two examples.

"If you have a garden and a library, you have everything you need."

.~Cicero

Question about Juglone and a Nut Tree Problem

One member has black walnut trees nearby that affects the growth of plants in her garden. She asks what will grow under a walnut tree. As the tree grows the juglone “reach” and juglone toxicity will extend farther and farther out into the property. For vegetables and small shrubs, planting in a mulched raised bed can reduce the juglone toxicity, provided all leaves, nuts, and hulls from black walnuts are kept out of the surface of the raised bed.

The following flowers are reported to withstand juglone toxicity:

- Coneflower (Echinacea)
- Bee Balm (Monarda sp.)
- Yarrow (Achillea millefolium)
- Calendula (Calendula officinalis)
- Violet (Viola sp.)
- Black Raspberry (Rubus occidentalis)
- Grapes (Vitus sp.)

Cherry, pawpaw, persimmon, plum, and quince are all fruit trees that will grow comfortably underneath the walnut. Farther out from the smaller trees, try planting shrubs: black raspberry, currant, elderberry, hazelnut, mulberry, or spicebush. Place a strip of mushroom mycelium between the black walnut and your vegetable garden. Mushroom mycelium breaks down juglone in the soil. Mycelium is responsible for absorbing nutrients from the environment. It releases enzymes into the surrounding environment to break down the food source into a digestible form, then absorbs it. Reference: <https://joybileefarm.com/plants-will-grow-near-black-walnut-trees/>

“There is always a plant about which to learn, a part of the garden to renew, or a technique to master.” ~Sara Begg, Executive Editor, Horticulture Magazine, May 2007

Another member asked which hydrangeas best feed the bees. Some of the popular ones cannot because their flowers are sterile. See

<http://www.greengardenbuzz.com/do-hydrangeas-feed-bees/>. It turns out there are several hydrangeas that contain more nectar than others for our pollinators. Lacecap Hydrangea (Hydrangea macrophylla) and oak leaf Hydrangea are two examples.

Moths:

This is the time of year when we see many more moths. To help you identify these moths check out

<https://onnaturemagazine.com/butterfly-and-moth-guide.html>

Hummingbird Clearwing Moth (Hemaris thysbe)

Hummingbird Moths act as pollinators in their ecosystems. If you can, include some plants in your garden that the larvae like to eat, too. Depending on the species, these caterpillars might eat the leaves of viburnums, honeysuckles, snowberry, blueberries, and members of the rose family.

The caterpillars like to use leaf litter on the ground to build their cocoons for the winter so don't bag it.

Young (larvae/caterpillars) are bright green with a line of white dots that end in a pointy extension resembling a tail. There are also small reddish spots along its side. See what you can plant to help them at <https://cwf-fcf.org/en/resources/encyclopedias/fauna/insects/hummingbird-clearwing-moth-sp.html>

Hummingbird clear winged moth



See more details about moths at

<https://naturecanada.ca/news/blog/the-hummingbird-moth-one-of-canadas-coolest-creatures/#:~:text=Canada%20is%20home%20to%20the%20Hummingbird%20Clearwing%20Moth%2C,plump%20little%20bodies%20floating%20gracefully%20for%20so%20long.>

Plants from Cuttings

A member asked about growing plants from cuttings which is a great way to fill your garden with flowers, herbs, and other plants without spending much money. Start with cuttings from your own plants, or ask friends for their cuttings. Plant cuttings are grouped into four basic categories: softwood, greenwood, semi-hardwood, and hardwood.

For photos on this see The Spruce at <https://www.thespruce.com/make-more-plants-with-cuttings-1402474#:~:text=How%20to%20Propagate%20Plant%20by%20Using%20Cuttings%201,the%20Pot%20With%20Plastic.%2010%20Monitor%20the%20Cutting.>

Here are the details from The Spruce.

Softwood Cuttings

These come from fresh, new growth, usually in spring or early summer. Plants such as dogwoods root well from these types of cuttings.

Aster: Includes nearly 600 species in North America.

Chrysanthemum: Also called mums, they come in a variety of colors, including gold, white, off-white, yellow, bronze (rust), red, burgundy, pink, lavender, and purple.

Hydrangea: These colorful flowers bloom on what is called "old wood," or branches that are at least a year old.

Rose: The rose is the beautiful, classic plant for propagating from cuttings. It can also fall under the hardwood category (see below).

Salvia: These annuals and perennials—think of a sea of scarlet blooms—also come in white, salmon, pink, purple, lavender, burgundy, and orange.

Greenwood Cuttings

These are also called herbaceous cuttings are from plants that have non-woody stems. All annual plants, for example, are herbaceous because they are non-woody plants.

Boxwood: These are the ubiquitous shrubs known for their light-green leaves and rounded compact growth

Dahlia: There are some 30 species of dahlias and over 20,000 cultivars.

Gardenia: These are beautiful, white flowers. But Like Dahlias, must be overwintered indoors here.

Semi Ripe/Semi-Hardwood Cuttings

Semi-ripe cuttings are tougher and more mature. They're usually taken from midsummer to fall. Plants such as camellia and honeysuckle often root well from semi-ripe cuttings.

Azalea: These are among the most popular flowering plants.

Camellia: This plant is known for its large and bright flowers.

Honeysuckle: This is a popular ornamental shrub. There are several species of native honeysuckle (Lonicera) listed in Shrubs of Ontario, such as fly honeysuckle (L. canadensis), glaucous honeysuckle (L. dioica) and hairy honeysuckle (L. hirsuta). Lonicera Japonica.

Hardwood Cuttings and Other Plants

Hardwood cuttings include deciduous shrubs, climbers (like vines), fruits (such as gooseberries), and trees.

Angel's Trumpet: These are the white, trumpet-shaped flowers that grow on vines.

Other plants fall into one or more of the four categories that produce well from cuttings. They include dianthus plants, also called "pinks," that belong to the carnation family, as well as geraniums, jade plants, lavenders, penstemon, rosemary, and veronica.

Tips: The plant that gives you the cuttings is called the mother plant. Look for a healthy house or garden plant. Plants with non-woody stems are easiest to propagate. The mother plant should be large enough that removing one or more cutting will not harm or kill it.

Select green, non-woody stems for taking tip cuttings. Newer growth is easier to root than woody stems. Locate a stem that has a node, the spot on the stem where a leaf is or was attached. It looks like a joint on the stem and it is the area that will generate new roots. Use scissors or a razor blade that has been sterilized in alcohol to make a clean cut, just below a node. The cutting doesn't need to be very long, a single node with a couple of leaves will be fine.

Preparing Cuttings

After cutting off a piece of the stem, place the cutting on a flat, hard surface and make a clean slice through the middle of the node. Plant stems send out their new roots from the stem nodes. Making the cutting at the node increase your chance of successfully rooting the cutting.

Remove all but one or two leaves. The cutting needs some leaf growth to continue photosynthesis since it can't take in any food from roots it doesn't yet have. But too many leaves will sap energy from its efforts to create new roots. If the leaves are very large in proportion to the stem, cut them in half.

Planting Cuttings

Fill a clean plant pot or container with soilless potting mix to hold the cutting. A soilless mix drains better than garden soil and achieves a moist but not wet quality. Additionally, garden soil contains spores and other pathogens that could kill the cutting before it takes root. You don't need a large container or a lot of potting mix. Once the cuttings take root, you will transfer them to another pot anyway.

With a pencil or wooden spoon, poke holes into the potting mix. Making holes in the rooting medium will ensure that the rooting hormone remains on the plant stem cutting, not on the soil surface. This will improve the chances that the cuttings will root. Be prepared for a few to die off before rooting. Carefully place the cuttings into the holes you made in your potting mix and gently firm the soil around them. You can fit several cuttings into one container, but space them so that the leaves do not touch one another.

For other late summer planting tips, see the article from the Lee Valley Newsletter. All about mid to late summer planting at

https://www.leevalley.com/en-ca/discover/gardening/2020/july/succession-planting-for-a-non-stop-summer-harvest?utm_source=Newsletter---Gardening&utm_medium=email&utm_campaign=200717---Succession-Planting---GD

Woody Invasive Species (Excerpt from Woody Invasive in the Great Lakes). See

<https://woodyinvasives.org/woody-invasive-species/#1566235537962-9d746bd3-caac>

Introduced long before the concept of invasive species and before anyone was aware of the potential harm to native biodiversity, there are 28 woody species that are regulated as invasive around the Great Lakes but Ontario has yet to regulate these. Some species (e.g., winged burning bush and porcelain berry) were introduced for use in urban and suburban gardens because they are attractive. A few species have been used extensively in both garden and working land settings (e.g., Japanese honeysuckle, border privet).

For a photo and listing of the non-regulated plants that many people feel should be regulated, see

<https://dnr.wi.gov/topic/Invasives/species.asp?filterBy=Terrestrial&filterVal=Y&catVal=Plants#RegSelect>

This web site has many fact sheets covering each of the species.

Irish writer Penelope Hobhouse says that "Nature soon takes over if the gardener is absent."

Five-spotted hawk or sphinx moth (*Manduca quinquemaculata*)

Ever wonder why we see so few of the five-spotted hawk (or sphinx) moth? Part of the problem might be the fact that it's caterpillar is the tomato hornworm. They have voracious appetites and also eat the leaves of potato, tobacco, and other plants in the Solanaceae (Nightshade) family so they are considered a nuisance to the agriculture sector. They are often mistaken for small hummingbirds as are Clearwing Hummingbird moths.

For every one of these killed there are fewer caterpillars for birds to eat though. The Ecologically minded suggest we plant extra tomatoes to share the leaves with the hornworm.

See <https://www.inaturalist.org/guides/6734> for colourful photos of the various caterpillars that feed on our plants. See also the Ontario Butterfly and Moth guide at <https://onnaturemagazine.com/butterfly-and-moth-guide.html#hummingbird>.

Want to grow even healthier plants?

Ever thought of setting up a worm bin for vermicomposting? These don't have to be giant bins. See <https://www.growrealfood.com/how-to-make-a-worm-bin/> and also see <https://www.thespruce.com/vermicomposting-setting-up-a-worm-bin-2539503>

Robert Pavlis has tackled another Garden Myth – Aphid Control – Do Yellow Sticky Traps Work?

Read this at <https://www.gardenmyths.com/aphid-control-yellow-sticky-traps/>

See also The Truth About Btk – *Bacillus thuringiensis* var. *kustaki* at

<https://www.gardenmyths.com/btk-bacillus-thuringiensis-kustaki/>

Gardening Know-How has some great posts including growing trees in containers. See https://www.gardeningknowhow.com/ornamental/trees/tgen/growing-trees-in-containers.htm?goal=0_a3b6094552-37235e4762-218072309&mc_cid=37235e4762&mc_eid=cbf6282605

Nature's Best Hope by Entomologist David Tallamy PhD.

For those of you who have not read this book (he is author of more than 95 respected research papers), David Tallamy discusses how we can all be land stewards. He discusses the specialized relationships among plants, insects, and animals as building blocks for understanding the natural world we live in.

His one study notes that 70% of the landscape needs to be planted with Natives (trees, shrubs etc.) to support a stable population of chickadees. Chickadees need to bring 400-600 caterpillars to their nest per day to feed young ones. A Red oak and related species host 500 different species of caterpillars so you know where the chickadees will most navigate. Willows and black cherry tree also support different caterpillars.

What tree will you plant?

For a Review of his book see Stratford Master Gardeners' review at

<https://stratfordmastergardeners.ca/book-review-natures-best-hope-by-doug-tallamy/sustainability/> or see

<https://vnps.org/book-review-natures-best-hope-by-doug-tallamy/>

Available as an ebook too.

"Whether we like nature or not, none of us will be able to live long without it."

~ Author David Tallamy

OHA Garden Ontario News & Website

Please take a moment to check out other information available by going to

<https://gardenontario.org/society-listing/entry/524/>

OR www.gardenontario.org Look under

Societies Listing - F for Flamborough

Links to Remember

Connon Nursery and Manager Terry Vanderkruk has been a wonderful supporter of our Society.

Please show them your appreciation by buying products at Connon Nursery. Visit <https://connon.ca/> 905-689-7433

Did you know?

Wild Bird Unlimited offers at 10% discount on products you buy when you mention that you are a horticultural society member. They are now open. Check out

https://burlington.wbu.com/?utm_source=bing&utm_medium=local&utm_campaign=localmaps&utm_content=157

Please email your comments, suggestions or corrections to flamhort@hotmail.com Attention Susan.

Join Facebook to access our page at.

<https://www.facebook.com/>

In the Search bar enter Flamborough Horticultural Society to access our Facebook. Anyone can post.

Liz Visentin works hard finding a variety posts for members to view.

Post something about your garden or a garden tip for others.

Directors for 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

Acting Publicity Director & Newsletter Editor - Susan MacMillan (to Sept 30)

Director & Facebook Administrator - Liz Visentin

Director - Rosanne Waugh

Committee Chairpersons 2019-2020

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

“A weed is but an unloved flower”

~ Author Ella Wheeler Wilcox

How to Reach Us Flamborough Horticultural Society

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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.

**Want to submit an
article, question or tips
for inclusion in the
Newsletter?**

**Send your ideas to
flamhort@hotmail.com**

"If we persist, I do not doubt that by age 96 or so, we will all have gardens we are pleased with, more or less."

~Henry Mitchell, 1923-1993, one of America's best, and funniest, garden writers.



Deadline for Newsletter Submissions

For any errors or corrections that are needed or comments/ feedback, please email the Editor at flamhort@hotmail.com

Please send in your contributions for the Newsletter **a minimum of 5 days before the end of the month. Some exceptions can be made.**

As August nears its end, you can start pulling up spent annuals to begin a portion of your cleanup. Remember to start those cuttings.

If you want to be removed from this Newsletter mailing list [CLICK HERE](#) We respect your right to not receive this. In the Subject Line, type 'Unsubscribe me'