



ONTARIO HORTICULTURAL ASSOCIATION SPEAKER REGISTRATION REQUEST FORM

To add your name to our Speaker's List on gardenontario.org please fill in the following form and email to:

Rose Odell at speakers@gardenontario.org

Name: First Rebecca Last Last

Biography:

Rebecca Last has been gardening on and off since age 8 and has been a member of Master Gardeners of Ottawa-Carleton since 2005. Her small suburban garden is certified by the Canadian Wildlife Federation as wildlife habitat. Rebecca grows a dozen or more varieties of heritage tomatoes every year. Her garden design includes elements of permaculture and she has been honoured to receive several awards from the Ontario horticulture community. Aside from getting her hands dirty, Rebecca is also passionate about the science behind gardening. Not a scientist herself, a big part of her career was translating science into terms that would resonate with the public. Now retired, she uses these same skills to share what she learns about gardening and plant science via her blog Gardening at Last (<https://gardeningatlast.ca/>). She also shares her own research and writing on ResearchGate (<https://www.researchgate.net/profile/Rebecca-Last>), where her publications have garnered over 10,000 reads. Rebecca's gardening addiction is enabled by her loving husband Richard and a collection of very spoiled rescue cats.

Please provide a brief description of your qualifications, skills and/or experience

Contact Information:

Email: rebguenette@gmail.com

Website: Gardening At Last (<https://gardeningatlast.ca/>)

Facebook: N/A

Phone: 613-820-4248

Home Location: Ottawa ON

Please list the District & Society you belong to:

Society: Ottawa Horticultural Society; Ottawa Valley Rock Garden and Horticultural Society

District: D2

Please select all the Districts that you would travel to:

- D1 D2 D3 D4 D5 D6 D7
 D8 D9 D10 D11 D12 D13 D14
 D15 D16 D17 D18 D19

Topic List

For each entry, please list a topic from the list below, a title and a brief description noting any costs, restrictions, i.e. time of year, and any other special requirements.

Choose a TOPIC from the following:

- | | | |
|---------------|---------------|-------------|
| Bulbs/Tuber | Herbs | Propagating |
| Environment | Houseplant | Pruning |
| Floral Design | Native Plants | Vegetables |
| Fungi | Pollinators | |
| Gardening | | |

Topic	Title	Description
Gardening Vegetables	10 City Veggies (Veggies you can grow in pots or on small urban lots)	Beans on a fence, carrots in pots, anyone can grow these easy plants! This presentation is offered in both official languages and provides an overview of easy plants that novice gardeners can grow in a confined space. The emphasis is on food plants that also have some ornamental value.
Propagating	All From a Little Seed	This presentation is all about SEX -- plant sex, that is, and how home gardeners can save money, have fun and breed new varieties by starting their own seeds. We begin with a discussion of why gardeners might want to start plants from seed. There is an introduction to the lexicon for seed starting and a discussion of the importance of documentation. We talk about sources of seed, and viability. Then we discuss equipment and supplies for seed-starting, and what seeds to start where and when (indoors versus outdoors). There are some tips for getting a head-start on your

		seed-starting, and we end up with some trouble-shooting and the basics of hardening off.
s	Culinary Herbs (Co-presented with hubby, Richard Guenette)	This combination talk and demonstration includes an overview of herbs versus spices, varieties to grow and cultivation tips, followed by a taste of four different dishes, using four different herbs. Note: There is a minimum fee for the demo portion of this talk because we provide food samples, including shrimp, guacamole and pesto.
Environment Design	Lessons from My Big Fat Garden Reno	Over a ten-year period, a small suburban garden was transformed into a tranquil refuge for people and wildlife. This talk is a very personal take on comprehensive garden make-overs. Whether you just want to refresh your garden, or create an entirely new look, you need to answer some key questions before getting started. Also covered are the merits of DIY versus hiring professionals, budgeting strategies, relevant bylaws and building codes, and check lists of many other aspects that need to be considered before embarking on a garden renovation.
Environment Design	Getting Started, Taking Stock	This presentation is intended to inform home-owners of the many details they need to check before embarking on a garden renovation. We discuss the key questions everyone should ask themselves before embarking on a garden make-over and the three pillars of garden design. We talk about "getting grounded", assessing your space, what stays and what goes, sketching it out, scoping the work, DIY versus hiring professionals, and

		we end with some brief notes on budgeting.
Vegetables	Heavenly Heritage Tomatoes	What are heritage tomatoes, and why should we grow them? This talk covers some definitions of heritage tomatoes, discusses different types and how best to grow them. There is also a brief introduction to some of the main breed programs for “new heritage” varieties. You will also learn about sources of seeds, a bit about starting tomatoes from seed, and the pluses and minuses of heritage tomatoes.
Gardening Vegetables	Organic Gardening 101	An introduction to the topic of organic gardening, with a focus on growing food. Topics covered include: some definitions of organic gardening; pros and cons; tools of the trade; getting to know your garden; some simple soil tests; managing weeds, bugs and diseases; crop rotation; and companion planting. The talk ends with a list of resources for the Ottawa area.
Propagating	Seed Saving & Storage	Learn the basics of saving seeds, plant genetics, collection techniques, storage and viability. You may even be able to breed your own varieties, adapted specifically to growing conditions in your garden! This presentation provides an introduction to seed saving, beginning from the premise that in today's concentrated market for seed producers, saving seeds is an act of quiet revolution. The differences between hybridized and open-pollinated plants are discussed. We revisit Gregor Mendel's 19th Century experiments with peas to get a better understanding of the dominant and recessive traits for some common

		vegetable seeds. We will also look at seed varieties that are suitable for beginner, intermediate and expert seed-savers. Timing and collection methods are discussed, along with information on seed sanitation and storage. Finally, we discuss long-term viability of seeds, and the presentation ends with a list of useful resources.
Gardening Invasive Species	Thugs, Bullies & Sneaks -- Plants to be Wary Of	Good for spring presentations, this talk addresses the issue of selecting the right plant for the right location. It offers a review of plants that have thuggish tendencies or other unfortunate outcomes when improperly sited.
Gardening Environment	To Everything there is a Season: Phenology 101	Have you ever wondered why some years are really bad for earwigs? Or why all the blooms in your garden peak just before or just after, but never during, that special occasion you were planning? The answer may be found in phenology. Phenology is the study of periodic plant and animal life cycle events and how these are influenced by seasonal and multi-year climate variations. This session will provide a novice-level explanation of phenology and how it impacts home gardeners. The talk includes some history of the science of phenology, definitions, and a look at the various uses of phenology, including for planting, harvesting, predicting bloom times, and climate change monitoring.
Gardening Design Environment	Plant Guilds: Taking Companion Planting to the Next Level	This presentation begins by distinguishing between plant guilds and companion planting. It encourages listeners to think in terms of modifying their conventional gardening strategies to begin creating a self-sustaining eco-

		<p>system that will become more productive and result in less work over time. Achieving these objectives requires delving into the different functions that plants serve in the landscape. Building on the principles of permaculture, we explore examples of plant guilds, connection, natural patterns, and zones that help gardeners put together the pieces of that self-sustaining eco-system.</p>
<p>Gardening Environment</p>	<p>Gardening with Wildlife</p>	<p>There is both joy and challenge in gardening for wildlife. Gardening for wildlife requires different approaches and strategies -- even a different mind-set! -- from regular gardening. This talk addresses the characteristics of plants and garden design that will help you create a wildlife-friendly garden, strategies for including food, shelter, and water, and practices that will encourage birds and beneficial insects to make their home in your garden. Resources specific to the Ottawa area are discussed. We conclude with a brief overview of the process for certifying your garden as wildlife habitat, or as a monarch way-station, and encourage the audience to consider joining the growing army of Citizen Scientists who are helping us better understand how people are changing the natural world.</p>
<p>Gardening Herbs Vegetables Environment</p>	<p>Preserving the Harvest</p>	<p>This talk and demonstration describes ways to preserve the harvest and covers: drying (drying herbs; dehydration of fruits and vegetables); cooking; canning (preserves – jams, jellies, chutneys); vinegars; freezing; and curing.</p>
<p>Gardening Design</p>	<p>Gardeners, Contain Yourselves!</p>	<p>This talk combines humour, imagination and sound gardening</p>

Houseplants		advice to present the possibilities of gardening in containers -- all kinds of containers!
Gardening Environment	Climate Change & Your Garden	Climate change is the defining challenge of our times. This talk provides a brief explanation of what climate change is and an update on the current situation, including how climate change is already impacting our weather, water, plants, food and wildlife. For each of these topics, I suggest the positive measures that gardeners can take to begin climate-proofing their gardens. The talk ends with suggested resources and a list for further reading.
Gardening Environment	Water Wise Gardening	As climate change brings hotter weather and more extreme precipitation events, including both droughts and floods, how can we gardeners adapt? This presentation addresses strategies for water-wise gardening including: preventing run-off; harvesting water; watering wisely; conserving soil moisture; xeriscaping and plant selection.
Gardening Environment	Phenology for You and Me	No, it's not the study of the bumps on your head. Phenology explores the timing of cyclical events in nature. The turning of the year, seasons, cycles of the moon and daily circadian rhythms all have an impact on life on earth. The earliest hominins were expert phenologists. They had to be to catch game from migrating herds and know when to look for the tender sprouts of edible plants. Scientists today are increasingly turning to phenology to understand how climate change is affecting the natural world. As gardeners, an understanding of phenology can help us plan for continuous blooms, use natural pest

		control effectively, and contribute to climate research as citizen scientists. This talk introduces the subject of phenology, discusses its history, the current state of the science, and how gardeners can benefit from this information.
Gardening Herbs Vegetables Environment	The Dry Run	This shorter presentation begins with the pros and cons of dehydration. We explore different methods of dehydration, and different strategies for different foods. We address the dos and don'ts of drying food to ensure the best quality, food safety and nutritional content, including storage tips for dried foods. Finally, we discuss uses for dehydrated foods.

Files to add to listing:

Please send any pdf documents to market your topics/workshops including the audio/visual requirements form so our societies know what equipment/services are required.

Many of my presentations are on my ResearchGate site:

<https://www.researchgate.net/profile/Rebecca-Last>

Do you present in Person, on Zoom or both?

In person only –

On Zoom only –

In person and on Zoom - Both

Authorization & Release

I, Rebecca Last, grant the Ontario Horticultural Association:

- Use of my photographic images and/or video and/or testimonials in various forms of media, including printed or multi-media materials, to be used by or for the Ontario Horticultural Association to assist in publicity, promotion, marketing and/or educational purposes.
- Use of my identity or likeness in photographic images and/or video and/or testimonials as described above.
- The permission to identify me by name and/or society/organization and such identifiers as hometown (if applicable).

Signature:

A handwritten signature in blue ink, appearing to be 'Rebecca Last', written in a cursive style.

Date: 2023-02-01