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June 2022

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Feature: Feeding Ourselves

It took 3,500 people almost three years to come up with [A People's Food Policy for Canada](#), published in 2015. This grassroots response to the crises in our food systems – millions hungry, millions obese, declining numbers of farmers and fishers – offers a menu of workable policies that can put Canada on a better, more sustainable path.



The People's Food Policy's core concern is the concept of food sovereignty. This is an internationally-recognized principle where food is acknowledged as the primary foundation on which healthy lives, communities, economies, and eco-systems rests. Ten discussion papers accompany the Policy, covering themes such as food sovereignty in rural and remote communities, and healthy and safe food for all.

Just Food is a non-profit, community-based organization that works on rural and urban food and farming issues in Ottawa and the surrounding region. Between 2009 and 2012, Just Food partnered with the University of Ottawa to lead a collaborative, community-based food research and action project, called Food For All, made possible through three years of funding from the Canadian Institutes of Health Research.

Over 300 community members participated in workshops, research, consultations and policy-writing teams, under the oversight of a Steering

Committee made up of representatives of academic institutions, and community and other organizations.

Some jurisdictions (such as Leeds Grenville) have produced Food Charters, which are important statements of values to raise awareness of food issues. Food for All opted for a more concrete Action Plan approach so that the end result is a set of values-based, action-oriented proposals that are immediately implementable.

Food For All also developed a community food assessment toolkit that guides a group of community members through conducting research about food issues in their neighbourhood or community.

A committee of RLHS members is partnering with Country Roads Community Health Centre to apply this toolkit to our community. The Feeding Ourselves



event RLHS sponsored in early April was the launch of this process. We asked three community members prominent in our local food system – Wendy Banks of Wendy’s Country Market in Lyndhurst, Ramsay Hart of The Table in Perth and Neil Kudrinko of Kudrinko’s in Westport – to provide their perspectives on the questions in the toolkit.

Out of this event, eight volunteers are starting to work on a community food assessment for the Rideau Lakes area. They are interested in working on the following goals:

- Health
- Access to fresh and healthy food
- Resilience in the face of climate change
- Connection to food and farmers
- Education – in the community and in schools - and a desire to focus on connecting with children
- Growing / Preserving / Cooking
- Celebration / Community / Social connection

The work of assessing a community food system is an iterative process that evolves to reflect the needs and interests of those who are involved as well

as the community at large. It's a process of fact-finding, learning from others, and building capacity to develop workable solutions to local food sovereignty issues together.

If you're interested in getting involved with this initiative, feel you have resources, perspectives or information to contribute, or would like to plug your group or organization into the assessment process, contact one of the three RLHS working committee members who got this going:

- Meg McCallum 613-614-4634 newboromeg@gmail.com
- John Carley 613-359-6031 carlean@kingston.net
- Geraldine Baker 613-583-7509 gerryalicebaker@gmail.com

PRESIDENT'S VIEW

Happy Summertime!

I hope everyone has been able to get outside and enjoy the season of being in the garden! Although the weather has been a little unpredictable this spring, it's been great for watering everything that has been planted so far.

The Society has had a great spring! Our Feeding Ourselves event was a wonderful evening that sparked a discussion in our community surrounding food security and sovereignty. As a result, we have an amazing group of people interested in furthering this discussion and brainstorming ways to improve access to food in our community.

Additionally, our Plant It! Earth Day event, hosted in partnership with the Rideau Lakes Public Library and Rideau Lakes Township, was truly incredible. It was great to see so many families come out with their children and take an interest in Earth Day and gardening.

We also recently had our annual Plant Sale at Rideau District High School in partnership with students and staff. We had a great turnout considering the past couple of years when we were unable to host it. We made a whopping \$1,300! And we recycled the leftover plants at the Portland Ukrainian Relief Yard Sale where they garnered \$140 towards that worthwhile cause.



Thank you so much to everyone who came out and supported the RLHS this spring! Our Society feels great about being back at the things we love to do for the community. I would like to take a second to acknowledge and thank everybody who participated with our Society this spring.

A huge thank you to: our wonderful and dedicated Board of Directors and membership, the amazing staff at Rideau Lakes Public Library, Country Roads Community Health Center, and Rideau Lakes Township, the students and staff at Rideau District High School, our guest speakers and presenters, our amazing volunteers, our great vendors at our events, the local businesses that support our Society and donate items, and our beautiful community. I can honestly say that I am moved at how many great people and organizations there are in this community.

We have a lot up our sleeves this summer! Don't forget to nominate your favourite gardens for the Rideau Lakes Grow for It Garden Contest! Gardens can be nominated in the Residential, Edible, Commercial, and Children's category. Additionally, to celebrate the Year of the Garden the RLHS will be



blitzing the community with door hangers to let you know how much we appreciate your great work on your gardens! We are also still pending approval and working alongside the Township to host a municipal planting. Stay tuned for more details. In July, we will be at the Bastard County Fruit Farm for a tour and some wood-fired pizza. When your garden is overflowing with bounty in August, stop by our

harvest show and show and tell what you grew this season and swap with others! So many great activities lined up!

We are still seeking a Program Director to join our board. Our membership has expressed great interest in regular programming. If anyone is interested in this role, please reach out to rideaulhs@gmail.com. You can see what's involved in the role description on our website. We welcome people of all backgrounds and experience levels. Even though we are lacking this role right now we are working hard to get speakers on board for the fall. Follow us on our social media or join our mailing list to stay in the know about what's going on!

As the summer months are busy for all of us, we encourage you to take the time to get outside and enjoy what the season has to offer! Stop and smell the flowers, take a dip in the lake, relax in the sun, and indulge in the flavours of the season by visiting a farm or stopping at a roadside stand! Thanks so much for your continued support,

Madeline

WHEN I COULD DO AS ADVISED, I DID. WHEN I COULDN'T, I BASHED ON REGARDLESS SAYING, "WELL, AFTER ALL, IF SOMETHING DOESN'T GO IN, NOTHING CAN COME UP.
– Elizabeth Smart

Read Into It:

Tottering in My Garden: A Gardener's Memoir

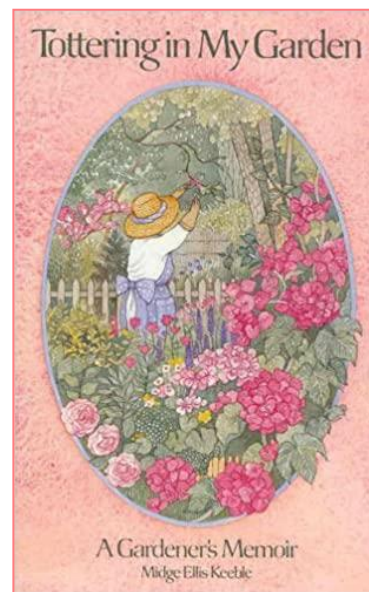
by Midge Ellis Keeble

Camden House: 1989

Available thru Interlibrary Loan from Rideau Lakes

Public Library: www.rideaulakeslibrary.ca

This book is not a gardening manual full of facts and instruction on design or plant identification and cultivation. Rather, it's the story of a gardener's journey through life and the gardens she created and cared for. The book is written in an anecdotal style with wit and an appreciation of the absurd as the author takes us through the gardens of her life.



It all started on a beautiful warm April afternoon in a backyard in North Toronto. Two young mothers were outside enjoying the weather while their children played and they happened to look at a glossy magazine which had an article on how to grow food for a family of four in a 15' x 20' plot. Not having much else to do, they both decided to give it a go. They had the ultimate beginner's luck. Their backyards were situated on a former barnyard and so they had rich dark soil that would grow anything and everything in abundance.

The author was hooked and went on to garden in many different gardens. Part I of the book describes five other gardens she had in Toronto. Part II describes her move to the country, and Part III is about the garden she had there. Throughout the book, she encountered many different problems dealing with soil, pests, climate, topography, wildlife, contractors and design issues. Included are her solutions with special notes with lots of useful information and advice for beginners and experienced gardeners.

It should be noted, however, that the book was written in the late 1980s and much has changed in gardening methods and practices. During this time the author, like ourselves, was becoming aware of the negative aspect of using

chemicals to control weeds and pests and was starting to use organic methods.

This was one of the first gardening books I read, just as I was getting into gardening. I too was gardening on a rural property and felt a kinship with the author as she dealt with various challenges. I chose to review this book because I think about it a lot. It continues to resonate with my own gardening experience.

Midge Ellis Keeble was a Canadian actress and broadcaster. She died in 2011 at the age of 98.

Judi



YEAR OF THE GARDEN CALENDAR

We're easing our way back into in-person monthly meetings. Stay tuned to our website, Facebook and Instagram threads for news on fall sessions.

Garden Days – June 11th to 19th: Door Hanger Blitz!

RLHS wants to recognize people whose home gardening efforts result in yards that catch your eye as you're passing by. Whether it's the colour they add to the street, the textures of different vegetation, or the overall impression of loveliness they convey, we want you to know we appreciate the work you've put into making and keeping your yard appealing and our communities beautiful. So, if you see a stranger at your door, look for the door hanger pictured at left the next time you go out.

National Gardening Day – June 18th: Thousand Island and Rideau Lakes Garden Trail Open House

No appointment is necessary on National Gardening Day to visit any of the 12 gardens featured on the Thousand Island and Rideau Lakes Garden Trail. Pictured, is **The Opinicon** in Chaffeys Lock. A vegetable garden, mature trees and lush English gardens infuse the grounds of this 1896 former residence and rustic fishing lodge, with a sense of magic and natural wonder.



Most of the other destinations are within an easy drive from our area:

Gananoque features two gardens of interest – **Confederation Park** at 2 King Street East and the **Gananoque Horticultural Society Garden** at 21 Main Street. Confederation Park features sculptures and a fountain, while the Horticultural Society Garden displays sun and shade perennial beds and a pollinator garden.

Ivy Lea Club, at 21 Shipman’s Lane in Lansdowne features hydrangea, lilacs and other perennials, shrubs and trees in a river’s edge park setting.

Chillane Gardens, at 10 Junetown Road in Mallorytown, boasts a collection of over 900 varieties of hostas and native ferns. A formal rose garden, a large English style perennial bed, a potager, and an enclosed geometric herb garden are parts of the landscaped 3.5 acres that surround an early 19th century old stone house.

Garden of Hope and Faith Walk, at 3545 Centennial Road in Lyn, is a beautifully manicured garden with sculptures, pathways, a stunning waterfall and a pond providing areas for reflection and contemplation.

Brockville is home to **Fulford Place** (287 King Street East) and **Courthouse Avenue**. Designer Frederick Olmsted, the architect of New York City’s Central Park, designed Fulford Place’s Italianate-style garden, while Courthouse Avenue provides a panoramic view to the St. Lawrence over seasonal flower beds.



Maitland offers two gardens. **Maitland Garden of Hope**, at 1 Jones Court, is a 1.5 acre award-winning venue with 25 theme gardens, and over 5,000 perennial flowers, flowering shrubs and grasses. **Van Berlo Gardens**, 1357 County Road 2, displays colour, texture and form to advantage on its 2.4 acres, and features many uncommon plants in its sun and shade plots.

Shakespeare’s Gardens, at 191 Water Street in Prescott, features many plants and flowers from famous Shakespearean plays.

Healing Circle Labyrinth, at 2424 County Road 2 in Johnstown, provides a peaceful oasis of woodland walkways with many areas for contemplation.

Rideau Woodland Ramble, at 7210 Burritts Rapids Road, is a seven-acre verdant woodland setting, with gardens comprising significant collections of conifers, Japanese maples, grasses and hostas, as well as a wide range of unusual trees, shrubs and perennials.

**July 30th: Bastard
County Fruit Farm –
Orchard Tour & Wood-
fired Pizza**

This mixed fruit and nut orchard is the brainchild of Paul Dehler and Carol Gudz. Anyone interested in learning about food security, permaculture, and growing cold-hardy fruit and nuts in this region will find the tour of great interest.



The orchard distinguishes itself by growing over 20 types of fruits and nuts, and, following organic and permaculture principles, emphasizes soil biology improvement to allow the trees to fend off pests and disease without the use of synthetic remedies. The Farm is bigger than a backyard garden and much smaller than most conventional monoculture orchards. It doesn't operate as a business, but aims to serve as a model of resilience and sustainability for our community: Food security in action!

The Farm is located at 3613-C Newboyne Road. The free guided tours will take place at 10 a.m. and 1 p.m. Participants are advised to wear appropriate footwear. Pizza will be available from 11:30 a.m. to 12:45 p.m. Proceeds of the sale of pizza slices will go to the Portland Food Bank.



**August 31st:
Harvest Show, Share, Swap or Sell**

Time to show, share, swap or sell your best plants and produce from the 2022 growing season. It could be perennials you're dividing, or produce (raw or processed – canned, pickled, or dried) or even information, learnings or photos about your efforts and results. The first time we did this, in 2019, everyone who participated had a grand old time. Just saying...

Regular meeting time – 7 p.m. Regular meeting place – Portland Community Hall. Hope to see you there, baskets and jars in hand!

Grow For It Contest 2022

The Township of Rideau Lakes, in partnership with the Rideau Lakes Horticultural Society, is pleased to invite you to participate in the 4th annual Grow for It! Garden contest. We invite you to get out your shovel and take your garden to the next level! Nominate yourself, your neighbour or a local business for one of the following categories:



Edible



Residential Overall residential

Residential or commercial edible



Commercial Overall commercial

Children's Garden

“Just for fun” nominate a young horticulturalist in our area!

Deadline for nominations is July 17th. Please submit nominations and inquiries to Leila at lstafford@rideaulakes.ca.

Judging will take place July 24th to August 6th.



**COMMUNITY
GARDENS**

As a volunteer for a community garden, you:

- ☞ Acquire the knowledge and skills to grow your own food
- ☞ Gain an appreciation for different foods
- ☞ Sample the fruits of your labour, fresh from the earth
- ☞ Meet and learn from new people
- ☞ Are more active, spending more time outdoors
- ☞ Experience better health and spirit.

Contact Anne Bishop at Country Roads Community Health Centre at 613-272-3302 for more information and contact details for a coordinator in your area.

FUEL UP: **RAINBOW RICE BOWLS**

Here's another great meal from What's Cooking with Kate, presented monthly by Dietitian Kate Earl at Country Roads Community Health Centre, Portland.



Ingredients:

Makes 6 bowls.

Sushi Bowls:

- 6 cups cooked sushi rice (try brown!)
- 1 bunch of radishes, thinly sliced
- 1 cup carrots shredded
- 12 spears asparagus, steamed and chopped
- 1 cup snow or snap peas, chopped
- 1 cup cabbage red, thinly sliced, or grated beet
- 1 bunch chives or basil, finely chopped/sliced
- Sesame or pumpkin seeds, hemp hearts or chopped peanuts/cashews (optional)
- Edamame, tofu, chickpeas, string beans, kale, cucumber, avocado, arugula, egg, peppers, mango, jalapenos, sweet potato, corn, tomato, broccoli, or pineapple would be wonderful additions!

Sriracha Mayo:

- ¼ cup mayonnaise
- 2 tsp. Sriracha sauce

Peanut Butter Miso Sauce:

- 2 Tbsp. peanut butter
- 1 Tbsp. miso paste red
- 1 tsp. ginger paste
- 1 garlic clove crushed
- ¼ cup olive oil
- 1 tsp. sugar or honey
- 1 tsp. Sriracha sauce

Soy-Sesame Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup seasoned rice vinegar
- 1½ tablespoons honey (or maple syrup)
- 3 tablespoons sesame oil
- 1½ teaspoons soy sauce (reduced sodium)
- Pinch of salt
- 1-2 cloves garlic, minced (optional)

Directions:

1. Cook sushi rice and let sit until it comes to room temperature. Store in refrigerator until ready to serve.

2. Prepare vegetables and place in individual bowls for a sushi bowl bar or set aside until ready to serve.
3. For Sriracha Mayo, whisk together the sriracha sauce and mayo in a small bowl until well combined.
4. For Peanut Butter Miso Sauce, add all peanut butter miso sauce ingredients into a small food processor or high-speed blender. Blend for 1-2 minutes or until completely smooth.
5. For Soy-Sesame Dressing, shake together all ingredients. Optional add-ins:
 - Peanut butter. Make a creamy and thicker version by adding peanut butter or another nut butter. Start with 1-2 tablespoons and add water as needed if it is too thick.
 - Ginger. Add fresh or powdered ginger for added flavor. Start with ½ teaspoon powdered and 1 teaspoon freshly grated.
 - Lime. Add a squeeze of fresh lime juice to give a citrusy twist.
 - Sriracha. Up the spice level with ½ to 1 teaspoon of sriracha.
 Will keep in fridge for up to 2 weeks.
6. Serve each sushi bowl with 1 cup sushi rice, equal amounts of the vegetables and basil, and drizzle with desired sauces. Top with sesame seeds or nuts and enjoy!

Source: <https://www.evolvingtable.com/sushi-rice-bowl/>

Dispatches: Porters Lake NS

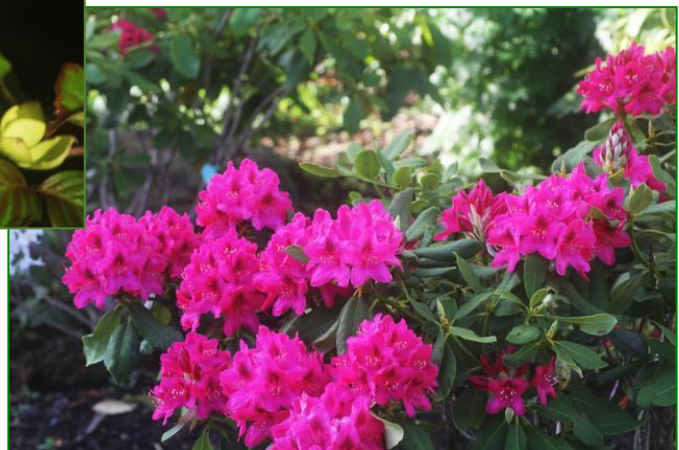
The dogwoods are beginning their show and the rhodos are peaking.



At left, Cherokee Princess, whose blossoms will grow to 3" (7.5 cm)

At right, a blazing Nova Zembla. Peaking, indeed!

Maggie



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Your comments, questions and contributions are always most welcome!