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Feature: What to Do with Dog Poo

Having recently welcomed a canine pal into my life after a 20+ year hiatus, I'm rediscovering the conundrum of what to do with dog poo. Twenty plus years ago I picked it up with plastic bags and put it in the trash. I lived in a city. It's what we did then.



Now I'm in a rural area where local culture seems intent on leaving poo where it falls, while the world around us is all about reducing carbon footprints, getting rid of plastics, and preserving biodiversity. Dog poo, if left on the ground, can wash bacteria harmful to humans into our watersheds and emit them into our air supply. Recent studies have also concluded that the additional nitrogen and phosphorus that dog poo brings to wild areas edges out some native plants (along with the wildlife species that depend on them), while encouraging other, less desirable plant species to take over.

Now we're going to do some math. One dog produces on average about 1.8 kg (4 lb.) of poo a week. That's 93.6 kg (208 lb.) a year. Rideau Lakes Township licenses typically 275 dogs a year; Westport 65. These 340 dogs produce an average of 31.8 tonnes (35.4 tons) of poo a year. First, that's a lot of landfill, if you're being the responsible dog owner who picks it up in a bag and deposits it in the trash. Second, those plastic bags will eventually break down and expel a huge amount of methane. Meanwhile, here we are

looking for alternatives to fossil fuels, and there's all this potential energy just going to waste, literally. Might be time for a reset.

One website, www.k9ofmine.com, offers 10 "eco-friendly" ways of disposing of dog poo. The first, throwing it in the trash in a plastic bag, is the least green solution, with the succeeding solutions each a little greener, up to the 10th – no, I don't want to spoil it for you, wait till the last two paragraphs! The first four solutions are really not so green and maybe not workable for a rural location; for example, hiring a dog poo disposal service. Really?! So I'll skip along to #5 and beyond.

Solutions 5 to 9 are all variations of composting and digesting the poo. You can buy expensive-ish apparati to help you with this, or invest in a \$2 plastic pail and do it yourself. The US Department of Agriculture has a pdf on DIY dog poo composting you might find useful. There are a couple of YouTubes on it as well. The only thing you need to remember is this compost is not for your vegetable garden or any trees or shrubs from which you will harvest edibles. So keep it separate from compost you'll use on your veggie garden and a good distance away from your veggie plot.

Solution #10. Drum roll, please. Biogas harvesting. Apparently, there are places in the world where dog poo is powering streetlights and homes. Someone even experimented with using dog poo to power a rocket and, guess what? It performed better than rocket fuel! K9ofmine maintains that dog poo "pulls well above its weight class" as a fuel source.

Could there come a time (hopefully within my dog's lifetime) when, instead of refusing dog parks and removing trash bins from public spaces, municipalities encourage people to take their dogs to a designated area, provide truly compostable bags to collect their waste, and an adjacent bio-digester to put them in?

As luck would have it, Rideau Lakes Township is doing a strategic review of its waste management programs as I write this. If you think bio-harvesting of dog poo is an option the Township should be exploring, let them know at <https://www.rideaulakes.ca/live/services/waste-recycling/waste-recycling-strategic-review>. Over to you, Arie, Council and Township staff...

*TO BE A GARDENER YOU JUST MUST TAKE THAT BRUTAL LEAP INTO POWER,
LIKE ANY EDITOR OR MANAGING DIRECTOR OR PRIME MINISTER. CHOP CHOP. THE
WORSE MUST GO. THE BETTER MUST BE ENCOURAGED. OR CHAOS REIGNS.*

– Elizabeth Smart, [This Little Acre: A Horticultural Extravaganza](#)

PRESIDENT'S VIEW

The gentle feeling of warmth on your face is returning to Rideau Lakes! As the season begins to change, the outdoors grows more inviting as each day passes. Soon the cheery bright-yellow Daffodils will greet us here in Rideau Lakes, welcoming us to the new season. As birds sing, buds break, and soil thaws, we all become energized by the return of life to this beautiful area.

As 2022 is **Year of the Garden**, the society has been eagerly anticipating spring. After a few years of restrictions, we are looking forward to rekindling our relationship and presence within our vibrant community. We have a number of great in-person volunteer opportunities up our sleeve for the coming year. Keep updated on these opportunities by following us on our website, Instagram (@rideaulakeshort), and Facebook (Rideau Lakes Horticultural Society).

In April, we are hitting the ground running on a number of community-based events and projects. On April 6th, we will be hosting an event at the Portland Community Hall called **Feeding Ourselves**. This event aims to open up conversations surrounding our connection to food in our community. On April 22nd, we will be working alongside the Rideau Lakes Public Library, co-hosting an event called **Plant It**. This program aims to encourage parents and children to get out and garden together.

In addition, we are working with students in the Green Industries program at Rideau District High School to grow plants for our **Annual Plant Sale** on May 28th, which we will once again co-host at the high school.

Your Board is still working hard to confirm future programming and get dates organized. Stay tuned!

We are also still seeking a Secretary and Speaker Program Director to join the Board. If you are interested in these positions or in learning more, please do not hesitate to reach out to me at madeline.seward@gmail.com or 705-868-6884! We are always eager to have new Board members, regardless of experience level or background.

Year of the Garden
Année du jardin



As a Society, we look forward to sharing our love of gardening while cultivating meaningful and beautiful experiences for our community. Cheers to 2022 Year of the Garden!

Madeline

Read Into It:

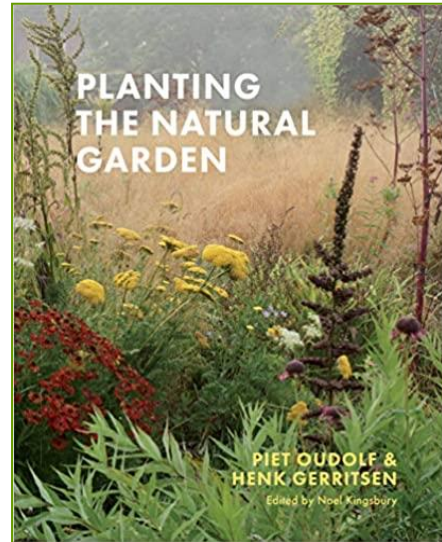
Planting the Natural Garden

by Piet Oudolf & Henk Gerritsen

Timber Press Inc, 2019

Available as e-book at Rideau Lakes Public

Library: www.rideaulakeslibrary.ca



This review is the second in the series that I promised to do on garden design books. I wanted to look at the different ways garden designers approach putting gardens together, what motivates them, and what factors they take into consideration. I picked this book because natural design is getting a lot of attention these days in the gardening world. One sees more gardeners attempting it – whether it is to incorporate the principles of permaculture into their garden or whether they just like the look.

This book was first published in 1990 for a Dutch audience and was actually about promoting perennials and a particular range of them to a public that perhaps had a limited exposure to the wide range available. At that time, Piet Oudolf was a garden designer and ran a small nursery, primarily to grow plants for his own design practice. He decided to partner with Henk Gerritsen who was an artist, garden designer and ecological activist. Gerritsen had travelled in Eastern Europe and was impressed by the wilder landscapes he saw there and had incorporated them into his own design work.

Because the authors wanted to introduce their audience to a wider range of perennials, the first part of the book consists of plant descriptions. The plant list is extensive. The descriptions are organized alphabetically by species and focus on the physical characteristics of various cultivars. Unfortunately, the descriptions do not give much in the way of growing conditions.

The second part of the book is about selecting and using plants to achieve the effect one wants. What type of garden – lush, blazing, tranquil, a specific colour, grassy, seasonal (e.g. fall). For each type, the authors describe the important elements and provide some guidance on achieving these, as well as a list of suitable plants. The third part of the book provides planting plans with drawings and suggested plant combinations.

I found this book very interesting primarily because of how it was organized. Plant lists and descriptions usually don't come at the beginning of a book. Usually, an author will discuss design principles and approaches first. I think

though that there is a lot of food for thought and a lot of ideas that can be incorporated as we approach our own design issues and desires for our gardens. The photographs provide beautiful illustrations and the translated text reads easily.

Judi

YEAR OF THE GARDEN SPRING EVENT CALENDAR



WEDNESDAY, APRIL 6TH **Feeding Ourselves**

Where does our food come from? Most of the crops currently produced in this area do not feed the local population, which relies almost entirely on food transported here from elsewhere. With the compounding threats of climate change, supply chain issues and the

economic effects of Covid-19 and the Ukraine war, how can we increase community food resilience in Rideau Lakes?

Feeding Ourselves is intended to open a conversation among growers, sellers and eaters about alternative models for producing and distributing food. This event will be a moderated panel discussion, with questions based on a project from Ottawa called “*Where’s the Food?*”, which was undertaken to understand, share knowledge about, and take steps to meet community food needs. The Society sees this conversation as the launch point for a similar project here in Rideau Lakes.

The Panellists:

Ramsey Hart – Executive Director, The Table Community Food Centre, Perth

Wendy Banks – Owner, Wendy’s Country Market, Lyndhurst

Neil Kudrinko – Owner, Kudrinko’s, Westport

Moderator: Meg McCallum, RLHS volunteer

You can participate in-person at the Portland Community Hall, or via Zoom. Email rideaulhs@gmail.com to participate via Zoom.

There will also be a seed exchange at 6:00 p.m. where you can bring your extra seeds to trade with others or to donate to the new seed exchange boxes located at all branches of the Rideau Lakes Public Library. The panel discussion will run from 7:00 to 9:00 p.m. And there will be door prizes!!!



FRIDAY, APRIL 22ND **Plant It!**

We're co-hosting with Rideau Lakes Public Library (RLPL) and the Township, a family planting event at the Elgin Community Hall. The event kicks off at 5:00 p.m. with a free catered dinner. During dinner, RLHS President, Madeline Seward, will discuss the importance of gardening with your kids and

some easy gardens to create together. RLPL's Laura Lee Davies will then talk about two gardening programs we're working on together: the BIG (Beginners In Gardening) Bags that we developed and launched last year, and the newly launched Seed Exchange Program. Following these presentations, families will head outside to plant seeds in pots they will take home with them. And there will be door prizes!! To register, contact Laura Lee at lauralee@rlpl.ca or 613-359-5315.

SATURDAY, MAY 28TH **Annual Plant Sale**

We're back!! RLHS is very pleased to repeat the great experience we had with Rideau District High School (RDHS) in 2019, co-hosting a plant sale at RDHS, 241 Main Street in Elgin, from 1:00 to 4:00 p.m.



Students of the Green Industries course will have a range of herb and veggie seedlings to sell, along with some house plants they've rescued and nursed back to health. Proceeds of their sales will go towards further improvements to the RDHS greenhouse and exterior plantings planned for later in the spring.

Please consider donating plants for the RLHS portion of the sale. This is our only fundraiser of the year, and we count on community donations to see us through the many programs we offer. Seedlings are, of course, the most popular sale items. However, we'd be grateful for perennials, house plants, bushes and even small trees. We are also encouraging people to bring or donate bulbs and seeds. You can drop off your donations at the School Saturday morning from 9:00 to noon. If you need help getting your stuff to us, contact Diana Kemp at 613-273-9354 or 2mcnallylane@hotmail.ca.

We will also have a silent auction of items donated by local businesses. Vendors are also welcome. There is a table fee of \$15 to cover insurance and we request you consider donating a portion of your take to the Society. If you're interested in having a stall or donating an auction item, contact Yvonne Helwig at yhelwig@kingston.net or 613-272-2877.



**SATURDAY, JUNE 11TH
TO SUNDAY, JUNE 19TH**

National Gardening Day

SATURDAY, JUNE 18TH

Take part in garden and gardening festivals, events and activities organized by members of the Garden family across the country. Experience **Canada's Garden Route** featuring public gardens, Parks Canada heritage gardens, destination garden communities, and the Garden Network and Trails. Everyone in Canada – individuals, as well as people in organizations, schools, churches, colleges, universities, clubs, societies, businesses, and municipalities – are invited to **Plant Red** to pay tribute to lives lost during the pandemic, and to honour frontline workers.

RLHS will be placing door-hangers of appreciation on residences and businesses with appealing curbside gardens during Garden Days. In addition, stay tuned for more details on possible municipal flash mob plantings and other activities during Garden Days and on National Gardening Day.

VOLUNTEER OPPORTUNITIES

There are big and small ways you can help RLHS bring the joys of gardening to our community. All volunteer work brings you into a group of great people (are there any better people than gardeners?), who have fun together and love to share tips and tricks of the trade.

It could be as simple and easy as bringing sandwiches or sweets to one of our in-person meetings, or offering to be a cashier or greeter at our annual plant sale. Gardening experience might be useful for some of these jobs, but most of them call only for a willingness to serve and learn.

Or, it could be the more rewarding experience of working on our Board of Directors. The roles we're currently aiming to fill – Secretary, Speaker Program Director, and Newsletter Editor/Publicist, each described below – involve 75 to 150 hours of work a year and a variety of skills.

If volunteering with RLHS is something you're thinking about, contact President Madeline Seward to find out more about it: 705-868-6884 or madeline.seward@gmail.com.

Secretary



The Secretary records motions made at Board and Society meetings. There are 11 Board meetings a year, monthly, excepting December. The Annual General Meeting, usually held the first Wednesday of November, is generally the only member meeting that requires minutes. Composing the minutes is made easy by use of a template.

The Secretary also notifies Society members of activities and events, using the RLHS gmail account; and regularly checks that account for correspondence, directing incoming messages to the appropriate Board member, or reporting on them at the monthly Board meetings. In addition, the Secretary keeps the secretarial records for the current and past five years, in hard copy and digital format, along with Society stationery.

Once a year, the Secretary gathers and prepares information from Board members and volunteers for annual reports to the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA), from which the Society receives an annual operational grant; as well as to the Ontario Horticultural Association (OHA), the Society's parent organization. These reports are submitted online.

Speaker Program Director

One of the Society's key goals is education, and its monthly speaker series has always been one of the main strategies for achieving that goal. The Speaker Program Director finds and schedules speakers and workshop leaders on subjects that are relevant to and align with the missions and values



of the Society. This is probably the most creative and exciting part of the role. Here, the Director is the face of the Society to the community and to people involved in horticulture both locally and farther afield.

The Director might survey Society members, or even take a sensing of the community through, for instance, meeting people at coffee clubs or other association meetings. The role involves establishing contact with nurseries, businesses, academics, experts, and at least one big name a year.

The Director might develop a theme for the speakers selected for a given year, addressing a local need, or a particular Society goal. Topics in a variety of areas of interest are considered – everything from perennials and edibles, to seasonal issues, and natural medicine to climate change. You might also organize a field trip or outing to a nursery, public, community or private garden, or other point of horticultural interest, usually within 100 kilometres of Rideau Lakes. Workshops might include making Christmas decorations from winter greenery; casting decorated concrete stepping stones or hypertufa containers; or pruning fruit trees or ornamentals.

Finally, the Director creates and distributes content in both digital and hard copy, to promote the speaker series, workshops and outings to Society members and the general public. And coordinates with Board members to help carry out the program. The Society has a tips and checklist procedure that would assist a prospective Director in carrying out this role.



Newsletter Editor/Publicist

The editor of this publication, *The Lilypad*, fulfils all editorial functions. As Editor in Chief, you design the overall look, feel and content of the newsletter, and set and carry out publication themes and deadlines.

As Managing Editor, you:

- Research horticultural issues, keep track of upcoming RLHS events and activities, and create content relevant to the goals of the Society, community interests and member suggestions
- Reach out to community partners and resource persons for feature articles or other relevant content
- Do structural, line and copy edit of submissions from Board members and the community, and
- Find or take photos to increase content appeal.

As Publication Editor, you lay out the newsletter using Word or other text or publication software, proofread, publish into pdf, and distribute to the Society's community list of upward of 150 recipients.

Finally, as Publicist, you reframe and rewrite RLHS-specific content for publication in community newspapers, such as the Review-Mirror and Metroland Media, and submit it on a timely basis to promote upcoming Society events and activities.

Community Corner



Rideau Lakes introduced the PITCH-IN program in 2000, and from there it has grown into an annual event, township-wide! Help keep your community beautiful by “pitching-in” to clean up roadsides, parks and shorelines. Pitch-in bags are available at the Municipal Office and library branches, or you can call to have them delivered. Pitch-in April 17th to 30th and, when the bags are full, no tag required, place them out on your regular collection day and Township staff will do the rest. THANK YOU FOR PITCHING-IN!

For more information contact Ambur Lavallee at alavallee@rideaulakes.ca or 1-800-928-2250 ext. 230.



Pre-Easter Egg Hunt

There’s still time to manage this year’s predicted peak crop of gypsy moth caterpillars. Pictured at right are the tan, fuzzy masses of hundreds of eggs, ready to hatch into larvae in April and May. It might take you a few hours to gather the eggs now, but just think of all the thousands of caterpillars you won’t have to pick off your disintegrating trees later!

All you need is a receptacle to put them into and a scraper of some kind – a paint scaper or serrated round-tipped paring knife would do. You can burn the eggs or soak them for 24 hours in soapy water and dump them on a dirt path away from a water source. There are lots of how-to YouTube videos.

I don’t have a big lot but my balsam was full of them. Every little bit counts in this third year running of the war against this invasive species.

FUEL UP: Red Lentil Soup

March was Nutrition Month. The theme for 2022 was Ingredients for a Healthier Tomorrow. Wondering how you can eat more sustainably? These Top 5 Ways are a great place to start:



1. Choose plant-based proteins more often. Add beans/lentils, soy, nuts/seeds, quinoa, oats to meals.
2. Reduce food waste. Plan meals that make use of leftovers and use frozen foods more often.
3. Drink tap water. This cuts back on single-use plastic and the emissions from its transportation.
4. Buy local, field grown produce. Get to know your local farmers and find out what's in season.
5. Grow your own food. Start small with a few plants at home or join a local community garden.

To get the ball rolling, here's a great end-of-winter comfort soup for those cool damp spring days, courtesy of Kate Earl, the Registered Dietitian at Country Roads Community Health Centre, and her What's Cooking Club.

Ingredients:

- | | |
|---|--|
| 2 Tbsp olive oil | 2 Tbsp tomato paste or 1 cup of diced tomatoes |
| 1 large onion, chopped | 4 cups vegetable (or chicken) stock |
| 1-2 stalks celery, chopped | 1 cup red lentils |
| 1-2 carrots, diced | 3 Tbsp lemon juice (juice from 1 lemon) |
| 2 garlic cloves, minced | Salt and pepper |
| 2 tsp cumin and/or curry powder | Optional: Top with a dollop of yogurt, crumbled feta cheese, chunks of avocado, chopped fresh herbs, or pita chips |
| Optional: pinch of chili flakes or cayenne powder | |

Directions:

1. Heat the olive oil in a large pot. Add the onion, celery, and carrot and sauté for 2 minutes. Add the garlic and cumin to cook, stirring for another minute.
2. Add the tomato paste/diced tomatoes, stirring until combined, followed by the stock and lentils. Bring just to a boil, reduce the heat, and simmer, partially covered for 20 minutes, or until the lentils are very soft.

3. If desired, using a blender or food processor, puree half the soup, and add back to the pot. If the soup seems too thick, add 1 cup of water.
4. Stir in the lemon juice. Season with salt and pepper.

Kate adapted this recipe from: <https://oldwayspt.org/recipes/lentil-soup>.

Dispatches: Floriade 2022

As international travel is opening up, if you're considering a trip across the big pond, you might want to look into a side trip to this international horticultural exhibition that occurs only once in 10 years. It is happening this year April 19th to October 9th in

Amsterdam-Almere, Netherlands.

East meets west as over 20 countries from around the world will share their culture, plants, flowers and local innovations. Pictured left are Qatar's desert nests.



vegetables, flowers and plants, along with innovations and solutions for sustainable, liveable cities.

The Dutch horticultural industry will showcase in their greenhouse a huge variety of



National pavilions such as the Flevo

Campus of the Aeres University of Applied Sciences, pictured at left, will demonstrate how education, research and science come together, as a knowledge and innovation centre in the field of urban food supply.



YOUR BOARD OF DIRECTORS

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You can find *The Lilypad* on our website at:
<https://www.rideaulakeshorticulturalsociety.ca/>.

For ongoing news and tips, join our Facebook Group at:

www.facebook.com/groups/rideaulhs/about/

and/or follow us on Instagram: @rideaulakeshort.

Your questions, concerns, comments and contributions are always welcome.