



Editor: Yvonne Helwig

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**Feature: RDHS/RLHS
Grant Partnership**

Rideau District High School (RDHS) has won a grant from Whole Kids Foundation (WKF) for the upcoming school year, and RLHS is the named partner on the grant.



WKF's mission is to support schools and inspire families to improve children's nutrition and wellness. WKF believes that, given the right opportunities, kids will get excited about fresh fruits, vegetables, whole grains and other nutritious whole foods.

The greenhouse at RDHS was instrumental in teaching horticulture and good agricultural practices from the time it was built in 1960. Indeed, RLHS was founded in 1969 by people who had participated in a horticultural evening course at RDHS, which spurred them on to want to keep learning about horticulture.

With today's emphasis on nutrition and healthy eating habits, RDHS wants to update the greenhouse to better educate today's students about agriculture and horticulture. In addition to the greenhouse focus of the grant, RDHS will improve and extend an outside garden established two years ago. It will also bring more hydroponic towers into classrooms to support its nutrition program that feeds over 400 kids every day of the week.



From seed to table is RDHS's goal. The School is looking for students to learn the value and techniques of gardening. It also hopes to increase awareness in the community, as well as to garner interest with local businesses and community organizations in participating and partnering on horticultural and nutritional initiatives.

Students in last year's Green Industries course showed their interest, by choice, to learn and support the School's nutrition venture. Students researched what best grows in the greenhouse, outdoor garden and hydroponic garden, and took on the responsibility to nurture plants.

The outside garden created two years ago had an Indigenous focus as well. Built as a medicine wheel garden, it consisted of north, south, east and west quadrants representing the circle of life. Each quadrant was planted with native perennials, shrubs, medicinal herbs or edibles associated with the spiritual qualities of that quadrant.



Pests are considered a natural part of the garden experience and an opportunity for students to learn about life cycles of insects as well as plant diseases. Students learn that maintaining a healthy soil structure and watering schedule is key to keeping pests away, since pests and disease thrive on sick and vulnerable plants. Companion planting of strongly scented herbs also deters non-beneficial insects while attracting beneficial ones that will feed on the others.

Noel Rogers, the RDHS Coordinator for the grant, has taught the Green Industries course for the past 2 years and has taught for over 10 years. The grant will involve 175 youth in seven classrooms. Lesson plans will integrate project activities into the science, math, art, history, and physical education curricula. RDHS is also looking for about 30 community volunteers to work with students learning about horticultural and nutritional values and techniques.

The RLHS lead on the project is Corey Evans. Corey is well-known and appreciated in the local gardening community and RLHS, both for her knowledge of plants and keen support of community and educational horticulture-related initiatives.

PRESIDENT'S VIEW

I hope everyone has enjoyed the dog days of summer and found some cooler hours to spend in their gardens! The season is definitely starting to feel a little more like fall each day – with hot days and cool nights, it's great sleeping weather! Everyday, I always get excited to walk out to the garden and pick what each day has to offer. As my garden got a little out of hand this summer with weeds and storms blowing my tomatoes over, I definitely adjusted my expectations to its aesthetics. That being said, my plants have still produced a bountiful harvest that will feed us into the winter!



After the last couple years of restrictions, it has been nice to get back to some of the things we enjoy about summer. In July, we had the honour of visiting the Bastard County Fruit Farm located just outside of Portland. A huge thank you to Paul and Carol for inviting us into their orchard oasis. It was fascinating

to see their operation and learn from their wisdom and experience in permaculture fruit farming. The wood oven pizza was to die for!

Carol, above right, explaining ramial wood chip composting, and Paul, at right, tending to the pizzas.



We had a great day celebrating the winners and nominees of the 2022-Grow for It! Rideau Lakes Garden Contest. Congratulations to you all for helping make our community extra beautiful! Thank you to everyone in the community who voted and participated! There are simply too many beautiful gardens and I'm sure it was very challenging for our judges to decide on only a couple!

We have a member who has stepped up to fill the Program Director role. Although we have struggled this year to secure speakers in our changing world, we would like to transition back into having more educational speakers in 2023! Stay tuned!

If you're interested in learning more about opportunities with our Horticultural Society, visit our website and social media pages. If you have any feedback or ideas feel free to fill out our suggestions survey on our website or send ideas to rideaulhs@gmail.com.

Thank you so much for your continued support of the Society and our gardening community!

Madeline

...EVERY YEAR FROM OCTOBER TO MARCH GARDENERS GET THIS MARVELOUS NEW DEAL WHEN PLANTS CAN BE CHANGED AND REARRANGED, ADDED TO, SUBTRACTED FROM.
- Elizabeth Smart

Read Into It:

A Way To Garden: A Hands-on Primer for Every Season

by Margaret Roach

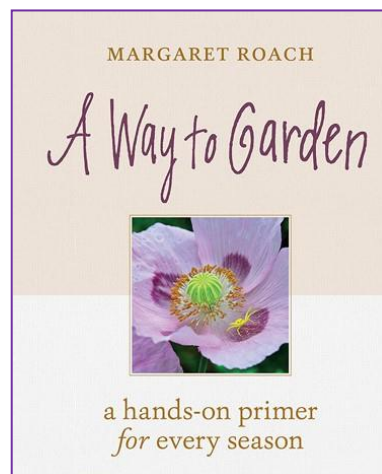
Timber Press: 2019

Available as an e-book from

Rideau Lakes Public Library: www.rideaulakeslibrary.ca

This is another book that I've chosen because it is essentially a personal book about an author's own experiences and approach to gardening. Originally published in 1998, it was thought that it was time to do an update. The author found as she got into it, however, that so much had changed in gardening that had resulted in her own approach having changed, so that the update became a rewrite. She still gardened organically but had incorporated a more scientific approach. Everything is rigorously researched. Also, her relationship with her garden and the life that inhabits it is deeper. There is a greater understanding and appreciation of the roles of native plants, insects and wildlife.

Her gardening is seasonal but it's six seasons not four. Much like the old Celtic seasons. She sees them as the phases the garden goes through in a year. Conception, Birth, Youth, Adulthood, Senescence and Death, and Afterlife. Each season is two months starting in January. For each season, she describes her activities. For example, during Conception, she studies catalogues, orders seeds, plans layouts and designs. She also talks about what is happening in her garden during each phase. What are the plants



doing? What is the wildlife doing? What glories and challenges are there? What methods does she use to enhance plants or counteract problems?

All the way through the book the author discusses her research into problems or what might just interest her. She participates in data collection, like bird counts, insect counts and other wildlife counts, to contribute to data that scientists can use for research. Although her references for the most part do not include Canadian sources, there are zones in the United States that are equivalent to ours.

Margaret Roach was the garden editor for Martha Stewart Living magazine until the mid-2000's. She was working down the street in New York when 9/11 happened and escaped that day to her country property and gardens in New York State near the Massachusetts border. It was at that time that she decided to live permanently in the country and set up her garden blogging, writing and presentation business there. Both of her other books – *The Backyard Parables* and *And I Shall Have Peace There* – are worth reading.

Judi

Featured Plant: Indian Pipes



Light: Deep dark shade

Soil: Rich moist loam; plenty of dead leaves

Care: Self-seeding perennial; do not pick as it will turn black and die; very difficult to propagate

Bloom: Shining translucent white with pinkish blush; summer thru early fall usually after a rain; resembles a bell

Leaves: Scales or bracts along stem all same colour as bloom; does not photosynthesize, but lives off the mycorrhizae fungi in the soil

Growth: **Height** 5-30 cm / 2-12 in

Spread Often clustered

Uses: Only native species of *Monotropa* found in Canada
aka Ghost or Corpse plant
was used by Blackfoot to heal wounds; by others for epilepsy
also in anti-anxiety herbal medications since late 1800's

EVENT CALENDAR

Your Board is organizing three events for this fall. All take place the first Wednesday of the month at 7 p.m. at the Elgin Community Hall, 241 Main Street.



September 7th: 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...

October 5th: Rethinking Your Lawn and Its Place in the Ecology of the Earth

Have you ever wondered what you can do as a property owner to be part of an ecological well-spring of repair and restoration of the Earth? Karen Smereka's interest in lawns developed when she was a field researcher at the Hubbard Brooke Ecosystem Forest in Thornton NH. While there, she worked with one of the principal investigators, Herbert Bormann, who concluded that "our dedication to maintaining beautiful lawns is contributing to the serious environmental problems facing the earth." Come and find out why and what you might consider doing about it.



ANNUAL GENERAL MEETING



GET INVOLVED!

November 2nd: Annual General Meeting

Your Board of Directors will be asking you to approve the budget; approve financial and audit reports; nominate, elect and confirm officers and directors; and appoint or confirm auditors for the next year. This year we will be confirming our new Secretary and Speaker Program Coordinator.

The Board is looking to add someone interested in floral arrangements and judging; organizing garden tours or shows; publishing this newsletter; hosting workshops; or helping out with our community projects, such as Feeding Ourselves and working with students at the Rideau District High School greenhouse on their Whole Kids Foundation grant. Come work with a great bunch of people to enhance your community!

Community Corner

DAFFODIL CAPITAL OF ONTARIO

In the fall of 1999, the Haskins family started planting daffodils along Freeland Road to bloom for the Millennium; and every year they continue to plant different varieties. In 2010, the Joint Beautification Sub-Committee of the Township of Rideau Lakes launched "*The Daffodil Project – Making Rideau Lakes the Daffodil Capital of Ontario by 2015*". Hundreds of residents embraced the Project and began planting daffodils throughout the Township. In May of 2015, the Township of Rideau Lakes was officially proclaimed the "Daffodil Capital of Ontario". Watch the [YouTube video](#) of the Proclamation ceremony.

Each fall, residents, beautification committees and school children plant thousands of daffodil bulbs in gardens, in public spaces, along roadsides and fence lines. You can buy a variety of bulbs from the Township by contacting Leila at 800-928-2250 ext. 238 or lstafford@rideaulakes.ca.

FUEL UP: NO-BAKE PEACH CRISP

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

Ingredients:

2 Tbsp butter	4 large peaches, sliced
$\frac{3}{4}$ cup oats	(or 2-15 oz. cans, drained)
$\frac{1}{2}$ cup brown sugar	1 tsp cinnamon
$\frac{1}{4}$ cup chopped walnuts (optional)	$\frac{1}{4}$ tsp nutmeg



Directions:

1. Melt half the butter in a pan over medium heat. Add oats, brown sugar, and chopped walnuts. Stir until oats are crispy. Set aside.
2. Melt the rest of the butter in a pan over medium heat. Add peach slices and stir until coated. Add cinnamon and nutmeg and stir until peaches begin to soften and caramelize.
3. Spoon warm peach filling into 6 individual bowls, top with crispy oats and serve.

Source: www.extension.umass.edu/nutrition/recipes/no-bake-peach-crisp

Dispatches: Bastard County Fruit Farm



Madeline took these beautiful photos during the tours of the Farm in July.

At left, various edible-bearing shrubs paralleled with pollinator beds, under the blue skies the day of the tours.

At right, a wren in her nest strategically placed within the sheltering leaves

of the grape vine, and, she hopes, within easy reach of food for her youngsters. Hopefully they will have quit the nest long before Paul and Carol cover the vines to prevent precisely this pillage! And the cycle of life continues...



YOUR BOARD OF DIRECTORS

President	Madeline Seward madeline.seward@gmail.com	705-868-6884
Vice-President & <i>The Lilypad</i> Editor	Yvonne Helwig yhelwig@kingston.net	613-272-2877
Treasurer	Mary Jane (MJ) Leblanc bobandmj@live.ca	613-272-2390
Secretary	Ann Seward sewarda1965@gmail.com	613-206-0801
Past President	Bob Leblanc bobandmj@live.ca	613-272-2390

Directors:

Membership Director	Diana Kemp 2mcnallylane@hotmail.ca	613-273-9354
Speaker Program Director	Andrew Torrance atorrance02@gmail.com	
Technology Director	John Welsh newborojohn@gmail.com	613-866-9810
Directors at Large	Geraldine Baker Pat Best John Carley Corey Evans	613-583-7509 613-359-5503 613-359-6031 613-484-6664

Newsletter Contributors:

Judi Longstreet	jojuzoo@kingston.net
Kate Earl	KEarl@CRCHC.ON.CA

You can find *The Lilypad* on our website, Facebook, or Instagram:

<https://www.rideaulakeshorticulturalsociety.ca/>.

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

@rideaulakeshort.

Your comments, questions and contributions are always most welcome!