

North Dumfries Garden Club NEWS

Summer 2023



“Someone is sitting in the shade today because someone planted a tree a long time ago.”

Warren Buffett

NDGC Executive Team

President

Lynn Creeden

Secretary

Jacqueline Wettlaufer

Treasurer

Mary Lynn Benninger

Memberships

Carrie Rolleman

Monthly Meeting Chair

Robert Marshall

Events Programming

Juliette Coughlan

Greenwood Park

Ben Benninger

Newsletter

Jacqueline Wettlaufer

Social Media

Erika Brombacher

Directors At Large

Betty Butcher

Sara Lynn Cleave

NEXT ISSUE: FALL 2023

“Putting
down roots
since 1920”

MESSAGE FROM THE PRESIDENT



Plant Sale Photo Credit: Ron Daemen 2023

Greetings Garden Club Members,

SUMMER is here and it is time for our summer newsletter. I want to begin by offering a huge ‘Thank You!’ to Jacquie Wettlaufer (editor) for the many, many hours of work she puts into each of the newsletters.

I am going to report on the success of the projects which were introduced in the Spring Newsletter in this summer edition.

In 2023 the garden theme colour selected by the OHA was purple. In 2024 we will be celebrating Ayr-200. This will be the 200th anniversary of the founding of Ayr. The Garden Club was asked to select a theme colour along with a flower that our club members and residents of Ayr could feature in their gardens. Once again in 2024 we will be encouraging everyone to include purple in their plantings. Because of the heritage of our town, we selected a flower of Scottish background which is purple. The plant we chose is *Campanula Rotundifolia* which is also known as ‘Bluebell of Scotland’ or ‘Harebell’. Horticulturalists often interchange blue and purple. The colour purple blends well with many colour schemes, some of which create visual stimulation and others which elicit calm, peace and harmony. You will find a wide variety of perennials and annuals with purple leaves, flowers, fruit and vegetables. Have a look at the downtown pots for an interesting colour scheme using purple. Many other combinations can be created. This fall you might plant purple tulip bulbs in your gardens for an early splash of purple in spring 2024.



The garden club is working under the combined efforts of Juliette Coughlan and Meadow Acres Nursery on a project promoting the planting of the purple perennial mentioned above. More details to follow.



Our Plant Sale was held on May 27th under the organization of Marg Cation and the help of many volunteers and the donations from the gardens of our members. The sale was very successful. We initially planned to have an auction sale at the end of the plant sale but timing became a problem. We then moved the auction sale to the final meeting of the season with Bob Marshall as auctioneer. It was great fun and we made over \$200 for club projects! If you missed this event, be sure to join us next year.

On the same day as the Plant Sale, the pots in downtown Ayr and in Roseville were planted under the guidance of Erika Brombacher. Be sure to stop and admire the planters created by a small but energetic group of club members.

The Community Garden Plots (#5 & #9) and the Cambridge Food Bank Project are well underway headed up by Mary Lynn Benninger with 16 volunteers sharing the planting and maintenance of our plots. Drop by the NDCC community garden and check out our 2 vegetable garden plots.



As you know the Ayr Farmers Market (From Here to There) is held on Church Street each Saturday morning from late May to Thanksgiving. Some of the vendors asked to have a few picnic tables put in the park which has been done by the township. The tables are encouraging people to come and use Greenwood Park. You are welcome to use them also. The Ayr Market has also offered us the use of a stall at the market when we have information we would like to share with the public. We look forward to using this space for a variety of purposes such as information about the Garden Club, selling memberships and promoting projects.

I am very pleased and excited with the many projects our club has accomplished over the spring and summer seasons. Thank you to everyone that has volunteered and/or taken part in these activities.

I wish all of you a wonderful summer and a successful gardening season.



'Warm' Wishes,

Lynn

Photo Credits: Ron Daemen 2023



Finding Peace Through the Colour Purple by Jacqueline Wettlaufer



Photo Credit: Ron Daemen 2023

Our 'green' spaces are our sanctuaries. Plants infuse us with a wealth of healing energy, nourishing our bodies in so many ways. Whether your plants surround you on a counter, or on a table, arranged in an area of a room, or lining the railing of a balcony, hanging in baskets on a porch, or planted in boxes below a window, perhaps in raised planters on a deck, or maybe planted in a flower bed around your yard, or perhaps celebrated across your landscape, we all can feel the calming effects of just being near live plants.

Photo Credits: Ron Daemen 2023



The creation of these spaces is as unique as our personalities: colourful, energetic and welcoming! The infusion of purple across our landscapes grounds our feet, steadies our vision, freshens our air, delights our taste buds and warms our hearts. Our worries wash away and peacefulness boosts our energy levels by seeing the freshness of light periwinkle-coloured flowers waving 'hello' to us in a summer breeze, smelling the pungent floral scent of lavender flowers saturating the evening air, tasting the spicy plum flavours of fresh fruit from the vine or branch, and gazing at the deeper mauve coloured leaves dancing in the wind. In these spaces we exhale. We are still. We listen to the natural world. Our worries float away on warm summer breezes. Our minds slow to a calm. We are at peace. We celebrate ourselves, our family, our friends and our neighbours – together we break bread, sharing our bountiful harvest.



Photo Credits: Nadine Feser 2023

This season, take some time to explore your space. Develop purposeful drainage to keep water in your yard. Replenish the soil. Plant a tree. Add plants with height for shade. Add purple. Welcome pollinators. Feed birds. Eat raw. Donate food. Wander through a garden center (or two). Visit our sponsors. Nominate a Garden Hero.

Welcome to summer!

<https://livethegardenlife.gardenscanada.ca/>

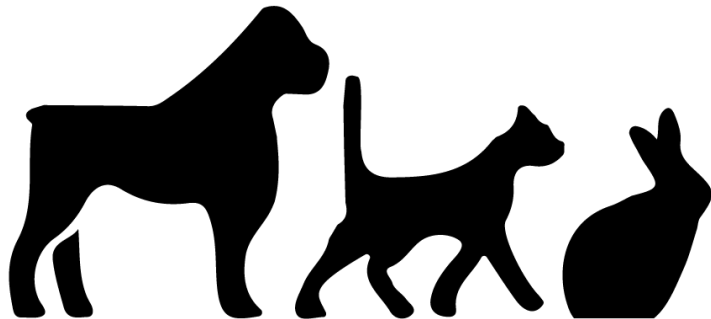


canadiangardencouncil



@GardensCanada

APRIL: Manitou Animal Hospital (Kitchener) “Tick Talk” by Lisa Clifford, RVT



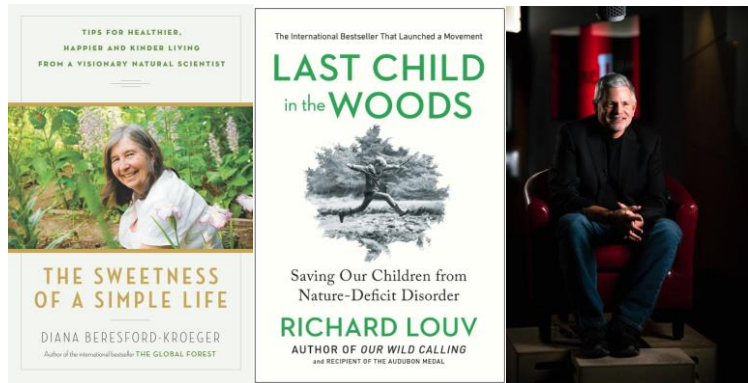
MANITOU
ANIMAL
HOSPITAL



etick.ca also available on iOS and Android apps

Ticks found in the Region of Waterloo include Brown Dog Tick, American Dog Tick and Black Legged Deer Tick. Ticks become active in the spring when daily temperatures average 4°C or above. They crawl out to the end of long grasses, ‘questing’ for an animal to drop onto. Ticks will attach to any smooth, warm, moist, dark surface including but not limited to ears, arm pits, groins, etc. Tick sizes vary, being small when first attached and then swelling in size to about 1cm in width while feeding. Ticks are a parasite that can transmit zoonotic diseases while they feed. Ticks need to be removed immediately to avoid the transfer of disease. A product called a ‘Tick Twister’ can help easily remove an engaged tick. Visit etick.ca to view their comprehensive map of tick habitats, to help identify any ticks that you may encounter, report an incident, and/or upload photographs. The best way to avoid a tick bite is to clear away any leaf litter in your yard/garden, stick to paths when hiking, wear socks over the base of your pant legs and use a lint roller upon returning from your walk. Ensure that your pet is on a tick prevention medication. Tick repellents include catnip, mint, sage, lemongrass, lavender and rosemary. Ticks find pennyroyal, citronella and geraniums toxic.

MAY: BIRD'S FOOT DESIGN STUDIO (Glen Morris) "Therapeutic Plants: How to make your outdoor space more meaningful.", by Lynn Leach, HTR, Registered Horticultural Therapist & Landscape Designer.



What makes a garden space therapeutic?

There is a proven abundance of mental, physical and emotional benefits that result when people connect to nature. Innovative and environmentally sensitive outdoor green spaces have the capacity to delight and are associated with good health & well-being. Positive effects stemming from just 30-40 minutes of 'garden' exposure per day include improved mental outlook, improved spiritual connectedness, increased cognitive ability and an overall feeling of contentment with noticeable decreased anxiety and stress. Suggested readings are posted above with links to these resources.

Considerations should be made to create a space that meets your unique style and functions in a way that suits your needs while providing delight for your eyes and solace for your soul. It invites you to stay in its beauty and relax for a while, perhaps to meditate, connect with a friend, watch nature or take photographs. In addition to therapeutic plants, these garden spaces contain meaningful elements that have the ability ground you (antiques, artwork, stepping stones, in memorial items).

Therapeutic plants are characterized by colour, edibility (herbs), fragrance, medicinal properties, movement, purpose, shapes, spiritual associations texture, and value to wildlife. Aromatherapeutic plants include: basil, beebalm, lavender, peppermint, pine, rose, and sage. Medicinal plants include: calendula, echinacea, eucalyptus, ginkgo, lavender, purple coneflower, and sage. Nutritional plants include: fruits, herbs, nuts, seeds, and vegetables. Connections can be made to culture or ceremony by using: cedar, sage, strawberry, sweet grass, white pine, and white trillium.

Explore further sources on this topic by clicking on the icons above this summary or the links below:

- Beresford-Kroeger, D. [2015.] *The Sweetness of a Simple Life: Tips for healthier, happier and kinder living from a visionary natural scientist.* Toronto, Vintage Canada, 368pp. ISBN 9780345812964. Retrieved from, <https://www.penguinrandomhouse.ca/books/225339/the-sweetness-of-a-simple-life-by-diana-beresford-kroeger/9780345812964>
- Louv, R. [2008.] *Last Child in the Woods: Saving our children from nature-deficit disorder.* New York: Algonquin Books, 416pp. ISBN 9781565126053 <https://richardlouv.com/>
- Strayer, D. [12DEC2017.] *Restore your brain with nature.* Retrieved from: <https://www.youtube.com/watch?v=vRMRBxvtZA> [24JUL2023].

Be mindful when creating your unique green space.



MEMBER CONTRIBUTIONS & CELEBRATIONS

- **ASK A FELLOW GARDENER**

In this 'column', our members are invited to send their questions about their plants or design dilemmas in their gardens to northdumfriesgardenclub@gmail.com for publication. Erika Brombacher, NDGC member and Certified Horticulturist, will then do her best to post a response to these questions. As a reader, if you have experience with the question(s) being asked, you are welcome to send your reply (or anecdotal story of your experience) to northdumfriesgardenclub@gmail.com for publication. No question is ever too small and the sharing of experience makes for healthier gardens – let's help each other out and keep the conversation going.

Two questions were submitted to Erika, answers will appear in our Fall Newsletter.

1. **Do all plants need to be dead-headed? How do I tell which ones need to be?**
2. **When should I collect seeds to use next year? Please suggest some pointers to follow with seeds over the winter months.**

- **SHARE A RECIPE FROM THE GARDEN**

Seasonal recipes & photos can be shared for publication via northdumfriesgardenclub@gmail.com. Consider sharing harvesting, drying, canning, or freezing techniques, or sharing recipes with seasonal produce from the garden – appetizers, main courses or desserts. Let's get cooking!

Recipe Submitted by Marg Cation: “Cheese Ball” *Served at the April Club Meeting*

Ingredients

1 8 oz. package cream cheese at room temperature
8 oz. shredded old cheddar cheese
1 tbsp. each red & green pepper chopped fine
1 tbsp. chopped onion [alternatively fresh chives]
2 tsp Worcestershire sauce
1 tsp lemon juice
dash of salt & cayenne pepper [optional]

Directions

Combine cream cheese and cheddar cheese until well blended. Add remaining ingredients and mix well. You can shape into a ball and roll in chopped pecans or chopped parsley if you wish.

Recipe Submitted by Marg Cation: “Gluten-Free Chia Minis” *Served at the April Club Meeting; Makes 24*

Ingredients

3/4 c. oat flour [I use millet flour]
1/2 c. chia seeds
1 1/2 tsp. baking powder
1/4 tsp salt
1 tbsp. cinnamon [optional]
1/3 c. maple syrup [or other liquid sweetener]
1/3 c. milk [I use non-dairy]
1 tsp. vanilla extract

Directions

Preheat oven to 300°F
Combine dry ingredients.
Mix together liquids, then stir into dry ingredients.
Spoon into lightly oiled mini-cupcake or donut pans.
Bake 8-10 minutes. Cool 10 minutes.
Invert onto cooling rack.
Maple Glaze: ½ c. icing sugar with 1 tbsp. maple syrup.

Recipe Submitted by Pat Hryniewicz: “Dandelion Salad” Serves 2-4



Photo Credits: Pat Hryniewicz 2023

Ingredients

10-15 fresh dandelion leaves
10-15 spinach leaves
1/4 iceberg lettuce head or romaine leaves
1 tomato
4 radishes
1 tablespoon chives
1/4 of red onion
2 hard boiled eggs

Optional Additions:

Sorrel leaves
Cucumber
Pine nuts
Hemp seeds
Sunflower seeds
Pumpkin seeds

Vinaigrette

1 tablespoon honey
1 tablespoon lemon juice
1/3 cup extra virgin olive oil
Fresh ground pepper
Himalayan Pink Salt or regular Sea Salt

1/2 tablespoon chopped parsley

Directions

In a large salad bowl:

Pick/wash (if not used immediately store in refrigerator for up to 1 week ahead)/chop new dandelion leaves (small/medium sized; no stems)

Dice red onions, chop chives, slice radishes, quarter tomatoes and eggs.

Mix vinaigrette in small jar. Just before serving, add vinaigrette to salad & gently mix.

MONTHLY MEETINGS, EVENTS, ANNOUNCEMENTS & IMPORTANT DATES

Cambridge Mobile Food Bank – Wednesdays Weekly 10:30-11:30am @ Knox United Church. Pay as you can for fresh produce in the outdoor market. If raining, the market is held indoors.

Local Garden Walks 2023 sponsored by Cambridge Rivers Edge Gardeners – Tuesday evenings May 30th to August 8th 6:30-8:30pm. All are welcome, \$15pp for membership. More information on these events can found at their website: <https://cambridgeriversedgegardeners.com/events/garden-walks-2023/>

Club Meeting Topics Welcome– If you have an idea for a club meeting topic or workshop, or know of someone who might want to share their expertise, please let us know at northdumfriesgardenclub@gmail.com .

Newsletter Articles Welcome – Please forward your ideas to northdumfriesgardenclub@gmail.com . This publication is about your voice – we welcome your creative ideas, horticulture questions & recipes.

Did You Know? – We have many different committees running in the club. Watch for updates shared at club meetings, by email, on social media or by newsletters for your chance to help us out! New volunteers welcome!

Sponsors Welcome – If there is a business you know that is willing to sponsor our club to offer discounts in their product/services, please let us know at northdumfriesgardenclub@gmail.com . Be sure to continue your support of these businesses who are offering our club members continued discounts for this membership year.

