

Flamborough Horticultural Society



October 2023 Newsletter

President's Message

Greetings Members

What a great September meeting we had! There was so much energy in the air and we met 25 other fellow Society Members who were our guests. The new speaker/amplifier worked out well and with the portable speakers, everyone could hear when a question was asked. Thankyou to our Society Assistant District Director (ADD) Matas (Mat) Eimantas and District Director Lianne Krane who also attended. Lianne mentioned the importance of getting youth involved in the 2024 OHA convention in Guelph. The prizes are in the form of money and range from creative writing, photography and other arts. Check out gardenontario.org for details.

Special thanks to member Connie Godyn and to Flora Borealis in Lynden for the lovely flower bouquets for prizes. Thank you also to Annamary and D'arcy Kilham who were our hosts and to Liz Henderson, Rose Jamieson and Marilyn Brown who brought in Refreshment/Treats.

Our October Meeting Hosts will be Liz Henderson and Rose Jamieson. The Refreshment volunteers are Annamary Kilham, Mary Blake and myself.

The sign up sheets will circulate at the October and November meetings so please consider being a Host or Refreshment volunteer. We will also begin the sign up sheets for the Christmas potluck. Details to follow.

For the October meeting, we will be in the narthex/ gathering area located just inside the outer doors and inner doors of the church. The chairs will already be set up for us. I am told we will have access to the kitchen to prepare coffee and tea but the parish hall will already be set up for their bazaar and unavailable. If this changes I will let you know by email.

Please consider attending the District 6 Fall dinner on November 4 to support our host, Waterford. I attended Waterford's Christmas pot luck last year and they did a super job. There will also be completed hypertufa pots available as a District fundraiser.

It's seed saving time! Save some seeds and we can have a seed exchange in the spring. Seed exchanges are also welcome at other select spring Society meetings if you plan to attend to hear other great speakers.

This year Our AGM will be Wednesday November 15. The floor will be open for volunteers. All Director positions become vacant. We also currently have positions open for VP, Nominating committee, Awards committee and a Chairperson for the Caring Committee. Connie Godyn also needs a Co-Chair for the Plants Sale Committee and we need someone to help with Civic Improvement. Please consider volunteering to help spread the tasks.

Best wishes Susan MacMillan (on behalf of the Board)

Photograph Your Gardens Now!



January's Flower Show theme will be a photograph of your summer garden. This can be a photo of an entire bed or a close up of a particular area of interest. Entries will be emailed and shown in a powerpoint for voting.

October Garden Tasks

- Transplant shrubs or young trees to new locations.
- Cut diseased areas out of perennials. Do not compost.
- Compost fallen leaves from your grass.
- Clean up garden debris. Remove all dead annuals, vegetable plants and fallen fruit.
- Leave flowers with seeds for the birds.
- Continue watering trees and shrubs until the ground freezes.
- Trim tall grass away from trees and corners of your home to discourage small rodents from creating nests.
- Dig up tender bulbs such as dahlia, canna and gladiola. Wrap them in moist material and store in a cool, dark space.
- Plant spring flowering bulbs.
- Cover gardens with mulched leaves.
- If you still have green tomatoes, pick them and ripen them indoors by putting them in a paper bag or wrap in newspaper with a banana or an apple. The fruit releases ethylene, which promotes ripening.
- It's not too late to plant shrubs or trees.
- Prune summer-fruiting raspberries by cutting back all this year's old fruit-bearing canes. Leave the new canes, as these will produce next year's fruit.
- Divide perennials.

Meeting and Speaker Information

Date: Wed., Oct. 18

Time: 7:30 pm

Refreshments served prior to meeting at 7pm

Speaker: Heinke Theissen: The Curated Garden

Location: St. Thomas the Apostle Church in the Narthex this month. 715 Centre Rd, Waterdown

Flower Show: Decorate a pumpkin using natural materials

Horticultural Society Events

District 6 Fall Dinner

Date: Sat., Nov. 4

Time: 6pm (doors open at 5:30 pm)

Location: Royal Canadian Legion, 223 Nichol St. West, Waterford Ontario

Guest Speaker: Bee Keeper, Kelly Moodie
All About Bees

Tickets: \$40.00 [Sign Up Information](#)

Beers and Blooms (free event)

Date: Tues., Oct 10

Time: 7pm

Location: Shed Brewing, 65 Hatt St. Dundas

Speakers: Lorraine Johnson (author) will talk about the intersections of climate change and biodiversity. Jen Baker will talk about what we can do at the local level with Hamilton's new Biodiversity Action Plan. Sign up here: [Beers and Blooms](#)

Hamilton Fall Garden and Mum Show

Date: Oct 22 - Oct 31

Location: Gage Park Greenhouse

This year's theme is "Medieval Mums"

Read more information here:

[Fall Mum Show](#)

Orange Flowers for Fall



Monarch butterfly on Tithonia in my garden.

Swallowtail butterflies and Goldfinches are also attracted to this towering annual.

With Thanksgiving and Hallowe'en being in October, consider having an orange theme in your garden for late fall! Annual flowers like Zinnias, Marigolds, Mexican Sunflowers,

Nasturtiums and Cosmos (which do come in orange!) and chrysanthemums add a burst of fall colour. Many of these will still be in bloom at Thanksgiving. If we are lucky enough to have a warm fall and no killer frosts in October, some may still be around for Halloween!

Reading Corner: The Ultimate Guide to Fall Bulbs In Canada

[Fall Bulb Guide](#)

Horticultural Terms: Dioecious

This is a plant group in which individual plants have either male and female parts, but not both. With dioecious plants, you must have both male and female plants in order for the females to bear berries or seeds. Only about 5 percent of all plants fall into this category. Some examples are: Holly, Juniper, Yew, Poplar, Bayberry, Ginkgo, Asparagus and Spinach.

Do Not Cut Back These Perennials!

There are certain perennials which are considered evergreen and also should not be cut back in the fall. These include Bugleweed, Rock Cress, Sea Thrift, Wormwood, Heart-leaf Saxifrage, Pinks, Barrenwort, Spurge, Hellebores, Coralbells, Dead Nettle, Creeping Phlox, some Primrose, Lungwort, Creeping Sedum, Hens and Chicks, and Thyme.

Bringing Houseplants Indoors

This is the ideal time to repot tropical plants prior to bringing them indoors, leaving the mess outside!

Once the temperatures outside reach 50 degrees F. (10 C.) or less at night, your houseplant must begin the process to come back into the house. Most houseplants cannot

tolerate temps below 45 degrees F. (7 C.). It is very important to acclimate your houseplants to the environmental changes from outside to inside, something that is often forgotten! Bring them in at first for nights only for a few days and then gradually over two weeks keep them indoors for longer periods during the day, otherwise plants may experience shock, wilting, and leaf loss.

Native Goldenrods

One reason I adore fall hiking is viewing the profusion of yellow and purple blooms of native Goldenrods and Asters that have erupted along open areas of our local trails. Some varieties of Goldenrods such as Bluestem and Zigzag which can tolerate more shady conditions add a lovely burst of yellow in more forested areas. There are also two white goldenrod species native to Ontario that are often misidentified as asters!

Not all varieties are aggressive spreaders if that is a concern for your gardens. Goldenrods are also able to grow near Walnut trees. These plants are an important addition to the fall pollinator garden. Monarch butterflies for example, use them as a food source before migration and female bumblebees also use this as a food source before hibernation. These plants also serve as hosts for butterfly and moth caterpillars. Read more here (fact sheets and photos of native goldenrods): [Native Goldenrods](#)

How to Winterize Garden Mums?

Prepare mums for winter after the first hard frost by applying a thick layer of mulch (at least four inches). Prune dead blooms to clean up the plant, but leave branches intact. Mums have a better chance of surviving if you wait to prune off

mums some winters? Read more here about Chrysanthemums. This article also includes an excellent chart of the many types of Chrysanthemums (12 categories)! Many of these will be on display at the October Mum Show!

[Chrysanthemums for the Home Garden](#)

Last Chance to Plant Bulbs!

The best time to plant fall bulbs is when soil is below 60°F in the late fall or about 6 weeks before a hard frost is expected. This is usually during September and October in our area. Halloween is a good deadline. Tulips are one exception—you can plant tulips as late in winter as you can get them into the ground. Bulbs avoided by squirrels: Daffodils, Fritillaria, Hyacinths, Alliums, Siberian Iris, Chionodoxa (Glory of the Snow), muscari, and snowdrops. A few years ago I read that planting tulip bulbs a minimum of eight inches deep will prevent loss as squirrels do not dig that deeply. I have tried

this in my own gardens and have **not** lost any new tulips to squirrels!

Cold Stratification for Seeds

When collecting seeds it's important to know how to store them. Some require cold stratification in order to successfully germinate the following spring. In nature, the seeds would have been exposed to the cold and damp outdoor winter conditions while dormant followed by the warm spring conditions to break dormancy. Many types of wildflowers, perennials, shrubs, and trees produce seeds that must undergo a cold period for some amount of time for seed germination to begin. How does one mimic this dormancy when keeping such seeds indoors?

Cold Stratification in Refrigerators

1. Place the seeds in a damp medium. Small seeds can be sprinkled onto a damp paper towel. Larger seeds should be placed in a moist medium such as peat moss or vermiculite. Ensure that the medium is moist but not soaking wet.
2. Place the bag in the fridge. Most seeds require about at least a month of cold stratification. However, the exact amount of time needed for the stratification process will vary depending on the type of seeds. If in doubt, keep seeds cold until Spring!

I have also placed packets of seeds into the freezer and obtained good germination results. As an experiment two years ago, I kept echinacea seeds in the garage where the indoor temperature did not fall below freezing and the germination rates were very poor! Thus, cold temperatures are essential! Of course the natural method would be to plant seeds into garden beds in late autumn. This year I plan to do this with some native plants like echinacea,

dedicating a small patch in the garden as a nursery and then transplanting and giving away seedlings next spring.

Some common plants whose seeds require cold stratification are: Coneflowers (Echinacea), Asclepias (Milkweed and Butterfly Weed), Lobelia, Delphinium, Rosemary, Yarrow, Feverfew, Foxglove, Dianthus, Columbine, Penstemon, Asters, Rudbeckia, Helianthus, and Geranium.

Consider Planting Native Blue Lobelia

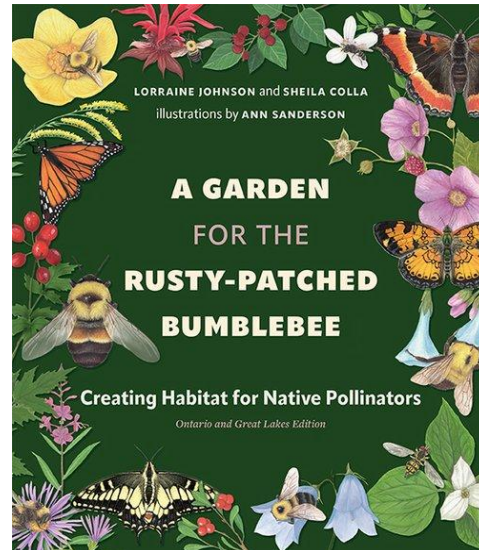


As I am working on this newsletter, my native Great Blue Lobelia (*Lobelia siphilitica*) shown in the photo as they appeared earlier this month, are still in bloom and attracting bees (particularly bumblebees), butterflies, and hummingbirds. However, I think I have seen the last of the hummingbirds for the season! They are also a nice contrast to Black-Eyed Susans in the late summer garden. While the blooms of the latter have faded, there was a period of time when both were in bloom making for a nice palette of colours in the late summer garden. This water-loving, clump forming plant thrives in a rain garden. During extreme drought conditions, it may require extra watering. An added feature is that it grows well in sun and part shade. I have these plants in both

conditions and they have thrived equally well. This perennial has a tendency to be short lived but will self seed. Consider this an ideal plant for a late season addition to a pollinator garden.

Horticultural Books

As we put our gardens to bed, there is finally more time to read gardening books (of course)!



A Garden for the Rusty-Patched Bumblebee: Creating Habitat Gardens for Native Pollinators (Ontario and Great Lakes Edition) by Lorraine Johnson. She will be the speaker at the Blooms and Beers event on October 12 as noted on page two of the newsletter.

Garden Ontario

Read the latest Trillium Newsletter and OHA news here: [Trillium Newsletter](#)

Ontario Invasive Plant Council

Read the latest updates: [OIPC](#)

Connon Nurseries

Please show your appreciation by shopping at Connon Nurseries 905-689-7433

[Connon Nurseries](#)

Northland Nursery : A family run nursery in Millgrove Ontario (722 Concession 5 W) Open (9am to 5pm 7 days a week)

[Northland](#) Let them know you are an FHS member for our Society year-end rebate.

Wild Birds Unlimited offers a 10% discount when you mention that you are a Horticultural Society member. [Wild Birds Unlimited](#)

To learn more about District 6 see [OHA Garden Clubs and Societies in Ontario » GardenOntario](#).

How to Reach Us: Please email your comments, suggestions, corrections or submissions. If you wish to submit an article, questions or tips, contact:

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MISSION

The mission of the Flamborough Horticultural Society is to encourage interest and involvement in horticulture through civic improvement, preservation, exhibitions, the distribution of plant materials and regular instruction pertaining to the theory and practice of horticulture.

Directors for 2022/23

President – Susan MacMillan

Past Co-President - Trudy Bliedung

Vice President - Open

Treasurer - Trudy Bliedung

Recording Secretary - Tessa Morris

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Newsletter Editor - Liz Visentin

Flower Show and Trillium Judging Liaison- Ann Cochren

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Communications Copywriter – Jennifer Godyn

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OHA Website Monitor – Phil Longstaff

Spring Plant Sale Co-chairs –

Connie Godyn and an open position

Sign Standardization – Ann Cochren

Speakers and Programs – Connie Godyn & Roxanne Riley

*There is a harmony in autumn,
and a luster in its sky, which
through the summer is not
heard or seen, as if it could not
be, as if it had not been.*

Percy Bysshe Shelley