



# Tulip Times

Niagara-on-the-Lake Horticultural Society

Established 1917

June 2009

## Upcoming Meetings

- **September 22 – Palatine Chili Night**  
Owners Rene & Eva Schmitz invite you to spend an evening at Palatine Fruit & Roses. Palatine specializes in growing roses of distinction.
- **October 27 – Garden of the Year Awards Reception**
- **November 24 – Pot Luck/Annual General Meeting**

## Facts & Other Happenings

**Saturday, July 11<sup>th</sup>, 2009**  
**18<sup>th</sup> ANNUAL GARDEN TOUR**  
&

**1<sup>st</sup> Annual Lavender Scent-ses**

See, Hear, Smell, Taste, Touch and Enjoy the Scent of Lavender.

11:00 a.m. - 5:00 p.m.

**Tickets \$10.00**

Includes a chance to win **Dinner for Two at the Tiara Dining Room, Queen's Landing**, plus many more prizes.

Tour **six** fabulous **residential** gardens and **two** unique **commercial** gardens.

Tickets available at Mori Gardens, Busy Bee Lavender Farm or Rhodo Land Nursery or call Anne or Shirley 905-468-2325 or email [notlhortsociety@gmail.com](mailto:notlhortsociety@gmail.com)  
Check out our website [www.notlhortsociety.com](http://www.notlhortsociety.com) for more information.

To volunteer call Anne Beedles 905-262-5185 or email [rbeedles@cogeco.ca](mailto:rbeedles@cogeco.ca)

## Wouldn't you like to know.....

**At our March meeting** Miriam Goldberger from Wildflower Farm spoke on the advantages of growing native wildflowers and an alternative eco friendly grass which was low maintenance and draught tolerant.

**As well we had an "Ask Jean" segment** by Jean Cochrane who shared her expertise and some interesting tips.

Thursday, March 19 we were off to **Canada Blooms**. Thanks to Jean Cochrane and her husband Tom who organized and filled the bus. Everyone had a great time and most of us came back with one or two purchases.

**In April we met at Busy Bee Lavender Farm.** We were definitely kept busy. Melissa and Robert Achal did an outstanding job of organizing the evening. We had a hands-on trimming workshop; Patty Massie spoke on the origins and uses of essential oils; Robert & Melissa gave a great workshop on lavender and we had a chance to sip some lavender lemonade and munch on some lavender shortbread....YUMMM

**Rhodos in May at Rhodo Land Nursery.** We would like to thank Jack & Jackie Looye for letting us spend an evening with them. Jackie had some interesting stories while Jack was the "garden tour coordinator" and showed us their spectacular garden and poly houses.



## June – August

## MEMBER GARDEN STROLL

Members will be invited to stroll through other members' gardens. Take a break and have a sip of iced tea or lemonade.

Call Shirley 905-468-2325 if you would like to open your garden for our hort family to enjoy.

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## June to September - GARDEN OF THE WEEK CONTEST

Nominate your favourite residential or commercial garden through the Niagara Advance (905-468-3283) or the Parks & Recreation Department (905-468-4261).

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## Saturday, September 19, 2009

District 9 Fall Forum Theme - "Eco Footprint"

Hosted by Niagara-on-the-Lake Horticultural Society.

**Location:** Niagara Parks School of Horticulture, Niagara River Parkway 10 a.m. – 4 p.m. Details will be available on our website....you won't want to miss this We need our members to help make this event a fabulous success!

I know we can do a great job, as do the other Societies in District 9.

Volunteers needed for various tasks. Please email [notlhortsociety@gmail.com](mailto:notlhortsociety@gmail.com) or call Shirley 905-468-2325

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## Volunteer opportunity !

At the young age of 90 our esteemed treasurer Bill Plumer will be hanging up his ledger at the end of 2009. Bill is not only treasurer of our Society but as well for three others. He keeps himself busy. When Bill came on board he worked very diligently to straighten out our books....what a great job he did!

We will all truly miss Bill and his contributions.

If you or anyone you know would love to join the board in 2010 as our treasurer, please contact Shirley 905-468-2325. You'll be guaranteed to have fun!



**Tulips here, tulips there, tulips everywhere.** Members picked up their free bag of tulips and were able to purchase additional bags for a toonie. **Special thanks to JB Hopkins from Parks & Rec** for donating the tulips to our Society. Our sincere thanks to Robert & Melissa Achal from Busy Bee Lavender Farm for allowing JB & his crew to drop them off at their location.



## Summer garden tips

By Jean Cochrane

As summer approaches we are all filled with enthusiasm and great plans for our gardens. Now for those of you who are young and able I say "go for it" there is not too much you can do that would prove disastrous, and if it turns out to be very labour intensive then you have still learned something - Do not repeat!! Planning ahead definitely helps - feed everything in the spring - the new time release fertilizers are made for people like me - I could never remember when I had to fertilize next and then forget about it, now everything keeps thriving thanks to modern science.. Remember that Mother's Day sign "MUM'S LOVE MULCH" well it is true, cover all the open spaces with a layer of mulch, tuck it in under the shrubs too and it will save you hours of weeding.

When it comes to very hot weather, water early in the morning at the roots, do not spray all over the foliage - the roots are the important part. If you find a plant that droops before the rest, place a good size rock beside it so the roots have a cool place to go - this also works for plants that get too much wind which dries them out..

While a nice lawn helps set off your flower beds it is not necessary to have it like the golf green.

We must cut back on the chemicals and water. Do not cut the grass too short or it will burn, and do not water all the time - this will cause the roots to stay near the surface instead of going deep where they survive better. So if there are some weeds do not worry - they are green too and blend in.

To enjoy a garden it is rather like raising a family - don't sweat the small stuff - and remember YOU are the biggest perennial in this yard!

Do not forget to put out water for the birds, a bird bath can be great entertainment and also attracts dragonflies and butterflies.

## Web links to check out:

**Mori Gardens** – [www.morigardens.com](http://www.morigardens.com)

### **Niagara Nature Tours -**

<http://www.niagaranaturetours.ca/enter1.htm>

**Palatine Fruit & Roses** – [www.palatineroses.com](http://www.palatineroses.com)

### **Regal Florist & Garden Centre –**

[www.regalflorist.com](http://www.regalflorist.com)

Tree & Twig Heirloom Vegetable Farm –

<http://treeandtwig.ca>

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## 2009 Executive

### **President:**

**Shirley Madsen** 905-468-2325

[notlhortsociety@gmail.com](mailto:notlhortsociety@gmail.com)

### **1<sup>st</sup> Vice President**

**Anne Beedles** 905- 262-5185

[rbeedles@cogeco.ca](mailto:rbeedles@cogeco.ca)

### **2<sup>nd</sup> Vice President**

**Gloria Thurston** 905-228-3485

[jthurston2@cogeco.ca](mailto:jthurston2@cogeco.ca)

Secretary

**Mike Fox** 905-937-2439

[mffox1@yahoo.ca](mailto:mffox1@yahoo.ca)

### **Treasurer**

**Bill Plumer** 905-468-1963

[plumer@sympatico.ca](mailto:plumer@sympatico.ca)

### **BOARD:**

**Lucille Reynolds** 905-468-9443

[lreynolds5@cogeco.ca](mailto:lreynolds5@cogeco.ca)

**Barb Waller** 905- 468-8484

[bwaller@talkwireless.ca](mailto:bwaller@talkwireless.ca)

### **Robert Achal**

**Melissa Achal** 905-682-0171

[robert@busybeegardens.com](mailto:robert@busybeegardens.com)

**Linda Derstine** 905-685-9466

## **If you need a ride to a meeting call:**

### **VOLUNTEER SHUTTLE**

Marilyn Buttner	905-468-4089	305 Nassau St.
Ruth Boulton	905-468-3765	27 Delater
Sally Mitchell	905-468-5801	215 Gage St.

## **Membership Information contact:**

### **Marion Boon**

289-868-9168	<a href="mailto:mboon@cogeco.ca">mboon@cogeco.ca</a>
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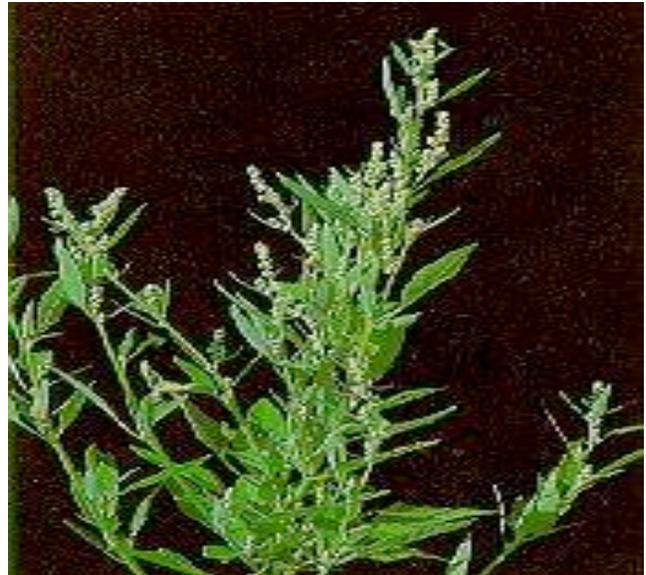
## **Summer garden tips (ctd)**

If like me you enjoy container gardening, do remember to put some gravel in the bottom to help drainage, and use the potting soil with moisture retaining crystals, your time-release fertilizer works great here too. At the beginning, before the plants bush out, cover the soil in between with small flat rocks, this does two things - preserves moisture (very important in containers) and acts as a solar heater by absorbing the heat of the sun and distributing it at night when there are cooler temperatures.. Have a great summer - and happy gardening.

## **Popeye Should Have Talked to Euell Gibbons**

By Carla Carlson

Last June, July I was picking leaf lettuce and throwing the lamb's-quarters (*Chenopodium album*) into another basket.

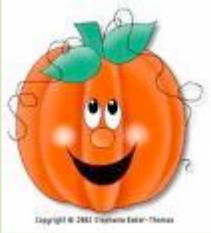


*Lambs quarters*

I headed towards the kitchen with both and I didn't stop at the compost pile. If I had felt compelled to discard anything it would have been the leaf lettuce, the lamb's-quarters being more nutritious! Maybe your mother raised you on lamb's-quarters like mine did and you are already eating it, but if not I urge, challenge, double-dare you to eat some this early summer. I wouldn't push you except it tastes so darn good, is free and makes for interesting dinner conversation! And the amazing thing is that it's rich in vitamin A, C, iron, potassium, niacin, B-vitamin complex and for a plant it is very high in calcium, folic acid and protein. And it contains oil, which helps emulsify hardened animal fat in the heart and arteries (vegetarians don't gloat!)

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What do you get if you divide the circumference of a pumpkin by its diameter?



Answer: Pumpkin pi.

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### Wilma Hickman's Recipe for Ginger Oaties Enjoyed at Rhodo Land Nursery

12 ozs (375gms) quick rolled oats  
3 level teaspoons ground ginger  
6 ozs (175 gms) margarine  
6ozs (175 gms) soft brown sugar  
3 level tablespoons golden syrup

Icing  
2ozs (50 gms) butter  
3 level tablespoons golden syrup  
6 ozs (175 gms) powdered sugar  
1 ½ level teaspoons ground ginger  
Greased rectangular tin 7"x11'  
(18cm x 28 cm)

Mix oats, ginger, sugar together.  
Melt margarine and syrup together in a pan.  
Stir in dry ingredients and spread evenly in tin.  
Bake gas mark 4 350F or 180C for 20-25 minutes .till just set.  
Set aside to cool.

Melt together butter and syrup.  
Stir in powdered sugar and ground ginger.  
Cool and spread icing over cooled oatie base.  
Mark top with a fork.  
cut it into very small squares when it is cold. !!!



Redroot pigweed

Redroot pigweed (*Amaranthus retroflexus*), page 51 in Ontario Weeds, is also extremely nutritious and although I haven't seen any yet in my garden it should be around in June, July. I'll have a feed the next time I'm at Mom's I'm sure. Popeye should have talked to Euell Gibbons who would have advised him to switch from his spinach, which is not as nutritious!

You can use them raw when young, in salads or steam the leaves and eat. You could of course add salt and butter, yum yum. Use the liquid you steamed it in to either just drink as a shot of vitamins – or add to your soup stock. Don't overcook. The dried seeds are high in protein and is used as flour. There are millions of recipes on the internet and in books, and that's because this "weed" is of gastronomic importance around the world; the Mexican farm labourers carrying ancient knowledge that lamb's-quarters reduces the gassiness of beans and thus combines the two, following well loved recipes; it being a culinary delight in Parisian restaurants and a commonly used vegetable around the world.

Introduce yourself to some of the migrant workers, whether from Mexico or the West Indies and show them these weeds mentioned above and I'm sure they'll have a recipe for you to try. I know they are eating them on a regular basis. And I know it tastes darn good!

I recommend *A Field Guide to Edible Wild Plants of Eastern and Central North America* by Lee Peterson.

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### NIAGARA COLLEGE:

Our Society had a bursary of \$1,000.00 at the Niagara College, of which we donated \$500.00 and \$500.00 was donated from the Shaw. Since we were not actively pursuing fundraising to increase funds for this bursary, it was agreed our best option was to move the \$1,000. from the "new" bursary in to the Edna Burroughs fund. The funds will be more viable there and will significantly enhance the award amount.

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## Summer lawn care tips

Courtesy of the city of Toronto

Here are some tips about how to water you lawn effectively this season. Keep in mind that most people over water their lawns. Following these tips would help your lawn and also your water bill.

Water early! Watering in the morning means less water is lost to evaporation.

Water 2.5 cm a week, including rainfall. Most people overwater, yet experts say you only need 2.5 cm (1 inch) of water, a week, including rainfall, to maintain a vibrant healthy lawn.

Water less frequently! Water less frequently and you'll reduce the risk of lawn disease. It's true ... over watering is over-rated because it can lead to shallow roots, ideal growing conditions for more weeds and lawn disease. After all, most healthy lawns need only 2.5 cm (1 inch) of water, per week ... and this includes rainfall. Also remember to water slowly and deeply. Frequent light sprinkling leads to shallow roots.

Use a rain gauge. A rain gauge is the perfect tool to help measure lawn watering. For a free rain gauge, attend your local Environment Day, hosted by your councillor. Visit [www.toronto.ca/environment\\_days](http://www.toronto.ca/environment_days) for more information.

Water according to soil type and weather  
For the Toronto area, most experts recommend a good watering, once a week. And it's important not to apply water faster than the soil can soak it up. Stop when water starts to run off your lawn. Note that clay soils retain water quite well, but that sandy soils may need to be watered twice a week (.05 inch each time).

Choose the right sprinkler for your lawn. When choosing a sprinkler, focus on two things: the flow rate and the size of your lawn. Some sprinklers may take 15 minutes, or up to two hours to provide the maximum 1 or 2.5 cm, of required watering. Use the rain gauge to measure your sprinkler's flow rate. If you have a small lawn use a stationary sprinkler ... it penetrates deep into

## NIAGARA PARKS SCHOOL OF HORTICULTURE:

The board approved that a portion of the funds from the 2009 Garden Tour will be donated to the "**Student Internet Access Grant**" for the School of Horticulture. This donation will be put towards the installation of a wireless Internet service in two common areas. Students currently do not have Internet access. Students themselves conduct an internal fundraiser "Donate a Day" whereas students donate a day's wages from their outside jobs to fund this project.

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## WEBSITE: [www.notlhortsociety.com](http://www.notlhortsociety.com)

Our new website is officially live!

We will be adding other info and areas of interest so check back from time to time.

Who knows you might even be able to blog and find out how to keep those darn squirrels away from the newly planted tulips! (Answer---sprinkle chicken grit around).

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## DESIGN WORKSHOP:

**We will be holding a design workshop sometime in August.**

The NOTL Hort Society is hosting the Fall Forum in September. This workshop will show us what the judges will be looking for in the competition. There are two classes: the design division and the horticultural division.

**If you have never entered a competition....now is the time. I am sure NOTL can win more ribbons than other Societies in District 9.....can't we?**

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**June 3<sup>rd</sup> the NOTL Hort Society** in partnership with the **NOTL Public Library** and our hort member **Hilary Bellis** of "**It Can Be Arranged**" put on a "**Container Gardening**" workshop. After the seminar I rushed out and picked up my "**spiller, filler and thriller**" plants. I guess you will have to ask Hilary next time you see her what the "SFT" plants are. The gorgeous arrangement she made was donated by our Society to the Library....stop by and take a look.

While on the subject of the "Library", next time you are there, stop by and take a look at the **live & dried arrangements donated by our lifetime member Hilja Rannala**. Hilja has an eye and passion for arranging.

**Special thanks, to Regal Florist & Garden Centre.** They donated a pot to Hilja so she was able to make another wonderful arrangement.

### Summer lawn care tips (ctd)

the soil. For large lawns impulse sprinklers provide the best coverage while oscillating (fan) sprinklers tend to shoot water, often missing patches of grass and losing water to wind. If you have an inground sprinkler system, program it to water just before dawn, make sure the spray isn't hitting the driveway or sidewalk and install a rain sensor.

Let your grass "sleep it off" Is your lawn a little yellowish or brown during the Summer? Don't worry ... this is called dormancy' and it's how your lawn protects itself against the heat. It's true ... so, when the weather turns hot and dry, let your lawn sleep. This means no watering, no mowing and no foot traffic. And don't worry ... your lawn will awaken soon enough.

Stop paying for water your lawn never receives When you water your lawn in the evening, grass blades not the soil get most of the water. At the same time, the grass remains wet overnight, which can lead to lawn disease. It's just as costly to water on hot, sunny or windy days and lose the water to evaporation. That's why it's best to water early in the day.

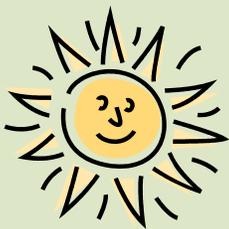
Watch the weather!  
Rain is free. Most weeks your lawn receives all the rain it needs. Healthy lawns only need 2.5 cm (1 inch a week), including rainfall.

Hand water your garden plants. Apply water directly to the plant rootzone by hand watering or using a soaker hose. These inexpensive ways minimize water loss and reduce maintenance while increasing your free time.

Use a rain barrel ... Don't let stormwater go to waste. Make sure the downspouts from your home's eavestroughs are disconnected from the sewer system and instead drain into a rain barrel, where you can use the water when needed. At the same time, you're helping reduce combined sewer overflows and protecting our watercourses.

Water new trees. Care for your new tree ... it benefits us all.

### Have a great summer!



### Spring has sprung contest winner was:

**Glenn & Nancy Brazeau** who won a gorgeous rhododendron compliments of **Rhodo Land Nursery** on Line 6.



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**Thank you, Thank you, Thank you....**  
**To all the volunteers who brought goodies to the April and May meeting.**

### "Spring Clean Up – Memorial Garden"

To all our volunteers who helped weed and prune...thank you so much.  
A special thanks to Hans Rannala...he disposed of all the cuttings....what a great burn pile.



**Tulip Sorters** – Mike Fox, Barb Waller, Anne Beedles, Gloria Thurston, Linda Derstine, Robert and Melissa Achal .....**thanks** for sorting a few thousand tulips!

**Doreen Bennett** – A million thanks for your input to help organize the categories and rules for the September Fall Forum flower competition in Design & Horticulture.

**Maybeth Ross** – thank you for picking up the door prize from Niagara College every month.

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Once again we would like to recognize **Marion Boon**, our Membership coordinator and **Ann Pankratz** for doing an outstanding job on membership.