

GROWING TOGETHER

Cobourg Horticultural Society Newsletter

Spring Edition 2014

BEHOLD THE **SPRING** SPLENDOR!

- Martha Baldwin, CHS Member

You likely don't need me to point out all the tell-tale signs of Spring, but perhaps you haven't noticed the song birds have returned to your neighborhood, a fresh scent is in the air, the evenings are longer and that darn snow is finally melting! Perhaps there might even be an extra skip in your step?

Spring brings with it a true sense of renewal and a great reminder that there lies much potential to explore right in our back yards! If you're ready to get out of the house and into the community, it's shaping up to be a great season for activities and events all across Northumberland – especially for garden lovers alike!

Here are just a few I enjoy:

*First, the Annual **Peterborough Gardening Show** beginning April 11-13 (A great weekend for only \$7 admission per day)!*

*On May 3, we see the return of area **Farmers' Markets**.*

Just in time for planting season there are a variety of local



Perennial and Plant Sales during the weekends of May 10 and 17.

*On May 24 this year, the Northumberland Hills Hospital is hosting the “**Spring Fever**” event with a new location for 2014 (at the Cobourg Community Centre). That same weekend the Village of Warkworth hosts its Annual **Lilac Festival** May 24-25.*

*Finally, if cleaning a yard or gardens is something you enjoy, consider volunteering in the **Annual Mayor's Cleanup Challenge** hosted by area municipalities the week of April 21st.*

So however you choose to celebrate the season of Spring, be sure to get out and enjoy the sunshine!

MARK YOUR CALENDAR!

OUR SPEAKER SERIES

April 2*

“New Plants and Plant Pairings”
– **Vicky Whitney from Griffin's Greenhouse, Peterborough**

* Bring a Friend for Free night!

May 7

“Growing, Harvesting & Using Culinary Herbs”

- **Koidu Sulev, Richters Herbs**

PLUS OUR MINI FLOWER SHOW!

COMMUNITY PLANT SALES

May 10 – Port Hope Horticultural Society Plant Sale, 8:30am at Port Hope Agricultural Building

May 10 – Grafton Horticultural Society Plant Sale, 9am at Haldiman Memorial Arena

May 17 – Cobourg Horticultural Society Plant Sale, 9am at Columbus Community Centre!

“Getting the Most from Fresh Cut Flowers”

- Valerie Cowling, CHS Member

On February 14th my husband gave me a bunch of tulips, a bunch of spray carnations and a bunch of large carnations for Valentine’s Day.

I placed the tulips in one vase and the carnations in a second one, all with the cut flower food provided. Each night when we would go to bed, I placed the vases in our garage which is very cold, but just above freezing point.

We then went on vacation for ten days and left the flowers in the garage. Three weeks since I received the flowers and they were still lovely! The tulips have lost the brightness of the colour but are still holding their petals. The carnations are in good form, still with their scent. Try it!

Do you have an idea or tip you’d like to share with others in our newsletter?

Email me at
martha.j.baldwin@gmail.com



It’s Almost Time for Our Annual Plant Sale!



Saturday May 17, 2014

The annual Cobourg Horticultural Society Plant Sale is on Saturday May 17. It always our biggest fundraiser of the year, entirely from the sale of donated perennials, shrubs, trees, herbs, vegetables, books, manuals, and gently used garden tools and treasures.

It is notably a popular event on the calendar for many in our community, as they know they can buy really well seasoned, local plants at modest prices, hence the line-ups outside the Columbus Centre each year!

All members are encouraged to dig, separate, and pot up plants for the sale. Please help promote the event by distributing flyers to your neighbours family and friends.

If you have attended the Plant Sale in the past, you know that it is a very busy event and all over in a couple of hours! We rely on volunteers to make it happen, so please consider volunteering your time or talents!

For more information, please contact a Committee member:

Dick Cowling (905) 373-4774
Suellen Stratton (289) 252-2005
Carole Hutson (905) 373-1445
June Mackenzie (905) 372-5861
Marlene Davison (905) 377-1581
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18th Annual Bobcaygeon Horticultural Society Garden Tour and Tea:

SATURDAY, JULY 12TH, 2014

- Explore seven unique gardens, enhanced with horticultural displays, refreshments, music and art. Ask questions of Master Gardeners.

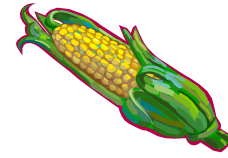
- Enjoy lunch at one of the fine village restaurants offering discounts to tour participants. Shop at our very own "gardeners' market" where local crafters and growers will display their wares.

- From morning coffee and treats to a sumptuous afternoon tea served in historic Kawartha Settlers Village (KSV), plan for an enjoyable day in our village on the Trent Severn.

- Gardens Open: 10:00am- 4:00 pm
- Tea and Gardeners' Market 1:00pm- 5:00pm
- \$15, includes children under 6, free
- Tickets available Bobcaygeon Chamber of Commerce and venues throughout the village

www.bobcaygeonhorticulture.com

*To plant a garden,
is to believe in
tomorrow...*
-Audrey Hepburn



Seasonal Seeds to Sow!

Growing vegetables from seed can be an affordable and fun way to get your vitamins! Here's a suggested list to start off your spring garden:

*** Plant as soon as the ground can be worked:**

Endive, Lettuce (Arugula, Roman, Boston, Leaf)
Onion Sets, Peas, Radishes, Spinach, Turnips

*** Plant two week before the average last frost date:**

Beets, Carrots, Onion Sets, Parsnips, Swiss Chard

*** Plant one week later:**

Beans, Corn, Early Potatoes

Source: Canadian Lawn & Garden Secrets, Mark Cullen



"New" Gardening Books to Enjoy!

1. **Seven Flowers & How They Shaped Our World** - Written by: Jennifer Potter
(Published February 27, 2014)
2. **Edible Spots & Pots: Small Space Gardens** - Written by: Stacey Hirvela
(Published March 25, 2014)
3. **Heaven is a Garden: Designing Serene Spaces for Inspiration and Reflection** - Written by: Jan Johsen
(Published March 15, 2014)

Stretches for gardeners before springing forward

Source: Garden Making Magazine, 2013

After a Canadian winter, it's hard for gardeners to resist the urge to rush outdoors as soon as the weather warms. But you want to try to go slow. Do some warm ups and stretches before tackling any big jobs. Here's some advice before you spring into action in the garden. The following advice is from the Ontario Chiropractic Association "Plant and Rake Without the Ache" program:

Warm ups: Warm up with a short walk, then gently repeat each of the following stretches five times. Hold all stretches for 15 to 20 seconds. Stop if it's painful.

- **Thigh stretch:** With one hand on the wall or a tree, bend your left knee and then reach back and hold your ankle with your right hand. Pull your heel toward your buttocks and hold for 30 seconds. Relax and repeat with the other leg. To stretch the back thigh muscles (hamstrings), place one hand on the wall or a tree, and put one foot on a chair, stump or step. Slowly bend forward from the waist until you feel the pull at the back of your thigh. Hold for 30 seconds. Relax and repeat with the other leg.
- **Back stretch:** Sit on a chair and slowly bend your body forward from your hips, putting your head down and resting your hands on the floor. Hold, then relax.
- **Shoulder rolls:** With your arms hanging loosely at your sides, slowly rotate your shoulders in a circular motion forward, then backward.
- **Wrist extension:** While holding one arm straight out as if you were giving a "stop" signal, use your opposite hand to hold this position. Repeat with the other hand.
- **Wrist flexion:** Hold one arm out in front, palm down. Bend your fingers until they point toward the ground. Use your opposite hand to hold this position.

Lifting tips: Heavy lifting is no easy feat. The following back safety tips can help you when lifting:

1. Stand close to the load to be lifted
2. Place your feet shoulder-width apart
3. Keep your back straight
4. Squat down to the object's level and test the weight of the load
5. Use the strength of your leg and arm muscles to smoothly and slowly lift the load
6. Keep the load close to your body
7. Pivot to turn and face the intended direction of travel. Proceed with the load
8. Avoid twisting your body while carrying the load
9. Bend your knees and slowly lower the load to its intended place



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