

GROWING

P.O. Box 294 Cobourg, ON K9A 4K8



TOGETHER

Editor: Judith Goulin (905) 372-7684

A member of the Ontario Horticultural Association

2008

Spring

"If winter comes, can spring be far behind?" Shelley

Forward: Read

The Birds and the Bees

Now that your attention is focused, this article will discuss bees, *not* the birds and the bees. What do bees have to do with a horticultural society, you may be wondering? Plenty.

Bees and flowers have a symbiotic relationship. Honeybees need plants that produce flowers and flowering plants need bees. They are integral to the cross-pollination process. Most of our flowering plants, fruit blossoms and seed crops would not produce if it were not for the transfer of pollen from one blossom to another. Bees provide a pollen delivery service. We've all used FTD to send flowers. BPD or Bee Pollen Delivery is the FTD of the natural world. It works this way: when a honeybee lands on a flower to collect nectar, pollen clings to the hairs of its body. When the bee visits the next flower, he delivers some of the pollen when it brushes off against the pistil of that flower and fertilization takes place.

Over the past year there has been a lot of ink given to the demise of bees in North America, but it is worth remembering what the experts are saying and not the distributors of doom and gloom: **"The bee population in Canada is healthy..."**

We can do our part in nature's scheme by continuing to do what we love: planting flowers. Then the bees will continue to deliver pollen for fertilization.

As if this isn't enough, a beehive produces delicious, nutritious honey in such abundance, an incredible 500 pounds per year, using the nectar gathered from flowers. After the colony has used what it needs there is still lots left over for beekeepers to harvest. Honey --- nectar of the gods. Most of the honey we buy is a blend produced from the many varieties of flowers visited by the bees but then there's pure honey: buckwheat, clover, orange blossom sunflower, fireweed, sage, to name a few. Just hearing some of the names of different varieties of honey makes one want to rush out to plant more flowers and then sit down to a piece of toast and honey!

Did you know that honey has antibiotic properties? That it can heal an open sore? That you can eat local honey to build up an immunity to allergies? Read on to page six for more amazing facts about honey.

One third of the human diet is derived from insect-pollinated flowers. Honeybees are responsible for a staggering 80% of this pollination. So gardeners, to recap: plant lots of bee-friendly flowers and enjoy the miracle product called honey.

Bee-friendly Flowers

- Aster
- Chive
- Dahlia
- Digitalis
- Echinacea
- Fleabane
- Gaillardia
- Geranium
- Gomphrena
- Lavender
- Lemon Balm
- Liatris
- Mallow
- Monarda
- Rose
- Thistle
- Thyme

After this unspeakable winter, it's hard to believe that it's finally spring, time to move FORWARD to do what we do best...GARDEN!!!

President: Dilys Robertson
Treasurer: Judy Harris

Vice-President: Sarah Holland
Editorial: Judith Goulin

Secretary: Sue Speirs
Newsletter Layout: Vikki McEachran

COMING SOON...
FORWARD MARCH: PLANT SALES & GARDEN TOURS

CHS

ANNUAL PLANT SALE

COLUMBUS COMMUNITY CENTRE



SATURDAY MAY 24 2007

9 AM-12 NOON

*Members,
come to the
sale and
bring a
whole
bouquet of
friends!
Remember
this plant
sale is our
principal
fund-raiser
which allows
our great
club to keep
on doing all
the good
things we do.*

The 2008 gardening season is upon us. With this thought in mind, it is now time for me to start planning our annual plant sale in our new INDOOR facility. In preparation for a successful sale, we need to start dividing perennials in our gardens and potting them up early so that they will be growing in their pots.

To get ready for our sale we will need POTS [the big square ones that you bought \$12 perennials in last year] as well as the smaller 4" pots.

In addition, if you have extra DAHLIAS or CANNA LILIES we could use them. We have a facility available to us to pot them up early and get them growing long before our sale.

If you have any of the above items, please call me, Shirley Embree at 905 342 3877.

Happy gardening!

Friends of Castleton Town Hall present a

Spring Flowers and Heritage Home Tour

SUNDAY MAY 25TH 10:00AM - 4:00PM

to support the restoration of their town hall

Passports will include directions to all participating Cramahe properties, a map, and voucher for lunch at the Castleton United Church. Passports will be available at **Days Gone Buy 12 King St W**, in Cobourg and from Lenna **905 355 5502** or Felicity **905 355 1511**, and also at the Apple Blossom Festival's information booth in Colborne May 24 - 25.

Glorious gardens and fascinating historic houses!

Northumberland Big Sisters Big Brothers hosts the 2008 Heart of Northumberland Garden Tour on Sunday June 22. This year's tour features nine unique gardens north of Dale Road between Hwy #28 and Hwy #45. Lunch is available for a reasonable cost at a local church. Visit the "For the Birds" boutique and take part in a raffle to win some fabulous garden prizes. Tickets are \$20 and will be available after May 1st at many local garden centres. For more information call 905-885-8435 or 1-888-278-2484. Enjoy a day touring some of the finest gardens in Northumberland County! Support Northumberland Big Sisters Big Brothers.

MEMBERS' TOUR

NEW THIS YEAR! A Members' Tour with a twist! Our club, Cobourg Horticultural Society has invited the Port Hope, Grafton and Rice Lake garden clubs to tour our members' gardens with us on Sunday July 13. This is MEMBERS ONLY. No guests. The tour is free. Refreshments will follow at Gail Rayment's glorious garden. Details to follow.

We're in the Hayfield Now, Orono- Open Garden Weekend July 25-28 10-4
Offers daylilies, hostas, lunch & drinks, and garden ornaments for sale.

Forward: Mulch

- **Mulch** keeps soil moister, prevents weed growth and stabilizes soil temperatures
- **Mulch** in early July after the soil has warmed up; earlier for sandy soil and later for clay.
- **Mulch** needs to be spread 2-3 in. thick AFTER watering the soil deeply.
- **Mulch** can be: wood chips, [untreated] grass clippings, straw, bark, sawdust [not pressure-treated], compost, landscape fabric, or stones.

Forward: Go Natural

Look in your kitchen cupboards for easy natural solutions to common garden problems.

BAKING SODA, MILK To prevent powdery mildew on roses and other garden plants, spray weekly with 4 tsp of baking soda dissolved in a gallon [4 l] of water, or with milk!

CAYENNE PEPPER To keep cats away from your newly planted flowerbeds, sprinkle cayenne pepper.

FLOUR To kill worms on cabbages, broccoli, cauliflower and Brussels sprouts sprinkle flour on the leaves.

VINEGAR To kill weeds on driveways and between stones on paths, fill your watering can half full of water and top up with vinegar, then water the weeds! This works especially well on a hot day.

Forward: Multiply

The Miracle of Seed

Judith Goulin

What began the year before last as an innocent purchase of uncleaned seed turned into something much bigger. When I bought a very small brown paper bag half full of *mixed assorted uncleaned heritage marigold seeds* for \$4.00 at a seed sale, I didn't have great expectations. Uncleaned seed, I discovered, means seed heads, and a DIY project before I could even *think* about planting. Much to my surprise after separating the seeds from the spent flowers [and it didn't take very long to go through the small bag,] there were enough seeds to plant a border along the front of my vegetable garden, a distance of about 30 feet. Further surprises were yet to come.

Over the late summer and fall I enjoyed a riotous display of orange and yellow, short and tall marigolds. I didn't deadhead regularly, being too busy tending to my vegetables, but as autumn approached I thought about harvesting the marigold seeds. The uncleaned seed heads filled a large shopping bag. [Remember I started out with only a very small bag of seed.] Cleaning this many seeds turned out to be an almost overwhelming task, but over many winter evenings spent watching the *Antiques Roadshow*, I finally accomplished it. I was astounded at the vast quantity of seeds, so I decided to measure them. Now picture a lunch bag, you know the brown-bag kind. I began packing the cleaned seeds into such a bag, then into another one. My seeds filled two lunch bags solidly packed to the very top. This was an incredible return on a small bag of seed heads.

Imagine how many wonderful borders I will have this summer!

Welcome as the Flowers of May

Since the beginning of 2008 we are pleased to welcome a whole bouquet of new members!

Tracy Berry	Peggy Howden	Elaine Milne
Laurel Burkmar	Nancy Jensen	Rose O'Brey
Pam Buttery	Lucy Kannstadter	Joan Prija
Jacqueline Christie	Darlene King	Jennifer Rogers
Susan & Bob Clement	June Lynne	Shirley Ross
Lynn Fabris	Sheila MacDonald	Wendy Sheppard
Shelly Fredricks	June Mackenzie	Madeline Thibeault-Smith
Beryl Grieve	Mary McDonald	Tony Walker
Michael Harding	Janice Middleton	
Clara Herrygers		

MAY 7 CHS MEETING *Growing Native Plants* Emony Nichols & Members' Mini Show
Get your plants ready for the show.

JUNE 4 CHS MEETING *Japanese Flower Arranging [Ikebana]* Malcolm McDonald

Winners of the March 2008 Photo Competition

Congratulations Photographers!

1 Grace Barker 2 Janice Middleton 3 Bill Prawecki



Snippy Tips - Care of Cut Flowers and Plant Material. This booklet, published by the Toronto Garden Club, contains everything you need to know about preparing plant material for display in your home. If competition is your thing, consider *Snippy Tips* as an essential guide to preparing all manner of flora for entering shows.

Snippy Tips also contains a very helpful guide to pronunciation of flowers. Did you know that Anemone is pronounced a NEM o knee and, Crocosmia is croh KOZ mi a? With our **MINI SHOW** almost upon us, the timing couldn't be better.

All this and more for \$3.00. See Sarah Holland.

What to Do in Your Garden in May

- harden off seedlings before transplanting
- treat roses against black spot and aphids if necessary
- deadhead faded tulips and daffodils
- treat lawn for weeds and grubs as necessary
- begin regular hoeing and hand-weeding of garden beds
- mulch newly-planted seedlings and shrubs
- stake and tie trees, shrubs and vines if necessary
- plant summer bulbs, such as dahlias and glads.

Forward: Inform



Bees are attracted to blue and yellow flowers.

Supermarket honey, which is pasteurized, is a blend of various honeys from all over the world. It can contain inferior honeys.

Dark honey contains as many antioxidants as spinach, apples, oranges and strawberries.



100% beeswax candles are the cleanest burning and longest lasting of all candles.

In 400 BC Hippocrates said: "Let thy food be thy medicine." *Did he already know about the medicinal properties of honey?*

Honey, Nature's Antibiotic Honey has antibacterial properties. It has been known for thousands of years that honey can heal open wounds. Antibiotics replaced honey for this purpose, but with the rise of supergerms resistant to almost all current antibiotics, honey is once again being spread on open wounds to combat infections. [*Countryside and Small Stock Journal*, Jan/Feb 2008]



Honey, an antioxidant, contains as many antioxidants as spinach, apples, oranges and strawberries. Dark honey contains more antioxidants than lighter coloured honey.

Honey contains small amounts of vitamin, minerals and antioxidants.

The aroma of honey comes from the thousands of flowers that the bees have visited. The phrase, *Thousands of flowers*, sounds delicious in Italian, **millefiore**. It would be a great name for a brand of honey.

Local Honey Vendors

Busy Bee Apiaries 7745 Elgin/County Rd 2 [at Bob Barr Rd, just west of Burnham Farm Market]

Ray-Mar Honey Cobourg Farmers' Market

Watson Apiaries 8620 Smylie Rd [north of Dale Rd Hamilton Township]



Local Honey is defined as honey produced within a 45-50 mile radius of your home [as the bee flies].

Light-coloured honey has a milder taste than darker honey.



Unpasteurized honey is more beneficial than pasteurized.

Local Honey, An Allergy-Fighter Eating a teaspoon of LOCAL honey every day can minimize allergy symptoms because honey contains minute amounts of the local pollens allergy-sufferers are exposed to every day. The effect over time is similar to receiving allergy shots because both build up immunity. Honey is most effective taken in small amounts per day for several months before the beginning of allergy season. [**Hiker Mike**, locally famous GTA hiking guru; various Internet sources.]



Honey-Stewed Rhubarb

Just the thing for this time of year:

3 c cubed rhubarb

2 tbsp honey

½ c water

mint sprigs

Combine rhubarb, honey and water in a pot. Boil, then reduce to a simmer until the rhubarb breaks apart. Use mint to garnish each serving.

