



The Ladyslipper

Perth & District Horticultural Society

www.perthhortsociety.com



Est. 1984

April 2023

President's Pen

Spring is in the air. We are all relieved to have come through the ice storm. Now it's time for a big spring garden clean-up.

We are pleased to report that several community garden volunteers have stepped up to lead our volunteer gardeners in the care of our Perth green spaces. Doug Smallwood and Judy Buehler will be at the Museum Garden. David Archer will lead the charge at the Flag Garden. We would love to find a leader for Inga Va House. We owe Lynda Haddon a debt of gratitude for tireless dedication to our Perth community gardens. Let's keep her legacy alive.

Please mark your calendars for our spring plant sale. It will take place on Sat May 20 at the Stewart school. We are looking for volunteers to contribute plants and to work the sale.

Our Junior Gardeners program is back thanks to program leader Robin McIntosh. It starts on April 27 at 6 area schools.

Tonight we are fortunate to gather for Ann Frederking's talk: Happy Healthy Hostas. Ann will talk about why she thinks Hostas are addictive and a bit about their origin, care, propagation, potential problems, companion plants and where to get them.

My mom, Joan Avery was a keen member of the Ontario Hosta Society. She always said, "she never met a hosta she didn't love." I am in total agreement and am sure that Ann will inspire us all tonight.

Don't miss our May 9th meeting where we will host our spring flower show. Speaker Tauney Stinson will introduce us to "Spring Foraging: Mushrooms Hunters with loose Morels".

Remember to check out our website PerthHortSociety.com. The site offers a link to Useful Websites where you will find a wealth of information to help you to kick off this year's planting season.

Happy Spring

Jane

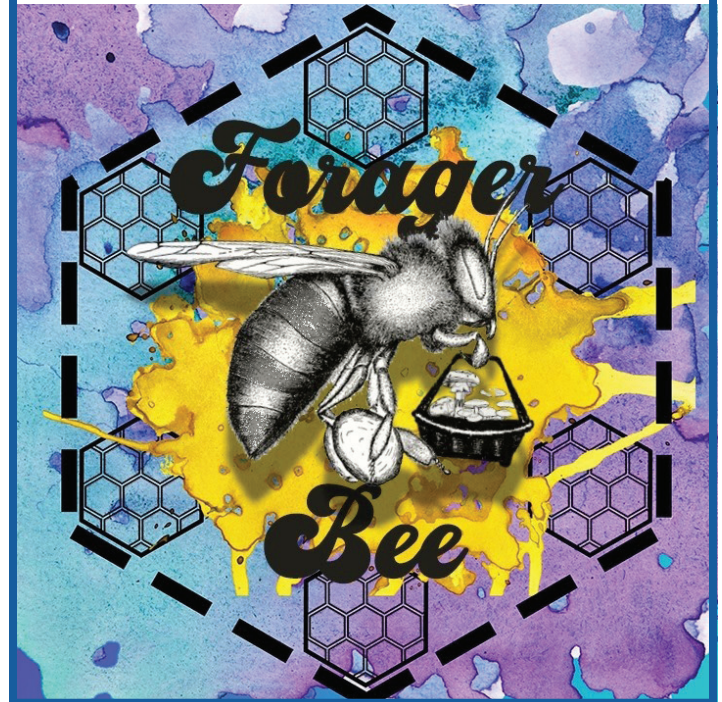
PDHS May Meeting

May 9, 2023

Spring Foraging: Mushroom Hunters with Loose Morels

Speaker: Tauney Stinson

Tauney's presentation will cover the basics of foraging safely and sustainably, tips for hunting the elusive and delicious morel mushroom, identifying factors for other spring time treats like fiddleheads, wild leeks, and oyster mushrooms, as well as tips for naturalizing your own yard with edible native species.



PDHS May Flower Show

Here is the Schedule and Rules for our first Flower Show for 2023. We encourage you to participate.

Section I: Horticultural Specimen

Class 1: African Violet – any colour – single flower

Class 2: Best potted plant in bloom – other than African Violet – named, if possible

Class 3: Best potted foliage plant – named, if possible

Class 4: Single Tulip – 1 stem with no more than two pairs of leaves attached

Class 5: Double Tulip – 1 stem with no more than two pairs of leaves attached

Class 6: Parrot Tulip – 1 stem with no more than two pairs of leaves attached

Class 7: Narcissus/Daffodil – 1 scape, no foliage attached

Class 8: Flowering Branch – no more than 24" above table

Class 9: Any other spring flower from your garden – one stem – named

Section II: Design

Class 10: Spring Colour – A design.

Class 11: Water, Water, Everywhere – Visible use of water design (see definition)

Class 12: Pick n Plunk – spring flowers and branches arranged in a clear vase.



SHOW RULES

- ▶ Exhibitors must be members of the Perth & District Horticultural Society.
- ▶ Entries are to be placed prior to 7:00 p.m. when judging takes place.
- ▶ Once placed, entries may only be moved by the show steward.
- ▶ Only one entry per exhibitor for each Design Class.
- ▶ Maximum of two entries per exhibitor for each Horticultural Class providing specimens are of different cultivars.
- ▶ All entries in Horticultural classes must have been grown or have been in the possession of the exhibitor for three months.
- ▶ Entry tag must be completed and remain with the entry.
- ▶ The decision of the judge is final.
- ▶ No exhibit will receive a prize, even though it is the only one in the class, unless judged to have sufficient merit.
- ▶ No exhibit may be moved before the specified closing time.
- ▶ All shows will take place during regular meetings.

For definitions and tips, please visit <https://www.perthhortsociety.com/show.htm>. Please refer to the Ontario Judging & Exhibiting Standards – Second Edition, OJES 2019 for more definitions and information.

Junior Gardener's Program for 2023

This year, we're excited to be re-introducing our Junior Gardening Program. The four-week program starts on Thursday, April 27 at six area schools: Stewart, Drummond Central, Queen Elizabeth, Maple Grove, St. John and North Elmsley with 121 students in total.

If you have any questions, please contact Robin McIntosh at 613-253-5690 or Sandi Sissons at 613-267-8977.

PDHS Plant Sale May 20, 2023

We will be having our plant sale on Saturday, May 20th at Stewart Public School. So when you are working in your gardens this spring and digging up plants, please pot up some for the plant sale. This plant sale is our main fundraiser for the society and helps us keep the Junior Gardener's program going as well as other community projects.

Here is a list of plants that should NOT be sold at a Horticultural Society Plant Sale. These plants are all non-native and considered to be invasive in our eco-system.

Periwinkle (Vinca Minor)	Gout Weed
Lily of the Valley	Yellow Archangel
Wintercreeper	English Ivy
Bugleweed (Ajuga)	Creeping Jenny
Miscanthus	Norway Maple
Amur Maple	Russian Olive
Winged Euonymus	Japanese Barberry
Yellow Flag Iris	
Honeysuckle (Non-native including the vine)	
Common Orange Daylily (Ditch lily)	

Trashure Hunt Returns on Earth Day

Source: The Perth Courier April 6, 2023

Perth's Climate Change Action Panel (CCAP) invites you to celebrate Earth Day at the Trashure Hunt on Saturday, April 22. Back for a second year, this townwide cleanup event will not only help beautify the town, but will bring together the community in a fun, family friendly way!

"Spring is a time of renewal, and what better way to honour that than by coming together as a community to tidy up the town we all love and live in," states Sadie Brule, event organizer and member of CCAP. "The Trashure Hunt not only brings together proud Perthites, but also connects like-minded individuals with organizations and provides an opportunity to help teach people to be more conscious of the environment."

Scheduled to take place from 9 am to 1 pm, the day will begin at the Chrystal Palace, where groups will get their clean up kit before heading out to collect litter. Afterwards, the community will gather back at the Chrystal Palace for food and the opportunity to learn more about some great ecofriendly organizations. Volunteers will also have a chance to win some great prizes.

The Climate Change Advisory Panel is a subcommittee of council comprised of concerned residents and elected officials. Together they work to help fight climate change and encourage all residents to make the town a greener place to live, work and play by providing information and education.

PDHS will have a table at the event and we are looking for a few volunteers to participate as well. Please email Linda at pdhsmembers@gmail.com if you wish to participate.

For more information about Trashure Hunt and to register for the event, visit perth.ca/trashurehunt.

Houseplants to the Rescue

Source: The Old Farmer's Almanac Garden Guide 2023 By Andrea Curry

Today, Americans spend up to 90 percent of their time indoors, often in places with little or no ventilation. The air inside our super-insulated modern homes and offices is often unhealthy due to harmful chemicals called “volatile organic compounds” (VOCs), which can cause short -and long-term medical problems. Plants, on the other hand, can absorb these airborne chemicals through their foliage, break them down in their root systems, and turn them into sugars, amino acids and other useful “building blocks” of life.

According to Dr. B.C. Wolverton, head of Wolverton Environmental Services in Picayune, Mississippi, the 10 houseplants highlighted here are among the best performers in removing from the air some of the most common and harmful VOCs in our homes and offices.

Proof that Plants Work

- ▶ In the 1980s, Wolverton, then a NASA scientist, was involved in reducing astronauts' exposure to airborne chemicals from synthetic materials that they would bring into space. He discovered that specific houseplants were efficient at absorbing contaminants.
- ▶ In 1996, some Norwegian office workers coughed 37 percent less after plants were introduced into their workplace.
- ▶ A study in India (2008) showed that workers in plant filled office buildings had 24 percent fewer headaches, 52 percent less eye irritation, 34 percent fewer respiratory conditions, and a 12 percent higher lung capacity than workers in plantless environments.
- ▶ An Australian study (2010) showed that ‘Janet Craig’ dracaena and the peace lily reduced negative moods (eg. anger, anxiety, depression and stress) in office workers by 40 to 60 percent over 3 months.

Corn Plant (A type of Dracaena) – This is an excellent overall air purifier with variegated green foliage. The mature plant will display fragrant white flower stalks.

‘Janet Craig’ Dracaena – Especially good at removing trichloroethylene, this is easy to grow and tolerates neglect

English Ivy – A very effective air purifier that can take on benzene as well as other compounds, English Ivy tolerates fairly low light (although varieties with variegated leaves will lose their markings in too much shade).



Peace Lily – This stunning plant, which sends up elegant white spathes above its foliage, is very good for disposing of acetone, benzene, methyl alcohol, and formaldehyde.

Boston Fern – One of the most common ferns in homes, it removes formaldehyde more effectively than any other plant.



‘Kimberly Queen’ Fern – This attractive fern tolerates dry indoor air a little better than the Boston fern and is also a great overall air purifier.

Bamboo Palm – An excellent all-around air purifier that will cleanse your home or office of benzene, formaldehyde and trichloroethylene, this palm is very easy to maintain.

Dwarf Date Palm – The dwarf date palm is a strong overall purifier, second only to the areca palm in the capacity to remove tolu and xylene from the air.

Rubber Plant – This plant is especially good at removing formaldehyde, the most common toxin the home. It grows slowly and tops out about 10 feet tall indoors.



Colourful Air-Conditioners: Chrysanthemum, Dwarf azalea, Gerber daisy, Tulip
– These seasonal flowering plants are not only lovely to look at but also help to purify indoor air. Enjoy them whenever they’re in bloom.

Toxins and Their Origins

Here are some common substances and the toxins that they can produce.

Substance: cigarette smoke, nail polish, nail polish remover, paints plastics. Toxin: acetone

Substance: adhesives, ceiling tiles, floor coverings, paints, particleboard. Toxin: benzene

Substance: cleaning products, fiberboard, particleboard, plywood, upholstery. Toxin: formaldehyde

Substance: adhesives, cosmetics, dyes, resins, varnishes. Toxin: methyl alcohol (methanol)

Substance: gasoline, heating oil, kerosene, lacquers, paints. Toxin: toluene

Substance: inks, paints, photocopiers, printers, varnishes. Toxin: trichloroethylene

Substance: cigarette smoke, gasoline, paint, paint thinners, products threated with rust preventatives Toxin: xylene

Caring Tips

Species that thrive as houseplants are often native to the lower, shady levels of tropical rain forests. Think “rain forest floor” as you care for your plants.

Soil: Although all of these plants can be grown in ordinary potting soil, the ferns will do better in a soilless mix. The palms prefer potting soil amended with sand.

Light: These plants do well with lots of bright but indirect light and none like more than a few hours a day of direct light. Place the two dracaenas (‘Janet Craig’ and the corn plant) in a spot where they will receive no direct sunlight.

Moisture: These plans benefit from frequent light misting Water lightly but often for a constant, low level of moisture at the roots.

Frugal Gardener

Written by Helen Halpenny - photos by Helen Halpenny (Member of Lanark County Master Gardeners)

With grocery prices soaring, we gardeners look for ways to feed our families with good nutritious food for less money. Vegetable gardening is a great solution. You can grow lots of food if you have a plot of land, a small yard with a raised bed at least 8 inches deep, or even large pots. Fruit bushes can fit into most gardens as well.



Plants need sun, soil and water. They need at least 6-8 hours of sun to thrive. Garden soil, amended with compost, will ensure good growth. Raised beds and large pots often use potting soil, sometimes with garden soil and compost added. Soil holds the nutrients that plants need. Nitrogen, phosphorous and potassium are the macronutrients needed, but micronutrients are also required. Drainage is a necessity for raised beds and pots. Large pots, the kind that trees come in, can be partially filled with wood chips and topped with 8-10 inches of soil. A bonus feature is that pots can be moved around to sunnier locations.

Water is critical to plants. Use rainwater whenever possible. Rain barrels are a good investment. At least 1 inch of water is needed each week. Pots will need watering more often. It is better to water the soil rather than the foliage.

Should you buy seeds or transplants for your garden? Seeds are cheaper; you can find your favourite variety in seed catalogues or online. You can save seeds of open-pollinated vegetables and share packages with a friend if you only need a few seeds. Transplants cost more, but harvest time will come sooner. If you only want four cabbages, for example, transplants may be the better choice. Transplants need to be hardened off (acclimatized to outdoor conditions) if they have been started indoors.

Watch for plant sales in May. Most Horticultural Societies grow vegetable seedlings and often have rhubarb, raspberry canes, etc. **GET A BARGAIN!**

Some vegetables, like peas, lettuce, onions and radish, can be planted as soon as the ground can be worked. If you plant spring salad crops (package may contain lettuces, beet greens, kale, etc.), you can harvest an early crop with scissors, leaving 2 inches, and they will grow again. Sometimes you can harvest three times.

Grow several crops of beans, green onions, carrots, and cucumbers by planting at intervals throughout the summer months, thus ensuring tender, young harvests.



Pickling, freezing, and preserving can be real money savers. Picking your own fruit and vegetables can result in significant cost savings and fresher food. Leave root crops in the ground until a hard frost is predicted. Dig and clean carrots, beets, turnips, and parsnips. Put into plastic bags with some holes to aid ventilation. Store them in the vegetable compartment of your fridge, and they will keep for several months. Potatoes and onions need an above-freezing, dark, dry storage area.

Grow the vegetables that your family likes to eat. Keep an eye out for garden pests and use environmentally friendly controls. Rotate crops around the garden. Some fungal diseases can stay in the ground for several years.

Growing your own food can bring real satisfying results well beyond the cost savings. Enjoy your garden!