



The Ladyslipper



Perth & District Horticultural Society

www.perthhortsociety.com

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P.O. Box 494
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September 2022

Est. 1984

President's Pen

"September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn."

— Rowland E. Robinson, Vermont

The first day of September was a crisp cool morning which reminded me that autumn is on its way but by lunchtime I could feel the warmth of summer. Fall doesn't start until September 22nd so savour each and every one of our last days of summer.

I participated in the District 2 Flower Show at Ottawa City Hall in August. The show was well attended with over 30 society members participating, displaying their horticulture specimens and design talents. Our PDHS member, Wenda Veldman won Best in Show in the category of house plants. Congratulations.

Since this show was part of the Year of the Garden 2022 celebrations in Ottawa, the Garden Heroes for the D2 societies were honoured and presented with an award, a copy of the Gardens Canada book and a double bloodroot plant. Richard Catchpaw was nominated as the Garden Hero for PDHS. I would like to thank Richard for all he does for our society, as a Board member and as a garden volunteer. Kudos to Richard.

What else does September bring to mind? It is the time of year when the Board of Directors decide if they are going to stand for election for another year. One of our Board members, Madeline Archer, will be taking a step back in 2023. I would like to thank Madeline for her dedication to the Board and all that she has done for the society.

That being said, we need to fill a few positions on the board. So here is my question to you: Would you like to join the board?

The Board of Directors is responsible for running the society and organizing the

activities, and to advocate for the society within the community and at the D2 and OHA levels. The Board gets elected at our November AGM and then serves from January to December the following year.

We meet eight times a year – the Tuesday before each of our meetings for an hour or two in the months that we have meetings. So no meetings in December or January, July and August. We welcome you to join us to continue the success of the Perth & District Horticultural Society. If you are interested or wish to learn more, please contact me by email at perthhortpres@gmail.com for more details. As well, you can approach any of the Board of Directors to discuss further.

On September 24th, both the Museum and Inge Va gardens and buildings will be open to the public from 10:00am-4:00pm for Kingston Open Doors. Our PDHS garden volunteers will be in the gardens at both the Museum and Inge Va to answer questions. Please take some time that day to stop by to admire the gardens and thank our volunteers for the outstanding work they do to keep these gardens maintained.

Our October meeting will be on Tuesday the 11th. We will have Blaine Marchand as our speaker. His topic will be A Century of Peonies at the Farm. Blaine will give an overview of the history of the Central Experimental Farm and the pride of place peonies have had in the Ornamental Gardens. He will also highlight its important collection of peonies bred by AP Saunders, son of the first Director of the Farm, William Saunders who taught his son hybridization techniques.

We will also have a Fall Flower show in celebration of Thanksgiving and the last flowers hanging around in the garden. I look forward to seeing tables full of entries.

Linda

Sad News: It's Already Fall

Source: The Laidback Gardener By Larry Hodgson, laidbackgardener.wordpress.com

Fall equinox will occur on September 22 and this signals the official start of autumn... but for gardeners, fall has already begun. You can feel it by the slowing of plant growth, the first blooms on fall-flowering plants... and there are even trees starting to change color. It's not the cold nights that cause these reactions in plants, but rather the shortening days. There are fewer hours of sunlight and the plants see this as a signal to start preparing for winter.

ACTIONS TO TAKE

The onset of fall also signals to gardeners a series of actions they must or can take to make the most of the season.

Houseplants

Bring in houseplants that spent the summer outdoors. Not only don't they tolerate the cold nights that will soon arrive, but they reacclimatize more readily to indoor conditions if they are brought in early.

Thoroughly rinse indoor plants with a good stream of water before bringing them indoors. That will knock off any insects that may be hiding there. Also, spray with an insecticidal soap solution.

Repot houseplants that have outgrown their pot size during their summer outdoors.

Bulbs

You can plant early spring bulbs directly in the lawn. This is called naturalizing.

Watch for the arrival of spring-flowering bulbs in stores. Buy them as soon as they arrive, because not only does the choice decrease rapidly, but storage conditions in most stores are harmful to the bulbs and they'll soon begin to dry out.

Plant certain spring-flowering bulbs without delay. Most bulbs can be stored in a cool, dark place until as late as October, if you want, but some small bulbs dry out quickly, notably winter aconites, anemones and fawn lilies (trout lilies). Therefore, you should plant those without delay.

Plant fall-flowering bulbs. You also have to plant colchicums and autumn-blooming crocuses early, as soon as they arrive in local stores; otherwise they'll bloom in their bag!

Perennials, Trees and Shrubs

You can divide or transplant most garden plants at this time of year. The big exceptions are fall-flowering plants, which are still actively growing, and slow-growing plants, especially those of limited hardiness, such as many rhododendrons. Wait until spring to divide or transplant these.

Stop fertilizing. It isn't wise to fertilize hardy plants (trees, shrubs, evergreens, perennials, etc.) in fall, because late fertilization can stimulate new growth that will not have time to harden off with the onset of winter. It will therefore be subject to winter damage.

Vegetable Garden

Be ready to harvest cold-sensitive vegetables (tomatoes, peppers, eggplants/aubergines, beans) as soon as the first frost is announced. They can also be covered with a "tent" (of floating row



Sod pulled from soil and bulbs laying on bare soil
Photo: laidbackgardener.blog



Fall is a good time to divide perennials
Photo: espacepourelavie.ca/

cover, old sheets, plastic sheeting) to protect them if the cold isn't expected to last more the 24 hours.

Lawn

Lay sod or sow grass seed. You can also topdress and oversow a weak lawn to thicken it up. You'll have much more success repairing lawns in the fall than in the spring.

And there you go: a few minor jobs you can carry out now, or at least soon, so that your garden remains beautiful throughout fall and into next year. Nothing too strenuous for a laidback gardener, of course! Just a few things you might want to try when you have a couple of minutes of free time and feel like interacting with your plants!



Fall is also a good time for installing sod
Photo: groupeboteco.com

11 Deer-Resistant Flower Bulbs for Your Garden

By DAVID BEAULIEU Updated on 07/22/22 For The Spruce

Deer are voracious grazers, and the foliage of many spring bulbs offers an irresistible treat at a time of year when few other food sources exist. And if above-ground vegetation is very sparse, deer can, and will, dig up the ground to get at the bulbs themselves.

Fencing is an option but comes at a price and can detract from the appearance of your landscaping. Fortunately, deer are selective in the bulbs they choose to eat; pick the right ones, and you may be able to protect your flower beds.

Experts know enough not to use the term "deer-proof" lightly since deer will eat most anything. There are only a few bulbs that can truly be called "deer-proof." There are, however, a good number of bulbs that can be accurately considered "deer-resistant." These are bulbs that deer generally leave alone unless they are desperate for food.



WARNING

If a plant is resistant to deer, it is often because it is poisonous. Use caution when selecting deer-resistant plants if you have pets that dig or young children.

1. Hyacinth (*Hyacinthus orientalis*)
2. Daffodils
3. Snowdrops (*Galanthus nivalis*)
4. Glory-of-the-Snow (*Chionodoxa* spp.)
5. Crocus (*Crocus* spp.)
6. Siberian Squill (*Scilla siberica*)
7. Grape Hyacinth (*Muscari armeniacum*)
8. Allium (*Allium* spp.)
9. Fritillaria (*Fritillaria imperialis*)
10. Lily of the Valley (**Note: this plant is considered invasive in Ontario**)
11. Netted Iris, Reticulated Iris (*Iris reticulata*)

To read the rest of the article please visit The Spruce website:
<https://www.thespruce.com/deer-resistant-bulbs-2131830>

Expand Your Palate with Edible Perennial Plants

Source: By Colleen Zacharias for Garden Making Magazine www.gardenmaking.com - Filed Under: Food to grow

Tips on enjoying and storing your fresh seasonal ingredients

As early as the first week in May, with chilly temperatures and patches of snow still lingering, Winnipeggers Michael Thys and Monika Thiessen began seeing the first signs of fresh new growth in their edible perennials garden. Early on, they enjoy the peppery taste of horseradish leaves, which Thys says are



Photo by
Monika Thiessen

delicious for wrapping fish before putting on the grill. When the first leafy fronds of ostrich fern fiddleheads start appearing in May as well, they prepare them by removing the outer papery bits and then steaming them until tender, before cooking them in the oven with finely chopped onion and bacon.

Next on their menu will be chives, mint, thyme, lemon balm, lovage and rhubarb. Once flowers such as daylilies and bee balm (Monarda) begin appearing in their garden, Thys and Thiessen will harvest the edible portions and use them to decorate their favourite dishes such as pizza. From spring to fall, a portion of their harvest will be carefully stored and preserved to enjoy in winter. "In February, it's like eating summer," says Thys.

Add some unexpected zip and delicious flavour to your homemade pizza with the colourful flowers of bee balm, an edible perennial.



Bee Balm - Photo by
Monika Thiessen

Edible perennial plants are deeper rooted than edibles that are grown as annuals. Once established in the garden, edible perennial plants are also more drought-resistant than annuals. Edible perennials are also less work, says Thys, because they don't have to be replanted each spring. The same growing considerations apply, of course, such as providing the right amount of light, water and space that different plants need. Lovage,

for example, is a leafy perennial herb that is fast growing and needs plenty of room to grow. Thys grows it in a shady, contained area of his garden. "It doesn't grow as tall or as bushy, but still gives us just the amount we need," he says.

Lovage is an excellent substitute for celery and much easier to grow, says Thys, who uses the stems and leaves to add its celery-like flavour to soups and other dishes. Thys and Thiessen practice permaculture in their home landscape and say that growing edible perennials is a mainstay of a sustainable ecosystem. Growing diverse edible perennials also opens the door to new and authentic food experiences. "It's not just about getting calories," says Thys. By eating a wider diversity of edible plants, he says, we can take advantage of a wider range of beneficial nutrients. Indeed, Thys and Thiessen embrace all sorts of genetically diverse edible perennials, including wild sarsaparilla and raspberry leaves, which they use for making herbal teas.

They also harvest young basswood leaves in early spring to use in salads as a substitute for other, more traditional greens. "Young basswood leaves are amazingly tender in spring and have a lettuce-like flavour," says Thys.

Getty Stewart, a professional home economist who lives in Winnipeg, is also preparing to harvest a range of diverse edible perennials. Rethinking the edible garden is about being aware of what's growing in your environment and looking at it with fresh eyes, says Stewart. "I really encourage people to think outside of the garden planter box. Chives, for example, are delicious but underutilized. We might snip a few and add them to our salad but there are many other delicious ways to use chives. Chives are one of the earliest edibles in the garden. It's a great opportunity to get yourself into the spirit of using what's available to you."

Chive blossoms and savory biscuits. Chopped chives and chive blossoms add wonderful flavour to savory biscuit recipes.

In addition to the green leafy parts, Stewart harvests the light purple, edible chive blossoms



Photo by
Getty Stewart

and uses them in savory biscuits as well as in herb butter and as a garnish. “When you are finishing off potatoes or a nice, barbecued steak, add a little pat of herb butter and the onion flavour of the chives and blossoms come through.”

Stewart also uses chive blossoms to infuse vinegar. “It is the most beautiful jewel-toned purple colour you can imagine and makes a delicious dressing that you can use all year long.”

Rhubarb crisp and rhubarb pie might be the first recipes that come to mind when we use the edible stalks of this favourite perennial which is technically a vegetable but used as a fruit. There are many savory ways to use rhubarb. Stewart is the author of a rhubarb e-cookbook with over 50 sweet and savory recipes and preserves. Her recipe for rhubarb and caramelized onions on top of focaccia bread with creamy goat cheese, fresh sage and a drizzle of balsamic vinegar sounds mouth-wateringly delicious.

Need more zip in your sweet and sour chicken recipe? Try adding rhubarb. Rhubarb is also an ingredient in Stewart’s recipe for poppyseed dressing which she likes to drizzle over salad greens garnished with the edible spring flowers of lungwort (*Pulmonaria*). “Or use your vegetable peeler lengthwise down a stalk of rhubarb and top your fresh salad with a few curly ribbons of rhubarb,” says Stewart.



Photo by
Getty Stewart

“We eat with our eyes first and that is an essential element to consider,” says Stewart. A sprinkling of chives or a few curly ribbons of rhubarb may add only a hint of flavour, but it always piques interest. Thys and Thiessen, too, say that their young nieces and nephews are fascinated when they serve pizza sprinkled with the edible flowers of bee balm.

“I like experimenting with edibles because it increases my sensory awareness,” says

Stewart. “I observe the different growth stages of plants in my garden which makes me feel more connected to nature.”

There is one other clear benefit. If we are planning to eat something that is growing in our garden, we are more likely to respect the environment in which it grows. There would be far fewer culinary adventures we would knowingly want to explore if plants were sprayed with chemicals or contaminated by pesticide drift.

The common stinging nettle is a plant steeped in history. It has been cultivated for centuries for its medicinal and culinary value and its fibres have been used to make clothing. Stewart harvests stinging nettles found growing along riverbanks. A thick pair of gloves is a necessity when collecting nettles. “But once you blanch the leaves and shoots, the stinging spines are removed,” she says. The tender, young shoots are a tasty substitute for spinach greens. Stewart also adds finely chopped nettles to biscuit, soup, pesto and pasta recipes, and says that sauteed nettles with fried egg is amazing.



Stinging Nettle - Photo
by Getty Stewart

Stewart freezes chopped nettle leaves in convenient pucks and uses the same process for sorrel, another edible perennial, as well as for annual greens such as spinach and kale. The first step is to blanch the greens. Blanching is a key step before freezing your freshly harvested greens and veggies, says Stewart. “Blanching stops enzyme action which can cause a shift from moist, juicy and fresh tasting to old and dry tasting.”

Start by adding washed greens that have been cut in small pieces to a large pot of boiling water and boil for two minutes. Using a slotted spoon, remove the chopped greens and place immediately into an ice-cold water bath, drain and pat dry. Press the chopped greens into an ice cube tray, says Stewart, and freeze overnight or for a minimum of three hours. Remove the pucks and seal in a plastic bag or freezer container.

For more recipes and storage tips for homegrown edibles, visit gettystewart.com.

Perth & District Horticultural Society
LAST COLOURS OF FALL
October 11, 2022 Flower Show Schedule

Show Rules

- ▶ Exhibitors must be members of the Perth & District Horticultural Society.
- ▶ 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 if 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.
- ▶ 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.

Schedule

Section I: Horticultural Specimen

- Class 1: Last rose of summer – single bloom
Class 2: Any perennial – 1 bloom or stem - named
Class 3: Any annual – 3 stems - named
Class 4: A collection of gourds – minimum 3
Class 5: Squash – 2 – same or different cultivars – named if possible
Class 6: Pumpkin – 1
Class 7: Any other vegetable – named (one to maximum of three each)

Section II: Design

- Class 8: *Something to Remember* – a miniature design using dried material
Class 9: *Every Day is a Blessing* – a table centrepiece
Class 10: *Fall Glory* – A design of your choice

Horticultural and Design Definitions

In accordance with Ontario Judging and Exhibiting Standards, Second Edition OJES 2019

Horticultural

Stem: A main plant structure which supports flowers, leaves, buds, or fruit.

Designs

Miniature Design: A design with maximum dimensions no more than 12.7 cm (5”) in height, width and depth including any container, base and/or accessories.