



Oakville Horticultural Society Newsletter March 2016

Speaker Corner



We all enjoy learning how to care for our plants and gardens, but this month it is time to learn how to care for you – the gardener. Across North America, millions of people injure themselves gardening. Eighty-eight per cent of Ontario chiropractors report that gardening is the most common source of back and neck pain during the warm weather season.

To help us potentially avoid that pain, we have invited **Rachel Carson**, a Doctor of Chiropractic, to come and give a talk created by the Ontario Chiropractic Association entitled: **Plant and Rake Without the Ache**.

This program was developed to help gardeners avoid the stiff and sore joints, muscle, neck and back pain that sometimes accompanies work in the yard. The program features warm-up exercises, stretches, lifting techniques and injury prevention strategies in a simple, easy-to-follow format.

Come for this fun 'active' lecture in anticipation of our first wonderful days in the yard and garden. Be prepared for some gentle stretching and vigorous smiling.



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Next Meeting: March 14, 2016

March Hospitality Volunteers: Leslie Egger, Kathie Dick, Jane Hardman, Marie Decker

March Hall Set Up Volunteers: Gilbert Jeffery, Christel Mahncke, Ted Bateman

March Flower Show Clerks: Mary Cameron, Michelle Durrant



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Do you remember when Friend Owl explained twitterpation to Bamby? He said, *"Nearly everybody gets twitterpated in the springtime. For example: You're walking along, minding your own business. You're looking neither to the left, nor to the right, when all of a sudden you run smack into a pretty face. Woo-woo! You begin to get weak in the knees. Your head's in a whirl. And then you feel light as a feather, and before you know it, you're walking on air. And then you know what? You're knocked for a loop, and you completely lose your head!"*

Well it is that way with I when she sees the pretty faces of spring flowers. Woo-woo! And a woods filled with trillium makes me positively weak kneed... such is the rapture of spring.

The President's Remarks

Marie and I can't wait to see what you bring in for our first Horticultural Show of the year. Perhaps you have a branch of forsythia you have cut and brought into force an early bloom; perhaps some bulbs or a beautiful houseplant. And why not try your hand at a floral design? You do not need to be an expert floral arranger, just experiment with your choice of blossoms. We'd like to see your photographs too. Check out the [Show Schedule](#) online. **Share your joy in the beauty around us.**

We certainly shared the joy this Family Day. Thanks to the great orchestration of Linda Tock, we gave the over 200 participants in our 'Fun with Flower Event' a great day. The delighted faces warmed our hearts. Marie and I could hardly believe the generosity of Young Song and Jenny Lim, co-owners of Flower Deco. They provided so many buckets full of beautiful blooms that we have chosen to present them with a President's Award. Please see more about our Family Day Sponsors inside and check out more smiling faces on our [Facebook page](#).

We have two retirements from our Board to announce. Liza Drozdova and Veronica Heiderich have found that new family and work commitments mean they will not have the time to contribute to our executive this year. We are grateful for the time they were able to give us and know they will continue to support our Society as they can. The Board will look for new members in the coming weeks. Let us know if you would like to get more involved in the programs that make our Society so successful and helpful in this community.

See you soon!

Cathy Kavassalis and Marie Decker





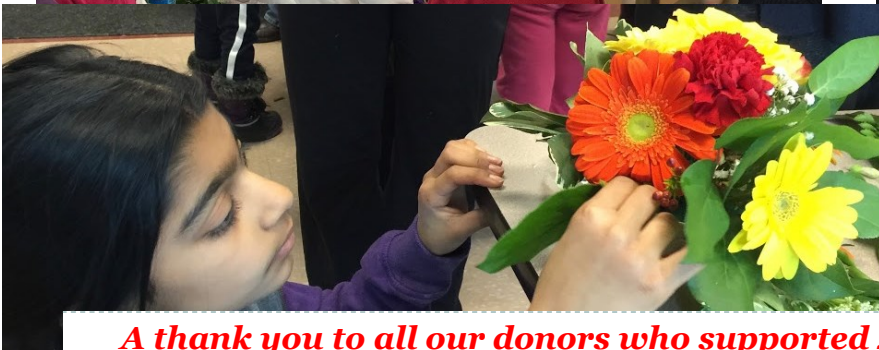
FUN WITH FLOWERS (2016)

IN THE MIDDLE OF WINTER, "FUN WITH FLOWERS", WAS TRULY ENJOYED AGAIN THIS YEAR BY MANY ----- OVER 200 SMILING PARTICIPANTS !

THE ABUNDANCE OF BEAUTIFUL FLOWERS --- RICH COLOURS, VARIED SHAPES & SIZES --- GAVE EVERYONE LOTS TO CREATE & PLAY WITH ! THANKS SO MUCH TO OUR VALUED SPONSORS : **Flower Deco, Whole Foods, Fortino's, Metro (Upper middle/Hopedale), Sobey's (Maplegrove), Longo's (Dundas).**

MANY THANKS TO THE OAKVILLE HORTICULTURAL SOCIETY AND THE VOLUNTEERS WHO HAVE ORGANIZED AND MADE THIS AMAZING EVENT HAPPEN FOR THE LAST SIX YEARS !

VOLUNTEERS FOR 2016: Don Dusha, Cathy Ryan, Margaret Jeffery, Elizabeth & John Thompson, Marie Decker, Cathy Kavassalis, Florenda Tingle, Mary Rose, Lee Manley. Thanks also to Mr. & Mrs. Curtis who donated all the catfood tins – the containers for the floral designs !



Fun with Flowers for 2016

A thank you to all our donors who supported 2016 Fun with Flowers!





WANTED

Plant Sale Committee Head immediately required.

Fun, rewarding work with lots of support from others.

Approximately 40 hours of volunteer time required

Plant Sale Date:

May 21, 2016

Location:

Munn's United Church

Contact: Cathy Kavassalis 905-849-7581

Planning Meeting: February 29th 7:30 p.m. **Location:** Town Hall



MAKE A TEACUP BOUQUET

**Sunrise Senior Living
10:30 - 11:30 a.m.**

Join master floral designers Celia Roberts and Marie Decker from Oakville Horticultural Society and create your very own floral masterpiece. This is a relaxed and informal event, a perfect chance to chat and giggle over flowers as you learn essential skills and floral arranging techniques. Limited space ... so sign up soon. Bring your own teacup or we can supply one.

Talk to Vanessa for details.



**Teacup Bouquet Workshop - March 25th
10:30 a.m.** Oakville Horticultural Society will hold this workshop at Sunrise Senior Living (456 Trafalgar Road). If you have teacups to donate, would like to help, or would like to participate in the workshop, contact Cathy 905-849-7581 - c.kavassalis@gmail.com



If you have a garden and a library, you have everything you need.
Marcus Tullius Cicero

ON TODAY'S EPISODE



Black Carrots

On today's episode we are exploring **carrots - Orange is the New Black?**

Or is black is the new orange? Black carrots, well, dark purple carrots, are all the rage these days. But they are actually not at all new. Prior to the 15th century, purple and yellow carrots were the norm. So in terms of fashion, black is back.

Millennia ago, yellow and black carrots were domesticated from wild carrots, like our Queen Anne's Lace, *Daucus carota* L. Carrots are biennial members of *Apiaceae* (formerly *Umbelliferae*). Celery, parsley, parsnip, coriander, cumin, dill, fennel and many other aromatic plants with hollow stems belong to this family.

There are two main types of cultivated carrots, the Eastern or Asiatic-type (*D. carota* var. *atrorubens*) and the Western-type carrot (*D. carota* subsp. *sativus*). Eastern-type carrots typically have thick, short roots that branch and grey-green, fuzzy foliage. Those rich in xanthophyll pigments are yellow; anthocyanin turns them purple, and those with lycopene are red. It is believed that the orange western-type carrots were selected from yellow rooted varieties (M. Iorizzo et al. 2013.) The sweeter Western varieties typically have smoother more conical roots, produce finely divided less hairy leaves and are high in the orange pigment - carotene.

That oversimplifies the complexity of carrots. The USDA-ARS North Central Regional Plant Introduction Station (NCRPIS) holds 917 samples (accessions) of *D. carota* gathered from around the world including 566 landraces and cultivars. Because domestic carrots readily share pollen with wild types and even outcross with distant cousins, classifying carrots is challenging and the number of subspecies and variations is still debated, (Spooner et al. 2014). The result is an ever-evolving number of diverse and interesting carrots.

Carrot Salad - Spain 1623

Francisco Martinez Montino. His original manuscript dates from 1623.

Montino was a cook to 3 Kings - Philip II, Philip III and Philip IV. The book gives an insight in royal banquets of the day with the description of elaborate recipes.

"The carrot for salad you should look for the black ones, wash them, and clean off the rootlets, and cut the point and the tops, and put them in a pot, and press them to the bottom so they are very tight, and place the pot n the coals and put fire all around, and above and roast them very well.

Then take out and clean off the skin so they become very delicate and season with salt and serve with oil, vinegar while hot. And if you want to add sugar, you can. The should be shallow. You should set these carrots where there are coals, and make little slices."

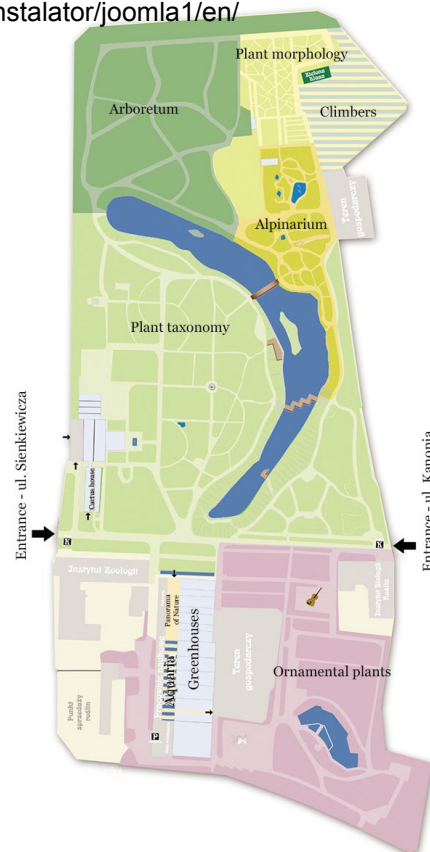
(Note the word "salad" merely means that this is a dish composed solely of vegetables, but not necessarily that it is cold).

Source - *Cooking in Europe – 1250-1650* Ken Albala

The Botanical Garden of Wroclaw University, Wroclaw Poland

The Botanical Garden was established in 1811 as a research institute of Wroclaw University. It ranks among the oldest university institutions of that type in Poland. Located in the area of the city's fortifications and its oldest district, i.e. Ostrow Tumski, nearby monumental Gothic churches, the Garden is a centre of recreation for the inhabitants of Wroclaw and an attraction for the visitors to the city. The vegetation growing here ravishes the eye with its seasonally changing beauty. At present, the Garden's surface totals 19.4 ha, which includes 7.4 ha of the Wroclaw Botanical Garden and 12 ha of its branch, i.e. Arboretum Wojslawice.

The Garden's directors were represented by many distinguished botanists, to mention only palaeobotanist Prof. H. R Goeppert or A. Engler, the author of a novel system of plant taxonomy. World War II did not spare the Garden, which was severely bombed during the warfare: 50% of the trees standing, almost 100% of the herbaceous plants and glasshouse plants were damaged or destroyed. It was as late as 1948 that reconstruction was undertaken thanks to the initiative and personal commitment of many people, Prof. H. Telezynski and Prof. S. Macko among others.



The lesson I have thoroughly learnt, and wish to pass on to others, is to know the enduring happiness that the love of a garden gives.

- Gertrude Jekyll



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From an Online article from GARDENMAKING.....

The company that owns *Canadian Gardening* magazine, TVA Inc., says that the magazine will stop publishing after its Spring 2016 issue is released March 8. According to a news report on Mastheadonline.com, the company will close the magazine in order to "concentrate on its strongest brands." It is expected that the remaining portion of *Canadian Gardening* subscriptions will be transferred to another TVA magazine, such as *Canadian Living* or *Style at Home*.

The news about *Canadian Gardening* makes us sad here at *Garden Making*. Yes, we are competitors who publish an independent gardening magazine, but we know how hard it is to create and grow a magazine. We know that magazines become part of some readers' lives because they connect them with other people with similar interests. Also, we have connections and friendships that go back to the founding of *Canadian Gardening*.

My business partner and wife, Beckie Fox, worked on *Canadian Gardening* for its first decade. At a company called Camar Publications that later became Avid Media Inc., Beckie worked with Editorial Director Bob Pennycook and Editor Liz Primeau over the years to establish *Canadian Gardening*. It was launched at a time when many baby boomers were moving into their first homes, but most of the gardening magazines available in Canada came from the U.S. or England. Beckie was editor of *Canadian Gardening* from 1999 to 2001.

Eventually, *Canadian Gardening* became part of a large consumer magazine company with multiple titles when Avid was purchased by Transcontinental Media in 2004. Then in 2014, when Transcontinental decided to focus only on printing, its magazines were bought by TVA, the magazine publishing arm of Quebecor.

One of our members, Stu sent this awesome note about poinsettias ...

So what do you do with your Christmas poinsettia plants? Try to keep them growing, or just toss them into the compost. I must admit to doing both, and often with less success while trying to keep them alive. In today's mail I received a letter from my sister, who often puts clippings from the local paper for our entertainment. In this letter was a clipping describing the efforts of a Maui resident who likes to gather and plant the holiday poinsettia plants to beautify her property. Of course it helps to live in a climate without the fear of frost.

"Rescued poinsettia plants line the driveway at the home of Leona Rocha Wilson. Wilson said she has been collecting and accepting the holiday plants from hotels, churches and homes for several years as a way of keeping them out of the landfill and to beautify her property. "Conservatively, I've put it in the thousands," she said. "I'll take them from anybody. If they want to drop them off at my gate, they're welcome to."



Did You Know?

Master Gardening Tips:



We hope that warmer temperatures and sunny days have finally arrived and so have the first flowers of spring! This might entice you to do a bit of gardening. Understandably, most gardeners are anxious to plunge their hands into the dirt and get growing. Gardening can be an extremely rewarding pastime, but it can also come with an increased risk of aches and pains if you're not careful. We've put together a few tips to help you maximize your joy of gardening while minimizing the risk of pain.

2016



Perennial Plant of the Year by the Perennial

Honorine Jobert Japanese Anemone

ANEMONE X HYBRIDA 'HONORINE JOBERT'

Hardiness Zone: 4 - 8

Plant Description

Produces a multitude of pure white flowers on graceful branching upright stems for 5 weeks or more above a solid clump of dark green deeply cut leaves.



1. Warm up

After waiting all winter, it may be tempting to jump right into the spring garden cleanup. Do your future self a favour and pause to warm up your muscles before you start the work. Like any other physical activity, gardening requires preparing your body for the new movements. In fact, over the winter months, you may have become deconditioned and will require some time before you can invest yourself into a regular gardening routine. Straighten Up Canada only takes 3 minutes and helps to improve your posture and keeps you moving.

2. Take breaks

When you're in the zone, one can lose track of time. Hungry to see results, you might just plow through the work without paying attention to your body's cues. However, it's wise to pace yourself instead of powering through to get the job done. Set a timer and take a break every 15-20 minutes to stand up, stretch and walk around a bit rather than staying in the same position for extended periods of time.

3. Drink water

Hydration is always important, but especially when you are physically active under the sun. Carry a bottle of water along with your garden tools. When you take your break every 15-20 minutes, have a drink of water, too.

4. Breathe

While you're stretching and hydrating, take in some deep, oxygenating breaths to nourish your hard-working muscles and help to improve circulation. Keep your shoulders and chest relaxed. When breathing deeply, you should see your abdomen extend out and then in calmly.

5. Listen to your body

It's easy to get caught up in the sheer joy of getting your hands dirty. Gardening can be very meditative, in fact. However, be careful not to get so lost in the task that you ignore those nagging aches and pains until it's too late. Pay attention to the messages your body is sending you. If you feel a twinge, take a break or change positions.

6. Be mindful of large loads

Bags of mulch and soil or heavy potted plants come with the territory. Instead of lugging a whole bag of soil from one end of the garden to the other, consider using a wheeled cart. Divide large loads into smaller batches that are easier to handle. If you must lift something heavy, consider asking for help, or check out these pointers on how to lift properly without injuring your back.

7. Vary your tasks

Rather than concentrating on one area or job at a time, vary your tasks to ensure that you aren't holding the same position for extended periods.

Presented by the Canadian Chiropractic Association

<http://www.chiropractic.ca/blog/seven-back-saving-tips-for-gardeners/>



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Calendar of Events

Saturday February 27 - 10 am to 4 pm: **Seedy Saturday**.

Location: Landscape Ontario 7856 Fifth Line South, Milton, ON Halton Master Gardeners,
Hosted by the Milton & District Horticultural Society

February 27 & 28: **35th Annual Spring Orchid Show and Sale**

Location: RBG Centre | 12:00PM to 5:00PM on Saturday; 10:00AM to 5:00PM on Sunday

March 3-6: **Stratford Garden Festival** <http://www.on.lung.ca/stratfordgardenfestival>

Location: 353 McCarthy Road,

Saturday, March 5, 2016: at the RBG, Seminar with Thomas Rainer Planting in a Post-Wild World: Designing Plant Communities for Resilient Landscapes.

Location: Royal Botanical Gardens 680 Plains Rd. W., Burlington

Time: 2:00-4:00 pm at the Royal Botanical Garden Centre Fee:\$30.00(Members 10% off)

March 11-20: **Canada Blooms and National Home Show**. Direct Energy Centre

March 18-21: **Successful Gardening**. Toronto International Centre.

Sunday, April 17 9:00 a.m. to 4 p.m. **6th Annual Hosta Forum**

Location: Glencairn Golf Club. Regional Road 25, Halton Hills, ON Cost: Members - \$55.00 until March 1st - \$60.00 after March 1st Non-Members - \$60.00 until March 1st - \$65.00 after March 1st c/o Norm Limpert, 11174 Sixth Line, Acton, ON L7J 2L7 Cheques payable: Ontario Hosta Society 905-878-3366 - normlimpy@hotmail.com To pay by credit card: Contact Glenn Wilson at 519-859-5701.

April 29-30, 2016 Horticultural Therapy Basic Training at RBG Two day Training Session

Time: Friday and Saturday; 9:00 am - 4:00 pm at RBG Garden Centre Fee:\$225.00 (Refreshments & workshop materials)

Location: Royal Botanical Gardens 680 Plains Rd. W., Burlington

Saturday, April 30: 8:30 a.m. to 3:00 pm **District 6 Spring Workshop and Flower Show**

Location: East Plain United Church, 375 Plains Rd. East. Aldershot.

Saturday, April 30: Toronto Rhododendron Society Plant Sale

Time: 10am-2pm. Location: Toronto Botanical Gardens, Garden Hall, 777 Lawrence Ave E, Toronto, On, M3C 1P2

Saturday, May 21: **OHS Plant Sale** Munn's United Church (Dundas St & 6th Line)

May 26, 2016 **History of RBG's Rock Garden on Burlington Heights**

7:00PM to 8:30PM | RBG Centre

Join RBG's Dr. David Galbraith for an evening exploring the history of this six-acre horticultural gem. **RSVP to Danielle**, ddaigle@rbg.ca, 905-527-1158, ext. 514 of RBG's Rock Garden

Sunday, June 26: **Through the Garden Gate – OHS Garden Tour**