



# Blooming News

Haldimand Horticultural Society

Celebrating 26 Years

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Check out our web site at [www.haldimandhorticulturalsociety.org](http://www.haldimandhorticulturalsociety.org)

## SEPTEMBER 2010

### PRESIDENT'S MESSAGE

Harvest time is here! Now we can collect the benefits of all the hard work. Tomatoes have been grand although the blight has now moved in. And this year the balance between enough corn for both the raccoons and us worked out. Certainly the exhibits at the Haldimand Horticultural Society Flower and Vegetable Show indicated that member's gardens have been good. Carol Jones brought a dahlia that was a heart breaker and she won the Hugh Shipway Award for this exhibit. Jim Osinga maintained his reputation as a champion pepper grower. Kudos to Catherine McGill for all the hard work she put into making this show another good one for the Society. Not enough exhibitors as we would have liked, but there was a good overall display. The highlight was the participation of the residents at the Riviera Senior's Home. It was evident that they received a lot of enjoyment from the whole day. Another highlight was the luncheon prepared by Karen Foster which was served to the judges and clerks. Karen had planned generously and there was enough there for all Society members who were there at that time and a great social time was enjoyed.

Mark your calendar for Saturday, September 25<sup>th</sup> when we will host the District 6 Breakfast Meeting at St. Paul's Anglican Church. Catherine McGill will be cooking a hot breakfast which will be served starting at 8:30 a.m. There will be no charge for this, but it would be nice to have members come out to help set up the hall, welcome the guests and to sell bulbs.

At our last Executive meeting we were pleased to learn that all current Directors present are willing to continue on in this capacity. However, we are able to have up to 16 Directors so if there is someone out there who would like to serve on the Board, we would like to hear from you.

There will be bulbs for sale at the next General Meeting on September 23<sup>rd</sup>. Hope to see you there,

Cheers,  
Dawn Suter, President

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### OHA Convention in Barrie

By Karen Foster

Being a happy senior now and electronically illiterate, my contribution is a month later than Chris, Nancy and Dawn.

I too had a very enjoyable time with the girls I shared (or not) accommodation with. (At home, I share with 3 cats, 1 dog and 1 large man, off and on all night). Thank you for letting me have my own bed.

Thank you Dawn for showing me real beauty in all plants, grass or trees even in winter when they are asleep. I thought we were going to have a great meal when I saw all the veggies in Dawn's room. It boggles my mind how a beautiful design emerged from this assortment. Congrats Dawn.

I attended the Photography seminar. The main thing he said, was to play with the camera to learn and then when all else fails, get the instruction book from the recycling and read cover to cover and never leave home without your camera. I didn't learn that one. I needed my camera at the Paris Fair. Congrats to Coby Osinga. Her outstanding designs cleaned up.

Thanks again Nancy and Chris for not making me feel like a real senior (except when walking fast to the next event. I can't walk, talk and breathe at the same time anymore).

We had a lot of fun sharing stories, laughs and trading hort info with a lot of new friends and each other. I am looking forward to next July in Sudbury.

Chris, I'll bring you cookies and Nancy, don't forget your flip-flops.

**HOPE TO SEE YOU AT THIS MONTH'S GENERAL MEETING - THURSDAY, SEPTEMBER 23<sup>rd</sup>  
- 7:30 p.m. at St. Paul's Anglican Church, Orkney Street in Caledonia**

**Our Guest Speaker will be Nancy Lee-Colibaba on the topic of Horticultural Therapy .  
Nancy is the Horticultural Therapy Co-Ordinator with the Royal Botanical Gardens. Horticultural therapy programs use plants and gardening to enhance emotional, physical and mental well being. These programs are used by hospitals, nursing homes and community rehabilitative and mental health centres.**

## **The Ontario Horticultural Association Carolinian District 6 ANNUAL FALL DINNER**

Guest Speaker: Sean James N.P.D. "Practical Solutions for Sustainable Landscaping"

Time: 5:00 - 9:00 p.m.

Date: **Saturday, November 13<sup>th</sup>, 2010**

Location: Acton Legion, Branch 197, 16 Wright Street, Acton, Ontario

Tickets are \$24.00/person

Menu: Roast beef dinner; includes: Salad, Rost Beef and gravy; mashed potatoes, mixed vegetables, cherry cheese cake served with coffee/tea. A vegetarian dish is available upon request.

Raffle draws and Door prizes

**Editor's Note:** This is an event for all of us!! It's a great evening and dare I say "Well worth the drive to Acton" Coby, our Treasurer will be ordered tickets on behalf of the Haldimand Horticultural Society for us in a block. This is how the District prefers our ticket orders. Coby needs to hear from you, if you wish to attend and she also needs your cheque for the number of tickets you wish. She will need this no later than Friday, October 15<sup>th</sup>. If you haven't been to a Fall Dinner before, give some serious thought to attending!!

### **GENERAL MEETING DATES FOR 2010**

Mark your calendars

St. Paul's Anglican Church on  
Orkney Street in Caledonia

**Thursday, October 28<sup>th</sup> – 6:00 p.m.\* Awards  
Night and Dinner (\*note earlier start time due  
to Dinner)**

**Thursday, November 18<sup>th</sup>\* – 7:30 p.m.  
Annual General Meeting and new Executive  
Installation (\*note that this is the 3<sup>rd</sup> Thursday**

of the month in order not to conflict with Caledonia Light Up Night on the 4<sup>th</sup> Thursday)

Jim Ray will be our Guest Speaker on "Floral Decorating for Christmas"

**No meeting in December**

**EDITOR'S NOTE:**

Please note that the Awards Night and Dinner is on October 28<sup>th</sup> at 6:00 p.m. and not October 21<sup>st</sup> at 7:30 p.m. as previously referenced in the Newsletters.

The Annual General Meeting, Installation of the 2011 Executive, and our Guest Speaker on the topic of Floral Decorating for Christmas, will be held on Thursday, November 18<sup>th</sup> at 7:30 p.m. and not 6:00 p.m. as previously noted.

How many tulips should I plant? The answer is always "More". Check out our Van Noort selection!

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**UPCOMING MONTHLY COMPETITION CATEGORIES**

**THE CALEDONIA FALL FAIR IS COMING**

**September 30-October 3, 2010**

Lena Atkinson is co-ordinating the Haldimand Horticultural Society's entry this year. Lena is asking for volunteers to come out and give her a hand in setting up our exhibit.

This year's theme is "From Earth to Table" If you can lend a hand, please meet Lena on Wednesday, September 29<sup>th</sup> at 6:30 p.m. at the Caledonia Fair Grounds.

If you have items from your garden that would match this theme, ie herbs -- bring them along with you on the 29<sup>th</sup>.

**September 2010**

**Design Section**

- (a) A,B,C's – Design in a mug for the teacher
- (b) Grandparents day – Design with an old fashioned feeling

**Specimen Section** (must be grown by exhibitor for minimum 3 months)

- (a) Dahlia – 3 stem – over 5"
- (b) Dahlia 3 stem – under 5"
- (c) Dahlia – collection suitably displayed in container
- (d) Collection of vegetables suitably displayed
- (e) Collection of perennials
- (f) Collection of annuals

**October 2010**

**Design Section**

- (a) Boo – Centerpiece suitable for Halloween
- (b) Tall Turkey Tales – Mass design – either traditional or modern
- (c) Amen – Design in Cornucopia

**Specimen Section** (must be grown by exhibitor for minimum 3 months)

- (a) Perennial, 1 stem, stalk or spray
- (b) Annual, 1 stem stalk or spray
- (c) Collection of mixed annual/perennial in a suitable container
- (d) Hosta – Collection of 3 leaves, different varieties, in suitable container
- (e) Sedum – 3 stems/stocks/spray-same variety

For those who are interested in putting an Arrangement/Design in the Monthly Competition and are not sure of the "rules", we do have copies of the "OHA Ontario Judging and Exhibition Standards", Publication #34 available. The cost is between \$6.00 and \$8.00 and is well worth the purchase. See Catherine McGill.

For a full 2010 listing of Monthly Competition Categories – see Catherine McGill

**VOLUNTEERS NEEDED FOR 2011 TO LOOK AFTER THE SIMS LOCK GARDEN**

If you live in the Sims Lock area and have some time to work on planting and tending the Sims Lock Garden – please let one of your Executive know.

**ARE YOU PLANNING AN OUTING TO THE ROYAL BOTANICAL GARDENS?**

The Haldimand Horticultural Society is a Society member of the RBG. As a member you can use the HHS free pass and free parking voucher.

If you would like to borrow these passes for your outing, see Karen Foster at one of our meetings and make arrangements.

## **REPORT FROM THIS YEAR'S FLOWER AND VEGETABLE SHOW:**

By Catherine McGill, Show Chair

This was a high quality show with many favourable comments from the judges and visitors to the Show.

I would like to thank Lena Atkinson for helping with set up and morning entries. To Susan Reeder for her secretarial work – all those points needing tallying! Don Reeder and I got to follow the judges and hear all the great comments and learn more pointers for future showing and judging. Karen Foster put on a great lunch for us all, and Dawn was fundraising with her bulb sales. Madeline Hagan, Sharon Slack and Loretta Jones sold 50/50 tickets and helped wherever needed. But this all started and ended with Jim Osinga and his brother moving all the tables to and from the Church hall to the Riviera.

It takes a team to put this Show on and a huge thank you to everyone who helped, competed, and those who came out to see what was happen'ing.

THANK YOU!!!

### **And here is the list of our winners:**

#### Design:

- 1<sup>st</sup> Dawn Suter
- 2<sup>nd</sup> Lena Atkinson
- 3<sup>rd</sup> Coby Osinga
- 4<sup>th</sup> Don Reeder

#### Vegetables/Herbs:

- 1<sup>st</sup> Dawn Suter
- 2<sup>nd</sup> Don Reeder
- 3<sup>rd</sup> Jim Osinga
- 4<sup>th</sup> Catherine McGill

#### Potted Plants:

- 1<sup>st</sup> Catherine McGill
- 2<sup>nd</sup> Carol Jones
- 3<sup>rd</sup> Tie: Don Reeder, Lena Atkinson, Dawn Suter, Jim Osinga

#### Specimen:

- 1<sup>st</sup> Dawn Suter
- 2<sup>nd</sup> Don Reeder
- 3<sup>rd</sup> Audrey Derii

#### Dahlia:

- 1<sup>st</sup> Dawn Suter
- 2<sup>nd</sup> Don Reeder
- 3<sup>rd</sup> Carol Jones

#### Men's Division:

- 1<sup>st</sup> Don Reeder

#### Resident Division:

- 1<sup>st</sup> Mary Laslett

#### Youth Division:

- 1<sup>st</sup> Meaghan McGill

#### High Point:

- 150 points: Dawn Suter

#### Best in Show – Resident:

- Mike Robins – Pitcher Plant

#### Best in Show – Horticultural

- Dawn Suter – Sunflowers

#### Best in Show – Design

- Dawn Suter

#### 50/50 Winner

- Lena Atkinson - \$23.50 payday

## **AUGUST MONTHLY COMPETITION WINNERS**

### **Design Section**

#### **(a) Found it!**

- 1<sup>st</sup> Lena Atkinson
- 2<sup>nd</sup> Don Reeder

#### **(b) Fireworks abound – Design using large blooms**

- 1<sup>st</sup> Don Reeder
- 2<sup>nd</sup> Deborah Keddy
- 3<sup>rd</sup> Loretta Jones
- 4<sup>th</sup> Lena Atkinson

### **Specimen Section**

(must be grown by exhibitor for minimum 3 months)

#### **(a) Dahlia – 1 bloom, decorative**

- 1<sup>st</sup> Doris Thomson

2<sup>nd</sup> Doris Thomson

3<sup>rd</sup> Don Reeder

4<sup>th</sup> Glen Cawker

5<sup>th</sup> Doris Thomson

**(b) Dahlia – 1 bloom, cactus**

1<sup>st</sup> Don Reeder

2<sup>nd</sup> Carol Jones

**(c) Dahlia – 1 bloom, single**

1<sup>st</sup> Carol Jones

2<sup>nd</sup> Doris Thomson

3<sup>rd</sup> Deborah Keddy

4<sup>th</sup> Lena Atkinson

5<sup>th</sup> Glen Cawker

**(d) Collection of dahlias displayed in a suitable container**

No entries

**(e) Perennial – 3 stem, named**

1<sup>st</sup> Doris Thomson

2<sup>nd</sup> Don Reeder

3<sup>rd</sup> Glen Cawker

4<sup>th</sup> Don Reeder

**(f) Annual – 3 stem, named**

1<sup>st</sup> Doris Thomson

2<sup>nd</sup> Tie: Carol Jones, Carol Jones

**Vegetables in this section will be displayed on a paper napkin**

**(g) Tomato, 3, any variety**

1<sup>st</sup> Karen Foster

2<sup>nd</sup> Aileen Dekkers

3<sup>rd</sup> Doris Thompson

4<sup>th</sup> Don Reeder

**(h) Bean, 3, any variety**

1<sup>st</sup> Don Reeder

2<sup>nd</sup> Aileen Dekkers

**(i) Any other vegetable not named here**

1<sup>st</sup> Doris Thomson

2<sup>nd</sup> Don Reeder

3<sup>rd</sup> Aileen Dekkers

4<sup>th</sup> Aileen Dekkers

**CONGRATULATIONS EVERYONE!!**

**FOOD AS MEDICINE**

A great chart for your fridge  
Courtesy of Catherine McGill

**Headache? Eat Fish!**

Eat plenty of fish – fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

**Hay Fever? Eat Yogurt!**

Eat lots of yogurt before pollen season. Also – eat honey from your area (local region) daily.

**To Prevent Stroke – Drink Tea!**

Prevent build-up of fatty deposits on artery walls with regular doses of tea. Actually team suppresses appetite and keeps the pounds from invading. Green tea is great for our immune system.

**Insomnia (Can't Sleep?) Honey!**

Use honey as a tranquilizer and sedative.

**Asthma? Eat Onions!!!**

Eating onions helps ease constriction of bronchial tubes. Onion packs placed on chest helped the respiratory ailments and actually made breathing better.

**Arthritis? Eat Fish, too!**

Salmon, tuna, mackerel and sardines actually prevent arthritis. Fish has omega oils, good for our immune system.

**Upset Stomach? Bananas – Ginger!**

Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

**Bladder Infection? Drink Cranberry Juice!**

High acid cranberry juice controls harmful bacteria.

**Bone Problems? Eat Pineapple!**

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

**Memory Problems? Eat Oysters!**

Oysters help improve your mental functioning by supplying much needed zinc.

**Colds? Eat Garlic!**

Clear up that stuffy head with garlic. Remember, garlic lowers cholesterol too.

**Coughing? Use Red Peppers!**

A substance similar to that found in the cough syrups is found in hot red pepper.

Use red (cayenne) pepper with caution – it can irritate your tummy.

**Breast Cancer? Eat wheat, bran and cabbage!**

Helps to maintain estrogen at healthy levels.

**Lung Cancer? Eat dark green and orange and veggies!**

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

**Ulcers? Eat cabbage also!**

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

**Diarrhea? Eat apples!**

Grate an apple with its skin, let it turn brown and eat it to cure this condition. Bananas are good for this ailment too.

**Clogged arteries? Eat avocado!**

Mono unsaturated fat in avocados lowers cholesterol.

**High blood pressure? Eat celery and olive oil!**

Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

**Blood sugar imbalance? Eat broccoli and peanuts!**

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**Kiwi: Tiny but mighty!**

This is a good source of potassium, magnesium, Vitamin E and fibre. It's Vitamin C content is twice that of an orange.

**Apple: An apple a day keeps the doctor away?**

Although an apple has a low Vitamin C content, it has antioxidants and flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack and stroke.

**Strawberry: Protective fruit!**

Strawberries have the highest total of antioxidant power among major fruits and protects the body from cancer causing, blood vessels clogging free radicals. Actually, any berry is good for you. They're high in antioxidants and they actually keep us young.

**Blueberries:**

Are the best and very versatile in the health field. They get rid of all the free-radicals that invade our bodies.

**Orange: Sweetest medicine!**

Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones as well as lessen the risk of colon cancer.

**Watermelon: Coolest Thirst Quencher!**

Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene – the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C and potassium. Watermelon also has natural substances (natural SPF sources) that keep our skin healthy, protecting our skin from those darn UV rays.

**Guava and Papaya: Top wards for Vitamin C!**

They are the clear winners for their high Vitamin C content. Guava is also rich in fibre which helps prevent constipation. Papaya is rich in carotene. This is good for your eyes. Also good for gas and indigestion.

**Tomatoes**

Are very good as a preventative measure for men – keeps those prostate problems from invading their bodies.

**GOOD AS MEDICINE!!**

**COME AND SEE OUR SOCIETY PICTURE ALBUM!!**

Karen Foster continues her good work of taking pictures of Horticultural Society activities and posts them in our Picture Album.

Please take some time to select pictures of your garden that you would like to share and have them included in our album. Karen will put the album out at each meeting so that we can all enjoy the gardens and pictures of our activities. Check it out – you might just be in some of the pictures!!

### **HOW TO PLANT YOUR GARDEN!**

Courtesy of Catherine McGill

First, you come to the garden alone, while the dew is still on the roses.....

For the garden of your daily living,

Plant three rows of peas:

1. Peace of Mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love.

There is much fruit in your garden because you reap what you sow!

### **COTTONWOOD MANSION IS ASKING FOR OUR HELP.**

Cottonwood Mansion has approached our Society to ask if there is "...anyone who could work with us on redesigning our Cottonwood Mansion Gardens to reflect an 1865-1870 heritage garden." If you have some expertise and some time to donate to working with the Cottonwood Mansion, please contact Sheila Moffat-Koczka, Beautification Project Chair or Catherine Berry Stidsen, Volunteer Marketing Co-Ordinator at [catherinestidsen@295.ca](mailto:catherinestidsen@295.ca)

### **THE TORONTO ZOO IS LOOKING FOR A SUPPLY OF BAMBOO TO FEED THEIR RED PANDAS**

Vicki Hardstaff, a zookeeper at the Toronto Zoo has approached District 6 to ask for help. She writes "Hello! My name is Vicki Hardstaff and I am a zookeeper at the Toronto Zoo. I look after red pandas, a unique raccoon-sized creature native to the Himalayan Mountains. Red pandas are primarily bamboo eaters and at the moment the Toronto Zoo is not growing any (soon to be remedied) so providing them with bamboo is a bit of a challenge. We are looking for institutions/individuals in southern Ontario that are growing bamboo that we could harvest for our pandas. They prefer the Pseudosomas, Phyllostachys and Pseudosasa spp. But we are willing to try anything and are available for pick up. Any cost can be discussed with our nutritionist. Any helps would be greatly appreciated."

If you can help out the Zoo, please contact them directly through their website.

### **UPCOMING EVENTS TO MARK IN YOUR CALENDAR!!**

Saturday, September 25<sup>th</sup>, 2010

The Haldimand Horticultural Society is hosting this year's Ontario Horticultural Society District 6 Fall Breakfast Meeting. A hot breakfast will be served at 8:30 a.m. There is no charge for this event.

Come and join in for this event.

The Guest Speaker will be James Graham who will be giving a short and humourous look at how we can 'grow' our societies (membership). James is the Director for the Waterloo/Kitchener and surrounding areas.

***We could use help with set up, welcoming our guests and selling bulbs. And we are looking for baked items like muffins and loaves to be served for breaks.*** See any of your Executive members for details.

Saturday, September 25<sup>th</sup>, 2010

Cloverleaf Garden Club – Garden Tour – 10:00 a.m. to 4:00 p.m. 10 gardens in the village of Port Credit, east of Hurontario. A couple of local artists showcasing their paintings (weather permitting) 'Headquarters Tent' is at 76 Onaway Road where they will offer tea and cookies for \$1.00, draw prizes and a sale of plants (\$5/pot) and sale of spring bulbs. Tickets are \$15. at Sheridan Nurseries, Bulow Garden Centre, Impressionable Gifts, Nostalgia Books.

Saturday, September 25<sup>th</sup> (11am-5pm) and Sunday, September 26<sup>th</sup> (9am-5pm)

The Central Ontario Orchid Society Show and Sale is being held at the Cambridge Hespeler Arena, 640 Ellis Road, Cambridge. Admission is \$6.00. For more details email John Boers at [jboers@rogers.com](mailto:jboers@rogers.com)

October 29-November 7, 2010

Hamilton Fall Garden & Chrysanthemum Show will be held at the Gage Park Greenhouses in Hamilton. This year's theme is "Hamilton – Capital of Waterfalls".

Saturday, November 13<sup>th</sup>

OHA District 6 Annual Fall Dinner – 5:00-9:00 pm, Acton Legion Hall, 16 Wright Street. Tickets are \$24.00 each. (see article for details)

Thursday, November 25<sup>th</sup> to Saturday, November 27<sup>th</sup>, 2010 from 10am-5pm

The RBG Auxiliary Christmas Show and Sale will be held in the RBG Centre. Check out the website at [www.rbg.ca](http://www.rbg.ca) over the next few months for more details

Tuesday, Dec.7 (1pm or 7pm)Table Design AND Wednesday, Dec.8 (1pm or 7pm) Door Design

The RBG Auxiliary will be conducting Evergreen Design Workshops – Table Design and Door Design as above. Cost is \$30 which includes the container, mechanics and fresh greens. They ask that you bring a garbage bag, wire cutters, scissors and secateurs. Tickets go on sale September 1<sup>st</sup> and available online at [222.rbg.ca](http://222.rbg.ca) or 905-57-5577

**NOTES FROM THE GUEST SPEAKER – HORTICULTURAL THERAPY**

**MY GARDENING TO DO LIST**

