



Save The Date...

Online Monthly Zoom Meeting...Mon Oct 26 @ 7:00 pm

Please join us for our GHS Monthly Meeting, as Glen Smyth of **Appleflats Foods 'North America's Only Crabapple Orchard'** discusses crabapples.



The story began in the summer of 1993, when the founders, Glen and Alex Smyth, in Wellesley Ontario, planted a crabapple tree in their front yard.

A local restaurant in Stratford was interested in buying some crabapple jam, sparking the idea which created Appleflats. The first commercial harvest occurred in August of 2016 and the business began in earnest.

Today, thousands of people enjoy Appleflats crabapple products. All of their crabapples are still hand-picked and never sprayed with pesticides or herbicides. They produce natural products made with simple ingredients and without artificial colours or sweeteners.

Appleflats + Galt Hort. Society Pt. 2

When Mon 26 Oct 2020 7:35pm – 8pm Eastern Time - Toronto

Where <https://zoom.us/j/98498960459?pwd=N0JkYnNaOVowOHJQMVpTKzM3K01xQT09> ([map](#))

Joining info Join with Google Meet
meet.google.com/rbn-uvxj-zhi

Join by phone
(CA) +1 647-735-1771 (PIN: 463819377)

[More phone numbers](#)

Calendar lmsliz@rogers.com

Who

- glensmyth@appleflatsfoods.com - organiser
- lmsliz@rogers.com

[more details »](#)

Glen Smyth is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://zoom.us/j/98498960459?pwd=N0JkYnNaOVowOHJQMVpTKzM3K01xQT09>

Meeting ID: 984 9896 0459

Passcode: Galt

And The Winner Is...

GHS Sept Photo Contest

Congratulations to **Winnie Gonsalves** as the winner of our Sept Photo Contest!



Thank you to all of our members who participated in our Sept contest. Attached is the list of members and the beautiful photos they submitted.

GHS Oct Photo Contest

The winner will be announced at our GHS Monthly Meeting on Mon Oct 26th @ 7 pm. Join us to hear who has won this month! Thank you to all of our participants.

GHS Nov Photo Contest



Please send in a photo of your favourite **“Indoor House Plants”**.

Please send your pictures with the subject line ‘Nov Photo Contest’ to lynne@galthort.com by Nov 10th @ 6pm.

We will then send out the pictures to our members on Nov 11th and members can vote for their favourite photo.

Voting will take place between Nov 11th – Nov 21st. Please send in your vote to lynne@galthort.com.

The winner will be announced at our Nov 30th monthly meeting via Zoom.

The prize will be delivered by porch drop off or by mail.

Please note any photo submitted may be posted on our Facebook page, GHS website and shared with membership in our monthly newsletter. Please indicate in your email if you do not wish to have your photos posted.

Big Things Are Happening At Ferguson Cottage!



Join us on **Friday, Oct 23, 2020 from at 9 AM – 11 AM**

You won't recognize the beds when you see them. Come on out and be part of the vision. Lots of fun and exercise and great ideas for your own homes. Rain or Shine (the cottage and shed need attention too). Come for as much time as you can spare. Meet fellow Galt Hort members.

The GHS wishes to thank all of the members who have come out, all season long, to help in the gardens.

Children's Pumpkin Decorating Contest

Since we are unable to hold our annual Children's Pumpkin Decorating Workshop, due to COVID 19, it was decided to hold a contest instead.

Please send in a photo of a decorated pumpkin, which can be painted, carved, decorated with stickers and any other creative idea! This contest is open to members' children, grandchildren & friends...the more the merrier.



Please submit photos by Fri Oct 30th at 6 pm to gardencambridgeghs@rogers.com and note the child's first name and age in your email. Prizes will be awarded!!!

FYI...

Nith Valley Eco Boosters is offering a new webinar "Droughts and Downspouts" please click this link for more information: <https://www.waterloohort.org/events.html>

The Soul of the Garden: Webinar

Tuesday, October 27, 2020

7:30 pm - 9:00 pm

In his webinar presentation to the Ottawa Horticultural Society, Paul Zammit takes a closer look at The Soul of the Garden, – why we garden and what gardens mean beyond a collection of plants. Paul also explores the possibilities of gardens both from an aesthetic and personal perspective.



Clink: [Ottawa Horticultural Society Youtube Channel](#)

Organized by: [Ottawa Horticultural Society](#)



Welcome to the Farm in the City!

Steckle Heritage Farm is an Educational Farm operated by a non-profit, community based organization dedicated to providing agricultural, environmental and cultural programs to children and families in the Region of Waterloo. They are located at 811 Bleams Rd. Kitchener.

Steckle Heritage Farms needs your help to bring back the gardens around the farm house. There is a plan, from the farm manager of what the gardens looked like when Jean lived there. So Steckle are hoping to book 2 dates and the Steckle farm manager will also be there to give direction. but it is mainly digging weeds and getting the gardens ready for spring.

Steckle Farm organization will be following COVID guidelines, masks and social distancing.

Dates: Wednesday Oct 21 and/or Thursday Oct 29th - 10:00 am - 2:00 pm

Please reply to Imsliz@rogers.com with "**Steckle Farms**" in the subject line and provide the date that you can attend. If raining/snowing we will send an email out stated cancelled.

Save The Date: November 30th General Meeting

Spencer Hauck from Sheridan Nurseries will be holding a Christmas Workshop Online Demo! More details to follow.

Membership Has Its Benefits!!



Please note that due to COVID-19, all current 2020 memberships will be extended to 2021.

The Galt Horticultural Society's membership is continuing to grow!

Encourage fellow gardeners, family and friends to become a part of a historical society.

Membership gives everyone the opportunity to make new friends, learn about horticulture and gardening. Once the pandemic is over, we will resume our

workshops, venture off on exciting bus tours and visit open gardens in the community and so much more!

Please visit our website at www.galthort.com to join!

GHS 2021 DREAM GARDEN CONFERENCE

We are sad to announce that the 2021 Dream Garden Conference will be postponed due to the uncertainties of the COVID-19 pandemic. If we are able to hold the conference later in 2021, we will send out an announcement to our membership.

Seed Saving Tips

Hybrid vs. Heirloom (Heritage) Vegetables

A hybrid is a plant that has been developed by breeding two different varieties in order to pass on certain desired characteristics to the new plant. These will often be labelled as either hybrid or F1 (first filial generation) or F2. The seeds collected from these plants will often revert to the characteristics of only one of the originals and so will not be exactly like the plant it was collected from and may not have the flavour or other characteristic expected.

An heirloom is a plant that has had the seeds saved and grown over the years with its characteristics being preserved. These plants are said to be open pollinated, which means that to produce the fruit a plant of one variety is pollinated by another plant of the same variety so that there are no new traits introduced. Some heirloom plants may be self-pollinated, meaning that the flowers are pollinated within the same flower or by other flowers on the same plant.

Seed libraries usually restrict their vegetable seeds to heirloom varieties so that the plants grown will be true to type.

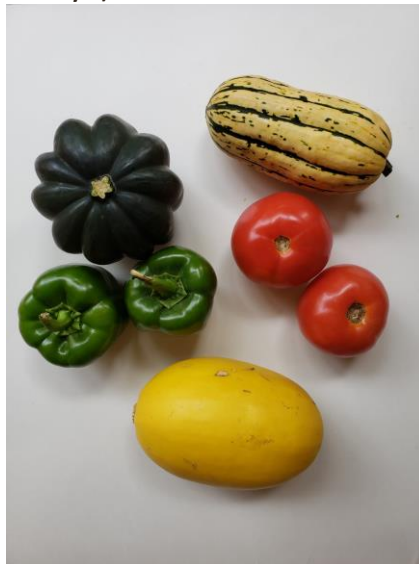
The Basics of Seed Collecting

There are two major categories of mature seeds that determine how and when collection is done.

“Wet Seeds”

Vegetables such as cucumbers, squash, okra, eggplants and tomatoes contain seeds within the fleshy edible fruit. These are usually eaten before the seeds inside are mature. In this case when harvesting the fruits for eating a few must be left on the plant for a further period of time to allow maturation of the seeds to occur. Tomatoes are an exception to this. Seeds are mature when the tomato is ready to eat. Peppers should be fully ripened to their final deep colour and maybe become a bit wrinkly.

The seeds must be washed of any pulp and the seeds spread out to air dry for one or two weeks. Some vegetables such as tomatoes and cucumbers are left to soak until fermented (two to four days) in order to remove the gel coat from the seed.



“Dry Seeds”

These are vegetable such as beans, grains, lettuce and herbs as well as most plants from the flower garden. For these, the seeds are collected once they are dry and hard. In some cases, such as beans and peas, the plants are grown beyond the eating stage until the pod becomes brown and dry. Plants such as lettuce and herbs must be allowed to flower (“bolt”) and the seeds collected when they are mature. Collection methods can vary depending on the structure of the seed head, but often it is a matter of bending the spent flower into a paper bag and shaking out the seeds. The seeds can be separated from flower remnants (chaff) by using a kitchen sieve.



Storing Seeds

Once dried, seeds should be stored in paper envelopes labelled with name, date of harvesting and any other useful information. Place the packages in a sealed container and store it in a cool dry place such as a basement area. Seeds will dry out in the fridge and can go moldy in plastic bags.

Some seeds require certain conditions for germination to occur, or to speed up germination. This is true mainly for perennial plants. For instance, Pawpaw seeds should be stored moist and cold over the winter. Seeds from the RBG seed library come with instructions. If collecting seeds from your own plants look up the information online.



<https://www.rbg.ca/saving-seeds-from-your-garden/>

GHS Member Recipes



Please share your family favourite fall recipes with our members. Recipes can be emailed to recipes@galthort.com and will be shared on our website, FB page and monthly newsletter. This month's recipe is...

Vegetarian Pumpkin Lasagna



This healthy pumpkin lasagna recipe is packed with sneaky veggies and cozy spices that make it literally the best comfort food for fall & winter. Here's what you'll need to make it:

- **For the pumpkin layer:** this layer has two full cans of pumpkin puree plus cozy spices like cinnamon, nutmeg, ginger & allspice that add a delicious hint of sweetness. They pair SO well with the savory & salty ricotta and cheese layers.
- **For the veggies:** we're packing in a whole bag of spinach here for a boost of delicious veggies. You'll actually mix it in with the ricotta layer so it's the perfect way to sneak in some green for the kiddos!
- **For the noodles:** I used regular lasagna noodles in this recipe, but you can also use gluten free or whole wheat if you prefer.
- **For the cheese layer:** Between the layers of noodles is fresh mozzarella cheese, parmesan and a creamy ricotta. You'll also add an egg, a bit of garlic powder, salt & pepper. This also contributes to the lasagna flavor, so do not skip the cheese (an excellent source of protein!).

How To Make Vegetarian Pumpkin Lasagna

- **Step 1:** Preheat oven to 400 degrees F. Grease a 9×13 inch baking pan with nonstick cooking spray.

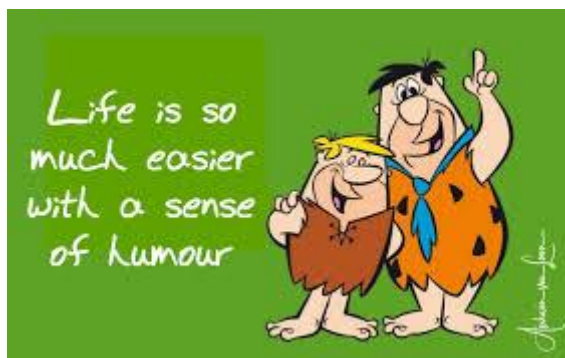
- **Step 2:** Bring a large pot of water to a boil. Cook the lasagna noodles for 5-6 minutes, then drain. Immediately lay the noodles flat on an oiled baking sheet or cutting board so you can easily assemble the lasagna when ready.
- **Step 3:** While the lasagna noodles are boiling, cook the spinach: add ½ tablespoon olive oil to a medium pan or skillet and place over medium heat. Add spinach, season with a little salt and pepper and cook until spinach wilts down. Add to a medium bowl and allow to cool for a minute or two.
- **Step 4:** In the small bowl, add the spinach, ricotta, egg, garlic powder, salt and pepper. Set aside.
- **Step 5:** make the pumpkin mixture: add pumpkin, milk, cinnamon, nutmeg, ginger, allspice, salt and pepper to a large bowl. Mix to combine.
- **Step 6:** assemble the lasagna, spread 1 heaping cup of pumpkin mixture over the bottom of the baking dish. Place 5 of the cooked lasagna noodles on top laying 4 vertically and 1 horizontally. Spread half of the spinach-ricotta cheese mixture on top of the noodles, then top with ¾ cup shredded mozzarella.
- **Step 7:** add 1 heaping cup of the pumpkin mixture on top of the mozzarella and then sprinkle with 1/2 cup of parmesan cheese.
- **Step 8:** Repeat layers once more: adding remaining noodles, remaining spinach-ricotta mixture, ¾ cup shredded mozzarella, then top with any remaining pumpkin and ½ cup parmesan cheese. Finally, top with remaining 1 ½ cups shredded mozzarella cheese.
- **Step 9:** Cover with foil and bake covered for 25 minutes. Remove foil and bake another 15-20 minutes until cheese starts to brown just a bit. Garnish with extra parmesan and either chopped sage or parsley. Cool for 15 minutes before cutting and serving. Serves 12.

“O” IS FOR OCTOBER, THE COLOR ORANGE, AND ALL THOSE PUMPKINS 🎃

THE PUMPKIN

Everything you knew, didn't know, or could give a rip about them! They are a fruit, the scientific name for the sticky stuff inside is the Funiculus. They are in the Cucurbitaceae plant family which also includes cantaloupe, zucchini and cucumbers. Pumpkins cannot be purple but they can be blue, pink and black (for real – Publix has had those colors). They are 90 percent water. The Jack-O-Lantern is named after Stingy Jack, an Irish folktale character who put a piece of coal inside a carved out turnip to use as a lantern. In 2019 the largest pumpkin on record came in at 2,294 pounds – weighing more than a Mitsubishi Mirage vehicle. “Oh My Gourd”!!

Here's “Pumpkin” advice from Ilan Shamir: “Be well-rounded, Get plenty of sunshine, Give thanks for life's bounty, Have a thick skin, Keep Growing, Be outstanding in your field, and Think Big!”



Has anyone else's gardening skills improved during this quarantine like mine have?

I planted myself on my couch at the beginning of March and I've grown significantly since.

Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow *romaines* to be seen.

What's the best way to avoid touching your face?

A glass of wine in each hand.

As suspect someone has been adding soil to my garden.

The plot thickens.

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin pi.

[Wear Your Galt Horticultural Society Logo Wear With Pride!](#)



[GHS Logo Wear](#)

Get your own Galt Horticultural Society T-Shirt and/or Hoodie. This is a sample of the embroidered crest included on the item.

T-shirts: \$20.50 + tax.

Unisex Hoodies: \$36.00 + tax.

For more information or to place an order, follow this link:

[GHS Logo Wear](#)

