



Save The Date!

Join us Mon April 26, 2021 @ 7:00 PM
for our Monthly Meeting

Join us to hear James Graham speak about 'Old Fashioned Gardens'.

It was a pack of pumpkin seeds that started a self-described obsession for James Graham.

Growing up in the small town of St. Mary's, Graham was five years old when he was given a pack of pumpkin seeds by a store clerk. He went home and instinctively knew how to grow his bounty, even with parents who couldn't care less about gardening.

"It's really an obsession now," said Graham, who was awarded the Ontario Horticultural Association Silver Fir Award in late July for his outstanding work with the Waterloo Horticultural Society, now named Waterloo Gardeners. The award celebrates outstanding service to one's horticultural society.



Topic: Galt Horticultural Society's Zoom Meeting Mon April 26, 2021 @7 pm
Time: Apr 26, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86810802363?pwd=N21pMGE3MjJ6MVNpcGJNK1g4U0dOdz09>

Meeting ID: 868 1080 2363

Passcode: 703394

One tap mobile

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+1 312 626 6799 US (Chicago)

Meeting ID: 868 1080 2363

Passcode: 703394

Find your local number: <https://us02web.zoom.us/u/knQjc670F>

And The Winners Are...GHS March Photo Contest!

Congratulations to **Gerri Korec & Susan Fulop**, the winners of our March Photo Contest! There was a tie vote with the winning photos...#5 Gerri's photo 'Feeding Time' & Susan's photo 'Staying Warm'.



#5



#6

Thanks to all of our members who participated in our March contest. Attached is the list of the awesome photos submitted.

Don't forget to send in your photos for our April Photo contest by April 10th. Voting will take place between April 11th – 21st.

GHS May Photo Contest

Spring is here!!!



Branches and Buds! Spring is here and our gardens are starting to wake from winter. What shrubs and trees do you have in your gardens that are budding out? Send in your photos with the name of the plant included with “**May Photo Contest - Branches and Buds**” the subject line to lynne@galthort.com by **May 10th @ 6pm.**

The list of photos will be sent out and voting will take place between May 11th – May 21st. The winner will be announced at our May 31st monthly meeting.

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.

GHS April Online Auction

Watch our FB page and website for the next fabulous item up for bid!

Place your bids on our FB page at <https://www.facebook.com/groups/galthort> or visit our GHS website at <http://www.galthort.com> which will take you to our FB to place your bids.



Thank you very much to **Marion Flowers** for her donation to our Seedy Weekend event. 😊



The excess seeds left over from our Seedy Weekend event were donated to the following organizations;

The Giving Garden
Christopher/Champlain Community Gardens
Fiddlesticks Community Gardens
Cambridge Community Gardens
Cambridge Food Bank Gardens
Kitchener Horticultural Society
Steckle Heritage Farms

All were very appreciative of the GHS supporting groups within our community.

COVID 19 VACCINATION CLINIC INFORMATION

For any of our members interested in how to register and where to receive a vaccination please click on the link below. People over the age of 60 can now pre-register for the Covid-19 vaccine in Waterloo Region.

<https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-clinics-in-waterloo-region.aspx#>

2021 Open Garden Tours

Due to the ongoing Covid pandemic we have turned our 2021 Open Garden Tours into virtual Zoom meetings on Monday evenings throughout the summer and we would like to invite you to host a tour of your gardens. Your virtual garden tour can be a series of pictures, a power point presentation or video, all of which we can help you put together.

Please contact nancy@galthort.com if you need more information or are interested in being on this year's garden tour.



The Trinity Community Garden Project is looking for a coordinator to run their growing program on 2 garden plots at rare. The current coordinator, Shawna Bator, will train the individual to take over her role and will be fully available to support the person taking on this position.

The coordinator's role is to establish and manage the schedule for the garden volunteers. An app is available to maintain the schedule. The coordinator will also notify Shawna when produce is ready to be harvested.

For more details about the wonderful work being done by the Trinity Community Table Project follow this link: <https://www.trinityanglican.on.ca/community-table>

If you are interested in volunteering or would like more information about this position, please contact:

Shawna Bator: shawnana1979@icloud.com or
Bonny Jensen: bonny.jensen1@gmail.com

For Your Interest & Information...



Here are some links to interesting articles, webinars and activities...

Pruning out viburnum leaf beetle egg cases

By Judith Adam - GardenMaking Newsletter



Judd viburnum (*Viburnum x juddii*) isn't troubled by leaf beetles. (Photo by Brendan Zwelling)

Now is a good time to get ahead of viburnum leaf beetle devastation that takes place in late spring. Honestly, I've never seen an insect so voracious as viburnum beetles (*Pyrrhalta viburni*). Well, maybe the tomato hornworm, on an ambitious day. This examination and pruning process can be done during March and early April, when the egg cases swell and are easier to see on the shrubs.

If you've ever had an invasion of viburnum beetles, you know how quickly they can reduce a shrub's foliage to skeletonized remains. Usually the shrub doesn't live through the third year of beetle-feeding frenzy.

Mother viburnum beetles lay their eggs in late summer through first frost on the undersides of young twig ends. They excavate a shallow depression, insert the eggs and seal them in with excrement. There are usually several egg deposits in a straight line. (A single female viburnum beetle can lay up to 500 eggs. A horrible thought!) The eggs hatch the following May, and larvae will begin to feed. By examining the young twigs, I can simply prune out, collect and dispose of potential hordes of these critters.

Fortunately, it's possible to entirely avoid this problem by planting viburnums the beetles aren't attracted to. The beetles seem to have quite particular appetites for certain viburnum species. Of all my viburnums, only the wayfaring tree (*V. lantana*) draws attention from the beetles. Despite close proximity, other viburnums in the garden are untouched. This is a list of viburnum species and their resistance or vulnerability to viburnum beetles:

Preferred host	European highbush cranberry (<i>Viburnum opulus</i>)
Moderate damage	Wayfaring tree (<i>V. lantana</i>) and Rafinesque viburnum (<i>V. rafinesquianum</i>)
Slight injury	arrowwood (<i>V. dentatum</i>) and American highbush cranberry (<i>V. trilobum</i>)
Injury from adults under laboratory conditions	maple-leafed viburnum (<i>V. acerifolium</i>) and nannyberry (<i>V. lentago</i>)

[Interactive bird poster](#)

Once the weather warms, early morning bird chatter starts my day. It's better than an alarm clock. An illustrated poster from [Minnesota Conservation Volunteer](#) lets you click on an individual bird to hear its song. My morning chorus is made up of goldfinches, cardinals and song sparrows.





Some of Canada's Cavity-nesting Birds

This issue we're spotlighting some of Canada's cavity-nesting birds — birds that need holes in trees for both nesting and resting spots. Those like the [Red-breasted Nuthatch](#), [Black-capped Chickadee](#) and [Downy Woodpecker](#) remain in Canada during the winter while others like the [Wood Duck](#) migrate. Click their links to learn how to spot them, their breeding and feeding habits and their range in Canada. For more informative profiles on Canada's wildlife, [check out Hinterland Who's Who](#).

Support Cavity-nesting Birds

Many of Canada's birds need tree cavities to nest, rest and escape predators and inclement weather. Dead or dying trees (snags) are perfect for this but with fewer and fewer allowed to remain standing, it makes nesting and roosting spots harder to find. While it's important to let snags remain where safe to do so, even trimming branches if need be, you can supplement with boxes for those species that are able to adapt to them, such as chickadees, nuthatches, woodpeckers, even some owls and ducks!

[Find out how you can help >](#)

Wildlife-friendly Gardens

This issue we have more great photos to share! This time the properties are in British Columbia, Manitoba and Ontario. If you are interested in getting official status with CWF's [Garden Habitat Certification](#), or if you are already certified and would like to buy a sign to help inform your community of the thought behind your gardening efforts, [visit our certification page](#). Enjoy!

Spring Clean-Up

Remember to be patient this spring! As temperatures warm up, you may be tempted to start cleaning out your gardens, but many pollinator species will continue to overwinter in last year's leaves and plant stems until temperatures are consistently above 10-15°C.

SPRING CLEAN-UP FOR YOUR GARDEN

As snow banks melt and the days are warmer, many of us are eager to get outside and kick off a new gardening season with a spring clean-up of the yard. Hard as it may be to resist the urge to head into your garden beds and borders to tidy up, there are good reasons to **BE PATIENT**, especially if you wish to support pollinators and other wildlife.

JUST WAIT!

Depending on the weather, wait until late April/early May to allow time for pollinators that have overwintered in your garden to emerge before taking up leaves and other plant material or cutting down stems.

After several consecutive days with temperatures of 10-15 °C, most pollinators will have left their overwintering sites.

By waiting for warmer and drier weather, you will also avoid trampling and compacting wet soil.

LEAVE the LEAVES

Add valuable organic matter to the soil by leaving leaf litter and chopped up perennial stems on your beds.

In less visible corners of the yard, leave piles of brush/perennial stems/leaves as nesting sites for various insects, amphibians and small mammals.



KEEP the STEMS

Leave, for as long as possible, standing stems that still hold seed heads from last season. These will continue to feed seed-eating birds during the spring.

When you cut down perennial stems, leave 8-10 inches standing to serve as nest sites for cavity-nesting bees and other insects. This dead material will soon be hidden by emerging new growth.



FILL the GAPS

Identify gaps in your plantings which could be filled with a plant that will extend the season of blooms for pollinators.

Remember that some perennials (such as Swamp and Butterfly Milkweed!) do not emerge until later in the season and can be damaged or mistakenly dug up during early spring weeding or planting.



THINGS TO DO IN THE GARDEN

Mark & Bell Cullen April 2021 Newsletter

Plant. Don't wait for the 'traditional May 24 planting weekend' to plant frost-hardy trees, shrubs, evergreens, perennials (that are not 'soft' and greenhouse forced), roses and hardy annuals like pansies, violas, ranunculus, anemones and spring flowering bulbs which are in full bloom in pots at your favourite garden retailer.

Start your dahlia bulbs and other summer flowering bulbs inside using 1-gallon pots and a quality potting mix, which will give you a jump on their blooming season.

Apply dormant spray. Control overwintering diseases and insects on all fruit trees, roses, most shrubs and deciduous trees with an application of dormant spray. You will buy two bottles [likely in one box] one is Dormant Oil and the other is Lime Sulphur. Mix according to directions and apply when night temperatures are reliably above zero Celsius and BEFORE the blossom or leaf buds open.

Worm castings. Our secret to starting the best seeds. We add one tenth worm castings to seed starting mix. We use 10 scoops of ProMix to one scoop of worm castings. Worm castings convert the raw, organic material in the soil into a rich material that is loaded with microbes, beneficial bacteria and mycorrhiza, all of which assist in the growing process of all plants, especially in their early stages of growth.

Cut back roses and remove winterizing.

Now is a good time to **start your peppers**, eggplant, petunias, geraniums and other slower germinating seeds. Mid-month we'll start tomatoes, cucumbers, melons...working back from planting date by the number of weeks on the packet.

Recipe for the Best Lawn on the Block

Mark and Ben Cullen

Rake. Use a lawn rake to remove loose debris and get the grass blades to stand up.

Sow fresh grass seed on thin patches. To make this job easy, just apply CIL Iron Plus 4 in 1 Recovery. The best product of its' kind in Canada. Fast green-up, thickens your lawn and repairs damaged areas.

Apply CIL Iron Plus lawn fertilizer. The only product on the market that is guaranteed to produce a visibly greener lawn in 72 hours or your money back. The Iron is exceptional quality, the nitrogen slow release for longer results.

Aerate your lawn, where soil is compacted, with a hand aerator.

Our Top 7 Tips For Summer-Flowering Bulbs

Mark and Ben Cullen

It's a bit early in the gardening game for Canadians to feel motivated about checking out their local retail garden centres.

But, in a few weeks' time when the sun is shining, the soil beckoning to us, and all of our neighbours are out garden shopping is when the rest of us will be interested in seeing the new stock at our favourite garden stores.

Right now, though, is when you'd likely find a wide selection of summer-flowering bulbs. Many of these bulbs are a mystery to the average gardener: Why are they for sale now? How will they perform in my garden come spring/summer? What will I do with them if I buy them now?

Here are our top seven tips for great summer-flowering bulbs.

1. Do not confuse them. Summer-flowering bulbs, like dahlias and canna lilies, are not spring-flowering bulbs, as in daffodils, tulips and crocus. The former is frost tender and cannot be left in the ground all winter where they will rot.

Summer-flowering bulbs are planted in the fall or — if you must have the blooms this season — you plant the potted, forced version in the garden come spring.



2. Start now. We plant up our dahlia roots, or tubers, in one-gallon size pots and place them in the sunniest window in the house in early March. We have a sliding glass door that faces south and west for best exposure. (Stepping over these pots to open the door is a minor nuisance and overcome with the odd swear word. Nothing serious.)

Tuberous begonias can be started any time now. They require special treatment, by giving them a “half screw” into pure, damp peat moss or seed-starting mix in a seed-starting tray. We start ours on the top of the refrigerator where there is even, ambient heat: they are a warm season crop. After about four to six weeks, remove them from the tray, hairy roots and all, and plant into four-inch pots. Finish them in a sunny window or under grow lights until planting time in late May.



3. Start later. Summer flowering canna lilies (which are not lilies but members of the Zingiberales family, along with bananas and bird of paradise) are best started in late March or early April. Start them earlier and you might have giant, top-heavy plants taking over your kitchen before you are able to plant them in the garden in late May. We use a loose premixed potting soil and large, two-gallon pots.

4. Start directly in the garden. Gladiolas are best saved until early May when they are planted directly in the garden. They have a rather deliberate, upright look so we keep them in the background of our sunny borders or lined out like soldiers in the veggie garden.

They're great as cut flowers, they're also edible (the flower petals), so plan on livening up summer salads with excess flowers from your glads.

5. Buy now. We recently advised readers to buy garden seeds early this year to avoid disappointment when it's planting time. Last year, many Canadian gardeners stormed the seed racks and online retailers and cleaned them out of inventory early.

The same might happen with summer flowering bulbs. When you bring them home, store them out of direct sunshine and in a cool room. The basement or a refrigerator is a good location until you plant them.

GET THE LATEST IN YOUR INBOX.



6. Store them. Want to save money? Come late fall, around Thanksgiving, use a garden fork to remove the mature roots of your summer flowering bulbs.

Cut the tops off, leaving a stem about 15 cm long. Allow them to dry in the sun for a couple of days and store in a paper bag filled with dry peat moss or dry potting soil until you are ready to plant the following winter/spring.

Many bulbs, tubers and rhizomes grow so large that you can divide them and share with friends, family and neighbours.

7. Enjoy them. Take lots of pictures when your summer bulbs bloom, enjoy the pollinators they attract, cut them and bring indoors for the table. They will fill a room with joy.

Cross Pollination – Nature and Health

By Patty King – Halton Master Gardeners



We are gardeners. We garden outdoors most of the time. Being outdoors with nature provides us with benefits not everyone else has. We know this when we step outside to smell the air, put our hands in the soil, rub against the plants in our garden. However, it is only recently that science has stepped forward to champion being outside and provide us with the scientific facts of why this is a good thing.

According to Psychology Today Oct 2020 one third of adults engage in gardening on a regular basis worldwide. This activity “enhances overall life satisfaction, general wellbeing, cognitive function and community engagement.” Society is full

of stresses from overcrowded cities, noise pollution and an increased use of technology that keeps us inside. Add Covid 19 into this with social isolation and the paucity of physical touch and it is easy to understand how depression, anxiety, stress and health problems continue to rise and worsen.

Edward O. Wilson popularized the term Biophilia which means 'love of life'. Biophilia promotes the idea that as humans we are connected to nature. It is an innate, biologically driven need to interact with other forms of life such as animals and plants. It is easy for me to imagine human society when we spent most of our time outside learning about the world because there was no other way to do so. Today our increased distance from the natural world has negative effects on our well-being and yet how many of us have moments when we long to be out of doors!



In the 1980's the Japanese turned to forest bathing as an antidote to technological burnout. Forest Bathing is a psychological and physiological exercise called Shinrin Yoku that reconnects the individual with nature and additionally protected the country's forests. It is simply to take a walk in the forest without any technology and listen. The benefits of forest bathing are decreased cortisol levels (stress

hormone), decreased blood pressure, heart conditions, skin conditions and asthma. The science behind this involves the nose which is a pathway to the brain. Trees and plants emit the substance called Phytoncide which is known to have antibacterial, stress reducing properties. Geosmin is found in the soil which has antiviral properties, and coniferous trees exude essential oils which help fight atopic diseases when applied to the skin, lower cortisol when inhaled, and reduce symptoms of asthma when inhaled.

We also know that being outdoors changes our brainwaves. Alpha brain waves are emitted when we are in a mental and physical state of relaxation. The Alpha state significantly increases beta-endorphin, norepinephrine and dopamine. What this means is that our state of mental clarity improves and with it the benefits of reduced anxiety, stress, depression, high blood pressure and chronic pain. We also experience increased athletic performance, cerebral blood flow, increased motivation, energy and happiness.

Research is now learning to understand the impacts of nature on our creativity and attention. The Attention Restoration Theory (ART) argues that voluntary attention is a limited resource and when our cognitive attention wanes we begin to make mistakes. Being in nature reduces the stimulation and the need for our attention as when in busy urban environments and allows us to think more clearly and therefore restores cognitive energy. A recent study in England found that two hours a week is all you need to improve your health and mental health. If we take this as a minimum, then for gardeners like us it is an easy check mark off the list. Science says that being outdoors is the healthy option that anyone can do. Pass it on!

Grey County Master Gardeners Seminar #3

If Only Trees Could Talk-The Eco-Responsible Gardener Seminar Series

We are very pleased to present Zoom Seminar 3: **If Only Trees Could Talk on April 11, 2021 at 1:00 p.m.** This seminar will be presented by Jen Llewellyn, Nursery & Landscape Specialist, OMAFRA. Jen will provide insight into environmental, cultural and pest issues affecting trees and shrubs in Ontario gardens.

For more information on Seminar 3, please load our flyer [Seminar 3: If Only Trees Could Talk](#).

To register, please visit our website - www.greycountymastergardeners.com - and click on the registration link. This is a virtual seminar using Zoom and you will need the Zoom App loaded onto the device you will be using to join the seminar. You can download a free app from www.zoom.us.

Grey County Master Gardeners www.greycountymastergardeners.com

Halton Region Master Gardeners Present our very first Webinar Series A Fresh Look at Gardening!

Whether your garden is well established or still in your imagination, this “Lunch & Learn” series will help you create a beautiful refuge! All webinars are on Fridays from Noon – 1:00 p.m. **Registration begins APRIL 6TH** on our website: <https://haltonmastergardeners.com/lunch-and-learn/>

- April 16th - A Fresh Look at Gardening!
- April 23rd - Re-imagining the Home Landscape!
- April 30th - Starting from Scratch: New Gardens Big or Small
- May 7th - Garden Facelift - Do the Renew!
- May 14th - Beneficial Insects- Managing Pests in an Eco-friendly Way!
- May 21st - Your Nature Friendly Garden Throughout the Year!

Updated Map of Nurseries in Ontario

We are constantly updating our map of nurseries in Ontario so you can find the plants you need. Look for the green stars which indicate nurseries that specialize in native plants. Click on this link for locations near you!

<https://www.google.com/maps/d/u/0/edit?hl=en&mid=1dHiK77VTR2EKZXbXoKdTctGGZDVvPqeJ&ll=43.81880072606474,-79.75544660000003&z=7>



Brantford Master Gardeners Tips From The Watering Can

Join our Brantford Master Gardeners. We are experienced gardeners who started out as Master Gardeners in Training and had the opportunity to study horticulture through Guelph University courses and once we received our MG status continued to upgrade our skills through technical training. Our ongoing mandate is to provide horticultural advice to the general public through garden tours, community events, on-line and talks. We would love to have you join our group. Contact Nancy Lee - nleecolibaba@gmail.com.

Spring Gardening

Spring is here and it is a great time to think about your vegetable garden. There are many vegetables you can start very early outdoors such as peas.

Peas grow best in cool weather and as soon as the frost is out of the soil, plant your peas. It might take them a week or so to germinate but once they do, build a trellis to support them. It won't be long before you are harvesting fresh peas to eat.

Lettuce is another cool weather crop that prefers cooler weather to hot summer sun. There are so many varieties to choose from. Plant a new crop

every two to three weeks. If frost is forecast, just put a blanket or towel over the crop and remove it the following morning.

Another cool weather lover is **spinach**. They do best if planted early season and then later summer to take advantage of the cool weather. Spinach will bolt in warm weather. As with lettuce, succession planting is advised and use shade covers to help with bolting.

Beets are a great plant to start about 1 month before the last frost which in our area is May 6. They are semi-hardy and can withstand light frost. Beets light full sun and even moisture. Plant two rows of beets. One to use leaves in salads and the other to develop the root.

My favourite early plant is **Kale**. It is a brassica and performs well in cool weather. I start my kale indoors and then harden off before planting in the garden. Because it is the leaves that are used, it will grow under cover or semi shade. Once established I have kale leaves all summer and right up to almost December.

Nancy Lee-Colibaba – Brantford Master Gardener

Membership Has Its Benefits!!



*The GHS Board would like to recognize **Gerri Korec** and award her with a Lifetime Member Award and Pin. Gerri has been an active member of the GHS since 1985. She attends most monthly meetings either in person or via Zoom, she has attended many of our Annual Dream Garden Conferences, many of our Open*

Garden Tours as well as numerous other events. Thank you Gerry for your many years as a dedicated member.



Please note that due to COVID-19, all previous 2020 memberships have been 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/gardening and remain engaged with other gardeners.

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!

The cost is only \$15 (single) & \$25 (couple).

Please visit our website at www.galthort.com to join and like us on our FB page!

Click here to see the current list of retailers offering GHS members a discount on their purchases! <https://galthort.com/aboutmembership/>

GHS Member Recipes



Grilled Vegetable Salad with Poppy Seed Dressing



Prep/Total Time: 25 min.

2 servings

Ingredients

- 2 tablespoons canola oil
- 1 tablespoon cider vinegar

- 2 teaspoons sugar
 - 1/2 teaspoon grated onion
 - 1/2 teaspoon poppy seeds
 - 1/4 teaspoon ground mustard
 - Dash salt
 - **SALAD:**
 - 1 small zucchini, cut into 3/4-inch pieces
 - 1 small sweet yellow pepper, cut into 1-inch pieces
 - 2/3 cup cherry tomatoes
 - 2 teaspoons olive oil
 - 1/4 teaspoon salt
 - 1/8 teaspoon freshly ground pepper
 - 2 teaspoons minced fresh basil
 - 2 teaspoons minced fresh parsley
 - 1 teaspoon minced fresh thyme
-

Directions

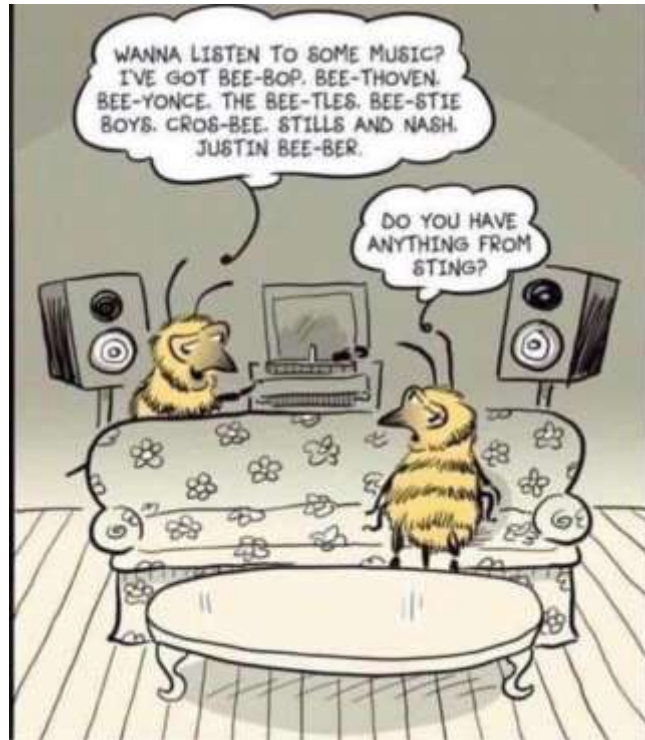
- In a small bowl, whisk the first seven ingredients until blended. Refrigerate until serving.
- In a large bowl, combine zucchini, yellow pepper and tomatoes. Add oil, salt and pepper; toss to coat. Transfer to a grill wok or an open grill basket; place on grill rack. Grill, covered, over medium-high heat 10-12 minutes or until vegetables are crisp-tender, stirring occasionally.
- Transfer vegetables to a serving bowl; sprinkle with herbs. Serve with dressing.

Editor's Note: If you do not have a grill wok or basket, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

Hort Humour

LOL!





[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](#)



GHS Website: <https://galthort.com/>