

PETERBOROUGH HORTICULTURAL SOCIETY

Volume 160

November 2021

Number 9

Wednesday November 24, 7pm -- Zoom Virtual Meeting: Cathy Kavassalis, "Small Trees for Small Spaces"



Catherine Kavassalis is a passionate gardener and conservationist. She is a Master Gardener and loves to answer questions posed in the popular [Master Gardeners of Ontario Facebook forum](#). Catherine loves to garden and believes that caring for plants is critical for our well-being and that of our planet. She enjoys learning and sharing knowledge and by doing so endeavors to stimulate interest and awe in the living world.

Small Trees for a Small Spaces: Often called the backbone of a garden, trees and shrubs give a yard structure and form. They provide benefits of year-round beauty, while improving our environment and providing food and habitat for wildlife. How do you choose the right tree for your space? Native is best for biodiversity, but fruit bearing trees may be more to your taste. Large trees can be kept small, but

there are many small trees and large shrubs that may be a better fit. The possibilities for small spaces, while not endless are extensive. Come and get a few ideas for creating your own small oasis.

Olive Isaac Award Winner

Please join me in congratulating **Jaida Strand of Thomas A Stewart SS** in receiving the Olive Isaac Award and \$100 bursary from the PHS. Jaida is a horticulture student who has shown interest in growing and propagating plants, which fits nicely with this award.

This award is presented by the PHS in memory of Olive Isaac. Mrs. Isaac was a long-time member of the PHS, and an intelligent, dedicated gardener who managed to produce a lovely garden even in a place like Elliot Lake where the cool weather and rocky soil really challenges gardeners. She packed her garden full of all the flowers she loved -- both annuals and perennials. She loved what she did and grew flowers just for the love of gardening. She was also very involved with the Girl Guides of Canada. Mrs. Isaac was a long time Society Board member, the Society Treasurer for several years, and she assisted in the earliest Society shows, including the first one held at Morrow Park in 1980.

❖ **Donna O'Brien**



web: peterboroughhort.com newsletter submissions: ptbohortsoc@gmail.com

mail: P.O. Box 1372 Peterborough, ON K9J 7H6 instagram: [ptbohortsoc](#) & [peterboroughgardenshow](#)

facebook: [Peterborough Horticultural Society](#) & [The Peterborough Garden Show](#) twitter: [@PtboHortSoc](#) & [@PtboGardenShow](#)

President's Message

November's general meeting in years passed was usually a very busy one, with a great speaker, scholarship presentations, and our Annual General Meeting (AGM). We all know that "usual" is not really a thing right now, and things are still very unpredictable.

November's meeting is, however, **ALWAYS** the time that we pause to **THANK** all of our **BOARD MEMBERS** who do so much toward the smooth running of our society. This year has been so different in so many ways, as we all know. There's a light on the horizon, though, so we do have a better near future to look forward to.

Sandra Caswell (associate): legal & policy advising, social media

Anita Clifford: Plant sales and flower shows

Mary Rose Daigle: Treasurer

Pat de Villiers: Past president

Annie English: Fleming Park committee

Donna-Marie Fennell: Secretary, newsletter, and yearbook editor

Laura Jack: Memberships

Elane Kalavrias: Grants and Media committees

Donna O'Brien: Vice-President and Scholarships committee

Shawn Pyper: Flower shows, sunshine committee

Cauleen Viscoff: Chair of the Garden Show

2021 Members: Please watch your inbox for a link to our Annual General Meeting (AGM) slides which will be released the day after our general meeting on November 24. For quorum, we are counting on at least 74 members to complete the form and help to pass each AGM motion required by our registered charity.

Thank you all so much for your continued support of our endeavors for the Society. On behalf of the Board of Directors, I wish you all the safest and happiest holiday season.

◆ **MJ Pilgrim**

What to do with old potting soil

Chances are you have a planter or 20 on your porch, balcony or sprinkled throughout your yard. I have a bunch of different sized vessels that I use to grow herbs and greens; many near my kitchen door for easy access. Every year when I dig out the spent vegetation and roots, I look at the soil and weigh my options. It can get expensive replacing potting soil every year, so my goal is to reuse as much as possible. Here's what I do:

- For most of my pots, next spring I'll dump about half the soil into my wheelbarrow and mix it with new potting mix. Some years I make my own potting mix (1 part compost or peat, 1 part topsoil and 1 part perlite or sand, mixed with about 1 part of the old soil). I then top up the pots with the new mixture.
- Each fall I completely empty a handful of pots. I just dump the spent soil on top of existing gardens or onto my compost heaps. I then give those pots a thorough cleaning and restart them next year with fresh potting soil. I rotate all my pots so that they get cleaned every few years or replaced if they've finally rotted through.



- If the plants in the container had been diseased or subjected to pests during the season, I think it best to get rid of the soil and start anew (you can sterilize the soil, but that looks like extra work to me, and I've never tried)

Next year, I'll fertilize the pots at the beginning of the season and as needed, depending on what I decide to plant. In the meantime, wishing everyone a winter of fun and frolic!

❖ **Sandra Caswell**

Ode to the Butterfly Bush

I'll miss you, butterfly bush.
 I'll miss the beautiful magenta flowers nodding
 in the breeze.
 I'll miss the buzzing and flitting of big black and
 yellow bees.
 I'll miss the daily cutting of spent flowers turned
 a rusty shade.
 I'll miss the soaring of lovely monarchs that
 sailed into my glade.
 But as the nights grew colder and all flowers had
 gone brown,
 I knew it was the time that I would have to cut it
 down.
 I'll miss you butterfly bush.



❖ **Shaun Pyper**

Dirt is not just dirt!



I was finally taking my dahlias out of their pots this weekend and marveling at just how big their tubers had become. It never ceases to amaze me what can come out of a pot of dirt! While taking out plants, I also thought about what I was going to put into pots to bring into the house for the winter.

I have had a lot of trouble finding the right potting soil that does not have soil gnats in it.

I have tried different brands and then realized that not all potting mediums are the same. There is potting soil and then there is potting mix. They both contain a variety of ingredients to provide a good medium for your plants to grow in, but they can be quite different depending on what you want to grow.

I did some research on GardenDesign.com and learned what to look for when choosing the right mix.

Some good basic potting ingredients may include -- Organic plant-based materials like peat moss, rice hulls, aged composted bark, manure, and coconut coir which is a renewable resource made from coconut husks. It is often now being used instead of peat moss which is less sustainable.

Another big component is inorganic materials to help improve aeration and drainage like Perlite, a volcanic rock which is porous and holds some moisture but is actually great for holding oxygen as well.

There is also Vermiculite, which is a natural mineral which absorbs up to 4 times its weight in water, to keep soil moist. Sand is also often added to soil mixes to help with good drainage.

Fertilizers are added in various forms to provide a source of food. A good source of nutrient dense organic amendments could include alfalfa meal, bone meal, and kelp meal. If you can, avoid chemical fertilizers, especially if you are growing edible plants. Other additives like lime to balance pH levels and beneficial microbes can be added depending on what types of plants you are growing. Some brands may add more garden soil and topsoil as fillers. So, it is important to look at the labels and list of ingredients in the bag you are considering for your needs. Ask yourself if you want potting soil or potting mix?

A good brand of potting soil is usually good for outside planters, but you might want to consider a potting mix, with no soil in it for indoor plants; especially if you can get one designed and mixed for the plants you want to grow. Another important thing to be aware of as well is that Perlite and Vermiculite are not good for your lungs, so wear a mask when working with potting soil and mixes that contain them. Who knew we should be checking the ingredient labels for dirt?!

◆ **Laura Jack**

Keeping Your Garden Interesting During the Winter



So it's November, and I really struggled to come up with a topic to write about at this time of year.... One of the things that a garden consultant once talked to me about that I've never forgotten is that garden should look good in all seasons, winter included. What can we do to make a garden interesting in winter when our plants are sleeping??

Here are some ideas:

- Leave some perennials until spring for winter interest: Some perennials like hydrangeas, ornamental grasses and sedum can be left in your garden until spring and can provide some lovely winterscapes even when the growing season is long done.
- Add Winter Colour: When planting your garden, try to intersperse evergreens and plants with coloured/textured stems such as red twig Dogwood or Corkscrew Hazel to provide winter interest.
- Garden Art: I love garden art... over the years I have purchased a number of pieces that I treasure, but for those on a limited budget sometimes it is just a matter of finding some discarded items with interesting shapes and textures to add interest to your garden in both summer and winter! Weathered wood, rusty metal and natural stone look wonderful.
- Feed the Birds: Adding a bird feeder to your garden can provide over-wintering birds with a place to feed and add activity and interest to your yard.
- Decorate: 'Tis the season for pines, cedars, evergreens, and pinecones... a few dollars and a can of gold and/or silver spray paint can turn your summer urns into a winter wonderland, without the need to spend a fortune.

Hope you are all keeping well, snuggling in for a long winter's rest. Keep Safe, stay Well.

❖ **Mary-Rose Daigle**

Membership 2021-2022



It may be the end of a growing season but we are just getting our year started of learning and growing together. We will be connecting you with great speakers for your enjoyment as well as gaining knowledge and awareness of the resources we have locally and surrounding us.

Please consider renewing your membership now, which will give you access to all our speakers and informative newsletters until the end of 2022. Membership fees are still the same –a great deal at \$20 for single and \$25 for a family. Instructions for online and print/mail renewal are at peterboroughhort.com/about-the-society. Join us for over a year of fun and promoting the sharing of information on horticultural best practices, protecting our environment, planting, growing and beautifying of our communities!

❖ **Laura Jack**

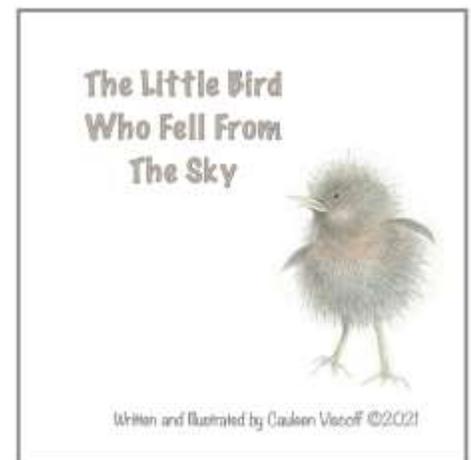
A New Book Author in our Midst

Please join us in congratulating our board member and garden show chair, Cauleen Viscoff, on the release of her newest book.

It's the very true story of a baby bird who fell from his nest, rescued by a boy, his little sister, their Mom (who decided he would live), and Nana & Papa who helped him fly into the woods

Signed copies are available and you can reserve yours here:

birdieboxpress@gmail.com



Lest we Forget.....



The red poppy grows on battlefields of the First World War in Belgium and northern France. It dates back as far as the Napoleonic wars in the 19th century and its seeds can remain dormant in the earth for years, but will blossom in abundance when the soil is disturbed. In late 1914, when the artillery barrages began to churn the earth, the fields of Flanders and France saw scores of these pretty red blooms appear. An extreme contrast to the events taking place all around them!

Moina Michael, a member of the American Overseas YMCA, who had been inspired by Lieutenant-Colonel John McCrae's 1915 poem, "In Flanders Fields", pledged "always to wear a red poppy of Flanders Fields as a sign of remembrance and the emblem of 'keeping the faith with all who died,'" referencing a line in the poem.

❖ **Donna-Marie Fennell**

OUR ANNUAL CHRISTMAS GIVING



This is the second Christmas Season our members will miss the fun time we all had at our November Christmas Meeting. Remember our treat table laden with delicious treats baked by members??!! And the special fun table with everything Christmas??!! Members generously donated mittens, hats, scarves, warm socks for men and tons of non-perishable foods. A fun evening enjoyed by all.

After the meeting, Anita Clifford and I would deliver all remaining treats to Brock Mission, where all the residents appreciated and devoured the treats within a few days (we were told). Plus, they received dozens of pairs of warm socks, something we added to donations a few years ago.

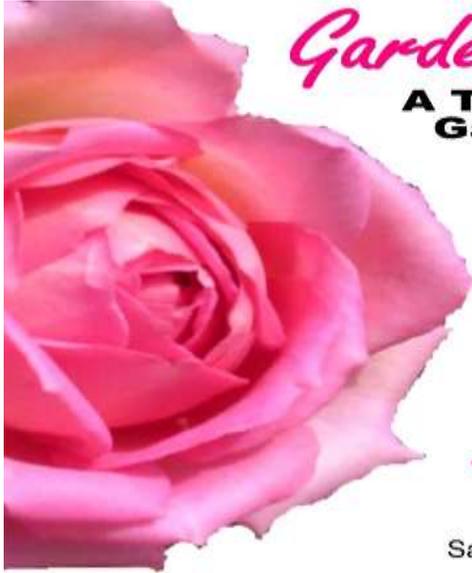
Pat Lounsbury delivered the mittens, gloves, hats and scarves for ladies and children to Crossroads Shelter.

The next morning, I would deliver all the non-perishable foods to the Kawartha Food Share.

Last year was the first time our members donated these items to various drop-off locations around the area. I personally dropped off my items to the Giant Tiger on the Lakefield Highway. It was a very large all-day event and was so successful, that volunteers I chatted with stated they would do it again. So, keep your eye out for donation spots!!

Again, this year I know our members will be generous with donations and hopefully we can get back to our meetings soon. Merry Christmas Everyone.

❖ **Annie English**



Garden & Nature Show

A Two-Day, Safe, Tented Garden Extravaganza!

meander through 6 acres of gardens
chat with horticultural people
get your gardening "fix!"
find the best tomatoes to grow
attend a Landscape Design presentation
see a Hummingbird Moth (or two!)
enter a fun floral competition
learn how to help pollinators
find your garden "colour psychology"
learn about conservations
savour home-made delights
discover how bees behave
meet the "Zinnia Warrior!"
get ready to feel better!

**An outdoor exhibition
plus
botanical gardens!**

Sat-Sun June 11-12, 2022 10:00 am to 5:00 pm

All Admissions: \$13.00

Quinte Botanical Gardens 664 Glen Ross Road, Frankford, Ont.
www.qbgardens.ca dgroves@qbgardens.ca 613-398-0402

**Join us and become...
"one-with-the-worms!"**



Quinte Botanical Gardens

RE-OPENING JUNE 11, 2022

6 Acres of Gardens
Self-Guided Tours
COVID Safety Regulations
Groups & Buses Welcome
Designer Annuals Hanging Baskets for Sale
Open 6 Days/Week
10:00 am to 4:00 pm
Closed Wednesdays
Admission: \$13.00
Special Events
Garden & Nature Show
Landscape Design for Homeowners
Senior's Activities

Please check website and facebook for updates

664 Glen Ross Rd., Frankford, Ont. 613-398-0402 www.qbgardens.ca
Deanna Groves and John Riedl dgroves@qbgardens.ca

**Peterborough Horticultural Society
Annual General Meeting Minutes, January 21, 2021**

1. Call to Order: The 2019-2020 Annual General Meeting was called to order virtually 14 days after being launched online on January 7, 2021 via Google Forms.

2. Approvals:

Motion to approve (1): Minutes of the PHS AGM of November 27, 2019

Moved by Elane Kalavrias, seconded by Anita Clifford, carried.

Motion to approve (2): Treasurer's Report for the Peterborough Horticultural Society (PHS) and the Peterborough Garden Show (PGS)

Moved by Donna O'Brien, seconded by Pat de Villiers, carried.

Motion to approve (3): John Rubie be appointed to conduct a financial review for 2020-2021

Moved by Pat de Villiers, seconded by Annie English, carried.

Motion to approve (4): Actions and Decisions of PHS 2019-2020 Board of Directors

Moved Anita Clifford, seconded by Donna O'Brien, carried.

Motion to approve (5): Actions and decisions of executive PHS 2019-2020 Board of Directors

Moved by Cauleen Viscoff, seconded by Pat de Villiers, carried.

Motion to approve (6): 2020 President's Report as written by MJ Pilgrim

Moved by Anita Clifford, seconded by Annie English, carried.

4. Recognition of Change in Treasurer (Mary Rose Daigle) and Secretary (Donna-Marie Fennell), both appointed positions. Carried.

There were no new nominations for directors.

5. Presentation of Officers nominated for the Peterborough Horticultural Society 2020 Board: Patty Carlson, OHA District 4 Director, inducted the 2020 Board members as listed below by email acknowledgement.

As no further nominations came forward, the nominated officers were proclaimed as the officers to the 2020-2021 Peterborough Horticultural Society Board.

PRESIDENT – MJ Pilgrim FIRST VICE-PRESIDENT – Donna O'Brien SECRETARY – Donna-Marie Fennell** TREASURER – Mary Rose Daigle** PAST PRESIDENT – Pat de Villiers DIRECTORS Anita Clifford Annie English Cauleen Viscoff Elane Kalavrias Laura Jack Susan Gomez-Duran

**The Secretary and Treasurer positions are appointed positions. 77 online responses were recorded, well over the 54 required for quorum.

The 2019-2020 AGM for the Peterborough Horticultural Society adjourned as of Jan. 21, 2021.

President's Report for the 2021 Annual General Meeting

Hopefully optimistic. Those are the best words I can come up with to describe where we are as we approach the end of the 2021 year. This will again be a short report, but I'm hopefully optimistic that 2022 will be much better.

Our year began with a determination to meet after an unprecedented 2020. A license for Zoom was purchased, and virtual speakers for the first few months were booked with an overarching goal of "support local". Starting in January, we welcomed local small business owners to share their passions with us, with good success. On average about 60 members participated in each live event, with approximately 50 watching the stream afterwards, when it was able to be recorded. We learned about cut flowers, the Monarch Ultra, microgreens, composting, CSA farming, lavender, trees, garlic, wildflower meadows and amazing perennials all in the first 6 months of the year. That's a lot of learning, but we weren't finished yet! In the fall, it was biodiversity, indoor plants and finally about trees for small spaces.

Activities in Fleming Park, the heritage garden our Society maintains for the city, began in May when allowed with a small but loyal dedicated team. They met every Wednesday morning throughout the summer. We congratulate park chair Fred Doris and his committee of Susan Leask, Pat Lounsbury, Annie English, and Lois Scott for their incredible dedication.

Our plant sale, spring bus trip, membership pin presentations, Christmas celebrations, fun table and library access were all cancelled for another year. We successfully moved our flower shows online in May and June.

We offered up one small scholarship to a student from Thomas A. Stewart Secondary School – the Olive Isaac Award, and our bursaries at Trent and Fleming were again awarded to deserving post-secondary students.

Basically, we had a 'virtual' year. Another year to recharge. Another year to spend more time in our OWN gardens. It was another year of rest for some and yet again a very different year for us all.

Thankfully, I would expect that the majority of our members are now double-vaccinated and in-person gatherings are expected to be allowed to resume in the new year.

I'd like to thank each board member who continued to support the PHS: Donna O'Brien, Pat deVilliers, Elane Kalavrias, Cauleen Viscoff, Annie English, Mary-Rose Daigle, Anita Clifford, Laura Jack, Donna-Marie Fennell, Shaun Pyper and board associate Sandra Caswell.

Thank you all for continuing to support us as we navigate these uncertain times, being hopefully optimistic that we can return to something that we previously knew as "normal"!

◆MJ Pilgrim

