

THE EAST YORK GARDEN

NEWSLETTER OF THE EAST YORK GARDEN CLUB



The East York Garden Club is a member of the Ontario Horticultural Association, District 5.

Meetings are held on the third Thursday of each month (except August and December) in the Stan Wadlow Clubhouse, 373 Cedarvale Avenue at 7:30 p.m.

Refreshments are available at 7:00 p.m. The Clubhouse is wheelchair-accessible. Visitors are always welcome.

Yearly membership fees are \$20 for a single, and \$30 for a family. To inquire about membership, please contact Suzanne Boyd at 416-423-5857.

Visit us on the web at www.eygc.ca

President:

Veronica Callinan

Vice President:

Linda Boyko
Susan Bartlett

Newsletter Editor:

Susan Bartlett
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Thursday, November 18, 2010 Annual General Meeting & Pot-Luck Dinner Doors open at 6:30, Dinner begins at 7:00

This is our final meeting of the year and the Club's Annual General Meeting (members only). Business on the agenda includes the election of officials for 2011, and the awarding of prizes for the Flower Shows and the 2010 Photography Contest. If attending, please bring a dish of food of at least six servings and try to pre-cut items such as lasagnes or desserts. (If it's your first potluck, bring whatever dish you feel like, there is no pre-planning.) Plates, cups and cutlery are provided by the Club, as well as coffee/tea and non-alcoholic punch. If possible, bring an appropriate serving utensil and try to put your name on your serving bowl or plate to facilitate clean-up. Any leftovers at the end of the evening will be donated to a local shelter. Tickets will be given out for some special draw prizes.

We'll be holding the final "People's Choice" photo contest of the year, with the winning picture to be featured on the cover of the EYGC 2011 yearbook. Bring in either one or two of your best garden-related photos from 2010 or 2009. Of course, you should select photos that you think would look good on the front of the yearbook. The only stipulation is that it must be in portrait orientation (i.e., taller than it is wide). And for this contest you can enter up to two photos, even if they've already been entered in one of our previous contests. The winner will be selected by a vote by those in attendance at the meeting. Entries must be received by 6:50, with voting taking place through the evening. We'll also be announcing the winners of the October contest, with all photos entered on display.

Please call Dawn McEachern 416-429-4719 if you can help with the set-up or clean-up of the AGM.

Thursday, January 20, 2011

This will be our first regular meeting of the year. Doors open at 7:00 p.m., so join us for some socializing over coffee and treats. Members with initials S through T are asked to bring some cookies or squares. There will be a draw table after the speaker.

Reminders:

- No meeting in December. Regular meeting resumes in January.
- 2011 Membership is due – renewal form is on back of this newsletter.
- Annual survey is enclosed if you didn't fill one out yet, please do so, the Executive looks forward to your feedback.



Fall Clean-up / by Veronica Callinan

Yes, it's that time again...to clean up in the fall or not. Some folks weren't able to attend the October meeting, while others were there but couldn't hear the pre-meeting informal talk on Fall Cleanup. Below are some notes on that topic:

Two must-have tools for Fall Cleanup are a Root Knife and a Pruner Sharpener. The Root Knife makes short work of cutting down hostas, daylilies, Joe Pye, anything that's not woody. The Pruner Sharpener is critical to taking the pressure off your hands when you're working with them. Both can be purchased from Lee Valley Tools:



Root Knife \$8.50 BL110



Pruner Sharpener \$13.50 AG701

The thinking nowadays is that the bare-earth look is passé. Leave most for the work for the Spring. It's less work, and provides food and shelter for the pollinators and worms. HOWEVER - Do whatever is aesthetically pleasing to you.

Pots are a different matter. Empty pots, scrub them out with bleach (to kill bacteria) and store for next year. If you can't take them indoors, turn the pots upside down and cover.

KEEP THE SOIL. The nutrients will be all used up, but the material is still valuable.

SOIL-LESS MIX - can be dried out and used again next year. All the nutrients come from fertilizers (water soluble or pellet form).

SOIL Mixes. The organic material is excellent for adding as a soil amendment. **AIR!** This can be used to add to clay soil or in place of mulch.

- Dispose of thick, chunky, woody roots. The fine ones are fine to keep. For your lawn, apply a good quality, slow-release lawn food, with at least two feedings between the months of September, October, November and December.
- Transplant peonies or divide them if you wish to multiply your plants. Do not prune Azaleas, Rhododendrons and other spring flowering shrubs because they have already set their buds for next year's blooms.
- Dig Gladiolus, Dahlias, Caladium, etc. Remove the tops and let them dry for two weeks. Dust them with Sulfur. Store in dry peat moss or vermiculite at room temperature.

Geraniums:

Potting Method: Cut back Geraniums (put them in a pot if they're in the ground). Let them dry out. Bring them indoors or in a garage where it's dark and doesn't freeze, a cool, dry location. Top each plant with an overturned paper bag.

Check every few weeks to make sure the plants are shrivelling or drying out completely. If they are, spray them with water or slightly water the root area. Allow the plant to dry off before replacing the paper bag.

Dry Root method: Cut back Geraniums, dig them up and clean them off like a glad or canna bulb. Hang them to dry, then put them in a brown paper bag till spring. Check on them half way through winter and spray the bag with water if the roots are dried out.

- Bring houseplants back indoors if you haven't already. If needed, spray them first with an allowable insecticide.
- A word about light in the house - Low E and Argon Gas windows are energy efficient but not much there for plants.



These photos are Laura Grant responding to the Toronto Zoo's request for bamboo for the panda. Laura brought a truckload to the zoo and the red pandas were quite appreciative.



East York Blooming Contest 2010 Winning Gardens

Residential Traditional

Judge's Choice

- ◆ 62 Tiago Avenue

Garden of Distinction

- ◆ 56 Glenwood Crescent
- ◆ 49 Athlone Road
- ◆ 50 Merritt Road
- ◆ 222 Glenwood Crescent
- ◆ 69 Wiley Avenue

Residential Environmental/Alternative

Judge's Choice

- ◆ 14 Wiley Avenue

Garden of Distinction

- ◆ 44 Pepler Avenue
- ◆ 652 Mortimer Avenue
- ◆ 12 Pepler Avenue

Gardens Of Merit

- ◆ 94 Don Valley Drive
- ◆ 162 Woodmount Avenue
- ◆ 23 Fairside Avenue

City of Toronto Front Garden Contest

The winners of the City of Toronto Front Garden Contest were announced on November 2, giving the gardens of East York another opportunity to shine. The garden at Lippert Music Centre at 970 Pape was awarded First Place in the Gardens in Commercial Locations category. And on Douglas Crescent, Governor's Manor took first place in the Community category. East York's residential gardens were also winners, with a second place in the Traditional category at 104 Glenwood Crescent, and a third place in Environmental gardens at 80 Four Oaks Gate.

Gardens entered in the 2010 contest were selected from winners in the 2009 competitions in Etobicoke, York, East York, and Scarborough.

Complete listings of this year's East York Blooming Contest and the City of Toronto Front Garden Contest can be found on the EYGC web site (www.eygc.ca)



Notes from Edwards Lecture Series -TBG - *Bringing Nature Home* Doug Tallamy - October 27, 2010 (compiled by Veronica Callinan)

Local extinction expands to become global extinction. Our small patch makes a difference as they are all linked.

Biodiversity = All the forms of life on the planet.

Each species has a specific role in its environment or biosystem. They RUN these ecosystems. Plants and animals are the rivets holding the ecosystems together, sustainably.

Biosystem = ecosystem services (weather systems, recycles garbage, supports pollination, sequesters carbon).

We need biodiversity for human well-being. A new term "Nature-Deficit disorder" is coined for children who are separated from nature because it is "dirty" or "unsafe", or for whatever reason adults fear it. Children who don't connect with nature they'll make terrible stewards later in their lives.

Plants allow us to "eat sunlight". They provide housing.

Carrying Capacity; Number of individuals in a species that live in a given area SUSTAINABLY (forever) without reducing the total number of plants.

Currently, there is no global plan for sustaining ecosystems. Rarely is it planned for locally.

Fragmented forests will not sustain the biodiversity we need to survive. Lawns is not a functioning ecosystem that will sustain US. We have converted our natural world into cities and suburbs. Once extinct, species don't come back. The largest national parks just aren't big enough to provide the space needed for entire biosystems.

The ecological damage is reversible by raising Carrying Capacity - putting Native plants back. NATIVE to HERE. Native plants are needed to sustain native insect life...essential for Native birds to survive. Caterpillars are like canaries in the coal mine. They can't eat just any plant. Plant foliage is defended by distasteful chemicals. Insects develop and reproduce only on plants to which they share evolutionary lineage. They specialize. The downside of specializing is that now they can't eat anything else.

Who cares if our plants make insects? Lots of other animals eat insects - rodents, bats, spiders, other insects, And predators eat these animals - snakes, hawks, etc.

Horticultural Landscapers chose plants that are aesthetically pleasing - and plants from around the world offers a bigger palette. NOT for local ecosystems. Some alien plants are invasive and destroy/choke native ecosystems. They started out as a garden plant that looks nice.

Birds that migrate are insectivores - that is WHY they migrate. They need the insects to feed their young. Not ALL Native plants are the best at feeding insects. Oaks are the best. Black Cherry is number 2.

If feeding insects turns you off, think of it this way: turn your garden into a bird-food garden. Need to keep leaf litter to keep the snails and insects and the ground foraging birds.

Restoration happens quickly, insects and return, even in one year.

Restoration Challenge: We need to create corridors connecting fragmented forests. If we plant HALF of what is now lawn, that would create 20 million Acres of "Suburban National Park", bigger than ALL the large U.S. national parks put together.

"Gardening is a way to show we believe in tomorrow."

Resources: List of best trees to plant for nurturing insects: <http://bringingnaturehome.net/native-gardening/woody-plants>
<http://www.namethatplant.net>



Upcoming Events

Wednesday, November 17, 2010, 6:30 p.m. – Blogging Your Memories, a workshop by Sharon Crawford, EYGC member, on how to blog your memoirs, including a look at existing blogs and genealogy sites. Danforth/Coxwell Public Library, 1675 Danforth Ave. To register, call 416-393-7783

Sunday, November 29, 2010

Meeting of the Toronto Rhododendron Society at the Toronto Botanical Garden (Lawrence & Leslie). Anna Leggatt will be speaking about the Wildflowers of Iran. Begins at 2:00 p.m. Further information:

<http://www.onrhodos.com/TRRHSD/Home.html>

Tuesday, November 30, 2010 - Conifers:

Terrific Non-Seasonal Plants at the Toronto Botanical Garden (Lawrence & Leslie)

James Eckenwalder, author of *Conifers of the World: A Complete Reference* will speak about the evolution and history of conifers and what gardeners need to know about them. Begins at 7:30 p.m. in the Floral Hall. Admission is free for members, \$20 for non-members, \$15 for students. Further information:

<http://www.torontobotanicalgarden.ca/programs/edwardslectures.htm>

Sunday, December 5, 2010 - Spiders of

Ontario at Emmanuel College, 75 Queen's Park Cres. E. Toronto Field Naturalists presents a talk by Tom Mason, Curator of Invertebrates and Birds at the Toronto Zoo, about arachnids found in Ontario, how they trap their prey, how they reproduce, and their importance to your local ecosystems. Starts at 2:30 p.m.

Further information:

<http://www.torontofieldnaturalists.org/v-lectures.htm>

Saturday, January 8, 2011 8:30-3:30 - Toronto Master Gardeners Technical Update

Sustainable Horticulture, Toronto Botanical Gardens, 777 Lawrence Ave E., Keynote Speaker - Dr. David A. Galbraith, Exploring Sustainability and Naturalization of Urban Gardens

Seminars: Dr. Rebecca Hallet, Are You Bugged? Getting to Know the Good Insects in Your Garden

Sean James, Sustainable Gardening: Making It Happen

\$40.00, lunch included. Register with Linda Boyko, 115 Brookside Drive, Toronto, ON M4E 2M3, 416-777-3307 or lboyko@kpmg.ca.

Welcome to the following members who joined in 2010:

Carole Aida, Paula Alves, Cheryl Anderson, Celia Ball, Claire Bellinger, John Bellinger, Amanda Bishop-Ashe, Pina Circosta, Mo Dixon, Maria Jenkins, Carol Jewett, Karen MacDougall, Cheryl Manore, Tracy Marsh, Sue Mason, Nola McConnin, Karin McLean, Sherri Richardson-Smyth, Genie Roth, Jane Sallows, Paul Sarjeant, Marilyn Scott, Susan Thorpe, Girlien Wharton, Terry William, Karen Wyatt, Carla Yarzab

Those who will be missed:

George Simons, (husband of former President Lucie Simons) died September 29.

Colleen McKay, former Treasurer and long-time member of EYGC, passed away on July 22.



Worms - by Veronica Callinan

The “recipe” from last month’s meeting:

Setting up a Vermiculture Bin

- 1/3 peat, coir or damp newspaper
- 1/3 loam
- 1/3 dried grass, leaves & clippings

Drill 6 in the base of the bin. Add 4” bedding. Never let temperature above 27/28 degrees Celsius. Layer bedding (should be moist as wrung out sponge) and loam, add food around the edges, add worms. Cover. Place in the dark near the kitchen.

Every 2 weeks aerate (turn lightly) & wait 3 months to start another box. Ratio Carbon/Nitrogen. 25:1. Or 30:1

Back to worms...Grassroots no longer sells worms, their supplier had a problem. Bill's doesn't sell them either. However, I did find an East York bait supplier who carries night crawlers. They eat the same things, but faster. Not as many are needed.

The store is Select Bait, 45 Resource Road, located in the Eglinton & Laird area. Call first (416-467-1530) to make sure they're in. There's a faded fish in the front wall. I have to warn you...it's a bait warehouse and not a trendy shop complete with a juice bar. The building is perhaps a bit rough looking, BUT..Bill Karadimas was very helpful and extremely knowledgeable about his worms, what they eat, how much and fast they eat it, how they breed, keeping them dormant, etc. And how they "shed their castings".

Cost: \$5 for 2 dozen worms that come in a styrofoam container. I bought 3 and he threw one in. The yogurt container is in the picture just so you can see size.

In case you have no wish to have worms eat your newspapers, Select Bait sells bags of worm castings for real cheap: \$5 for a huge bag. Way cheaper than soil at the big box stores.



My bin is slightly smaller than Mary Lou's. I had to take feline ingenuity into account as any box with dirt would be confused

as a bathroom. So I had to find a bin that slides into a storage shelf. I drill lots of holes in the lid for air. Along with damp newspaper, I added the soil from a deck pot (it's that time anyway) and kitchen scraps.

Librarian Wanted - by Karen Bell

The EYGC is looking for a Librarian. Ideally you should be a member who usually comes out for meetings. All you need to do is wheel the library out before the meeting and unlock it. Help members sign books out and receive returning books. Lock it up when the meeting begins and make sure it gets back to the storage room before you leave. Easy!

Borrowed Books

Several books borrowed from the Club Library have not been returned. Please check and see if you have forgotten to return them. You can bring them to the next meeting.

Looking for:

- A-1 *Shade Gardens* / Harrowsmith
- A-2 *Culinary Herbs* / Brooklyn Botanic
- A-4 *Dryland Gardening* / Jennifer Bennett
- A-31 *Cdn Gardening's Natural Gardens*
- A-33 *Complete Book of Herbs* / Geraldine Holt
- A-37 *The Small Garden Planner* / Graham Rose
- A-49 *Gardenwork, step-by-step guide to vital tasks* / Steven Bradley
- A-54 *Herbs in Ontario* / Charlotte Ericson-Brown
- A-56 *Gardening with Trees & Shrubs in Ont, Que & Northeastern US*
- A-57 *The Impatient Gardener*
- 09-4 *The Foliage Garden* / Angela Overy
- 09-7 *The Herb Garden Decorative Ways to Grow Herbs* / Malcolm Hillier
- TL12 *Pruning and Grafting* / Oliver Allen
- Garden Bird Facts* / Marcus Schneck



Just in time for the festive season, here are some further recipes from the Annual Show & Tea. These were contributed by Marion Stephens.



Cherry Sables

Ingredients

- 1 cup unsalted butter, room temperature 200 g
- 1 cup (115 g) icing sugar, sifted
- 1 egg
- 1 egg yolk
- 2 teaspoon (10 ml) vanilla extract
- 1¾ cups (260 g) all purpose flour
- Red glaze cherries for decoration (or any dry fruit such as figs or dates)

Method

Preheat oven to 350 degrees F (180 C). Prepare a baking sheet: spray with vegetable spray, line with parchment paper or use non-stick baking sheet.

1. In a medium sized bowl, cream the butter with the icing sugar until light and fluffy.
2. Blend in the egg and yolk, followed by the vanilla and finally by the flour. Stir until combined. Do not overmix or the cookies will be tough.
3. Using a pastry bag fitted with a large star tip (2/3 inch/15 mm), pipe out cookies about ½ inch (1 cm, pipe out small as they flatten and spread) from each other in desired shapes on the baking sheets, placing a half cherry on each cookie, if desired.
4. Bake until cookies begin to colour around the edges, about 10 minutes.
5. Let cook before serving.

Makes about 70 cookies

Storage: In an airtight box to keep them crisp.

Bittersweet Cocoa Brownies

Brownies made with cocoa powder are softer on the inside than those made with bar chocolate.

- 2 ¼ ounces (3/4 cup) unsweetened cocoa powder
- 1 1/3 cups granulated sugar
- ½ teaspoon pure vanilla extract
- ¼ teaspoon table salt
- 5 ounces (10 tablespoons) hot melted unsalted butter
- 2 cold large eggs
- 1 ½ ounces (1/3 cup) all purpose flour
- 1 cup broken walnut or pecan pieces (optional)

Heat the oven to 325 F. Line an 8 x 8 inch baking pan (preferably metal) with foil across the bottom and up two opposite sides of the pan.

1. In a medium bowl, thoroughly mix the cocoa, sugar, vanilla, salt, and hot melted butter with a hand mixer or with vigorous strokes of a whisk.
2. Add the eggs, one at a time, beating until the batter is thick and lightened in colour, 1 to 2 minutes.
3. Add the flour and stir with a rubber spatula just until blended. Fold in the nuts, if using.
4. Spread the batter evenly in the prepared pan and bake until the top is puffed and slightly crusted and a toothpick inserted in the center comes out with a little fudge batter clinging to it, 28 to 30 minutes.
5. Let the brownies cool completely in the pan on a rack. Lift the ends of the foil to remove them. Invert the brownies on a tray and peel off the foil. Turn the brownies right side up on a cutting board and cut into squares (wipe the knife between each cut, as the brownies will be soft and sticky).



Public Service Announcement from the President

I received an amazing number of comments after the October meeting, where I asked people to stop talking while Karen was speaking. Everyone does it sometimes. Some people do it all the time. Of course, it's perfectly alright to speak up when sharing with the whole room, such as when you have a question, or when everyone has been invited to shout out suggestions or answers. However, if you think nobody else can hear your whispered private conversation with your neighbour, you are wrong. It's distracting. We have a social time before the meeting, and there's plenty of time after the meeting to chat and catch up with friends. Please refrain from talking during the meeting. 'Nuff said.

Flower Show Committee

The Flower Show Committee is looking for one member. Perhaps you are already clerking and would like to get a bit more involved? The Committee only meets once a year. Please call Linda Boyko 416-777-3307.

Fundraising

You may have noticed that we did not participate in the Veseys Fall bulb campaign. This is because in the last couple of campaigns the packages arrived with a lot substitutions, even when the order was put in extra early. Paula Cameron is busy trying to find a replacement that will benefit the Club and give members a quality product. Stay tuned.

Gift Ideas

How about giving an EYGC membership this Christmas? Few \$20 gifts can give so much and are so easy to give! Send Suzanne Bond a cheque and the name of who it's for along with their address (let her know that it's a gift and she'll send you back the new membership card). Her phone # is 416-423-5857. Deadline December 15 please.

East York Garden Club Membership Renewal Form

Name

Address

Postal Code Phone #.....

email.....

(Note that we will only use your email address to send you EYGC information. We do not distribute it to anyone else.)

- Single Membership Family Membership
- Renewal New Membership

Age Bracket: Under 18 18-60 Over 60 (Note: it is strictly voluntary if you choose to check one of these boxes. The rental rate at Stan Wadlow is a lower rate for organizations with a high number of seniors (over 60) and youth (under 18) therefore it is helpful, but not necessary, for us to have this information.

Membership fees are due by January of each year. Fees for 2011 are \$20 for a single, and \$30 for a family membership. Fees can be paid in person at a regular meeting of the Club or by mailing this form and a cheque (payable to "East York Garden Club") to:

East York Garden Club
17 Fairside Avenue
Toronto, ON M4C 3G8