

MARCH 2021

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THE MARCH ISSUE

**REMEMBERING
VALUED FRIENDS
AND PLANNING
FOR THE SEASON
AHEAD**

SEED Suggestions

Each year many OHS members like to try something new and different in their gardens. There is something exciting about trying a new plant, or a new variety, especially when you start it from seed. While these experiments do not always work out, when they do, it is particularly satisfying.

We asked OHS members for their recommendations for vegetable and flower seeds. Were there varieties that they had tried, which had been successful and which they planned to grow again?

Not everyone is comfortable or confident at starting plants from seeds. It is worth a try, however, especially if you have some time on your hands, as many of us do during the pandemic. A packet of seeds is inexpensive, and often produces more plants than you need - so you give the extra ones away to friends and neighbours or donate them. If you don't know where to start, consider the following:

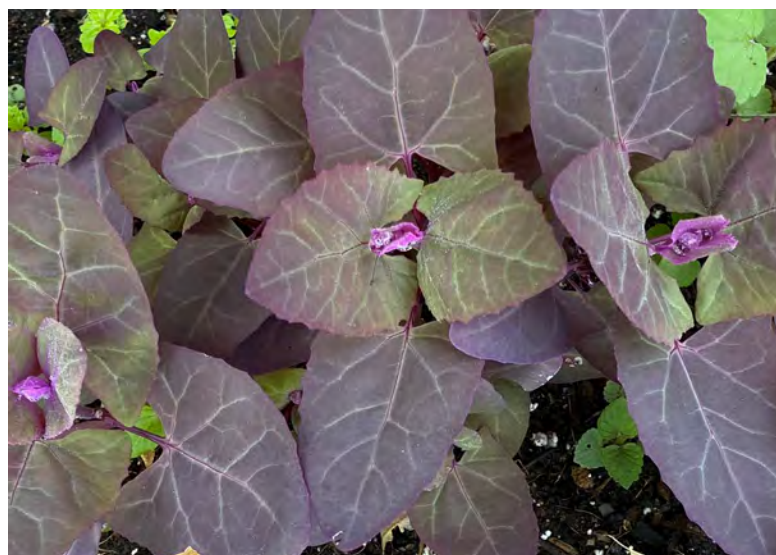
FROM REBECCA LAST

Here are some of my successful new annuals:

'TANGERINE GEM' MARIGOLDS – tiny but prolific single blooms in orange, lemon and deep rust colour. They tend to have a cascading habit which makes them ideal companions for container tomatoes.

SCABIOSA — a horrible name for a lovely old-fashioned flower also known as Grandmother's pincushion. I grew a small container of them and they provided colour for the full season plus a few cut flowers. The seed heads are quite fascinating and decorative too.

MAGENTA ORACH — Not new this year, but one that self-seeds reliably and prolifically, I



Magenta orach in its early stage when the leaves are tender and edible, photo by Carol English

love magenta orach, an edible leaf related to spinach but with such glorious colour that it brightens up any salad. The seed heads are also most decorative and I use them regularly in flower arrangements.



Flower arrangement with magenta orach seed heads in the lower right, photo by Rebecca Last

FROM D-J SMITH

My recommended seed is a green pole bean — 'Emerite' which I purchase via William Dam Seeds. Bruce Laforce and I grew it for many years with great success. It produced nice green beans which are straight and stay slender and edible on the vine for a good bit of time. They are also delicious and freeze well. Unfortunately, I do not have as much sun as I did with Bruce's garden so I did not get as good a harvest this year as in the past. On the other hand, my current dog Rhianna does not like vegetables so I do not have the problem Bruce and I had with our then-dog who pulled off any beans or bean shoots she could get her jaws on in the garden.

FROM DRINA WETHEY

Peter Mix and I planted Tuscan kale "Black Magic" from Stokes Seeds in his backyard veggie garden. As advertised, it didn't bolt

in the heat and withstood hard frost which seemed to make it more tender. Made great slaw and cooked greens. Highly recommended!

FROM SHEILA BURVILL

In 2020, we decided to try to have a vegetable garden on our third floor terrace, including two containers of pole beans that would provide a bit of a privacy screen plus some beans to eat. Originally aiming to buy some 'Scarlet Runner' seeds, we ended up with 'Kentucky Wonder', a variety unknown to us. At the same time as purchasing the seeds from Knippel's, we bought the planters and some trellises to support the resulting bean vines. The seeds were quick to germinate and the vines grew quickly but they were very slow to produce flowers and pods. Still, in the end, we got the screening function we needed and, although the harvest was relatively small, we now have a container of dried, brown 'Kentucky Wonders' in our pantry, awaiting use in soups and stews. You can just see some early flowers forming in the photo, taken on August 4.



Container gardening photo by Sheila Burvill

FROM TUULA TALVILA

I second D-J's vote for 'Emerite' pole beans! 2020 was my first time growing pole beans (after disappointment with small harvests from bush beans) and I chose Emerite from William Dam Seeds. They exhibited excellent germination and survival, rapid and healthy growth, abundant flowers and beans right up until fall frosts (top right photo). We had 23 plants and enjoyed beans all summer and fall and continue to enjoy frozen beans now; they freeze very well. As an added bonus, the variety is open-pollinated so all the seeds we saved (from pods that were hiding and got too big for eating) should reliably bring us the same great beans this coming summer.

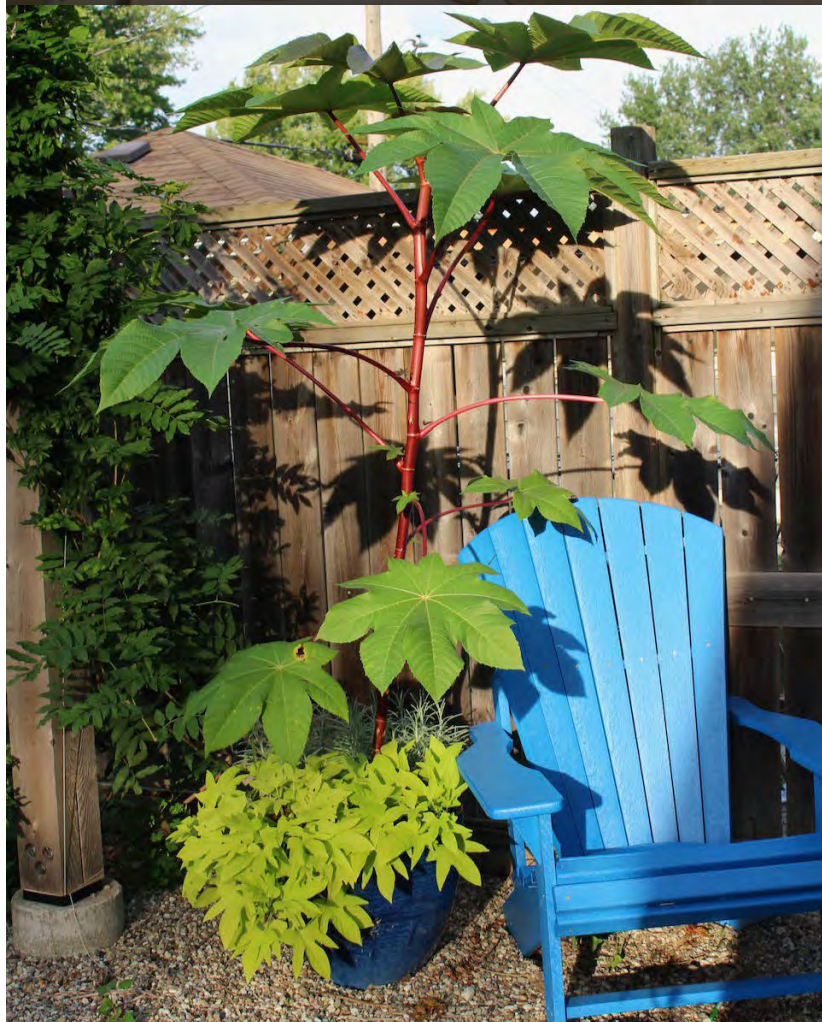
Most years I grow some castor oil bean plants in large pots, to get an exotic feel in the garden and hide some of the fence. Typically I grow the readily available 'Carmencita' but last year I couldn't resist trying another variety called 'Zanzibariensis' that promised to be even bigger. They were splendid, with their huge leaves filling in some empty space under our pergola (middle-right photo). Unfortunately, I didn't take a photo at the end of the season when they were truly towering and bumping their heads on the overhead beams of the pergola.

FROM ROB BRANDON

I have been growing different types of Cosmos as I find the plants very reliable for late summer colour, blooming all the way up to a frost, providing one deadheads of course. For the last two years I have been growing a yellow variety 'Xanthos' that is a Fleuroselect Gold Medal for 2016. I have been buying my seed from Swallowtail garden seed and they have a wide selection of Cosmos seeds. While lots of sun is best, I find in my garden with half sun, they still bloom well.



We had harvests like this at least once a week during the summer.



Cosmos 'Xanthos' photo from Swallowtail garden seed catalogue.

FROM LOUISE MORTIMER:

Last spring I planted a type of runner bean called 'Blauhilde'. I got them from William Dam Seeds. They came up well and had beautiful purple flowers and dark purple beans which turned a dark green when cooked (photo at right).

FROM MARILYN LIGHT

I tried three different vegetables grown from Stokes seed:

'SEYCHELLES' POLE BEAN produced quantities of round, straight dark green pods and even during the very hot weather, although the vines did need more water then. I grow on teepees of bamboo. Very tasty! These will be in my 2021 garden.

PARSNIP 'ALBION' — This was the first time ever that I tried growing parsnips and I was delighted with the result. I grew one row between rows of garlic in a raised bed. This allowed roots to grow long (more than a foot long). I sowed early, covered the row with branches to keep out squirrels, and watered regularly when we had no rain. Once rain returned in August, the plants grew quickly but being uncertain as to when to dig, I waited until mid - October, after frost but before the ground froze. The roots were washed and stored in the fridge. The first smaller ones were steamed. So tender and sweet. Shall try again this year.

SQUASH 'EIGHT BALL' was raised from seeds planted indoors on May 15 but the seedlings were not put into their large pots until it warmed in June. I planted one in each large deep container using Promix and slow-release fertilizer. This squash is round, up to baseball size, and produce once there are both male and female blooms available for pollinators. Production can begin 40 days from sowing. Each plant produced about 8 fruits. They mature quickly.



Keep well watered. These are delicious fresh, cut in thin wedges for dipping or steamed as a green vegetable. The skin is tender. Delicious. I shall be planting more this year.

FROM CAROLINE LACHANCE:

Here are a few that did well in my garden this past summer:

VEGETABLE SEED

TOMATO 'JULIET' — very productive, small meaty plum-type cherry tomatoes with good disease resistance.

'PING TUNG LONG' EGGPLANT SEEDS — very fast growing, productive, and does great in containers.

FLOWER SEEDS

GERANIUM (i.e. PELARGONIUM) 'TORNADO BICOLOR DUET' — a great plant for hanging baskets that does remarkably well in shady locations. It was easy to grow from seeds and it bloomed all summer long, with light and dark pink flower clusters (photo at right).

WHAT DOES IT MEAN?

TRANSLATING SOME SEED TERMINOLOGY

OPEN-POLLINATED: *These are seeds coming from plants that are pollinated through natural mechanisms such as by insects, wind, or self-pollination. Plants grown from open-pollinated seeds will come true, i.e. they will have the same traits as the parent plants, so you can save seeds and know you'll typically get the same plants next year. Note that some plants such as members of the squash family can be cross pollinated if different varieties are growing close together and the resulting seeds may produce something more unexpected.*

HEIRLOOM: *Firstly, heirloom varieties are open-pollinated varieties. Definitions get a little vague beyond that but generally they are considered to be varieties that have been grown through 50 or more years without crossing with other varieties. The resulting variety is stable, in that seeds saved from*



SEEDLINGS FOR SALE

In May the OHS will be holding another online plant sale. As part of the offerings, we hope to include seedlings grown and donated by you, our members. If you'd like to contribute some of your seedlings, keep an eye out for more information in the OHS Grapevine in the months ahead.

May your germination rates be high and your seedlings be free of damping off disease!

The Book Nook

30 TITLES SUGGESTED BY THE OTTAWA PUBLIC LIBRARY FOR OHS MEMBERS



The Collection Development staff at the Ottawa Public Library have put together a list of materials for OHS members. This list includes new titles added to the OPL collection.

Among the materials this spring are books, DVDs and streaming videos, in English and French, relating to:

- **General gardening guides**
- **Monarch butterflies, birds and bees**
- **Indigenous medicinal plants**
- **Low-carbon gardening**
- **Planter and container gardening**
- **Monty Don**
- **Heirloom gardening**
- **Individual plants, such as dahlias and succulents, and fruit trees**
- **Gardening history**
- **Gardening travel, including the Camino De Santiago**

Click on the link below to see the complete list from the Library. This also allows you to view availability and place a hold from the link.

https://ottawa.bibliocommons.com/list/share/354296247_collection_development/1826047479_ottawa_horticultural_society_spring_titles

heirloom varieties will produce plants with the same traits as the parents.

F1 HYBRID: *The name derives from "filial 1", meaning the first generation of plants coming from a deliberate and controlled cross pollination of two different varieties to get desired traits from each parent line. There is a long process involved to first develop the two separate parent lines without contamination and then cross pollinate them, often by hand, to produce the F1 offspring generation. Typically the F1 hybrid plants exhibit improved traits from either parent in terms of disease resistance, fruit production, better flowers, etc. They tend to be more expensive seeds due to the years of development and work involved in producing them. F1 hybrids are often sterile, but even with varieties that do produce seeds, the seeds will not come true to the parents. Instead, they often revert back to characteristics of their grandparent varieties. When two F1 hybrids are crossed, the resulting variety is called an F2 hybrid.*

PELLETED SEED: *Some very small seeds, such as those of carrots, onions, and lettuce are often encased in a round pellet made of clay or other inert material. This makes the tiny seeds easier to see, handle, and to sow.*

TREATED SEED: *If your seed packet says the seeds are "treated", this means they have a fungicidal coating on them.*

REFERENCES:

"Seed Buying 101: A Seed Gardener's Glossary"

<https://ucanr.edu/sites/ucmg2014conference/files/200053.pdf>

"What the heck is F1?" Ontario Home & Gardener Living, Winter 2013, Vol. 13, No. 4, p. 25.

"F1 Hybrid. What is it?"

<https://www.thompson-morgan.com/f1-hybrid-what-is-it>

GROWING TREES FROM SEEDS

by Jeff Blackadar



I have failed many times to grow trees from seed and so I may be a poor choice to write about this. Yet, growing trees has captured my interest since childhood. Because of both interest and failure, I have collected a few books about starting tree seeds and the most informative by far is Michael Dirr's *Reference Manual of Woody Plant Propagation*. This is not to say stop reading this article now and read Dr. Dirr's book, but I do highly recommend it. As Dirr's book notes, trees are a diverse group of plants and the techniques used to foster seed germination vary as well. **Viable seeds are living things that have their own natural cycles and needs in order to grow well. Knowing what a specific tree's seed requires is essential to success when growing it.**

Fortunately, there are techniques and rules that apply widely when germinating different kinds of tree seeds. I will discuss some of these techniques using trees I am looking at in my backyard. I love seeing these trees through the seasons and it's satisfying to reflect I fostered them from seeds. Above is a picture of my backyard with some trees numbered 1 – 5.

1 — *GINKGO BILOBA*, 26 YEARS OLD.

I first read about Ginkgo trees in the seed catalog of Banana Tree seeds in 1991. I needed to grow a "living fossil"! I ordered seeds and they failed to grow. Ordered again and failed again. Seeds need to be stored and grown in conditions to keep them viable. Ginkgo seeds dry out and lose viability quickly. The seeds I was growing were shipped dry. However, my growing technique didn't help either. I put the seeds into regular indoor plant pots, watered them and hoped for the best. The seeds, even if they were viable, dried out in the pots. I changed my seed source. While travelling for work I found some female ginkgo trees growing in Providence, RI. It was October and the trees had set their distinctive plum-like seeds. I collected these, removed the outer seed covering and put them in the hotel minibar fridge for several weeks. Unwittingly, I stratified the seeds, simulating winter dormancy. Some seeds require stratification in order to germinate. Seed dormancy is a natural protection against germinating in the fall and dying in the winter before hardening off. When growing seeds, work with their stratification requirements. These requirements

may resemble refrigerating seeds and damp vermiculite in a zip-lock for 6 weeks. When I returned from my trip, I informed customs about my seeds and they granted me permission to import them. I also had a nasty allergic reaction to the ginkgo seed coating, but it was worth it. To germinate the ginkgo seeds, I re-used a technique to grow avocado plants. I put a couple handfuls of moist (not wet) peat-moss in a zip-lock bag and inserted 5 seeds. I placed the bag on a bookshelf where I could see it. A few weeks later, the seeds germinated. I carefully potted them on. One of these seedlings is tree number 1 in my back yard. Other trees are growing elsewhere as gifts or donations.

2 — MAGNOLIA. 23 YEARS OLD.

The seed for this tree is from a collection made in the fall from magnolias at the Dominion Arboretum. This was a gift. The outer orange covering of seeds was removed and the seeds were placed in zip-lock bags with damp vermiculite. I put the bags in my fridge and planted the seeds outdoors in the spring. The treatment of the seeds improved germination. According to Dirr, the seed's orange coating is reported to inhibit germination. Also, magnolia seeds appreciate cold stratification. The seedlings grew very well in my garden and I was able to give many away. Tree number 2 grew so well it became too big to risk moving and so it stayed. It produces a large number of white flowers each spring.

3 — EASTERN WHITE CEDAR, *THUJA OCCIDENTALIS*. ~12 YEARS OLD.

Cedar trees are a delight to grow. On sunny days in September you can sometime see these trees shed their seeds and of course this is a great time to collect them. You can also grab a handful of cones when they turn bronze in early September and bring them home to open up to get seed. Dirr writes that these seeds benefit from 2 months of cold stratification, but I have also had good results by sprinkling fresh seeds on wet peat Jiffy pellets in a covered seed tray under light. Tree 3 was grown this way and it is now producing its own seeds.

4 — BURR OAK, *QUERCUS MACROCARPA*.

This is a bit of a cheat. I think a squirrel placed the acorn that grew this tree. Although burr oaks are native and relatively common, they were not present in the wooded strip behind our home. The re-emergence of burr oaks is a sign this small woodland is starting to mature. It's also a reminder that growing trees from seeds can be accomplished by looking for volunteers that germinate naturally. I have germinated acorns in my yard by covering them with 2 inches of Promix and heavy gauge 1 cm square wire mesh to keep rodents out. These seedlings needed to be moved while young. Trees with tap roots, like oaks and other nut trees, grow best started in the place where they can set their root down. Tree number 4 germinated in the same place it's growing. It's clearly a happy and healthy tree with a long life ahead.

5 — HORSE CHESTNUT, *AESCULUS HIPPOCASTANUM*.

My maternal grandparent's house in Yarmouth, Nova Scotia was sheltered by a huge horse chestnut tree that benefited from a moist mild climate and, according to family lore, the proximity of old town sewer pipes. One fall, I brought a few seeds home for me and my siblings. I put them in my fridge in a bag with some damp peat moss to stratify. I planted them in pots and the seeds germinated. Tree 5 grew in its pot so well it rooted to the ground. I had to leave the tree where it was and cut the pot away. Poor planning. I was glad I left the tree. My family decided to cut the parent tree down to remove the risk of it collapsing on the house. It was a wise decision but a sad outcome. The child tree continues to grow though. It's a very dirty tree and seems to be dropping something different each month from May to October. Yet, hummingbirds love the flowers and seeing them from my second-floor window is a highlight of a spring day. The tree is a living reminder of my grandparents and we enjoy its shade on our deck. I would not have had this tree if I didn't start it from seed.



SPECIAL TREES

AN UNDERUSED TREE

THE BITTERNUT HICKORY

by Eric Jones

The North lookout in the Arboretum is one of the best views in town. It's on the circle loop road in the Arboretum, looking over Dow's Lake and across to the Glebe and beyond. As you take in the view, you'll notice a woodland on your right. The closest large tree in that woodland is a bur oak, but a taller tree stands further to the right: a bitternut hickory, *Carya cordiformis*.

The Arboretum is where you can find many species and varieties brought from afar and planted here to show how they do in our climate and conditions. But the woodland section of the Arboretum shows us native trees that grew here without any help. Bitternut hickory grows well in the Ottawa area and is an underused tree in the city itself.

This tree in the woodland area is particularly impressive. It was likely planted by squirrels many decades ago. Another specimen at the foot of the hill was planted by the Central Experimental Farm 60 years ago but isn't as impressive. Hickories tend to be hard to transplant due to their tap roots.

Like all trees, its shape comes from the way it grew. The higher limbs rise above nearby trees and fill all of the available space up there with twigs, since hickory is intolerant of shade. If it was drawn on a map, the crown would look like a river delta. A few of the lower limbs have been retained where they can still hold leaves up to the light, and the main stem of the tree is balanced and straight.

The buds of the bitternut hickory are yellow, a good way to identify it. The leaves are compound and turn yellow in the fall. But the leaves are slow to come out in the spring because the vessels in a hickory are large and vulnerable to frost. If they leaf out too early, these vessels can be blocked by embolisms. So they wait until the threat of frost has passed.

The nuts are indeed bitter—hence the name—but only to us. Some city residents don't want the messiness of any kind of debris from trees. Wilder residents of the city (squirrels, birds) have a different opinion.

Now that iconic native ash trees can no longer be planted here due to the Emerald Ash Borer, and the beautiful native elm trees are no longer planted due to Dutch Elm Disease, we need trees of similar stature and form to take their place. Such as this one.

IN MEMORIAM SANDY (WILLIAM RAYMOND ALEXANDER) IVES

August 1, 1954 - October 13, 2020



SANDY AND IRIS

By Chuck Chapman

Chapman Iris, Canada's oldest and largest iris farm (chapmaniris.com)

Sandy, as he was most commonly known, was very involved in many activities and interests, and left a favourable impression on many people. He left us all too soon. He is survived by his wife Maureen and children Emily and Roger.

Sandy made a career of numbers, which had always fascinated him. After getting his MBA, he worked in various Canadian government positions in finance services in Ottawa, including the Canadian Broadcasting Corporation, the Canadian Department of National Defence, and the Canada Revenue Agency.

He had a high interest in horticulture, sharing family interests of his grandfather and great grandfather. The iris 'Lemon Chiffon' was introduced by his great grandfather, Rev. T. E. Bartlett. I was able to provide Sandy with a piece of this iris, part of his family history.

Sandy and his wife Maureen Mark both shared an interest in numbers and horticulture, and were both very involved in various horticultural clubs, including iris ones. Sandy joined the Canadian Iris Society (CIS) in 1988 and the American Iris Society (AIS) in 1992. He became a judge in 1999 and a mas-



PHOTOS: Photos this page and next by Chuck Chapman. Iris 'Lemon Chiffon' (Bartlett, 1944) (tall bearded)

ter judge in 2013. He served as AIS regional Vice President (RVP) for region 16 (Canada) 2000-2003 and supervised judges training for region 16 from 2000-2009. He acted as an ambassador for the promotion of iris and provided many judges training sessions. His fellow workers recall being humorously entertained with details of flower sex (hybridizing). Sandy did do some hybridizing, but was never happy enough with his crosses to introduce them, even though encouraged to do so.

Most CIS activities were in southern Ontario, and this was a challenge as he lived in Ottawa, a five-hour drive away. One of the responsibilities of AIS judges is to visit gardens of hybridizers. Sandy frequently visited my garden, sometimes several times a year during bloom time, often accompanied by Maureen (also an AIS judge) and their children. They loved looking over the seedlings and helping with evaluating. A remarkable effort, especially considering travel time involved. Sandy and Maureen regularly attended AIS conventions and promoted Canadian iris at these events. He managed to get to many iris shows, as judge and participant, as well as attending CIS board and annual meetings and annual picnics. Sandy and Maureen started a local iris society in Ottawa (the Ottawa Region Iris Society) which became an affiliate of AIS and CIS.

In recognition of his extensive work with the Canadian Iris Society, Sandy was awarded the Walker Ross Service Award in 2008.

Sandy's energy, wry sense of humour, dedication, and constant smile were trademarks that were noted by everyone he had contact with. These left positive impressions on his many friends and those he worked with. He will be sorely missed.

SANDY AND THE OTTAWA HORTICULTURAL SOCIETY(OHS)

By Gloria Sola

Herb Cheeseman was the OHS Treasurer for 13 years, attending Board meetings, making the manual entries into ledger books, and keeping track of the OHS expenses and revenues. In 1996



the auditors recommended that the OHS accounts be switched to a computerized system. Sandy stepped in to do the transition, set up the accounts in the software package called Quicken, and take over the duties of Treasurer. Herb continued to take his duties to the Society seriously and was a watchful and constant presence at the Board meetings.

Sandy was Treasurer of the OHS from 1997 to 2001. In 2002 Geoff Kennedy took over Treasurer duties, but Sandy was not done. He became a peer reviewer, a responsibility he fulfilled for 14 years. He would laughingly say that the reason he took over this responsibility was in order to remain at arm's length, so he could not be asked to volunteer for anything else. He was thorough and precise. But Sandy was more than that. During the same time he taught four people (Geoff Kennedy, Dorothy Tol, Dave Burroughs and Gloria Sola) how to care for the OHS's finances, use the software to make the entries, and produce financial statements that would correctly reflect the OHS's financial position.

During his later years and into retirement Sandy took up wood working. The car was in the driveway; Sandy's workshop was in the garage. He turned a lovely bowl which he donated to the D2 and is now one of their permanent "trophies." As with the OHS, Sandy also generously gave of his time and talent and became treasurer of the wood workers society.

GEOFF KENNEDY REMEMBERS:

- Sandy was very helpful to me when I started as Treasurer. I was constantly having to bother him about OHS business, how to allocate expenditures and manoeuvre the OHS Quicken system. When I was Treasurer, Sandy was often leading the peer review. I can remember long evenings with the both of us poring over the records to get everything to balance. After my stint as Treasurer, he recruited me to assist him with the annual peer reviews for a couple of years.
- I enjoyed his light-hearted yet serious approach to tasks.
- He also gave me some good advice on growing irises.

GILLIAN MACDONNELL TELLS THE FOLLOWING STORY:

- More than 40 years ago I took a carpentry course, part of which was lathe work. Although I loved working on the lathe, I succeeded only in making an egg cup too shallow to hold an egg and a sabot for the cannonball my husband had acquired. I loved wood however and had a small collection of it in my basement.
- Fast forward to 2020: I was downsizing and the only person I knew who might appreciate my wood was Sandy Ives, who had taken up lathe work with his usual passion and was turning out the most beautiful and delicate pieces. I gave him my wood and thought it was job done.
- A few weeks later, I received three beautiful objects: an oak bottle stopper, and two really lovely dishes for I didn't know what - nuts? cookies? Sandy had returned my wood in usable form! That was Sandy to me all over: surprising, and very generous. I have those pieces with me now to remind me of Sandy and his very special talents.



PHOTO: By Gillian Macdonnell



NATHALIE CHALY'S GARDEN:

Memories of a Garden and of a Gardener

Photo by Laurie Graham for the 2016 OHS garden tour

SHEILA BURVILL REMEMBERS

— EARLY YEARS

I first heard of Nathalie's garden while walking my dog, of all things. A dog-walking friend said to me (in the parlance of local dog walkers who know every dog's name but rarely the owner's) "You know Jimmy's Mum? Well, she has the most fabulous garden." She (Oscar's Mum) went on to say "She's only been gardening for 2 or 3 years but somehow she's got all her Solomon's Seal curving over in the same direction and all in the most graceful arc. I don't know how she does it." Neither did I.


Eventually, I got to see the garden too. The space was a regular small backyard, typical of our neighbourhood, but what was in the space was unlike any other. First of all, it wasn't flat. Instead, there was a largish hillock or berm occupying much of the middle, presenting its taller sides toward the south and west and tapering off towards the east and north. In the deepest section of the berm was a variegated

willow and around the bottom edges a path wove its way around various garden beds located between the path and the fence.

Nathalie told me that when she bought the property and decided she would like a pleasant garden to sit in out back, she immediately sent off soil samples for testing.



Nathalie's dog Jimmy (photo by Nathalie Chaly)



Not surprising, that, as she was a scientist and teacher, so assessing things scientifically was second nature to her. The analysis came back – the soil was clay, hard compact clay in fact, so Nathalie knew that job number one would be to replace or ameliorate the soil with organic material. She called in a backhoe operator and instructed him to dig out a wide section of the periphery and to pile what was removed in the middle, hence the berm. Then new soil was carted in, some being used to fill in the dug-out sections and some to mix with that pile of clay in the middle. Then and only then were plants introduced.

Nathalie also departed from the norm by filling the garden beds, not with rhythmic patterns of repeating plant combinations, but by choosing plants she was interested in and planting them where she thought they would do well. So her garden, from the beginning, was a collector's garden, an approach that often results in a rather higgledy-piggledy string of nice plants that need to be looked at without regard to the overall chaos of the whole. But somehow, in Nathalie's hands, each plant found its place where its loveliness was featured while it also enhanced its neighbours. It's true that this entailed much replanting and reconsideration, but the result was always worth the extra time spent rearranging things.

When you approached the back garden, there were always many plants sitting in pots along the driveway waiting for a vacancy to occur in the beds, for Nathalie could never resist a beautiful variety during her trips to local nurseries. These were plants that had caught her eye or were recommended by staff at the nursery but, more often than not, her shopping was targeted. She took the time to research plants, to determine which varieties would do well in what conditions, which would offer exciting new colours to introduce into the garden, and which might test the arrangement

Photo by Laurie Graham for the 2016 OHS garden tour


in already planted-up spaces, necessitating further change. It was an ever-changing tapestry.

From Nathalie, we all learned to take our time in moving plants from their nursery pots into garden soil because we saw how she could successfully hold them over in pots for even years at a time. Better to take your time, then, to choose appropriate spaces for new plants rather than stuffing them into garden beds in a hurry. At OHS sales, we learned to expect and look for beautifully grown plants originating from her garden. As you might expect, with a collector's approach to gardening, many of her plants had to exit the garden to make space for the new, or they needed to be divided to keep the scale of plantings intact.

The overall layout of the back garden never changed drastically, but altered hardscaping and major planting changes always occurred. The original outside deck that was reached from the doors near her bedroom, with steps going down to a small sitting area, was replaced at one point by eliminating the deck and refinishing the patio below into a stoned area large enough for a table and several chairs. Outdoor dining in the garden then became a possibility. Fencing was altered and small trees seemed to come and go with some regularity (some of these were just being held behind the house until a permanent location in the front garden was open). Some small offshoot paths were introduced so that visitors could have easier access to plants at the back of the beds. Various storage facilities were tried out and, at one point, Nathalie experimented with several potagers along the driveway next to the side door. While she did enjoy the vegetables grown there, in the end, her love of ornamental plants won out and the potagers were replaced by removing some asphalt to allow for the creation of a new garden bed. It must have been such a joy for Nathalie to



Photos by Laurie Graham for the 2016 OHS garden tour



come out that door and be greeted by the large yellow peony bush she planted there.

It was always a pleasure to tour the garden and many came to do so over the years. You never knew what new and exciting plantings would have taken place since your last visit but you would be guaranteed to always find beauty there. Many came, looked, appreciated, made mental notes about changes to make in their own home gardens, and left inspired, some even with a potted-up treasure in hand, gifted to them by Nathalie.

KRISTIN KENDALL REMEMBERS

— VISITING THE GARDEN

I first met Nathalie when I was a volunteer at the Ottawa Art Gallery - she bought a charming and colourful painting of Christmas lights sparkling against a dark sky in downtown Ottawa. It turned out she was an Old Ottawa East neighbour and, I heard, had a wonderful garden. I don't remember when I first saw the garden except that when I did, I thought it was glorious and lush, full of colour and texture. It was probably early summer.

As with some other great gardens, although everything looked as if it had always been there, nothing was accidental or unintended. Or for that matter, untended. Nathalie's initial planning meant that you never saw the whole garden at once. She planted intensively. She used ground covers as green mulch. She used trees, shrubs, herbaceous perennials, conifers, variegated forms, and native plants. She selected for fragrance. She planted in layers. She was a bit of a plant collector and bought what she found interesting and attractive, often seeking out rare and unusual plants. It was a complex garden and it worked as a whole because it was carefully curated from season to season and year to year.

In her professional life, Nathalie was a cell biologist and had spent untold hours looking

Photo by Kristin Kendall

at small living objects through a microscope. She valued rigorous academic research and accuracy. She used her eye for detail and researcher's skills in planning and planting her landscape. No surprise to know that she used formal botanical nomenclature, and would correct me, nicely, when I didn't or when I mangled pronunciation.

She knew how to grow plants well - it was a matter of pride for her. I loved her huge hosta plants, the peonies (around 37?), the *Sanguinaria canadensis* 'Multiplex' (double bloodroot), the yellow trilliums (*Trillium lutea*), the *Jeffersonia dubia*, the countless hellebores and epimediums, *Podophyllum* 'Spotty Dotty' - the list could go on and on, and it's safe to say there was always something new to discover. She knew every plant and its fragrance. If she kept a plant it was because she loved it, but any plant she loved had to earn its place. She would discard plants which hadn't done well with a gardener's version of tough love.

A visit always started with a walk-around, a chance to say hello to the favourites and to be introduced to the new arrivals. A small pine shrub would always get a pat in passing and fragrances would be sampled. The lady slippers were exuberant. Spotty Dotty had seedlings. Epimediums were exquisite. The magnolia was at its best. This was only spring, and that garden was lovely through the summer and into late fall too.

Glasses of wine were often shared in the shade of the umbrellas. There was always plenty of garden talk, but that setting encouraged all kinds of conversation, some serious, some not. Garden settings encourage conviviality.

In her garden, Nathalie was the artist; her garden was her canvas.

Artists say it's difficult to know when a painting

is finished. Gardeners know a garden is never finished. The summer before she died, she was making plans to have an irrigation system installed, to replace some herbaceous perennials, to have a wall rebuilt and even to curate (somewhat) her collection of peonies.

This would be the time of year when Nathalie would be researching, planning and plotting for spring. I wish we could think of her doing exactly that and for seasons to come too.

But I'm happy to have had a chance to get to know Nathalie and her garden. In Nathalie's case, the gardener and her garden were inextricably entwined. And both dearly missed.

ASIA DEWAR REMEMBERS

— PLANNING AND PROCESS

Ruth Taaffe introduced me to Nathalie in 2012. "I have a friend, she needs help with her garden," she explained. "You MUST see it: she has the most exquisite taste. It's not large, but she makes the most of it, she has something to discover in every corner and she has the most amazing eye!" That was probably the understatement of the century.

Nathalie had been without a gardener for a few years by that point, and she had not yet retired. Things were beginning to get ahead of her but, even then, I could see immediately what Ruth meant - the garden was one in a million. Nathalie was ready to make some big changes and I agreed to take her on as a client. Truth be told, I felt like I'd won the lottery - it was exactly the kind of garden I'd always dreamed of having.

I cleared room in my schedule and we started with two full days per week. I learned very quickly that she was no ordinary gardener. What she had built was so much more than a garden; it was a collection. Diligently built,

Photo by Kristin Kendall

meticulously catalogued, lovingly maintained. The first few visits were simple clean-ups but once I'd earned her trust, and learned her garden, the real fun began. We set about our work, taking it one bed at a time.

She had a very methodical way of approaching things, and I admittedly had a hard time accepting that. I was used to working on my own and she wanted to have much more control over my process than I was prepared to relinquish. I had my ways and she had hers. We butted heads many times in those first few years, but there was always something comforting about those disagreements, a quiet understanding that brewed beneath them. Thankfully she stuck with me, and I slowly learned to bend; I think we both did. Eventually, we found our rhythm, and our disagreements became easy collaborations. We were both strong-willed and filled with gumption - that much was certain. But we were also both committed to excellence, and through those moments, a trust was formed. She trusted I would give her my honest opinion, and I trusted that she would hear me out and respect it - even if she ultimately insisted that we do it her way anyway! Even when we didn't agree, there was a clear affection there, and our friendship eventually took root and grew, alongside her garden.

If you've ever had the privilege of visiting Nathalie's garden, you'll know that she always had a patio full of plants. Some were new discoveries from her most recent trip to her favourite nursery, others were gifts for friends, others still were set aside for the many auctions and plant sales to which she was a prolific and generous contributor. Finally, there were the plants that were "in holding": beloved plants from years past that no longer suited their place, but that she adored too much to give up on, patiently waiting for their chance to shine again. It was all part of her process.

Photo by Kristin Kendall

The approach we took was simple. I'd start with a quick clean-up while she organized herself; she always knew exactly what she wanted to focus on long before I'd arrived. Once the weeding and deadheading was taken care of, we'd reconvene on the patio so she could lay out her game plan. She'd start by listing the plants she wanted to work with that day while I gathered them up, and then we'd head into the garden together, me, spade and watering can in hand, her, armed with her notes, thick as a phonebook. We'd place the plants and stand back to decide if we liked it. We'd discuss the different vantage points, how they paired with the plants around them throughout the seasons, and identify how we wanted them to relate to the garden. These colours will pick up on each other, those textures will provide contrast, and these forms will offer structure, we'd plot. Nothing was overlooked. Inevitably, other changes would need to be made to accommodate this new reality we were creating. On average, for every one new plant we added, we'd have to move at least five or ten others! Such was the dance that was Nathalie's garden.

She was known to be ruthless with her plants; they'd have exactly one chance to impress her. She'd give them the very best start possible, carefully matching them to their desired soil and light conditions, providing nutrients and diligently watering them. If, after sufficient time to become established, they didn't earn their keep, she'd cut them from the team without a second thought. "I don't have room in my garden anymore for plants that don't wow me," she'd insist. It was a surprisingly effective strategy, her own version of KonMari. The ousted plant would then be carefully potted and placed into the patio-inventory, destined for new beginnings, only ever discarding the most offensive of plants. All the while, she would be updating her meticulous notes with all of the changes, a roadmap to her garden.

We continued on like this over the years, carefully adjusting and perfecting as we went, linking this bed to that one through colour, texture, and form, painting pictures as we went. Three years ago, I started a new career and wrapped up my projects, extending difficult goodbyes to all my clients. All except for Nathalie, that is. We continued to get together to meet for lunch or dinner, sometimes her place, sometimes mine, and when I had time, we'd spend the day together in her garden, working alongside each other like old times, chatting about what was new, and admiring our hard work. All that we'd accomplished together.

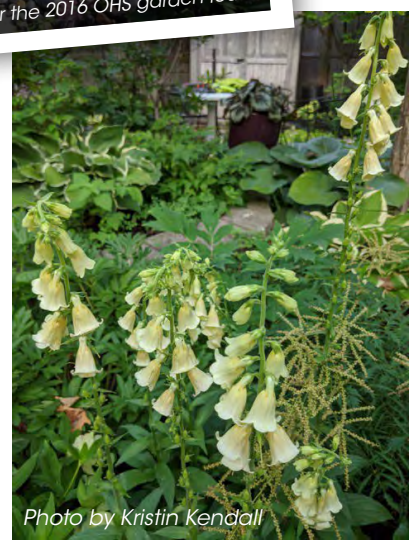


Photo by Kristin Kendall

The last of these days came in late September, 2020, when she asked me to help her plant her new katsura, the tree that had been on her wish list for several years. (*Cercidiphyllum* 'Heronswood Globe' has leaves emerging reddish-purple in the spring, medium bluish-green in summer, in fall gold, orange and red and smelling like burnt sugar; Nathalie said "like caramel".) She had to go to Vineland Nurseries near Beamsville to get it.

It was part of a larger plan we'd been working towards to reduce the size and complexity of her garden so that she could manage it more easily on her own. We spent the day digging out plants, and planting new ones like old times, and we carefully cleared an area for the katsura that we both agreed would be perfect. We planted it and then she asked if she could get a picture of me with it to mark the day, as we were both thrilled with how things were coming along. As always, she sent me home with a car load of plants for my own garden that she'd caught me admiring, a garden already brimming with gifts from my friend. I only saw her once more after that day, a couple of weeks before she passed away; she was stopping by to surprise me with one last gift, a peony appropriately named 'Nathalie'.

It will be with a heavy heart that I watch as my garden awakens this coming spring, my own personal memorial for my dear friend, Nathalie Chaly.



Photo by: Nathalie Chaly "Tree has been planted by Asia. With me her assistant."



Increase GARDENING FUN

by Staying Healthy &
Injury-Free!

by Nancy McDonald

**Late winter is an
exciting time to
visualize your
garden plans.
Especially during
this pandemic!**

You may think you are ready to go with plans for ornamental beds, edibles decided and seed starting in progress. Oh, the joys of anticipation. But wait – what about you, the gardener? Are you ready for garden work? Have you been able, with winter's weather challenges, to maintain an exercise routine? It's been a challenge indeed if your routine included membership at a fitness facility experiencing lockdowns. So, might you require, like those boys of summer, some "spring training?"

Let's start there. Preventing injury is the goal. As gardening is seasonal, improper gardening techniques can take their toll. Eighty-eight percent of chiropractors in Ontario say gardening is the most common source of back and neck injury during the spring and summer. Getting prepared may mean starting a regular exercise routine, but remember to check with your doctor before starting any new exercise program. And when you meet with your doctor, discuss your last tetanus vaccination, as every 10 years is the recommendation (tetanus can be transmitted through soil). And yes, I realize most medical appointments have not been in person during COVID-19, but there are ways to have that check-in by telephone or virtually.

Beginning a stretching routine a few weeks before starting outdoor work is a great idea and may help avoid aches and pains later. An exercise program needs to include exercises to strengthen the core, back, legs, arms and shoulders, to prepare any inactive muscles for the work ahead. The City of Ottawa has a **"Better Strength, Better Balance" program** geared for persons over 65 which may be an option for some. Due to COVID-19, these in-person classes have been cancelled but can be found on Rogers TV along with other exercise program choices. You can also download or print the strength and balance exercises from Ottawa Public Health. Others

may find it helpful to follow the American Association of Retired Persons suggested exercises, with diagrams, that they can do in the comfort of their homes, found at <https://www.aarp.org/health/healthy-living/info-2016/lifetime-fitness-exercise-plan.html>. Some of my friends have been enjoying exercise classes via Zoom. Hopefully you will find something that suits your fitness goals.

Now that you are prepared, it's into the garden you go. I know I sound like a nagging voice in your ear but preventing injury is still the goal. Temper your enthusiasm and make sure you are prepared. Are you properly attired? Gardening is not a fashionista outing. Safety goggles, sturdy shoes and long pants are required when using power tools and equipment. In fact, sturdy shoes have replaced flip flops and sandals for all my garden activities. Invest in good gloves too. I also added to my garden safety gear recently with the purchase of a simple pair of eye goggles. Less than \$10.00 and such an easy way to protect the eyes when pruning or working near thorny shrubs.

Protect yourself from sun with long sleeves, a wide-brimmed hat, sun shades (with both UVA and UVB protection). To prevent sunburn and skin cancer, wear a broadband sunscreen with SPF of 30 or higher on all exposed skin and reapply every two hours. Avoid gardening between peak hours of 11 am and 3 pm. Gardening in the shade during this time is also recommended. I garden in my west-facing garden in the morning and in my east-facing garden in the afternoon to avoid the sun's rays.

Never to be forgotten is the importance of protecting ourselves from ticks and mosquitos, as Lyme Disease and West Nile are both disease concerns in our region. Ottawa Public Health is once again a valuable resource to get the facts on ways to prevent these diseases



*Sturdy gardening footwear,
photo by Margaret Ryan*

for ourselves, our family and our pets. While there are many ideas shared online regarding insect repellants, Health Canada is the safest site to find what you need to know: <https://www.canada.ca/en/health-canada/services/about-pesticides/insect-repellents.html>

Wow — if that seems to be a lot of preparation for getting into the garden, it will become routine over time, taking only a few extra minutes. Now head into the garden and get started. Warming up the muscles and joints you will be using is important too.

TRY THESE SUGGESTIONS:

- 1 Warm-up (can be as simple as taking a brisk walk around the garden).
- 2 Think about the activity you are planning to do and make sure those muscles are warmed up.
- 3 Swing arms, lift knees...

My favourite warm-up is walking around and enjoying the garden as I plan my work. The Ontario Chiropractic Association has a simple online guide “Get Set to Garden” for great warm-up exercises and ones that you can do when you take a break. Certainly, a desirable goal for all gardeners is to prevent those aches! <https://chiropractic.on.ca/self-management/get-set-to-garden/>

When I am gardening, I certainly can lose track of time. That’s not good if I want to stay hydrated. So it’s important for me to take a water bottle out to the garden, and to drink from it when I take a stretch break, even if I am not feeling thirsty. And taking those breaks either indoors or in the shade decreases the chance of sunstroke.



*Good garden gloves are a must.
Photo by Margaret Ryan.*

RESEARCHERS HAVE FOUND THAT GARDENING:

- Reduces depression, loneliness, anxiety
- Helps with conditions such as heart disease, cancer, and obesity
- Alleviates the symptoms of dementia
- Improves balance in the elderly.

Maturing with your garden may require changing to lower-maintenance gardens, asking for assistance, utilizing tools and ideas such as raised beds to decrease the garden workload. Replacing perennials with high-impact shrubs is recommended by many as a way to decrease garden work. Ergonomic tools are becoming more available and it's important to find ones that are comfortable

in your hand. The rake that agrees with your 6-foot-tall partner may not work comfortably for you if you measure 5 feet, 2 inches! The Arthritis Association of Canada is a great resource, with gardening tips for anyone with osteoarthritis, a common disease in middle-aged and older adults.

Gardening benefits your entire body with different types of exercises: stretching, weight-lifting and moderate cardiovascular workout. Studies have shown that digging in the soil makes us happier. *Mycobacterium vaccae*, a soil bacterium, has been found to trigger the release of serotonin, which elevates mood and decreases anxiety.

Write yourself a self-prescription this gardening season to prepare for and garden safely. This will go a long way to preventing injury while allowing you all the joys gardening can bring. Best of all, being injury-free in the garden is definitely more fun!

Give your back the care it deserves: _____

- Take a stretch break every 20-30 minutes
- Rotate tasks and positions to reduce over-use injuries
- Rake with one leg in front and the other behind
- Use tools that are the correct weight and size for you
- Lift with your knees and keep your back straight
- Keep your work area close to avoid reaching and twisting
- Utilize tools such as a wheelbarrow and ergonomic tools to ease the work
- Wear sturdy footwear
- Know your physical limit



ORNAMENTAL GRASSES

by Tuula Talvila

Photo by Cbaile19 - Own work, CC0, <https://commons.wikimedia.org/w/index.php?curid=43656312>

Whether or not you've been inspired by Dutch garden designer Piet Oudolf — with his world-renowned landscapes that mix soft grasses with perennials — more and more gardeners have been incorporating some ornamental grasses into their gardens. Very large ornamental grasses can serve as a garden's focal point or be arrayed to form a privacy screen; smaller grasses can add calming visual contrast to the bright colours of a flower garden; and grasses add movement and flow to a garden, with their long slender leaves swishing gently to and fro. The inflorescences of grasses exhibit interesting variation of form, some softly feather-like, drooping and sweeping, while the dangling flower heads of others can almost be heard tinkling in the breeze. With colours ranging pretty much through the rainbow — including variegated

foliage — ornamental grass varieties can be found to complement any garden space. Another benefit to grasses is that they continue to provide visual interest in the garden after the snow comes — if they're tall enough!

SOME LIKE IT HOT

Whatever colours, shapes, or sizes of ornamental grass your garden beds are calling out for, one other attribute to know about your desired varieties is whether they are "cool-season" or "warm-season" grasses. The terms are rather self-explanatory. Cool-season grasses emerge with new growth in the spring and bloom in spring or early summer. They may go dormant in the hottest months of the summer, although with enough watering they can continue to grow during hot droughts. With warm-season grasses you'll

have to be patient, as they do not emerge from the ground until temperatures are warm and stable, and the soil has warmed too. Their growth is best during the warmest months and they continue to look good in hot, dry weather. They bloom in summer or fall although by fall they may be drying and browning, whereas their cool-season cousins may have perked up.

Knowing whether a grass is a cool- or warm-season variety will help you avoid disappointment when something doesn't come up in the spring, or looks like it's dead during the heat of the summer, or blooms very late in the fall instead of in the summer when you were expecting. A mixture of both types will ensure your garden has variety throughout the year.

Photo: 1. *Calamagrostis x acutiflora* 'Karl Foerster' feather reed grass
2. *Imperata cylindrica* 'Red Baron' Japanese blood grass or cogon grass (listed as a noxious weed in the United States)
3. *Calamagrostis brachytricha*, Korean feather reed grass
4. *Helictotrichon sempervirens*, blue oat grass
5. *Festuca glauca* 'Elijah Blue' blue fescue





Miscanthus sinensis 'Little Zebra'



Schizachyrium scoparium 'Blue Paradise' little bluestem grass (North American native)



Pennisetum alopecuroides 'Burgundy Bunny' miniature fountain grass



Bouteloua gracilis 'Blonde Ambition' blue grama or mosquito grass (North American native)

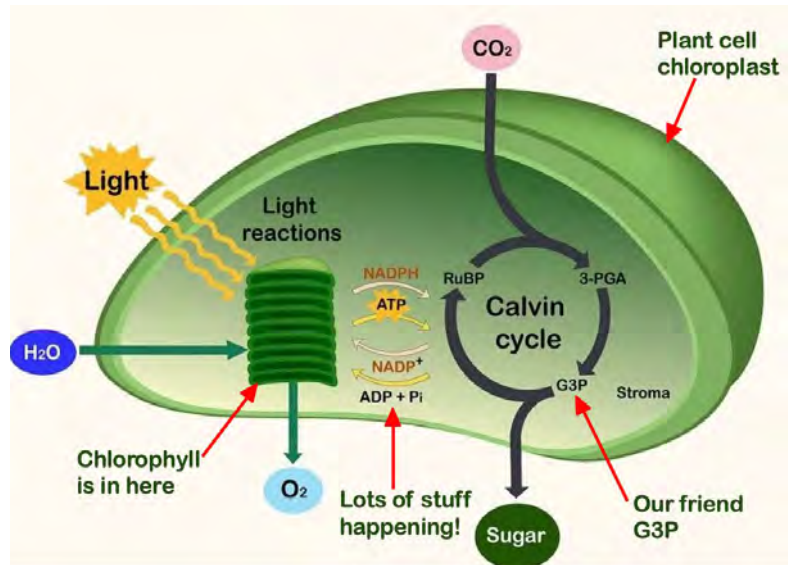
Sporobolus heterolepis, Prairie dropseed (North American native)
Images on pages 27 & 28 used with permission from Walters Gardens, Inc.

DON'T WORRY, THIS WON'T BE ON THE EXAM

For me, the interesting thing about the cool- versus warm-season nature of different grasses was learning about the physiological mechanism behind their preferred growing season. If you cast your mind back to some introductory biology classes, you will recall all the details of photosynthesis... well, maybe you will if you have a better memory than me! Simply put, photosynthesis is the process where light energy from the sun is transformed into chemical energy inside plant leaves. This takes place within the green pigment, chlorophyll, found in the chloroplasts in plant cells.

The basic equation for photosynthesis shows that carbon dioxide and water, using energy from light, are converted to oxygen and carbohydrates such as sugars. Part of the process requires sunlight – the “light reaction” – and the other part, which uses the products of the light reaction, is not dependent on light – the “dark reaction” or Calvin cycle. (There is a lot of stuff going on involving electrons being shunted along an electron transport chain, et cetera, that is way too hard and unnecessary to summarize here. This website provides a description that is relatively easy to follow: <https://www.nature.com/scitable/topicpage/photosynthetic-cells-14025371/>)

Openings in the leaf surface, called stomata, allow gasses in and out of the leaf's inner layers (carbon dioxide in, oxygen out). The carbon from atmospheric carbon dioxide is used during the Calvin cycle to build three-carbon sugar molecules called glyceraldehyde-3-phosphate, or G3P, in a process called C₃ carbon fixation. The G3P molecules are then used to make a variety of other molecules including sugars such as glucose which are used in other parts of the



(Top) Basic equation for photosynthesis, showing inputs and outputs

(Bottom) Simplified photosynthesis in a plant cell's chloroplast (modified from <https://biologydictionary.net/ngss-high-school-tutorials/ls1-5-photosynthesis-modeling/>)

cell for metabolic activities, or stored in the form of starch or sucrose (making tubers like sweet potatoes so yummy!).

PLEASE DON'T WALK ON THE PATHWAYS!

It turns out that not all plants conduct that carbon fixation process in the same way, which brings us to our cool- versus warm-season grasses at long last. All plants that photosynthesize have the mechanisms to use the C₃ carbon fixation pathway that makes those G3P sugar molecules. Under high temperatures, however, some of the steps in carbon fixation become very inefficient due to changes in enzyme behaviour and closing of stomata, which reduces the carbon dioxide concentration in the chloroplasts. However, some plants have evolved

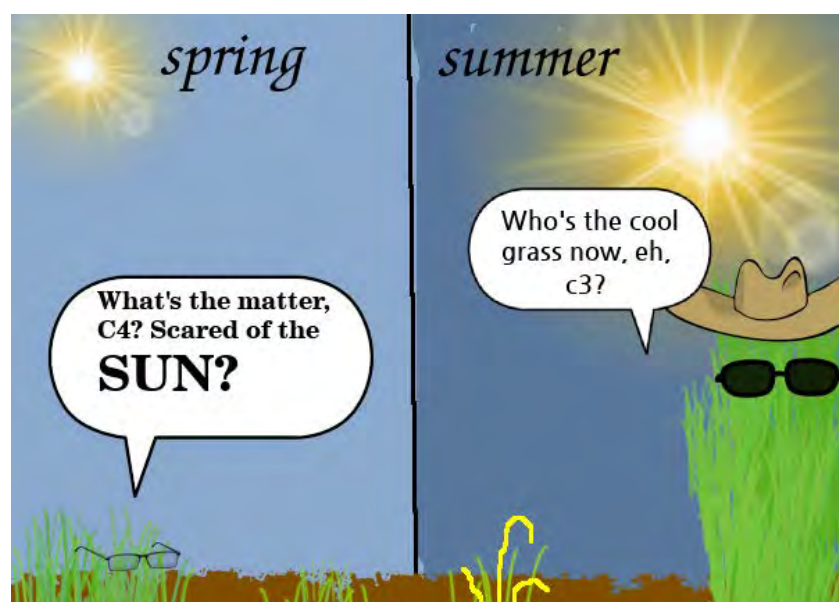
mechanisms to reduce the photosynthetic slowdown that comes with increased temperature. These include different internal leaf anatomy – called Kranz anatomy – which allows a higher concentration of carbon dioxide to be maintained in the chloroplasts. They also utilize an extra step during carbon fixation, involving a four-carbon sugar that is made first and then moved through the usual three-carbon fixation process. These plants exhibit what is called the C4 carbon fixation pathway and it allows carbon fixation to continue despite the stomata being closed. This gives these plants a competitive edge in high temperatures. As an added bonus, during drought conditions these plants also fare better because water is used more efficiently in the C4 process, meaning less water is required from the soil so these plants don't deplete their water supply as rapidly. Conversely, the C3 pathway is advantageous in shady or cooler growing conditions.

So, you ask, how prevalent is the C4 pathway? This adaptation is believed to have evolved multiple, separate times in different plant families but only about 8100 species, or 3% of the world's plant species, are "C4 plants," i.e. those that utilize the C4 pathway. It is seen most often in the Poaceae, the grass family, and it's thought that C4 carbon fixation has evolved twenty times or more, independently, within the grasses. Of all the C4 plant species, 61% are grasses, and of all the grasses, 46% are C4 species. Despite their lower numbers, C4 plants reportedly account for about 23% of all terrestrial carbon fixation because they are able to fix carbon dioxide more efficiently than their C3 cousins. This could have practical applications in tackling increasing atmospheric carbon dioxide.

BACK TO THE GARDEN

And so, back to where we started with ornamental grasses in your garden. During the heat of the summer months while you're

sitting in the shade sipping a lemonade and enjoying your garden views, you can watch the cool-season grasses wither and brown, using the old C3 carbon fixation pathway while the warm-season varieties are keeping it cool with their evolutionary tool, the C4 carbon pathway, that helps them keep looking their best during those hot, dry summer days.



Artwork by Iain McInnes

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"Photorespiration"

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A photograph of a lush garden scene. In the foreground, there's a flower bed with various colorful flowers, including purple and white ones. A large, leafy tree stands in the middle ground, partially obscuring a white building with a balcony in the background. The overall atmosphere is serene and well-maintained.

GARDENING IN SEMI-TROPICAL ISLAMABAD

— BY BLAINE MARCHAND

September 20, 2008 was an evening that changed everything. A colleague had counselled me that the only consistency in a diplomatic posting to Islamabad, Pakistan, was that it was never what you expected. That evening, a month after my arrival and a day after my 59th birthday, I was settled in at home watching a British TV show, *Grand Designs*.

Suddenly, there was an explosion so intense that I thought a tree had fallen on the house. I ran outside and the guard cautioned me to go back inside as a bomb must have exploded nearby. Within minutes, TV was interrupted with breaking news that a dump truck filled with explosives had detonated in front of the Marriott Hotel, killing at least 54 people, injuring 266, and leaving a 60ft by 20ft (20m by 6m) crater outside the hotel. For the next two years, security precautions by the Canadian government for Canadians in Pakistan tightened. No travel was permitted, and everyone had to move onto the diplomatic enclave.

Luckily for me, I had a network of Pakistani friends. One of them was a colleague at the Canadian High Commission, Sadia Ahmed. Earlier in September, I had asked her if she would be interested in joining the Islamabad Horticultural Society (IHS). Sadia lived in the upper portion of a duplex and her large

balcony terrace was filled with flowering plants in handmade clay pots. She held many get-togethers with her friends there to which she would invite her Canadian colleagues. I guessed that the IHS might interest her as well.

As I discovered, having her join was certainly a bonus for me as, being somewhat naïve, I had assumed that the presentations would be in English. They weren't. They were in Urdu. So, Sadia was tasked with being my interpreter at these events. I was certainly welcomed at the meetings. The members of the Society were somewhat amused by having a *gora* (a white foreigner) coming to meetings conducted in another language. (They also assumed, as I was always with Sadia, we were a married couple.)

Like the Ottawa Horticultural Society (OHS), there was a core group of members who attended the monthly talks, and they grew used to my presence. The presentations were similar to those at the OHS — about the speakers' gardens, specific types of plants, and even one on a government-run experimental station. During that specific talk, the speaker mentioned how they treated plants with Malathion. I was shocked and whispered to Sadia that this type of treatment was carcinogenic and that using it was banned in Canada. In the forthright way of many strong Pakistani women, she raised her hand, and, from the to-ing and fro-ing, I could tell they were having a heated discussion about the use of this pesticide. Without her interpreting for me, I was unsure how the representative was responding to her questions. (Note: I have since learned that Health Canada advises Canadians to stop using pesticides that contain Malathion when products are older than one year due to chemical changes in the product over time. It is a registered insecticide mainly used to control insects in agriculture, but also can be used in the home with caution.)

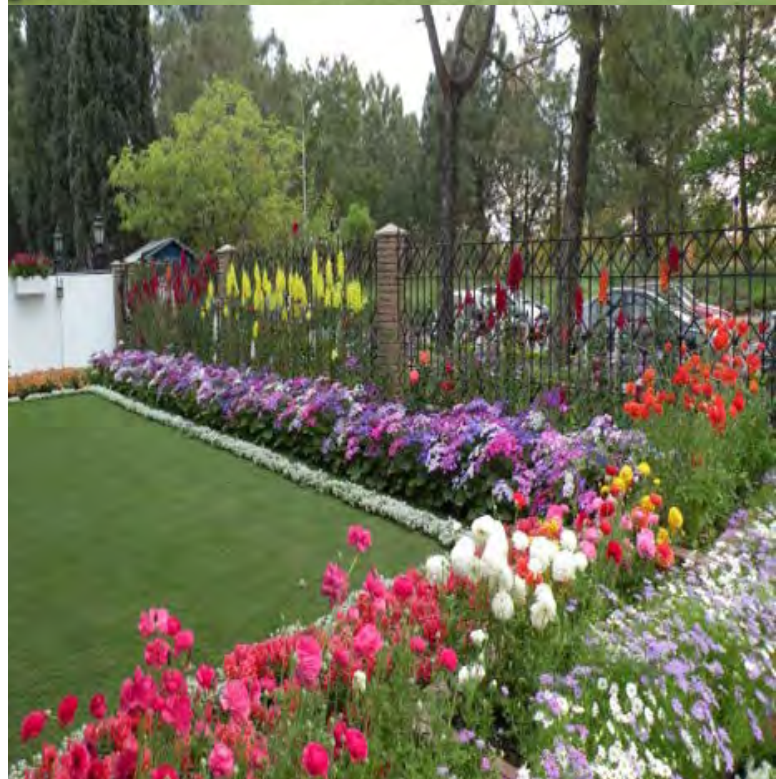


I should point out that, as in Canada, organic farming is extremely popular in Pakistan. Many of the growers are young farmers seeking to bring the freshest produce to their urban customers. The stands selling their wares are found on the roadways on the outskirts of the city and at some of the markets in the various sectors within the city boundaries. In Islamabad each sector is identified by a number and a letter and at the core of the neighbourhood is always a market/shopping centre.

And similar to the OHS, there was a tea break when refreshments were served, and you had a chance to mix and speak to other members. Being polite, they spoke to me in English. Pakistani people are very social and welcoming, and I was frequently told how they were pleased I wanted to learn more about their gardens and their practices. And they asked me about my own gardens and about gardening in Canada.

One of the highlights for me was garden visits. Given Islamabad's sub-tropical climate — humid in the summer, cool in the winter — gardening season is year-round. Most middle-class families employ a gardener to keep their gardens looking at their best. Potted plants play a large role in many gardens. There are also families who have a rural property, which they call a farm. While these places can have vegetable gardens, they also have large, showy perennial gardens. All of the visits included a high tea, and the members would sit in the garden and chat about the plants.

Two particular visits that stand out in my mind are one to a strawberry farm and another to a property that perched atop a hill. In the former visit, it was shortly after I had returned from two weeks in Ottawa at Christmas. I recall taking photos of Parliament and Confederation Square just before my departure to show to



my Pakistani friends. That evening my face and fingers were pained by the well-below-average temperatures. The following weekend, I was standing among strawberry plants just coming into bloom. The latter visit was to a hilltop house and garden that was simply awesome, not just the cactus garden but the house, filled with antiquities in niches, and with a full-sized tree growing in a rotunda at the centre of the home.

Shortly after the bombing, all the Canadian diplomats were living on the enclave. At first in shared quarters, which I wrote about back then in an earlier OHS newsletter, but eventually I moved into small quarters in what had been a row of servants' quarters. Each quarter comprised two small square units opened so to be one. The upper one held the entrance, kitchen and dining room, the lower the living room, bedroom and bathroom. It was tight, but being there on my own, it was suitable. Outside, enclosed by high walls, was a full paving stone patio while the lower was a grassy area. With permission, along the two walled sides on the upper level, I took up the patio stones along the edge and built a border garden, planting red bougainvillea (*Bougainvillea glabra*) on one wall, and a climbing yellow Lady Banks' rose (*Rosa banksiae*) on the other. On the lower portion, I removed the grass along the edges. Next to the step down onto the lower level, I planted a Night Blooming Jasmine (which the Pakistanis call Queen of the Night and which has as its Latin name *Cestrum nocturnum*.) On the two walls, I dug in a white-flowering bougainvillea (*Bougainvillea glabra*) and a white Lady Banks (*Rosa banksiae*). Beneath them, I planted annuals according to the season. I even planted daffodils but discovered that while they will bloom in the next spring, the hot humid summers cause the bulbs to rot.

At one IHS presentation, the speaker, a fruit



farmer, brought peach tree saplings for those in attendance. Sadia and I planted each of ours on a grassy common between the Canadian diplomatic houses and the former servants' quarters where I lived. Last time I visited Pakistan in 2017, I tried to visit my former quarters to see how the garden was doing and to learn how the peach trees fared. But due to ongoing security, permission was refused. This is the dilemma every gardener faces — whether those who take over a property will have the interest or wish to maintain the garden.

UNEXPECTED KITCHEN DELIGHTS WITH EDIBLE FLOWERS

BY NANCY MCDONALD

It all started with lilac jelly.

And when I posted that kitchen accomplishment on Facebook, I learned peony jelly was possible and, after making it, I found I enjoyed the taste as well. So, I began to think — what else was I missing with edible flowers?

Of course, I needed to educate myself first on which flowers and specifically parts of a flower are safe for use as an edible. I quickly learned there are do's and don'ts with edible flowers such as NEVER eat a flower that you do not know for certain is edible. POSITIVELY identify the plant first, Latin name and all, and check which parts of the plant are edible. Be mindful of allergies or even if you will like it; take a small taste first. Know the source of edible flowers — one reason why growing your own is a great idea. You can purchase organic seeds from many garden centres and websites. Local Seedy Saturday sales are great locations to check out. Two websites I find helpful in identifying edible flowers are: "Edible Flowers", from the University of Minnesota: <https://extension.umn.edu/flowers/edible-flowers>; and "List of Edible Flowers" from West Coast Seeds: <https://www.westcoastseeds.com/blogs/garden-wisdom/list-of-edible-flowers>.

Ottawa Public Library is a great resource for more research and these are helpful books

I found there: Lois Hole: *Herbs and Edible Flowers, Gardening for the Kitchen* (2000); Rosalind Creasy: *The Edible Flower Garden* (1999), and Miche Bacher: *Cooking with Flowers* (2013). I also have the following books in my home library: Gayle Trail: *Grow Great Grub* (2010); Kathy Brown: *The Edible Flower Garden* (2017).

Let's start with nasturtiums (*Tropaeolum*) as these are a wonderful edible flower. The large seeds are easy for young fingers and were among the first seeds my grandchildren planted. Direct sow seeds when all danger of frost has passed. The seeds germinate in 7-10 days, adding quick gratification for young gardeners. The petals and leaves are edible. Nasturtiums have a spicy, peppery flavour and I'll let your taste buds decide if it is closer to watercress or radish in flavour. Pick flowers as they appear and more will follow. I have gathered nasturtium blossoms and leaves fresh from the garden and added to a salad or to top a just-out-of-the-oven flatbread. I have made an apple cider vinegar infusion with the flowers along with rosemary sprigs and peppercorns, which is delightfully used all winter in marinades and salad dressings. I tried nasturtium jelly for the first time this year and it was a grandson favourite while my granddaughter's favourite is lilac jelly. So, both

of these are on the must make 2021 list of jellies. I added nasturtium petals to my parsley, sage, rosemary and thyme jelly to give it a pretty colour. And at the end of the season, I froze nasturtium leaves to add to winter soups.

Calendula (*Calendula officinalis*), or pot marigold, is a favourite garden flower as the more you pick, the more it rewards with blooms. Direct sow the seeds in the spring. The petals in vibrant yellow, gold or orange can be enjoyed fresh or dried. I add the fresh petals to salads; calendula also marries well with curried eggs. Another vinegar infusion I enjoy is made with lemon verbena leaves and calendula flowers in white wine vinegar. Dried calendula petals find their way into winter soups or frittatas, imparting a yellow tint and a saffron-like flavour, hence the epithet “poor man’s saffron.”

Lavender of the *angustifolia* species, or English Lavender, has done well in my Ottawa garden. Lavender as a Mediterranean herb likes a full sun location and tolerates both alkaline soil and drought once established. In my clay-based soil, it has done well in a site bordered by concrete walkways which keep the soil conditions on the dry side. Lavender is used sparingly in culinary dishes as a little goes a long way and you do not want to overpower a dish. I make a tea loaf using minced lavender leaves and decorate with the flowers. I have also made lavender shortbread and a cookie recipe from Dame Mary Berry of The Great British Baking Show fame that I found online. Utilizing lavender in the kitchen can be as simple as sprinkling flowers over chocolate cake or on top of sherbets, ice cream or custards.

I have added the petals of daylilies (*Hemerocallis*) to a mixed green salad. This is where knowing your edible flowers is important as other lilies such as Asiatic lilies can be toxic if ingested. Flowers from my garden herbs

such as Borage (*Borago officinalis*), chives (*Allium schoenoprasum*), cilantro (*Coriandrum sativum*), basil (*Ocimum basilicum*) and dill (*Anethum graveolens*) have all topped my summer garden salads. Borage is a particularly pretty edible garnish on a fruit salad. Sprinkling chive blossom petals on a soup certainly elevates your presentation when serving a humble soup to company.

The best time to harvest edible flowers is on a warm, dry morning before the sun is too hot. Freshly opened flowers will have the most scent and flavour. Remove green parts surrounding the flower, the central stamens and pistils, and white heel where the flower or petal was attached. It is not necessary to remove the white heel on small petals like calendula as doing so would be tedious. Do snip off the white heel on rose petals as the flavour is bitter, like an unripe strawberry, which makes sense as they are in the same plant family.

Most of us are not ingesting bouquets of flowers but it is good to know edible flowers can add nutrients such as vitamin A, C, riboflavin, niacin, and minerals such as calcium, phosphorous, iron, potassium, plus antioxidants and polyphenols to our diet. So, while we eat with our eyes — and flowers certainly are a pretty addition — recognizing there is nutritional value is important.

Once you start exploring the world of edible flowers, so many possibilities and culinary opportunities await. I am constantly searching for new recipe ideas for the edible flowers which grow in my suburban garden. I am thinking in 2021 to crystallize some alpine pinks (*Dianthus*) to add to meringues and trying lavender in a savory chicken dish recipe. So many possibilities when one becomes a floraphagia person!

BASIC FLOWER JELLY RECIPE

Ingredients:

2 cups of packed blossoms or petals
3-4 cups boiling water
¼ cup lemon or lime juice
4 cups of sugar
1 pouch of powdered pectin

Directions:

1. Start with either lilac, peony, nasturtium or rose flowers and remove petals until you have 2 cups of firmly packed blossoms/petals.

2. Add blossoms/petals to a quart-sized mason jar and cover to the jar neck with boiling water.

3. Cover & let cool. Refrigerate overnight to steep.

4. Next day, strain and press to remove as much liquid as possible. You should have 4 cups of liquid; add water to make up difference.

5. Pour flower tea into a large pot, add lemon or lime juice and pectin.

6. When it is boiling, add the sugar, stir until dissolved and return to full boil for 1-2 minutes.

7. Remove from heat, skim off any foam & ladle into jars.





CREATING A PANDEMIC
GARDEN OASIS IN YOUR YARD

WORDS OF WISDOM *from over a* 100 YEARS AGO

BY LYNN ARMSTRONG

In the course of researching the early landscapes of Ottawa, I often came across the name of R. B. Whyte who was considered the “Greatest Amateur Horticulturalist” of his day in the early 1900s in Canada.

Robert Barclay Whyte, OHS president from 1900 to 1903, was a merchant of stationery by day, who devoted two hours per day in his half-acre garden in Sandy Hill at 370 Wilbrod Avenue, located directly to the north of Laurier House. When I hear of these fabulous gardeners, I am always curious about what their gardens would have looked like. Luckily, I connected with a descendant of R.B. Whyte who had unearthed a magazine article from *Country Life in America*, the April 1, 1911 issue, which described the garden and had photographs and a plan. Even better, the article had wonderful advice on creating an oasis in your garden for family life, something many of us are striving to create during this current pandemic. I have not finished my research on R.B. Whyte but thought that providing his advice now, when many are making plans for next season's gardens, might provide inspiration. I am including portions of the article here and parts of an OHS lecture he gave in spring 1918. It remains good solid gardening advice even if it is 100 years old.

A PERFECT HALF-ACRE GARDEN

FRUIT ENOUGH FOR NINE THE YEAR ROUND, VEGETABLES, AND 600 KINDS OF FLOWERS—CUTS 1,000 POPPIES DAILY—A \$500 RASPBERRY, AND THE BEST GLADIOLUS—ONE MAN DOES IT, TWO HOURS A DAY

By WILHELM MILLER

Photographs by R. B. Whyte and ARTHUR G. ELDRIDGE

IN THE fifteen years that I have been hunting good gardens I have never seen one that had as many points of interest as the half-acre garden of Mr. R. B. Whyte of Ottawa. It supplies a family of nine the year round with all the fruit desired, including 35 varieties of English gooseberries, 25 varieties of grapes, and 200 quarts of preserves. It produces a fair quantity of fresh vegetables in season. It grows 600 kinds of flowers, including 150 varieties of peonies, 90 of late tulips, 75 of narcissus, 60 of sweet peas, 50 of phlox, 40 of lilies, etc. There are 1,000 gladioli plants in it, and you could cut 1,000 Shirley poppies daily for two weeks. It has produced a new raspberry for which Mr. Whyte got \$500, a new English gooseberry of considerable promise, and the best red gladiolus that I know—better than any red variety I saw at Mr. Tracy's sixteen-acre gladiolus farm last summer. The garden is so productive that three wagon loads of plants are given away every year to

start new gardens. The soil is so mellow that the gardener never touches his foot to the spading fork, but simply sets it in and turns the earth over. Seven children have been brought up in this garden. The garden pays for itself in prizes. Yet the climate is so severe that the gardening season is practically May 1st to October 1st, late winter apples cannot be grown, grapes have to be laid down and covered every winter, and chrysanthemums are not hardy. Do you wonder that the governor general and Lady Grey are visitors to this garden? Especially since it has practically all been done by one man, working two and a half hours a day on the average—a busy merchant, who gardens before 8:30 A. M.



The Herbert red raspberry—said to be the finest flavored, biggest yielding, and hardiest in the world

413

Let me introduce you to my friend Mr. Whyte. He has gardened for forty-five years and has lived in this house for thirty years. He is a wholesale dealer and works at his desk from nine to six—not even going home to lunch. You see how he has used his

Only ten per cent. of the garden space is devoted to vegetables, and the principle is to grow only what cannot be bought of the best quality. Therefore, the space is devoted mostly to corn, beans, and tomatoes. Mr. Whyte fertilizes this ground every year and cares for the tomatoes. Mrs. Whyte does the rest.

You can get a good idea of the main floral features of this garden from the following table.

MONTH	CHIEF FLOWERS AND NUMBER OF VARIETIES
April.	Snowdrops, crocuses, scilla.
May.	Tulips (100). Narcissus (70).
June.	Peonies (150). Roses (20). German iris (20).
July.	Sweet pea (60). Jap. iris (30). Oriental poppies (20). Other poppies (12). Spirea (15).
August and September.	Gladioli (5,000 plants). Dahlias (40). Phlox (50 to 70). Asters (12). Cannas (15 to 20).

You will see that Mr. Whyte cares more for variety than for show, and values continuity of garden effect more than cut flowers. Every beginner ought to realize that these four purposes necessarily conflict and that no one can harmonize them perfectly.

For example, no beginner should attempt to grow such an enormous variety as Mr. Whyte does. It would be too costly and he would fail with many things. The collecting spirit must develop gradually.

Again, Mr. Whyte's garden does not exist for show. Thousands have seen it, and it always looks well, but there are no large masses of color. Mr. Whyte prefers livability to show.

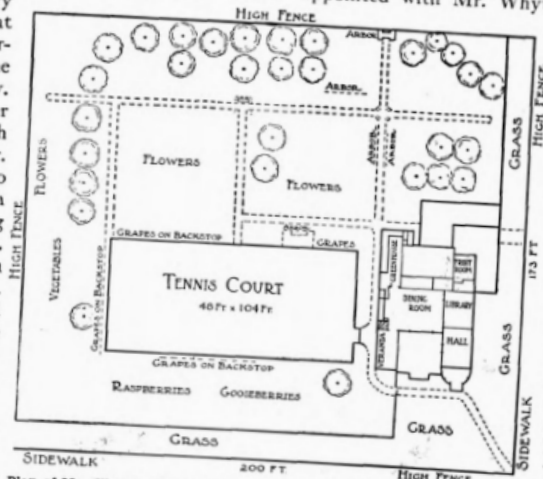
Again, this garden is not primarily for cutting. Mr. Whyte can cut 1,000 Shirley poppies daily for two weeks and once some neighbors picked for a wedding 4,200 sweet peas in one day. No visitor ever goes away empty-handed, and the family supply two churches every Sunday with flowers. But they take care not to spoil the garden effects by cutting too much in one place.

Again, Mr. Whyte does not want a garden to make

visitors gasp for two weeks. He wants plenty of flowers every day for five months. He has given a great deal of thought to continuity of bloom. To fill the gaps in the programme given above he uses about 40 kinds of lilies and 100 perennials with scattering periods of bloom, including 20 kinds of yellow and orange day lilies. In other words he uses permanent material wherever possible. The only annuals he uses largely for garden effect are sweet peas and Shirley poppies. The only tender plants he uses largely are dahlias and cannas. For April effect he has to depend chiefly on small bulbs. To keep his bulb beds from looking shabby he grows California poppies, nasturtiums, and annual phlox, sowing the seed right on the permanent bulb beds. September is still not quite full enough, and so he grows some asters. The whole plan is simple, sensible, and economical.

Critics who value pictorial or garden effect more than the other three considerations above named might be disappointed with Mr. Whyte's garden. On the whole, I believe he has made the best blend of these four conflicting elements that is possible for his time, place, and family.

Now for Mr. Whyte's ideas on garden design. The plan shows what he values most—privacy, comfort, practicality. He has little sympathy with the American fashion of throwing the grounds open to the public gaze; therefore, his 7-foot fence. Comfort is secured by the tennis court, veranda, arbors. Practicality is written in every line of the plan—straight walks, everything rectangular, no fancy curves or beds. And this is how he apportions space to various needs. The whole lot is 173 x 200 ft. Tennis takes 50 x 110 ft. House and lawn require about one-fifth of an acre. The actual cultivated area is about half lot to the house, 25 per cent. to tennis and lawn, 20 per cent. to fruit, 10 per cent. to vegetables, and 38 per



Plan of Mr. Whyte's place, showing the great simplicity and practicality of all the arrangements. The circles indicate fruit trees

an acre. The actual cultivated area is about half lot to the house, 25 per cent. to tennis and lawn, 20 per cent. to fruit, 10 per cent. to vegetables, and 38 per

As a collector Mr Whyte seems to me to use all the best

Hindustan

WITH

OUR KILLED IN NARES STORM

Communication System Broken Down

NEW DELHI, April 10, 1946. The Hindustan newspaper, which has been publishing since 1902, is now being published by the Hindustan Press, Ltd., which has been established since 1902.

Note: I have omitted page 2, which would appear here, as it contains detailed information on his hybridization of fruiting shrubs which is worthy of its own Newsletter article in the future.

Jeeps, Command Station Wagons, Trucks, Used Cars, New B.S. Motorcycles, Pease, Lal & Sons Ltd., 10, Connaught Place, New Delhi.

DETAIL EDITION The Hindustan LARGEST CIRCULATION

PATEL VISITS WITH ARMY OFFICIALS TO ENSURE REFUGEES

ETALIANATION P. Our country great circle of at are not careful, we struggle. You must stable: they cannot spirit of eng- Deputy Prime star on Thursday of India, and Bhargava, day where he and military

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October 1890 view of the multi-purpose tennis court/lawn. Note hammock on the side porch and side fencing covered in fruit vines. Lac mikan no 3264964

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VOL XXIV. NO. 265

principles and none of the unworthy ones. He cares little for a rare plant as such; it must have beauty or interest. He never wants a plant simply because no one else has it. He never takes pride in a plant simply because it cost a lot of money. His idea is to discover the best, and his method is the comparative. He takes up a genus at a time and tries to get every species and variety he can. He grows them side by side for several years and is always discarding the inferior and getting new kinds. He buys his collections in Europe because he can get a greater variety there.

Mr. Whyte believes he has the best strain of Shirley poppies in the world, but he is not sure because he has never grown seed from Mr. Wilks, who originated the type and has kept it pure. However, he has tried practically every species and variety of poppy offered in Europe or America, and once exhibited ninety-seven kinds. He allows no Shirley poppy to go to seed which has a flower smaller than three and one-half to four inches. Mr. Wilks never tolerated any black in his poppies; Mr. Whyte does, because there is no other way of getting a blood-red poppy. Mr. Whyte usually buys the new poppies of all dealers, but rarely permits them to go to seed because his own strain has bigger and better flowers. If you would like a pinch of his poppy seed, send me a stamped, self-addressed envelope. Put some extra paste on it so the seeds will not fall out and I will try to get you a few from Mr. Whyte. You will receive no reply until next autumn or winter.

As an exhibitor Mr. Whyte is not above emulation, but he cares little about rivalry. His aims are educational. He wants to see more and better gardens. He gets prizes

enough to pay for all the new and rare plants that he buys, and in that sense his garden pays for itself. He sells nothing and does not count his labor, for no amateur should. He keeps no pottering accounts of vegetables and their market value, but it is obvious that the food produced in this garden more than pays for fertilizer, cutting the grass, what little labor is hired in spring, and all other expenses.

Mr. Whyte spends from \$50 to \$100 a year on seeds, bulbs and plants. This expense sounds staggering to many a man who spends \$150 a year for smoking and has nothing to show for it.

Mr. Whyte spends his vacation in his garden and depends on his garden for exercise. You could not leave Mr. Whyte's garden for a fortnight without hurting it and you would not care to leave it because it is so beautiful. The only kind of garden you could leave all summer is a lawn bordered with shrubbery.

Beginners who read this article will probably be dazzled by Mr. Whyte's success as a collector and will want to imitate that phase of his work. Don't do that. Apply his garden philosophy to your needs. Perhaps you have to go away in summer. Perhaps lawn and shrubbery is best for your front yard. But let your back yard be private. That is the most precious lesson you can get from Mr. Whyte's experience. For the highest type of family life comes to flower and fruition only in an atmosphere of privacy.

[NOTE.—The methods by which Mr. Whyte has accomplished these results will be told in the Garden and Grounds Department during 1911. Also his work with school children and the Ottawa Horticultural Society.]

...of the utmost importance, that facility by all the means at our disposal, and I should like to remind you that in this matter time is of the essence. If we cannot evacuate within as short a time as possible, we shall be faced with consequences too terrible to contemplate.

...Sardar Val... Ahmed Kic... MARCH 2021 40



TRIBUNE
at

DISCUSSION ON AMNESTY FOR POLITICAL PRISONERS

Community System Broken Down

BENARES, April 3.—A heavy storm followed by a severe rain began last night resulting in complete breakdown of all channels of communication with Allahabad, Lucknow and Patna. The storm raged for over one hour.

According to information available so far, four persons were shot in the streets, besides many animals and birds. The greater part of the city was pelted with stones throughout last night, resulting in considerable damage to property. Telephone and power lines were cut down due to falling of trees and of the sheds and roof of some buildings. About 2,000 men from the O. and T. Railway were sent to maintain order. By morning the O. and T. Railway resumed normal service.

Five tanks full of water were sent to the city to quench the fire, but the extent of the damage was too great. Many houses were damaged near the bank of the Ganges, and the loss of life is reported. Damage to property is also reported from several areas. —A.P.

OR ABOLITION OF DUTY

C-IN-C. ON N.A. MEN

Representative

at the Viceroy's House at Delhi since his arrival in Delhi, the adoption of which would go a long way towards making the mission.

General amnesty without exception may be termed "political".

Prominent among the prisoners are Dr. Ram Prakash Narain and Dr. Ram Prakash Narain as prisoners.

SHAH MANZIL INCIDENT

SPECIAL TRIBUNAL TO TRY ARRESTED PERSONS

HYDERABAD (Deccan) April 3.—The Nizam Government has constituted a special tribunal under the Defence of Hyderabad Regulation to try all persons arrested following the incidents which took place at Shah Manzil, the official residence of the President of the Nizam's Council and the residence of the Revenue Minister, on March 11.

LEAGUE DREAM

INCITEMENT TO LEGISLATION

(By Our Staff)

NEW DELHI, Tuesday.—The resolution of the Congress League of India, one aim. The resolution demands: "We ask for war against us I am not Mr. S. H. Suhrawardy, the in moving the main resolution's Convention."

Muslim leagues are in a state of confusion. Mr. Qaid-e-Azam to test us. Mr. Jinnah added Mr. Jinnah as ever to the Muslim League.

In April, before the trees leaf out, the daffodils stir the heart. Mr. Whyte grows from sixty to seventy-five varieties of narcissus

LARGEST CIRCULATION IN NORTHERN

NEW DELHI SATURDAY, SEPT

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A thousand Shirley poppies can be cut daily in this garden. Mr. Whyte has carefully selected the seeds for about ten years

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India.

Grapes are trained on arbors over walks instead of on trellises. This arrangement is economical of space and makes the garden more livable

IN DELHI

GANDHIJI ASKS PEOPLE

SAFE TRANSIT OF REFUGEES KILLING AND RETALIATION MUST STOP

"We have won our freedom to make our country great and prosperous; not to destroy what little has been vouchsafed to us by our alien rulers. If we are not careful, we shall lose even our long-cherished freedom which we have won after much suffering and so many struggles. You must remember that the lives of millions are at stake; they cannot be sacrificed away to enable us to satisfy any spirit of vengeance or retaliation," said Sardar Patel, India's Deputy Prime Minister, addressing a mass meeting in Amritsar on Tuesday.

Sardar Patel, accompanied by the Maharaja of Patiala, Prime Minister of East Punjab, Dr. Gopichand Bhargava, and other Ministers, flew to Amritsar on Tuesday where he emphasized the need to maintain peace. Sardar Patel addressed the audience to break the vicious circle of attack and retaliation and counter-retaliation and see to it that the refugees had safe transit. Any obstacle to the movement of our refugees who are fighting the elements of death, disease and maltreatment to come to a land of hope to find peace, shelter and opportunity for a peaceful and civilized existence."

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Patiala Jawahar Lal



Gardens in the latitude of Ottawa would look bare if it were not for bulbs and the blossoms of fruit trees. Whitney apple in the foreground



After the tulips, the chief flowers of May are German irises, of which Mr. Whyte grows twenty varieties — the pick of perhaps a hundred he has tested. Every Sunday morning he makes the rounds of his garden with a memorandum book, noting down the name of every flower in bloom. The dates are invaluable for future reference

THE FOLLOWING IS AN EXTRACT FROM A REPORT IN THE OTTAWA JOURNAL REPORT ON R.B. WHYTE'S LECTURE TO THE OHS IN APRIL 1918:

Gardens, Mr. Whyte stated, could be divided into three groups: those that grew nothing but vegetables and fruits; those that grew only flowers for the love of flowers; and those designed for floral colour schemes.

In Mr. Whyte's opinion, the true garden is the one that can be of use, a garden that is part of the home, one that invites you to spend your time in it and encourages you to live outdoors. The true garden should be a private garden, it should be one's own, and not the public's. A garden should have dry, conveniently laid-out paths, which were best made of coal ashes and sand. Another important thing in a garden was to have plenty of resting places, a summer

house or a bench at the end of the path, a few cool places where one could read and rest. Artificiality in paths and in ornaments should be avoided.

Garden soils should be well drained and manured. On his own half-acre garden Mr. Whyte puts on as much as 30 cart-loads of manure in a year. No fertility, Mr. Whyte said, was as good as stable manure and the next best thing was ashes. What should be grown depended a great deal on the size of the garden, but no matter how small the garden it should contain lettuce, radishes, peas, green beans, corn and tomatoes, and some of the smaller fruits.



HOSTA OF THE YEAR

The American Hosta Growers Association (AHGA) has chosen 'Rainbow's End' (Hansen, 2005) as its 2021 Hosta of the Year. This sport of 'Obsession' is a small (11" height x 21" width) mounding plant. It features very thick, dark green leaves with a flared centre pattern. The bright yellow centre becomes white by the summer. Pale purple flowers on red scapes appear in late summer.

The AHGA has designated a Hosta of the Year since 1996. The selection is based on hostas that have proven track records in different zones. A complete list of previous selections is available at [hostagrowers.org](https://www.hostagrowers.org).

The OHS SHOWS CORNER

A NOTE FOR EXHIBITORS & POTENTIAL NEW EXHIBITORS

by Maureen Mark

Thanks to all who participated in our first virtual flower show last fall.

Now is the time to get ready for the new and improved version for Spring 2021. First check out the Show Schedule on the OHS website or in the 2021 Yearbook to see what classes will be included this spring. Get out your cameras and take photos of your first blooms rising out of your garden. Keep taking pictures all the way to June. If you don't have a camera or a smart phone, borrow one to take a few photos of your best plants in your spring garden. Then revisit the Show Schedule to identify which classes to

enter your photos in, and follow the instructions to email your entries. Then get ready to vote for your favourite entries in June.

Any questions, contact:

Maureen Mark

613-521-4597

mmark@rogers.com

You don't need to be an amazing photographer to win. You just need to show off the amazing plants in your garden. I am happy to chat any time except the wee hours of the morning.

ABOUT US

This Newsletter is published by the Ottawa Horticultural Society (OHS) and is distributed to OHS members free of charge.

We depend on our members for ideas, articles and information about what is going on in the gardening community.

PLEASE SEND YOUR SUBMISSIONS TO:
info@ottawahort.org

The views and opinions expressed in this newsletter are solely those of the individual authors. They do not purport to reflect the position of the OHS or its members.

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