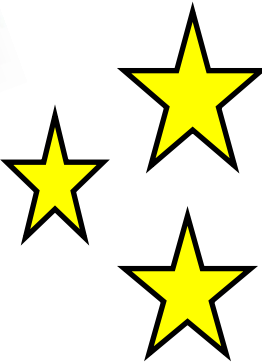


Armstrong & District Garden Club



Welcome! While we are staying close to home and reducing the spread of COVID—19, we will not be holding meetings in person until further notice. This newsletter shows that we can still share our stories and love of gardening! And enjoy gardening in our own yards!

Executive 2020

President:

Glenn Gytenbeek

Vice-President:

Paul Peacock

Secretary:

Ken Barr

Treasurer:

Judi Cogan

Membership:

Paul Peacock

Newsletter Editors:

Heather Hayes &

Mary Jackson

Directors:

Judi Cogan

Heather Freeman

Heather Hayes

Brenda Hobbs

Mary Jackson

Sue Lendrum

Dianne Richards

Judy Wilde

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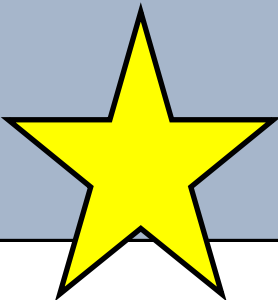
ADGC Plant Sale

Saturday, August 29 at

Armstrong Farmer’s Market

8 am to 1 pm

Social distancing will be respected



What's New? Our Social and Club Meeting of August 4th

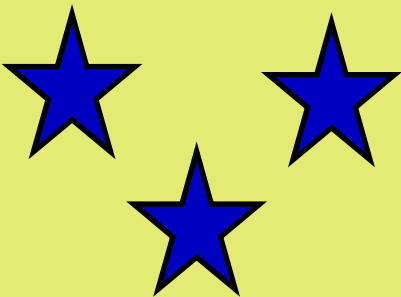
ADGC had a social and club meeting on August 4th in Memorial Park. While the turnout was small, the comradery was in full force!



Key Items Discussed: Future Meetings. No future club meetings are planned at this time, with the exception of executive meetings. Stay posted for updates.

What we need for Saturday August 29 Plant Sale is

- Volunteers to help set up 6:30 am - 8:00 am
- A couple more wagons or carts
- We have two cashiers, Mary and Jackie
- Volunteers for general duties 8:00 am- 12:30 pm
- One volunteer to help on the plant holding table 8am -12pm
- Volunteers for take down and clean up 12:00- 1:00 pm.



Please, It is highly recommend all volunteers wear masks at the sale.
We do not have a kitchen to retreat to this time, so bring your own snacks, lunch, and drinks.
Dress for the weather, work gloves recommended, pray for a cool sunny day.
Come prepared for fun and laughs, and a good time, not a long time.
See you at the farmers market!

Glenn



Plant Sale Saturday, August 29: A taster of our collection...

Hello gardeners— Here’s a sampling of the plants that will have available at our plant sale on August 29.

Plants will be selling for \$5, 2 plants for \$5 for smaller plants, or individually priced as appropriate.

There will also be a silent auction section at the sale, some home-made cedar birdhouses and some gardening books available.



120 plant collection, including:

- Hens and chicks
- burgundy coral bells, lavender
- pink flowering stonecrop,
- yellow columbine
- white lewisia
- cat mint
- leopard's bane
- yellow yarrow
- stella d'oro daylily
- variegated iris
- yellow asiatic lilies
- orange asiatic lilies
- Salvia
- bee balm
- 1 theresa bugnet rose
- and 1 hosta.

Collection from Club Members:

- False Spirea. 6
- Licorice Fern. 6
- Coral Bells. 2
- Bleeding Hearts. 4
- Russian Olive tree. 1
- Red Osier Dogwood. 1
- White Phlox. 6
- Creeping Thyme. 12
- Yarrow. 3
- Peony. 2
- Amur Maple Trees. 6
- Variegated Helenium. 10
- Helenium. 9
- Hosta. 1
- Heliopsis 1
- Day Lily red yellow. 20
- Hens n chicks. 45
- Giganthus Miscanthus Grass. 10
- Autumn Joy Sedum 3
- Stella Doro Day Lily. 10
- Ground cover sedums. 3
- Siberian Iris. 5
- Bee Balm. 8
- Variegated Iris. 6

Garden Club Tours: Saturday, July 25th

Glenn and Heather generously hosted tours of their gardens for club members in late July.

Glenn’s garden has lots of colours on display and Heather’s tall lilies and day lilies were in full bloom!



Thanks to Nancy Bykowsky for the group photos and to Ken Barr and Glenn/Colleen for the remainder.



Garden Club Tours: Saturday, July 25th contd.



Garden Club Tours: Saturday, July 25th contd.

More colourful garden flowers and scenery...



Garden Club Tours: Saturday, July 25th contd.



Garden Questions and Answers:

Editors’ Note: *This new feature is being added as an aid to our garden club members. Feel free to submit your garden questions to the Editors, who will source the answer(s).*

Question: How can I reduce the number of wasps who are feasting on my raspberries and strawberries?

Answer: Try organic methods of pest control when protecting strawberries from insects and other pests. Organic methods for keeping pests away from strawberries might involve hot pepper spray, rotten eggs, blood meal, castor oil, orange peels, soap, and human hair. Apparently, soap or human hair placed in a mesh bag and hung on a tree branch at deer height will keep the deer away from the strawberries.

Read more at Gardening Know How: Strawberry Plant Protection: Tips On Protecting Strawberries From Insects <https://www.gardeningknowhow.com/edible/fruits/strawberry/protecting-strawberries-from-insects.htm>

Another response:

“We suffered for years with wasps. Found the answer. Get those wasp traps that they get into and can't get out off. Use apple juice, get them out really early in the spring, and clean them out regularly. That's when the queen wasps emerge, want to feed before starting nest building. We catch a good number every year which reduces the amount of nest sites around, which needless to say reduces the amount of free flying foragers.”

Another idea:

“Tulle is a great suggestion for an insect barrier, or you could also go with something like Agribon's AG-15 lightweight row covers. For strawberries, that really does seem like the easiest solution.”

Using Insecticides:

“Two types of wasps are common berry-eaters: the yellow jacket (*Vespula germanica*) and European paper wasp (*Polistes dominulus*). They may also be a nuisance to workers by stinging them. Yellow jackets nest in the ground. If ground nests are detected, they can be treated with conventional insecticides, dug up and removed to destroy them. Also, placing commercial traps that contain heptyl butyrate bait at the perimeter of berry fields can reduce wasp numbers. The European paper wasp builds umbrella-shaped nests under the eaves of buildings and other protected sites. Paper wasps are not attracted to yellow jacket traps. Removal of nests and protection of fruit near harvest with one of the insecticides mentioned above may provide some control. “



Garden Trends for 2020: (<https://www.homesandgardens.com/news/garden-trends-207271>)

There are many evolving trends for gardens which involve hardscapes and design elements—such as relocating indoor features, like kitchens, outside. Other trends focus on different design elements—wicker furniture, firepits, tiles and brightly coloured seating, wall features etc.

Regarding the gardens themselves, a number of trends were identified:

8. PLANTERS AND PLANTER WALLS

As gardening becomes more and more popular, even those of us without lawns are finding ways to participate in the gardening trend – through planters. Brynna Evans says: ‘If you’re trying to save space, think vertical. Stack planters along shelves or window ledges. Hanging planters (with ropes) is also popular right now, as well.’



14. RE-PURPOSE & RECYCLE

Tracy McQue thinks there will more of a spotlight on repurposing of existing materials and recycling garden materials where possible. Mark Laurence MSGD whose consultancy creates adaptive landscape for a changing world, echoes this saying ‘repurposed items give a garden an individual look’, like this heating coil repurposed into a water feature.

15. PLANTING FOR WILDLIFE

Creating sustainable, wildlife-friendly and beautiful spaces needs to be at the forefront of everything we do no matter what size or location of the gardens we are designing, says Tracy McQue. She believes that the materials and plants we include, where we source them from and how we re-use elements already in the garden are becoming more vital considerations.

Libby Russell of Mazzullo + Russell echoes this, saying: ‘Our planting is evolving to use many more ‘wild’ plants that are great for bees, birds, pollinators and invertebrates but without losing glamour or impact. Single roses, species plants, seed heads and grasses are all valuable.’



16. THE PATTERNED GARDEN

Pattern and texture will be creeping back into our gardens in 2020. ‘Cold minimalism is beginning to look pretty tired now,’ says Jane Brockbank ‘and it also begs the question – “how does this contribute to the wildlife locally and in the garden?”’ Jane brings pattern and texture into her designs by creating faceted planting zones and by blurring the line between the hard landscaped and soft planting areas in the garden, using gravel planting to create the transition between the two.

Libby Russell MSGD of Mazzullo + Russell agrees, saying: ‘Productive gardens are still very much on trend!’ Libby, with her design partner Emma Mazzullo MSGD, mixes fruit and vegetables together with cut flowers to give a romantic flavour to their productive gardens. ‘As long as there is a very clear underlying design in the garden you can overlay so many layers, provided they create beauty and romance’ says Libby, who sees romantic gardens having a revival in 2020.

Flower of the Month: Rudbeckia

Rudbeckia sp. R.Hirta (Asteraceaewww.americanmeadows.com/perennials/black-eyed-susan)



Rudbeckias are some of the most robust and attractive plants around. They are no-fuss plants that require little more than average soil and full sun. The pollen and nectar of these plants support many different pollinators and beneficial insects (yay!!). North America hosts many native species of Rudbeckia.

Absolutely the best for fall color –in your garden. No fuss plants!

Light: All varieties of Rudbeckia will thrive in full sun. However, some varieties, especially the Sweet Black-eyed Susan (*Rudbeckia subtomentosa*) and the perennial black-eyed Susan (*Rudbeckia ‘Goldsturm’*) will also take partial shade.

Soil: All Rudbeckias tolerate a wide range of soil types, from clay to loam. If you have very sandy soil which dries out easily, add organic matter to help the soil retain moisture. If you have a very water-retentive soil, choose Sweet Black-eyed Susans (*Rudbeckia subtomentosa*).

Spacing: Plant Black-Eyed Susans about 18” apart.

Planting Rudbeckia from Seed: Sprinkle the seeds on top of regular seed starting mix about six weeks before the last frost date. Do not cover the seed as they need light to germinate. Plant your seedlings outdoors after any danger of frost has passed.



Flower of the Month: Rudbeckia contd.



Rudbeckia 'Prairie Sun '



Rudbeckia 'Irish Eyes '



Rudbeckia hirta 'Moreno'



Rudbeckia Fulgida 'Goldstrum'



Rudbeckia 'Little Gold Star'

Zone 5 Garden Tasks—September

<https://www.almanac.com/gardening>

- Continue to harvest. Winter squash is ripe when the ground spot turns from white to a cream or gold color. Potatoes are ready when tops die down. Store in a dark location.
- Mulch carrots, parsnips, and beets for winter harvesting.
- Protect tomatoes or pick green tomatoes if frost threatens.
- Begin reducing water on trees, shrubs, and vines to harden them off for winter.
- Mulch trees and shrubs with wood chips, ground bark, or fall leaves to protect and nourish the soil.
- September is a good time to plant new trees and shrubs for healthy root growth over winter.
- Plant or transplant woody ornamentals and established herbaceous perennials.
- September is the best time to fertilize lawns for strong roots. Use an organic or slow-release fertilizer that rain won't wash away.
- Improve poor lawns with a fall round of core aerating, reseeding, and top-dressing with ¼ inch of compost before October 15.
- Lawns seeded by early October will grow strong roots to survive next summer's weather.
- Plant hardy spring-flowering bulbs such as daffodils, tulips, and crocus; add bulb fertilizer and be sure to water them before the ground freezes. Select big, hearty-size bulbs.
- Stake tall flowers to prevent them from wind damage.
- Dig, clean, and store tuberous begonias if frost threatens.
- Divide peonies and iris.
- Keep checking your plants for diseases and insects, and treat them when necessary. Slugs are often still a problem and need to be baited or removed.
- Bring your houseplants outside to clean, fertilize, and repot them, then bring them indoors for the winter.
- Once the weather gets cooler, dig and divide your perennial plants and herbs.
- Do a final weeding before winter and clean up any debris from your garden and lawn to avoid disease come spring.
- Mix organic materials into your soil before the ground freezes



Recipe(s): Peach Shortcakes (Courtesy of Sue L.)

Peach Shortcakes from Fresh Tastes



Ingredients

Biscuits

- 2 cups flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp sugar
- 1 1/4 cups cream
- 2 tbsp butter, melted (for brushing on top of biscuits)

Peaches

- 1.5 lbs ripe yellow peaches
- juice of 1 lemon
- 2-3 tbsp sugar
- 1/2 tsp vanilla
- 1.5 tbsp cornstarch
- 1/4 tsp cinnamon

Assembly & Serving

- 3/4 cup cream
- fresh mint

Directions

1. Preheat oven to 425 degrees.
2. Whisk together the flour, salt, baking powder and sugar in a large bowl. Pour in the cream and mix until wet and shaggy looking. Knead only a couple times before rolling out to 3/4" thick on a floured surface.
3. Cut large circles of dough using the bottom of a glass mason jar (or biscuit cutter). Place biscuits on baking sheet and brush tops with melted butter. Bake for 13 minutes.
4. Let biscuits cool while you prepare the peach filling. Bring a large pot of water to a boil. Drop in the peaches for 10-15 seconds then immediately remove with a slotted spoon. Discard water.
5. Peach skins should, at this point, peel off very easily. Peel skins completely and then slice peaches into 1/4th" segments.
6. Place peaches back into the pot and add the sugar, cornstarch, cinnamon and lemon juice. Bring to a simmer and cook until mixture is very thick and peaches have broken down slightly---about 8 minutes. Stir in vanilla extract then remove from heat.
7. Whip remaining cream until it holds soft peaks. To assemble shortcakes, split biscuits down the center and spoon some peach filling generously on top of half a biscuit. Top with other biscuit half.
8. Spoon a dollop of freshly whipped cream on top and a little sprig of mint. Enjoy immediately.

Upcoming Events:

Sat., August 29 ADGC mini plant sale. Set up at 6 am and take-down at 1:00 pm.
Stay posted for further updates on work parties and plant collecting..



About ADGC:

The Armstrong and District Garden Club was established in 1927 and is an active, fun group with over 60 members. The club supports the community through donations, student bursaries, planting along PV Boulevard, and supporting initiatives such as Communities in Bloom.



Garden Exec: Front Row: Brenda, Glenn, Judi and Heather Back Row: Mary, Heather, Ken, Judy, Dianne and Paul Absent: Sue L.