

THE EAST YORK GARDEN

NEWSLETTER OF THE EAST YORK GARDEN CLUB



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

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

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

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

Visit us on the web at www.eygc.ca

President:

Veronica Callinan

Vice President:

Linda Boyko
Susan Bartlett

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Thursday, November 19, 2009 Annual General Meeting & Pot-Luck Dinner Doors open at 6:30, Dinner begins at 7:00

It's time again for our AGM and Pot-Luck Dinner. If you are attending, please bring a dish of food of at least six servings and try to pre-cut items such as lasagnes or desserts. The Club will supply plates, cups and cutlery as well as coffee, tea and punch. If possible, bring an appropriate serving utensil and try to put your name on your serving bowl or plate to facilitate clean-up. (Note to first timers: this is a true pot-*luck*, with no pre-planning of menu items; yet we always end up with a good balance of yummy mains and delectable desserts. So don't worry, whatever you decide to bring will be welcome!) Any leftovers at the end of the evening will be donated to a local shelter. Tickets will be given out for some special draw prizes.

This is our final meeting of the year and the Club's Annual General Meeting (members only). Business on the agenda includes the election of officials for 2010, and the awarding of prizes for the Flower Shows and the 2009 Photography Contest.

We'll be holding the final "People's Choice" photo contest of the year, with the winning picture to be featured on the cover of the EYGC 2010 yearbook. Bring in either one or two of your best garden-related photos from 2009 or 2008. Of course, you should select photos that you think would look good on the front of the yearbook. The only stipulation is that it must be in portrait orientation (i.e., higher than it is wide). And for this contest you can enter up to two photos, even if they've already been entered in one of our previous contests. The winner will be selected by a vote by those in attendance at the meeting. Entries must be received by 6:50, with voting taking place through the evening. We'll also be announcing the winners of the October contest, with all photos entered on display.

Thursday, January 21, 2010 Speakers: Mike & Susan Dolbey Topic: Cottage Gardening

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



Year in Review - by Veronica Callinan

January

Peter Gill presented Water Gardening, the People's Choice Photography contest was 'Fake Flowers'.

February

Susan Dolby presented instructions on Seed Starting, the People's Choice Photography contest was 'Round'. And, we had a very successful Book Sale.

March

Inge Poot presented Vegetable Gardening, the People's Choice Photography contest was 'Square'.

April

Belinda Gallagher presented Perennials, both New & Old, for Sun or Shade, the People's Choice Photography contest was 'Tiny'.



The Rockery – photos by Veronica Callinan

May

Gary & Dianne Westlake presented Creating Garden Ornaments. We had our Plant Sale and first Monthly Flower Show.

June

A panel of Toronto Master Gardeners answered Gardening Questions. We had our second Monthly Flower Show. Also, thanks to the City of Toronto, we planted an enormous amount of annuals in the Rockery.

July

The City Strike threw us for a loop, but we still had our Canada Plant Sale. The Bus Tour was sold out. Our Pot Luck Dinner at Mary Lou Burt's garden was on a perfect evening.

Also in July, The EYGC Blooming Contest judging took place.

August

The Annual Flower Show and Tea unfolded as usual, with a presentation on "Low Maintenance Plants".



September

Donna Robbins, from Humber Nurseries presented Ornamental Grasses.

The EYGC Blooming Contest Awards took place, and we had our last Monthly Flower Show.

October

Patricia Landry presented Environmental Gardening, the Annual Photography Contest entries were due, and we had our annual Seed Exchange after the meeting.

Reminder

Enclosed with this newsletter are the Members' survey and membership renewal. If you haven't already filled out the survey, please bring it to your next meeting.

Membership fees are due in January.



Fall Gardening - Seasonal Dos & Don'ts

DO cut back finished annuals, diseased plants or any that may take over if allowed to self-seed freely.

DO cut back peony, iris and hosta foliage, which can harbour pests and diseases.

DON'T cut back perennials too early. Leave some standing through winter, as seed heads and coloured foliage can be beautiful, while seeds feed migrating birds.

DO rake and remove leaves from the lawn every week; grass needs sunlight in fall for strong growth in spring.

DON'T leave flower beds bare-mulch with fallen leaves. If possible, shred leaves first using a lawn mower.

DO continue to water if the weather is dry; perennials and woody types-especially newly planted ones and evergreens, including broadleaf types such as euonymus-need moisture to survive winter.

DO use winter mulch to help soil maintain a more even temperature. This helps plants survive where alternating periods of freezing and thawing don't provide consistent snow cover. Lay cut up boughs from Christmas trees on beds to trap snow that might otherwise blow away.

Perennial garden cleanup: Whether you cut down dying perennial foliage when you're getting the garden ready for winter is up to you. Some gardeners like to leave seed heads and dried foliage for winter interest and to feed birds. Others prefer to leave neat beds ready for a show of spring-flowering bulbs. But whatever you cut down now, you don't have to clean up in the spring.

A good compromise is to remove leaves and stalks that frost turns to mush and any that are diseased, but keep some ornamental grasses and the perennials with seed heads that provide winter food to birds. When cutting plants down, prune perennials to 4 to 5 inches of the ground.

Annuals: Pull out any last frosted annuals and add spent plant material to your compost.

(This is excerpted from the Canadian Gardening website <http://www.canadiangardening.com/>)

2009 Annual Show Report by Linda Boyko

Despite cool and wet weather early in the summer the Club's annual show still had many beautiful specimens on display.

Congratulations to our only novice entrant, Laurel Angeloff, who entered in two categories and placed in both. Well done Laurel!

Best in Show was for Betty Meyer's wonderful herb planter. Betty also won the Best Cut Specimen, Best Collection of Plants, Best Potted Plant and Best Design.

Other special award winners were:

Vera Stoyanoff in the Best Hanging Planter category. The judges remarked they wish they could grow something as spectacular as Vera's entry.

Anna Leggatt won for Best Rose and her jam won the Best Preserve. The judges would have skipped the prepared lunch and finished Anna's jam if we hadn't literally dragged them away.

Elizabeth Adam won Best Collection of Flowers, stumping the judges who failed to identify one of the flowers in the collection. Elizabeth later identified it for us as Blue Vervain (*Verbena hastata*).

When not viewing the entries visitors to the show enjoyed afternoon tea in the tearoom. Joyce Crook did a wonderful job as hostess for the tea. Thank you Joyce volunteering for that job.

Our President, Veronica Callinan, did a very interesting presentation on Low Maintenance Gardening which attracted a large crowd.

The flower show committee would like to thank all those who helped with set up before and clean up after the show as well as those who sold tickets, brought in treats for tea and generally made the show a success. Without your help it would have been a much more arduous task. *(cont'd on next page)*



Annual Show Report cont'd

Don't forget our first flower show of the season will be at the May meeting. Check your yearbook or the Club's website for the categories and have a look through your garden. If you've never entered before someone from the show committee will be glad to assist you. That first place winning specimen may be in your garden. You'll never know unless you enter.

Plant Portrait: Rosa "Blanc Double de Colbert"

by Dave Brooks

After reading Anna's rose piece in the recent Club newsletter I thought I would mention my favourite rose. I suppose there is some element here of "my rose is better than your rose".

Blanc Double de Colbert is a hybrid rugosa. It was bred and introduced in 1892 (Cochet-Cochet, France). I always have trouble pronouncing the name so I usually just refer to it as BDDC.

BDDC forms a small shrub about five by five feet. I keep mine pruned to about four by four. It will also occasionally send out a long stem. I clip these as the rose grows close to a walkway. The bush has fairly small thorns and while these are not as bad as many roses, they still hurt.

The blooms are mid-sized (3") semi-double and are a very pure white. They are shaped a little like small carnations. The blooms have an exquisite scent. This scent is so pronounced that one can detect it from several feet away. The first flush in June on my bush can have about 30 to 40 blooms. After a pause of about three weeks there are usually about eight or ten blooms at a time until late September when in my garden the bush will be in shade.

Due to the shape of the blooms, I would not regard this rose as a good show rose, especially when compared to the hybrid tea style of beauty.

Like Anna's rose, BDDC is also a low care rose and is a good rose for a lazy or very busy gardener. In my garden it requires no soil mounding (for winter protection), no special pruning, no spraying and does not get black-spot or anything else. However, in recent years I have had to remove a few Japanese beetles. There is also no winter kill in my experience.

I don't feed this rose as I read somewhere that rugosa roses should not be fed. My bush is about eight years old and grows in partial shade (about four hours of sun from 11:00 to 3:00).

Deadheading is a good idea as the spent blooms have been described as looking a bit like dirty kleenex. BDDC may also send out an occasional runner. If not cut, this will result in a new bush two or three feet from the parent plant. I have produced at least three new bushes this way and passed them along to other gardeners.

I have a small city garden that is mostly shaded. So if someone is wondering what some of my other roses are, here are a few names.

Tamora (Austin), Iceberg (floribunda), What a Peach (mini-floribunda cross), Honorine de Brabant (bourbon climber), Vineyard Song (mini-floribunda cross) and Topaz Jewel (hybrid rugosa). All bloom but some have only a few blooms. BDDC and Vineyard Song do the best in my setting.

Pesticide Residue in Food - Should we be worried? *by Linda Boyko*

Much has been written about pesticide residue found in fruit and vegetables. Organizations such as the U.S. based Environmental Working Group (EWG) and Canada's David Suzuki Foundation warn of the possible link between pesticide residue in food and health problems. *(cont'd on next page)*



Pesticide Residue cont'd

On the other hand medical experts state that the health benefits of eating more fruits and vegetables outweigh the potential risk of ingesting these residues.

Although highly regulated by the government the fact remains that some fruits and vegetables do contain higher level of residual pesticides.

The “Dirty Dozen”, those with the highest amount, are: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, raspberries, grapes (specifically those imported from Chile), pears, spinach and potatoes.

The “Consistently Clean”, those with the least amounts, are onions, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, bananas, cabbage, broccoli, eggplant, tomato and sweet potato. Full details of this study may be found at www.foodnews.org.

What can we do to minimize the risk? Henri Bietlot of the Canadian Food Inspection Agency offers the following suggestions:

1. Buy locally. Canadian winters insure that pests do not reach the levels found in areas with year round warm climates thereby resulting in less application of pesticides.
2. Buy organic if possible. If you cannot afford to buy all organic produce try to buy those products with the higher levels of residue.
3. Eat a variety of fruits and vegetables to minimize overexposure to any one type of pesticide.
4. Consider growing some of your own produce.

Since so much of our food is imported, especially during the winter, it's important to check where our food is coming from and use common sense in our choices.

Sage - Uses & Recipes **by Susan Bartlett**

According to some, sage (*Salvia officinalis*) has many medicinal properties. Sage oil contains the chemical substances alpha- and beta-thujone, camphor, and cineole as well as other constituents including rosmarinic acid, tannins, and flavonoids. In many European countries sage is used medicinally as a gargle for sore throat and inflammation of the mouth and gums. As a tea, it is thought to soothe sore throats, coughs and asthma. In Germany, the herb is commonly used for upset stomach and excessive sweating. Herbalists utilize it for rheumatism, strengthening the nervous system, improving memory and sharpening the senses.

(Sources: www.nutrasanus.com
<http://naturalmedicine.suite101>)



However, I am more interested in using my sage in the kitchen. The above-pictured plant is cut to the ground every spring and ignored, yet it seems to thrive. It turns out this is in accordance with the experts' advice: prune sage only in the spring, as the leaves are hardy enough to pick over the winter months.

In addition to the usual sauces and stuffings for turkey, sage can be used in fatty meats such as goose, duck, pork and sausage. In Italy, the fresh leaves are lightly fried with liver, and rolled up with ham and veal in saltimbocca. In Germany and Belgium, the leaves are added to eel and other oily fish dishes. In Middle Eastern countries the leaves are used liberally in salads.

(Note: By incredible coincidence, the day after I researched this topic Sonia Day featured sage in her Toronto Star column.)



Steamed Vegetables with Sage

Servings: 6 to 8

- 4 carrots (8 oz/250 g), peeled and cut into 1/2-inch (1 cm) chunks
- 2 cups (500 mL) cauliflower florets
- 2 cups (500 mL) broccoli florets
- 2 cups (500 mL) sugar snap peas, trimmed
- 2 tbsp (25 mL) extra-virgin olive oil
- 2 tsp (10 mL) minced fresh sage (or 1/2 tsp/2 mL dried)
- 2 tsp (10 mL) white balsamic vinegar or wine vinegar
- 1/2 tsp (2 mL) grated lemon rind
- 1/4 tsp (1 mL) each salt and pepper

Preparation:

In steamer or Dutch oven with 1 inch (2.5 cm) deep water, cover and steam carrots for 8 minutes.

Add cauliflower, broccoli and peas to basket; steam, covered, until tender-crisp, about 5 minutes.

Meanwhile, in small microwaveable bowl, whisk together oil, sage, vinegar, lemon rind, salt and pepper; microwave at high for 30 seconds or until warm. Serve over vegetables.

"Fried sage leaves are a new foodie fad"

(Sonia Day, *the Toronto Star*, Nov. 12, 2009)

Fried Sage Leaves

Servings: 8

- 1 egg yolk
- 3 tbsp (50 mL) water
- 1 tsp (5 mL) anchovy paste
- 3 tbsp (50 mL) all-purpose flour
- 1/4 tsp (1 mL) hot pepper flakes
- 1 cup (250 mL) olive or vegetable oil
- 24 large sage leaves (with stems)

Preparation:

In bowl, whisk together egg yolk, water and anchovy paste until combined; whisk in flour and hot pepper flakes. Let stand for 5 minutes.

In saucepan or small deep skillet, heat oil over medium heat until deep-fryer thermometer registers 325°F (160°C).

Holding stem, dip sage leaf into batter until well coated; deep-fry, in batches and turning once, until golden brown, about 2 minutes. Drain on paper towels.



(For a simpler version of the above: simply fry whole leaves for a few seconds in hot oil, drain on paper towels and sprinkle with salt or pepper.)

Further recipes can be found at the Canadian Living website: [http://www.canadianliving.com/food/menus and collectio](http://www.canadianliving.com/food/menus_and_collectio)

Seasonal Advice

"In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet old Christmas with a happy face, a contented mind, and a full larder, and in stoning the plums, washing the currants, cutting the citron, beating the eggs, and MIXING THE PUDDING, a housewife is not unworthily greeting the genial season of all good things." (Mrs. Beeton's *Book of Household Management*, 1861)



Mrs. Beeton's Christmas Plum-Pudding

INGREDIENTS - 1-1/2 lb. of raisins, 1/2 lb. of currants, 1/2 lb. of mixed peel, 3/4 lb. of bread crumbs, 3/4 lb. of suet, 8 eggs, 1 wineglassful of brandy.

Mode.—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended, and press the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas-day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

Time.—5 or 6 hours the first time of boiling; 2 hours the day it is to be served. Sufficient for a quart mould for 7 or 8 persons.

Seasonable on the 25th of December, and on various festive occasions till March.

Note.—Five or six of these puddings should be made at one time, as they will keep good for many weeks, and in cases where unexpected guests arrive, will be found an acceptable, and, as it only requires warming through, a quickly-prepared dish.

City of Toronto Garden Contest Winners

The results for the 2009 City of Toronto Garden Contest were announced at an awards ceremony on November 12. Winning gardens from the 2008 front garden contests in Scarborough, East York, and Etobicoke were entered in the competition, and judged in August. Listed below are the winners (East York Blooming Contest 2008 winners are in bold):

Residential Traditional

- ⊗ 1st Place - 35 Pheasant Lane, Etobicoke
- ⊗ **2nd Place - 227 Glebeholme Blvd., Toronto**
- ⊗ 3rd Place - 16 Fulbert Cres., Scarborough

Residential Environmental

- ⊗ 1st Place - 67 Riverwood Parkway, Etobicoke
- ⊗ **2nd Place - 45 Browning Ave., Toronto**
- ⊗ 3rd Place - 1 Farmington Cres., Scarborough

Commercial

- ⊗ 1st Place - Queensway Volkswagen, 1310 The Queensway, Etobicoke
- ⊗ 2nd Place - The Camargue, 2365 Kennedy Rd., Scarborough
- ⊗ **3rd Place - East York Gymnastics Club, 6 Dohme Ave., East York**

Community

- ⊗ 1st Place - Lee Tak Wai Holdings Ltd., 4151 Sheppard Ave. E. Scarborough
- ⊗ 2nd Place - St. James United Church, 400 Burnhamthorpe Rd., Etobicoke
- ⊗ **3rd Place - Bethany Baptist Church, 1041 Pape Ave., East York**



UPCOMING EVENTS

One of a Kind Christmas Show and Sale 2009 - Thursday, November 26 to Sunday, December 6, 2009, Weekdays 11am-10pm, Saturdays 10am-9pm, Sundays 10am-6pm, Direct Energy Centre, Exhibition Place, 100 Princes' Blvd., Toronto. Tickets at the door: \$12 for adults, \$6.50 for seniors (65+) Also available online for <http://www.oneofakindshow.com/>

Christmas Remembered at Black Creek Pioneer Village - Weekdays 9:30 a.m. to 4 p.m.; weekends 11 a.m. to 4:30 p.m. Step back in time to the magic of a Victorian country Christmas. Festive demonstrations and hands-on activities include homemade presents, decorations, and tasty treats. <http://www.blackcreek.ca/whatson/>

Get the Jump on Spring – February 20, 2010

The Toronto Botanical Garden and the Ontario Horticultural Association District 5 are teaming up again to present *Get the Jump on Spring*. The 2010 edition of this annual show will take place on Saturday, February 20, from 10:00 a.m. to 4:00 p.m, at the Toronto Botanical Garden. As well as appearances by vendors, horticultural societies and specialty societies from across the GTA, there will be speakers, demonstrations and Master Gardener seminars throughout the day. Among the many speakers will be Charlie Dobbin, Dugald Cameron and Paul Zammit.

East York Garden Club Membership Renewal Form

Name
Address
Postal Code Phone #.....
email.....

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

- Single Membership Family Membership
- Renewal New Membership

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

Membership fees are due by January of each year. Fees for 2010 are \$20 for a single, and \$30 for a family membership. Fees can be paid in person at a regular meeting of the Club or by mailing this form and a cheque (payable to “East York Garden Club”) to:

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