

The East York Garden

Newsletter of the East York Garden Club

May & June, 2007

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 Karen Bell at 416-429-3032.

Visit us on the web at www.eygc.ca

President:
Malcolm Geast

Vice-Presidents:
Linda Boyko
Veronica Callinan

Newsletter Editor:
Malcolm Geast
416-429-4719

Saturday, May 12 & Friday, June 15

Tours of Members' Gardens

The gardens of Anna Leggatt (May 12) and Doreen Penman (June 15) will each be open for viewing this spring. Full details can be found on the back page.

Thursday, May 17

Speaker: Allan Foster
Topic: Myths & Magic of Plants

Allan Foster was director of the Kortright Centre for Conservation before retiring after 33 years of service. He trained as a botanist and taught. However, he is renowned for story telling – he has a Ph.D. in how people learn through stories – and his knowledge of herbal lore.

This will be a busy night, as we'll have our first flower show of the year, as well as our Annual Plant Sale at the conclusion of the meeting. See page 2 for information about the Plant Sale.

Members whose surnames begin with L or M are asked to bring some cookies or sweets for the evening's tea. There will not be a draw table at this meeting.

Thursday, June 21

Speaker: Peter Keeping
Topic: Clematis, Cultural Advice & New Introductions

Peter Keeping is one of Canada's leading authorities on Clematis. In the past two decades, he's collected more than 300 different types, which he grows on half an acre near Bowmanville. He is a council member of the International Clematis Society, a member of the British Clematis Society, and a member of several horticultural societies. He imports rare Clematis from around the world, which he shares with other collectors.

This meeting will also feature our second flower show of the year.

Members whose surnames begin with O, P, or Q are asked to bring some cookies or sweets for the evening's tea. We'll also be holding a 50/50 draw this evening.

Saturday, June 23

2007 EYGC Bus Trip

Among the highlights of this year's bus trip will be a visit to the garden of our June speaker, Peter Keeping. Full details can be found inside, on page 3.



Don't forget...Our meetings begin at 7:30, but refreshments are available at 7:00. Come early to give yourself time to enjoy some conversation and cookies.

May Meeting Plant Sale

It's May, and it's time for our Annual Plant Sale. Most of you know the routine: you bring in your extra perennials, biennials, annuals, bulbs, tubers, and corms, and we sell them. You can even bring in your extra seeds. If you can plant it in the ground, we'll accept it as a donation!

You can help us make the sale easier by bringing in your plants in containers, with their names and colours identified. If your plant is unusual or rare, please suggest a price. This is a great opportunity to purchase East York plants, those that grow well in our district – and at a very reasonable price!

As we've done for the past couple of years, along with the plants, we'll be selling Garden Treasures. All the accessories that go with gardening: garden books, pots & planters, tools, lanterns, candle holders, anything and everything that you would use in the garden. If your shed or garage is becoming a place where you store tools that are useful, but no longer used, we welcome your donations. Whether it's trowels, forks, pruners, gardening books, or lawn mowers, if you have still-usable gardening items that you don't use anymore, bring them along on Thursday evening. These items go on sale at 7:00 p.m, so the earlier you get there, the better the selection.

The plant sale begins when the evening's presentations are finished, likely around 8:45. We'll be cutting the prices near the end of the sale, but to make sure you get the plant you really want, make sure you buy it early. There are usually incredible bargains for the beginning gardener. With a central cashier and colour-coded price stickers on every plant, it should be easy and quick to pick up and pay for your treasures!

Rockery Update

By Diane Ronan

A special thanks to the volunteers who came out on April 22nd and helped to clean up the flower beds and surrounding area. The bulbs we planted last fall are ready to bloom and add a splash of colour to a rather rough looking construction site. Work has not been completed on the skate park and we don't know when the landscaping and tree planting will be done. Soon I hope. Meanwhile we will continue to tend The Rockery and get ready to plant the annuals that we ordered last fall from the City.

Our neighbours – the skateboarders – are eager to help maintain the site and help with any heavy work. Several joined us on April 22nd. Let's think of this as a positive relationship.

Thanks to everyone who signed the volunteer list circulated at our last meeting. We will be in touch with everyone in regards to setting up a work schedule. Take time if you can to visit The Rockery and enjoy the show.



Garden Club members and skateboarders get the Rockery ready for spring

2007 District 5 AGM Results

At the recent District 5 Annual General Meeting in Keswick, East York's presence was well represented. We came in second in the Flower Show competitions (thank you to Anna Leggatt, Diane Ronan, and Vera Stoyanoff for your entries), our yearbook took second

place in the "Yearbook without advertising" category, and our newsletter received a first place ribbon. In addition, during the business section of the meeting, Malcolm Geast was acclaimed as District Director.

Gardening with Back Problems

By Veronica Callinan

Continuing in our *Gardening with Physical Challenges* series, this component focuses on arthritis. If you have arthritis, you're in good company with over four million other Canadians. The pain and limitations imposed by arthritis can make gardening difficult. This can not only hurt the body, but become depressing when you can't do something that's become second nature. Fortunately, gardening with arthritis can be made much easier with some creativity, special garden tools, and a little preparation and planning.

This may sound too simple, but stretching and preparing the body for gardening in general - contributes greatly to arthritis comfort. GENTLE weight lifting, like carrying a few books in a backpack while walking, can improve back and shoulder muscles, making lifting and bending easier. GENTLE stretching also is encouraged. Although these aren't specific to arthritis - better core strength and flexibility means you don't have to twist into strange positions and squeeze as hard when lifting heavy bags of dirt or mulch. (Ya, I know, we all lift more than we should, so saying "Just don't lift too much" is like saying "Just don't eat so much"). Hand stretches, again GENTLE, will also help. Prepare your body for lifting. Period.

On the topic of moving heavy things, there are ways to get the job done without doing damage. Folding wheelbarrows, dollies and carts help move bags, pots, or anything else much more easily than lifting and dragging over any distance (used ones aren't expensive either). If you can find them, flat bottom kids' sleds with low sides work fabulously for dragging across grass. (They're not too safe for sledding but work great in the garden). They don't leave marks in the lawn and are cheap at second hand stores.

Some properties are too small, or the beds/boxes won't allow rolling/pulling carts/sleds around easily. You can still move heavy dirt/mulch without hurting yourself. Find two old wine or winter salt buckets, the kind with handles. Find or buy rubber hand grips, these are important. Then, dump the bags of dirt evenly into the two buckets. You might need more trips, but you won't be in pain at the end of the day.

Better tools for gardening are everywhere now. Particularly for arthritis in the hands, gloves have come a long way. There are ones specific for arthritis too, although expensive. For a cheaper set - find thick rubber gloves. They'll reduce the need to grip anything very hard. If you don't like the sweaty insides - wear small white cotton gloves inside, the ones used for smearing on hand cream at night. For arthritis in the knees - wear kneepads. Put'em on in the spring and leave them there till fall. (Let's start a fashion trend!) There are some terrific gel-filled ones on the market now. There are also many more tools now with extensible handles, reducing the need to lean and bend. Of course, the best way to reduce leaning and bending is to raise beds up high enough so you don't have to bend over. Or, plant in pots at a reasonable height (on a deck or table). Light-weight planters and plant material also make lifting easier.

The information for this section comes from the Canadian Physiotherapy Association, and the Arthritis Society of Canada, and the Internet site About series, arthritis.about.com. The final piece in this series will be *Gardening from a Wheelchair*. See you then!

June Bus Tour

As last year's tour was such a success and was so enjoyable, we've scheduled another bus tour this year. On Saturday, June 23, from 8:00 a.m. to 6:00 p.m., we plan to visit two private gardens in the Bowmanville and Peterborough areas, followed by a buffet lunch, and a winery tour. Rounding off the day will be a visit to the Oshawa Botanical Gardens. There will be opportunities to purchase plants as well as wine.

The cost for all this is just \$55, which includes lunch and all gratuities. If interested in going, please bring your cheque payable to the club to the May meeting or mail it to:

Roz Regnier
82 Presley Avenue
Toronto, Ontario
M1L 3P8
(Telephone: 416-759-6247)

East York Blooming Contest 2007

After last summer's successful revival of the East York Blooming Contest, we're once again teaming up with the City of Toronto to find the best front gardens in our community. Nominations this year will close on July 3, with judging to take place in July and early August. You'll find a nomination form included with this newsletter (it's also available from the Club's website www.eygc.ca).

Winning gardens will be announced at an awards presentation at the East York Civic Centre in September. The first-place winners of the Traditional and the Environmental categories will be entered in the 2008 city-wide contest.

As in 2006, members of our Club will perform the judging. The opportunity to spend a few hours reviewing some of the most attractive gardens in the community has always been one of the more enjoyable Club activities of the Club, whether it was the garden selection of the "old" contest, or the judging that we do now. If you are interested in being a part of this process, please put your name down on the sign-up sheets that we'll have at the May and June meetings, or call Malcolm Geast at 416-429-4719.

...and of course, if you know of any front gardens that you feel are particularly attractive, be sure to nominate them.

Canada Day

By Susan Bartlett

Canada Day is still a couple of months away but we will have our usual table at Stan Wadlow Park with our plant sale and Attic Treasures table. This is one of the biggest fundraisers for the club, so please think about donating plants or small household items such as books, kitchenware, bric-a-brac, etc. We will also need some volunteers to work at the table for about a two hour period. There will be a sign-up sheet at the May and June meetings.

Last year several members enjoyed walking in the Canada Day parade. If enough are interested, we will do so again. The parade will be held on Sunday, July 1st and starts just before 9:00 a.m. at Dieppe Park and finishes at Stan Wadlow Park about two hours later. The pace is not fast and there are plenty of stops, so there are a lot of opportunities to greet and interact with the public. It is not necessary to walk the entire route, one can drop out at any time.

If you're interested in walking the parade, there will be a sign-up sheet circulated at the May & June meetings or contact Susan Bartlett, 416-467-4945.

New Members

Please extend a warm welcome to Joey Thornez and Genevieve Gordon, two new members who have joined the Club in the past couple of months. Please welcome them and take the time to answer any questions that they may have about our Club.

Slugs & Oven Cleaning...

By Veronica Callinan

Here's a recipe for getting rid of slugs. It comes from Jack Kent (The Potting Shed, in Cayuga): Mix 1 litre of water, 1 cup ammonia and 1 squirt of dish soap. Spray on the leaves, on the slugs and on the ground around the plant. (If you don't have any ammonia, you can buy straight ammonia at most hardware stores.)

A modification of this recipe is also quite useful for cleaning oven racks. Do this outside, wearing rubber gloves:

- Pour equal amounts of ammonia and water and a splash of dish soap (sound familiar?) in a spray bottle.
- Put the racks in a big garbage bag
- Spray the racks inside the bag, thoroughly soaking everything, on both sides (doesn't have to be tidy)
- Close the bag and leave it for at least an hour, or even better, overnight.
- Wearing rubber gloves, hose down the racks on a concrete area, or in your laundry sink. For the worst spots, use steel wool. The effort should be minimal.

Open Gardens & “Private” Nurseries

For unusual plants or gardening ideas, many of us like to search out small nurseries on some of southern Ontario’s back roads. Some of these are hard to spot, even when you drive by. Others, many including attractive gardens, are closed to the public. But a few of these private gardens are open on selected days in the spring and summer.

Most well-known in the Toronto area is the garden of Marion Jarvie, one of the area’s most knowledgeable horticulturalists (and our October speaker). A marvelous and diverse collection of perennials is found in a garden that includes an alpine and scree garden, a bog garden, and woodlands beds. And of course, Marion always has plants grown in her garden for sale. An open garden in April has already passed, but you can still visit from 10 a.m. to 4 p.m. on June 2 & 3, July 14 & 15, and September 15 & 16. The garden is located in Thornhill, at 37 Thornheights Road. Take Kirk Drive east from Yonge Street, and Thornheights is the first road on the left (and Kirk Drive is the first road south of Highway 407).

Farther a field is *triffids plants*, a small nursery outside of Georgetown. Owned and operated by Belinda Gallagher (a Master Gardener, certified horticultural judge, and member of several gardening societies), *triffids plants* sells unusual, rare and rarely grown perennials. Normally open only by appointment, it’s open (from 10 a.m. to 3 p.m.) on four weekends this year: May 11, 12 & 13; June 8, 9 & 10; July 15; and September 14, 15 & 16. You’ll find *triffids plants* at 10612 Sixth Line (just to the west of Georgetown). Take Trafalgar Road North off the 401, go three traffic lights to the 10th Sideroad. Take a left to the first road (Sixth Line), and turn right.

If you’re heading north, you’ll want to drop in at *Merlin’s Hollow*, in Aurora. Designed by David Tomlinson (our speaker in February 2006), Merlin’s Hollow consists of a series of gardens within a garden, each with its own distinct character. In all, there are over 2500 different plants. The garden is open to the public from 10 a.m. to 5 p.m. on four days: Saturday, May 12; Saturday, June 9; Saturday, July 7; and Sunday, July 15. *Merlin’s Hollow* is

located at 181 Centre Crescent, in Aurora. Take the 404 north to Aurora Road (aka Wellington St.), and head west for about 4 km. Turn right on Industrial Parkway, and almost immediately turn west on Centre Street. Centre Crescent is just 100 metres on the right.

And if you’re interested in a longer drive, a trip up Highway 48 to Lake Simcoe will bring you to *Alpine Trough*, the garden of Nikola Warnock, Master Gardener, Past OHA District 5 Director, and frequent speaker on numerous horticultural subjects. Nikola’s garden, always full of hidden surprises, has been expanding over the past couple of years, with the addition of a large scree and rock garden. It’s open for one day this year, on May 27. Small alpine plants and trees and alpine troughs, empty and fully landscaped, will be available for purchase. You can get there by driving north on Highway 48, past the “big bend” at Sutton, until you get to Weir Sideroad (just a little beyond Morning Glory School). Turn right (south) on Weir, and then left (east) on Morning Glory Road. Nikola’s garden is at 9542 Morning Glory – but drive slowly, the house isn’t visible from the road, and it’s easy to drive by.

Photo Contest Results

“Egg” – It was probably our most unusual photography contest category to date, but eight EYGC members were able to produce some very creative pictures to submit for the April “People’s Choice” competition. After the votes of 37 members were counted, the winners were declared, and 1st, 2nd, and 3rd place ribbons awarded to Brian Rowe, Margaret Evans, and Jean Quinn.

This year’s two People’s Choice contests were a tryout, one that has proven to be successful. As a result, in 2008, we’ll be increasing the number of competitions, and holding one in each month from January to April. Suggestions for category subjects are always welcome.

OHA Convention

This August, from the 10th to the 12th, Owen Sound will be the site of the 101 Convention of the Ontario Horticultural Association. Keynote speakers during the three days will include Patrick Lima & John Scanlon from Larkwhistle Gardens (near Tobermory), Environment Canada's David Phillips, and Trevor Ashbee, Horticulturist, Township of Centre Wellington. There will be daily seminars and bus trips are available to local areas of horticultural interest. Registration for the three days is \$75. Information about nearby hotel accommodation, and registration forms can be found on the OHA's website (at <http://www.gardenontario.org/gar/news1.php?news=135>), or by calling Malcolm Geast at 416-429-4719.

Plant a Tree, Cool Your House...

Most of us look forward to the sunny days of summer. But too often we find that, when it comes to sunshine, there can be too much of a good thing. One of the best places to get some relief from the midday sun, and from the summer heat, is in the shade of a tree. Trees not only provide that relief, but they also provide other benefits. They help to reduce atmospheric carbon dioxide, lower winter energy costs (by providing windbreaks), and of course, they improve the appearance of our neighbourhoods.

To encourage the continuation of our urban forest, the City of Toronto, will provide free trees for your front yard. To order a free tree, call (416) 338-TREE (8733), or you can obtain a form at www.toronto.ca/trees/pdfs/FreeTree_Final.pdf.

For your backyard, subsidized trees are available through LEAF. An organization "dedicated to the protection and improvement of Toronto's urban forest", LEAF (Local Enhancement & Appreciation of Forests) engages in community plantings, seminars & workshops, provision of tree care information, and backyard tree plantings. Since 1996, it's planted over 10,000 trees and shrubs in Toronto. If you're looking for a tree for your backyard, give LEAF a call at 416-413-9244, or visit their website at www.leaftoronto.org.

Members' Open Gardens

We won't be holding a public garden tour this year, but we will have a few members' gardens open.

The first will be on Saturday, May 12, from 1:00 p.m. to 4:00 p.m., when Anna Leggatt has her garden open for you to visit. Anna's garden is at 2593 St. Clair Avenue East. It's on the south side, about 200 metres west of O'Connor, where Doris Drive meets St. Clair.

The second open garden will Doreen Penman's. It will be open from 6:30 p.m. to 8:30 p.m. on Friday, June 15. Doreen's garden is located at 277 Monarch Park, on the southeast corner of Queensdale and Monarch Park.

In September, you'll also have the opportunity to visit the gardens of Brian Rowe & Glenna Duguid, Dawn McEachern & Malcolm Geast, and another viewing of Anna Leggatt's garden.

We'd also like you to keep an eye open for attractive gardens for a public garden tour that we'll be holding in 2008. If you know of any gardens that could be included on a tour, please let us know. And of course, that includes your own garden!

Upcoming Events

Tuesday, May 15 – Beach Garden Society Meeting, *The English Gardens of Cornwall and Kent*, 7:30 p.m., Adam Beck Community Centre, 79 Lawlor Avenue.

Wednesday, May 16 – *Ferns: Wild Things Make a Comeback* at the Toronto Botanical Garden, 7:30 p.m.

Saturday, May 19 – Wildflower Walk at Todmorden Mills, from 10:00 a.m. to noon

May 19-21 & May 26-27 – Lilac Celebration at the Royal Botanical Gardens (Burlington)

May 26 to June 10 – 7th Annual Lilac Display at the Lilac Gardens of Lindsay

You'll find a complete list of events on our website (www.eygc.ca). The list is updated at least once a week.

An invitation to residents of
Wards 29 and 31

East York Blooming Contest 2007



The East York Blooming Contest is
back for 2007 and we want you to
show us your stuff!

Nominations are now being accepted for the East York Blooming Contest 2007. This is East York's way of recognizing the efforts of residents, businesses and other property owners in making their neighbourhoods beautiful, and your chance to showcase your beautiful gardens. Each garden nominated will be judged by a panel of experts from community horticultural societies. Winners in each category will be honoured at an Awards Ceremony in the Fall. These winners will go on to compete in the City of Toronto's City Wide Garden Contest 2008.

Nomination forms are to be sent to the addresses listed on the back of this form by Tuesday, July 3, 2007. All winners will be contacted and the results will be announced in August.

Coordinating committee:

Toronto Parks, Forestry & Recreation
East York Garden Club
Councillor Janet Davis
Councillor Case Ootes

Nomination form

Deadline date:
Tuesday, July 3, 2007

Form may be copied for additional nominations.

Please print
I nominate:

Name _____
(optional)

Address _____

Category _____

Name _____

Address _____

Category _____

Name _____

Address _____

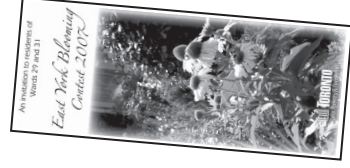
Category _____

Nominated by:

Name _____
(optional)

Telephone _____

For more information call 416-392-4034.



Who may nominate a garden?

You may nominate your own garden or someone else's. You do not have to be a resident of Toronto to nominate a garden.

How to nominate:

Just fill out the attached nomination form in this brochure. Nomination forms may be copied and written facsimiles and e-mails will be accepted. No more than three gardens may be nominated by any one person.

Completed nomination forms must be submitted by **Tuesday, July 3, 2007** to:

Return by mail:

East York Blooming Contest
c/o Councillor Janet Davis
East York Civic Centre
850 Coxwell Avenue
Toronto, ON M4C 5R1

Return by fax:

416-397-9289

Return by email:

blooming@eastyorkgarden.ca

Drop-off:

East York Civic Centre
850 Coxwell Avenue
Toronto, ON M4C 5R1



Garden Award Categories

Residential Gardens

Residential Gardens will include only the front and side yard which can be judged from the sidewalk (backyards are excluded). The gardens will be judged in one of the following categories.

Traditional

This is a garden with a predominance of grass. First, second and third place winners will be named.

Environmental/Alternative

An 'Environmental/Alternative Garden' for the East York Blooming Contest is a garden that substitutes plants for lawn, or significant areas of lawn, utilizes environmentally sensitive gardening practices and uses no synthetic pesticides or fertilizers. The use of organic gardening methods, including the elimination of garden chemicals, is essential. Although points are awarded to gardens that have native plants and help create wildlife habitat by providing food, shelter and water for indigenous birds and animals, an alternative garden does not have to include these components. A first, second and third place winner will be named.

Commercial and Industrial Gardens

These properties will be viewed from all sides and from within property limits. A first, second and third place winner will be named.

Other Properties

This category may include apartment buildings, churches, townhouse complexes, schools and any other properties that do not fall into the above categories. This category may be subdivided if there are significant numbers of entries. **These properties will be viewed from all sides and from within property limits.** A first, second and third place winner will be named.

What will the judges be looking for?

The judges will look for the gardens that reflect an effective and creative use of available space. The size of the property is not important. The judge will evaluate the garden based on inspiration and creativity and the garden's contribution to the surrounding community. Upon arriving at an address, the judge will take a few moments to get an overall view and feeling of the space and will then evaluate the garden using the criteria listed on the next panel. Bonus points will be awarded for the planting of native species and the use of environmentally friendly gardening practices.

Judging Criteria

Scale of Points for All Gardens:

Design:

Creativity and originality of design. Balance and scale of garden to building. Selection and arrangement of plant material including placement of trees & shrubs giving the garden overall year-round appeal. Use of colour and texture in relation to building (at time of judging). Design of traffic flow, both pedestrian and vehicular.

Use of Plant Material:

Use of plant material that is suitable to the location. Use of perennials and annuals as to diversity, suitability, spacing and balance. Use of plant material that encourages beneficial insects, butterflies, birds, toads etc., indigenous plant species.

Condition & Maintenance:

Overall cleanliness of property including driveways, parking areas with respect to weeds and garbage. Hedges, flowerbeds, borders with respect to pruning, edging of beds, control of weeds, disease and insect damage. Lawn or ground covers - good colour, dense growth, well maintained. Some unobtrusive weeds may be considered acceptable.

Hard Landscaping:

Condition of driveway surface and walkways. Appropriate use of stones, rocks, walls, fencing, statuary, garden art, containers, water features, outdoor structures and furniture, bird houses and toad houses etc.

Environmental Practices:

Use of good environmental practices such as mulches, rain barrels, compost, etc. Overall reduced pesticide use.

Community Contribution:

How the property contributes to the beautification of the neighbourhood as viewed from the street.

Distinction:

Impact and special overall appeal and special features.