



Streetsville Blooms

Streetsville Horticultural Society

Proud to be a member of the Ontario Horticultural Association

www.streetsvillehort.ca



Volume 29, Issue 1

September 2021

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Next Meeting

Tuesday, September 14th

Zoom Virtual Meeting

"It doesn't end in August"

Speaker Sean James

Meeting starts 7:30pm

Co-President's Message

Here's hoping you have all survived the very hot, humid summer. At least we saved a few dollars on our water bill, with all the rain we had.

We've had a good turnout to our coffee get togethers at the Leslie Log House over the summer and Shelley plans on holding a few more in the fall as long as weather permits. Some of those who gathered brought plants they no longer wanted and were given away to interested parties. So, it paid off to attend!!

We hoped to be able to hold an in-person meeting on **September 14th**, however since we did not move from "Step 3" to "Step 4" we are postponing our gathering.

Once again we will have a Zoom meeting featuring our guest speaker Sean James will show us how to ensure our gardens continue to be interesting through autumn and winter. Just click on the link sent out in advance and you will get connected with other members and be able to enjoy the presentation.

Membership fees are due since it is the beginning of a new year. Membership fees are \$20.00 for a single membership and \$ 30 for a family membership. Your cheque, made out to Streetsville Horticultural Society, along with your membership renewal form included with this newsletter to:

Streetsville Horticultural Society,
P.O. Box 42048,
128 Queen Street S.,
Mississauga, Ontario L5M 4Z4

Looking forward to seeing you on Zoom on September 14th!!

✂ Carol Ashford and Monica Ross, Co-presidents SHS



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Membership Renewal



It's that time of the year to renew your yearly membership. The great news is that our fees are staying the same this year, \$30 for a family and \$20 for a single membership.

In September you will receive a copy of the updated renewal form. You can verify your personal information making corrections if needed.

Guest speakers, special events, meetings, and premium plants are just a few of the things that your membership fees are used for. ✂ **Shelley Dodd**

Coffee Club

Tablecloths and fresh cut flowers adorned the picnic tables and fresh baked banana loaf, or cookies tempted our taste buds, as members gathered for our morning "Coffee Club" at the Leslie Log House property.

Throughout the months of July and August, around 18 members have attended each event to share stories and reconnect with friends! Some members brought seeds or bulbs to share, books to read, or just enjoyed the beautiful garden backdrop as they discussed what was growing in their gardens.



With such a positive response, another "Coffee Club" will be held in early September. An email will be forwarded to your inboxes and the event posted on our Facebook Page once the date has been chosen.

✂ **Shelley Dodd**



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Speaker of the Month

Our speaker for the next meeting on Tuesday 14th September is Mr. Sean James and his topic is "It doesn't end in August".....extending interest in the garden to December, and beyond.



Sean is a graduate of Niagara Parks School of Horticulture, a Master Gardener, writer and teacher who focuses on eco-gardening techniques. He was named by Landscape Ontario as 2020 and 2021 Garden Communicator of the Year.

✂ Jon Eldridge

Streetsville Horticultural Society Facebook News

I hope you have had a chance by now to visit our updated Facebook Page and check out the pictures posted by members and interesting articles about a variety of topics. If you would like to post directly onto the Page, please contact Maureen Dodd or Shelley Dodd and we will add you as Page Editors. You can also email us directly and we will post the item on your behalf. The Page is a little different from a personal Facebook account and there are restrictions on the things we can post. It has been a great learning experience and opportunity to stay in touch.

<https://www.facebook.com/Streetsville-Horticultural-Society-101876555345008>

✂ Shelley Dodd



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Pollinator Garden

A garden planted and designed, with specific nectar and pollen producing plants

The Streetsville Horticultural Society looks after several gardens in the Streetsville area. One of these gardens, is the "Streetsville Pollinator Garden", located across the street from our meeting place, Streetsville United Church.

It officially opened in May 2018. The garden consists mainly of raised beds with side gardens on 3 sides, which definitely makes it easier (and a fav) for those of us that have difficulty doing a lot of bending while maintaining the gardens.



There are safe paths for visitors to browse and meander between the rows, and benches scattered for those who love to sit amidst an oasis of calm and serenity.

Are you a sometime gardener looking to spend 1-2 hours on a Monday (weather permitting) puttering around plants? No experience whatsoever required.... All that is needed is a pair of gardening gloves, a trowel and a smile! If you're interested contact Viv Holmes @ vivholmes46@gmail.com.

Happy gardening!

✂ Vivian Holmes





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Rotary Park

Grace Nelham took these pictures recently, showing some of the park and some of those who help to keep it looking nice.

We always need more helpers so if you can spare an hour or so every other Thursday morning, please let me know. Jon Eldridge 416 518 1754.



Small actions can also build to create larger change that can span across cities, states and countries!

✂ Jon Eldridge



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Leslie Log House

Thanks to all the rain we've had this summer the gardens at the Leslie Log House are looking pretty spectacular!! The rain has also been a lifesaver to the volunteers as we haven't had to drag out the hoses on those very hot days to water.

As of August 11th, SHS volunteers have logged **215.5 hours** working in the gardens, weeding, deadheading, planting etc. Many thanks to all our volunteers: Dean Scully, Viv Holmes, Grace Nelham, Judi Kokis, Monica Ross, Nury Garzon, Maryanne Brown and Shelley Dodd for their dedication and handwork over the summer months. Your efforts are appreciated and certainly are seen in the beautiful results.

We want to also make special mention of Grace Nelham who has taken some amazing photos of the garden as the summer progressed. (See below)



Thanks to the pipeline people who after they removed all their equipment from the property last year sprayed the trail to the river with wildflower seeds. A sight to behold!

If you haven't been there... take a moment to stop and have a look.  Carol Ashford, LLH Chair



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Native Corner: American Ginseng - *Panax quinquefolius*



It's amazing what Mother Nature will reveal if you stop and smell the proverbial flowers. I was fortunate enough a couple of months ago to find one of the rarest species in Ontario. American Ginseng has almost been extirpated from Ontario because of its desirability in the alternative medicine world (it was already assessed as endangered when the Endangered Species Act took effect in 2008). It's so rare that this picture has been scrubbed of all location data just in case it's leaked! What a real treat it was to find it.

Growing 8 – 27" tall, rising from a short, gnarled rhizome with a parsnip-shaped root, it thrives in heavy shade and humussy but well-drained soil. It has five leaflets with small greenish-white flowers at the end of the stalks and develops bright red berries. When I found this specimen, it was still quite early in the season – hence the lack of developed flowers or berries.

It is pollinated primarily by sweat bees and syrphid hoverflies, but plants are also capable of self-pollinating if necessary. The small red berries are dispersed largely by birds, with the primary species interested in the fruit being various thrushes. The seeds inside the berries are covered in a thin shell-like skin that protects the embryo from being broken down in the bird's stomach to give it a better chance of being viable once expelled.

Every culture looks for a cure-all that will prolong life, enhance sex, improve memory, etc. etc. etc. Ginseng, by its very name *Panax*, means "panacea" – very much how ginseng has been viewed historically and is still viewed today. In particular, it is said to improve energy and sexual prowess, accounting for its widespread popularity. Native Americans have used it medicinally for thousands of years, just as it has been used in Asia, and there has been a resurgence of interest in its medicinal and tonic properties. This is not entirely good news: the demand for herbal medicines has pushed some of our finest native plants right onto the endangered species list.



The power of the ginseng lies in its root. The above ground greenery is inconspicuous, buried under leaves or hidden by larger plants. In 1925 Neltje Blanchan wrote, "One must burrow deep, like the rabbits, to find its round, pungent, sweet, nut-like root, measuring about half an inch across, which few have ever seen."

The ginseng root is thick, fleshy, and wrinkled, with fibers emerging from one end like hair. The upper part has scars from the annual shoots which grow from it. When dried, it has yellow-ish white bark with a slight scent and a



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bittersweet taste. According to Chinese tradition, the roots shaped like a human body contain the most powerful magic. Chinese emperors paid fortunes for human-shaped roots.

Native Americans were also familiar with its powers. Indigenous communities used ginseng to treat illnesses from headaches to tuberculosis. Other uses varied from the Meskwaki of Wisconsin, who made a love potion from ginseng to the Penobscot women of Maine, who steeped the root as a fertility drink.



In Quebec in the early 18th century, Jesuit priests who had served in Asia recognized the plant immediately. Although the fur trade was lucrative, the trade in native ginseng quickly became the second most important export leaving New France. By 1750, however, most plants with large roots had been shipped to China. The Canadian trade petered out, but exports from the United States continued. It's neither an easy nor a quick business – the plants take three years to produce fruit, and another five years before the roots are ready for market. Very few entrepreneurs had the patience to cultivate the plant and they stuck to ripping it out of the wild. Ginseng, while capable on an individual level of surviving extremely minor harvesting is, as a species, wholly incapable of withstanding the level of overharvesting caused by the large international demand for this plant.

Modern studies suggest that though it's not a miracle cure, it does contain vitamins, minerals, and saponins that make the body more resistant to stress and there is some evidence that it might help in treating type 2 diabetes. Apparently, the Ontario government has a program to encourage farmers to start planting ginseng as an alternative to tobacco and across North America 2 million pounds are harvested each year. As most cultivated ginseng is often contaminated with pesticides and herbicides, the black market is filled with wild roots that are harvested illegally.

It takes 400 plants to make 3 pounds of dried roots A forest might have as many as 100 plants, but the norm is 20 or even fewer ... I think we can all do the math here ...

I hope someday you all have the opportunity to see something as rare as this. And if you do, take only pictures, and wish the same good fortune on to the next worthy person.

Happy spotting!

As always, never dig up plants from the wild, and don't buy from nurseries that do.

✂ Heather Marchment



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On **Saturday August 21, 2021**, communities and organizations across Canada came together for a day of summer fun to celebrate one of North America's most cherished insects!

Flight of the Monarch Day is a nationwide event to recognize the iconic monarch butterfly. Join the network of communities across Canada and be part of the movement to protect and raise awareness for the monarch butterfly.

<https://trca.ca/learning/professional-development/monarch-teacher-network-canada/flight-of-the-monarch/>



Royal
Botanical
Gardens

Check out all the fall blooms and activities at the Royal Botanical Gardens

<https://www.rbg.ca/>

Including the Cootes to Escarpment Fall Festival

September 14 to October 3rd | Virtual & In-person

Become an EcoPark Explorer! Learn the basics of plant identification, birding, and backyard biodiversity. Take what you learn on a self-guided hike and stop by our weekend pop-up booths for a family friendly activity and to earn your EcoParks Explorer t-shirt!