

# THE WATERING CAN



**WEST CARLETON GARDEN CLUB**

P.O. BOX 326, CARP, ONT. K0A 1L0

FEBRUARY, 2010

West Carleton Garden Club on Line - <http://sites.google.com/site/westcarletongardenclub/>

## Executive Committee

**President** - Donna Caldwell - 839-2079

**Vice President** - David Hinks - 839-2248

**Treasurer** - Ted Barnicoat - 839-0615

**Secretary** - Sharry Featherston - 839-9944

**Newsletter** - Denise Burnham - 839-7316

**Program** - Christina Zehaluk - 832-3526

**Plant Sale** - Mary Reynolds - 832-0408

**Hospitality** - Mary and Roy Reynolds

**Flower Show** - Anne Crosley - 470-0079

**Membership** - Adeline Alkan = 839-0611  
- Anne Crosley

**Yearbook** - Christina Zehaluk  
- Sharry Featherston

**Members at Large** - Nancy Argue - 831-0576

**Past President** - Anne Gadbois - 256-7161

February 9, 2010

## The 100 Kilometer Diet



### *David Hinks - Master Gardener*

David has been an enthusiastic vegetable gardener for many decades. He was brought up on a dairy farm in south-western Ontario where he was introduced to gardening at an early age by parents and grandparents. For the last 35 years he has gardened at allotment gardens in Ottawa where he likes to try new plants and new techniques.

He broadened his interest in gardening by joining the Master Gardeners of Ottawa-Carleton in 2002. Master Gardeners is a not-for-profit organization of volunteers that provide free gardening to home gardeners. Master Gardeners have to demonstrate high levels of horticultural knowledge and commit to on-going training.

David is currently responsible for organizing the participation of the Master Gardeners at the Carp Farmers Market and Garlic Festival. He has written articles on gardening for local media and has prepared and made many presentations to community groups. In his writing and speaking he is committed to empowering people to grow their own food.

As an economist and senior policy advisor, David has worked in the fields of shipping and inland waterways for over thirty-five years, primarily for the Canadian Federal Government. Following his retirement from the public service in July, 2006 he spent a year participating in a study of transportation on the Yangtze River system in China.

He now works on a part time basis as a marine transportation consultant and as an advisor to small businesses in the Carp area.

## Future Events

March 9, 2010

### Mushrooms Local, Wild, Edible

with Naturalist Bob Graham

Bob Graham is a lifelong outdoorsman and self-taught naturalist from the Maxville area of Glengarry County. One of the many outdoor interests learned over the years is the collection of local wild edible mushrooms. Bob will share with us some of the experiences and techniques he has learned about collecting mushrooms, including tips on how to identify, collect and prepare some local varieties.



April 13, 2010

### "Soils, Composting and Microbes"

with Horticulturalist  
Mary Anne Jackson Hughes



May 11, 2010

### Tips/Tricks and Techniques for Gardeners

with Mary Anne Van Berlo

**Goodies and door-prizes for the February meeting are kindly requested from members with names starting with T and U.**

## **Words of Wisdom**

Unemployment is capitalism's way of getting you to plant a garden.

~Orson Scott Card



Earth is here so kind, that just tickle her with a hoe and she laughs with a harvest.

~Douglas William Jerrold

## The 0 mile Diet



### Grow organic sprouts indoors

by: Carolyn Herriot

Winter often means we have to depend on more expensive, less nutritious (and less tasty) produce that has been transported from far away. But there is a solution - you can boost your diet simply and inexpensively by growing sprouted seeds.

I regard sprouts as a precious winter food. They strengthen the immune system by providing the greatest amounts of vitamins, minerals, proteins and enzymes of any food per unit of calorie, and it's in a form that is easy to digest.

### sprouting seeds in soil

Use this method for buckwheat, peas, unhulled sunflower, wheat or barley seeds. Soak wheat, peas and barley for eight hours, buckwheat or sunflowers for 12 hours.

- Fill pots or trays (with drainage) two-thirds full with soil-less, lightweight, growing mix, containing no chemicals. Water well.
- Spread soaked seeds on the growing medium so the seeds are just touching.
- Put the tray in bright light for five to eight days - on a windowsill or on top of the fridge is perfect.
- Keep the growing medium moist. Check daily to see if it needs watering or misting.

TIP: Adding a few drops of liquid kelp to the water increases the nutritional clout of the sprouts.

- When the seedlings are 10 cm (4 in.) tall they are ready for harvest. Cut with scissors as needed

Packaged mixes are available for under \$5. You can even save your own garden seeds, but make sure you store them in a clean rodent-free place.

### The Ottawa Botanical Garden Society Event



Photo credit Ned Pratt

The Right Honourable Adrienne Clarkson  
Monday, April 26, 2010

### "From Parking Lot to Paradise: The Making of an Urban Garden"

To purchase a ticket, send your cheque in a self-addressed, stamped envelope to:  
The Ottawa Botanical Garden Society  
P.O. Box 74009, 5 Beechwood Avenue  
Ottawa, ON, K1M 2H9  
or purchase your ticket with a credit card.

For further inquiries, call: 613-747-0600 or email:  
[eventcoordinator@ottawagarden](mailto:eventcoordinator@ottawagarden).

### Invitation from the OBGS

The Ottawa Botanical Garden Society is planning a fund-raising garden tour. If you are interested in opening your garden for this prestigious event, please contact June Norgaard,  
[junenorgaard@sympatico.ca](mailto:junenorgaard@sympatico.ca)

Last month's speaker, Michael Runtz drew a great crowd. His topic, The Various Roles Wildflowers Make Animals Play was fascinating. Here's an article you might find a great follow up to his talk.

### Punishment Important in Plant-Pollinator Relationship

*ScienceDaily (Jan. 18, 2010) —* Figs and the wasps that pollinate them present one of biologists' favorite examples of a beneficial relationship between two different species. In exchange for the pollination service provided by the wasp, the fig fruit provides room and board for the wasp's developing young. However, wasps do not always pollinate the fig. Fig trees "punish" these "cheaters" by dropping unpollinated fruit, killing the wasp's offspring inside, report researchers working at the Smithsonian Tropical Research Institute.

To read more of the article go to:  
<http://www.sciencedaily.com/releases/2010/01/100114143513.htm>

### 2009/2010 Yearbook Advertising Opportunity

The yearbook committee is looking to raise money to print the yearbook in colour.

There are 6 ad spaces available. The space is 1/3 of a page vertical (approx. 2.5" H x 5" W). The cost is \$30.00. If you are interested, please email Sharry at [fracasso@rogers.com](mailto:fracasso@rogers.com) by February 23/10

### "Gardens Central"

#### *Contest Details*

Gardening conditions vary from region to region. That is why Gardens West is a regional magazine and that is the main reason why it is so successful. This publication offers articles that help gardeners in their own neighbourhoods, climates and conditions. We know from experience that gardeners enjoy reading a regionally focused magazine, so in March 2010 we will be launching Gardens Central for Ontario and Quebec and Gardens East for Atlantic Canada.

If you know of a garden that deserves to be featured on the pages of a winning magazine, let us know! The winning gardens will be featured in upcoming issues of Gardens Central or Gardens East.

We want gardens created and looked after by home gardeners. There is no right size or style of garden for everyone. Whether formal or informal, small or large, if a garden stands out in a crowd, we'd love to see it

So join the fun and share the news with your friends. And if you are the first person to submit a garden we choose to feature in either **Gardens Central** or **Gardens East**, you will win a free subscription to that magazine

Entries: Please send photos and a paragraph or two describing your submitted garden. Submissions may be mailed to PO Box 2680, Vancouver, BC, V6B 3W8, or emailed to

[winninggardens@gardenswest.com](mailto:winninggardens@gardenswest.com)