**Brooklin Horticultural Society Presentation for June 26, 2013 meeting**

Sofie’s Picks - A listing of plants presented at the Brooklin Horticultural Society meeting June 26, 2013, a combination of new and newer introductions and other interesting plants and tips. We are located in zone 5b in Whitby, Ontario, Canada.

**SOME GARDEN PLACES I SHOP AT IN THE DURHAM REGION:**

***Below are websites of garden centres that list all the plants they sell at their nursery or by mail order.* Most allow you to pick up your order if you do not want to pay for shipping. I refer to these websites to see if they carry the plants in my presentations and include them in my “Where to Buy” column. I prefer to shop locally in the Durham region. You may find the plants I feature at many other nurseries as well.**

[www.gardenimport.com](http://www.gardenimport.com) Mail Order Company, Thornhill, Ont. 1-800-339-8314 Pick-up allowed – Bayview Highway 7 area.

[www.goldenbrookhostas.com](http://www.goldenbrookhostas.com) Blackstock, Ontario (located just east of Port Perry) Mail order (Canada only) + pick up. Great website listing a huge selection of hostas with photos, prices and latest varieties. Tour their garden to see many varieties for sale.

<http://www.lamrockscountrygarden.com> – hostas, roses, some perennials. Varieties & prices listed on website – they have not updated their website since 2012 so don’t know what is happening there – located in Port Perry

[www.masonhousegardens.com](http://www.masonhousegardens.com) 3520 Durham Road #1(Brock Rd), RR 4 PO Box 886 Uxbridge, ON L9P 1R4, south of Goodwood Rd.
905-649-3532 – New introductions, unusual plants, perennials, grasses, vines, shrubs, tropicals, succulents, vegetables + a huge selection of heritage tomatoes. *All varieties listed on their website – this is not a mail order company – a family owned specialty nursery. You can tour the gardens as well.*

<http://pickeringnurseries.com> Mail order company specializing in roses – hundreds of varieties available. Located in Port Hope, you can pick up your order if you wish – call ahead. Bare root spring and fall delivery, plus potted roses once the delivery season is over.

[www.richters.com](http://www.richters.com) Goodwood, Ontario Located on Highway 47, west of Brock Road. Mail order & pick-up. For all things to do with herbs in a greenhouse setting – plants, seeds, books, & a huge selection of dried herbs & teas. Sample for free various tea mixes. Check under events on the website for free seminars presented by guest speakers in the greenhouse. All lectures are now taped & available on the website if you cannot attend. You can also order or pick up a printed catalogue.

***The following websites are “generic” – they do not list their plants so I don’t know what varieties they have for sale.* Therefore, you won’t see them listed on my “where to buy” column even though they may stock the plant**s.

**Century Home & Garden Greenhouses** at 1431 Hwy 7a, Port Perry ON L9L 1B5, 905-985-2672.

**Country Market Garden Centre**, 2535 Taunton Rd. E., Bowmanville, L1C 3K2, 905-263-2090 – has a good selection of perennials, roses, trees, shrubs, conifers, annuals and tropical plants at very reasonable prices. Also local produce, baked items and giftware. He always has something unique every year. No website.

[www.kingswaygreenhouse.com](http://www.kingswaygreenhouse.com) Oshawa, Ontario 905-434-3851 A family run business – Plants are not listed on their website

John’s Perennials, <http://johnsgarden.wordpress.com> 905-862-8175, Uxbridge, ON Perennials, annuals, roses, shrubs, trees, rare conifers + more. Open weekends only

<http://www.ottergreenhouses.com> 315 Medd Road, Port Perry, Ontario, L9L 1B2 | (905) 852-4187 Annuals, hanging baskets, perennials, - a family owned business

**Peter Keeping**, Bowmanville, Ontario – sells unusual & hard to find **clematis** as well as perennials at very reasonable prices– Peter imports clematis from Europe/England. Phone 905-697-7842, e-mail peterkeeping@hotmail.com. Call or e-mail for his list of current clematis for sale. Peter and Sheila grow over 250 clematis on their property. They also have assorted perennials and other plants for sale. Does not have a website.

**Pineridge Garden Centre** 2215 Brock Rd, Pickering, ON L1V 2P8 905-683-5952 No website.

[www.rekkers.com](http://www.rekkers.com) Rekker's Garden Centre, 2258 Regional Highway 2, Bowmanville, ON L1C 3K7 905-623-2300

[www.sheridannurseries.com](http://www.sheridannurseries.com) Whitby location, 410 Taunton Road West, Whitby, ON L1P 2A9 905 686-0844

[www.vandermeernursery.com](http://www.vandermeernursery.com) 905-427-2525 588 Lakeridge Rd. S., Ajax, ON (corner of Lakeridge and Bayley). Plants not listed. They carry a huge selection of various plants – trees, shrubs, roses, perennials, annuals, seeds, giftware, etc.

It is June 26, 2013

**QUOTE FOR THE DAY**: ***Always to grow in your garden some plant or plants out of the ordinary, something your neighbours never attempted. For you can receive no greater flattery than to have a gardener of equal intelligence stand before your plant and ask, “What is that”? Richardson***

Thanks to everyone who visited my garden on June 23rd during the members’ tour. The day before the tour, when I still had mountains of weeding to do, heavy rain poured straight down like in the tropics. It would then stop for a few minutes and then start again – the entire day. Some breaks were as long as an hour, at which time I frantically tried to get the weeding finished before the tour. I have never experienced a day like that rainy Saturday. Needless to say, the weeding did not get done in every bed and it was quite evident which gardens had been weeded and which had not (I have dozens of beds). So I had to restrain myself from getting my “knickers in a knot” as I like things relatively neat & weed-free, but at the same time relaxed and blousy.

I have one more week to plant the rest of the annuals which are lining the driveway, another batch of mirai corn, potatoes and several shrubs and trees before the next tour – a group of seniors visiting from The Court. Part of the problem in the colour wheel garden has been getting the weeds removed and thinning out hundreds of volunteer seedlings which are an integral part of this garden – (verbena bonariensis, kiss-me-over-the-garden gate, cosmos, etc.) so that a new batch of annuals could go in. I am a compulsive buyer of plants, trees and shrubs and don’t always have a spot planned as to where they will be planted. That is the trouble with having so much property – 10 acres. I don’t know where to plant all the newly purchased trees and shrubs as it should have been done several weeks ago. Thanks to my husband John for watering all these potted plants as they would have been dead by now.

**Announcements**

**Free Garden Tour** - Check out the free garden tour sponsored by Whitby in Bloom. My garden will be included in this tour to be held on July 27th, 2013, prime time for over 200 blooming daylilies in my garden. The tour is free, but donations for the food bank are appreciated. See this site for all the details. <http://www.whitby.ca/en/residents/whitbyinbloom.asp>,

**Sea Buckthorn:** Sea buckthorn berries are all the rage with a growing reputation as a “Super Berry”. If you are looking for a place to go this summer, check out this Sea Buckthorn farm located in Teeswater, Ontario. Their Sea Buckthorn Harvest is held between August 10th – August 25, daily 9 – 5. Please call ahead just in case 905-357-3383 or check the website [www.healingarc.com](http://www.healingarc.com) for more information.

**Fairy garden supplies** are being replenished around mid -July at Mason House Gardens. Call ahead 905-649-3532. This would make a great gift for kids.

**TIPS AND OTHER STUFF:**

**Pulmonaria** – if you are growing pulmonaria or lungwort, it can start to look “ratty” right now and will self-sow all over the place. I have it growing in full sun and in shade. I chop the entire plant to stubs after flowering – an inch from the ground. I use long scissors to do this – much easier than using secateurs.

**Slugs and Red Lily Beetle**- I was out at dusk the other day and checked my bean and zinnia seedlings which get eaten every year. I noticed a tiny slug on one bean seedling and another tiny slug on a zinnia seedling. The damage to the leaves by that one tiny slug was quite evident. I happened to have my red lily beetle spray on me and sprayed the slug. It worked – dead slug in a few seconds – not right away. Here is the recipe again as was written for the red lily beetle:

1 teaspoon (5 ml.) liquid dish soap, (I used Palmolive – I think any brand will be fine) Do not use dishwasher soap.

1 Tablespoon mouthwash (15 ml.) I used Scope

1 quart or 1 litre of water in a spray bottle. I purchased this at the dollar store.

Mix gently to avoid excessive bubbles. Hit the beetles several times with the spray. If the beetle drops to the ground, try spraying around the base of the stems. They will turn upside down so are hard to see once they drop. Spray the black blobs under the leaves – these are the larvae that have hatched from the orange eggs laid on the undersides of the leaves. The larvae cover themselves with their own excrement – hence the black blob - yuk . This spray also worked on pear slugs and asparagus beetles. Try it on potato beetles and any other bugs that are “bugging” your plants. Always test first to make sure the leaves do not get damaged.

**Raspberries** - these are wonderful to have in the garden but are very invasive. The best way to grow them is in a single row, however long you want, so that you can mow around the row to mow down any wayward stems. You can grow them in a circle as well – anyway you wish as long as you can mow around the patch to keep the suckers in line. The best way is in a contained area – make a wooden box – not too wide – so you can get in to pick (about 3-4 feet wide). Any that escape from the box can be whipper snippered or dug out. I have a wonderful variety called Polana with very few thorns/bristles– an everbearing type,that bears raspberries from July to frost. Let me know if you are interested – I have some for sale. You only need one plant to get started.

Pruning: An everbearing raspberry cane will last two years. The first year, you will get berries in July, assuming you planted it in June or earlier. This cane will produce many new canes/suckers which will bear fruit from mid-August to frost. These new canes will live one more year and produce a crop of berries in July the following year so do not prune them in the fall or spring. After fruiting in July the second year, remove these canes to the ground. These canes will now have brown wooden stems, whereas the new canes have green stems. It is the brown woody ones that should be ***removed in July*** after they have produced fruit – they will die anyway. This will thin out the patch as well and allow the new growth room for a nice crop of berries right until frost. I have to freeze my berries as I get so many berries. I even get enough at one time to make a raspberry pie. My patch is about 4’ x 10’.

**Strawberries**- these too should be contained in a contained area (wooden boxed bed) to control their invasiveness. It is much easier to weed as well and nothing beats the taste of a strawberry just picked from your own garden. If you have the room, it is a good idea to have two boxed beds so you can switch back and forth as strawberries need to be refreshed every 2-3 years. I have grown them in a regular bed – great year one, disaster year two – weeds, runners everywhere – it was awful.

**Carpenter Bees** – do you have sawdust on your wooden patio or deck? I discovered sawdust last year and thought it was caused by carpenter ants. I noticed what I thought were huge bumble bees flying around the areas where I first observed the saw dust. These bees were different in that they hovered around the deck posts like hummingbirds. They were not hairy like a bumble bee but were rather smooth in their abdomen. I did some research on the internet and discovered that I had carpenter bees. They will burrow into the wood of your deck – look for perfect round holes in the wood that are just a tige smaller than a dime and telltale sawdust on the floor/ground below. Here are two sights that will describe these insects and how to control them. They are both US sights.

<http://www2.ca.uky.edu/entomology/entfacts/ef611.asp> or

<http://www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7417.html>

**Daffodil bulbs** – a great buy this year is the 60 day blend of 25 different daffodil bulbs being offered by our club in the fall, especially economical if you have a large lot. I personally don’t care for mixed blends but this is a great way to get a number of different cultivars within the blend. What I do is plant each bulb separately at a distance from each other. It will look silly the first year or two when you only get one or two blooms in each spot, but daffodils multiply readily and you will end up with nice patches of “dafs” that match instead of a mish mash of different cultivars. Squirrels do not like daffodils and hyacinths.

**Clematis Durandii** – I grow this clematis in very tall tomato cages and let them drape over the edge. Superstore has new mighty mato cages for growing large grafted tomatoes. I might try these new extra tall and wide cages for Durandii – much cheaper than buying fancy obelisks. They cost $14.99 each and maybe on clearance at the end of the season.

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| **ANNUALS & TROPICALS & BULBS and TUBERS** |
| Dahlias annualTuber | Check out the dark leaved dahlias at Mason House. These have already been started and are growing in pots. I have tried Mystic Spirit – an orange one – it stands out in the garden and blooms earlier than other dahlias. These dark coloured dahlias come in several colours, with elegant, simple flowers. | Mason House |
| Caladium annualTuber | A plant grown for its beautiful foliage and its ability to grow in shade. It comes in many patterns in shades of green, white, rose, pink, red  | Most nurseries |
| EremurusFoxtail lilyPerennial | An amazing plant with very tall dramatic flower spikes – it multiplies each year for more and more spikes. It comes in many colours and will survive over the winter. Protect it in early spring if there is frost – I put a pot over the new growth or mulch in the fall. Needs a very well drained soil and full sun. They have fleshy, starfish/octopus shaped roots. Not sure if it is called a tuber but you do leave it in the ground over winter. It is a perennial.<http://www.easytogrowbulbs.com/g-73-foxtail-lilies.aspx> | Garden ImportOther nurseries – perhaps in the fall in the bulb section. Sometimes available as a potted plant at Vandermeer’s |

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| **PERENNIALS - the heucheras listed below are not new cultivars but rather ones that have made it through the winter in my garden with flying colours and are quite showy. I have too many to list that have survived as well, and others that have died and/or are weak plants.** |
| Aralia cordata “Sun King” A plant for shade | I have just purchased this perennial which I thought was a shrub. It will get 3 feet tall, is a beautiful golden colour and **will grow in shade**. Give it a couple of hours of sunlight if you can. Looking forward to this tropical looking shrub in a shadier part of my garden. <http://www.waltersgardens.com/plants/General-Perennial/2181_Aralia-cordataSun-King.aspx>  | Garden Import has this on sale right now. See above for their website. |
| Echinacea “Cheyenne Spirit” | This is a seed strain of Echinacea in mixed colours. I saw some at Mason House Gardens which have overwintered nicely. The colours are mixed so get one that is blooming. The one I saw went through 4 colour changes over the course of its bloom period.<http://www.waltersgardens.com/plants/General-Perennial/2320_EchinaceaCheyenne-Spirit.aspx>  | Mason House Gardens |
| Heuchera“Bronze Beauty” | This heuchera has survived the winter without any problems. It has **enormous bronze/caramel coloured foliage with an amber tinge, a great alternative to hosta – I love the huge leaves.**<http://www.daytonnursery.com/encyclopedia/Images/Heuchera%20Bronze%20Beauty%202pl.jpg> | Every nursery sells various huecheras, you may have to search for this |
| Heuchera “Lipstick” | Silver veiled green leaves with striking red flowers that stand out from a distance. This heuchera has already been blooming for 2 weeks and shows no signs of letting up. It reminds me of the old fashioned coral bells. I love the red flowers and plan on getting 2 or 3 more plants for an outstanding show. It is supposed to be a long bloomer. <http://www.cowellsgc.co.uk/p/heuchera/112-heuchera-lipstick-1l-68532.html>  | Every nursery sells various huecheras, you may have to search for this |
| Heuchera “Mocha” | Another winter surviver – it has very dark, large, matte leaves and is much more robust than Obsidian. It darkens to almost black by mid-summer. <http://www.perennials.com/plants/heuchera-mocha.html>  | Vandermeer |
| Heuchera “Rave On” | I love this heuchera. It is a great plant for “neatniks” – a neat small plant with lovely grey foliage, and flowers that bloom from mid-May onwards for weeks and weeks. Mine has already been blooming for a month (since mid-May). Plant more than one for a nice show – you can gently pry apart one plant to get more if there are multiple crowns. <http://www.terranovanurseries.com/gardeners/heucheraraveon-p-157.html>  | Vandermeer |
| Hibiscus “Blue River 2” | This is a beautiful pure white dinner plate type hibiscus. I grew some plants from seed last year but all of the seedlings were destroyed by voles over the winter. I am planning on growing 3-5 in a row for a major show in late summer. Hibiscus is very easy to multiply by cuttings. Gently remove ½ inch stems right to the base and place in a deep pot in a soilless mix. Keep watered and you should get roots within a few weeks. <http://www.gorgetopgardens.com/perennials/hibiscus-blueriverII.html>  | Mason House – once again call ahead – see note below |
| Hibiscus Summerific series | Summer storm – this new hibiscus is supposed to bloom for 12 weeks with huge 8” pink flowers. However, it is the foliage which bowled me over and drew me to it right away as soon as I saw it – deep dark burgundy leaves tipped in green, worth growing just for the foliage. It reminded me of Pysocarpus “centre glow”. None of the links show the foliage but here is a photo of the flower. This link describes the difference between summer storm and kopper king. I am excited to try this hibiscus as I have kopper king and look forward to the much extended bloom time of Summer Storm. <http://www.greenhousegrower.com/article/25975/battle-of-the-hibiscus-summer-storm-vs-kopper-king>Cranberry Crush <http://www.waltersgardens.com/plants/view/?plant=1877> deep redBerrylicious <http://www.waltersgardens.com/plants/view/?plant=2134> rare lavender colourAlso try Jazzberry Jam <http://www.waltersgardens.com/plants/view/?plant=1781> pinkHeartthrob <http://www.plantdelights.com/Hibiscus-Heartthrob-PPAF-Heartthrob-Hardy-Mallow/productinfo/7882/#.UbdBdZRzaUk> red black | Mason House – please call ahead as the supplier has yet to deliver these new varieties, some of which are part of the new summerific series with extended bloom time.  |
| Hosta Whee | A beautiful swirling, twirling hosta, this photo does not do it justice. <http://www.waltersgardens.com/plants/Hosta/2136_HostaWheee-PP23565-CPBRAF.aspx> | Goldenbrook Hostas |

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| **SHRUBS AND TREES John’s perennials has a good selection of shrubs, trees and conifers and perennials but does not list the varieties on his website.** |
| Shrub Cotinus coggygria smokebush “grace” | This is a shrub for large lots. It is a huge shrub, growing about 15 feet high, and quite wide. However, you can prune out some branches to the ground to control the width and/or it can be pruned to 1 foot high in the spring but you will sacrifice the blooms. It doesn’t always bloom for me – depends on the winter. However, this year it is quite spectacular with rosy plumes of “smoke” which contrast with the deep burgundy colour of the leaves. When not in bloom, the tips of the branches are a contrasting copper colour, which glow beautifully if sighted so that sun is behind the shrub from where you are sitting. <http://www.crocus.co.uk/plants/_/cotinus-grace/classid.1011/>  | Try VandermeerJohn’s perennials |
| ShrubHydrangea quercifolia “Pee Wee” | This shrub is a compact version of our native oak leaf hydrangea. *Hydrangea quercifolia* 'Pee Wee' is hardy from Zones 5 to 9, and thrives in shady as well as sunny gardens. It has white panicles of flowers and beautiful large oak like leaves which turn bright colours in the fall. <http://www.abnativeplants.com/index.cfm?fuseaction=plants.plantdetail&plant_id=244>  | Small starter plants at Mason House |
| ShrubWeigela “Sonic Bloom Pearl” | A weigela that blooms all summer? Weigela sonic bloom pearl has beautiful pearly white flowers with a yellow centre, changing to pink. I will be purchasing one of these this year as I love weigela’s and this is an unusual colour . <http://www.michiganbulb.com/product/Sonic-Bloom-Pearl-Reblooming-Weigela-> The also come in pink and red. | Sheridan |
| Shrub Hydrangea Paniculata “Quck Fire” | This shrub blooms a month earlier than most paniculata hydrangeas. It has white flowers that turn rosy/red as the season progresses. It has the more “lacier” panicles rather than the full blooms or cones of other types like limelight. It blooms on new wood, so prune in spring to whatever height you want. Lots of good comments from visitors when they see this shrub. | Most nurseries |
| Shrub Physocarpus Opulifolius” Amber Jubilee” | Common name ninebark. I just purchased three of these last fall so don’t know too much about them, other than the colour. The spring colours are gold, copper and green – very unusual and beautiful. This new cultivar is from Manitoba and named in honour of Queen Elizabeth’s Diamond Jubilee in 2012. It has white flowers. The foliage changes to different colours as the season progresses. <http://www.jeffriesnurseries.com/amber_brochure.pdf>  | Vandermeer last year |
| Shrub Physocarpus Opulifolius “Coppertina” | Another ninebark with beautiful foliage – the colour of burgundy and copper with white flowers in early summer. It has exfoliating bark which is more noticeable on bare stems over the winter. <http://www.stargazerperennials.com/PHYSOCARPUS_COPPERTINA.html> | Vandermeer |
| Spirea Nipponica “snowmound” | This shrub is similar to Bridlewreath spirea (Spirea Vanhouttei). It grows more upright, it blooms after bridewreath is finished and it does not arch as much but rather shoots branches here and there like fireworks gone wrong. Three or more of these are outstanding! <http://www.crocus.co.uk/plants/_/spiraea-nipponica-snowmound/classid.4408/> | Most nurseries |
| Shrub Weigela “Carnaval” | There is a variegated weigela shrub with beautiful profuse appleblossom flowers in late spring/early summer. If you hate variegated foliage, Carnival has similar appleblossom flowers in pink and white, but with plain green foliage. It is ery beautiful in bloom. All Weigelas can be chopped right back in spring or after flowering to control the size. The rabbits prune my Wine and Roses weigela to 2 feet every wisnter, resulting in a lush, full shrub with a few flowers. | VandermeerMason HouseSheridan? |
| Sambucus racemosa Morden Golden Glow | Features fine-textured, ferny, golden foliage all season long which often emerges with a reddish tint, along with showy creamy white flowers in spring followed by red berries; ideal compact size for the home landscape. More compact at 5’x5’, great alternative to Japanese maples. Full sun or part shade, moist or dry sites. More refined than Sutherland Gold and smaller. | Mason House |
| Tree or large shrubSalix Sachalinensis Golden Fantail Willow | For larger lots, this willow has bright yellow leaves but what I like about is that it sports curious flattened and curled stems (fascinated) These stems are quite often for sale during the Christmas holidays. I read somewhere that it should be pruned hard in spring to get the flattened stems. <http://crabtreegardens.wordpress.com/2013/01/09/wallowing-in-willow/> <http://www.easytogrowbulbs.com/p-1263-willow-fantail.aspx>  | Mason House |
| TreeTaxodium Disticum Shawnee Brave conifer | This conifer loses its beautiful feathery leaves in the fall, much like a larix. This variety is more narrow growing than regular bald cypress. It will tolerate all types of soil, including wet locations, where it may grow “knees” which stick out of the ground. It will not form “knees” in regular soil. Make sure you do some research before planting to make sure you have room. <http://www.songsparrow.com/2013/plantdetails.cfm?ID=4012&type=WOODY,&pagetype=plantdetails&plant_name=Taxodium%20distichum%20'Shawnee%20Brave>'  | Mason HouseWhistling Gardens |
| TreeChionanthus virginicus Fringe tree | Common name Fringe tree - I love the flowers on this tree – flowering profusely in early June with white dangly flowers, looking much like fringed tassels. It will tolerate wet conditions as well and is slow growing, with lovely foliage. I don’t understand why no one sells it.<http://www.clemson.edu/extension/hgic/plants/landscape/trees/hgic1027.html>  | ??? If you find it, buy it. |
| Tree or large shrubHeptacodium micanoides | Common Name 7 seven flower - Another tree I have told you about in the past but worth repeating. It has peeling tan coloured bark and blooms in late fall – October. The foliage reminds me of peach leaves, but is disease resistant, unlike peach leaves. The calyxes turn red after flowering, giving an extended period of interest late in the fall. I love this tree, it also is difficult to find. It can be grown as a bush or trained as a tree.<http://www.missouribotanicalgarden.org/gardens-gardening/your-garden/plant-finder/plant-details/kc/k450/heptacodium-miconioides.aspx> or<http://www.waysidegardens.com/seven-sons-flower/p/48969/>  | Kingsway GreenhouseAlso have seen it at Vandermeer |

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| **VEGETABLES - GARDEN OF EATIN’** **A tip about garlic from my June 2013 Prevention health magazine: Three cloves of garlic contain the same antibacterial activity as a standard dose of penicillin. Garlic has been dubbed as the Allicin Wonderland drug with antioxidant, antibacterial, antiviral, anticlotting, and anticancer properties. The powerful ingredient in garlic is allicin. Allicin is created when alliin and alliinase in the cloves come in contact with other. You have to slice, chop, press or chew the garlic for the two compounds to produce the allicin. Heat however, destroys allicin – whether you cook it in a pan on the stove or in the microwave. However, here is the most important thing I discovered after reading this article. After you chop, crush or slice, wait 10 minutes before you cook with it. This allows the allicin to develop and become medicinally active. The article does not state what happens to the allicin after 10 minutes – I am assuming it should rest a minimum of 10 minutes but how much longer can it sit if you chop it in advance of preparing a recipe? See my recipe for garlic shrimp and raw garlic with roasted red peppers at the end of this presentation. Both are delicious.****More veggie tips:** **Did you know you double your antioxidants in your lettuce by tearing the leaves before eating them. The leaves produce bitter phytonutrients to fend off predators like insects or animals. Interesting, but what other way would you eat lettuce leaves?****Romaine lettuce contains 8 times more vitamins than ordinary head lettuce. I have known this for years and haven’t purchased head lettuce since. The most nutritious lettuces are deeply coloured and form loose, leafy heads. Any red lettuce is better than green.****Scallions or green onions are the most nutritious of all alliums. The green parts are more nutrient rich than the white parts so don’t throw the green parts out! You should try to eat any kind of onion every day.****Corn – most of us boil our corn. Boiling corn dissolves most of its nutrients into the cooking water which we throw out in most cases. Instead, here is where the microwave comes in handy. Microwave your corn leaving the husks on but remove the silks that extend outside the husks as they will burn. Cook 3-4 minutes for each ear. Not too practical if you are having a corn roast but great advice for dinner for 2 or 4. It can also be grilled for 5 minutes in the husk (remove outside silks), turning several times, then husk and grill to colour.****Raisins – Not a veggie but a good tip. Golden raisins have three times more antioxidant activity than dark raisins. Who knew?** |
| GarlicMusicSiberian | Description from Richter’s catalogue – best yielding strain, white skin, pink blush, large cloves, only 5-6 per bulb, easy to separate and peel, stores up to 9 months. Part of our Brooklin Horticultural Society’s fall bulbs selection – get 3 bulbs for $4.50 or you have to pay 15.00 for 250 grams at Richter’s (1/2 pound)Description from Richter’s catalogue – very high in allicin, 7-8 large cloves per bulb $18.00 for 250 grams at Richter’s | -Brooklin Hort Fall Bulb program-RichtersRichter’s |
| Potatoes | When you harvest your garlic around the 3rd week of July, plant potatoes in its place. I was at Mason House Nursery at the end of the season last year (end of October) and noticed these lovely potatoes in a basket. I was told that Jeff Mason’s uncle had planted some wizened seed potatoes that had not sold at the nursery in the area of the garlic that was harvested late July. I was quite surprised at the yield and size of the potatoes from that late July planting. I have saved a bag of seed potatoes to try this in my own garlic bed this year. | Seed potatoes at most nurseries  |
| Mighty Mato Cages | I have told you in past presentations about grafted mighty mato vegetables that are supposed to grow to 6 feet tall and wide . I have found mighty mato cages for sale at the Superstore. These are huge tomato cages that can be used for many other things – vines, especially non climbing clematis like durandii, cucumbers, climbing beans, and anything else that climbs. | $14.99 at Superstore & likely at any of their affiliated stores |

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| **GROWING UP!**  |
| Perennial VineLoniceraKingsley’s ghost | I first saw this vine last year (2012) for sale at Select plus lilacs in Quebec and ordered one. It is a typical climbing honeysuckle vine with yellow flowers growing from silvery disc like bracts/pads. However, it is what happens after the flowers are finished that caught my attention. Each pad becomes silvery (hence the name “ghost”) and looks like a bunch of silver dollars suspended on a vine. Very intriguing. I have never seen this vine for sale anywhere and was so surprised to see it available at Mason House this year – get it while you can – here is a photo and description.<http://www.gardensofthewildwildwest.com/index.php/2011/05/29/kintzleys-ghost-honeysuckle-a-honey-of-a-climber/>  | Mason House Gardens |

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| **A ROSE FOR YOU:** **You can continue to plant roses in pots all summer. Just remember to plant the bud union 4-6 inches below ground not at the same level as the pot. You can plant the rose and gradually fill in the hole over the summer. Vandermeer nursery has an excellent selection of roses. Pickering Nurseries have stopped mail orders until September. They usually have roses in pots for sale but call ahead to make sure 905-753-2155. Check their website for varieties** [**http://www.pickeringnurseries.com/**](http://www.pickeringnurseries.com/)Rose Information: Brooklin is considered to be in zone 5b. I have over 400 roses, none of which are pampered or hilled for the winter. The secret in cold climates is to plant the rose so that the bud union is 4-6 inches below ground level (the bud union is the swollen part at the base of the plant where the rose is grafted to a hardy root stock). The colder the zone, the deeper to plant. Don’t prune roses in fall (unless the canes are whipped by the wind or are in the way), mulch with leaves if you have any. Climbers – do not prune in the fall or spring except to remove dead canes. Once bloomers, never cut back more than ½, don’t fertilize roses after August 1st in our climate. I have moved many roses in late fall before the ground freezes.Another tip: In the spring, the dead branches are mowed down indiscriminately with a battery-powered hedge trimmer – this method has not affected the plants adversely. A little more fine-tuning can be done later.  |
| Rose Iceberg | This is a wonderful shrubby floribunda rose in white. Iceberg is by no means a new rose - its origin dates back to 1958. It is a continuous bloomer, has good disease resistance, but what I like is that it has few thorns. It does look different because of the smooth stems - there are still thorns, but nothing like most roses. Two new colours are burgundy iceberg and pink iceberg. A combo of the three is beautiful. Burgundy iceberg is a most unusual colour of a deep burgundy/purply colour – hard to describe – sometimes with hints of white on the reverse. I just planted pink Iceberg so not sure what it is like but my one bloom looks beautiful. I wouldn’t be without this rose. <http://www.helpmefind.com/gardening/ezine.php?publicationID=711>  | -Vandermeer for all three colours.-Sheridan-Pickering (mail order) & most nurseries for white iceberg |
| Rose Home & Garden | I just purchased this rose last year as it reminded me of the blooms of the David Austin series of roses. It is a very full, pink rose and quite beautiful. A group of three of these would be outstanding. Can’t find much on the internet about this rose! | Vandermeer |
| Climbing roseFourth of July | This climber behaves more like a pillar in my garden. Most of the climbers never get more than 6-8 feet high here as winter kills the canes. I love the flowers on this striped rose, large semi-double 4" blooms (petals10-12) of velvety, scarlet-red striped with white. It is unique and eye catching in the garden. <http://www.rose.org/1999-winner-fourth-of-july/>  | Try Vandermeer or other nurseries |

**RECIPE FOR GARLIC SHRIMP**

Any number of raw shrimps – peeled and deveined

2-3 tablespoons of your favourite cooking oil

All purposeunbleached flour in a bowl

1 egg, well beaten, more if making a lot of shrimps

3-4 garlic cloves finely minced- *make sure you let it sit for a minimum of 10 minutes before adding to pan*

2-3 tablespoons of butter or more if you like lots of butter

-Heat the oil in a large non-stick frying pan on medium high heat.

-Dip the shrimps in the egg, then roll in the flour. Place them on a plate after flouring – then place all in the heated frying pan.

-Saute until the shrimps become pink (about 1-2 minutes) then flip over and cook for another minute more or less. If you cook them too long, they will become rubbery.

-Remove from the pan and wipe it clean to remove any traces of browned flour.

-Melt the butter in the pan on medium heat, then add the garlic and gently cook for about 5-10 seconds. Do not let the garlic brown as it will become bitter.

-Add the cooked shrimp back to the butter/garlic mixture and swirl until the shrimp is coated with butter and garlic. – just a few seconds.

-Try and eat only one! Makes a great appetizer– place a toothpick on each shrimp and serve on a platter or make it an entrée with roasted vegetables and a salad.

**ROASTED RED PEPPERS WITH RAW GARLIC**

This recipe never lasts more than 20 minutes at any gathering. Everyone loves it.

3-4 red, orange, or yellow sweet bell peppers – you can mix and match if you want. I usually use red ones.

¾ tsp. sea salt

1-2 Tbsp. balsamic vinegar

1 Tbsp. red wine vinegar

2 medium cloves garlic – minced well (let it sit for 10 minutes)

1-2 Tbsp. of your favourite oil (I use Pureolliva – a combination of olive oil and canola – it is light tasting without an oily taste)

One fresh baguette or chiabetta bread

Feta cheese (optional)

-Wash and dry the peppers. Place the peppers on a foil or parchment lined rimmed cookie sheet. Roast for approx.. 30-45 minutes at 400 degrees until the skin of the peppers is blackened and the flesh is soft when pricked with a fork or sharp knife. Remove from the oven and cool enough to handle the peppers. (You can also barbeque the peppers turning until blackened and soft)

-Remove the skin and seeds.

-Shred the peppers into a bowl. Add salt, oil, vinegars, chopped raw garlic and toss to coat.

-Adjust the seasoning to your liking – more salt, more vinegar. Don’t leave out the salt – it is crucial and many people fail with this recipe because they don’t add enough salt and/or vinegar.

-Place the baguette and a serrated knife on a wooden board. Let people slice their own piece of bread and top it with the peppers. --Feta cheese is a good addition if you wish.