



Brooklin Horticultural Society Newsletter

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Inside this issue:

AGM and Social Nov 27	1
President's Message	2
Brooklin Harvest Festival	3
Court at Brooklin Flowers	4
Harvest Bounty	4
Member Garden Tour	5
Cannabis - 10 Facts	6
Commercial Cannabis	7
Best In Shows	8

BHS meets the 4th Wednesday of the month at 7:30 p.m. at the Brooklin United Church; except January, July and December. The November meeting is at St. Thomas Anglican Church.

Visit us on the web at:
www.brooklinhorticulturalsociety.com
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<https://www.facebook.com/bhs1921/>



Keeping Ontario Beautiful

Annual General Meeting & Social Nov 27 - 6:30PM - St Thomas Anglican Church

November 27th will be the Annual General Meeting (AGM) for the Brooklin Horticultural Society for 2019. At our AGM, we will have an opportunity to summarize the 2019 season, review the financial status of the club, and elect a new Board. It is important that all members of our Society participate and confirm the direction for 2020. Membership registration for next year will be available. If you're interested in the future of the Society, or have some ideas about the next few years, please consider becoming a board member. Send Hans Paats an email or give him a call if you're interested. It's only a few hours a month!

DESSERT SOCIAL: This is our annual dessert pot-luck social. You are invited to bring a dessert or other snacks, such as cheeses, vegetable or fruit tray, for the buffet table. If you don't have the time to prepare something, not to worry, join us anyway. Come enjoy the company of your many society friends. Please arrive by 6:30pm in order to have time to enjoy the buffet before the meeting starts.

SHOW AND AWARDS: We have a show at our AGM! We have created two holiday inspired classes - a design and a pick and plunk. **YOU are the judge!** Check the show schedule for more information. It will be Awards night where our Show Committee presents Show Awards for those with the highest points or best submission in certain categories. Everyone who exhibited in our shows will receive a cash prize based on their total awards and entries.

ELECTION: The Director of OHA District 17 will conduct the election and installation of our officers and directors for 2020. For information about joining the board, contact **Hans Paats** before November 27.

LUCKY DRAWS: Each person will receive a free draw ticket for a chance to win one of many prizes. Donations of additional prizes are always welcome.

Join us for the closing social event of the 2019 gardening year at **St Thomas Anglican Church** on **Wednesday, November 27nd** at **6:30 PM!** Please note the location and time.



THE PRESIDENT'S MESSAGE



As we write this, the great contradiction that is our weather has affected us across the country of Canada. Southern Ontario enjoyed one of the warmest October 1st on record, while Calgary and other parts of Alberta were being pelted with metres of snow. The garden centres have all their cool weather planters, mums and fall decorations on sale, yet the warm weather has generated a reluctance to pull the still flourishing summer plantings. The one constant, year after year, is the steadily shortening hours of sunlight. Many of the plants respond, leaves change colour, growth shuts down, but its not until that heavy frost, or furnace kicking in, that we humans concede and shift to our next season.

So it is with the Brooklin Horticultural Society. The upcoming Annual General Meeting in November will celebrate the performances of 2019, financially, and by awarding our trophies to the best of the best. It's also a chance to renew your 2020 membership early, and avoid the February crush.

In September, we took part in Brooklin's Harvest Festival, setting up shop on the main street, with a planting opportunity

for the kids and an "Ask the Experts" gardening station for the adults. We made a significant effort to describe the features of the BHS, and offered a combination 2019-2020 membership. We sold 8 new memberships that day, pushing our total over 200, an extremely significant metric for determining our OMAFRA annual grant application amount.

The October Pumpkins, Pies and Pictures Show brought a wonderful end to the season with pie, the largest number of photos ever at a whopping 153 entries, and our last speaker of the year, Jeff Mason.

We've had a successful year. We attracted 38 new members this year. We've got great looking gardens at the Brooklin Horticultural Garden and the Park of Reflection. We had a terrific display at the Brooklin Library, and we were the first stop for the Monarch Ultra Runners, asserting the importance of their efforts as they cross the continent following the path of the Monarch Butterfly. We have an even busier 2020 as we begin concentrated planning for our celebration of our 100th anniversary in 2021.

So, enjoy the beauty of this fall, the meeting in November, and the accomplishments we've achieved. It's been a great BHS year!

Hans Paats & Leslie Tate

Monarch Ultra Marathon Run

The Brooklin Horticultural Society hosted a reception for runners of the first lap of the Monarch Ultra Marathon Run which began in Peterborough on September 19th. Brooklin's Grass Park was the first official stop that day. About fifty people were on hand to welcome the runners. Durham Master Gardeners, CLOCA, Whitby in Bloom and other interest groups were on hand to welcome the runners, as was Councillor Steve Lee attending on behalf of the Mayor, and Councillor Deidre Newman. After the presentations were made, a tagged monarch was released. The marathon relay will ultimately finish on November 4 at Cerra Pelon Park in Mexico, a total distance of 4300km.

Lisa Ruck



Wounded Warriors Park of Reflection



The season at the Park is slowly coming to a finish. One more round of weeding and deadheading and we are done. It's been a good year at the Park with five to six volunteers coming out faithfully each week. The gardens have given us some trouble this year, particularly patches of Autumn Joy sedum. Most perplexing, sedum is no-fail, isn't it? A change as the summer went on; we lost some of the peaceful nature of the PoR. At long last, work has begun on the spa site! Thanks to all those who have helped at PoR this season, it was a great year.

Till later,
Kathy Allam

Brooklin Harvest Festival 2019



Brooklin Horticultural Society was at the 2019 Harvest Festival. At our booth, we had "Ask the Experts", signed up new members, and had children's activities. It was a lovely day out in our community!

Lisa Ruck



Hospitality

We can't thank you enough for your contributions of tasty food items and cash donations at the hospitality table this year. Many compliments from members and visitors came our way and we always let them know that it's because of you that we can provide this simple pleasure before the meeting.

Thank you to everyone who brought pies for our October meeting, offered to help setup and cleanup for our upcoming AGM, and to those who will be bringing delightful food items for our AGM/social. These small offers make our meetings a welcoming place to be each month.

It was apparent that your "Lug a Mug" efforts saved plenty of waste in our landfills. We hardly had to provide disposable beverage cups this year. Keep up the good work.

Thanks again for your continued involvement in making our hospitality table a pleasant stop before our meeting.

Audrey Atkinson & Anne Keefer, Hospitality Convenors



*Fall at
BHS park
gardens.*

Gardening

Fun Fact

Can you identify
this gardening
item?



Answer: Vintage Lawn
Aerator

Next Meeting - Feb 26, 2020

Our next general meeting after the November AGM will be on **Wednesday, February 26, 2020**. In early February, current members will receive our next newsletter along with the 2020 membership form. The 2020 speakers will be announced in the new year too.

**Have a safe and enjoyable winter and
a memorable holiday season!**

Welcome New BHS Members

John Austin
Shannon Meadows
Krista Samson
Marie-Odille Borlak

Becky Bockhop
Keera O'Hanlon
Steve Yamada
Darlene Jenkins

Helen Hayes
Kathleen Reid
Joseph Domanski
Lesley Williams

Court At Brooklin Flower Arranging

On Aug 29, residents at Court At Brooklin brought their creative juices for a flower arranging session lead by BHS members Audrey Atkinson, Debi Foster, Sherry Howard, Hilda Lau, and Barb Panowyk. Thank you to BHS members who donated their show entries from the Annuals Show the evening before. Needless to say smiles abound as everyone enjoyed the afternoon.



Harvest Bounty

Our gardens serve up a cornucopia for the senses: beauty for the eye, fragrance for the nose, the hum of bees and bird song for the ear, and delectable treats for the taste buds. As fall arrives we asked some of our members what edibles they grow throughout the spring and summer seasons and what delicious foods they create from their harvest bounty.

Ken Brown says that his garden produces much more food than can be readily consumed. "The Assistant Gardener keeps pointing out that the children all left home years ago and I no longer have to feed a family of 7," he jokes. His large harvest can be greatly attributed to the use of a series of sub-irrigation containers such as the Earthbox. He combines and cooks many of his vegetables in large batches which are then frozen in serving sized portions. "... more useful and easier than freezing individual vegetables" he says. Throughout the winter, frozen batters of eggplant, onions, rice and Parmesan cheese are fried up as eggplant fritters. Spaghetti sauce created from the peppers, carrots, celery, garlic, onions and tomato sauce provides a quick warming meal on those cold winter nights.

Valerie Skinner reports that it has been a good summer for grazing in the garden. "The lettuce harvest, Sherry will be relieved to learn, has finally ended," but Valerie has big plans for a winter crop. Having grown pickling cucumbers for the first time she was thrilled with her three batches of dill pickles, one batch of bread and butter, as well as having leftover cukes to enjoy raw in a marinated salad. All gardeners experience not only the thrill of success but the agony of defeat. This year Valerie reports that the climbing beans were a bust as were the large tomatoes and although the potatoes will make a poor showing, her winter squash will be bountiful. "After decades of devastation due to squash vine borers I can't wait to dine," she states. Valerie fondly remembers her mom's beet relish and misses competing against her vegetables.



Val's tasty bumper crop of cukes

Patricia Evans did not grow veggies this year, just herbs and some tiny Sun Gold tomatoes, which made a welcome addition to a spectacular looking salad. Patricia says, "I encourage people to try something new".



Above, Towering lettuce in Ken's garden; Below, Patricia's gorgeous eye-popping salad



Harvest Bounty - continued

Even though **Debi Foster's** entire yard is garden, only a small portion is earmarked for edibles - a significant change from when her family was young and lived in Cold Lake, Sudbury and Thunder Bay where fresh veggies were a real treat. By far, her favourite is the Royal Burgundy beans which go from a deep purple to green upon steaming. Scarlett runner beans are grown for hummingbirds in mind, but she loves the beans steamed with butter and garlic. Lettuce plants are scattered in between the perennials, whereas the rhubarb and black currant shrub each have dedicated space. Tomatoes tend to go in pots so they can be dragged to wherever the sun is shining. Beets, snow peas, Swiss chard, zucchini and kale make up the balance of Debi's crops, with a few garlic if she is lucky. Most of her harvest is eaten throughout the summer, but she will freeze any extra beans, tomatoes for spaghetti sauce, rhubarb for pies and muffins, and zucchini for loaves. Debi also makes chili sauce, mustard pickles, and crab apple jelly, but relies on the market for the necessary ingredients. Debi reminds us that our gardens furnish "the simple reminders of summer when winter is at its worst".

Marion Thomas' first priority upon moving to downtown Whitby in 2016 was to convert the front lawns to flower gardens and create a tiny patch in the backyard for veggies. She covered the front lawn with cardboard from her moving boxes and with a bit of persuasion, had the road repair crew direct their bobcat and efforts to move the delivered triplex on top of the cardboard. And so the adventure began! With the generosity of friends, Marion soon had an interesting front yard flower garden. Unfortunately, the backyard veggies didn't fare as well due to neighbouring walnut trees which put out juglone (a chemical that can be excreted from the roots) that caused some vegetables to wilt. So it was time for a new strategy. "I moved all of the flowers from the north half of the front yard into the backyard. Huff! I started the front yard veggie plot by planting 3 rows of garlic in the fall of 2018. I like garlic! In the spring of this year I planted green beans, Swiss chard, arugula, kale, beets, leeks, eggplant, cucumber and a few varieties of tomatoes.... all this in a plot 13' x 9'. At the sidewalk edge, I put some Calendula as a barrier for the dogs going by. All veggies did really well!" she declared proudly.

Wilma Van Berkel purchased her parents' home in 2014 and from 2015 she has been growing veg in the same plot that her parents gardened for the previous 45 years. Last year she had almost 200 jars of preserves in addition to boxes of fresh veg in the cold store, a full freezer and tons of dehydrated veg. This year she planted 45 different types of veg and fruit, but in smaller quantities. She did a lot more eating right out of the garden with bbq'd veg a favourite. Favourites with her family taste testers include Addictive Tomato Chutney and Hot Pepper Garlic Jelly, using Habaneros, as well as lemon pickles. Lemon pickles are not lemony, as they taste like cukes but when ripe, they are round and yellow like lemons!

Marion Newans grows vegetables each summer to jar in the fall. A favourite in her house is Fruit Chutney.

So as our gardens wind down for the year, those BHS members who have grown edibles will be able to enjoy the fruits of their labours throughout the winter, and maybe you have been inspired to create your own vegetable patch next year. Some of our **BHS members have offered to share their harvest recipes - look for them on the BHS website.** Happy harvest season!



Mary Kadey

L to R: Marion's Best In Show vegetable display, Wilma's harvest, Marion's delicious fruit chutney

Member Garden Tour—Thank You Rahe

Sunday September 1st may have been a cloudy dull day but those of us visiting Rahe Richard's garden were met with vibrant colour and cheer. Thank you Rahe, for inviting us to your gardens and brightening our day.



10 Interesting Facts About Cannabis



'The Bling', a new cultivar for 2019

I recently moderated a cannabis information panel hosted by the **Durham Master Gardeners** in Oshawa. Despite the fact that cannabis use and possession (within limits) is now legal in Canada, there is still a lot of uncertainty about the plant, its medicinal and recreational uses, and what is legal and what is still not legal. Here are some of the interesting facts I learned from the panelists and my own research into cannabis.

1. There are 5 classes of cannabis legally permitted under the current law. They are: Dried cannabis, cannabis oil, fresh cannabis, cannabis plants and cannabis plant seeds. However, after October 17, 2019 amendments to the act will allow three new permitted classes of cannabis: edible cannabis, cannabis extracts and cannabis topicals. Cannabis oil will be removed in October 2020 and included under extracts.
2. Individuals aged 18 or older may possess up to 30 grams of dried cannabis. Each household may grow up to 4 cannabis plants unless you have a medical grow license, then you may grow enough to meet your medical requirements. There are provincial and territorial differences in how much cannabis you can grow and possess which is important to understand if you plan to travel to another province or territory and you intend to carry cannabis products with you.
3. Cannabis is a dioecious species meaning that it has separate male and female plants. Most growers want to grow female plants as the female flowers contain the highest concentrations of cannabinoids. Male plants are used by breeders and hybridizers for development of new strains, but medical and recreational growers will remove male plants.
4. Female cannabis plants contain at least 113 cannabinoids including cannabidiol (CBD). The main psychoactive active ingredient in cannabis is tetrahydrocannabinol (THC). There are numerous claims for CBD floating in cyberspace much of which is just like selling 'snake oil' to the gullible. If it seems too good to be true, then it probably is.
5. The two main varieties of cannabis used as medicine are *Cannabis sativa* and *Cannabis indica*. Within each of those varieties there are a large number of individual strains with different medicinal profiles. Pure Sativa cannabis varieties come primarily from equatorial regions such as Columbia, Mexico and Southeast Asia. They can reach 20 feet in a single season and can take 10 to 16 weeks to mature. They are difficult to grow in the northern hemisphere. Pure Indica cannabis comes from countries like Pakistan, Afghanistan, Morocco and Tibet. They are short, dense plants with broad dark green leaves. They will mature in 6 to 8 weeks and adapt better to indoor growing conditions. A third variety of Cannabis called Ruderalis has very little THC (tetrahydrocannabinol) but a higher CBD (Cannabidiol) content. Ruderalis will flower based on age rather than on light cycle, which is known in the industry as autoflowering.
6. Like many garden plants, cannabis benefits from being grown in a healthy soil either indoors or outdoors.
7. Cannabis plants can be susceptible to common plant pests and diseases such as fungus gnats, spider mites, thrips, aphids or mealybugs. Each of these insect pests can also be vectors for plant diseases and viruses. Diseases include powdery mildew, botrytis, fusarium wilt and damping off. An effective integrated pest management (IPM) program starting with prevention is the best way to control pests and diseases in cannabis plants.
8. The two primary ways of propagating cannabis plants are growing from seed and cloning from cuttings from a mother plant. Cannabis cultivators prefer vegetative propagation or cloning to ensure each crop is genetically identical. Stem cuttings are mostly used for this.
9. Technological advances in the cannabis industry have generated interest in tissue culture for high volume production and management of numerous strains.
10. The new cultivars of cannabis for 2019 include: The Bling, Vanilla Frosting, Lemongrass, Banana Mango, Magic Melon, Very Cherry, and Caramel Cream.

Ingrid Janssen



Thank you to Northern Green Canada for the photos from left to right showing cannabis grown in a commercial hydroponic facility: cannabis in grow room soon to be harvested, young cannabis clones in rockwool medium.

Brave New World of Cannabis Production

On a brisk early October day, the newsletter team took a road trip to Brampton to visit Northern Green Canada, a cannabis producer in the burgeoning “pot” business that has flourished since October 17, 2018, when Justin Trudeau’s Liberal government decriminalized the use of recreational cannabis. We pulled up to the address, but were unsure if we were at the right location as there was no signage. Mary Mill, cofounder of Northern Green along with Lisa McCormack, explained that this is a highly regulated business and signage is not permitted for security reasons. The inspiration for starting the company was Mary and Lisa’s friend who was searching for alternative methods to combat nausea associated with lung cancer treatments. It changed their perspective on cannabis and how it can be used to improve the wellbeing and health of others. While licensed to sell both recreational and medicinal products, their focus is squarely on the medical use of cannabinoids (naturally occurring chemical compounds found in the Cannabis Sativa plant), backed by their philosophy “to do good”.



Suited up and getting our debrief before heading to the grow rooms.

We signed in and suited up for our visit to the grow rooms. Emma, the bright and knowledgeable “Mother Room Lead”, led the tour of our inside look at the world of growing hydroponic cannabis. The Mother Room is the only room in the facility where plants are grown in soil. They are grown for cloning purposes and do not flower. In this room all the plants are hand watered and a variety of strains such as Shishkaberry, Duke Nukem, Karma and King Tut are grown under the warm glow of UV lighting. Other grow rooms are cultivating up to 5,000 plants using one of two methods of irrigation: flood and drain as well as a drip method to ensure consistent and optimal growth conditions. These rooms are bright and there is a very distinctive aroma (although very different from the smell you may notice wafting through the neighbourhood since cannabis was legalized!). We were also startled by the loud noise of CO2 being pumped into the rooms. Northern Green currently has 7 grow rooms and future plans will see expansion dedicated to oil extraction and lab space. All of the plants except those in the Mother Room are grown in Rockwool compound, a mineral wool used for thermal insulation, filtration, and as a hydroponic growth medium.

The growth time for the plants is four to five weeks. Plants are fed three types of fertilizer: boost, bloom and finisher. Plant flowers are harvested, dried and then packaged to be sent out to stores and outlets that are licensed to sell cannabis.

Currently Northern Green ships to four provinces, Alberta, Saskatchewan, Ontario and PEI. Because of their location in Brampton, Northern Green can offer patients one-day delivery in the GTA.

All of the plant is salvaged, with leftover leaves and stalks being ground to produce cannabis oils. As we visited, Mary and Lisa were eagerly anticipating an announcement that they will be certified to produce cannabis oil infused edibles. As of October 17, 2019 it will become legal in Canada to produce and sell alternative products such as drinks, edibles, and topicals. Product should hit the shelves sometime in December this year. According to Wikipedia, Deloitte has predicted that these alternate cannabis products will generate \$2.7 billion in revenue. Northern Green is hoping to capitalize on this consumer demand by teaming up with Laura Secord to produce cannabis oil infused chocolates. Sounds like a sweet match!

We spoke to Brian Dymond, an engineer at Northern Green, who says he is hopeful that cannabis may one day take the place of opioids in pain treatment, thereby alleviating the opioid crisis. More research needs to be done to produce verifiable scientific facts to substantiate the anecdotal evidence in the efficacy of cannabis use in medical therapies, and Northern Green’s research and development division is looking to be an active partner in the process. The therapeutic uses for cannabis are wide-ranging and those who use medical cannabis speak highly of the relief they achieve with its use.

Our trip to Northern Green gave us a fascinating first-hand look at the new world of cannabis growth and production. It is an exciting time to be part of this new industry and to partner with medical science to expand the frontiers of medical therapies. As Audrey Atkinson, one of our newsletter team members said, “I have a new respect for this product now that I have seen their bright and spotless facility.” Thanks Mary, Lisa, Emma, and our photographer, Patricia, for a wonderful tour!



Left to right, Mary Kadey, Sherry Howard, Barb Panowyk, Audrey Atkinson - newsletter team ‘roadtrip’ - in a grow room with soon to be harvested ‘Shishkaberry’ plants.

Mary Kadey

2019 Show Results

April Narcissus Show

Best Narcissus	- Marion Thomas
Best Specimen (Other)-	Mary Thompson
Best Branch	- Lynda Chapman
Best Container Plant	- Barb Panowyk
Best Design	- Barb Panowyk
Best Special Exhibit	- Shirley Papenbrock
Best Cutting/Seedling	- Marion Thomas
Best Photograph	- Mary Kadey

May Spring Show

Best Tulip	- Debi Foster
Best Specimen (Other)-	Barb Panowyk
Best Branch	- Marion Newans
Best Container Plant	- Jan Valance
Best Vegetable	- Ken Brown
Best Design	- Audrey Atkinson
Best Special Exhibit	- Debi Foster
Best Photograph	- Barb Panowyk

June Iris & Peony Show

Best Iris	- Ken Brown
Best Peony	- Audrey Atkinson
Best Design	- Marion Thomas
Best Specimen (Other)-	Barb Panowyk
Best Special Exhibit	- Barb Panowyk
Best Photograph	- Barb Panowyk



Look for the October Culinary Best In Show WINNING RECIPES on the BHS website.

June Rose Show

Best Rose	- Sherry Howard
Best Specimen (Other)-	Ingrid Janssen
Best Branch	- Marion Newans
Best Fruit/Vegetable	- Valerie Skinner
Best Design	- Sherry Howard
Best Special Exhibit	- Mary Thompson

August Annuals Show

Best Specimen	- Audrey Atkinson
Best Branch	- Sherry Howard
Best Fruit/Vegetable	- Marion Thomas
Best Collection	- Debi Foster
Best Design	- Debi Foster
Best Special Exhibit	- Marion Thomas

September Autumn Show

Best Specimen	- Valerie Skinner
Best Branch	- Sherry Howard
Best Fruit/Vegetable	- Marion Thomas
Best Collection	- Barb Panowyk
Best Design	- Sherry Howard
Best Special Exhibit	- Marion Thomas

October PP&P Show

Best Apple Pie	- Ingrid Janssen
Best Pumpkin Pie	- Esther Clodd
Best Preserve (savoury)	- Esther Clodd
Best Preserve (sweet)	- Marion Newans
Best Dessert	- Audrey Atkinson
Best Decorated Pumpkin	- Lynda Chapman
Best Carved Pumpkin	- Lynda Chapman
Best Specimen	- Rahe Richards
Best Design	- Sherry Howard
Best Special Exhibit	- Sherry Howard
Best Photo	- Debi Foster



About the BHS Newsletter

This newsletter is published quarterly - February, May, August and October. *All photos courtesy of BHS members.* You are invited to submit articles, questions and comments about the newsletter to the Editors: Audrey Atkinson at 905-666-2178, audreyatkinson487@gmail.com, Sherry Howard at 905-668-7640, howard21@rogers.com, Mary Kadey at 416-388-0065, memkadey@gmail.com, Barb Panowyk at 905-430-2939, bpanowyk@rogers.com.