**What’s New Presentation May 28, 2014**

Sofie’s Picks - A listing of plants presented at the Brooklin Horticultural Society meeting April 23, 2014, a combination of new and/or newer introductions and/or other interesting plants and tips and ideas. I live on a 10 acre property located in zone 5b in Whitby, Ontario, Canada (located about ½ hour drive east of Toronto) and I love to garden.

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

***Please support our local nurseries so we don’t end up shopping at box stores!***

Here is a list of places I frequent. If you know of anyone in this area that you would like to add, please let me know. For anyone reading this blog out of area, these are located in Ontario, Canada, zone 5, 5b or thereabouts, most of them in the Durham region where I live.

***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**](http://www.lamrockscountrygarden.com) – hostas, roses, heuchera’s, astilbe, some perennials. Varieties & prices listed on website – located in Port Perry, 1670 Coates Rd. W. phone 905-985-5462, cash or cheques only

[**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 a family owned specialty nursery. You can tour the gardens as well.*

[**www.pickeringnurseries.com**](http://www.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**m](http://www.richters.comm) 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.

New addition to this site [www.annasperennials.com](http://www.annasperennials.com) 63 Shoreview Road, Lindsay, Ontario, 705-799-0062 Sempervivums, winter hardy cactus, sedums, perennials and shrubs. A huge list of sempervivums (hens & chicks), unusual perennials & shrubs and evergreens

New addition to this site: [www.canningperennials.com](http://www.canningperennials.com) Mail order only but they allow pick-up if you want to drive there. 955309 Canning Rd,

RR #22 Paris, Ontario Canada N3L 3E2 Phone: 519-458-4271. Many unusual perennials, shrubs, etc.

***The following websites 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. I will include these nurseries if I have visited in person and know they have the plants for sale.

**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. Brugmansias sold here.

[**www.kingswaygreenhouse.com**](http://www.kingswaygreenhouse.com) Oshawa, Ontario 905-434-3851 A family run business – Plants are not listed on their website, but they have some great varieties – some of their staff are master gardeners!

**John’s Perennials,** [**http://johnsgarden.wordpress.com**](http://johnsgarden.wordpress.com) 905-862-8175, Uxbridge, ON Perennials, annuals, roses, shrubs, trees, rare conifers + more.

May not be open every day, call ahead

[h**ttp://www.ottergreenhouses.com**](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). They carry a huge selection of various plants – trees, shrubs, roses, perennials, annuals, seeds, giftware, etc.

It is May28, 2014

**Garden Quote**: **He who plants a garden plants happiness. - Chinese Proverb**

Medical news never gets the coverage that celebrities do. If you missed this amazing news on TV and radio back in January 2014, you will have missed it period. Briefly, a Canadian doctor – Dr. Jeffrey Karp, born and raised in Peterborough, and now at Harvard, worked with researchers at Brigham and Women’s Hospital in Boston to develop a surgical glue that could be used internally to seal tissue without using sutures or staples, for people and babies with defective hearts and other internal organs. What does this have to do with gardening? The inspiration came from the sticky nature of a creature we all hate in our garden- THE SLUG!! I guess everything has a purpose in life at some point in time.

Check this site for a short version of this story <http://www.bbc.com/news/health-25641030>

and this site for a more in-depth version: <http://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2014-01-09-medical-superglue-shows-promise-for-heart-surgery/>

**EVENTS:**

**LAVENDER:** [**www.laveanne.com**](http://www.laveanne.com) – I came across this nursery at the Peterborough garden show. They have a four acre property located north of Port Hope and south of Peterborough in Cambellcroft. They carry over 80 varieties of lavender, have lavender fields and a beautiful lavender labyrinth. This would be a great summer outing. Please check their website for open garden dates. There is a nominal entry fee.

**TIPS**

**Garlic**

If you ever need a lot of garlic cloves, here is an easy way to peel them by Martha Stewart <http://www.youtube.com/watch?v=0abnwTGeAiM> You should use metal bowls, plastic may not work.

**Coleus**

Coleus would be an excellent replacement for impatiens (afflicted with downy mildew) in shady areas. “Under the Sea” coleus series are outstanding, with amazing lacy leaf edges. Turn the leaf sideways and it looks like an exotic fish! Several cultivars available at [www.masonhouse.com](http://www.masonhouse.com) this year. Several other named varieties available there as well.

Some coleus cultivars do best in partial shade, such as the Wizard series and the Kong series. Other coleus cultivars thrive in full sun as well as part shade. I have found the light lime coloured ones need shade as they did poorly in my full sun garden. However, most of the darker varieties just got better and better as the season progressed – either in full sun or part shade.

Depending on the cultivars you choose, coleus will grow from 10 to 30 inches tall. Many cultivars will grow naturally bushy and full. Pinch out the growing tips to encourage branching and to control their size. You can pinch off the flowers as they develop if you don’t like them**.**

**Recipe for Red Lily Beetle spray**:

They are out there already but in greatly reduced numbers due to my daily lily hunting routine. (I have many, many lilies) Although I still squish, many people do not like to do so. Here is a simple way to avoid squishing! 1 tsp. (5 ml.) liquid dish soap (not dishwasher soap) such as Palmolive; 1 tbsp. (15 ml.) mouthwash (Scope or similar); 4 cups water (1 litre) in a spray bottle.  Add dish soap last to prevent bubbles.  Shake gently, spray beetles.  This is a contact spray - you must hit the beetles - it will take approx. 2-3 minutes for beetles to die.  Also effective for aphids, pear slugs, asparagus beetles and try it on other assorted “bugs” in your vegetable patch.  Leave the spray bottle in your garden, it will not go bad. I counted 19 beetles on one lily last year that met their demise with my spray.

**Lily tip** for those who have lots of lilies as I do. My husband likes to squish the beetles as well but has trouble finding them or getting to all of them. I have placed 4 foot green bamboo poles next to each lily with a plastic coloured clothes peg from the dollar store. It looks neat seeing all the poles with the coloured pegs. The pegs are placed right at the tip of the pole to prevent getting poked in the eye and the pole helps to hold the flower-laden stems when the lilies start to bloom. I use plant clips available at Lee Valley for good quality or assorted sizes from the dollar store.

**Powdery Mildew**

A reminder from last year about **treating mildew**. Once again mildew season will be upon us and we should prepare now before it is too late. I read about this method in a Stokes Seeds newsletter a few years ago using milk of all things. This was found to be just as effective as synthetic fungicides such as fenarimol or benomyl –many of these chemicals are now banned in Ontario. It can reduce the severity of powdery mildew infection by 90%. The article raved about how effective this was. The article did not indicate when to start spraying – I would assume before any sign of mildew on mildew prone plants. Try it on phlox, lilac, zinnia, cucumbers, zucchini, pumpkins, grapes, etc.

Go out and buy a 1 litre spray bottle and dedicate it to mildew spraying only. Here is the formula:

-1 part skim or part skim milk, 9 parts water, i.e., if using the 1 litre bottle – 100 ml. milk to 900 ml. of water - spray all surfaces including underside of leaves

-spray in morning or cool of the evening – never when over 80 degrees

-spray once a week

-make a fresh bottle every week

-if you notice mildew, try spraying leaves more often - every 3 or 4 days

**Mosquitos bothering you?**

Someone sent me this tip via e-mail. I have been working in the garden after dinner and literally get eaten alive by mosquitos. We have a large pond on the property so likely a haven for mosquitos. Where are those bats? Anyway, the tip was to spray Listerine near seating areas, on the grass, around door frames (why door frames – they are not inside), etc. I tried it tonight (May 27th) on myself after dinner. I splashed it full strength on my right arm and made a mix of 1 ½ cups of water and 3 Tbsp. Original Amber Listerine & a tiny squirt of dish soap on my left arm. It worked – the mosquitos came around and I watched some of them as they walked around my arm looking for a spot to bite me. They didn’t bite and flew away. While they hovered around me, it was nothing like the night before when 5 or 6 were landing all at once chomping on my exposed arms! I ended up splashing some of the water/Listerine mixture on my neck and forehead. It certainly helped, even though I did get 2 or 3 bites.

**Hydrangeas - another bug to deal with!  Is there no end?**

I sent this e-mail to Marjorie’s radio garden show last Saturday morning as a heads up on a hydrangea problem that first appeared in my garden last year on two varieties - hydrangea arborescens "Incrediball" and hydrangea arborescens "Samantha". It is happening now again as I write this and noticed since that other hydrangeas have been “attacked”. (Listen to Marjorie Mason on AM CKDO 1580, Saturday’s, 9:00 a.m. to 10:00 a.m. and podcast if you miss a show.)

Here is what is happening. The leaves of my many of my hydrangeas are stuck together at almost every flowering tip.  This is caused by the caterpillar of the hydrangea leaf-tier moth (Olethreutes ferriferana).  The moth must lay only one egg at each flowering tip because when you pry the leaves apart, you will find only one tiny larva.  They will eat both the leaf and flower.  They are cream coloured with a tiny black head.  Right now (late May), they are only about 1/4 inch long, so you really have to look for them to crush them.  They will grow to about 3/4 inches with time, and just like the Echinacea problem, you can't get at them with a soapy spray as they produce a silk which makes the leaves stick together.  Apparently, the solution is to cut off the damaged leaves or squeeze them together to kill the caterpillar.  Squeezing might damage the developing flower, so be gentle.  I would suggest putting any cut branches in a sealed garbage bag or remove the affected tips and crush them.  Even though I had the problem last year, I still had a huge display of flowers despite the infestation.

**Vegetable patch**

What is going on in the vegetable patch? It is a mess right now, with lots of cleaning up to do, but the garlic planted last Thanksgiving is looking fantastic. When harvested in late July, it will be replaced with “chitted” (sprouted) seed potatoes purchased now while they are available. I am planning on adding several hascap berries, with different cultivars as they require two for cross pollination. I will be planting seeds in the ground within the next two weeks - corn, pumpkins, mouse melon, parsnips, zucchini, butternut squash, cucumbers, pole beans, okra, basil, melon, and more. Mint is growing in pots, and previously seeded dinosaur kale, coloured carrots, and beets are showing signs of life. I have an entire bed dedicated to an assortment of sunflowers – all now sprouted, as well as an entire bed of cosmos – which is showing no life at all. I may have to turn this bed into a trial bed for my Australian seedlings. I usually don’t finish this garden until well into June – tomatoes and peppers and beans like warm weather anyway. Many rare varieties of morning glories will be planted on the trellis’, as well as sweet peas and very interesting red pod yard long beans.

**Hint – zucchini** – I read many years ago to avoid getting the squash vine borer, plant zucchini after July 5th. You can prestart your seeds about 2-3 weeks before in pots or simply plant the seeds in July.

**Hint – tomatoes** - I always plant basil with my tomatoes – never have insect problems. For nematodes, you can under plant with marigolds, or just as effective and in prettier colors – annual vinca. The flowers of vinca look very much like impatiens but will grow in full sun and get very bushy in rich soil and bloom ‘til frost (try the new “jams and jellies” in deep purple. My favourite marigolds are the ferny little gem series (at Vandermeer’s) – orange, yellow or multicoloured. The flowers are the size of a dime, and in good soil, like the vinca, become very bushy and floriferous.

**Annual Gardens**

I have finalized the themes in my annual gardens.

**Black Garden** – chili, black pepper and lime – using red salvias, lime potato vines, black grasses “vertigo” & Princess Caroline (from mason house.)

**Hopscotch garden**: Fieldberry jam – layers of petunias in strawberry, blueberry, blackberry and raspberry colours.

**Under the Sea coleus sampler** – several “sea” coleus purchased from mason house planted “fish” style.

**Land of the Giants** – several perennial dinner plate hibiscus, with the addition of giant annuals cardoon and brugmansia.

|  |
| --- |
| **FRUIT – In March 2014, I told you about a very interesting book called “The 150 Healthiest Foods on Earth”** **by Jonny Bowden, and featured the best vegetables. In the April 2014 presentation, I included the best Herbs, Spices and Condiments. This month, I am showcasing the best fruits. Many of the fruits are tropical and do not grow in our climate, but I have included them nonetheless. This rather large list is the result of a huge list of possibilities which had to be pared down by the author based on certain criteria – e.g. availability to most people, better as fruit or juice, etc. The ones followed by an asterisk are considered super fruits. You can now buy many varieties of frozen fruit – great in smoothies. Smoothies are a great way to include all sorts of things you should eat everyday as well as any leftover baking items in your cupboard like dried coconut and apricots, chocolate chips, etc. I add 1 tbsp. of ground flax seed to each smoothie.****I like to grow a variety of fruit in my garden. I grow apples, pears, strawberries, raspberries, blueberries, blackberries, hascap (new), Sea Buckthorn berries (only had 3 berries last year which the birds ate), semi-sweet cherries, serviceberries. The cherries are going to be removed, as they sucker everywhere, but the spring flower show is outstanding. I found out that the Sea Buckthorn bushes also sucker but the bushes are quite attractive so I may keep them and struggle with the suckers.** |
| Apples | I like to buy organic apples whenever I can find them. |
| Apricots | I grew an apricot tree in Scarborough. So delicious - store bought is nothing like getting it from the tree. |
| Avocados\* |  |
| Bananas | Make your smoothie rich and creamy with at least ½ banana. Lots of potassium as well. |
| Blueberries\* | Very difficult to grow without acidic soil. I have not had much luck but am planning on fertilizing with aluminum sulphate to increase the soil acidity. The rabbits love eating them in winter, birds in summer!  |
| Cantaloupe | I have tried to grow melons and have never been successful. Am trying again this year. |
| Cherries\* | If you are growing them, I will give you next month a method for keeping away the birds. I have not tried it because I just eat whatever I can reach.  |
| Coconuts\* | I use unsweetened in my smoothies. |
| Cranberries |  |
| Dates |  |
| Figs | I now have 4 varieties of fig trees – all purchased from Richter’s Herbs in Goodwood. Chicago fig survived 4 winters in my vegetable garden until the voles got them all (5) last year – ate all the bark at the base. |
| Gogi berries |  |
| Grapefruit |  |
| Grapes | I have an espaliered Concord seedless vine in my garden which is not seedless! Very annoying. |
| Guava\* |  |
| Honeydew |  |
| Kiwi Fruit\* |  |
| Lemons/limes |  |
| Mangos |  |
| Oranges |  |
| Papaya |  |
| Peaches | I have grown peaches and nectarines in Scarborough. The fruit is wonderful- unlike the woody store bought ones |
| Pineapple | Most of the nutrients are in the stem (assume this is the inedible centre part – save it for smoothies) |
| Prunes | I put one in my smoothie |
| Raisins |  |
| Raspberries\* | See my presentation on how I grow raspberries – they are very invasive |
| Strawberries\* | Best grown in a barrel or contained garden plot. This year, I am trying a day neutral strawberry called **Toscana**. It has beautiful pink flowers, and will bear fruit all summer. At Pineridge Nurseries |
| Watermelon |  |
| Runners up | Bitter Melon, Pears, Persimmons, Quince, Starfruit I also have an espaliered pear with four different grafted varieties. Pear slugs are treated with my red lily beetle solution. See end for recipe. |
|  | Check this site for pictures of some of the exotic fruits and nuts we eat <https://snt148.mail.live.com/default.aspx?id=64855&rru=inbox#tid=cmr5kqburG4xGaAwAjfeSu9A2&fid=flinbox>  |

|  |
| --- |
| **Amazing Heuchera’s in my garden May 2014.** **These heucheras and heucherellas have survived the winter with flying colours. A few others in my collection have not made it. The colours of the ones listed below are outstanding at this time of the year (late May). I just had to provide you with this list! Heuchera’s can change colours as the season progresses from cool, to hot and back to cool.**  |
| Beaujolais | Older leaves are crackled, new growth pale beet colour |
| Berry smoothie | Outstanding raspberry colour – it really stands out |
| Binoche | Greenish black leaves - vigorous |
| Blackout | Combo of shiny & matt leaves – colour of dark chocolate |
| Bronze beauty | Huge leaves, very vigorous |
| Burnished bronze | Smaller, already flowering |
| Cassandra | Gorgeous – pale pumpkin |
| Chocolate veil | Black & pale rose, patterned like cracked glass |
| Crème brulee | An older variety – gorgeous pumpkin colour – really stands out |
| Electric Lime | Fresh yellow leaves |
| Encore | Rose purple with silver leaves on older growth still attached from last year but new grow this a completely different colour |
| Frosted violet | Black with rosy undertones – gorgeous |
| Heucherella golden zebra | Lime, with burgundy veining – beautiful |
| Heucherella Solar Power | Older leaves still attached, adding an unusual look as they are completely different than the new growth which is pumpkin with black veining. Unique. |
| Lipstick | Bright red flowers, mottled green leaves starting to bloom already. The red is really intense – love this one |
| Mocha |  |
| Obsidian |  |
| Palace purple | An older variety, but nice with a combo of shiny & matt dark leaves |
| Plum pudding | Shiny and matt leaves, crackled black and burgundy leaves |
| Rave on | Smaller variety with pewter coloured leaves, already blooming |
| Spellbound | My favorite – took a hit over the winter and I hope it will recover |
| Tiramisu | Golden, extensive tan veining |

|  |
| --- |
| **Amazing Hostas in my garden May 2014.****Most of these stand out because of their colour – shades in gold, lime, and/or texture, form, piecrust edging, etc. I couldn’t resist listing these beauties. I did not provide any details but you can do a search on the internet.** |
| Cherry tart | Mini |
| Clovelly | Extreme pie crust edge |
| Cracker crumbs | Mini |
| El nino | Blue, edge cream |
| Fatal Attraction | Very pointed leaves with deep veining |
| Lakeside meadowbrite | Huge cupped leaves |
| Marakesh | Beautiful golden, rippled leaves |
| Mouse ears | Mini |
| Paradise Island | Outstanding golden colour |
| Peanut | Mini |
| Pineapple Juice |  |
| Queen Josephine | The shiniest host! |
| Rainbow’s End |  |
| Remember Me |  |
| Ripple effect |  |
| Royal tiarra | Extreme swirling, twirling leaves |
| Silver threads and golden needles | Mini |
| St. Elmo’s Fire | Beauty |
| Twist of Lime | mini |
| Whee | Swirly, curly leaves |
| White Christmas | Another swirler/twirler |

|  |
| --- |
| **TREES, SHRUBS, VINES – these stand out mostly due to foliage colours, form** |
| Acer griseum - tree | Combo of peeling & smooth bark, deep brown colour of the bark stands out |
| Clematis “stolwijk gold” | An early blooming variety with golden foliage |
| Cornus alternifolia | A mature specimen in full sun in my garden with layered branching |
| Cornus alternifolia “argentea” | Green and white foliage with hints of pink – layered branches |
| Cornus alternifolia “golden shadows” | Intense green and gold foliage – layered branches |
| Daphne “Carol Mackie” | Variegated green and white foliage, very fragrant flowers right now |
| Katsura “red fox” tree | Deep milk chocolate brown leaves – delicate, small leaves, gorgeous |
| Katsura weeping | The weeping is lovely |
| Lilacs  | Variegated lilac with green & gold foliage (acubaefolia), kum bum & aurea with bright golden/yellow foliage, lilacs with triple florets,  |
| Physocarpus “amber jubilee” | The colours of copper with hints of gold  |
| Physocarpus “centre glow” | Another with burgundy/rusty/golden leaves  |

**WHAT’S NEW AND NOT SO NEW BUT INTERESTING!** Advisable to call ahead, especially if travelling a long distance, as these newer and more unusual varieties may be in short supply, sold out or crop failure as happened with heuchera “magnum” last year.

|  |
| --- |
| **PERENNIALS – not sure where these are available but I have indicated the nursery where I have seen them for sale.** |
| Bergenia “Dumbo” | Bergenia dumbo at Vandermeer’s - rare plant, rounded leaves which are hairy on both sides, pink flowers in spring. It will die to the ground in winter, unlike some of the other cultivars. [https://www.flickr.com/photos/33037982@N04/13155236053/](https://www.flickr.com/photos/33037982%40N04/13155236053/)  | Vandermeer |
| Bergenia “lunar glow” | The leaves of this bergenia change colours as the season progresses. Very nice, especially in spring. Just ordered one. <http://www.canningperennials.com/acatalog/Bergenia---Lunar-Glow-.html#SID=104>  | Canning Perennials |
| Heuchera “magnum” | Heucheras are a great alternative to hostas – they do well with morning sun or dappled shade. Magnum leaves can be 10 inches across! Finally got mine at Mason House. | Most nurseries this year |
| Hosta “Church Mouse” | This sport of ‘Blue Mouse Ears’ has coarsely wavy leaves with a thick substance. Mini <http://www.goldenbrookhostas.com/index.php/catalog/hosta-descriptions-c>  | Goldenbrook Hostas |
| Phlox paniculata “Shortwood” | The following description is taken from the website as I don’t have any experience growing this phlox – just bought it last year. <http://www.plantsnouveau.com/2010/08/06/hottest-summer-ever/> “*Most of the summer phlox in my borders blew out in a matter of days due to the killer heat, but Phlox paniculata ‘Shortwood’ is still going strong. Boy, does it stand up well to high heat and drought. I’ve not seen one speck of powdery mildew and the bloom color is an electric pinky-lavender, similar to, but brighter than the species. It glows in the early evening light. This plant was selected by Sinclair Adam of Dunvegan Nursery and named after the garden of famed perennial diva, Stephanie Cohen. As Stephanie says, “It’s not short”, like she is, but her garden is named Shortwood.”* | VandermeerMason HouseTry other nurseries |
| Phlox paniculata “Twister” | More subtle colouring than Peppermint Twist. I love the colour – the reverse of peppermint twist with more white in the petals. Shorter at about 18”. Just purchased it this year. Might be hard to find this year. <http://www.ballseed.com/Growers/plant_info.aspx?phid=141500001010041>  | Anna’s Perennials |
| Salvia nemerosa “schwellenburg” | I really like this perennial as it is a very long bloomer. It has unusual rosy purple plume like flowers. It tends to be floppy so early staking is advisable but worth the effort. <http://www.canningperennials.com/acatalog/Salvia-nemorosa--Schwellenburg-.html>  | Try Mason House, SheridanCanning |
| Syneilesis Palmata | Common name “Shredded Umbrella Plant” I first saw this at the gardens of Mason House and fell in love with the foliage – right now – end of May they look like little umbrellas or little palms bursting from the ground. Flowers are not that great in my mind– it is about the foliage. About 15 inches tall and politely stoloniferous. 3 foot flower stalks in summer. Likes a moist semi-shaded location, although mine is growing under dry conditions under an Austrian pine tree.<http://www.canningperennials.com/acatalog/Syneilesis-aconitifolia.html> | Try Mason HouseCanningCan be hard to find |
| Vernonia lettermanii “Iron Butterfly” | If you can find this shorter version of vernonia, buy it as the foliage is simply outstanding. I have 3 but they have been very slow to get established and are late to emerge in spring . Mark the spot! Take a look at this foliage and the flowers are nice too. Looks like Canning perennials carry it. Canning is a mail order nursery located in Ontario.<http://www.canningperennials.com/acatalog/Vernonia-lettermanii--Iron-Butterfly--.html> | Canning perennials |

|  |
| --- |
| **SHRUBS AND VINES – if you are interested in clematis and more unusual varieties, try Mason House, Garden Import and Peter Keeping from Bowmanville. Peter has many unusual, very affordable clematis unavailable at most nurseries. Peter’s no. is 905-697-7842** |
| Buddleia “buzz sky blue” | Common name Butterfly bush. Here is the description from this website as I have not had any experience growing this variety. It is available at Vandermeer’s and likely at most nurseries. [typical awesome panicle](http://www.montereybaynsy.com/B/buddleia_buzz_sky_blue1.jpg)    *“Fragrant lavender blue flowers attract scads of butterflies all summer on a plant only 3-4' tall and wide. Color combo of flower against dark green leaves backed by felty white undersides, plus the low, compact habit, is the reason you just have to own this.* Other colours are available as well. | VandermeerTry other nurseries |
| Buddleia “Evil Ways” | What a unique name – I wonder how & why this name was chosen! What is different about this buddleia? The foliage! It is golden/lime green with ruby flowers – a very unusual and beautiful combo. Grows about 4-5 feet high and wide. I now have 5 shrubs which are finally well established so expecting a great show this year. | Got mine at Mason House & Vandermeer |
| Chionanthus “virginicus” | Common name Fringe Tree. I have mentioned this small tree before but worth searching for– this is the best picture so far that I have found for this amazing small tree. Chionanthus “retusus” is not as hardy.<http://www.canningperennials.com/acatalog/Chionanthus-virginicus-SHCHIO.html#SID=1083> | Try John’s perennials or Canning perennials |
| Cornus “pucker up” | Distinctive puckered and crinkled foliage. Will get one for sure this year if not sold out already! <http://www.bluestoneperennials.com/COPU.html>  | John’s Perennials |
| Cornus alternifolia “golden shadows”and alternifolia “argentea” | Common name Pagoda Dogwood. The third picture from this website is what mine looks like. It has amazing colours, visible from a distance. Horizontal branching produces a unique shrub with a tiered effect. [***http://www.bluestoneperennials.com/COGS.html***](http://www.bluestoneperennials.com/COGS.html)All the alternifolia’s have the beautiful tiered effect and when they are in bloom, spectacular. Then there are the berries!! Gorgeous. I have the common cornus alternifolia and cornus alternifolia argentea – white and green variegation with hints of pink. The common one seeds about but easy to pull out. | Pineridge, try other nurseries |
| Hydrangea paniculata “bobo” | Great for smaller gardens, this is a blooming machine. I have a garden buddy that was so pleased with his one purchase, he added 4 more the following year. I now have one planted last fall. Paniculata’s bloom on new wood so will not be affected by our winter weather. <http://www.provenwinners.com/plants/hydrangea/bobo-hardy-hydrangea-hydrangea-paniculata>  | VandermeerJohn’s perennialsTry other nurseries |
| Hydrangea paniculata “Little Quick Fire” | Last month, I told you about one of my favourite shrubs hydrangea “Quick Fire” with its lacy white flowers that gradually turn shades of pink then deep rose as the season progresses. It also blooms one month earlier than the other paniculata varieties**. I just found out there is now Little Quick Fire for smaller gardens at John’s Perennials.**  | John’s perennials |
| Ilex Verticillata | Garden Import has several varieties available, including ones with gold berries. These shrubs like wet conditions, even flooding, and will give you an amazing display in the fall. I use the berries for Christmas decorating.<https://www.gardenimport.com/spblvl2.php?section=FS&lvl=Ilex>  | Garden ImportSheridanVandermeer |
| Physocarpus “Amber Jubilee” | It is late May, and this shrub stands out in my garden. The foliage is outstanding, like amber/copper with hints of gold. I just planted 3 late last year so don’t know too much about them but worth growing just for the colour of the leaves. They will change as the season progresses, always interesting. [www.store.firsteditionsplants.com/physo-op-first-editionsramber-jubileetm-23-177](http://www.store.firsteditionsplants.com/physo-op-first-editionsramber-jubileetm-23-177)  | VandermeerTry other nurseries |
| Picea abies “acrocona” | An amazing site in spring when this evergreen sports bright red cones. May be difficult to find and likely not good for smaller lots. There are one or two mature specimens at Mason House to look at now as the cones will turn to green later. [www.coniferlover.wordpress.com/tag/picea-abies](http://www.coniferlover.wordpress.com/tag/picea-abies)  | Try John’s perennials |
| Psysocarpus “centre glow” | Another stunner because of the foliage as in Amber Jubilee. The new foliage on each branch tip emerges with a gold yellow centre, edged burgundy. Blooms in spring. | ? |
| Sambucus “lemon lace” | Common name elder. This is not invasive. There is another Sambucus that has lovely lacy golden foliage called “Sutherland Gold”. I have had some trouble getting Sutherland established and finally have two going under the Austrian Pines. Here is a new one called “Lemon Lace”. It is far lacier that Sutherland Gold and looks like a stunner. I was happy to see that Anna’s Perennials in Lindsay is carrying it this year, as well as Garden Import. Always call ahead for availability – phone listed above. [www.springmeadownursery.com/plant/72540](http://www.springmeadownursery.com/plant/72540) and from Garden Import <https://www.gardenimport.com/spblvl3.php?lvl=Sambucus&nm=LEMON_LACE&ref=SA2032>  | Anna’s PerennialsGarden Import in Toronto |
| Viburnum plicatum “popcorn” | This is an amazing shrub that is rarely available. Heard from Mary Ellen Simmerson that Kingsway is selling it this year. Check out this site <http://plantlust.com/plants/viburnum-plicatum-popcorn/>  | Kingsway? |
| Weigela “Shining Sensation” | I just purchased one this year. Very similar to wine and roses but is supposed to have very shiny dark burgundy leaves.  | Sheridan |
| Wisteria macrostachya “blue moon” | I have a love/hate relationship for wisterias. They are so rampant if not kept pruned on a regular basis. Blue Moon is supposed to bloom up to 3 times in one season. Haven’t experienced the additional bloom times as yet as I have to keep trimming. I have one espaliered and have finally got it the way I want it. I just counted 24 blooms which will bloom soon! <https://www.gardenimport.com/spblvl3.php?section=FS&lvl=Wisteria&nm=Wisteria&ref=WI2000>  | Garden ImportTry other nurseries |

**RECIPES**

Strawberry season is approaching in June. Here are a couple of recipes for you to try.

This recipe came from this website <http://www.the-girl-who-ate-everything.com/2012/05/cheesecake-stuffed-strawberries-and.html> It is simply delicious, easy and was a huge hit at my Easter brunch!

Ingredients

* 1 lb. large strawberries
* 1 (8 ounce or 250 gm. ) package cream cheese, softened
* 1/4 - 1/2 cup powdered sugar (depending on how sweet you want it)
* 1 teaspoon vanilla extract
* 1/4 - 1/2 cup graham cracker crumbs

Instructions

1. Rinse strawberries and cut around the top of the strawberry. Remove the top and clean out with a paring knife, if necessary (some of them are hollow already. Prep all of the strawberries and set aside. (I drained them on paper towels to dry somewhat)
2. In a mixing bowl, beat cream cheese, powdered sugar, and vanilla until creamy. Add cream cheese mix to a piping bag or Ziploc with the corner snipped off. Fill the strawberries with cheesecake mixture.
3. Once strawberries are filled, sprinkle or dip the tops with graham cracker crumbs. If not serving immediately, refrigerate until serving.

**NOTE: I only used ½ package of 250 gm. block of light cream cheese and ¼ cup icing sugar. Even at this amount, it made too much for one pound of strawberries – I would likely half it again. Try using the prepared chocolate cream cheese in the tubs. Use ½ tsp. vanilla. Instead of using graham cracker crumbs, I used brown sugar. I used a paring knife to gently scoop out the middle (eat it) and just filled the strawberries with a knife.**

**STRAWBERRY CUSTARD CAKE**

Fom Prevention Magazine, June 2013

Prep. to table time: 50 minutes

Pre-heat oven to 375 degrees F.

Coat a glass 9” pie plate with cooking spray. Hull and slice ½ pound strawberries. Arrange in pie plate.

Beat 4 eggs and ½ cup sugar on low until smooth, 2 minutes. Stir in 1 cup 2% milk (I used 1%), 3 Tbsp. each whole wheat and all-purpose flours (I used 6 Tbsp. unbleached white flour), 1 tsp. each vanilla extract and grated lemon zest, ½ tsp. cinnamon, and a pinch of salt (I added 1 Tbsp. lemon juice as well)/.

Pour over berries and bake until puffed, set and golden, 40 minutes. Cool and dust with confectioners’ sugar.

**Note changes from original: I increased sugar from 1/3 cup to ½ cup, and I added 1 Tbsp. lemon juice**

Nutrition per serving – 114 cal,. 5 gm. Protein, 17 g. carb., 1 g. fiber, 11 g. sugars (will be more if using ½ c.), 3 g. fat, 1 g. sat. fat, 68 mg. sodium