

GROWING TOGETHER



Cobourg Horticultural Society Newsletter

Summer Edition 2019



WHAT IS THERAPEUTIC HORTICULTURE?

We all know why we do it – “gardening just feels good.” And beyond what the literature is telling us, well it actually works. I know this because there are few evenings when I come home from an endless day of emails, meetings and deadlines, that I don’t retreat to the backyard where troubles fade, even just for a moment.

But, I was recently struck to learn about the growing significance of **therapeutic horticulture**; a discipline that can now earn one accreditation from several recognized institutions. By definition, therapeutic horticulture employs techniques to assist participants to learn new skills or regain those that have been lost. It also helps improve memory, cognitive abilities, task initiation,

language skills, and socialization. In physical rehabilitation, horticultural therapy can help strengthen muscles and improve coordination, balance, and endurance. In vocational horticultural therapy settings people learn to work independently, problem solve and follow directions.

A certified horticultural therapist is a professional with specific education, training, and credentials in the use of horticulture for therapy and rehabilitation. In fact a basic online search shows that nearly every province in Canada hosts some sort of accredited program at a recognized university, college or botanical garden, with many offering outreach programs, online courses and internships. Following their studies, horticultural therapists are often employed by health care and community centers, treatment facilities, universities, nursing homes and sometimes, religious organizations. What’s more research continues to further the knowledge of those professionals. For example, the **American Horticultural Therapy Association** publishes the academic *Journal of Therapeutic Horticulture*, which is available online, and that is full of interesting research papers on such subjects as *Exploring the Use of Therapeutic Horticulture to Enhance the*



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OUR UPCOMING SUMMER EVENTS

Saturday July 13, 2019

Summer Garden Party*

2-4 pm

2973 Cornish Hollow Rd.

* Presentation by Blue Frog
Water Garden

.....
Saturday August 10, 2019

Summer Flower, Fruit and

Photography Show**

Cobourg Public Library

(Tea 1:30-3:30pm)

**More information available
in our year book and [website](#).

Psychological Well-Being of Female Survivors of Childhood Sexual Abuse, or a pilot study on *the Effect of Chrysanthemum Scent on Memory and Mood*, just to name a few. More information can also be found on the **Canadian Horticultural Therapy Association** website. I hope you have a very happy and healthy summer season!

- MB



A new local radio program:

In The Garden

Hosted by Ingrid Schumacher

Thursdays at 1pm on 89.7fm

Join Ingrid Schumacher for In the Garden Thursday afternoons at 1:00pm-1:30pm as she explores all sorts of garden topics with a variety of guests. Annuals, perennials, shrubs and trees, garden design, outdoor living spaces, water gardens, dealing with challenges, what's new, the must-haves and more ... it'll all get covered!

Previous Shows can be heard online via podcast by clicking [HERE](#)

Homemade Weed-Be-Gone

1 Gallon Vinegar
2 cups of Epsom Salt
¼ cup Dawn Dish Soap

Mix today in a large spray bottle and apply after the morning dew has dried. This mixture is particularly helpful for weeds that grow through cracks in patio stones!



Riddles for the Gardener...?

Guess the plant name associated with the following clues:

1. How you might describe a silent person?
2. Name for a lady who weds for riches?
3. Everyone has these on their face?
4. You might find these on a safari?
5. An appropriate gift for a banker?
6. He's a awfully sugary "Bill"?
7. They're the "dairy" best bloom?
8. A peevish fairy-tale creature?
9. A woman's footwear?
10. A fine looking jungle ruler
11. They hate to wait?
12. Cross between a violin and a clarinet?



16th Annual Campbellford & Trent Hills District Garden Tour

Saturday, July 20th 10:00-4:00 (Rain or Shine)

On this self-guided tour of 7 gardens with Easy Accessibility, enjoy the creativity, variety of plants, garden accessories and design & feel free to ask questions of members & of the owners/hosts. Proceeds benefit Trent Hills community beautification efforts.

Passports: \$12.00 & kids under 12 are free.

Passports available for purchase by Jul. 1 at various locations: Caroline's Organics, Farmers' Market at Helen Evegroen's stall (Wednesday's & Saturday's) and Glover's Market, also available at Frantic Farm, Winker's Nook in Warkwork and at garden sites on day of the tour.



Madame Twig Presents...

SUMMER 2019 BASKETRY WORKSHOPS

The Branch Ranch, Warkworth, Ontario

Baskets, baskets and more baskets, plus a garden globe and a big bird feeder too! Choose from one or two day workshops in the studio weaving with willow grown on our farm. Classes are available for beginners, intermediate and Serial Weavers from July thru September. Whether you are new to basketry or wanting to improve your skills, our workshops are designed to allow you the time to concentrate on learning specific aspects of weaving and perfecting your skills. With two instructors we are able to guide you through each project step by step.

For full details and registration visit our website:

<https://thebranchranch.ca/summer-2019-basketry-workshops>

Classes fill quickly, don' miss out!



Our Annual CHS Scholarship Award

Source: Cobourg News Blog (John Draper)

On Saturday June 22 at the Five Corners garden, the Cobourg Horticultural Society awarded a \$1000 scholarship to Thomas Burgess, a graduate at St. Mary High School. The \$1000 value was an increase from previous awards of \$750. Thomas was selected from 5 applicants who were all judged to be "good". He had high marks and is planning to study for a degree in Conservation Biology at Trent University. He describes himself as interested in all things outdoors and has experience in farming, tree culture, and eco-system management in parks including Presqu'ile Provincial Park where he studied the flora and fauna of the park. Thomas wants to work as a research scientist doing field work in environmental studies and conservation investigating diverse biomes and ecosystems across Canada observing the effects of global warming on human populations and plant and animal species.



The scholarships are for students at either of Cobourg's two high schools with exemplary marks who wish to pursue post-secondary education in a field related to horticulture or the environment. The presentation was made by Society President Brian Garrison. In the photo above are (left to right) Secretary Karen Roberts, President Brian Garrison, scholarship recipient Thomas Burgess, Treasurer Suellen Stratton (with Jack the dog) and Director Ron Weisfield. A large amount of the work in organizing the scholarship and choosing the recipient was done by Jeanne Guillaume who was unable to attend. The Cobourg Horticultural Society was founded in February 1859 and current activities include an annual plant sale, speakers at monthly meetings, tours, workshops and of course funding bursaries for local high school graduates. The Society participates in activities and studies initiated by the Town of Cobourg that relate to horticulture or cultural interests.

The garden at Five Corners (at King and William) has been maintained by the Horticultural Society since its creation in 2001 and was a fitting location for the presentation.



Baltimore Valley

GARDEN CENTRE

Cobourg Horticultural Society

Saturday July 27, 2019

10 am

Baltimore Valley Garden Centre looks forward to hosting the Cobourg Horticultural Society for a summer event on July 27, at 10 am.

We have Josh and Kristy, from Sheridan Nurseries attending. Sheridan Nurseries is over 100 years old and has won the prestigious title of being International Grower of the year twice in the past decade. Josh and Kristy will be speaking about new plant introductions.

They will be sure to have lots of plant material to showcase to you.

We have also invited Marlon, from Premier Tech Home and Garden. Premier Tech is the developer of MYKE. Marlon will speak about mycorrhizae, and the tremendous importance of this all natural product. John; and all of us at Baltimore Valley are looking forward to hosting your society. We will have refreshment and treats for all of us to enjoy. Lots of parking available next door, at our neighbour to the north, Findlay Construction.

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ANSWERS:

- | | |
|------------------|-------------------|
| 1. mum | 7. buttercups |
| 2. marigold | 8. snapdragon |
| 3. tulips | 9. lady's slipper |
| 4. tiger lilies | 10. dandelion |
| 5. money plant | 11. impatiens |
| 6. sweet william | 12. violet |



Photos from Our Annual Plant Sale - May 18, 2019

Photos Courtesy of Sharon Thompson

Continued....



Photos Courtesy of Sharon Thompson

COME ON OUT TO THE



ALDERVILLE

Black Oak Savanna

POLLINATOR PARTY



\$5/PERSON

3pm - Mission Monarch

5pm - Bumblebee Watch

6pm - Building Pollinator Hotels

JULY 25, 2019 | 3PM-8PM

Please Register! Limited spaces available.

Gillian di Petta, Garden & Outreach Coordinator
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**Cobourg
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