

GROWING TOGETHER



Cobourg Horticultural Society Newsletter

Winter Edition 2017



TRY GARDENING YOGA.... FOR A HEALTHIER YOU!

- Martha Baldwin, CHS Member

I've been looking forward to a Sunday like this: a snowy day too cold and windy to go outside and a good excuse to put the kettle on for a cup of tea, curl up with a stack of gardening magazines and my gardener's journal. What's a gardener's journal? Well for me, it is a scrap book that I've maintained for a few years, including pictures of my garden, notes of what plants did well during the season and what didn't, some scribbles of things to try next year and a list of my outdoor yoga poses – that's right, yoga poses to try in the garden! It first started out as a technique for stretching, a way to avoid strain and combat stiffness often experienced after spending a day digging in the dirt. But yoga has also now become a relaxing alternative to remind me that the

garden can also serve as a place of exercise and meditation. For those who aren't familiar, yoga is a dynamic series of movements, stretches and poses which incorporate the concepts of balance, breath and focus to realign muscles in the body. It often helps to strengthen areas of tension, which is undeniably a must for a gardener! Meditation and mindfulness is also a huge component of each pose, where the mind is encouraged to be in the moment; calmly acknowledging and accepting passing thoughts without judgement. And what a better place to practice some yoga than outdoors in the beauty of your own garden! I enjoy doing mine early in the morning when the neighbourhood is quiet, the sun is rising and the

WINTER MEETINGS & SPEAKER SERIES

Wed. Feb 1, 2017

- **Leslie Abram**

"Small Wonders in your Garden"

* **Renew your 2017 Membership!**

.....

March 1, 2017

- **Robbie Presto**

From Victory Gardens to the Present



sounds of the birds are most distinct – it really sets the day off right. With many of us resolving for a better 2017, whether it be to improve your health, or try something new, be sure to include yoga on your list to get your body and mind ready for the upcoming gardening season. This Winter edition of "Growing Together" features a few articles that promote gardening and your health, as well as suggestions to keep your body and mind busy outdoors (or warmly indoors) as we await for the first signs of Spring. So as they say in yoga: *Namaste*,.. and Happy Winter!

The **health** benefits of gardening

The love for gardening spans generations. Just about anyone can dig, plant, and pull up weeds, and the rewards of your efforts sprout and blossom before your eyes at harvest time. Gardening's benefits extend beyond baskets of veggies or flowers nestled in a vase. Gardening enriches your body, your diet, and your spirit.

Your Body:

Working in the garden provides you with an outdoors fitness alternative. Rather than schlepping to the gym and plodding on the treadmill, you might push a lawnmower under sunny skies. Instead of lifting weights, you dig into the soil while listening to a bird's song. Gardening's **bone-building benefits** are predictable in the same way we know weight training can help build bones. The related tasks require your body to shift and move from position to position – engaging many muscle groups and challenging your **joint flexibility and strength**. During a gardening session, a safe and healthy gardener would alternate between lifting, stretching, walking, kneeling, climbing, raking, weeding, and digging.

Your Diet:

Pass an hour tending to your general gardening tasks – turning the soil, planting, hoeing – and you're likely to **burn about 250 calories**. Get down and dirty, dredging, digging, and weeding, and you'll shed a good **350 calories**. That's more than you'd lose in an hour of brisk fitness walking, and you may get a bundle of carrots or some fresh tomatoes in exchange for your effort. Thanks to healthy harvests from your garden, **your diet may become more nutritious**. People who have their hands in the growth process of their food tend to eat more vegetables, fruits, and fresh herbs. When you watch tomatoes mature from small green buds to full blush-red fruits, you're more likely to slice them up into a salad or stew them into a soup.

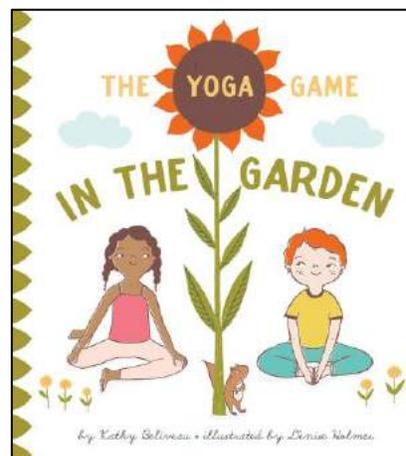
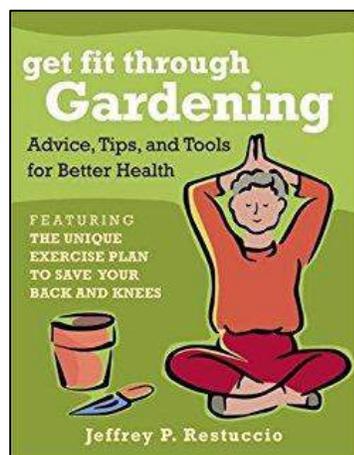
Your Mind:

A **happier, calmer state of mind** may be another benefit you take away from gardening. An actual clinical profession exists, called *horticultural therapy*, in which people in places like rehabilitation programs, nursing homes, and hospitals engage in gardening tasks as part of their treatment plan. Maybe it's the sunshine that boosts a gardener's mood. Maybe digging in the soil restores our connection to our senses and to the natural world. Maybe being part of creating something, something beneficial or beautiful, leads to feelings of contentment. Maybe the poet Ralph Waldo Emerson was on to something when he wrote that the "Earth laughs in flowers." In addition to these, if you have a family, introducing your children to gardening will get them moving and exercising, setting them up for a good health routine when they get older.

Source: <http://chealth.canoe.com/healthfeature/gethealthfeature/healthy-garden-healthy-gardener>

Interesting in reading more? Check out these great books:

Get fit through Gardening by Jeffrey P. Restuccio *The Yoga Game in the Garden* by Kathryn Beliveau





Our 17th incredible Show!

Peterborough Evinrude Centre, 911 Monaghan Rd.

Friday April 7th, 2017

5pm to 9pm

Saturday April 8th, 2017
10am to 5pm

Sunday April 9th, 2017 10am - 4pm

Admission: \$8/day

Weekend Pass: \$12

Children under 12, with adult: Free

NEW THIS YEAR e-Tickets!

Great speakers,

Demonstrations,

150 vendors, Children's

Garden, Garden displays and

Floral Arrangements.

For more information, visit

peterboroughgardens.ca or

like us on Facebook!



Got a cold?

Did you know that green sweet bell peppers have twice the vitamin C of oranges? Red and yellow bell peppers have four times as much. Ounce for ounce, broccoli has more vitamin C than an orange and as much calcium as a glass of milk. Tomatoes are also an excellent source of vitamin C. One medium tomato provides 40% of the recommended daily amount!

Our February Meeting  Wednesday Feb. 1, 2017



For those of you who missed our first Horticultural Society meeting for the New Year of 2017, you also missed the wonderful work of our guest speaker, Leslie Abram. Leslie delighted and entertained members with stories and fascinating facts about bugs, birds, bees and other small wonders, while showcasing of her amazing professional photography taken from home in her garden and the surrounding regions. Leslie's sense of passion about the living world and her literal down to earth approach to sharing it with the audience was a real treat!

Be sure to check her webpage to view her works: leslieabram.com





NORTHUMBERLAND
MASTER GARDENERS PRESENTS

March INTO THE Garden Lecture Series

March 6, 2017 - Kevin Elchuk, Giboshihill Hostas
Ornamental Trees in the Hosta Garden

March 13, 2017 - Darren Heimbecker, Whistling Gardens
Dwarf Conifers – Large Impact

March 20, 2017 - Marion Jarvie
Structure and the Layered Look

March 27, 2017
Paul Zammit, Toronto Botanical Gardens
Lighting the Way:
Bright Selections for the Shade Garden

Lecture location:
Calvary Pentecostal Church
401 Croft St. E, Port Hope

Four Mondays
March 6, 13, 20, 27, 2017
7:30 pm

Ticket agents:
Cobourg Paint & Wallpaper
34 King St. W, Cobourg

Holton Flowers
62 Walton St., Port Hope

\$40 for all four lectures (cash or cheque)
Single lectures \$15 if available

What is a Seedy Saturday?



Seedy Saturdays are a remarkable phenomenon. They are not one event, but a series of separate events, which have sprung up across the country, each individually and uniquely organized under the same general themes of encouraging the use of open-pollinated and heritage seeds, enabling a local seed exchange, and educating the public about seed saving and environmentally responsible gardening practices. They *usually* occur on a Saturday, hence the name, but also occur on Sundays and other days.

Seedy Saturdays are fun, inexpensive events where you can swap and exchange seeds, get exciting varieties that other seed savers are sharing (as well as the stories that come with them), attend workshops and talks, meet vendors and buy seeds from seed companies. Whether you are a first-time or master gardener, seed enthusiast or expert seed saver, there really is something for everyone.

Here's a listing of a few upcoming Seedy Saturday (or Sunday) events in our area:

Cobourg Seedy Saturday

Saturday March 18, 2017 10am to 2pm

Villa St. Joseph Retreat & Ecology Centre 445 Monk St.
Cobourg, ON

Quinte West Seedy Saturday

Saturday March 4, 2017 10am to 2pm

Prince Charles Public School, 138 Dufferin Avenue South, Trenton, Ontario

Features free workshops, many new and returning vendors selling heirloom, open pollinated seeds and our seed exchange. Free admission. Drinks and food available for purchase.

Contact Colleen O'Reilly at 613-475-6139

Peterborough Seedy Sunday

Sunday March 12, 2017 12 p.m. to 5 p.m.

534 George St. N - Emmanuel East United (same location as past years, different name)

Peterborough, Ontario

For full list of vendors, community groups, workshops and more information about our Seed Exchange Area <http://urbantomato.ca/learn/seedy-sunday-peterborough/>

or at our Facebook page <https://www.facebook.com/events/594135140772094/>



Melon, Mint, and Cucumber Smoothie

Refreshing and hydrating, this smoothie is a great way to get in a few extra helpings of fruits and veggies.

2 cups chopped honeydew melon
 1 cup chopped English cucumber
 12 fresh mint leaves
 2-4 tablespoons fresh lime juice, to taste
 1 teaspoon honey

Puree ingredients in a blender until smooth.

Source: www.incrediblesmoothies.com

The Origin of the Shamrock

Source: *Fine Gardening Magazine*

The original Irish shamrock (traditionally spelled seamróg, which means "summer plant") is said by many authorities to be none other than white clover (*Trifolium repens*), a common lawn weed originally native to Ireland. It is a vigorous, rhizomatous, stem-rooting perennial with trifoliate leaves. Occasionally, a fourth leaflet will appear, making a "four-leaf clover," said to bring good luck to the person who discovers it.

If you'd like to grow your own shamrock, you have a couple of options. You let the widely recognized white clover invade your lawn, or you can grow the Americanized version, *Oxalis tetraphylla*, the lucky clover. This is the plant you will usually find in gift shops in March. *Oxalis tetraphylla* is a tender perennial in most parts of this country, hardy only in Hardiness Zones 8 to 9. For this reason it is usually grown as a house plant, with a winter dormancy period. It needs bright light to thrive, as well as moist, well-drained soil. When the plant begins to go dormant for the winter, keep the soil barely moist, and resume regular watering in the spring when the plant puts out new growth.



Cobourg Horticultural Society

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