



Carleton Place & District Horticultural Society

May 2023

Earthfest 2023

Earth Day was recognized in 1970 as a day to promote environmental awareness and encourage action. This year, CPDHS participated in Carleton Place's first Earth Day festival, Earthfest, on April 22 at the Carleton Place Market Square. The event was run by the Carleton Place Environmental Advisory Committee (CPEAC). It included guest speakers, community tables, and workshops promoting environmentally friendly practices, climate change solutions, and more. Despite a burst of rain and some wind, it was a productive and gratifying day.



Daniel Brumar ran a table on behalf of the Society with members of the climate change committee, board, and master gardeners. Community members could ask questions about horticulture and learn about plant care mistakes with an interactive activity including live plants exhibiting common problems. The Society's exposure and opportunity to reach a wide audience was excellent, as attendance at the event was estimated to be 800-1000 people.

The Society also ran the children's workshop for Earthfest. Activities included colouring and worksheets depicting native species, habitats, and climate change questions. There was an opportunity to create garden art (bug rock painting, and twig and pinecone decorations). Children could decorate a recycled container as a native animal, such as a frog, black bear, or snowshoe hare, and plant a seed. We also offered succulent planting in mugs to teach about upcycling and encourage participation by older children and youth. Barbara Clarke, Valencia Logan, a student from the Youth Center and Laura Cupper's son and partner all volunteered at the children's workshop. In total, we estimate 50-100 children/youth did at least one activity at our workshop. Many chose to do multiple activities. Most were between the ages of 5-12, but there were some as young as toddlers and a few teens as well.



Feedback from the public and the Earthfest coordinator was positive. We signed up new members at the Society table and had happy kids and parents participating in hands-on learning activities at the children's workshop. An invitation for CPDHS to participate in Earthfest 2024 has already been extended. Our sincere thanks once again to all who volunteered or donated supplies to make this event possible.

Brianna Logan, Director

POTTING UP FOR:

Plant Sale – Saturday, May 27th 2023

Calling all potters!

We need lots of plants, and we need lots of potter-uppers!

- ▶ Here is how it works.... Society members take large clumps of perennials out of their gardens/or donations and deliver them to,
- ▶ Rick Roberts property at 238 Lyndhurst St., Carleton Place, corner of Mississippi Road and Lyndhurst Street.
- ▶ Please call Rick Roberts at 613 257 7878 if help is needed with splitting/digging up, he has a team organised to help.

There we use the Society pots and black soil to pot up the plants, name them, and put them to one side to grow lush and sturdy by the time of the sale. Potting days Tuesdays' May 9th, 16th and 23rd and Saturdays' May 13th and 20th.

Please join us, between 9:30am – 11:30am or any time in between. Just bring gloves and a trowel, thanks. Members can also pot up in their own gardens and bring the plants to the Museum's V.S.G the evening before the Sale.

CPDHS Show & Tell

Sometimes we make discoveries in the garden that we feel we just need to share with someone else. We are starting a Show & Tell segment at the start of our meetings where you can share your gardening successes, failures that you learned from, interesting observations and new ideas. Do you have a special plant that finally bloomed, or did you find a new trick to get rid of those bugs? Did you grow a spectacular vegetable or discover a new respect for a tenacious weed? The emphasis is on sharing things you've tried or discovered yourself. You can bring in a potted plant or small item to illustrate that "aha!" learning moment you had in the garden and tell us all about it for about 5 minutes. Just email us at cpdhsmembers@gmail.com before the meeting to let us know you want to share.

Daniel Brumar, Director

CPDHS June Flower Show

Saturday, June 24th

Open to Public 1:00 - 3:00 PM

Theme: Color Me Purple 2023

We will have our Summer Flower Show in the Barbara Walsh room at the Carleton Place Library. We will have the schedule out soon.

Doreen Harris, Director

Special Thanks

I stopped in at the VSG this am. The clean up crew of Paul, Sheila Gibson, and Kat McNamarra did a terrific job of cleaning up the multitude of branches and mess in the garden. I had seen it last week before clean up and it is amazing the job they did in such a short time. Thanks a heap gang.

We are always looking for volunteers to help maintain the gardens. We meet on Tuesday mornings 9:30 am to 11 am.

Dianne Elliott, Director



The Historical Society cordially invites you to bring a picnic and your friends to our

FREE! Coronation Picnic




Sunday,
May 7
1 - 4 pm

- Carleton Place Community Band
- Kid's Craft Zone
- Photo Booth
- Refreshments

It's happening at
The Carleton Place and
Beckwith Heritage Museum



267 Edmund Street, Carleton Place
613 253 7013



Carleton Place & District Horticultural Society will be supplying the plants for the planters at the entrance as well as posies for the tables.

Our next meeting is Wednesday, June 7, 2023 at 7:00pm
Our Speaker will be Elizabeth Salter from Ramsay Creek Garden Centre in Carleton Place. She will be talking about Hanging Baskets, how to care for them and keep them lush all season.

Rhubarb – Plant Once, Harvest for Years

Written by Judy Wall, Master Gardener with the Lanark County Master Gardeners

Early spring signs of rhubarb, when the plant starts to come alive poking thru the ground always excites me. Rhubarb is a perennial long lived plant, which requires very little from me each season. Add a little compost around the crown early spring, watch for stocks which hold large clusters of seeds which should be cut off before seeds form, puts the energy back into the plant so it can produce more rhubarb stalks. To harvest the rhubarb, you pull the stems holding them close to the ground and pull. Bring a large kitchen knife out to the rhubarb patch, to cut the leaves off and dispose of them (not in the compost) as they are poisonous. Then cut off the other end of the stalks.



Take the rhubarb to a sink wash and cut into desired lengths. It seems to me the more you pick the more stalks grow, thru to about mid-July when the leaves start to turn yellow and die, as it goes dormant until next spring when it reappears.

There is nothing nicer than homemade rhubarb/strawberry pie in early spring or any time of year. Rhubarb freezes really well. Chop the rhubarb into smaller pieces about 1" long and package them in plastic bags, measured to the qty. required for certain recipes such as:

Rhubarb muffins, rhubarb pie, rhubarb to go along with other fruits for a mixed fruit crumble, or rhubarb squares. Rhubarb stew preserved in jars is also easy if you don't have much freezer space. It can be added to granola and yogurt for breakfast, and so many more uses for rhubarb.

Rhubarb harvested fresh has no chemicals/pesticides and is healthy for me. Consider growing rhubarb in your garden if you don't already. I call it my superfood. Easy to grow, easy to care for and easy to harvest. The American Institute for Cancer research society <https://www.aicr.org/resources/blog/health-benefits-of-rhubarb/> says: The edible part of the rhubarb plant — the stalk — contains anthocyanins, which yield its bright red color. Anthocyanins are a type of flavonoid found in foods such as berries, red onions, black beans, red grapes and black plums. They act as antioxidants in test tube studies, but in the human body, their protection seems more likely to come from their role in cancer-preventive cell signaling. Anthocyanins have demonstrated protective effects on blood vessels and blood pressure, and recent research suggests that anthocyanins may offer anti-cancer benefits, too.



I am no doctor, therefore do your own research based on your health requirements. Dr. google has many a great recipe for this sometimes over looked vegetable. Yes I said vegetable not a fruit, which many of us use it as. I learned recently of some sweet and sour condiment recipes which use Rhubarb, such as Rhubarb Mostarda, which I will be trying this season to expand my use of Rhubarb.

This newsletter is published by the Carleton Place and District Horticultural Society and is distributed to its members free of charge.

We depend on our members for its content. If you would like to contribute, please send your submissions to: cphorticulture@gmail.com

Editor, Design and Layout: Linda Bartlett

Contributors: Paul Pietsch, Daniel Brumar, Rick Roberts. Dale Odorizzi and Doreen Harris

Follow us on Facebook:

<https://www.facebook.com/carletonplaceanddistricthorticulturalsociety>

Visit our website: www.cphorticulture.ca