



Cuttings

February 2020



FEBRUARY'S GUEST

SPEAKER:

Jenna Zardo
Of Urban Pantry



February 4th 2020

@7:00pm

At the ANAF Club

52 Morrow Rd

Jenna Zardo is Coordinator of Urban Pantry Barrie, a community food program operating out of the Canadian Mental Health Association. Jenna has been championing community food security in Barrie for over six years. Jenna has been involved with many community programs, including "FruitShare" Barrie, Living Green Barrie, and the Barrie Good Food Box. In her role with Urban Pantry, Jenna was part of the grant-writing team that secured funding to install seven new community gardens in Barrie and deliver food skills and food access programming.

Jenna is passionate about creating connections around the growing, cooking and sharing of food.

Urban Pantry
Contributing
Community
Barrie Forward
Involved People
Food
FruitShare
Health

The benefits of urban community gardening include:

- provides a place for people to gather; reducing social isolation and improving well-being
- keeps money spent on food in the community, which supports local farms and others in the food sector by creating jobs, income and security
- makes healthy foods more available
- increases the number of vegetables and fruit people eat - promotes a healthier diet
- reduces greenhouse gases and improves air quality when people buy and eat local foods in season
- helps people engage in a healthy, active lifestyle.



Seed Catalogues – the perfect way to garden during our cold winter months!

Whether you are a master or beginner in gardening, getting a bright, colourful seed catalogue in the mail can lift your spirits and transport you to summer and out of our ever-lasting dreary winter! But if you are like me navigating these vessels of beauty can be daunting! Here are a few tips I have learned and gleaned from the internet to help you so that you don't get swayed into spending more than you should and buying things you'll never succeed at planting!

Seed Catalogues are a time-honored resource that started in the late 1200s according to the British Agricultural Historical Society (BHS) archives. Seed Distributors each year, compile their best horticultural achievements to date and show us an abundance of what's available for us to grow! The trick is to zero in on exactly what we need and not get too dazzled by the lure of the printed pictures!

Here are some of the ideas I got from the Farmers Almanac and

<https://gardenerspath.com/how-to/beginners/navigate-seed-catalogs/> !



Photo by Allison Sidhu

1. GET THE LAY OF THE LAND

Begin your browsing by looking for a key to symbols used throughout each of the publications, and any guides to the "language" used throughout.

Next, move into the organized sections. They include headings like fruit, herbs, vegetables, flowers, perennials, live plants, and garden gear. Quite often these are interspersed with a wealth of articles, recipes, and other items of interest to gardeners, in a user-friendly, magazine-style format.

Some companies go into more detail than others, so plant write-ups vary from one publication to another.

A plant description may begin with USDA Hardiness Zones, followed by recommended hours of sunlight, soil acidity, and moisture levels. It could go on to discuss starting indoors or out, when to transplant, spacing in the ground, height and width, and the appearance of the foliage, flowers, and produce.

You'll find descriptions that include terms like **organic**, **heirloom**, and **open-pollinated**.

Organic products have not been treated with synthetic chemicals and bear appropriate certification.

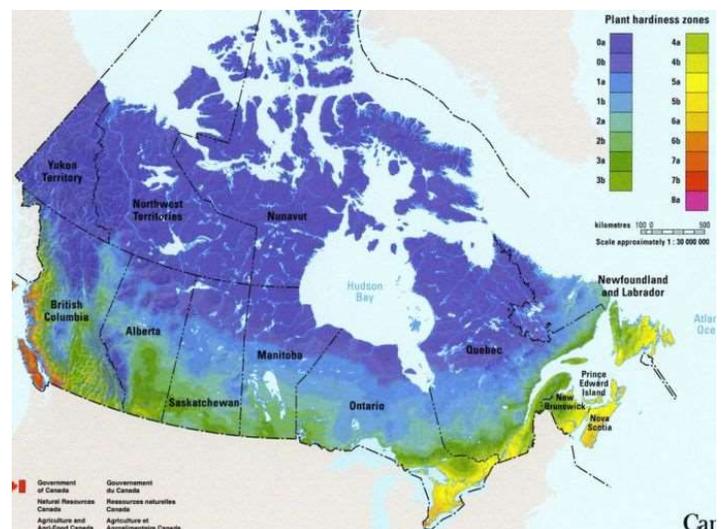
Heirlooms have at least 50 years of heritage behind them. During this time, they have been passed from gardener to gardener and retained their original characteristics, having been open-pollinated, and therefore, never cross bred.

(Please note that many print catalogs are going by the wayside, and those that remain are abbreviated versions of the contents to be found on company websites. If a publication lacks the information you seek, go online, or contact customer service by email or phone. You will also find customer reviews online, which are a great way to decide whether to try a new product.)

2. DON'T BE RULED BY CLIMATE ZONES

Take USDA Hardiness Zones with a grain of salt... select seeds from locations where the summer weather matches their own. By all means, use hardiness zone guidelines to estimate frost dates, but so many varieties are available now can be grown all over the world! For instance, what grows as a perennial in a warm climate may grow equally well in a cooler region, but it will become an annual that dies off with the first frost.

Knowing the average date of the last frost is a great guide for spring planting. And the average date of the first frost is helpful for determining the feasibility of planting a second veggie crop mid-summer, and what you may hope to yield before the snow flies.



3. UNDERESTIMATE YOUR NEED FOR SEED AND OVERESTIMATE YOUR NEED FOR SPACE

One of the biggest mistakes home gardeners make is to purchase too many seeds for their garden size.

Remember, that you can't plant four zucchinis, three peppers, and three bush beans in a 5-by-4-foot (20 square feet) plot, when each zucchini grows to four feet in diameter... unless you grow them vertically.

I find that purchasing one seed packet of any given variety is always enough for a city garden... maybe in the country you have room to plant more, but then you will have a lot of harvest to share with friends!

If you are creating a border of flowers along a driveway, draw a plan on paper and decide on a length and width for each type of plant you'd like to have. Then, read the descriptions of the mature sizes of your selections, and use your drawing to approximate how many of each you'll need. And remember, not all seeds will germinate, and some more delicate specimens will not thrive in less-than-perfect conditions. For some, this may be a reason to buy more seeds - but wait until after you've given a smaller quantity of seed a shot first.

4. BEWARE THE LURE OF THE LATEST & GREATEST

It's tempting to go straight to the "What's New" pages to find the most unusual looking tomato with orange stripes and purple spots! Wait to see what success there has been for each of these new plants from customer reviews or from fellow gardeners. If you just can't help yourself, just buy a single packet and give it a try!



5. COMPARISON SHOP

Don't rely on one catalog for all your needs. When you find a plant variety you like, see if you can locate it in several publications. If you can, chances are, the prices and the quantity of seeds per packet will be different. Depending on the size of your plot will probably determine which packet you'll buy but convert the price per packet to the cost per unit first so you don't over pay for each

seed.... You can always share a packet with a neighbour or friend if there is too many for you to use!

Also, keep in mind that certified organic products and heirloom varieties tend to cost more, so be sure to compare products with similar qualities when factoring price into your decision.

Below are some places in Canada to order Seed Catalogues (from: <https://www.almanac.com/content/canadian-seed-and-plant-mail-order-sources#>) to start your winter dreaming!

<p>Corn Hill Nursery 2700 Rte. 890 Corn Hill, NB E4Z 1M2 506-756-3635 www.cornhillnursery.com</p> <p>McKenzie Seeds 1000 Parker Blvd. Brandon, MB R7A 6E1 800-665-6340 http://mckenzieseeds.com/</p> <p>Mount Royal Seeds www.mountroyalseeds.com</p> <p>Richters Herbs 357 Hwy. 47 Goodwood, ON L0C 1A0 800-668-4372 www.richters.com</p> <p>Seed Bank www.seed-bank.ca</p>	<p>Veseys Seeds 411 York Rd. York, PE, COA 1P0 800-363-7333 www.veseys.com</p> <p>T&T Seeds 7724 Roblin Blvd, Headingley, MB R4H 1B1 (204) 895-9962 https://ttseeds.com</p> <p>Stokes Seeds Ltd 296 Collier Rd S, Thorold, ON L2V 5B6 Make sure the Canadian flag for Canada. https://www.stokeseeds.com/ca</p>	<p>West Coast Seeds 4930 A Elliott St. Delta, BC V4K 2Y1 888-804-8820 www.westcoastseeds.com</p> <p>W. H. Perron 2914 Cure-Labelle Blvd. Laval, QC H7P 5S8 800-723-9071 www.dominion-seed-house.com</p> <p>William Dam Seeds Ltd. 279 Hwy. 8 Dundas, ON L9H 5E1 905-628-6641 www.damseeds.ca</p> <p>Early's Seeds 615 Lorne Ave, Saskatoon, SK S7J 0S5 (306) 931-1982 https://www.earlysgarden.com/</p>
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W. H. Perron Seed Catalogue

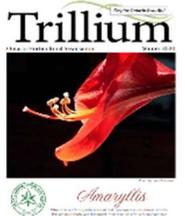
FYI - The back cover of the W. H. Perron Seed Catalogue that shows that OHA members qualify for a 10% discount on their order. As a Barrie Garden Club member, you are also a member of the OHA!

To receive this discount, you need to fill in the area asking for the OHA code on the order sheet.

The OHA assigned code is #4633.

You can use this code for discount on phone orders, internet orders and those orders sent in by mail.

Have a look at the OHA Newsletter - The Trillium!

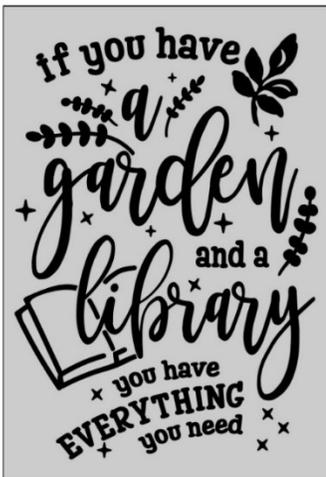


If you'd like your own copy delivered right to your in box, please get a subscription form from Kim!

<https://gardenontario.org/wp-content/uploads/trillium-news-2020-01-winter-web.pdf>

March Meeting- Garden Sign Painting Class

We are very excited to have another "crafty" night at the Barrie Garden Club! We have sign painting expert Crystal Cross of Sweetpea Boutique coming in to help us create a lovely masterpiece for our garden.... And it's SUPER easy!!



If you are interested, you will have to sign up with her and pick from one of the 4 signs below:



Here is the link for the website. <https://sweetpeaboutique.ecwid.com/>

You simply click on "Barrie Garden Club Workshop" and then make your selection. Once in your shopping bag you can pay via "phone order" which is used for Etransfer to sweetpeabarrie@gmail.com or "credit/debit" which is processed online through this site. If you have any problems with this or need to contact Crystal please call her at 705 721-3637.

Upcoming 2020 Garden Events

March:

March 14th - Seedy Saturday at the Barrie Public Library - 12 - 2pm

March 14th - Beeton Seedy Saturday, 10 am to 3 pm 42 Main Street
Beeton, Beeton Library

March 28th - Innisfil Library - Seedy Saturday 10-3

April:

April 27th - Stayner Visitor's night, Speaker Ken Brown, 3 Tenors + 1.
Social at 7pm. Speaker @ 7:30

May:

May 16th - Innisfil Spring Flower Show & Tea

May 16th - Alliston Plant Sale

May 21st - Orillia Horticultural Society Open House

May 23rd - Beeton's Honey and Garden Festival. 9 am to 4 pm Main street (8th Line) Beeton

May 23rd - Oro-Medonte's Plant Sale

May 23rd - Midland Garden Club Plant Sale

May 30th - Orillia Horticultural Society Plant Sale

June:

June 2nd - Barrie Garden Club, Visitors Night, Marion Jarvie speaking on Shade Gardens

June 6th - Plant Sale at the Stayner Community Centre, 269 Regina Street, Stayner 8am to 12 noon.

June 6th - Creemore Plant Sale

June 6th - Barrie Garden Club, Plant Sale

June 17th - Barrie Garden Club, Tour to Terre Bleu Lavender Farm

July:

July 12th - Oro-Medonte's Garden Tour

July 11th - Georgian Bay Garden Tour, charity event for Hospice Midland

July 18th - Flower, Fruit & Veg show, Creemore

July 25th - Alliston Garden Tour

August:

August 8th - Alliston Potato Festival

August 15th - Luncheon & Flower Show - Alliston Garden Club.

September:

Sept 12th - Innisfil Fall Flower Show & Tea

October:

October 14th to 16th - Barrie Garden Club's overnight tour to
Point Pelee

October 21st - Creemore Visitors' Night



Flourless Brownie Tart with Dark Chocolate Glaze and Whipped Coconut Cream

By: Tessa at <http://www.naturalcomfortkitchen.com/>

(Ingredient prep 1 hr. 35 mins. Cook time 30 mins. Total time 2 hrs. 5 mins)

For the month of February, I had to choose something with chocolate in it!! This recipe is easier than it looks. If you have a few basic baking staples you can whip it up for a special (Valentines) after dinner treat.

Makes: 12 rich slices

Ingredients

For brownie:

- 2 oz. (1/2 C) walnuts or pecans, whole or pieces (optional)
- 5 T unsalted butter
- 6 oz. bittersweet (or semisweet) chocolate
- 1/2 C granulated sugar
- 1/2 C lightly packed brown sugar (90 g)
- 2 large eggs (let stand 30 min. at room temperature, if time permits)
- 1 t vanilla extract

For glaze:

- 6 oz. bittersweet (or semisweet) chocolate
- 1/3 C water
- A pinch (1/16 t) sea salt
- 6 T unsalted butter, cut into about 24 pieces
- 1 T triple sec (optional)

For whipped cream and garnish: (optional... you can use just plain whipped cream tool)

- 2 cans full fat, unsweetened coconut milk (see notes)
- 1 T sugar
- 1/2 t vanilla
- 1 t finely grated orange zest (optional; from approximately 1/2 orange)
- Extra chocolate, chilled, for shaving



Directions:

*IF MAKING COCONUT WHIPPED CREAM, refrigerate cans of coconut milk at least 6 to 8 hours first. *

Brownie:

1. Preheat oven to 350. Spread nuts on a rimmed baking sheet. Line a one piece 8-inch cake or tart pan with a single sheet of foil, leaving some overhang. Grease foil with 1 teaspoon of the butter.
2. In a microwave safe bowl, combine 6 ounces chocolate and remaining butter and heat for 1 minute on high. Leave alone for 5 minutes, then heat another minute. Remove from microwave and stir until smooth and combined.
3. Roast nuts about 10 minutes, stirring halfway through. Cool slightly, then transfer to a plastic freezer bag. Seal bag, pressing out air, then wrap the bag with a dish towel. Use a rolling pin or small, heavy pan to crush the nuts into small, but recognizable, pieces.
4. Combine sugars, eggs, and vanilla in a medium mixing bowl with a whisk, until smooth. Add nuts and chocolate mixture and fold in with a rubber spatula until fully combined.
5. Pour batter into prepared pan and bake 20 minutes, until a toothpick inserted in the center comes out slightly wet. Cool in pan on a wire rack to prevent cracks. When completely cool, lift brownie from pan by foil overhang. Use one hand to gently lift brownie and remove foil with other hand. Slide gently onto a serving plate or back into pan.

Glaze:

6. When brownie has cooled completely, coarsely chop chocolate and combine with water and salt in a microwave safe bowl. Heat for 90 seconds at 50% power, stirring halfway through. Stir again until chocolate is melted and mixture is smooth.
7. A few pieces at a time, gently stir in butter until each addition is melted. This takes 5 to 10 minutes. If the chocolate cools so much that the butter will barely melt, microwave for 30 seconds at 50% power. After adding all the butter, stir until mixture is completely smooth.
8. If using, stir in triple sec. Cool about 20 minutes (to about 90 degrees F), so the glaze is pourable but has thickened slightly.
9. Pour $\frac{1}{4}$ cup glaze over brownie, spreading evenly with the back of a spoon, almost to the edge. This layer will fill any cracks in the brownie, so it's okay if crumbs appear in it.
10. Refrigerate glazed brownie, uncovered, 10 minutes. Pour about $\frac{2}{3}$ cup (or to desired thickness) of remaining glaze over the first layer, again spreading evenly with the back of a spoon. Allow to set at room temperature or more quickly in the refrigerator before serving. If making ahead, refrigerate the brownie, covering with plastic wrap after the glaze has set.

Whipped cream:

1. *Best prepared immediately before serving.* Chill a mixing bowl or the bowl of a stand mixer for 10 minutes.
2. Turn refrigerated cans of coconut milk upside down and open from bottom. Pour off separated, semi-translucent liquid (reserve for smoothies). Scoop firm, white milk into chilled bowl.
3. Beat with handheld electric mixer or the whisk attachment of your stand mixer until fluffy, about 5 minutes at 60 to 80% power.
4. Add sugar, vanilla, and zest, and whip again until incorporated and sugar dissolves.
5. To serve, pile all the cream onto the brownie (for a dramatic look), cut, and serve. Alternatively, if not serving all at once, scoop cream onto individual slices of brownie. Finish with finely shaved chocolate.

Notes

- To make ahead, refrigerate cooled (and glazed, if you like) brownie. It's tasty served cold or allow it to come to room temperature, or even warm briefly in the oven.
- Prep time for the brownie alone is 30 minutes or less.
- The coconut cream can be stored up to 5 days in the refrigerator.

Since you've spent all of your time and energy on the dessert, here is a really easy (less than 20-minute entree to make for the "before"!

Easy Spaghetti Carbonara

by LINDSAY FUNSTON and LAUREN MIYASHIRO at <https://www.delish.com/>

INGREDIENTS:

12 oz. spaghetti
Kosher salt
3 large eggs
1 c. freshly grated Parmesan
8 slices bacon
2 cloves garlic, minced
Freshly ground black pepper
Extra-virgin olive oil (optional), for garnish
Flaky sea salt (optional), for garnish
Freshly chopped parsley, for garnish



DIRECTIONS:

1. In a large pot of salted boiling water, cook spaghetti according to package directions until al dente. Drain, reserving 1 cup pasta water.
2. In a medium bowl, whisk eggs and Parmesan until combined.
3. Meanwhile, in a large skillet over medium heat, cook bacon until crispy, about 8 minutes. Reserve fat in skillet and transfer slices to a paper towel-lined plate to drain.
4. To the same skillet, add garlic and cook until fragrant, about 1 minutes. Add cooked spaghetti and toss until fully coated in bacon fat. Remove from heat. Pour over egg and cheese mixture and stir vigorously until creamy (be careful not to scramble eggs). Add pasta water a couple tablespoons a time to loosen sauce if necessary.
5. Season generously with salt and pepper and stir in cooked bacon.
6. Drizzle with olive oil and garnish with flaky sea salt, Parmesan, and parsley before serving.