



Barrie Garden Club Newsletter

Cuttings

September & October 2022

Look for us on our website at: www.barriegardenclub.ca



Written by Kimberly Sturge (kmsturge@gmail.com)

OUR NEW Garden Club email - Thebarriegardenclub@gmail.com



SEPTEMBER'S GUEST SPEAKER:

Ryan Lamoureux

Fair Glen Outdoor Educator

"Monarch Butterflies and their
Migration"

September 6th, 2022 @ 7:00pm

At the ANAF Club

52 Morrow Rd

Ryan is a certified educator with the Monarch Teacher Network of Canada. He has a permit to raise/release and tag Monarch Butterflies for educational purposes!

Here is a video introducing him and showcasing an event he did last summer!

<https://youtu.be/4zmyDSxC4Ic>

Ryan is also a wildlife biologist having studied at Trent University in Peterborough and is currently working full time in environmental education as the Outdoor Education Director at Fair Glen Outdoor Classroom.

www.discoverOCE.com.

Ryan has started his own Painting/Photography business www.ryanlamoureux.com which is largely inspired by natural landscapes/wildlife.



OCTOBER'S GUEST SPEAKER:

Kathrine Killam

Community Development Officer Camphill
Communities Ontario

"Camphill"

October 4th, 2022 @ 7:00pm

At the ANAF Club

52 Morrow Rd

Camphill is wonderfully diverse farm and a not-for-profit organization that supports adults with intellectual and developmental disabilities in Simcoe County. This unique venture helps people in directing their own lives and in promoting partnerships, opportunities, well-being, freedom, and contributions in the community. Katherine and a member of Camphill will be speaking what different things they grow and tend on the farm!

Camphill Maple Syrup

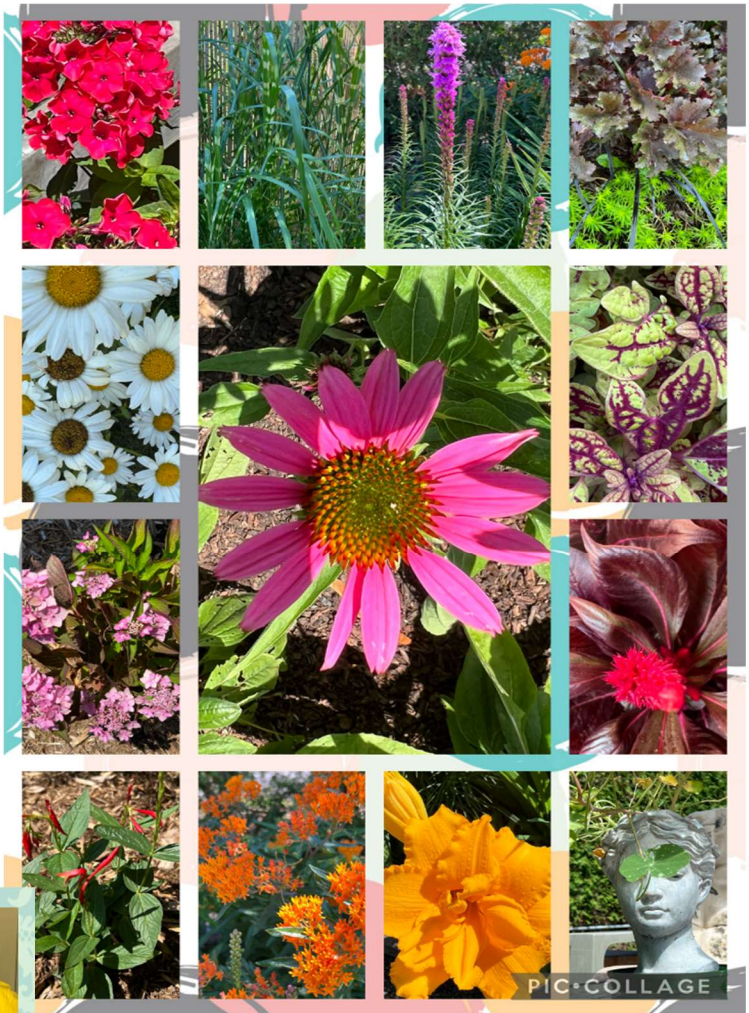
Pre-Order some delicious Maple Syrup and
support a great cause!

Email: jclay14@hotmail.com to put in your order
by September 5th 2022!

Size Of Jar	Cost
1 litre	\$24
500 ml	\$14
250 ml	\$8

The Barrie Garden Club has been very busy this summer! To celebrate the Year of the Garden, we have not only continued our regular garden and environmental contributions to the community, but we have participated in a few new things! Here are some pictures of the work /fun we had over this summer!

On July 23rd, the Barrie Garden Club held it's first **Garden Tour** in a long time! The weather was steamy, the flowers were amazing (and at their best) and the wonderful Garden Club Exec members that opened up their gardens to us were excited to see everyone and were very well prepared! Thank you so much Joan N-A, Jocelyn W, Jennifer N and Malcom and Joan S for sharing your gardens, expertise and passion with us!



Our community is really benefitting from the food donations from our BGC Shear Park Community Garden Plot! What a great harvest and a huge thank-you to the Barrie Garden Club Members that helped out this year!





On August 20th, 2022 the members of the Barrie Garden Club had an exclusive tour of Camphill in Angus! We look forward to learning more about this fantastic non-profit organization that supports adults with intellectual and developmental disabilities, in October!



The Downtown Barrie Public Library Rooftop Garden is looking spectacular this year! What a lovely haven in the middle of the city thanks to some of our dedicated BGC members!





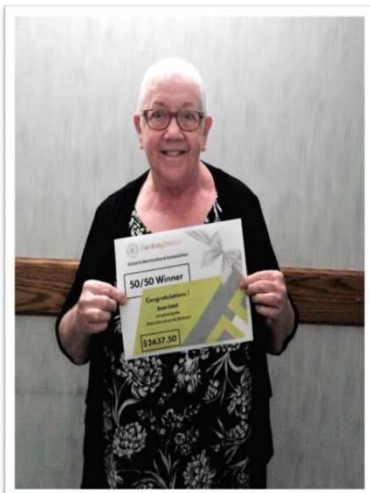
GardenOntario®

GardenOntario Is Thrilled To Announce The First Winner Of Our 50/50 Draw!

The winning ticket number ID-6764 was drawn live during the OHA AGM held on July 16th and was awarded to Rose Odell.

Rose won \$ 2637.50!!

We would like to thank those that purchased tickets and remind you that the next draw date is September 16, 2022. The funds raised go back to our Societies/Clubs in the form of education for our adults and youth, environmental programs, awards and grants, community beautification as well as post-secondary scholarships.



GardenOntario®



50/50 DRAW

NEXT DRAW DATE:
SEPT 16TH, 2022

<https://www.rafflebox.ca/raffle/ontario-ha>



Barrie Garden Club 2022 Photo Contest

Winning Window Boxes
Designer Darks (Dark coloured foliage)
Dahlia Delights
Razzle Dazzle Reds
(Year of the Garden Colour)
Beauteous Barks
Garden Friends - Live or Man-made

Our BGC Photo Contest submission due date is fast approaching!!!

Please email you pictures in jpeg form (an email per category with the category and your full name in the Subject box - eg// Designer Darks - Kimberly Sturge)

to robertawatt@rogers.com

By October 14th 2022.

You are allowed 2 submissions per category!



Ø16 Virtual Fall Seminar –

October 22, 2022, 9:00am to 12:30pm

Just a reminder to save the date for our Fall Ø16 Seminar!

It will be by ZOOM again, since there are no venues available this year!

More details will be forthcoming.





Native Plant Basics!

There's been a lot of buzz (excuse the pun 😊) in recent years about why we should be growing native plants. There are so many reasons to add natives to your yard in that these plants are easier to care for, provide food and shelter for wildlife and help to restore the ecosystem.

Some believe that native plants are not attractive or are considered weeds, which is simply not the case. By including a variety of natives that bloom at different times and have multi-seasonal attributes, you can have a beautiful natural landscape year-round!

WHAT IS CONSIDERED A NATIVE PLANT?

Native plants are endemic to a particular area, occurring there long before human habitation. These plants have evolved and adapted to the local climate and growing conditions, becoming an integral part of the ecosystem.

WHY ARE NATIVE PLANTS SO IMPORTANT?

Regional wildlife including bees, butterflies, and birds are adapted to using native plants as a source of food and shelter. Established meadows and woodlands help impede invasive plants that can take home gardeners can help by creating natural landscapes that provide a safe haven for wildlife and benefit the environment.

WHY ARE NATIVE PLANTS BETTER?

Native plants are easier on the environment, as they eliminate the need for fertilizers and pesticides, and require little or no supplemental water. Gardeners can reduce their carbon footprint by creating a landscape that is easier to maintain and helps restore balance to the ecosystem. Natives are easier to grow than non-native ornamentals, as they are adapted to that area.

NATIVE VS. NATIVAR?

The term "nativar" was coined by renowned plantsman Dr. Allan Armitage to distinguish a true native from a cultivar that is derived from a native plant. A nativar can be selected from a naturally occurring trait, mutation, or selective breeding (hybridization) to develop certain traits such as leaf color, variegation, fall color, plant habit, disease resistance, or fruit size.

HOW CAN YOU ADD NATIVES TO YOUR YARD?

By adding just a few native plants to your landscape goes a long way towards supporting our environment! This includes benefitting bees, butterflies, birds, reptiles, amphibians, mammals, and pollinating insects. Native plants also help to restore soil health, reduce erosion, and improve water quality.

Some suggestions to do this are:

- ♥ Replace a patch of lawn with a small wildflower meadow garden.
- ♥ Reclaim a part of a perennial border by replacing non-native ornamentals with natives such as bee balm or coneflower.
- ♥ In a small yard, patio or apartment balcony, you can grow natives in a container.

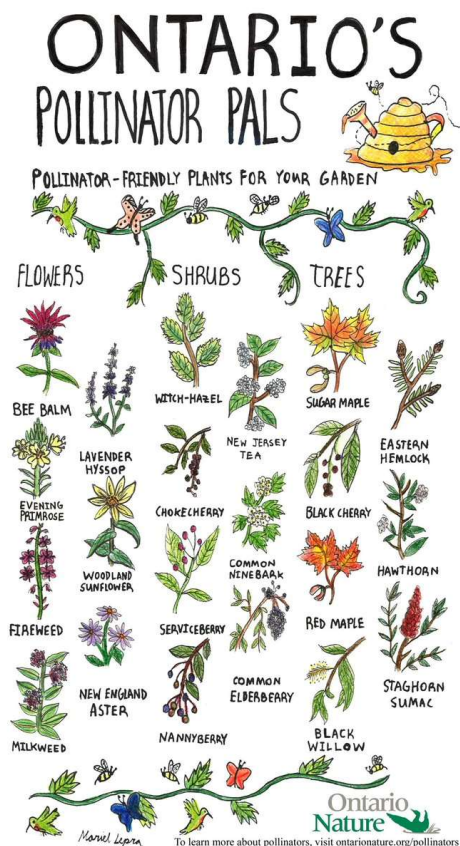


Get Native Plants from this online provider of native perennial flowers, trees, shrubs, grasses, and ferns.

From their Ontario-based nursery, they will ship anywhere across the province.

<https://onplants.ca>

Here are some easy to grow Common Native Plants:



ARROWWOOD VIBURNUM (*Viburnum dentatum*)

Plant type: Shrub

Zones: 2-8

Exposure: Full sun to partial shade

Bloom time: Late spring

Flower color: White

Height/Spread: 6 to 12 feet tall and wide

This sturdy shrub has attractive multi-seasonal interest, with serrated green leaves, white flowers, blue fruit and colorful fall foliage. It attracts a wide range of birds and butterflies and is tolerant of different growing conditions. Use as hedging and shelter for songbirds.



Photo by: Janet Loughrey.



Photo by: Janet Loughrey.

BEE BALM (*Monarda* spp.)

Plant type: Perennial

Zones: 3-9

Exposure: Full sun to partial shade

Bloom time: Late spring to fall

Flower color: Red, pink, lavender, purple, white

Height/Spread: 2 to 4 feet tall, 2 to 3 feet wide

Flower nectar provides food for pollinating insects, hummingbirds, and butterflies. Seed heads are a food source for birds in fall and winter. The flowers and aromatic leaves have medicinal and herbal qualities.



Photo by: Janet Loughrey.

COMMON MILKWEED (*Asclepias syriaca*)

Plant type: Perennial

Zones: 3-9

Exposure: Full sun to partial shade

Bloom time: Early to mid-summer

Flower color: Pink, lavender, white

Height/Spread: 2 to 5 feet tall, 2 to 3 feet wide

Milkweed leaves are the sole food source for Monarch butterfly caterpillars. Butterfly weed (*Asclepias tuberosa*) can be substituted. Monarch butterflies are endangered due to habitat loss.



Photo by: Janet Loughrey.

BLACK-EYED SUSAN (*Rudbeckia hirta*)

Plant type: Perennial

Zones: 3-9

Exposure: Full sun to partial shade

Bloom time: Summer

Flower color: Yellow, gold, orange, or bronze

Height/Spread: 1 to 4 feet tall, 1 to 2 feet wide

This common prairie native supports butterflies and other insect pollinators. Use in a mixed border or allow to naturalize in a meadow setting.



Photo by: Ienic / Shutterstock.

NINEBARK (*Physocarpus opulifolius*)

Plant type: Shrub

Zones: 2-8

Exposure: Full sun to partial shade

Bloom time: Late spring to summer

Flower color: White or pink

Height/Spread: 3 to 10 feet tall, 3 to 12 feet wide

This sturdy shrub provides four-season interest, with attractive foliage, flowers, berries, and bark. Ninebark provides food and shelter for wildlife and is adaptable to a wide range of soils and growing conditions. Use for erosion control.



Photo by: Janet Loughrey.

PURPLE CONEFLOWER (*Echinacea purpurea*)

Plant type: Perennial

Zones: 3-9

Exposure: Full sun to partial shade

Bloom time: Summer to early fall

Flower color: Pink, purple, white, yellow, orange, cream, and red

Height/Spread: 2 to 4 feet tall, 1 to 2 feet wide

The flower nectar of this common prairie native is an important source of nutrients for butterflies and insect pollinators. Seedheads provide food for songbirds during fall and winter.

REDTWIG DOGWOOD (*Cornus sericea* syn. *C. stolonifera*)

Plant type: Shrub

Zones: 3-8

Exposure: Full sun to partial shade

Bloom time: Late spring

Flower color: White

Height/Spread: 6 to 9 feet tall, 8 to 12 feet wide

Also known as red osier dogwood, this sturdy shrub with four-season appeal grows in a range of soil conditions and is tolerant of urban pollution. Green or variegated foliage is accompanied by white flowers in spring, followed by white berries, reddish-purple fall foliage and bright red stems that provide winter interest. Use for erosion control.



Photo by: Proven Winners.

A great resource for Native Plant gardening

www.inournature.ca

"Bee"-utiful native plant combinations

www.inournature.ca

Use these plant combinations to beautify your yard while providing a sanctuary for pollinators and other wildlife. Suitable for Southern Ontario gardens with a sunny exposure and average-dry soil.



- [Shop local, eat local, spend local...plant local?](#)
- [Let nature inspire you](#)
- [How to shop for native plants](#)
- [The Principles of Natural Garden Design](#)
- [Low Growing Native Shrubs](#)
- [Native Alternatives to Invasive Plants](#)
- [Best Native Plants for Beginners \(coming soon\)](#)
- [Native Sunflowers for Ontario Gardens](#)
- [Native Asters for Ontario Gardens](#)
- [Native Goldenrods for Ontario Gardens](#)
- [Native Milkweed for Ontario Gardens](#)
- [Native Grasses for Ontario Gardens](#)
- [Native Plants for Stunning Winter Interest](#)
- [Gardening With Spring Ephemerals \(coming soon\)](#)
- [Backyard Pollinator Conservation](#)
- [Native Berry-producing Shrubs For Birds](#)
- [Early Spring Blooming Native Plants](#)
- [Spring Cleanup Done Right](#)
- [Native Plants for Hummingbirds](#)
- [Deer/Rabbit Resistant Native Plants \(coming soon\)](#)

Native Plants for Specific Conditions

- [Native Plants for Boulevard Gardens](#)
- [Juglone \(Walnut\) Tolerant Native plants](#)
- [Ontario Native Plants for Shade](#)
- [Edible Native Plants \(coming soon\)](#)
- [Tall Native Perennials \(coming soon\)](#)
- [Native Groundcovers](#)
- [Native plants for Clay Soil](#)
- [Nitrogen Fixing Native Plants](#)
- [Best Native Plants for Containers \(coming soon\)](#)
- [Native Plants for Dry Shade](#)
- [Native Plants for Wet areas](#)
- [Native Plants for Rock Gardens](#)
- [Best Native Shrubs for Ontario Gardens \(coming soon\)](#)

Ontario Native Plants for Dry Shade

Dry shade is a hindrance no more! There is no need to resort to Hostas when we have these beautiful, wildlife friendly native plants.

Wild Columbine (*Aquilegia canadensis*), Wild Geranium (*Geranium maculatum*), Barren Strawberry (*Waldsteinia fragarioides*), False Solomons Seal (*Maianthemum racemosum*).



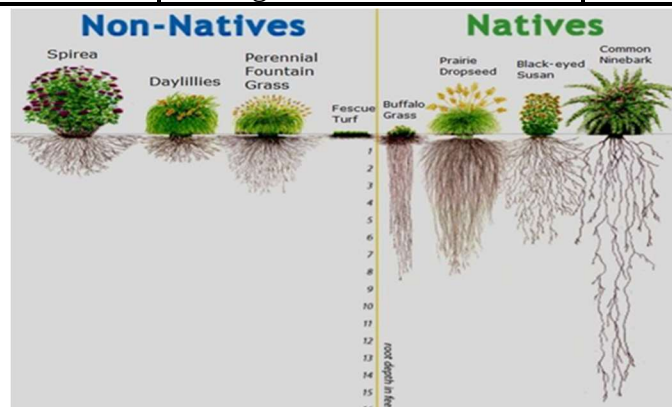
Marginal Wood Fern (*Dryopteris marginalis*), Bottlebrush Grass (*Elymus hystrix*), Zigzag Goldenrod (*Solidago flexicaulis*), Large-leaf Aster (*Eurybia macrophyllus*).



inournature.ca

Here is a great list of Native Plants you can find in her garden from BGC Exec member
- Jocelyn Wetherbe!

Aruncus dioicus	Goat's beard	Native , white feathery flowers
Chelone lyonii	Pink Turtle head	Near Native
Symphyotrichum oolentangiense	Sky Blue Aster	Native blue flowers
Chasmanthium latifolium	Northern sea oats	Native
Echinacea 'Tiki Torch'	Coneflower orange	Near Native
Echinacea 'Cheyenne Spirit'	Coneflower multi-coloured	Near Native
Sporobolus heterolepis	Prairie Dropseed	Native
Allium cernuum	Nodding Wild Onion	Native
Pycnanthemum virginianum	Mountain Mint	Native
Coreopsis 'Sienna Sunset'	coreopsis	Nativar orange/yellow flowers
Veronicastrum virginicum	Culver's Root	Native
Clethra alnifolia 'Hummingbird'	Summersweet	Near native fragrant white flowers
Coreopsis 'Balupteamed'	Uptick cream and red coreopsis	nativar
Spigelia marilandica 'Ragin Cajun'	Indian Pink	Native , orange/red flowers, yellow interior
Sambucus 'Golden Tower'	Elderberry	lacy yellow foliage, birds
Echinacea	Purple coneflower	Native - bees
Symphyotrichum lateriflorum 'Lady in Black'	Aster 'Lady in Black'	Nativar tiny purple flowers, black leaves & stems
Anemone canadensis	Canadian Anemone	Native white flowers
Anaphalis margaritacea	Pearly Everlasting	Native - caterpillars
Schizachyrium scoparium	Little Bluestem	Native to NA bluish leaves
rudbeckia (lanciniata hopefully)	Cutleaf/Green headed coneflower	Near native
Asclepias tuberosa	Butterfly weed	Native , orange flowers
Verbena Hastata	Blue Vervain	native
Cornus alternifolia	Pagoda dogwood	Native berries birds love
Liatris	Prairie Blazing Star	Native tall spikey bloom
Zizia aurea	Golden Alexander	Native host for Black Swallowtail
Agastache 'Blue Fortune'	Anise Hyssop	Nativar
Achillea millefolium Desert Eve™ Terracotta	Yarrow	Nativar orange/yellow flowers
Symphyotrichum novae-angliae	New England Aster	Native attracts butterflies
Panicum virgatum 'Heavy Metal'	Switchgrass	Nativar



What Can I do with all of the summer squash I have???

If you're looking for some creative ways to put your squash harvest to good use this Fall, consider these five ideas:

- Fry Squash into Fritters or Croquettes
- Freeze Squash for Winter (*** how to do this in last years September "Cuttings")
 - Spiralize Squash into Noodles
 - Make Squash Kid-Friendly
- Diversify Your Squash Recipe Repertoire

Squash Croquettes

Makes: 6 servings

Recipe Created By: Farming Feeds Alabama Cookbook

Ingredients:

2 cups yellow squash, finely chopped
1 cup onion, finely chopped
1 egg, beaten
1 teaspoon salt
1 teaspoon pepper
 $\frac{1}{2}$ cup plus 1 tablespoon all-purpose flour
vegetable oil

Instructions:

1. In a large bowl, combine [squash](#), onion, egg, salt and pepper. Mix well. Stir in flour.
2. In a skillet, heat $\frac{1}{2}$ -inch oil over medium-high heat.
3. Drop batter by tablespoonfuls into oil.
4. Cook about 3 minutes per side or until golden brown, turning once.
5. Drain croquettes on paper towels.



Zucchini Noodle Salad

Fresh zucchini and carrot "noodles" act as the base of this vegetable salad.

Makes: 6 servings of 2 cups **Prep Time:** 15 minutes **Total Time:** 15 minutes

Recipe Created By: Charlyn Fargo **Featured In:** Tennessee Home & Farm

Ingredients

$\frac{1}{4}$ cup low-sodium chicken broth
 $\frac{1}{2}$ avocado, pitted and peeled
2 $\frac{1}{2}$ cups fresh mango chunks
6 tablespoons fresh cilantro leaves, divided
2 tablespoons fresh lime juice
1 teaspoon reduced-sodium tamari soy sauce
 $\frac{1}{4}$ teaspoon Sriracha sauce
3 large zucchini, ends trimmed
1 large carrot, ends trimmed and peeled
 $\frac{1}{4}$ cup raw, unsalted cashews

Instructions

1. In a blender or food processor, combine broth, avocado, mango, 4 tablespoons cilantro, lime juice, tamari and Sriracha. Blend on high until creamy and smooth.
2. Using a spiral slicer, place zucchini on slicer and turn crank to create long strands that resemble spaghetti noodles. Repeat with carrot.
3. Place zucchini and carrot strands in a large bowl, and toss with mango mixture to coat. Let stand for 5 minutes. Just before serving, sprinkle with cashews and remaining 2 tablespoons cilantro.



Garden-Stuffed Yellow Squash

Makes: 6 servings **Total Time:** 45 minutes

Recipe Created By: Kristen Winston **Featured In:** Tennessee Home & Farm

Ingredients

6 medium yellow summer squash (crookneck or straight neck varieties; adjust baking time slightly if using pattypan squash)

$\frac{1}{2}$ cup green bell pepper, diced

1 cup onion, finely chopped

1 cup tomatoes, chopped and seeded

$\frac{1}{2}$ cup sharp cheddar cheese, shredded

$\frac{1}{2}$ cup Italian bread crumbs

4 slices bacon, fried until crisp and crumbled

****Simply omit the bacon for a vegetarian version of this recipe.**

pinch seasoned salt & $\frac{2}{3}$ teaspoon kosher salt

ground black pepper

butter (for sautéing)



Instructions

1. In large pot, cover squash with water and bring to a boil. Reduce heat, cover and simmer until squash are tender but firm, about 8 minutes. Drain squash and cool slightly. Trim stems and cut squash in half lengthwise. Remove pulp, then chop it into small pieces. Reserve squash shells.
2. Preheat oven to 400 degrees. Melt butter in a skillet over medium heat, and sauté bell pepper and [onion](#) in butter until soft. In a separate pan, sauté squash pulp (about 1 cup) until soft. Combine squash pulp with onions, peppers, [tomatoes](#), cheese, bread crumbs, bacon and seasoned salt.
3. Place hollowed squash shells in a baking dish, and sprinkle the inside of each with kosher salt and pepper. Spoon squash mixture into each shell. Top with additional bread crumbs and drizzle top with melted butter. Bake for 20 to 25 minutes until top is golden.

Stuffed Zucchini Boats

These stuffed zucchini boats are **very kid friendly!**

Prep Time: 10 minutes **Cook Time:** 40 minutes **Total Time:** 50 minutes **Author:** Sara Welch

INGREDIENTS

4 medium zucchinis

$\frac{1}{2}$ teaspoon dried Italian seasoning

salt and pepper to taste

2 teaspoons olive oil

1-pound mild Italian sausage casings removed

$\frac{1}{2}$ cup onion finely diced

1 teaspoon minced garlic

2 cups marinara sauce

$\frac{3}{4}$ cup shredded mozzarella cheese

1 tablespoon chopped parsley

cooking spray



INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Coat a large rectangular baking with cooking spray.
2. Cut the zucchini in half lengthwise, then trim off the stem ends. Use a spoon to carefully scoop the flesh out of the zucchinis.
3. Sprinkle the Italian seasoning, salt and pepper over the zucchini shells. Arrange the zucchini in the baking dish.
4. Heat the olive oil in a large pan over medium high heat. Add the sausage and cook for 4-5 minutes, breaking up the meat with a spatula.
5. Add the onion and cook for an additional 4 minutes or until onion is softened. Add the garlic and cook for 30 seconds.
6. Season the sausage and vegetable mixture with salt and pepper.
7. Pour the marinara sauce into the pan and bring to a simmer; cook for 5 minutes.
8. Spoon the meat mixture evenly into the zucchini shells, then top with the shredded cheese.
9. Bake for 25 minutes, or until zucchini is tender and cheese is melted and golden brown.
10. Sprinkle with parsley, then serve.