



Barrie Garden Club Newsletter

Cuttings

September & October 2023

Look for us at: www.barriegardenclub.ca



Written by Kimberly Sturge

UPCOMING BGC MEETINGS AT THE ANAF CLUB (52 MORROW RD. BARRIE)



SEPTEMBER 5TH 2023 @7PM

JULIA DIMAKOS

**TOPIC: HARVESTING YOUR VEGETABLE GARDEN
— WHAT TO DO!**

Julia (aka the Gardening Girl)

Her gardening tips are for all gardening levels, beginner to advanced. Check out her tips on both her website and blog, which will provide knowledge and inspiration to all levels of experience.

<http://www.juliadimakos.com>

<https://www.juliadimakos.com/blog/>



OCTOBER 3RD 2023 @7PM

ASHLEY HAMMELL

**TOPIC: SEED SAVING AND HOW TO MAKE SEED
BOMBS**

Ashley is a David Suzuki Foundation Butterfly Ranger and the co-founder and central "nerdist" of Pollinate Barrie. (See below for more info on Pollinate Barrie.) She is an educator, activist, amateur ecologist and mom, and she's very excited to help you get to know your smallest neighbours. She loves skippers, full pollen bags, and predatory wasps, and hates lawns with the burning passion of a thousand suns.



**Field Trip to Barrie
Hill Farms**

September 12th 2023

At 4pm

**Dinner and Tour of the
Apple Orchards**



\$25.00 per person

Payment must be made by
September 5th either by:

- Cash at the September Meeting

- A cheque mailed to
Carolyn Hooper

235 Steel Street, unit# 6,
Barrie, Ontario. L4M 2H1

- Or e-transfer to

thebarriegardenclub@gmail.com

(Please make sure you put your
name, phone number and BH
Field Trip in the Notes)



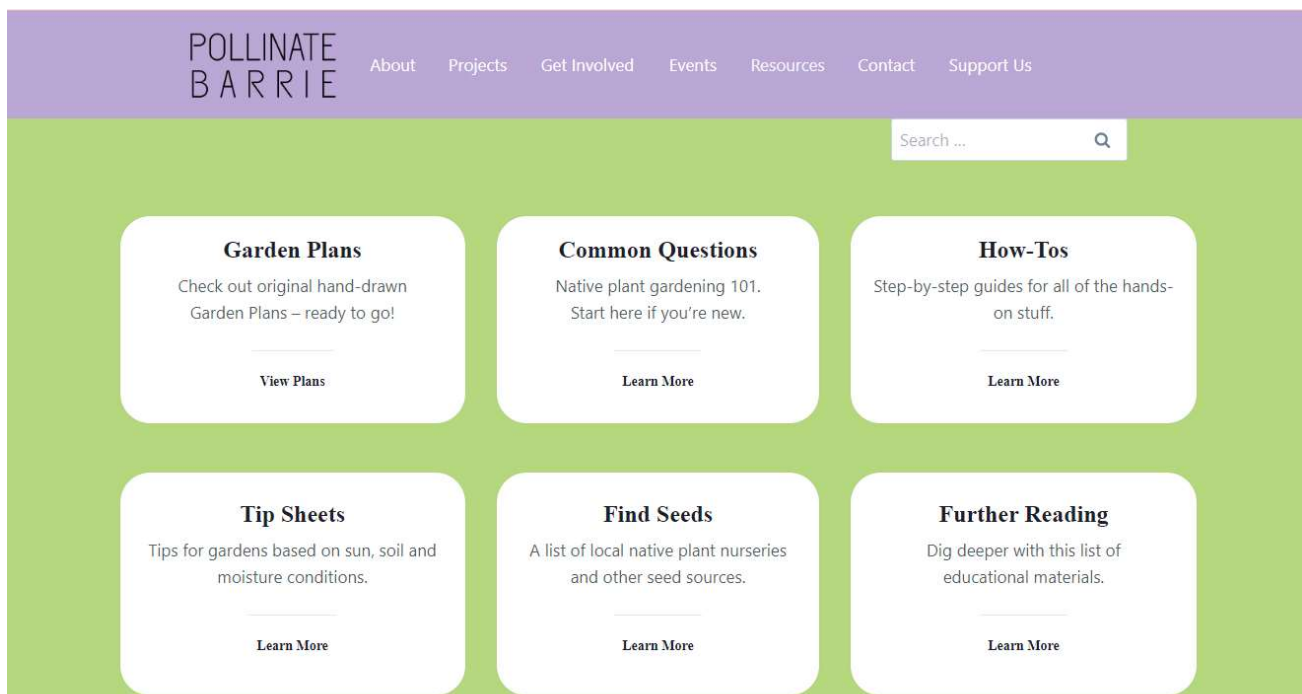
Ashley Hammell and Kelly Patterson McGrath created Pollinate Barrie in 2022 as a community-led, grassroots organization to educate, encourage, inspire and support native eco-system restoration within Barrie and beyond.



Pollinators like bees and butterflies co-evolved with specific plants, grasses, shrubs and trees over millions of years. They need each other to survive-and the usual garden plants that we have replaced our native species with in our cities and suburbs are ineffective substitutes. Building safe habitats full of native Ontario plants is the only way to save the butterflies and bees that we love and depend on for our own survival.

Check out Pollinate Barrie's many resources and information on their website at:

<https://pollinatebarrie.ca>





5 VEGGIES THAT GROW BETTER IN A FALL GARDEN

By Julia Dimakos

<https://www.juliadimakos.com/5-veggies-that-grow-better-in-a-fall-garden/The-five-veggies>

When people typically think of fall in a zone 5 garden, they usually think of the end of the gardening season. The time when we pull out plants and put the garden to bed. However, the fall season need not be the end of the

garden. Sure, summer veggies like tomatoes and cucumbers are done and harvested by this time, but

there are at least 5 veggies that love the cooler temperatures.

Although there are many veggies that grow well in cold temperatures, I have found real differences when growing these five veggies during the fall season.

These five veggies are:

Spinach Radishes Arugula Swiss Chard Lettuce

Reasons why these veggies grow better during the fall:

1. **No pest damage:** Slugs, snails, flea beetles, cabbage white butterflies, aphids and all matter of other pests are dormant during the fall, especially after a first frost. Their absence from the garden allows your vegetables to grow blemish and pest free.
2. **Flavour is sweet:** Many of these veggies grow better in cold temperatures, than in the heat of summer. Summer heat will increase the spiciness of vegetables like radishes and arugula. Growing them in the cool temperatures of fall will produce milder vegetables. Radishes will be sweet, arugula will have a mild flavour and the lettuce won't be bitter.
3. **Leaf texture of greens is more delicate:** Summer heat causes salad greens like lettuce, Swiss chard, spinach and arugula to have a thicker, tougher texture. Cool temperatures keep leaves tender and delicate, making for a more pleasant crunch and experience on the palate.
4. **Will not bolt!** The lack of heat and shorter days delays bolting. Bolting occurs when plants stop producing leaves and roots and begin producing flowers. Flowers mature to seeds, resulting in bolted plants.

What You Need to Grow Your Fall Veggies:

1. Row cover to keep end of summer pests off newly emergent leaves
2. Fleece cover or frost blanket to protect against frost damage. Although these greens are hardy, a hard freeze may terminate their growth. A fleece cover or frost blanket will protect the crops and keep the frost from settling on their leaves.
3. Plastic sheet or cover for additional protection, to protect against a hard freeze and extend the season even further into winter
4. Stones, bricks or anything heavy to keep the cover from blowing away

Optional: hoops to create a mini polytunnel



Barrie Garden Club
Field Trip
To
**BARRIE HILL
FARMS**
Pick local. Live green.

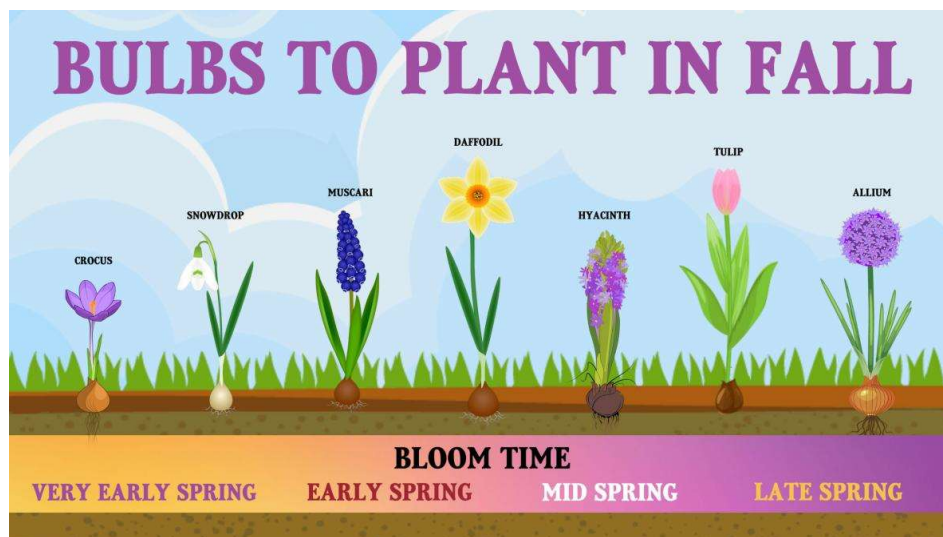


Tuesday, September 12th 2023
 4:00pm – in-store shopping
 + trip to the Apple Orchard to pick apples
 5:00pm – dinner and talk
 Only \$25.00 each
 (includes picking fee – or a coupon to come back and pick)

Contact Kim Sturge at kmsturge@gmail.com to sign up before
 September 8th !

****Dinner:**
 Small asparagus
 quiche
 Asparagus soup
 Scone
 Coffee/Tea
 Slice of apple
 pie

Please pay at our September meeting or by sending an etransfer to our Treasurer Carolyn Hooper at thebarriegardenclub@gmail.com (Please include your full name and "Barrie Hill Farm Trip" in the notes)



<https://www.almanac.com/planting-fall-bulbs-spring-flowers>

Tips for Planting Bulbs in the Fall

By: Courtney <https://thekitchengarten.com/8-tips-for-planting-bulbs-in-the-fall/>

Everyone enjoys the colorful beauty of spring flowers, like tulips and daffodils. There is a reason they're so popular with florists. However, in order to enjoy the springtime flower show, planting bulbs in the fall is essential. So why not tackle the bulb planting while the weather is pleasant and the leaves are falling? The variety of bulbs, shapes, and colors are seemingly endless, so plan out your flower beds and fill them with beautiful spring-time blooms.

Tip #1- It's all about the bulbs

For planting bulbs in the fall, or any season, always select bulbs that are firm and plump. Stay away from those that are skinny and look like they are peeling away.

Tip #2- Location, Location, Location

Spring flowering bulbs need 3-4 months of cold temperatures to prepare them for blooming and should be planted in late fall for best results.

Select a location that will receive at least 6 hours of sunlight each day.



Flower bulbs do best in loose soil that drains well.

Tip #3- Prepare for the Bulbs

Prepare the flower bed by digging down 15 cm and creating a 50-50 mix of soil and compost to re-fill bed.

Dig a hole in prepared soil 7-10 cm deep. (see chart below)

Tip #4- Points Up!

Place one bulb per hole, pointy side up. If bulb does not have a pointy end, don't fret, most bulbs will right themselves if planted upside down. Cover bulbs with soil. Water thoroughly.

Tip #5- Don't Feed Until Spring

Do not fertilize planted flower bulbs until spring. They have everything they need to survive the winter.

Tip #6- Prevention is Key

To prevent the bulbs from heaving (bulbs being pushed up and out of the soil by the freezing and thawing of the soil), add a thick layer of mulch on top of the soil. Straw, pine needles, or leaves will help keep the soil a constant temperature and prevent heaving.

To prevent squirrels from digging up flower bulbs, lay a piece of chicken wire on top of the soil before adding mulch. Spring flowers can grow up through the chicken wire, but squirrels can't dig down through it.

Tip #7- Use a Container if Needed

Use well-draining potting soil for containers, and plant bulbs the same way mentioned above. Spring flower bulbs planted in containers can be kept as-is in any protected location, like a garage or patio, where the winter temperature will remain between 1-4 degrees Celsius. Check containers periodically. If the top inch of soil is dry to the touch, add water.

In the early spring, place containers in direct sunlight to warm the soil and awaken the spring bulbs to bloom.

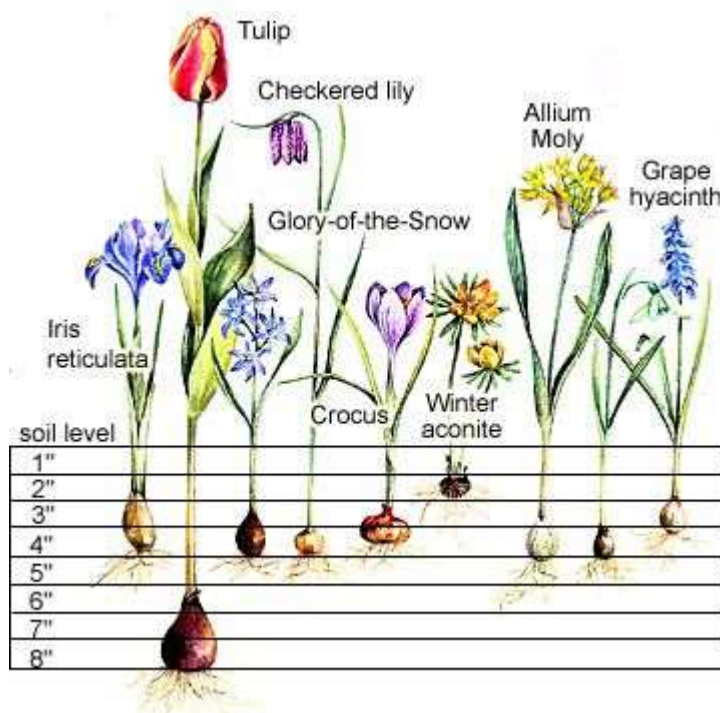
Tip #8- Plant Now for Gifts

Containers of spring flowers make an ideal gift, so consider planting extra containers this fall.

Plant one tulip bulb surrounded by several grape hyacinth bulbs in a small, decorative container.

A terra cotta pot filled with daffodil bulbs is the perfect gift to welcome spring.

Paper White bulbs are easy to grow in containers and will return for many future springs when properly cared for.



<https://www.bhg.com/gardening/flowers/bulbs/planting-charts-for-spring-flowering-bulbs/>

What the Barrie Garden Club has been up to this Summer!

Shear Park Community Garden

Fort Willow

Library Rooftop Garden

Hospice and Gilda's Club Urns



Squash Gratin

RECIPE COURTESY OF FOOD NETWORK KITCHEN

From: Food Network Magazine <https://www.foodnetwork.com/recipes/food-network-kitchen/squash-gratin-2268842>

Prep: 10 min Cook: 55 min Total: 1 hr 5 min

6 to 8 servings

Ingredients:

- ☐ 3 tablespoons unsalted butter
- ☐ 1 medium onion, chopped
- ☐ 1 tablespoon chopped fresh thyme
- ☐ 1 small butternut squash, peeled and cut into 1/2-inch cubes
- ☐ 1 small kabocha squash, peeled and cut into 1/2-inch cubes (or any other squash you have harvested)
- ☐ 2 cloves garlic, minced
- ☐ 1/4 teaspoon ground mace
- ☐ Kosher salt and freshly ground pepper
- ☐ 1 cup low-sodium chicken or vegetable broth
- ☐ 1/2 cup heavy cream
- ☐ 1/4 cup breadcrumbs
- ☐ 2 tablespoons grated parmesan cheese
- ☐ 2 tablespoons chopped fresh parsley
- ☐ 1/2 cup grated gruyere cheese (about 2 ounces)



Directions:

1. Preheat the oven to 400 degrees F. Melt 2 tablespoons butter in a large ovenproof skillet over medium-high heat. Add the onion and thyme and cook, stirring, until the onion softens, about 5 minutes.
2. Meanwhile, combine the butternut and kabocha squash in a large microwave-safe bowl with 1 cup water. Cover with plastic wrap and microwave until the squash is just tender, about 5 minutes. Drain and add the squash to the skillet along with the garlic, mace, 1 teaspoon salt and a few grinds of pepper. Cook, stirring, about 3 minutes. Add the broth and cook until it is mostly absorbed, about 5 more minutes. Stir in the heavy cream and cook until slightly thickened, 2 minutes.
3. Melt the remaining 1 tablespoon butter in the microwave and toss with the breadcrumbs, parmesan, and parsley; season with salt and pepper. Sprinkle over the squash, then top with the gruyere. Transfer the skillet to the oven and bake until golden, about 30 minutes. Let rest 5 minutes before serving.

How to break down butternut squash:

Cut about 1 inch off the bottom end with a chef's knife. Scoop out the seeds.

Hold the squash against your body and remove the skin with a vegetable peeler; chop.

How to break down kabocha squash:

Quarter the squash with a chef's knife, then scoop out the seeds.

Put each quarter flat-side down and cut off the skin with a paring knife; chop the squash.

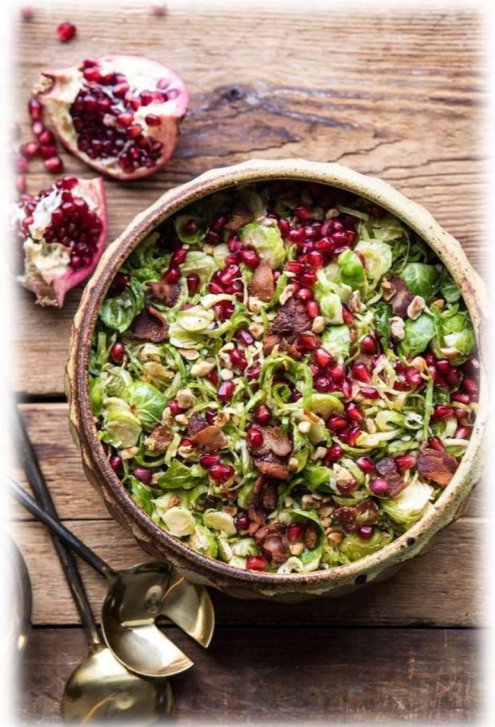
Shredded Brussels Sprout Bacon Salad and Warm Cider Vinaigrette

Author: Tieghan Gerard <https://www.halfbakedharvest.com/the-40-most-popular-fall-recipes/>

Prep Time: 20 minutes Cook Time: 10 minutes Total Time: 30 minutes Servings: 6

Ingredients:

- ☐ 6 cups shredded brussels sprouts (about one 12 ounce bag)
- ☐ 1 1/2 cups grated manchego or parmesan cheese
- ☐ 1/2 cup toasted hazelnuts or pecans, roughly chopped
- ☐ 1 1/2 cups pomegranate arils
- ☐ 6 thick cut slices bacon, chopped
- ☐ 1/3 cup extra virgin olive oil
- ☐ 1 medium shallot, thinly sliced
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon apple butter or fig preserves
- ☐ 1 tablespoon fresh thyme leaves
- ☐ 1 teaspoon fresh orange zest
- ☐ kosher salt and black pepper
- ☐ pinch of crushed red pepper flakes



Instructions:

1. In a large salad bowl, combine the shredded brussels sprouts, cheese, hazelnuts, and pomegranate arils.
2. Cook the bacon in a large skillet over medium heat until crisp. Drain onto a paper towel. Wipe the skillet clean.
3. To make the vinaigrette. Heat the olive oil in the same skillet used to cook the bacon over high heat. When the oil shimmers, add the shallots, cook until fragrant, 2-3 minutes. Remove from the heat, let cool slightly. Add the apple cider vinegar, apple butter, thyme, and orange zest. Season with salt, pepper, and crushed red pepper flakes.
4. Pour the vinaigrette over the salad, tossing to combine. Top the salad with bacon. Serve warm or at room temperature.

