

Welcome to the North Bay Heritage Gardeners Newsletter.

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NORTH BAY HERITAGE GARDENERS

Newsletter

July 2018

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"More grows in the garden than the gardener has sown." - Unknown.

www.northbayheritagegardeners.com

Follow the website to receive live blog updates!

Facebook , Twitter & Instagram @NBHGardeners



HERITAGE GARDENERS

NBHG is always accepting new volunteers!

It is never too late to join the Heritage Gardeners. Forms and details are available via

www.northbayheritagegardeners.com Please contact heritage.gardeners@heritagenorthbay.com or (705) 472-4006 if you have inquiries.

NBHG is currently looking for un-used gardening gloves that can be provided to new volunteer teams. If you have extra gardening gloves, or are willing to donate, please drop them off at the NBHG office. Thank you!

Horticultural Coordinator Reminders

Plant & Bulb Orders: Bulb and plant orders have been placed. Please email cfurlonger3700@gmail.com for further inquiries.

Spring Gardening Guide July is the time to...Cut spent flower heads. Shear back perennials for a second blooming. Remove leaves from spring bulbs. Water plants as needed. Clean up dead leaves and debris in and around your beds. Sweep and rake up. Pull weeds in bed and nearby rocks, and bag for pick up by park staff. Edge the beds along lawn areas - only a few inches deep and wide. Collect seeds. Find the Waterfront Garden Guide under 'Resources' on the NBHG website [HERE](#).

Waterfront Spring Weeds

by Carol Fulronger, Horticultural Coordinator

With the warm weather upon us, we are now into the 'thick' of gardening. Clearing away winter debris, you may have noticed certain weeds growing in your gardens. Some of these are common (eg. Dandelions), but the not-so-common can spread like wildfire if not removed before going to seed. Sheep sorrel (*Rumex acetosella*) spreads by seed or a vegetative shoot that rises from the roots. The flowers are small, numerous starting out green, eventually turning red.

Another spreading, invasive weed is Bishop's weed or Goutweed (*Aegopodium podagraria*). You can see more information under the following

link: https://en.wikipedia.org/wiki/Aegopodium_podagraria

If you see any of these weeds in your garden, please remove immediately, roots and all. The sooner they are eliminated, the better chance you'll have at controlling its spread.

Happy Gardening!



Special thanks to LaPorte's: Lori LaPorte from LaPorte's Nursery and Greenhouses donated Petunia's to the Ribbon of Hope garden bed! The team leader of the Ribbon of Hope garden bed is

Lois Houston, the team consists of breast cancer survivors who are also part of the Warriors of Hope Dragon boat team. The team is pictured in the photograph below with summer student Brandon.



Executive Committee Positions

NBHG are seeking four Executive members to join the team! Available positions include: Executive Committee Chair, Education Chair, Sponsorship Chair and Advisor. The hope is to find community-minded people who will add diversity and integrity to our workplace while helping our brand grow and blossom. We are also in search of Team Leaders to help coordinate team gardening. Potential candidates seeking the role should exhibit leadership qualities and hold a passion for nature and the outdoors (preferably gardening).

The *Executive Committee Chair* and will be responsible for overseeing the general/annual/monthly meetings. The *Education Chair* role will be to work with NBHG's Director to ensure educational goals are established and set for the upcoming year. The *Sponsorship Chair* will act as NBHG's representative for sponsorship outreach and help coordinate fundraising initiatives that act to keep our program thriving. The *Advisor* will be responsible for offering professional advice to both our Chairs and the Executives.

Anyone interested is asked to contact heritage.gardeners@heritagenorthbay.com

That's Life

A poem by Lorna Jackson, Bed #39

As a kid, I played 'til I was tired
Completed my schooling, as required
Looked for a job I desired
Applied for one, and got hired
Meeting deadlines before they expired
Working hard so I wouldn't get fired
Reached 'old' age – then I retired
Saw the Waterfront gardens - got inspired
I pulled weeds until I perspired



So our garden will still be admired.

That's life!

New and Retiring Heritage Gardeners

Every year the Heritage Gardeners welcomes new volunteers and inevitably says goodbye to those not returning. We would like to extend our gratitude to those who have gardened with us and thank them for helping us bring the gardens to life. Every helping hand is appreciated and will be remembered.

Members Retiring:

Judy Blahut from the Dizzy Diggers team in bed #40

Jean Grace from the Perky Pruners team in bed #12 & #8

New Members for 2018:

Nipissing Mental Health Housing & Support Services in bed #16

Laura W. joined the Flower Power team in bed #4

Helen E. joined the Flower Power team in bed #4

Heritage Gardeners 2018 Summer Students here until August 2, 2018

Isaac Tabachnick: "Hi, my name is Isaac Jack Tabachnick and I am a 19-year-old university student who is attending Carleton University for a bachelor of Aerospace Engineering. My general interests include Kung Fu, media production, computers and doing outdoor activities. I have earned my Black Sash in Kung Fu (obtained from 3 Fires Martial Arts Academy) and I am experienced with Photoshop and video editing. I have joined the North Bay Heritage Gardeners team as a Gardening Assistant because I enjoy being outside and I wanted to make a meaningful contribution to my community."

Brandon Ladd: "My name is Brandon Ladd. I am a 23-year-old from Sault Ste. Marie, Ont. currently studying education at Nipissing University. Before this I attended East Tennessee State University in Johnson City, TN where I studied Bluegrass, Old-Time, Celtic and Country music. Music, education, and being outdoors have always been passions of mine. I enjoy spending time outside where I can be amongst songbirds, trees, shrubs and flowers. My father and grandfather introduced me to gardening at a young age and I have been hooked ever since. Joining NBHG as a Gardening Assistant allows me to practice my father's teachings and honour my grandfather's memory by helping bring the beauty of nature to North Bay's Waterfront."

Serena Foisy: "I am so excited to be working again with the North Bay Heritage Gardeners! For those of you that do not know me, my name is Serena. I started with Heritage Gardeners last year as a summer student, volunteered in the Holding Bed as the Team Leader, worked in the office with NBHG's Director, Jade, last fall for a school placement, became a member of the Executive Committee, and now I am back for another summer as a Gardening Assistant. Currently, I am in the Recreation and Leisure Services program at Canadore College, and graduated from the Ecotourism

program in 2017. I hope to one day open my own business doing summer camps for children, community gardens, and nature trails where the community can come together to learn about the ecosystem and sustainable gardening. I always give credit to my grandmother for helping me discover my love for gardening. I remember being asked at two years old if I wanted to help her plant Asters and water the vegetable patch, and I would spray her with the hose then sneak sugar snap peas when she was not looking. Gardening with the volunteers at the waterfront gives me the same joy and community spirit! Do not be shy to say hi if we cross paths at the Waterfront! Happy gardening!"

NBHG volunteered approximately 3700 hours in 2017!

Thank you to all the 2017 volunteers! As we delve further into the season, the Heritage Gardeners would like to thank our volunteers for the wonderful work along the waterfront thus far.

Heritage Gardener volunteers are encouraged to log their volunteer hours throughout the year and submit the total at the end the season. A 'Volunteer Hours Tracking Form' is available to assist logging your hours; these forms are available in our offices or on the front door. The total number of hours submitted influences the overall funding calculation towards what we receive.



Left: Native plants added to the Birch Island garden in bed #31.

Right: Gravel added to scree garden in bed #29, thank you to the Green Thumbelina's team.

Scarlet Lily Beetles, *An article by Serena Foisy, NBHG Gardening Assistant*

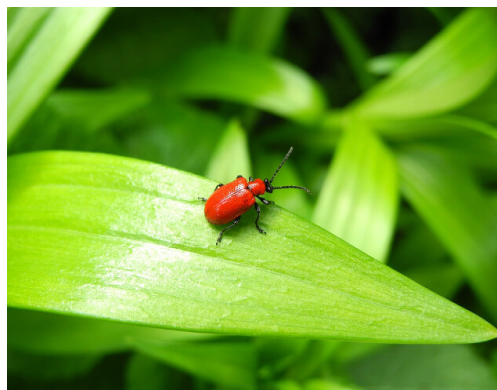
Scarlet Lily Beetles or Red Lily Beetles are destructive beetles that feed on lily plants. They're found in Canada and we have them here in North Bay. They have a bright red body, with a black underside

and legs. This helps them camouflage against predators by flipping onto their back when noticed.

The beetles overwinter in soil or debris and lay their eggs beginning in early spring. A female Scarlet Lily beetle will lay up to 450 eggs on the underside of lily leaves, usually in a line formation. The eggs will look red in colour and hatch in one to two weeks. In the meantime, the adult lily beetles will feed on the leaves of the lilies, as well as lily-of-the-valley, hollyhock, and hosta plants. Once the eggs hatch, the larvae look yellow or brown in colour, however they pile their excrement on top of themselves which makes it difficult to find them. They feed mostly on the lily leaves usually from the underside and below nodes. The larvae feed for approximately 16 to 24 days before burrowing in the soil for another 16 to 22 days before emerging as adults.

In an effort to control the red lily beetles, they can be picked off of lily plants and thrown in a bucket of soap and water. The eggs can also be taken off the leaf and placed in water and soap, or they can be squished. The larvae are a little harder to get rid of, however the most effective way to rid of them is also by removing them from the plant and disposing of them. These methods to control the red lily beetle should be done first thing in the spring once lily plants are growing. Plants should be checked at minimum once per week in order to do a good job of preventing damage to lilies.

Some reports suggest Neem oil or coffee grounds with help get rid of the beetles. The Neem oil is supposed to kill larvae and deter adult beetles from the area. The coffee grounds are best placed at the base of the lilies and mask the scent of previous beetles, therefore leaving them to search elsewhere for mates. Many gardeners try different solutions however these seem to be the most effective.



EDUCATION NIGHTS


ALL EDUCATION NIGHTS ARE FREE!

Past education session: On June 14, the topic was *Preparing for the Front Yard Garden* contest. Thank you to North Bay Blooms and Master Gardeners for presenting and to Chris Mayne for sharing beautiful photographs.

Thank you to Damian MacSeain and The Gathering Place Gardens for a discussion and tour on 'Communities Growing Food' on July 12.

The Gathering Place Garden is currently looking for **tomato cages**, if you have extra and are willing to donate, please drop them off at the garden. TGP hours are posted on their website and the poster

to the right.



Summer

JULY & AUGUST

Hours

OF OPERATION

Mon: 8am - 5pm
 Tues: 8am - 5pm
 Wed: 8am - 5pm
 Thurs: 8am - 5pm
 Fri: 8am - 2pm
 Sat: 10am - 2pm
 Sun: closed

Garden

all are
welcome!

GARDEN HOURS ARE
WEATHER PERMITTING

DROP IN'S ARE WELCOME!
(IF GATES ARE OPEN)

Volunteer

OPPORTUNITIES

Tues: 9am - 11am / 1pm - 3pm
 Wed: 9am - 11am / 1pm - 3pm
 Thurs: 9am - 11am / 1pm - 3pm

FOR MORE INFORMATION CONTACT ROXANNE
 (705) 358 - 6958
garden@thegatheringplacenorthbay.ca

EVENTS

Volunteer Appreciation Luncheon

Sunday, September 23, 2018

10 AM to 2 PM

Location: The Grande Event Centre

300 Wyld Street, North Bay, ON P1B 8K3

NBHG would like to take the opportunity to thank Heritage Gardeners for their support. Heritage Gardeners are invited to attend the the Annual Volunteer Appreciation Luncheon. The Keynote speaker will be Keith Robicheau. Please register for this event by September 1, by calling (705) 472-4006 or emailing heritage.gardeners@heritagenorthbay.com



NORTH BAY
HERITAGE
GARDENERS

SYMPOSIUM

The North Bay Heritage Gardeners would like to thank
our volunteers!

Join us for our Annual Volunteer Appreciation Luncheon,
with Keynote speaker, Keith Robicheau.

Sunday, September 23, 2018
10 AM— 2 PM

Location: The Grande Event Centre,
300 Wyld Street, North Bay, ON P1B 8K3

Volunteers, please RSVP by Sept. 1st by calling (705) 472-4006 or
emailing heritage.gardeners@heritagenorthbay.com



Details and updates posted to www.northbayheritagegardeners.com
 Twitter/Facebook/Instagram: @NBHGardeners
 Phone: (705) 472-4006
 Mailing Address: 112-245 Oak Street E., North Bay, ON P1B 8P8

LOCAL NEWS

VOLUNTEER GARDEN CLEANUP AT THE NORTH BAY REGIONAL HEALTH CENTRE

MONDAY, JULY 16, 2018

8 AM TO 12 PM

The North Bay Regional Health Centre (NBRHC) is a unique healthcare organization with three primary roles. It provides acute care services to North Bay and its surrounding communities, it is the district referral centre providing specialist services for smaller communities in the area, and it is the specialized mental health service provider serving all of northeast Ontario.

If you are interested in joining NBRHC in their garden cleanup on July 16 from 8 AM to 12 PM, please read the information package [HERE](#) and contact volengdept@nbrhc.on.ca to participate.



Click on photo to enlarge.

Volunteer Gardener Opportunity: On Monday, July 16th the North Bay Regional Health Centre has asked for help restoring some of their garden beds. NBRHC has been given approval by the local union to have a few volunteers help with this, and there will most likely be media present. It is recommended to bring your own tools as the garden beds will need weeding and pruning and parking passes may be provided. If you are interested, email Harriett Madigan at hmadigan1@cogeco.ca

RESILIENT PLANTING DESIGN FOR URBAN SPACES: *Stripes of wildflowers across farm fields*

"Tent Caterpillars are for Birds" Familiarize yourself with the tent caterpillar [HERE](#)

GARDENING NEWSLETTER BY CANADIAN

GARDENER: Have you heard of Mark Cullen?

He publishes an informative newsletter about plants and what to do in the garden each month. He currently has a contest running for his June newsletter



titled "Your Favourite Plant."

To get his newsletters click [HERE](#)

Heritage Railway and Carousel Company new

addition: The Heritage Railway and Carousel Company has now opened a wheelchair accessible train coach.



To read more, click [HERE](#)

FUNDRAISING ITEMS FOR SALE:

The Heritage Gardeners have a variety of fundraising items for purchase through the Discovery North Bay Museum gift shop. Visit the NBHG website for details on available items including Bee Chambers and seeds from the waterfront gardens.

could cut pesticide spraying. 'The stripy fields have been planted across England as part of a trial to boost the natural predators of pests that attack cereal crops.' Read the full article [HERE](#)



@discoverynorthbay



SUMMER OFFICE HOURS

Monday to Thursday

9 AM - 12:30 PM

&

1:30 PM - 5 PM

These hours are subject to change without notice. Please call or email to ensure that someone will be there and wait for confirmation.

NBHG Office & Mailing Address

Suite 112-245 Oak St. E.,
North Bay, ON
P1B 8P8

Discovery North Bay Museum Office & Mailing Address

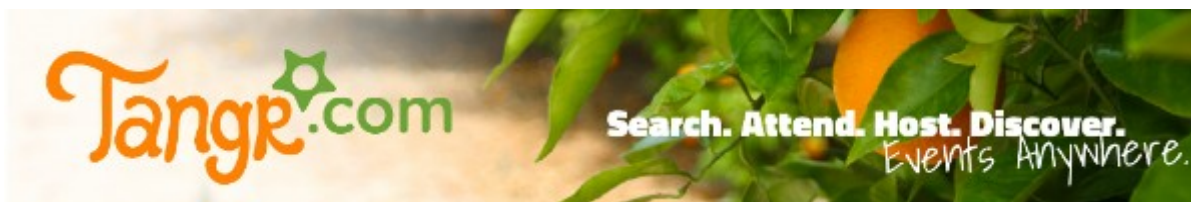
100 Ferguson St.,
North Bay, ON
P1B 1W8



What would you like to read about in the Heritage Gardener's Newsletter?

Submissions requests for upcoming newsletters are accepted until the first Friday of each month. Thank you to

everyone who has made a
previous submission!



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112-245 Oak St. E., North Bay, Ontario, P1B 8P8

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www.northbayheritagegardeners.com
(705) 472-4006

The North Bay Heritage Gardeners are dedicated to developing a year-round, community-based, educational, horticultural, and environmental program focusing on waterfront beautification.

Primarily a volunteer gardening organization with a focus on horticultural and environmental education. The Heritage Gardeners are a local organization with over 300 volunteer gardeners who maintain and enhance the ornamental gardens along the waterfront.

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