



**STONY PLAIN  
HORTICULTURAL  
SOCIETY**



# down the Garden Path

## Message from the **PRESIDENT**

Halloween will have come and gone by the time we have our November meeting. What a great opportunity to showcase your pumpkins, gourds and squash. It was a bit difficult for some of us to grow these items because of the weather this year, but if you were fortunate in your "pumpkin venture", good for you! While my family was driving through the outskirts of Vancouver the pumpkin fields were quite a sight to see. I have always enjoyed these fields, with their roadside stands. The colours, shapes and sizes of the pumpkins, along with all the other fruits and vegetables of fall, gave me a sense of satisfaction that the harvest was done. We've worked hard to produce these items and I am thankful that we live in an area of the world where growing our own food to eat and flowers to enjoy is possible.

While on holidays in B.C. I took advantage of the good weather and went on a lot of hikes, walks to the beach, and strolls to look at the plant material. (I do have to confess that my family does not necessarily enjoy the same passion for the great outdoors.)

I was very impressed with the community garden in Jasper. The very tall deer fence was quite impressive. What a great feature for locals and tourists alike. The community garden is right on main street so you can't miss it.

On October 25th I dug up Yvonne's dahlias. I've never gardened this late in the fall before. It really has been a blessing to be able to do so this year. I'm not sure how I would have managed to get it all done, otherwise. I must have a garden angel watching over me this year who realized I needed a bit of extra time. After I dug the dahlias I asked the fellows who were cleaning the gutters to put the leaves onto the dahlia bed. I dug the leaves in, and watered them well. My objective there is to increase the organic matter in the soil. If it needs some extra help in the spring I will add some nitrogen based fertilizer to help with the composting procedure. Using what you have available is always a good idea. My family on the coast uses sea soil, though I'm not sure what that is exactly. I'm assuming by the look of it that sawdust is mixed with decomposed seaweed - not sure. Does anyone have an answer?

*continued on page 4*

## S.P.H.S. 2010/11 Board

### EXECUTIVE BOARD

**President:** Karen Berglund ..... 780-963-6575  
**Vice-President:** Ericka Unterschultz ..... 780-963-6061  
**Secretary:** Linda Piskunowicz ..... 780-963-1126  
**Treasurer:** Stephanie Camilleri ..... 780-968-0780  
**Honorary President:** Diane Coulthard ..... 780-968-1889

Newsletter details and suggestions:  
 diane@paragraphics.ca

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## Meeting **DETAILS**

**Monthly general meetings will be held in the Luther Room, in the basement of St. Matthew Lutheran Church, 5021 – 52 Ave., Stony Plain, AB, Please use the doors on the North Side.** Doors open at 7:00 p.m., meeting takes place at 7:30 p.m. (look for our signs). Our meetings are held the first Tuesday of each month (**except July, August, December and January**). Membership is not required to attend a meeting but we do ask for a \$2.00 drop-in donation fee.

## HORTICULTURE highlights

### QUESTION of the month

What does the term "flocculation" mean?

### BIRTHDAYS and ANNIVERSARIES

October – Edie Schneider, Diane Coulthard

November – Jo-Ann Lubber, Stephanie Camilleri, Angie Bauer, Emmett Wenger

December – Lorne Anderson, Anne Maze, Herb Erickson, Lucy Holt



### GREAT STOCKING STUFFER available at Christmas Party

#### FOR SALE

**Chef in the Garden COOKBOOK** **\$12.00**



### NEWSLETTER Change

It was decided at September's board meeting that a newsletter less often might be worth a try. Not only is a lot of the information repeated each month, it is also very time consuming as well as increasingly expensive to mail. We will be producing a newsletter for September, November, February, April and June. Members are phoned about the meetings to remind them, as well. If there are any changes to events you will also be contacted by phone. If you have any questions do not hesitate to call. Keep your newsletters handy for the calendar of events.

### Door PRIZES

Put your name in each month for a door prize. Paper and the door prize box are located on the membership table.

### Coffee MUGS

Please remember your travel mug. This cuts down on the garbage. Feel free to bring something for the refreshment table - cookies, squares.

### 50/50 TICKETS

Stephanie has your 50/50 tickets - look for her at each meeting.

### Flower BOUQUETS

Thank you to members of the executive for offering to take turns hosting our board meetings. Having these meetings in your homes is much appreciated.

A special thank you goes out to Marybelle Titcomb for spending October 27th at Keephills School. This year was our seventh Annual Pumpkin Festival. Marybelle, along with Elizabeth Myers, Laurie Wagner, Tara Doell and Monica Huitenick helped to make this day a great success. Thank you from all 49 students.

### DATES to Remember

#### November 25 —

**SPHS Christmas Party**, see Diane Fillinger (780-963-7912) or Stephanie Camilleri (780-968-0780) for tickets and information.

**December 10 – 11 — Devonian Botanic Garden** – Luminaria

### FLOWER AND COLOR of the year, 2012

**Flower of the Year** — Bachelor's-button  
**Colour** — Red

### SPHS CHRISTMAS party

If you are planning to attend the Christmas party, we are asking you to consider contributing an item for our silent auction. Rather than food donations this year, all money raised with the silent auction will be donated to the local food bank. If you have any questions, call Diane (780-963-7912) or Stephanie (780-968-0780).

## 2 MINUTES a Day for...

### ... a GREENER PLANET:

**Plastics:** The Good, the Bad and the Ugly

**PET 1:** This plastic is used for disposable containers. Never wash and reuse #1 plastic, as it can leach chemicals.

**HDPE 2:** Considered one of the safest options for plastic, #2 plastic can be reused.

**PVC 3:** Used in some food wraps and packaging, #3 plastic is harmful to human health and can leach toxins.

**LDPE 4:** Used for a variety of food packaging, #4 plastic is considered reusable and safer than many plastics but not quite as safe as #2 or #5.

**PP 5:** This reusable plastic is often found in food packaging. Along with #2, it's considered one of the safest options.

**PS 6:** Widely known as Styrofoam, #6 plastic leaches toxins and should never be reused. Beware of #6 plastic that doesn't look like foam, such as the lids of single-use coffee cups.

**Other — 7:** This category includes, but is not limited to, BPA. Do not reuse these plastics.

– Submitted by Marybelle Titcomb  
November 2011; (Alive Magazine)

## Get your CHRISTMAS PARTY tickets

2011  
*Christmas Party*  
*and Silent Auction*

**November 25, 2011**  
**at Stony Plain United Church**  
**5012 – 51 Avenue**

**Doors open at 6:30**  
**Dinner 7:00**

**Tickets now available, \$20 per person!**

## ODDS and ENDS

### *Alberta Horticultural Association News*

The Stony Plain Horticultural Society is a member of the A.H.A. We buy an annual membership which is based on our membership. The newsletters are available at the meetings to view or borrow. Speak to Simone if you are interested. There is a lot of great information on gardening as well as information from other clubs and what they are up to.

The A.H.A. Newsletter Editor is –  
Arnold Pittao  
5405 29 St. Lloydminster, AB T9V 1N2  
Ph: 780-875-7123  
Fax 780-875-0444  
E-mail apittao@telusplanet.net.

### *A.H.A. News October 2011*

Feel free to ask for the AHA Newsletter at the meeting. We would be most willing to lend you a copy or you can join as an individual member and get your own copy by e-mail or through the post.

#### **Highlights of the October edition:**

- A.H.A. Conference 2012 - St Albert
- Earl Beck Passed away at the age of 92
- There is a great article about starting seeds indoors
- Memberships: Individual - return by the end of January, Affiliate memberships -January 1st
- Forms and brochures are available on the A.H.A. website. [www.icangarden.com/clubs/AHA](http://www.icangarden.com/clubs/AHA)
- Photo Competition entries must be in by February 1st
- Items for the next A.H.A. newsletter are due January 15, 2012. Send to Arnold Pittao at [apittao@telusplanet.net](mailto:apittao@telusplanet.net) or 5405 - 29th St. Lloydminster, AB. T9V 1N2 Phone:780-875-7123

### *Affiliate News and Views*

- The Cactus & Succulent Society of Alberta weeded the cactus area around the Devonian Botanic Gardens. The group went on field trips around the province and participated in the Ellerslie Gift & Garden Fall Tea. They also produce a full colour newsletter. If you like cacti and/or succulents, this sounds like the group for you.
- Our Zone 2 representative is Joan Dixon, Box 1211 Sundre, AB T0M 1X0  
– On behalf of the Stony Plain Horticultural society I will keep in contact with Joan and the A.H.A.

A note of thanks to everyone who attended the A.H.A. Board of Directors Meeting in October and made me feel welcome. Mabel Stanway hosted an amazing lunch. The day was quite informative in regards to the possible future of the A.H.A. Thank you to everyone there for listening to some of the concerns that I brought forth on behalf of the S.P.H.S.

### *Invasive Plants of Alberta*

After our June meeting we should all be well informed about which plants are now on the invasive plant list here in Alberta. If you can't remember them all get yourself a copy of the Weed Control Act, available on the web or at the Parkland County office. (Get one for you and one for a friend.) It is up to every individual to get the information out there to get some of these plants under control.

### *SPHS Library*

Along with books we are collecting for our own garden library, there are also copies of past newsletters, past recipes, Edmonton Horticultural Society Newsletters and information from the Devonian Botanic Garden. We would like to encourage our members to use this source of information. We invite you to donate any extra books you may have. Talk to Simone Deman for further information.

### *Newsletter*

We welcome all our members to add tidbits, helpful hints, and local points of interest to our newsletter. Send information to Diane Fillinger at [diane@paragraphics.ca](mailto:diane@paragraphics.ca).

### *New members*

Welcome to all our new members. Our membership has grown quite a bit over the past few years. We invite all of you to be "active members". If you are interested in joining a committee please feel free to speak to one of the board members. We are always looking for new ideas and fresh faces.

### *Olds College*

The Olds College newspaper is called "Horizons" and as alumni my husband and I receive this paper. Olds College has been around since 1913 and still continues to grow and expand. There has been a tremendous amount of change in the horticulture department. It would be a great place to go to horticulture school now! Olds College has been focusing on "Water for the Future". Olds College's Botanic Gardens III and Treatment Wetlands address water access and sustainable development issues.

## SOMETHING NEW in the Kitchen

### *Balsamic Beets*

- 8 medium beets
- 1/4 cup chopped walnuts
- 2 Tbsp. aged balsamic vinegar
- 1Tbsp. extra virgin olive oil
- 1/8 tsp. salt and pepper
- 1/2 cup goat cheese crumbles
- 1 tsp. thyme -leaves only

In a large pot, cover the beets with salted water and bring to a boil. Reduce to a simmer and cook until the beets are just tender, about 30 minutes. Meanwhile, lightly toast the walnuts in a dry skillet over medium heat. Set aside to cool.

Drain the beets and run under cold water until cool enough to handle, but still warm. Remove the skins.

Slice the beets into 1/8 inch thick rounds and arrange on a platter. Drizzle with the vinegar and olive oil, and season with salt and pepper. Sprinkle with the walnuts, cheese and thyme, and serve.

*From Inspired –  
Sobeys Fall Cooking magazine.*

## Message from the **PRESIDENT**

*continued from cover*

Fall is the right time to plant your tulips and daffodils. Keep in mind that they do need time to get set up for winter. There are so many varieties today that there is surely one to please everyone. What would spring be without tulips and daffodils? Keep in mind that if you have a deer problem, daffodils are the better choice, as deer really enjoy a snack of pretty tulips no matter what colour they are.

A few weeks back I was in at Pam's Woolly Shop. The shop offers courses on how to knit and crochet, both great winter activities. The selection of material is wonderful. One year for Christmas I made scarves, and I haven't graduated past that yet. Sawdust and Tangled Threads is another great business in Stony Plain. If you like to quilt I'm sure you can find a winter project in there. As well they offer classes for all levels. It seems to me that many of our fellow gardeners also share a passion for sewing, quilting, knitting, cooking, canning and preserving. Take some time this winter to work on some of your indoor passions.

I hope everyone enjoyed the speaker at the October meeting, Barry Greigg from the Devonian Botanic Garden. The photos of the seeds were quite interesting. There really is an amazing variety of seeds out there and you can see why most of the horticultural crops would have their seeds gathered by hand, which makes them so expensive

We hope to see everyone at this year's Christmas Party. The food is excellent and it is a great social activity where we can visit with each other and see each other in something other than our gardening attire.

The Stony Plain Horticultural Society has had another great year. Thank you to everyone for contributing in helping the club to grow. Have a great winter, enjoy the seed catalogues and your gardening books and occasionally spend some time doing house work.

– Karen Berglund

## GREEN thumb

### *Nourish your garden with leaves.*

The leaves from just one large shade tree provide \$50.00 worth of mineral-rich fertilizer for your plants and lawn! So instead of raking and tossing them, put leaves and a little soil in a 30 - 40 gallon thick garbage bag, shake it every few weeks, and come spring, you'll have lots of free "black gold" for your garden. (from Woman's World)

–Submitted by Phyllis Anderson



## HISTORY and Trivia

### HISTORY

The A.H.A. 36th Provincial Show was held in conjunction with Tofield's 19th Agricultural Fair August 11 – 12, 1990 at the Tofield Agricultural Complex.

The Tofield Annual Fair includes a livestock show, a horse show, a goat show, field crops, horticulture, photography, handicrafts, baking, school exhibits, and 4-H Achievement Day.

### TRIVIA

#### *Did You Know?*

Note: "spp" is the plural of "species"; and when used in lists it means that many, but not all, of the species in a genus meet the criterion of the list.

## INSPIRATION

### *Something to think about*

We celebrate our highs and rally from our lows.  
There's nothing we can't do together!

A chance to share with others the  
bounteous fruits of living,

To know the happiness that comes from  
the gentle art of giving.

– Hallmark

What has been will be again,  
What has been done will be done again;  
There is nothing new under the sun.

– Ecclesiastes 1:9

## *Loet's Corner*

### *Apache Blessing*

*May the sun bring you new energy by day,*

*May the moon softly restore you by night,*

*May the rain wash away your worries,*

*May the breeze blow new strength into your being,*

*May you walk gently through the world and know its  
beauty all the days of your life.*

– Submitted by Jo-Ann Lubbers