



"The Foxglove Fanfare"

"We bring gardening down to earth"

The Uxbridge Horticultural Society

www.uxbridgehorticulturalsociety.com

October 2008 - Series 5, Volume 7

Support the Businesses who support us:

A special "Thank You" to the following
who donated September's
door prizes:

Canadian Tire, John's Garden,
Mason Hogue Gardens,
Zehr's and many
Horticultural Society Members.

Quote of the Month

from Pam

*I consider every plant hardy until
I have killed it myself.*

Sir Peter Smithers

Member's Notice board

Please give your Zehr's (Uxbridge)
tapes to Marg Saban or drop them in
the Zehr's box at the reception desk.

If you would like to advertise your
business by leaving flyers or business
cards at the info desk, please feel free
to do so; simply clear it first with Rick
or Pam.

Dear Fellow Ticked off Gardeners,

What the hell is the weather doing now? We had one weekend of
summer, so silly me figured we deserved a beautiful fall. We are
off to a great start... all my tomato plants have died and the
tomatoes have been ruined by frost. That means no chili sauce
this year.

The September meeting was great and our own Gini Sage was
fantastic. Everyone really enjoyed her presentation (and her
Peekin outfit looked great). Thanks Gini.

Yes! Yes! Yes! Oh sorry this is not when "Harry met Sally".

I won the trophy for the best tomatoes in the whole world. Ok
maybe not the world but it was in the September show so that is
almost the same.

Our fall plant sale didn't go as well as everyone had wished but we
still made money. Many thanks to Angie and Joyce for all their
hard work and of course all the other hard working volunteers who
helped out.

Remember everyone, bake your favorite muffins and bring them
to the November meeting for the muffin contest. The muffins can
be any size. The more the merrier: it is for our tummies. The
winning muffin recipe will be printed in the December newsletter.

Tomorrow I am going out and ripping all the tomato plants out so
don't come near Greenbank because the air will be blue.

See you later.

Pam Kuiper

905-985-1550

abelkuiper@sympatico.ca

Important Notice

Cookbooks are still available for \$10 each.

They make great hostess gifts, Birthday gifts and Christmas presents.

September's Show Winners

1st Place: Robert Clarridge, 153 points - 2nd Place: Joyce Brown, 116 points - 3rd Place: Angie Andruss, 111 points

Best Tomato: Pam Kuiper • Best Zinnia and Cosmos: Joyce Brown • Best Dahlia: Angie Andruss

You've
gotta read this...



From the desk of Gini Sage

Durham Master Gardener

Flower of the Month: Phlox

Phlox is a mainstay in any perennial garden because of the breadth of colours and heights available. The word phlox is from the Greek word meaning flame and refers to their brightly coloured flowers. *Phlox paniculata* (tall garden phlox) is a clump-forming, upright plant, which produces large, showy flower clusters in summer. The plants are generally 2 to 4 feet tall. It grows best in full sun or partial sun, but can get leggy if it isn't given enough direct light. The one disease that can be a problem with garden phlox is powdery mildew, so it is best to plant it where it receives morning sun to dry the dew, and in a well ventilated area. Another option is to select mildew resistant varieties including 'David' (white flowers) and 'Eva Cullum' (flowers are pink with red eyes). Garden phlox grows best in moist, fertile, well-drained soils in partial to full sun. Plants often need to be watered during hot, dry periods. To propagate phlox, divide the plant in the spring just as active growth begins. Always cut the foliage back in the fall, and dispose of it (do not compost) to further reduce the spread of powdery mildew.

One native Phlox species that grows well in our area is woodland phlox (*Phlox divaricata*). It is commonly found in moist, partially shaded woodland sites. Woodland phlox produces loose clusters of showy blue to violet flowers in spring (April to June). Plants are typically 12 to 15 inches tall. It can be planted in the front of the perennial bed or planted in clumps amongst other low-growing, shade tolerant perennials.

A common sight in many home landscapes in spring is the brightly coloured flowers of moss pink or moss phlox (*Phlox subulata*), commonly called "creeping phlox." Moss phlox forms dense, carpet-like mats. Plants are 4 to 6 inches tall. Its foliage is narrow, stiff, and needle-like in appearance. Flower colors include white, pink, red, blue, and purple. Excellent varieties include 'Emerald Blue,' 'Emerald Pink,' 'Scarlet Flame' (rose-pink), and 'White Delight.' Moss pink is easy to grow. It performs best in sunny areas and well-drained soils. Shearing the plants back after flowering promotes dense growth and some re-bloom. Moss phlox is useful for edging beds and as a groundcover for sunny slopes or in rockeries.

Another low-growing phlox is *Phlox stolonifera*. Its common name is creeping phlox, and it is the 'true' creeping phlox. Plants are 6 to 12 inches tall and bloom in spring. Creeping phlox does best in moist, well-drained soils in partial shade. Excellent varieties include 'Blue Ridge,' 'Pink Ridge,' 'Bruce's White' or 'Ariane' (white with a conspicuous yellow eye), and 'Sherwood Purple' (purplish-blue). Creeping phlox is an excellent groundcover for partial shade, and also makes a delightful edging plant.

Recipe of the Month

Lavender and Thyme Roasted Poussins

2 teaspoons dried untreated lavender flowers
3/4 stick (6 tablespoons) unsalted butter, softened
1 teaspoon fresh thyme leaves, minced
1/4 teaspoon finely grated fresh lemon zest
4 poussins (young chickens; about 1 pound each) or 4 small Cornish hens (about 1 1/4 pounds each)
1 small lemon, halved
1/4 cup Sauternes
Garnish: lavender and thyme leaves

With a mortar and pestle coarsely crush lavender and in a small bowl stir together with butter, thyme, zest, and salt and pepper to taste until combined well. Spoon mixture onto a sheet of plastic wrap and form into a 4-inch-long log. Chill compound butter, wrapped well in plastic wrap, until firm, at least 30 minutes, and up to 3 days. Preheat oven to 475° F.

Discard gizzards from birds and trim necks flush with bodies if necessary. Rinse birds inside and out and pat dry. Starting at neck end of each bird, slide fingers between meat and skin to loosen skin (be careful not to tear skin). Cut butter into sixteen 1/4-inch-thick slices and gently push 4 slices under skin of each bird, putting 1 slice over each breast half and thigh. Tie legs of each bird together with kitchen string and secure wings to sides with wooden picks or bamboo skewers.

Arrange birds in a flameproof roasting pan large enough to hold them without crowding. Gently rub birds with lemon halves, squeezing juice over them, and season with salt and pepper. Roast birds in middle of oven 30 minutes (for poussins) to 45 minutes (for Cornish hens), or until an instant-read thermometer inserted in thickest part of a thigh (be careful not to touch bone) registers 170° F.

Transfer birds to a platter and loosely cover with foil to keep warm. Add Sauternes to roasting pan and deglaze over moderate heat, scraping up brown bits. Transfer jus to a small saucepan. Skim fat from jus and simmer until reduced to about 1/2 cup.

Garnish birds with herbs and serve with jus. Serves 4.

Herb of the Month

Lavender – *Lavendula officinalis*

Lavender has always been one of the most popular of all the traditional herbs. Both the genus and common names are from the Latin verb 'lavare', meaning to wash, after the practice of scenting bath and washing water with the herb. Lavender was a popular cosmetic and strewing herb as early as the twelfth century, and was cultivated in England by the sixteenth century. It was among the garden flowers that the Pilgrims brought to North America. The flowers and leaves contain a volatile oil that provides the characteristic aroma. The herb has both soothing and sedative properties, and is popular for inducing sleep in aromatherapy. The flowers are also used dried in cooking and baking.

Lavender is native to the Mediterranean region, and naturalized to the southern United States. It is a bushy perennial with short woody stems that grows to two and one-half feet tall. The leaves are greyish-green to silvery-grey in colour, and are lance-like and covered with fine white hairs. The flowers appear on tall whorled stalks in mid-summer to early autumn, and are primarily soft purple or mauve in colour.

Lavender is best grown from plants or cuttings, and should be cultivated in full sun, in well-drained soil. Lavender will not tolerate 'wet feet', and also should be protected in the winter. There are a numerous cultivars available, so check the zone hardiness before purchasing plants.