



"The Foxglove Fanfare"

"We bring gardening down to earth"

The Uxbridge Horticultural Society

www.uxbridgehorticulturalsociety.com

October 2009 - Series 6, Volume 7

**Support the
Businesses who
support us:**

A special "Thank You" to all those who donate door prizes.

**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.

Quote of the Month
from Pam

*A garden is a delight to the eye
and solace for the soul.*

Sadi.

Dear Weather Challenged Gardeners,

I'm back with a broken heart. My emotions are on stun and brain is broken. Oh wait you will not notice any difference in my brain. I would like to thank all of you for your support, meals, flowers and love during my difficult time. Our Society has the biggest heart in the whole world.

Hey who stole the summer? My weeds loved the weather and most of them were taller than me when I got back home. One thing that I have learned is that the garden does not have to be perfect to enjoy it. So all you perfectionist in the group relax and enjoy, no one judges you by how many weeds you have.

We are collecting things for the gift bags and raffle baskets for our District 17 Annual meeting. The baskets with homemade preserves are always very popular, so if you have some would you donate a few? We want our gift bags to be fantastic, so if any of you know of a business that will donate something cool, we need about 160 bags done up.

Now we all know that we rock so it is important that we have tons of people from our group working at the meeting: selling tickets for the baskets, selling cook books, helping to put the baskets together, etc. Give me a call and tell me what things you would like to get involved with.

Hey everyone, I hope that you are busy looking at bundt cake recipes for our baking contest in November!

Finally, I would like to thank Chris Carter for covering for me in the newsletter, and her understanding that I'm still not firing on all cylinders. Chris you are the best.

Pam Kuiper

Hey! Look what's coming up.



November 11th Meeting: Baking Contest, best Bundt Cake & Christmas Designs

December 9th Meeting: 6:30 pm

Pot Luck Christmas Party *Please do not forget to bring your own place setting*

Prize Presentations

Annual meeting

Installation of 2010 Executive and Board of Directors

You've gotta read this...



From the desk of Gini Sage

Durham Master Gardener

Herb of the Month

Ginger – *Zingiber officinale*

Ginger is a rhizomatous perennial in its native region of Southeast Asia, used in a variety of cuisines. The portion of the plant that is utilized in cooking is the rhizome, which is peeled, and either grated or chopped. In our region, it is grown as an indoor plant through the cooler months, and may be placed outdoors in the summer. The best time to start your ginger plants is in the early spring. To propagate your own ginger, purchase rhizomes at the grocery store, and cut to 2" lengths, ensuring that you have at least one 'growing' eye or bud. Plant the rhizome segment in moist potting soil or loam, with the bud facing upwards. Keep warm, moist and in low light until the plant starts to grow. Gradually move the pot into a sunny window, keep them uniformly warm (about 75° F), and in high humidity by placing the pot on a shallow tray filled with gravel and water. Mist the plants daily, and fertilize with a houseplant fertilizer every two weeks. Fully mature plants have attractive foliage, and are between 2 – 4 feet in height. New sprouts at the base of the plant may be harvested, and these rhizomes used in your favourite recipes or potted in the same manner to start new plants.



Recipe of the Month

Steamed Snapper with Ginger,
Lime and Cilantro

Low-fat, low-cal: Steaming helps preserve the flavor and nutrients of the fish without adding extra fat or calories.

5 tablespoons chopped fresh cilantro, divided
¼ cup bottled clam juice
2 tablespoons fresh lime juice
2 tablespoons chopped green onion
1 tablespoon grated peeled fresh ginger
1 tablespoon soy sauce
1 tablespoon toasted sesame oil
1 teaspoon fish sauce
2 6 to 8 ounce red snapper fillets or halibut fillets

Mix 3 tablespoons cilantro and next 7 ingredients in small bowl to blend. Set aside. Pour enough water into large pot to reach depth of 1 inch. Add steamer rack or basket. Top with 9-inch-diameter glass pie dish. Bring water to boil.

Place fish in pie dish. Pour cilantro sauce over. Sprinkle with salt and pepper. Cover pot; steam fish just until opaque in center, about 6 minutes for snapper and 8 minutes for halibut. Serve with sauce; garnish with 2 tablespoons cilantro. Makes 2 servings.



Flower of the Month

Bellflower – *Campanula*



Campanula is the Latin word for 'little bell', which is a perfect description of this large group of plants. Cultivars of *Campanula* are perennials, biennials and annuals, and vary in habit from dwarf arctic and alpine species under 5 cm high, to large temperate grassland and woodland species growing to 2 m tall. The colour ranges from white, pink, and blue to the darkest of purple, with every colour variation in between. Some of the more common species of *Campanula* are Canterbury Bells, a self seeding biennial that was popular in the English country border, *Campanula rotundifolia*, commonly known as the Bluebells of Scotland and *Campanula carpatica* 'Blue Clips', or Carpathian Bells. These delicate rockery plants start blooming in early June, and will continue to produce flowers until the fall frost. They may also be grown in pots for the balcony gardeners. The vast majority of the *Campanula* species prefer average moisture, well-drained, fertile soil in full sun to part shade. Country gardeners take note, as these plants are considered rabbit-resistant. The only real known problem with the dwarf species of *Campanula*, is the tendency to suffer from slug damage in the humid, warm days of August. With so many varieties to choose from, there is a *Campanula* for every garden – add some to yours if you are not already growing them.