

# "The Foxglove Fanfare"

"We bring gardening down to earth"

**The Uxbridge Horticultural Society**

[www.uxbridgehorticulturalsociety.com](http://www.uxbridgehorticulturalsociety.com)

June 2009 - Series 6, Volume 4

## **Support the Businesses who support us:**

A special "Thank You" to all those who donate door prizes. It is always very much appreciated

## **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*

*Flowers grow in inches,  
but are destroyed by feet.*

*Author Unknown*

Dear Fellow Spring Time Gardeners,

I'm back! My holidays started with some great days, but then on Wednesday I received a call from the nursing home that my sweetie Al had a terrible fall. My holidays did not end as I had planned it, but nothing is perfect in life.

You know I think that I am going to receive a huge award for having the most dandelions in the whole world and I know that my neighbours really love it. Do you ever want to rent a front-end loader and dig up your whole yard? Well I do; but then I look past all the weeds and see the beauty and change my mind.

Today was our spring plant sale. The day started out slow then it really picked up and the hoards arrived and we sold almost every plant. The grand total for the morning was \$923.00. Angie and Bill did a great job. Many thanks to every one who donated plants, and all our members who helped at the sale.

Next Sunday is our Garden Tour. It seems that so far we only have two gardens to go to, so we will have to walk very slow and look at every flower twice.

At our June meeting we are picking the centre piece for our District 17 Annual meeting next year. We are such a talented group that I'm sure it will be difficult to pick a winner.

See you at the meeting.

*Pam Kuiper*

905-985-1550

[abelkuiper@sympatico.ca](mailto:abelkuiper@sympatico.ca)

Hey! Look what's coming up.



July 8<sup>th</sup> Meeting and Show – Guest Speaker: Janyce Clark

Topic: Ontario Cosmetic Pesticide Ban – What a gardener can do

August 8<sup>th</sup> Annual Show, Tea and Plant sale.

September 11<sup>th</sup> – 13<sup>th</sup> Uxbridge Fall Fair

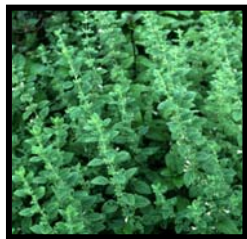
You've  
gotta read this...



*From the desk of Gini Sage*

Durham Master Gardener

### Herb of the Month



#### Lemon Verbena – *Aloysia triphylla*

Lemon Verbena is a deciduous shrub that is native to South America, where it can grow to fifteen feet in height. The Spanish introduced it to Europe in the 17<sup>th</sup> century, where it was used to make aromatic oils and essences, as well as used for culinary purposes. It was then brought

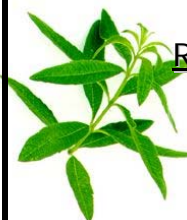
to the New World by settlers, along with many other essential herbs. In Canada, Lemon Verbena is grown as a small shrub in pots that must be brought indoors for the winter.

It should be planted in a pot, in sandy loam that is not too rich in organic matter. It requires at least six hours of full sun a day, like many herbs. As this plant will not tolerate even a light frost, make sure that it is placed outside once the weather has warmed. Similarly, bring it in early in the fall. Place it in a sunny location, and continue to water throughout the winter. Don't be surprised if it drops all its leaves in the winter, as this shrub is deciduous, and it is just entering dormancy. Continue to water, and you should be rewarded with new leaf growth in the spring.

Lemon Verbena is a delicately lemon-scented herb (hence its name). Leaves may be harvested for use at any time; however they are at their peak when the flowers begin to bloom. Simply dry the leaves to preserve them for future use. If making herbal vinegar or oil, fresh leaves work best. No other part of the plant is used. The leaves have a delicate, light taste and make a wonderful tea. They can also be added to sweet dishes, ice cream, jelly, fruit desserts and cakes.

In addition, Lemon verbena makes a soothing essential oil, and can be added to a based such as almond oil to use during a massage. Lavender and rosemary go along wonderfully with this combination! The oil itself can be added to lotions and hand creams as it helps soften the skin.

### Recipe of the Month



#### Lemon Custards with Lemon Verbena

1 cup water  
(14) 2 - 2½ inch long fresh or dried lemon verbena leaves  
10 2 x ½ inch strips lemon peel (yellow part only)  
6 tablespoons sugar  
1 ½ cups whipping cream  
6 large egg yolks  
1 teaspoon fresh lemon juice

Preheat oven to 325°F. Combine first 3 ingredients in a medium saucepan. Boil until mixture is reduced to ½ cup, about 4 minutes. Add sugar; simmer until mixture is reduced to 1/3 cup, about 3 minutes. Stir in cream. Whisk yolks to blend in medium bowl. Gradually whisk in hot cream mixture. Whisk in lemon juice.

Strain custard through sieve into 4-cup measuring cup. Divide among six 2 cup ramekins or soufflé dishes. Cover ramekins with foil. Place ramekins in 13 x 9 x 2 inch metal baking pan. Add enough hot water to pan to come halfway up sides of ramekins.

Bake custards until just set, about 45 minutes. Remove pan from oven; let custards cool in water in pan. Transfer ramekins to refrigerator. Chill at least 4 hours or overnight. Serve chilled.

### Flower of the Month



#### Salvia 'May Night' – *Salvia x sylvestris 'Mainacht'*

Salvia 'May Night' is one of only a few of the perennials in this large genus that is hardy to this area. Attractive to butterflies, bees and hummingbirds, this Salvia offers densely packed flower spikes in a deep, dark violet-blue. It blooms from May into August if the spent blooms are removed from the plant. In the heat of the summer, the foliage may be pruned back quite far to rejuvenate the growth of the plant.

Salvia may be planted from seed or division. As 'May Night' is a specific cultivar, it must be started from a new plant or division to ensure that it is true to form. Salvia should be planted in an area of full sun, in soil that provides excellent drainage. Growing 18 – 24 inches tall, it provides a strong vertical element in the garden. Its greyish-green foliage is also attractive, and combines well with other plants.

Salvia 'May Night' was named the perennial of the year in 1997, and it is still a popular cultivar today. Both deer and rabbit resistant, it is a great addition to the country garden.

