

# THE EDIBLE GARDEN

DECEMBER 2018

## FAVOURITE GIFTS FOR GARDENERS

*Master Gardeners of Ottawa Carleton & Lanark County*

My wish is impossible as I would like to go on a gardening excursion with Monty Don as my companion. Sigh, it will not happen but a girl can dream!

At Christmas 2017, I received a fun read, "Of Naked Ladies and Forget-me-nots" by Allan Armitage (ISBN-10: 0692854738, ISBN-13: 978-0692854730). Certainly a book I would recommend to anyone who has a curiosity about the common names of plants.

**Nancy McDonald**

**Note:** Monty Don is one of the presenters of the UK's TV series Gardeners' World with his dogs Nigel and Nell at his home, Longmeadow. Episodes of Gardeners World may be found on U-Tube although they periodically get taken down. He is an advocate for organic gardening. His short TV series Around the World in 80 gardens, Italian Gardens and Monty Dons French Gardens and The Secret History of the British garden have all aired in Canada. Upcoming on TVO on December 27th is Monty Don's Paradise Gardens. He has also written numerous books relating to gardens.

A Gardeners Journal - A Ten Year Chronicle of Your Garden

**Ann McQuillan**

I bought a garden caddy for myself two years ago from Lee Valley Tools and it is wonderful! I love it. Lee Valley has great gifts for gardeners.

My heart's desire? Someone who wants to weed with me for a couple of hours :)

**Judith Cox**

Josie P. has given me several extremely useful gardening gifts. One was a "harvest basket", with both handles and a stand, plus perforated to allow water to flow through so you can pick your veggies, put them in this basket, then run a hose on everything to get rid of the worst of the dirt before bringing it into the house. The second excellent gift from Josie was also a basket, but a very light-weight wire-reinforced collapsible basket that folds flat but is also very strong – a most useful device! It seems we gardeners can never have too many buckets and baskets to put things into!

A new pair of secateurs – I prefer the bypass type, but the little anvil secateurs that Lee Valley sells are also really nice.

And just in case any of my millionaire friends are listening, I would love to go on one of those garden excursions, like the one that Paul Zammit is leading to England next year!

\*sigh\*

**Rebecca Last**

**Note:** Paul Zammit is the Nancy Eaton Director of Horticulture at the Toronto Botanical Garden. He is a lecturer and speaker on garden topics as well as leading garden tours.

Most used—gift Felco pruning shears, they last for ever!. Another great garden gift is a Haws plastic watering can. Lightweight lasts for 20 or more years.

My wish list has always had a greenhouse on it. Not sure if that will ever happen, but always hopeful.

**Catherine Disley**

I am getting old with back problems and I think one of those sit on carts with an adjustable



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[mgoc\\_helpline@yahoo.ca](mailto:mgoc_helpline@yahoo.ca)

Lanark E-mail help Line:

[lanarkmg@gmail.com](mailto:lanarkmg@gmail.com)

## THANK YOU EDYTHER

*Dale Odorizzi*

*Master Gardener of Lanark County*

In 2013, the Master Gardeners of Ottawa Carleton and Lanark County hosted a Technical Update with the theme of the Victory Garden. This technical update spurred much interest in growing edibles and a small group decided that we would like to keep this enthusiasm going with a monthly newsletter, The Edible Garden. The Edible Garden Newsletter launched its first edition in January 2014 and this issue completes 5 years.



Edythe Falconer

Edythe Falconer (MGOC), as she often does, jumped in to spearhead the team to bring the Edible Garden to life. She became the Editor, frequent columnist, person to plot the months ahead and just about everything else necessary to get our newsletter out on time. Edythe has decided that the time has come for her to step back from the newsletter. Those of us who wrote articles will miss her gentle but thorough suggestions for corrections as she

seat (looks like a tractor seat) would fit the bill about CDN\$130 at Lee Valley or on Amazon.

**Fran Dennett**

Can't claim to have received an unusual gardening gift myself, but I was an originator of an idea of a birthday gift for my sister-in-law who likes to garden and happened to have a very sandy, poor soil. I convinced her husband that we should order a load of lovely composted horse manure from a local farmer. The only problem was that she could use twice as much!. Gardeners can get excited about some strange things... horse poop is not on most people's wish list!

1. A Lee Valley watering can.
2. A lovely pot for my front porch for a flowering plant.

**Agnieszka Keough**

**Gail Labrosse**

Lee Valley kid gardening gloves (not inexpensive, but they last the season even if the right index finger goes before the balance of the digits!), a truly permanent gardening marker – hard to come by, or an IOU for a plant from a more senior gardeners garden e.g. Granny's peony (although I already have one of those!).

**Mary Shearman Reid**

The nicest, actually the most wonderful gift, I have received for my garden is a fish pond. For years, I wanted a fish pond and two years ago, my husband made a beautiful one with a creek and waterfall. It is awesome! Our 8 goldfish have already become a community of about 40 and frogs and toads lay their eggs in early spring. The creek area serves as a bird bath for the smaller feathered creatures and since we have a heater going over the winter to maintain a small open area for gases to escape, this area also serves as a source of water for the birds during the cold winter months.



Faith's Garden Pond

Faith Schmidt

**Faith Schmidt**

**The Impossible Dream:** Irrigation and rainwater collection system. Not going to happen because I garden 2 apartment buildings with flat roofs, one hose bib between them, and paved driveway and parking lot that any irrigation system would have to cross. But oh, how I would have appreciated NOT hauling buckets this summer!

**The Wonderful Present:** I would love it if someone gave me a load of good composted manure - say, 2 cubic yards or so.

**On My Actual List:** A couple of gardening-related books I had a chance to look at this summer. "*How To Eradicate Invasive Plants*" by Teri Dunn (ISBN-10: 1604693061, ISBN-13: 978-1604693065), and one Esther had on unusual edibles; I think it might have been "*Uncommon Fruits For Every Garden*" by Lee Reich (ASIN: B01B99M6CK).

**Stocking Stuffers:** My favourite garden tool besides my pruners is the Fiskars Big Grip Garden Knife. I lose 1 or 2 a year at work, and promptly replace it because it does all the things from digging dandelions to planting bulbs to cutting down plants during fall cleanup, for a price of CDN\$15 or so. Have bought one for my gardening mother's stocking for Christmas, and I have just found out that you can get fleece-lined, fully rubberized work gloves at Mark's - the pair I bought is SO NICE doing fall work in this cool wet weather that I plan to have a pair to use for fall and spring from now on.

**Amanda Carrigan**

**Well fitting gloves:** I wear gloves all the time when I garden. They help protect my hands from thorns, prickles and sap, keep them relatively clean and minimize dry skin, which as an embroiderer I don't want. I usually get through at least one pair per year the first hole appearing on the second finger of the right hand. I have found the most durable to be leather or suede. Cloth and latex I get through really quickly. Last year I received insulated gardening gloves which are great for cooler days. Gauntlets with long sleeves are good when pruning, especially plants like raspberries and gooseberries. Most gloves will go through the washing machine, essential when handling infected material.

**Ratchet secateurs:** as I age my hands are not as strong, these help compensate, but they are hard to find.

worked to bring out the best in each of us.

While our leader is gone, Susan Bicket (MGOC) will carry on as the publisher, putting together the newsletter and writing her own interesting articles. Dale Odorizzi too will continue to represent Lanark County. We will also be joined by our newest team member, Faith Schmidt (MGOC). Those of us on the core team will certainly miss Edythe for her enthusiasm, sense of humour and her stories about gardening life on the Prairies or about the latest trends in gardening. We all hope that you will continue to keep us informed and entertained. Thank you so much, Edythe, it has been a pleasure working with you these past 5 years.

## ON THE ROAD FOR HAW-BERRIES

*Faith Schmidt*

*Master Gardener of Ottawa Carleton*

At the end of August this past summer, my husband and I packed the camper and our Golden Retriever, Starshine, and headed for Manitoulin Island. This would be our second visit there in two years and this time we had a list of things to see and do that we had not managed to the previous trip.

After a wonderful crossing on the MS Chi-Cheemaun and arriving at Providence Bay in time for supper, we mapped out our first full day which was focussed on the Farmers Market at Mindemoya. It is always fun to travel and experience new foods and local tastes and this market was awesome, providing a wide variety of local crafts, produce and preserves - and it was definitely "dog-friendly" as evidenced by the treats offered to our Golden as we shopped at the various vendors!

A vendor that we met - Ted - had a variety of interesting plants for sale but as we were to be on the road for a couple of weeks, we refrained from any plant purchases. However, we did see jars labelled "Hawberry Jelly". We spent time talking with him about these berries and he actually had a sample branch with the red berries on it. They really resemble rosehips and the branches themselves have vicious-looking thorns. His arms bore the scars from the thorns as he had just picked the berries and made the jelly that week.

Spring bulbs: I've had these as an early Christmas gift - bulbs need to be planted in the autumn. I also get a thrill when they emerge in the spring. So you get the pleasure of parcel opening more than once, when they arrive and then in the spring as they emerge and flower.

Susan Bicket

The nicest gardening gift that I was ever been given was a pair of secateurs. "Get that girl a pair of secateurs," my outspoken aunt said one day when she saw me struggling in the garden. I was young and didn't even know what they were back then. I sure came to love them.

I wish that people globally will better come to respect and nurture this beautiful planet, including its amazing diversity of plants and animals.

Julianne Labreche

**Note:** Here are 4 small steps we can take in our gardens to make a start on granting Julianne's wish

1. Be mindful of products that we used in our gardens . Herbicides, Pesticides, Fungicides, and Fertilizers all upset nature's balance.

Ask:

Why am I using this product?

Do I need to use this product?

Is there a gentler alternative?

Can I change my gardening practices to reduce the need for this product?

2. Look after the soil, feed the microorganisms by adding organic matter such as compost. Home composting of kitchen waste and garden debris and using it on our gardens can eliminate the need to purchase fertilizers, and reduce watering.

3. Allow some untidiness to provide homes for small creatures such as ground nesting bees, beetles and toads. Not all composting has to be done on a heap, most dead plant material will eventually rot where it is and feed the soil as it does so. Nature has been doing this for millenniums.

4. Share your love of nature by encouraging children or older individuals to participate in garden activities and observe the creatures that share our environment.

## CAN I GROW CANNABIS?

*Based on research by Andrew Fleming  
Master Gardener of Ottawa Carleton*

October 17th has now come and gone and with the Cannabis Act now in effect, many Ottawans are still feeling confused as to what is legal and what is not. With respect to growing Cannabis in the home, homeowners (adults who are 19 years of age or older) can grow from licensed seed or seedlings, up to 4 cannabis plants per residence for personal use - make cannabis products, such as food and drinks, at home as long as organic solvents are not used to create concentrated products.

Cannabis is a multi-faceted plant, with many varieties to cater to your wants and needs, but it is still important to consume this plant within the context of the law and to do so safely.

[Andrew's full article](#) summarises the law as it stands in December 2018

Cannabis should not be used by children and youth below the age of 19. Any Cannabis in the home like any other medication should be kept away from children. Research has demonstrated that Cannabis can affect the development of the brain. From the Canadian Paediatric Society's 2017 document [Cannabis and Canada's children and youth](#) *Marijuana use in this age group is strongly linked to: cannabis dependence and other substance use disorders; the initiation and maintenance of tobacco smoking; an increased presence of mental illness, including depression, anxiety and psychosis; impaired neurological development and cognitive decline; and diminished school performance and lifetime achievement. Rates of acute medical care and hospitalization for younger children who have ingested cannabis unintentionally are increasing.*



Hawthorn branch with thorns and haws  
Ted Smith of Gypsy Family Farm, Manitoulin Island.

The jelly was a lovely rosé colour, clear and delicious, not too sweet. It is especially delicious on top of brie or camembert cheese, sprinkled with toasted almonds and placed in the oven in a baker.

On returning home, I decided to do a bit of research on Hawthberries. *Crataegus* is also known as hawthorn, thornapple, white-thorn or hawberry, and is a large genus of trees and shrubs in the Rosaceae family, which definitely explains why the berries look like rosehips. The term "haw" is apparently an Old English term for "hedge" and is the name given to the fruit.

The fruits of the common hawthorn, *Crataegus monogyna*, are used to make jelly and homemade wine. The leaves are edible in early spring. The hawthorn is prevalent on Manitoulin where it benefits from the alkaline soil. Early settlers to Manitoulin ate these berries during winters to prevent scurvy. I found it interesting to discover that those people born on Manitoulin are called "haweaters".

I do look forward to a return trip to Manitoulin and plan to buy more Hawthberry Jelly this time as the thought of the work entailed in picking the berries and dealing with the scratches from their thorns make Hawthberry Jelly even more special!



Harvested haws  
Ted Smith

**FOR MORE INFORMATION:**

1) Government of Canada - Department of Justice - Cannabis Legalization and Regulation  
<https://www.justice.gc.ca/eng/cj-jp/cannabis/>

2) Government of Canada - What you need to know about cannabis - Cannabis in Canada. Get the facts.  
<https://www.canada.ca/en/services/health/campaigns/cannabis/canadians.html>

3) Government of Canada - Accessing cannabis for medical purposes  
<https://www.canada.ca/en/health-canada/topics/accessing-cannabis-for-medical-purposes.html>

4) Ontario Cannabis Store  
<https://ocs.ca/>

5) Cannabis and Your Health  
<https://www.wdgpUBLICHEALTH.ca/cannabis-and-your-health>

Watch for *Trowel Talk* the Master Gardeners of Ottawa Carleton electronic monthly gardening newsletter available on the 15th at <http://mgottawa.ca/>

Visit the Almonte online community newspaper 'The Millstone' - <http://millstonenews.com/> -for a column by David Hinks of the Lanark County Master Gardeners; under the Gardening tab.

Master Gardeners of Ottawa-Carleton and Master Gardeners of Lanark County are member groups of Master Gardeners of Ontario Inc., a registered charity with the mission of providing gardening advice to homeowners. The Edible Garden logo was created by Jon Last (jonlast13@rogers.com).

**DID YOU KNOW?**

The Hawthorn tree has been used effectively as an impenetrable hedge for centuries. It is suitable for creating a "laid hedge". Laying a hedge is the practice of cutting almost all the way through the trunk at an angle and laying it down horizontally. It is held in place by stakes. New shoots grow up vertically creating a dense hedge.

The blossoms are often known as May blossoms and it is considered unlucky to bring them in the house. It has been postulated this is because the scent is reminiscent of decaying animal tissue.

The Hawthorn also has a long history in herbal medicine. In folklore it is known as the fairy tree and is associated with entry to the fairy realms.

# CANNABIS IN THE CAPITAL: QUESTIONS AND ANSWERS FOR THE OTTAWA CONSUMER

*Andrew Fleming  
Master Gardener of Ottawa Carleton*

October 17th has now come and gone and with the Cannabis Act now in effect, many Ottawans are still feeling confused as to what is legal and what is not. Below are some of the main points from the Cannabis Act, detailing what Ottawans can expect.

## Public vs. Private?

In Ottawa, and by extension Ontario, adults who are 19 years of age or older are now legally allowed to:

### In Public

- possess up to **30 grams** of legal cannabis, dried or equivalent in non-dried form in public
- share up to **30 grams** of legal cannabis with other adults
- buy dried or fresh cannabis and cannabis oil from a **provincially-licensed** retailer; other products, such as edibles and concentrates, are expected to be available for sale in October 2019.

### In Private

- for homeowners, grow from licensed seed or seedlings, up to **4 cannabis plants** per residence for personal use
- make cannabis products, such as food and drinks, at home as long as organic solvents are not used to create concentrated products

## Where can I smoke?

As of now, the following are the areas where Ottawans are allowed to consume cannabis both in public and private:

- wherever cigarette smoking is permitted
- as a homeowner, you can smoke in your house and in your yard; if you rent an apartment you have to abide by your contract, and if there is a no-smoking clause in your lease, you may be out of luck
- sidewalks
- designated smoking rooms in hotels, motels and inns
- parks and outdoor spaces that do not belong to the city of Ottawa, including those owned by the National Capital Commission (NCC). These include, but are not limited to: Confederation Park, Major's Hill Park and Hog's Back Park

Where can I purchase legal cannabis in Ontario?

For the time being, cannabis sales in Ontario are limited to the **Ontario Cannabis Store (OCS)**; the OCS is run by the provincial government. After ordering online cannabis, someone who is **19 years of age or older** will have to show ID, proving their age, and sign for the package. The anticipated opening of brick and mortar stores is April 2019.

## Traveling with cannabis?

On flights **within Canada**, you can take up to **30 grams** of cannabis with you. It is illegal to take cannabis across the Canadian border, whether you are coming into Canada, or leaving. This applies to all countries, whether cannabis is legal there or not.

## What does 30 grams of dried cannabis look like in other forms?

With dried cannabis and cannabis oil now available, and other products, such as edibles and concentrates becoming available in October 2019, it is important to have an understanding as to how much of each will constitute your allowance. One (1) gram of dried cannabis is equal to:

- 5 grams of fresh cannabis
- 15 grams of edible product
- 70 grams of liquid product
- 0.25 grams of concentrates (solid or liquid)
- 1 cannabis plant seed

This means, for example, that an adult 19 years of age or older, can legally possess 150 grams of fresh cannabis.

Cannabis is a multi-faceted, exciting plant, with many varieties to cater to your wants and needs, but it is still important to consume this plant with reverence within the context of the law and to do so safely. Enjoy the many varieties, aromas and effects this plant has to offer, and enjoy your exploration into the world of cannabis!

Publication date: 1st December 2018. Please consult [government websites](#) for the most current information.