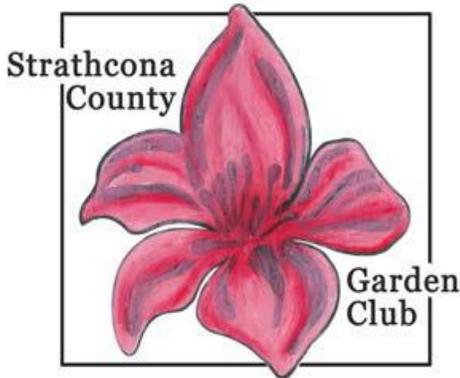


March 2022



# The Strathcona Gardener

*Growing with the Community*

[www.strathconacountygardenclub.ca](http://www.strathconacountygardenclub.ca)

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

## President's Message

I don't know about you, but I've spent the last little while laying out my garden and getting too many seeds. It has been a long cold winter and I just need to get outside. The thought of weeding at 8 in the evening gives me an odd happy thrill. I am also curious to see what sort of seeds everyone will be bringing to the exchange. I always seem to find some space for a pack of seeds that someone brought that I just have to try. So bring along your seeds and a dollar for the snacks at our actual in person meeting at the council chambers Thursday March 10. It is also the perfect chance to pay your membership fees if you haven't already.

Looking forward to actually seeing you all.

Andrew

## Membership Fees: Final Reminder

Your 2022 Garden Club membership renewal is past due, so please take a minute to complete the attached form and send your fees to Pat or bring it all to the meeting on March 10. Your name will be dropped from our membership list after this month if fees remain unpaid. You may still attend in person meetings for a per meeting cost of \$3, but you will no longer receive this newsletter or other member benefits. The membership renewal form is included with this newsletter; we urge you to fill it out and return it along with the appropriate funds to Pat Komarniski as indicated on the form.

## Seed Exchange

Our Seed Exchange will begin on March 10 at the regular meeting. It's very simple: bring a spare packet of seeds, or two, and take home a packet of seeds, or two. There is always something enticing and what's not to like about browsing through seeds?

## Next Meeting

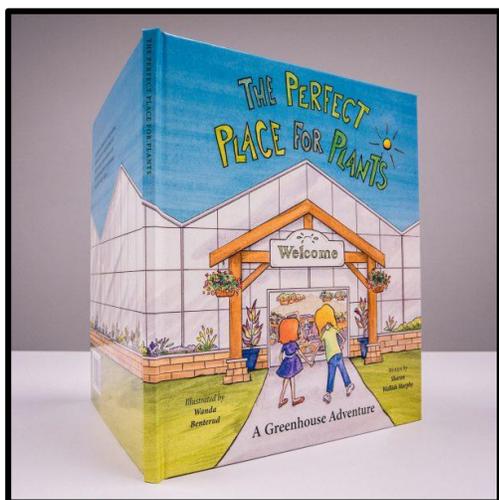
**March 10 Sharon Wallish Murphy, Gardening with Sharon**

**7-9 pm “Practical Tips for Starting Plants from Seed”**

**Strathcona County Council Chambers, Strathcona County Community Center**

Remember when our garden club meetings were lively face-to-face gatherings, with awesome snacks and a chance to win a Tim card if you brought your own coffee mug? We will re-live that experience this month with our guest speaker Sharon Wallish

Murphy, greenhouse entrepreneur, author and garden coach.



The Wallish name has long been familiar in gardening circles and Sharon’s topic is timely, self-explanatory and fits perfectly with the launch of our Seed Exchange. Sharon is the author of a children’s book titled “The Perfect Place for Plants” copies of which will be available for purchase and one copy which has been donated for our draw. The book was written in part to celebrate the 100<sup>th</sup> Anniversary of Wallish Greenhouses. If you venture onto the next page, you will see some exciting information about another special draw prize.

## Upcoming Meetings and Events

April 14 Carlene Schneider, Northline Farms  
ZOOM “Pruning at the Farm”

May 12 Ashley Hinecker, Master Composter and Recycler  
7-9 pm “Composting Revealed”

The remaining dates for 2022 regular meetings are: June 9, July 14, September 8, and October 13. There are no meetings in August or December. The Board has decided to hold our annual plant sale in the fall, rather than spring. Watch for dates and details for this and other special events to be announced in future newsletters.

## Strathcona County Library Events

The library has several no cost garden-related events coming up that may be of interest to our members. Pre-registration is required at [www.sclibrary.ca](http://www.sclibrary.ca) or call (780) 410-8600.

March 22, 7 – 8:30 pm, “Start Seeds Indoors” Zoom with Jonathon Luckhurst

April 20, 7 – 8:30 pm, “Edible Landscape With Curb Appeal” Zoom with Donna Balzer

April 28, 7 – 8 pm, “Birdwatching 101” **IN PERSON** with Wayne Oakes

### March 2022 Door Prize - Rosa Rugosa, Hansa

March and April will have fabulous door prizes for SCGC meetings!! Remember a while ago you received an email about SCGC doing a group order for roses from Corn Hill Nursery? Well...we've purchased a 2-stem rose for each of these two meetings which the winner will receive once they're shipped (tentatively scheduled for mid-April to mid-May).

The rose for the March meeting is Rosa Rugosa – Hansa rose (see picture). If you're not familiar with this rose, let me tell you a bit about it.



- An upright growing, multi-stemmed deciduous shrub that produces pinkish-purple flowers
- Grows to 4' to 5' tall (120-150cm) and 3' to 4' wide (90-120 cm)
- Blooms all summer long right up to the first frost
- Produces rose hips once the flowers are done – and the rose hips are edible too
- Is zone 2 hardy so it can handle our winters
- Has heavenly scented double blooms – each of which reach a diameter of 4" (10cm)
- Very disease resistant and tolerant of a variety of soils
- Attractive to pollinating insects, butterflies and birds

*Board seeking Volunteer Phoner to join dynamic team. Easy hours, flexible working conditions.*

*Pay's the pits.*

*Call Dorothy 780 998 0434*

## 2022 – Canada’s Year of the Garden

On June 21, 2021, a declaration in the House of Commons named 2022 Canada’s Year of the Garden. YOTG2022 will publicly launch on March 20, 2022, the first day of spring. All members of Canada’s ‘Garden Family’ are invited to engage with Canada’s Year of the Garden 2022 activities. This includes growers, garden centers and retailers, designers, landscapers, garden ‘tourists’, horticultural societies and garden clubs, garden communicators, and educators.

Strathcona County Garden Club is a de facto Garden Family Member because we are part of the world of Canadian horticulture. A special Year of the Garden designation for Garden Clubs and Horticultural Societies is expected to be announced soon and our Club will receive a Certificate of Recognition.

Everyone is invited to “Live the Garden Life” during the Year of the Garden 2022, a celebration of everything garden and gardening related in Canada. Your Board of Directors invites all members to submit ideas and suggestions for ways in which the Club might participate. Visit [Homepage - Year of the Garden \(gardenscanada.ca\)](http://gardenscanada.ca) for more information.

## We GROW Plants... but Why EAT Them?

Submitted by Lori Hawrelak, Snack Coordinator

Many of us gardeners get excited as the bitter cold days of January leave us and in their place we see the temperatures ever so slowly climb and the snow starts to melt. We look forward to the time when we can “play in the dirt”. April rolls around and we start to plant our gardens, grow fruits and vegetables, harvest the delicious produce and consume them without really giving much thought to the enormous benefits of these simple actions. Sure, we get exercise as we sow, weed, water and harvest. It’s relaxing to walk between the rows of flowering peas and witness the bountiful flowers hanging from our tomato plants. But the true pay off comes when we get to ingest all those colorful fruits and vegetables.

Many people ask, “**Why is eating plants - fruits, vegetables, legumes, grains, beans, nuts & seeds so important?**” Heck our new Canada Food Guide (published in 2019 and the envy of many Americans because of our forward thinking - no food or beverage industry stakeholders allowed during the policy making stage) recommends ½ **our plates be filled with fruits and vegetables and sourcing proteins from plants more often.** [Canada's Food Guide 2019](#)

Here are a few very good reasons **why EVERYONE should be consuming more plant foods.**

Plants:

- are loaded with **FIBER** (animal food sources have 0 fiber). Remember fiber keeps us regular (need I say more). Ditch the Metamucil, eat the veggies and lots of them.

- are loaded with so many **VITAMINS & MINERALS**
- are anti-inflammatory – who wants to be “on fire” fighting toxins?
- contain **PHYTONUTRIENTS & ANTIOXIDANTS** - over 4 000 to be exact
- protect against chronic disease (strokes, heart attacks, cancers) – Yikes 40% of 1<sup>st</sup> time heart attacks are fatal.
- contain **PROTEIN**. Yes protein!!! (Spinach = 50% of total calories are protein, Broccoli = 33% of total calories are protein)

To calculate % of calories from nutrients in a food, you take the **number of calories from that nutrient and divide it by the total calories in that food**. Protein provides 4 calories/gram, carbohydrates provide 4 calories/gram and fat provides 9 calories/gram.

**Nutritional value of 1 cup (30 g) of raw spinach: Total Calories = 6.9 Protein = 0.9 g**

**0.9 g of protein X 4 = 3.6 calories from protein**

**3.6/6.9 X100 = 52.17% of calories from protein**

#### Plant Power - 10 Veggies with the Most Protein



**Ever wonder where these herbivores get their protein?**

Plants do **NOT** have or have very little:

- **Saturated fat** – that is the nasty fat you want to avoid
- **Cholesterol** - only found in animal products
- **Salt**
- **Sugar** – if they do, it is packed along with fiber and lots of vitamins & minerals

So, spend time in your garden, but make sure you are fueling your body with those plants. Famous last seven words go to Michael Pollen:

**“Eat food, mostly plants, not too much.”**

## Membership Perk\$

Present your 2022 Strathcona County Garden Club Membership Card at the following establishments for possible discounts on your purchases. Contact information and more details may be found on the Club website.

*Apache Seeds Arch Greenhouses Kuhlmann's Greenhouse Garden Market Cannor Nurseries*

*Aspen Ridge Greenhouse Cal's Grower Direct Cal's Whitemud Garden Centre Arrowhead Nurseries*

*Salisbury Greenhouse All Seasons Garden Centre BMR Greenhouses & Water Gardens*

*Millcreek Nursery Ltd Jils Landscape Supply Ellerslie Gift & Garden Sunstar Nurseries Ltd.*

*Estate Gardens Greenhouse South Cooking Lake Greenhouses*

## Strathcona County Garden Club Contacts

<b>Board Members</b>	<b>Name</b>	
President	Andrew Davison	
Vice President		
Past President	Donna Reimche	
Treasurer	Allison McKinnon	
Secretary	Susan Robblee	
Special Events Coordinator	Leesa Lacombe	
Membership Coordinator	Pat Komarniski	
Advertising Coordinator	Cindy Garneau	
Phoning Coordinator	Dorothy Gilbey	
Fundraising Coordinator	Marianne West	
Snack Coordinator	Lori Hawrelak	
Newsletter Editor	Marlene Exner	
<b>Support Volunteers</b>	<b>Name</b>	
Membership Assistant	Pat Barker	
Facebook Administrator	Marlene Parish	
Phone Volunteers	Pat Barker	
	Pegi Gunn-Graham	
	Marj Kennedy	
	Pat Komarniski	
	Vacancy	
	Lil Parker	
	Shirley Radmanovich	
	Gerri Schmidt	
Oldman Creek Gardens	Sheila Flint	587 990 9935; smayflint@gmail.com