

Bittersweet Muse

Fall 2013

Lennox & Addington Horticultural Society Newsletter



Why have the Urban Forest Project?



During a violent storm the previous week, a tree flattened part of a house, crushed a number of cars, and filled streets with debris. The Town invoked its emergency plan so crews from all departments could coordinate their efforts and clean everything up by noon the day after the storm. Fortunately no one was injured but there was considerable property damage.

If you ever wondered whether the Urban Forest Renewal Project was worthwhile, have a look at this photo from the front page of the July 25, 2013 edition of *The Napanee Beaver*.

The Town is monitoring older trees and is felling those with rot. It's a good thing that new ones are planted on municipal property every year by the Project so there will always be trees in Napanee.

Upcoming Events

November 20 - A member of Smart Florist will speak about Christmas designs and decorations to help get us ready for the season. The meeting starts at 7 at the Fire Hall, 66 Advance Avenue in Napanee.

December 4 - tonight is our annual Christmas pot luck supper starting at 6 pm in the Fire Hall. Please be sure to bring something edible to share, your plate and cutlery. In addition, this is our annual general meeting. Please tell Hildegard if you would like to be part of the executive of the society. Everyone is welcome.

January 15 - Peter and Jane Good will be on hand to describe Gardening and Giving, open gardens for hospice. The meeting starts at 7 o'clock in the Napanee Fire Hall.

February 19 - when Penny Stewart goes to Quebec, she visits gardens and takes

photographs. She will show us these gardens at our regular meeting in the Fire Hall at 7.

March 19 - this regular society meeting will start at 7 in the Fire Hall. Frank Spacey will talk about tool selection and maintenance.

April 16 - our own Judy Bullock will talk about Hostas at our regular meeting, scheduled for 7 pm in the Fire Hall.

Visiting the Past

Hildegard Dorosh our Past President, has kindly agreed to be our Historian. If you have pictures of our events (like pot luck suppers, garden tours, meetings and so on) and would like to share them with everyone, Hildegard would be more than happy to receive them. Please include the names of people, the event and roughly when the photo was taken if at all possible. Thanks.

Our Annual Summer BBQ at Kim and Kevin's

Photos by Sheena Scott



The night was warm, the food was just as wonderful as it always is and everyone had a good time at this year's barbeque at Kim and Kevin's home near Yarker. There were heirloom tomatoes to sample and of course lots of garlic. We even glanced through the telescope.



Thanks for being our hosts.

Recipe from our Pot Luck Suppers



Even though a chilly wind blew through the picnic shelter and everyone wished they'd brought more sweaters, we had a good time at the pot luck supper this spring. We were at Conservation/Springside Park beside the Napanee River. This is where we had the chance to sample Tom's delicious Spicy Chipotle Shrimp Salad with Watermelon. Here is his recipe.

Tom says this is the best and closest he could come up with for the watermelon salad since he's a very off the cuff cook who finds it difficult to write down recipes. He freezes any leftover canned chipotle with adobo sauce. It adds a smoky spicy kick to chillies and tacos.

There are four main steps to this recipe:

- * prepare the main salad
- * make a simple basil/mint syrup
- * cook the spicy chipotle shrimp
- * combine the salad, drizzle with syrup and top with shrimp

Main Salad

2 orange, 2 yellow sweet peppers and 1 green pepper, chopped in slices
1 red onion thinly sliced
1 partially peeled English cucumber
1 seedless watermelon chopped in chunks
a bundle of mint chopped
a bundle of basil chopped (Thai purple if possible)
juice of 5 limes

- * you can also put in some frozen mango to keep it chilled if you like
- * gently mix ingredients together in a bowl and put it in the refrigerator

Basil/Mint Syrup

½ cup of sugar
½ cup of water
handful chopped of mint (Thai purple if possible)
handful of chopped basil
zest of one lime

- * boil the sugar and water till dissolved, 2-3 minutes
- * turn down the heat and mix in the mint and basil
- * once the herbs have wilted, take off the heat and immediately add the lime zest
- * let cool and strain (you can always make extra and store to mix with drinks)

Spicy Chipotle Shrimp

1 pound shrimp
 1-2 tablespoons smoked salt or smoked paprika
 pinch of coarse salt
 dash of olive oil
 1 or more tablespoons canned chipotle with adobo sauce or chili powder, to taste
 2 tablespoons butter
 2-3 cloves of garlic

- * clean shrimp and remove the shells
- * put the shells in a small pot with just enough water to cover
- * boil shells until the liquid is reduced to about a ¼ cup
- * in the meantime, dry shrimp with paper towels and sprinkle with salt or paprika
- * heat a frying pan till hot, then add a little olive oil
- * add shrimp quickly and move around pan till partially cooked
- * add chipotle with adobo sauce (be careful; it can get spicy very quickly)
- * remove the shrimp from the pan and set aside

- * add butter and garlic to the pan and fry until butter is golden and garlic is fragrant
- * then put shrimp stock in with the butter and garlic
- * stir to deglaze pan and boil liquid until it is reduced by half
- * let the mixture cool

Once everything is prepared, pour the basil mint syrup on the main salad. Place the spicy shrimp on top and drizzle with the deglazed shrimp stock.

Enjoy, and remember it is always to your own taste and many things can be adjusted or substituted. Any left over syrup makes a great drink mixed with Vodka.

What is it?



This is a short plant, about 5 inches tall, with small semi-evergreen leaves and lovely white and yellow flowers in the spring. The plant is a member of the rose family and grows well on gravel in harsh conditions. It is seen here in mid-September with its feathery seed heads. What is it?

See the back page for the answer.

Community Garden News



This was a very good year for the community garden just south of Napanee. Lots of bushels of produce were delivered to the Food Bank, thanks to the efforts of many volunteers who tended the garden on Monday mornings throughout the summer.

Our Summer Visit to Merrickville



About a dozen society members went to Rideau Woodland Ramble near Merrickville on July 17 this year. To say the day was hot and humid would be an understatement. Even though there was the occasional clap of thunder in the distance, we had a lovely, if very steamy, walk around the garden centre. On the left above, Yvonne and Barbara try to keep cool as they look over the beautiful plants for sale and to the right is the pond with a fountain at the garden.

Harold's Zinnias

Sheena took some of Harold's zinnia seeds home, put them in the ground and look what happened! Beautiful orange flowers on tall stems waved in the breeze all summer. The flowers lasted well and became doubles as the season went on. Congratulations, Sheena, and thanks Jean for bringing in all those seeds. Harold's work hybridizing zinnias over the years sure gives beautiful results.



Photo by Sheena Scott

The Answer to the Question 'What is it?'



The common name of this plant is mountain avens and the scientific name is *Dryas drummondii*. It is an arctic dryad that can be seen as far north as there is land and in the rocky mountains south to Colorado. Its normal habitat

is rocky barren areas, alpine meadows and ridges, and is seen in limited numbers on limestone outcrops of Ontario, Quebec and Newfoundland.

Aboriginals used the flowers and seed heads to make a bright green dye. The flowers follow the path of the sun. The leaves resemble miniature oak leaves and indicate the seasons by folding in one direction or the other.



Mark your calendars and plan to attend the 108th Ontario Horticultural Association Annual Meeting in Cornwall, July 18-20, 2014. On Friday, Jim Brownell of the Lost Villages Historical Society will talk about the communities that existed along the St. Lawrence River before the Seaway. Then, on

Saturday Carol Dunk, Past President of the Ontario Horticultural Association, will speak about Pollinators and planting for native bees. Sunday's speaker is Bruce Henbest, a master gardener and author of the book, 'Early Settlers' who will describe some of the historic buildings of Upper Canada Village.

Lennox & Addington Horticultural Society Executive –

Be sure to check the Internet for Society news. Our website is: www.gardenontario.org/site.php/lennox

President: *Mary Lockhart*
Past President: *Hildegard Dorosh*
Vice President: *Kevin Kell*
Treasurer: *Kim Hay*
Secretary: *Florence Bell*
Newsletter: *Gail Knowles*
Webmaster: *Kim Hay*

Member of District 3 of the



**ONTARIO
HORTICULTURAL
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