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*Everybody's growing to...*



CANADA  
BLOOMS

MARCH 8-17, 2019  
Enercare Centre

Co-locating with



## Canada Blooms 2019 Theme



The theme for 2019 is "A Family Affair!".

Family means 'home', 'safe', 'happy'. And at home with your family you can be yourself, no matter how serious or goofy, and you are loved just because you are you.

At Canada Blooms we celebrate families of all kinds, with a little bit of something for everyone. From the novice gardener who can ask Master Gardeners or Landscaper Designers for tips, to expert designers who can compare entries in the Toronto Flower Show and Competition. For kids from 5 to 95 who can take in special 'learn, plant and take' sessions in the Gardening Experience Area each day, discovering how to care for peas, beans, pollinators, succulents and more. Strolling around the

many feature gardens you can just imagine your family entertaining in the backyard. And if you need a little break, the National Home Show offers free day care for the little tikes for an hour or two while you look around.

We invite our landscape architects, design/build experts and floral artists to let their imagination get excited as they show us their unique and innovative interpretations of this year's theme. Will they choose family entertaining, getting playful, or gardening through the ages? And, how will they be incorporated into the feature gardens, floral arrangements and stage presentations? Come join Canada Blooms, at the Enercare Centre in Toronto, **March 8-17, 2019** to find out how we see "A Family Affair".

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## TIPS FROM THE PROS

### How To Grow The Best Lawn On The Block

*Tips from  
Garden Experts  
Mark & Ben  
Cullen*



*markcullen.com*



**A few simple steps will help you grow and maintain the best lawn on the block. Your 'lawn care package' should include the following:**

- A bag of the best lawn seed in the business. Weeds? Compete them out of existence by spreading good quality grass seed over the areas that are thin. We use CIL grass seed because it is virtually weed free, contains excellent quality grass seed varieties and is produced here in Canada. Keep in mind that one kg spreads over about 100 sq. meters (one pound over 400 sq. feet).

- Several bags of triple mix. You cannot just spread grass seed over your lawn and expect it to grow new grass plants. It has to have somewhere to put down some new roots. That is where Mark's Choice lawn soil comes in – it contains the perfect combination of ingredients to provide a quality base for your new lawn or the thickening of an old one.

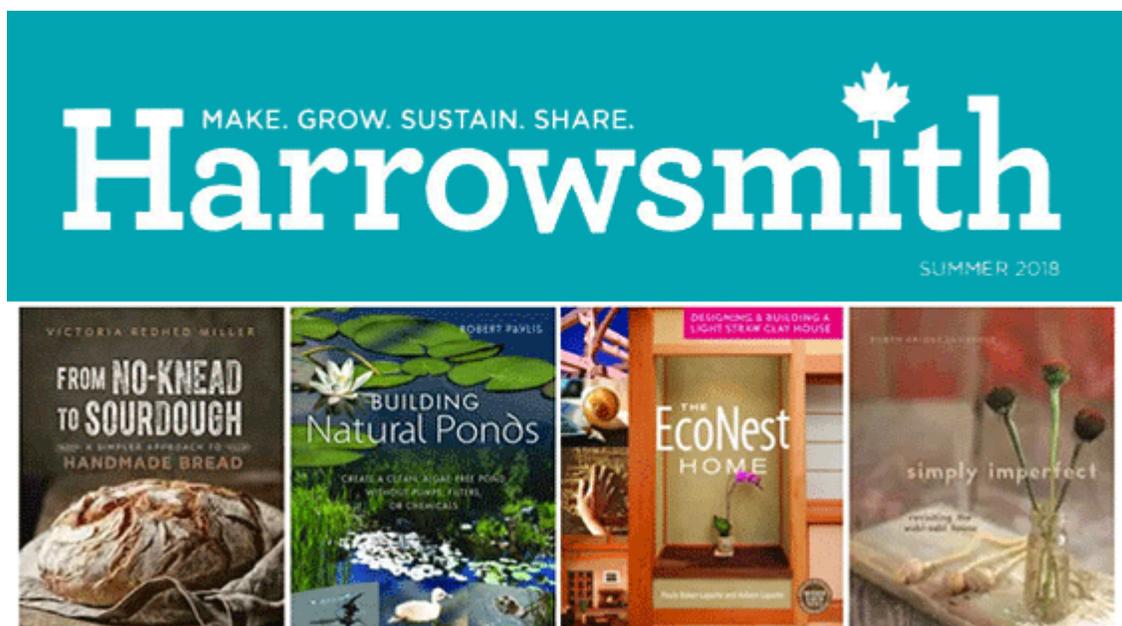
- A good lawn sprinkler. There are many lawn sprinklers on the market. Not all are created equal. Look for a sprinkler that produces a fine spray: these water droplets will penetrate the soil quickly and get to the root zone of your grass plants more efficiently.

- Fertilizer. You should have already fertilized the lawn early in the spring. If you used a good quality brand like CIL Iron Plus, you would be well advised to re-apply after 8 or 10 weeks. Why? To thicken up the lawn and to keep it healthy. A healthy lawn is more resistant to disease and insect problems. If concern about the environment is an issue, CIL Iron Plus is phosphate free. Slow release nitrogen, found in good quality lawn fertilizers, only releases as the temperature rises, rain falls and microbial activity takes place in the soil. In other words: only when the lawn needs it!

- *Mark & Ben Cullen, Mark's Choice/MarkCullen.com*

[Click Here For More Garden Tips From MarkCullen.com](http://MarkCullen.com)

## Great Giveaways



**There's nothing worse than being left out of the loop.**

When you [sign up](#) for *Harrowsmith's* free 3x/year newsletter, you'll be entered into a draw for one of 10 books from New Society Publishers. We will be giving away 10 books each month about the stuff that's important to you: building chemical-free natural ponds, baking no-knead and sourdough bread or, how to design a light straw clay home. New Society Publisher titles are published in North America--never overseas. Printed on 100% post-consumer recycled paper with low-VOC vegetable-based inks, the carbon neutral company is all around feel-good. Paired with our e-newsletter spotlighting gardening trends, kitchen hacks, cool tools and DIY ideas, we'll have you covered and informed! [Sign up today](#) and be sure to tell your best friend.

**[Click Here To Discover More About Harrowsmith](#)**

## Celebrating Local Growers



**Summer is here and the variety of cut flowers available from Ontario Growers is endless at this time of year.** The days are warm, and long, hopefully rain is consistent (and ideally only in the evening to aid in early morning harvest); this all results to ideal growing conditions.

Some of the Ontario cut flowers that flourish as we come into the summer season are gladioli, dahlias, and sunflowers, and these are just the major floral crops. Ontario growers still have many other smaller crops whose season may be short and sweet. For your garden parties consider ornamental grasses, Queen Anne's lace, asters, astilbe, calla lilies, celosia, delphinium, thistle, gomphrena, star of Bethlehem, statice, strawflower, veronica... So many options.

When you visit your local flower seller, remember to ask what they have available from Ontario Flower Growers. Remember *#welovegreenpails* and so should you!

[Click Here to Find Out More About Ontario Flower Growers](#)

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## Caring For Cut Dahlias



I am sure that almost everyone would agree that Dahlias are a bright and colourful addition to any bouquet, weather from your own garden or from your local flower seller. Either way, be aware that all cut flowers require care. So here are some tips to help keep that bouquet lasting...

### **From the garden:**

Harvest flowers from your garden early in the morning, choosing stems with full flowers in bloom (buds won't open once cut) and long enough for your vase. Snip stems horizontally with pruners (or scissors).

Cut just above a set of leaf nodes and side buds, this will allow new shoots to grow from those nodes.

Cut stems should be seared. Harvest your flowers early in the morning, make a fresh, straight snip on each stem and then pass it over an open flame (Southern Living Magazine).

OR

place the cut ends in about 2-3 inches of very hot (not quite boiling) water. Let the stems stay in the water for at least one hour. This hot-water treatment conditions the stems so the blooms will last four to six days (Better Homes & Gardens).

Soak stems thoroughly before arranging. Remove foliage that is below the water level (this is true for all flowers, as leaves will decay and release bacteria shortening the life of flowers) and then put the stems in a bucket of warm water and place in a cool, dark place overnight.

**Flowers from the Flower Shop will already have been treated.**

Change water every 2-3 days, adding cut-flower food (available from florists) or make your own from this Southern Living Magazine recipe: add a drop of bleach and 1/4 cup lemon-lime flavored soda to a quart of water. Keep the bouquet in a cool place out of direct sunlight. Change the water and recut the stems every other day to keep blooms fresh.

Remember if you have a question, ask your local florist or contact a Master Gardener.

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## The Magic Of Honey



Honey isn't just for your tea, it is also a gold mine for beauty as well. For centuries women have used honey for hair and skin applications. Here are a few tips from **Deila Taylor**, from **LiveStrong.com** to keep you looking great the natural way:

**Skin Lotion:** Mix together 2 tsp. honey, 2 tsp. olive oil and 1/2 tsp. lemon juice. Stir well and apply as a lotion on rough, dry skin areas of your body. After 10 minutes, rinse with warm water. Your skin will feel soft and moisturized.

**Hair Rinse:** Combine 1 tsp. honey with 4 cups warm water to make a honey hair rinse. After shampoo, pour this mixture into your hair, saturating the strands. Leave in your hair without rinsing, and then dry as normal. The honey will leave hair shiny and smooth.

**Facial:** Honey can be used alone for a skin treatment that will bring a glow to your skin. For a facial, take 2 tbsp. honey and, using your fingers, pat it on your face. Continue to pat the honey over your skin until it gets very sticky and pulls the skin up a little. This helps the circulation and brings a glow to your skin. Rinse with warm water and pat dry.

**Here are a couple other tips:**

**Lips:** For a kissable pout, mix a small amount of olive oil and honey together and apply the mixture to your lips before you go to sleep.

**Elbows:** To fight scratchy elbows, after you shower, rub on honey to soften the skin and let it sit for 30 minutes before you wash it off.

[Click Here to Read Full Article by Deila Taylor](#)

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## Rose Garden Re-Opens At Royal Botanical Garden



The rose garden in Hendrie Park at the Royal Botanical Gardens re-opened on June 23. The RBG noted that despite their best efforts the rose collection

languished. This was in part due to the cosmetic pesticide ban in 2009, and disease-prone cultivars that left the garden vulnerable to insects and diseases.

In order to bring life and vibrancy into the garden, they had to start from scratch. The new rose garden was designed with a sturdy foundation of disease-resistant, disease-tolerant, and cold-hardy roses, including some Canadian introductions found at local growers. The new garden is hardy, strong and full of colour through the whole growing season.

Visit our contest page to enter to win 4 tickets to the Royal Botanical Garden.

[Click Here to Learn More About The Rose Garden](#)

[Click Here to Enter To Win Tickets To  
The Royal Botanical Garden](#)

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## Book Nook

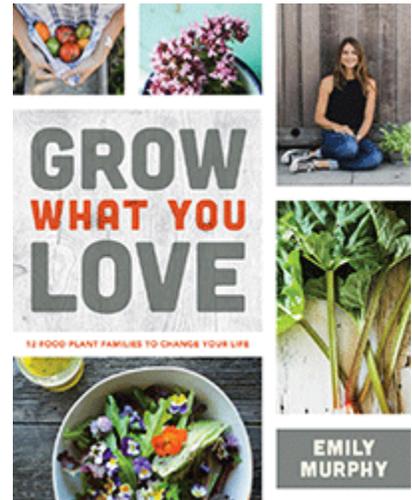


**Grow What You Love** is no ordinary book about gardening, but rather a book about finding joy and meaning in the simple act of growing — and it starts by growing what you love, of course! In it author, Emily Murphy, outlines a simple method for growing a dozen seasonal ingredients to change the way you cook and live. The book starts with an exploration of how best to choose the plants and recipes you love, and follows with simple methods for garden-to-table growing and seasonal approaches to cooking. It includes 14 recipes that are method based, so

ingredients are easily mixed and matched, and all the how-to information you'll need to start a garden from scratch or fine-tune an existing garden. The benefits of growing even the smallest of gardens ranges from the simple to the sublime and, as your garden changes, so do you.

*"Grow What You Love is a tantalizingly simple invitation to tend a garden-based life filled with flavor, health, and happiness."* — Lorene Edwards Forkner, editor, *Pacific Horticulture*

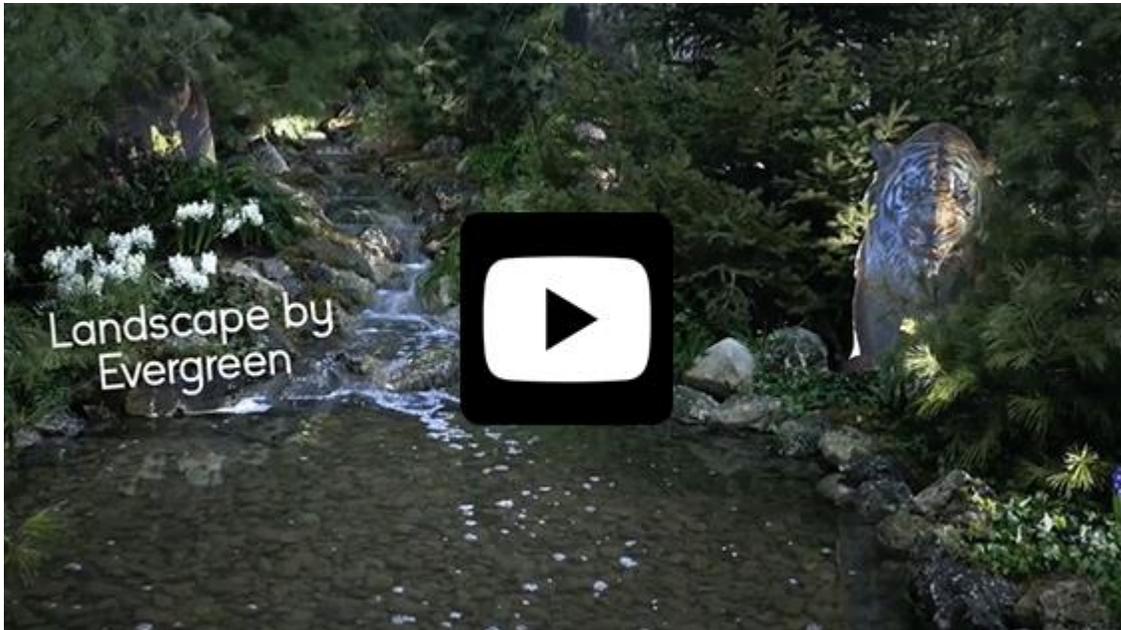
*"[a] beautiful debut"* — Publisher's Weekly



*Grow What You Love: 12 Food Plant Families To Change Your Life* can be purchased on Amazon, or where gardening books are sold (including at the Toronto Botanical Garden Shop). Don't forget to visit Emily's website [PassThePistil.com](http://PassThePistil.com) for great tips

[Click Here to Visit PassThePistil.com](http://PassThePistil.com)

## A Look Back At 2018 Canada Blooms



Lou Savoia from **Landscape by Evergreen** built a garden at Canada Blooms based on the 2016 film *Jungle Book*. Lou's company specializes in small and medium sized gardens in and around Toronto, making the most of a space with bold colours and water features.

# Summer Entertaining Ideas

## *FRUIT*





## CONGRATULATIONS TO OUR WINNERS

Mark's Choice Through The Garden Gate: Windfield Estates Tour  
**Mavi Sukhwinder, Brampton, ON**

**Garden Jane Seed Ball Kit**  
Victoria Jaluague, Toronto, ON

Copy of Mark Cullen's *The New Canadian Garden*  
Vicky McAulay, Woodlawn, ON

Remember to check our contest page regularly for new contests.

[Click Here to Visit Our Contest](#)

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## Upcoming Events

### MUSIC IN THE GARDENS

#### [Royal Botanical Gardens](#)

Country and Roots - Tuesdays - June 26 to Aug 14

Red Hot Jazz and Cool Roots - Wednesdays - June 13 to Sept 5

Concerts included with admission to the Gardens

680 Plains Road West, Burlington, ON

#### [Toronto Botanical Garden](#)

Edwards Summer Music Series - Thursdays - July 5 to Aug 23

Concerts are Free

777 Lawrence Avenue E, Toronto, ON

#### [Casa Loma](#)

Soul in the City - Monday - June 18 to Aug 27

Symphony in the Gardens - Tuesdays - June 5 to Aug 28  
Concerts included with admission to Casa Loma  
1 Austin Terrace, Toronto, ON

## GARDEN TOURS

**Sunday, July 15th - 12pm - 4pm**

[Markham Garden & Horticulture Society](#)

Join us for a self-guided tour of 10 beautiful private gardens in Markham and Unionville. Tickets are \$15 each and are available at local retailers: Sheridan Nurseries, Kate's Garden, Kim's Nature, Valleyview Gardens, Lindy's Floral, and John's Garden.

12pm-4pm

Tickets: \$15

Call: 905-471-5301 or email: [markham@gardenontario.org](mailto:markham@gardenontario.org) for more information

Photo: Lord Culture Resources from the Edwards Summer Music Series, photo by Toronto Botanical Garden.

**[CanadaBlooms.com](http://CanadaBlooms.com)**

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Canada Blooms was founded by the Garden Club of Toronto and Landscape Ontario

