



The Garden Master News



Newsletter of the Atlantic Master Gardeners Association

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PRESIDENT'S MESSAGE

- by **Jim Sharpe**

Our maritime climate gives us extreme weather: winter cold, snow, freezing rain and wind; spring thaws, frosts, showers and wind; summer heat, drought and wind; and fall rain, frosts and more wind. Come to our summer conference on July 11, 2019, where expert gardeners will show us how to thrive through "Gardening in Challenging Environments."

Our keynote speaker is Todd Boland from the Memorial University Botanical Gardens in St. John's. As Newfoundland has much stronger winds and a shorter growing season than most of the Maritimes, his talk, "Gardening in Challenging Conditions: The Land of Wind and Snow," will show us how to create the conditions for our plants thrive and our gardens cope with wind, rain, frost and snow. Todd has written six botanical guidebooks to the flora of Atlantic Canada, most recently his first gardening guide book "Perennials for Atlantic Canada." He was the organizer for the North American Rock Garden Society (NARGS) conference in St. John's last summer. He works with horticulturalists from throughout North America as administrator for the image gallery on the NARGS website with over 2000 images of rock garden plants (see

<https://nargs.org/rock-garden-plants>).

Other speakers include Allan Banks from Harbour Breeze Daylilies and Japanese Irises in Jeddore, NS who will speak on coastal gardening, Jamie Ellison from Kentville horticultural program who will provide a "Photographer's Journey of the Gardens and Natural Spaces" in the Maritimes and Darwin Carr and Bernard Jackson who will provide a talk and tour

of the expansion of the Truro Agriculture Campus Rock Garden. The students from the week long summer school will also attend our conference and we will honour the graduates of the Master Gardener program and our long serving members at the banquet. The full program and registration information is featured in this Newsletter and on our website. Don't hesitate to share this information with your gardening club and friends, as the conference is open to all.

As well as planning the conference, I'm working on the planning for a workshop on Saturday, September 7, 2019 with Joe Henderson from Chanticleer Garden in Pennsylvania (see <http://www.chanticleergarden.org>). Chanticleer is one of the most inspiring public gardens in North America as each of its seven horticulturalists are responsible for one region of the garden. Through innovative horticultural design, planting and artwork each section of the garden makes a stunning impression on visitors. Joe is a jeweller and the horticulturalist in charge of the ponds and the Asian woods. He will give a participatory workshop on "The Art of Gardening: Lessons from Chanticleer" at the Agriculture Campus on Sept 7 which will include design ideas, brainstorming garden solutions and a design charette with feedback. As the registration will be limited to 20 participants, members of AGMA will have the first chance to register for this workshop, before registration is offered to members of other horticultural associations.

I will be attending the International Master Gardener Conference in Valley Forge, PA (see :

<https://www.internationalmastergardener.com>) from June 17-21 this year and look forward to hearing

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PRESIDENT'S MESSAGE

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the speakers and touring the gardens in the area including Chanticleer.

I'm also working with fellow Master Gardener Rebecca Lancaster to plan the 2021 American Rhododendron Society conference in Nova Scotia in early June when the rhodies are in bloom. I'm very excited about promoting gardening in Atlantic Canada and look forward to seeing you all at this summer's conference or the September workshop.

Photos from: "The Art Of Gardening"
by Chanticleer Gardeners



Orchard Blossoms



Allium Purple Sensation



Plant List



Pumpkin Bench



Pond Alliums

SEE LIKE A BUMBLEBEE

- Designing a Bumblebee Friendly Garden

- By Ann Joyner, Durham Master Gardener, MGIT

The Bumblebee – Our Champion Native Pollinator!

Although honeybees are our best known bee, many people are surprised to learn they are not native to Canada. In fact, the champion of native bee pollinators is the humble bumblebee. There are 400 species of native bees in eastern Canada including squash, miner, leafcutter and sweat bees all of which are pollinators. In order to design your garden to help bumblebees (and all bees) to flourish, you have to see like a bumblebee!

We are the
Champions!



*Photo from: Donated by National Wildlife Photo Contest,
Julie Chen (8)*

The Bee Facts About Pollination

To understand how to garden for bumblebees, a little background on pollination is helpful. Pollinators include insects, bats and birds, but pollination can also happen through wind and water. Insect pollinators collect nectar and pollen. They allow seeds to grow by transporting pollen from one flower to another and are rewarded with the food they need to grow and reproduce.

Many pollinators are generalists visiting numerous flowers. Others are specially adapted, visiting one or a limited species of flowers. Pollinators are uniquely adapted for the plants they pollinate through special sensory, locomotion, memory and physical characteristics to help them find, pollinate and remember the plants they need to survive.

FedEx. For Bees

Pollination is the transfer of pollen from the anthers to the stigma of the same or another flower. When pollen is carried from one plant to another, it is called cross-pollination. Pollinators avoid inbreeding of plants through self-pollination, by spreading pollen from one plant to another. When a bee lands on a flower to collect nectar, it gets covered with pollen that clings to the hairs on its body. When the bee visits the next flower, the pollen brushes off against the female part of the flower (pistil). It is interesting that bees not only love nectar, but also gather protein rich pollen as a food they feed their larvae.

SEE LIKE A BUMBLEBEE

Designing a Bumblebee Friendly Garden

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SEE LIKE A BUMBLEBEE!

Gardening from a bumblebee's view is more than planting flowers for food. We need to understand what the bees see in the garden and be familiar with where and how they live in the habitats we create for them each season.

Bumblebees Are Specially Designed Pollination Machines!

Bumblebees have:

- Longer tongues than honeybees which makes them especially adapted to pollinating bean, pea and clover plants.
- Furry, fluffy coats to pick up pollen and transfer it to other plants.
- Large size and fluffy coats which are adapted to a long season and unfavourable conditions – they are earlier to emerge and forage later in the day and year as well as in cooler weather and higher altitudes than other bee species.
- “Buzz Pollination” - the bumblebee's wings beat 130 or more times per second and this along with their large size enables the bees to perform “buzz pollination” (vibrating flowers until they release pollen), that helps plants produce more fruit. Their “buzz” also helps to keep them warm.
- Flexibility - bumblebees will collect pollen from many types of flowers in each forage trip.



Bumblebees are Super-Fast pollinators! Per bee, they are even faster than honeybees under some conditions.

Home Sweet Home

Bumblebees are social insects who nest in colonies of typically 40 to 500 workers. The colonies can be found in abandoned animal holes, under sheds, in compost heaps, in thick grass, bird boxes and lofts in trees.

All but the new queens die each fall and the new queens hibernate in small holes just beneath the ground's surface to begin new colonies in the coming spring. A favourite habitat for bumblebee queen hibernation is thought to be on north-facing banks, in vegetation and loose soil or even in compost heaps or soil beds.



Bumblebee colony

What Does a Bumblebee See?

Most flowers that are attractive to bees are colourful (so the flowers stand out from the green foliage) and have a “bulls-eye” pattern that radiates out from the nectar source and helps the bee locate the nectar and pollen. Examples include Sunflowers and Cosmos. Also, bees don't see the same as you and me. They see the ultraviolet spec-

SEE LIKE A BUMBLEBEE

Designing a Bumblebee Friendly Garden

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trum, but do not see red. Most bees are attracted to bright white, blue and yellow, as well as the ultraviolet coloration. Ultraviolet markers guide the bee to the nectar reserves.



Painted daisy first as we humans see it



*Photo from:
Koning RE (7)*

Bees see a painted daisy or blanket flower (Gaillardia) something like this

with filter to remove red (which a bee can't see) and to add ultraviolet light (which it can see and we can't).

Note the bull's eye colouring. Landing Platforms and Flower Shapes

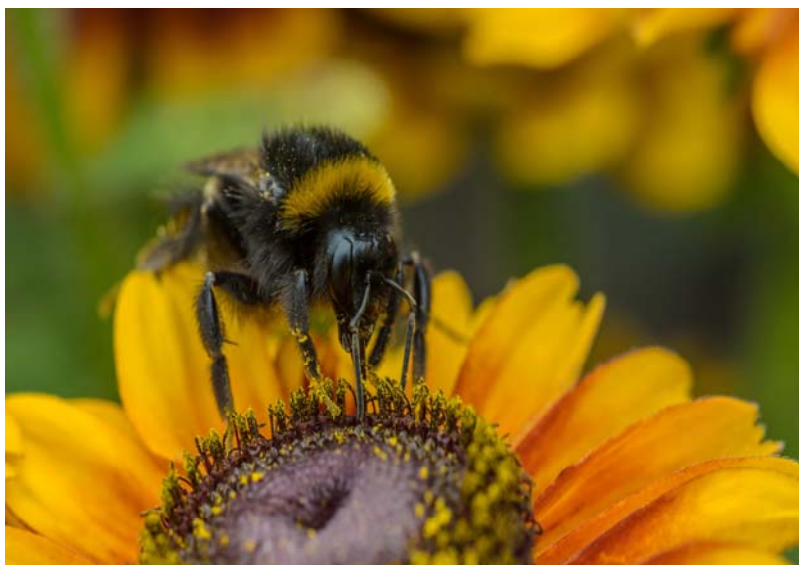
Bees are attracted to a variety of flower sizes and shapes. Symmetrical, shallow, bowl shaped flowers make a good landing platform and are often covered with many attractive small flowers in the disc head. Dutchman's Breeches (*Dicentra*) are suited to the queen bumblebee whose long tongue can reach the deep nectar in the long spurs. For flowers with closed petals like the Bottle Gentian (*Gentiana*), the bumblebee must pry open the petals to gain access to the pollen and nectar. Bumblebees "buzz pollinate" the bell-like flowers of blueberries or the flowers of tomatoes where the pollen is best shaken out.

Fragrance Counts!

Bees are also attracted to sweet or spicy scents in particular. Flowers with a fresh, mild scent is most attractive such as wild rose blossoms, blackberries, raspberries, apples, pears and strawberries, as well as the spicy smell of Russian Sage

Landing Platforms and Flower Shapes

Bees are attracted to a variety of flower sizes and shapes. Symmetrical, shallow, bowl shaped flowers make a good landing platform and are often covered with many attractive small flowers in the disc head. Dutchman's Breeches (*Dicentra*) are suited to the queen bumblebee whose long tongue can reach the deep nectar in the long spurs. For flowers with closed petals like the Bottle Gentian (*Gentiana*), the bumblebee must pry open the petals to gain access to the pollen and nectar. Bumblebees "buzz pollinate" the bell-like flowers of blueberries or the flowers of tomatoes where the pollen is best shaken out.



SEE LIKE A BUMBLEBEE

Designing a Bumblebee Friendly Garden

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Flower Power For Bumblebees!

A list of flowers for shade and sun and for each season is included at the end of this article. Remember, native plants are best because they co-evolved with our native bumblebees. Like us, bees need a variety of foods and nutrients so consider a number of bumblebee friendly plant species.

Avoid flowers that cannot be used by bumblebees - if the petals form tunnels that are longer or more narrow than the bees can reach or if the bees cannot access the food in tightly packed flower heads. Also avoid flowers that are bred to have a pleasing appearance but little pollen or nectar for insects

5 EASY STEPS TO A GARDEN A BUMBLE WILL LOVE!









Here is a simple guide to a bumblebee-friendly garden.

ACTION	BENEFIT
1. Spring - Plant lots of bee friendly flowers.	<i>Attracts bumblebees in their search for nest sites and provides food for their first batch of eggs.</i>
2. Summer - Plant lots of bee friendly flowers.	<i>Helps the colonies grow and produce new queens and males.</i>
3. Fall - Plant lots of bee friendly flowers.	<i>Fattens up the queen bees for hibernation.</i>
4. Spring and Summer – Retain leaf cover, abandoned bird nests, grass tussocks, hollow logs, animal burrows and compost. Avoid any pesticides.	<i>Protects habitat for nesting colonies.</i>
5. Spring and Fall – Avoid raking or mowing your yard in the fall and until April or May and if you must mow, set the blade at the highest level.	<i>Protects habitat for hibernating queens.</i>










Designing a Bumblebee Friendly Garden

(Continued from Page 7)

BUMBLEBEE PLANT SHOPPING LIST 1
(Adapted from (4), all photos from Wikipedia)

SHADY AREAS		
SPRING		NOTES
	Lungwort / <i>Pulmonaria saccharata</i>	
	Hellebore / <i>Helleborus</i>	
	Comfrey / <i>Symphytum</i>	
	Winter Heather / <i>Erica</i>	
SUMMER		
	Wild strawberry / <i>Fragaria vesca</i>	
	Monkshood / <i>Aconitum</i>	
	Columbine / <i>Aquilegia</i>	
	Starflower / <i>Borage</i>	

BUMBLEBEE PLANT SHOPPING LIST 2
Adapted from (4), all photos from Wikipedia)

AUTUMN		NOTES
	Catnip or Catmint / <i>Nepeta</i>	
	Ground Ivy / <i>Glechoma hederacea</i> (AKA Creeping Charlie aggressive invasive >	 weed of woodlands and lawns)
	Oregon Grape / <i>Mahonia</i>	
SUNNY AREAS		
SPRING		NOTES
	Crocus / <i>Crocus</i>	
	California Lilac / <i>Ceanothus</i>	
	Fetterbush / <i>Pieris</i>	
	Bleeding Heart / <i>Dicentra</i>	
SUMMER		
	Viper's Bugloss / <i>Echium vulgare</i>	
	Lavender / <i>Lavandula</i>	



SEE LIKE A BUMBLEBEE

Designing a Bumblebee Friendly Garden





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BUMBLEBEE PLANT SHOPPING LIST 3 (Adapted from (4), all photos from Wikipedia)

SUMMER

	Foxglove / <i>Digitalis purpurea</i>	
	Geranium or Cranesbill / <i>Geranium</i>	

AUTUMN

	Verbena / <i>Verbena hastate</i>	
	Sunflower/ <i>Helianthus</i>	
	Cosmos / <i>Cosmos</i>	
	Honeysuckle / <i>Lonicera</i>	

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5. Bumblebee Conservation Trust - <https://www.bumblebeeconservation.org/habitat/>, 01/08/19
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11. Ontario Parks Blog - <http://www.ontarioparks.com/parksblog/guess-how-many-bee-species-call-ontario-home/>. 01/06/19
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Is Gardening Hazardous to Your Health?

- by Sue Stuart

As gardeners we want to maintain healthy gardens plants growing in healthy soil, that is chock full of the nutrients to grow the very best plants possible!

Over the years we have learned that many chemical fertilizers, herbicides and pesticides, have resulted in damage to our soil, and our environment. We have learned that without protecting our animals, plants, insects, etc. we are producing disastrous effects in our worldwide ecosystems.

We are using more naturally available components in our gardens to protect the birds, the bees, the flowers and the trees! We are out in the fresh air, getting exercise, growing healthy fruit and vegetables, beautiful flowers and trees to shade, protect and soak up excess carbon in our atmosphere! We have the right tools and have learned how to use them correctly! What could be better!

But what about our own health! Are we taking care of us?

There are amazing health benefits brought by gardening like topping up Vitamin D, burning calories, lowering blood pressure and cholesterol levels. Many soil bacteria are **beneficial** to plant growth, but not to the Gardener!

Be cautious in the garden when handling growing media including soil, compost, manure, peat moss, etc., there are molds, bacteria, fungus present that either short term or long term can create mild to severe health issues.

Some of the concerns for our health in our gardens include the following:

1. **Tetanus** - this isn't as great a concern now with vaccination, but the bacteria which cause it, ***Clostridium tetani***, live in **soil and manure**. If the bacteria enter a cut, they multiply, create a poison causing stiffness and muscle spasms and even death.
Precaution: Wear gardening gloves when handling soil, manure, etc and make sure your tetanus shots are up-to-date.
2. **Legionnaire's Disease** - caused by the bacteria ***Legionella pneumophila***, resulting in a type of pneumonia. It can be found in **standing water** and possibly **sprinkler systems**. Another bacteria, ***Legionella longbeachae*** can be found in **soil and compost**. It peaks in July and September and is more likely to affect gardeners over 50.
3. **Lyme Disease ticks**
4. **Hypersensitivity pneumonitis**- from inhaled antigens, usually over long periods of time, such as :
 - "Bird protein" - feathers, droppings
 - ***Aspergillus*** (mold) - compost
 - ***Thermophilic actinomycetes*** (bacteria)-moldy hay
 - ***Lycoperdonosis*** - puffball spores
 - ***Cryptostroma corticale*** - moldy maple bark
 - Mollusk shell dust - shellfish
 - ***Thermophilic actinomycetes***-mushroom compost
 - ***Monocillium & Penicillium*** species - peat moss
 - ***Streptomyces albus*** - contaminated fertilizer
 - ***Streptomyces albus*** - contaminated tap water

Is Gardening Hazardous to Your Health?

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- *Saccharomonospora viridis* - dried grass
- *Botrytis cinerea* (mold) - moldy grapes
- *Alternaria, Penicillium species* - wood pulp dust

Other bacteria such as *Salmonella*, *E. Coli*, *Listeria*, *Campylobacter* may be present in feces and urine of cattle, poultry sheep, pigs, dogs, etc. Human contact may result in anything from mild gastrointestinal symptoms to pneumonia, meningitis and possibly further complications.



Many of the above antigens are inhaled and target the lungs. If you work with dry medium you will notice the particles floating in the air. Using a dust mask might be a good precaution against inhaling these antigens that could result in serious health issues. Avoiding a provoking allergen is the best treatment!



Wearing gardening gloves, protecting exposed skin, using clean proper tools, avoiding inhaling growing medium particles, standing water, etc. can go far in maintaining a gardeners health

Gardening has so many health benefits for gardeners as well as plants and other organisms that make up our ecosystems. A little **CAUTION** will keep us all healthy and active gardeners for many years!

References:

Wikipedia: Hypersensitivity pneumonitis-

<https://www.atsjournals.org/doi/full/10.1164/rccm.201203-0513CI>

Minimizing Health risks in the Garden -

<https://www.rhs.org.uk/advice/profile?pid=541>

Is Gardening Dangerous -

<http://home.bt.com/lifestyle/house-home/who-knew-gardening-could-be-so-dangerous-7-horticultural-health-hazards-11363972635419>

Human Pathogens -

<https://www.planetnatural.com/composting-101/compost-concerns/pathogens/>

GARDENING IN CHALLENGING ENVIRONMENTS

2019 Atlantic Master Gardeners

Association Conference

Thursday, 11th July 2019

Dalhousie University, Faculty of Agriculture,

Truro (Bible Hill), Nova Scotia

Photo by J. Ellison/18

2019 AMGA Conference Program

09:00	Registration	Collins Building
09:15	Welcome	
09:30	Todd Boland	<i>Keynote Speaker</i>
	<i>- The Land of Wind & Ice</i>	
10:45	Break	
11:00	Allan Banks	Challenges of Coastal Gardening
12:00	Lunch	
13:00	Darwin Carr & Bernard Jackson	
		Tour & Presentation Campus Rock Garden
14:15	Break	
14:30	Jamie Ellison	Superb Gardens & Natural Spaces of 'Canada's Ocean Playground'
15:30	Wrap Up	



Conference Information & Electronic Registration Form also located on Website:

<http://www.atlanticmastergardeners.ca/html/events.html>

Keynote Speaker

Todd Boland

Research Coordinator Oxen Pond Botanical Gardens
Memorial University of Newfoundland

Gardening in Challenging Conditions 'The Land of Wind and Sea'



Todd lives in St. John's, NL, Canada where he works as the horticulturist at the Memorial University of Newfoundland Botanical Garden. He is the chairperson of the Newfoundland chapter of the North American Rock Garden Society (NARGS). He also maintains the NARGS "Plant of the Month" feature and is the administrator of the image galleries on the NARGS website. Todd has spoken to gardening groups across North America as well as in the UK and New Zealand. He has published 6 botanical guides to the flora of Atlantic Canada and most recently published his first gardening book *Perennials for Atlantic Canada*. When he is not in his garden, he is bird watching, a hobby that has allowed him to visit many exotic parts of the world.

Allan Banks

Harbour Breeze Daylilies and Japanese Irises, Jeddore, NS.

Challenges of Coastal Gardening

Allan Banks was born and raised on a farm in Nova Scotia's Annapolis Valley. He is a retired award-winning educator, focusing on Adult Literacy. He is a self-taught landscape gardener on Nova Scotia's Eastern Shore and the owner of Harbour Breezes Daylilies & Japanese Irises. His presentation "Challenges of Coastal Gardening" focuses on the unique climatic and geological factors that influence gardening on Nova Scotia's Eastern Shore but that also apply to many coastal areas in the Atlantic region.

Darwin Carr & Bernard Jackson

Garden Manager of Bicentennial Botanical Garden & Founder of Rock Garden

Tour & Presentation

Truro Agricultural Campus Rock Garden



The Rock Garden is a gift to the Agricultural Campus from the Friends of the Garden. The rock garden is a centre for education for alpine & saxatile plants. In 2018 Bernard & Darwin led a major expansion of the rock garden with limestone rock to create a habitat for plants which require neutral to basic soils.

Jamie Ellison

Nova Scotia Community College, Horticulture Program, Kentville, NS.

Superb Gardens & Natural Spaces of 'Canada's Ocean Playground'

A Tenacious Gardener's Photographic Journey of Challenging Landscape



Jamie is a graduate of the NSAC Landscape Horticulture Technology Program. He teaches horticulture at the Kentville campus of NSCC. His past work included maintenance on specialty gardens, botanical inventories, interpretive tours & specialty plant propagation. He is an avid collector of rare & specialty plant material including Ericaceous plants, alpine plants & succulents. In the past he has spoken for various chapters of the North American Rock Garden Society, The ARS, Coastal Maine Botanic Gardens and many garden clubs and plant societies. Jamie is also an accomplished photographer and owns & operates a plant design/photography service called Green Optics Botanical Services. At the 2018 North American Rock Garden conference in St. John's, NL., Jamie Ellison's video of the gardens & landscapes of Nova Scotia impressed the crowd with his sweeping aerial drone photography accompanied by haunting Celtic music. Many of his photos have been published in Botanical books and journals.

Additional Information

AMGA Member Potluck Lunch with Summer School Students: Wednesday, July 10, 2019; Noon.

AMGA Annual General Meeting: Wednesday, July 10 ; 1:30 –3pm.

AMGA Annual Banquet & Graduation: Wednesday, 10th July 2019; 5:30 pm;

King Lam Restaurant - 39 Main St, Truro, NS

Accommodations: *Reservations are the responsibility of attendees*

1. Dalhousie University; Faculty of Agriculture, Truro (Bible Hill), NS

For more info on Dalhousie University Accommodation options:

<https://www.dal.ca/dept/summer-accommodations/truro-accommodations/tourists-and-overnight-guests.html>

To Book a Room online - <http://stay.dal.ca/>

2. Willow Bend Motel - <http://www.willowbendmotel.com/suites.html>

3. Hampton Inn & Suites Truro - <http://hamptoninntruro.guestreservations.com/>

4. Comfort Inn - <https://www.reservationcounter.com/>

5. Holiday Inn Truro - <https://www.ihg.com>



2019 AMGA Conference REGISTRATION FORM

INFORMATION

First name:	Last Name:	
Street address:		
City:	Province:	Postal Code:
Email:	Primary Phone:	

Conference

Gardening in Challenging Environments

Thursday, 11 July 2019; 9 am to 4 pm

<input type="checkbox"/>	AMGA Member \$100 per person	\$
<input type="checkbox"/>	NON-AMGA Member \$115 per person	\$

Additional Activities

<input type="checkbox"/>	Wednesday, 10 July 2019; Potluck Lunch with Summer School Students & Annual General Meeting		No Charge
<input type="checkbox"/>	Wednesday, 10 July 2019; 5:30pm; AMGA Annual Banquet & Graduation , King Lam Restaurant - 39 Main St, Truro, NS		
	Buffet Meal - \$30 / person	Number of person(s):	\$
	Dietary Restrictions	<input type="checkbox"/> Yes <input type="checkbox"/> No	(if yes) Restriction:

Total Cost \$

COMPLETE REGISTRATION

1.	Email Completed Registration Form to:	gigipelletier@hotmail.com
2.	Send Payment via PayPal or E Transfer:	atlanticmastergardeners3@gmail.com
or	Mail Registration Form & Cheque (payable to AMGA) to: GR Pelletier, 6628 Highway 2, Enfield, NS, B2T1C3	



AMGA Executive 2018-2019

PRESIDENT: Jim Sharpe

VICE-PRESIDENT: Sandra Matchett

PAST PRESIDENT: Lynn Brooks

SECRETARY: Gigi Pelletier

TREASURER: Johanne Robertson

MEMBER AT LARGE (1): Carol Goodwin
Annapolis Valley/Central NS

MEMBER AT LARGE (2): Ann Buck
Halifax NS

MEMBER AT LARGE (3): Janet Elsie
Cape Breton, NS

MEMBER AT LARGE (4): Heather Connors -Dunphy
New Brunswick

VOLUNTEER

COORDINATOR: Carolyn Downie

NEWSLETTER EDITOR: Sue Stuart

* To contact the Executive email:
atlanticmastergardeners3@gmail.com



AMGA Updates

- **April 7, 2019 - AMGA Executive Meeting** -
If you would like something added to the
Agenda email the Executive at:
atlanticmastergardeners3@gmail.com
- **June 1, 2019** - Member hours & \$25 Fee due
- **June 7-8, 2019**-NSAGC Convention,
New Minas
- **June 9, 2019** - AMGA Executive Meeting
- **June 15, 2019** -Halifax Garden Festival
- **July 10, 2019** - AMGA AGM 1:30– 3:00pm
5:30 - AMGA Banquet / MG Graduation
(King Lam Restaurant)
(Program & Registration pages 13-15)
- **July 11, 2019**Conference Dal Ag Campus
 - see Brochure & Reg. Form pages 13-15
 -
- **September 7, 2019** - Art of Gardening
Workshop - Joe Henderson