



## Dallington Pollinators community garden



### How does our garden grow!

Dallington Pollinators community garden is becoming an active place as it experiences its first growing year.

We held a successful Opening day, co-hosted by Shelley Carroll, on 10th May and a Planting day on 24th May. Volunteers came forward both days, young and old, and helped us weed and plant all the vegetables and flower in the communal area of the garden.



Planting Day

One team of volunteers worked its way through square foot gardening, a gardening method for maximizing yield in a limited space. The whole garden incorporates companion planting techniques which we have used in the communal garden beds.

One part of the garden was used to plant carefully selected flowers and native plants by Anne Butt, a pollinator member. This section also has an apple tree with four different varieties grafted on it, courtesy Evergreen.

Plans are in place to plant another fruit tree in fall 2014 which would be funded by the Dallington school par-

ent council.

As the garden season will progress, we will ensure that the produce is distributed among the volunteers and a portion is donated to the local food bank at Oriole community centre.

Some of the neighbors in the community and Dallington school teachers have donated a lot of planting material, including heirloom seeds and plants, to the garden and they are really flourishing. Our main garden objective is to teach people how to grow food for themselves and to address the issues of food security. Come join us on one of our gardening days and learn more about our project.

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### Special points of interest:

- Summer squash grow on either compact bush plants or scrambling vining plants with quick growing, long, snaking stems. Bush plants are neater and easier to control, but you can train vining types up a trellis to make use of vertical space.
- While hot, dry weather is best for hoeing so that severed weed tops shrivel and die quickly, hand weeding is quicker and easier when soil is moist. Form: Fresh garden Edibles by Jane Courtier

### How to manage a healthy garden, organically!

The easy part of gardening was done in May. The tough part begins after that, ensuring the survival of the plants, encouraging a healthy growth and managing pests and diseases throughout the growing season. We decided to get some help and ar-

ranged for a workshop on this hot, burning topic for new gardeners and some great tips for the experts as well. Skye Vanderburg, from Evergreen Brickworks, came armed with expert tips and care advice on organic gardening.

The participants even learnt to make their own compost tea and went away with cool tips to beat problems they were very likely to face during the year. (more)

## Organic Gardening tips

The main ingredient for growing organically and keeping pests and disease at bay is to maintain a healthy soil. It will not only help to defeat the pest and diseases but also ensure a healthy produce and beautiful blooms throughout the growing season.

**Healthy soil:** Healthy soil has all key nutrients that plants need for growing and staying productive. To enhance the slow natural release of the active minerals from soil required by plants, compost tea is recommended. It not only enhances the release of key ingredients, nitrogen, phosphorus, potassium and calcium but it also en-

courages the growth of healthy bacteria. Healthy bacteria assists plants roots in absorbing the nutrients from the soil. Compost tea can also be sprayed on the foliage of plants suffering from mildew and fungus.

It also helps fruiting plants like tomatoes.

**Compost:** Adding 1/2' layer of organic compost once a year will ensure that the soil nutrients get replenished and is



*Adding compost prior to planting will help young transplants grow healthy and strong!*

ideally added during fall.

**Pests:** Cover plants from the cucurbit family, cucumbers, squash, zucchini, with floating row covers to discourage squash bugs and beetles.

To deter pests, spray them with dish soap solution, lemon oil or garlic and hot pepper spray. Alternatively, place a shingle at the

base of the plant, leave it overnight and lift in the morning to get rid of bugs.

## How to make Compost tea

### Ingredients & materials:

1 tsp of Compost—worm compost is recommended

1 tsp of molasses (contains magnesium)

Water

Mason jar

Square piece of Cheese cloth with string

### Method:

Add a tsp of compost to the cheesecloth square. Tie up the cheesloth with the

string and place in the mason jar. Add a tsp of molasses to it and pour in water. Give it a good shake. Leave it in a sunny spot by the window and give it a shake every couple of hours. After 24 hours, compost tea is ready. You can leave the tea for a few days but don't forget to shake it, it activates the good bacteria. If the mixture is smelly, discard and start a new batch. Great probiotic for the plants!

**“Great probiotic for the plants!”**

## How to make lemon oil

**Ingredients:**

4 cups of water

Lemon/orange rinds

**Method:**

Boil 4 cups of water and then add the orange/lemon rinds to it. Let it steep overnight. Lemon oil is

ready for use.

In a similar fashion, you can also make Garlic and hot pepper spray.

If you have any questions regarding your plants or garden, please contact: [info@dallingtonpollinators.com](mailto:info@dallingtonpollinators.com)



*Fresh citrus oil help repel bugs.*

# Butterfly Friendly Gardens

By Radmila Rakas

We love butterflies in our gardens, but do we like caterpillars? Well, maybe you didn't know that the two are related - actually, a caterpillar is only a phase in the life cycle of a butterfly.

An adult butterfly lays eggs on a specific host plant. Larvae, i.e. caterpillars develop and grow bigger, eating the leaves and shoots of the plant. Caterpillars outgrow their skin several times before they are fully grown. Each molting marks a new growth stage, called an instar. In their final instar they develop a chrysalis around the pupa. Most butterflies do not spin a cocoon. Many caterpillars use mimicry or camouflage to protect themselves from predators. After 5-6 days a butterfly emerges from the chrysalis that hangs on a stem. Adult butterflies usually need a different plant for nectar they feed on.

Butterfly wings are covered with tiny scales and range in colour and patterns. They have taste sensors in their feet to help them locate nectar sources and larval host plants. They feed on nectar with their straw like tongue, called proboscis, which coils up when not in use. Although they look fragile, some butterflies are able to travel great distances. For example, Monarchs migrate as far as Mexico.

Some butterflies live only for a week, but some may live for months, like the Mourning Cloak because they overwinter as adults.

Nocturnal butterflies are called moths. There are some differences to recognize them: most moths rest with their wings out flat, while butterflies hold theirs upright. Butterflies have clubs at the end of their antennae, moths don't.

Both moths and butterflies help pollinate our gardens, so that is another reason to attract them besides their beauty. Choose a sunny, sheltered

location because butterflies are cold blooded and need warm temperatures to fly and feed. A rock in a sunny place will provide a good landing spot for them to bask in the sun and get warm. Include larval host plants (L), and nectar plants for butterflies (B) such as: common milkweed (L), blue vervain (L), pearly everlasting(L), showy tick-trefoil (L), aster (L, B), swamp milkweed (L, B), wild bergamot (L, B), bee balm (B), black-eyed Susan (B), blazing star (B), goldenrod (B) New Jersey tea (B) spicebush (B), spotted Joe-pie weed (B) and thistles. Some weedy plant species are a must for keeping certain butterflies about. [Monarchs](#) must have milkweeds for their larvae (and, as a bonus, most other species nectar on milkweeds) and many of the brushfooted butterflies, such as the [Painted Lady](#) and [Red Admiral](#) and anglewings require thistles or nettles. These can be placed at the back of the garden, out of sight (and touch) of human visitors. The butterflies will find them. Create mud puddles in the garden. Butterflies use these as a source of water and nutrients.

Butterflies need resources other than nectar.

They are attracted to unsavory food-stuffs, such as moist animal droppings, urine and rotting fruits. Try putting out slices of overripe bananas, oranges and other fruits, or a sponge in a dish of lightly salted water to see which butterflies come to investigate. Sea salt provides a broader range of micronutrients than regular table salt. Avoid chemical pesticides and fertilizers in your garden. Even the smallest amount can be deadly for



*Painted lady caterpillar*

caterpillars and butterflies.

Last week we had a chance to see the Painted Lady caterpillars on the pearly everlasting plants in our garden. Hopefully we'll see the but-

terflies around soon!

We have also provided a plate with pebbles and some water for their needs.

To learn more about butterflies and their host plants, please refer to the following resources:

[www.wildaboutgardening.org](http://www.wildaboutgardening.org)

[www.cbif.gc.ca/spp\\_pages/butterflies/index\\_e.php](http://www.cbif.gc.ca/spp_pages/butterflies/index_e.php)

[www.ontarioinsects.org](http://www.ontarioinsects.org)

David Suzuki's campaign how to help save the Monarch butterfly: <http://www.davidsuzuki.org/media/news/2014/04/got-milkweed/>

Watch a beautiful video made by a father and his two sons while growing their butterflies and filming the four stages of development from eggs to adults:

<http://www.youtube.com/watch?v=mQOFh1exp3A>



## *Garden Schedule*

Tuesdays: 3.30—5.00pm

Thursdays: 4.00-6.00 pm

Sundays: 3.00pm—5.30pm

Drop-in volunteers are welcome!

## *Wishlist*

We are always seeking assistance from the community-at-large to help with our garden. Below are a few items on our wish list. If you are able to contribute or to help make connections let us know.

1. Storage boxes
2. White magnetic board with pens
3. Gas Cards for volunteers
4. Grocery store cards for refreshments for special events and communal gatherings
5. Stakes for tomatoes
6. Bean poles for building tepees
7. String
8. Flag-stones / pebbles for pathways
9. Wooden planks for raised beds
10. Leftover paints for exteriors

## *Dallington Pollinators Community garden: our goals and their fulfillment*

- a. Community food/urban agriculture – We have divided the garden into three sections, two of which are dedicated to growing food. The produce from the garden will be shared with the local food bank and volunteers; we will not sell any produce. The third section is a Pollinator garden for growing flowers, native plants and trees.
- b. Educational events/workshops – With the help of Evergreen, workshops were conducted for adults and children last year and two have been booked for 2014. The workshops for adults included Importance of Healthy Soils and Growing Vegetables, while workshops for children included Garlic planting and Worm composting. Upcoming workshops will be for growing vegetables and maintaining the garden as well as garden planning.
- c. Youth involvement – This has been really successful as youth from the local high schools have participated in the garden. We have had participation from the Toronto Youth Food Policy Council in planting day on May 24, 2014. Their major motivation is to give back to the community.
- d. Community development – Various events over the year has helped community members to congregate at the garden and share positive stories and they have come forward to contribute selflessly. Local businesses have stepped forward and donated refreshments for our events.
- e. Under-served communities – People from neighbouring high-rises have started visiting the garden. They not only volunteer but are eager to share their stories and bring diversity to the garden.
- f. Outdoor classroom – School children are actively working in the garden and learning from watching the various life-cycles of plants and insects in the garden.



*Raspberry plants at the garden.*

Stay connected and visit our website for latest information at:

<http://www.dallingtonpollinators.com/>

Facebook page: <https://www.facebook.com/pages/Dallington-Pollinators-Community-Garden/208102809292251>

**Mahnaz Ghalib & Wendy Colman**  
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