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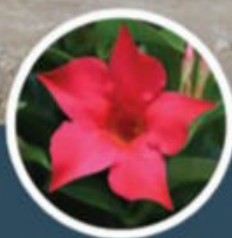
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Harrowsmith

SPRING 2020

Spring
Fever!

INSIDE MARK AND BEN CULLEN'S TOOL SHED

PLUS

DIY POTTING BENCH

**WHY WE LOVE
NEWFOUNDLAND**

Grow Your Own Cup of Tea

GOAT SHMURGLING!

**Evergreen Brick Works:
The conversion of
Toronto's old quarry**

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saying, ‘Let’s Party!’”

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Our Contributors



BOBBI BURNETT lives in Grey County, Ontario, on her medicinal herb farm with her husband and two children (ages 6 and 4). She can mostly be found filling baskets with herbs from the field, filling the drying room or packing orders. Bobbi also enjoys making products with her herbs, which are featured seasonally as part of the farm's community-supported apothecary shares. When Bobbi isn't farming, she goes to the beach, to the forest or camping with her kids. Follow her herb appeal at rebelrootsherbfarm.ca.



MARK AND BEN CULLEN Mark is an expert gardener, author, broadcaster and tree advocate and holds the Order of Canada. His son, Ben, is a fourth-generation urban gardener and a graduate of the University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com, @MarkCullen4 (Twitter) and @markcullengardening (Facebook) and look for their latest book, *Escape to Reality*.



DAVID HOPKINS is a restaurant financial expert with more than 30 years of experience in the hospitality industry. His specialty is in both menu engineering and systems and procedures to increase restaurant profitability. In 2001, David launched a consulting firm dedicated to maximizing restaurant profits through effective sales generation and disciplined cost-control management. Over the last 16 years, The Fifteen Group has grown to be Canada's No. 1 hospitality consulting company, with offices located in Toronto and

Vancouver supporting clients ranging from owner-operated establishments to multi-unit restaurant corporations. David has recruited industry leaders to assemble teams of consultants, executive chefs and specialized restaurant accountants who have supported more than 950 restaurants.



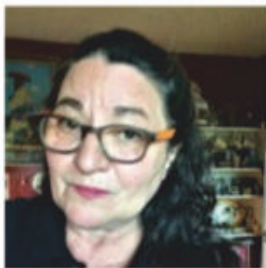
LISA LAFONTAINE is a senior communications adviser at the Canadian Food Inspection Agency, where she leads communications activities on files such as forestry, horticulture and international phytosanitary standards. She also chairs a North American Plant Protection Organization expert group in support of the UN's International Year of Plant Health 2020. Lisa is an award-winning communications specialist with nearly 30 years of experience and a passion for Canada, the environment and nature. In her off time, this former journalist can be found sailing, kiteboarding, or practicing yoga on the Ottawa River. "Outside" is her mantra.



SIGNE LANGFORD, from Hudson, Quebec, is a restaurant chef turned writer who tells award-winning stories, creates delicious recipes, and published her award-winning book, *Happy Hens & Fresh Eggs: Keeping Chickens in the Kitchen Garden, with 100 Recipes*, in 2015. Her work as a chef has garnered excellent reviews and four-star ratings. Signe shares her Port Hope, Ontario, Victorian home with a menagerie of rescued critters. For more stories and recipes, visit signelangford.com.



BEVERLY LEESTMA is the author of the blog TheMakeYourOwnZone.com, where she shares her love of crafting, creating homemade alternatives to store-bought items, frugal strategies, and finding new and resourceful ways to use ordinary things. She lives in Grand Rapids, Michigan, where she can often be found snuggled under a blanket with a hot cup of tea and a good book.



BETH LISCHERON is the founder and alchemist behind Dragonfly Dreaming Organics on Vancouver Island. Leaning on the healing traditions of many eras and cultures in her body care line, her taproot runs deep—to Japan. She was a rock 'n' roll writer for *Japan Times*, a translator for David Suzuki and an ambassador for the Penan tribe of Borneo, establishing community, deep ecology and creative expression.



LISA MACHADO is a former financial journalist who, after being diagnosed with a rare type of leukemia in 2008, now writes and speaks about what it means to live with cancer. She is also the founder of the Toronto-based Canadian CML Network and can be reached at lisa.machado@outlook.com.



PERRY MASTROVITO has been an award-winning professional photographer for more than 35 years. The Laval, Quebec-based photographer's home and garden features regularly appear in the *Montreal Gazette's* Homefront section. His work has also been published in *Log Home Living*, *Log Cabin Homes* and *Old House Journal*. Perry is the author of six lavishly illustrated bilingual coffee-table books (published by Broquet Inc.) about some of Quebec's most beautiful private gardens, old homes, log homes and landscapes. He's currently working on his next book, *Private Gardens of Quebec* (Vol. 2), which is slated for release in February 2021. You can learn more about Perry's books at perrymastrovito.com.



STEVE MAXWELL and his wife, Mary, live on a 90-acre modern homestead on Manitoulin Island, Ontario, in a stone house they built with local materials beginning in 1985. Steve is Canada's longest-running home improvement and how-to columnist. He divides his time working on the land, building things large and small, and creating articles and how-to videos that teach sustainable, self-reliant, hands-on living skills. Steve's baileylineroad.com website is named after the rural road where he and Mary live with their five kids.



ETHAN MELEG is a freelance outdoor photographer based in Ontario. He is a popular keynote speaker, workshop leader and magazine columnist. Ethan lives on the Bruce Peninsula, near Lion's Head. His greatest passion in life is exploring the natural world through his camera, whether on exciting trips or in his own backyard. Visit Ethan's website, ethanmeleg.com, or follow his adventures on Facebook @Ethan Meleg Outdoor Photography.



DAN NEEDLES is the author of the Wingfield Farm series of stage plays. His latest book, *True Confessions from the Ninth Concession*, is published by Douglas & McIntyre.



PHIL NORTON uses his experience as a photojournalist and writer to educate the public on the importance of protecting the quality and quantity of Canada's water resources. During the 1980s, his articles on acid rain and maple dieback in *Harrowsmith* won two National Magazine Awards. Based in Prince Edward County, he now leads birding and photography tours and coaches other photographers on how to make a living in a rural area through countyphotographer.com.

Our Contributors



TRISTAN PEIRCE is an emerging photographer based in Peterborough, Ontario. He started taking photos with his dad when he was 10 years old and has continued to use the camera ever since. He works with both digital and analog equipment, always excited to take the next shot. Tristan is also a barista and manager at his local café, and a proud Canadian theatre arts worker.



ARNI STINNISSEN is an award-winning photographer, naturalist and conservationist. He is pleased to have had his images published in conservation-themed international journals, including the prestigious *Birdlife Australia*, as well as Wild Seed Project's *Wild Seed* magazine, the National Audubon Society's *Audubon*, and *Canadian Geographic*. Arni prides himself on creating works of art conveying emotion and personality, rather than being a typical postcard photo. The final compositions have the ability to capture a fleeting moment, one that portrays the beauty, simplicity and fragility of nature. Follow Arni on Facebook @ArniWorks Nature Photography.

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 **POSTMEDIA**

Welcome to the Space Age



The year 2020. It sounds so space age, doesn't it? If you've used an intelligent "smart cart" at a Sobey's grocery store, you'll agree that artificial intelligence and innovation are popping up everywhere. These carts allow you to shop and automatically scan your items while a digital touch screen keeps a running tally. Instead of queuing up in a long line, you simply pay at your cart when you're finished shopping.

While this kind of innovation comes with its skeptics and purists who long for human interaction, the movement toward machine-learning technology is not appearing solely in our grocery stores. It's in farmers' fields, your favourite restaurant kitchen and your hand. There are apps that allow you to import recipes and streamline your trip to the grocery store by listing all the items you'll need by aisle. There are apps that allow you to track what you have in your fridge, freezer and pantry!

I do love some of the advances because they demonstrate a vision for a more sustainable world. This year is the International Year of Plant Health, an initiative designed to protect biodiversity and the environment. By growing our own food, we play a vital role in this measure and are reminded that innovation comes in all forms. As consumers, we can now easily find out where our eggs, chickens and coffee have come from.

This year doesn't have to be space age. Innovation can mean more comfortable and functional garden tools. It can mean the introduction of smarter kitchen appliances or safer alternatives like cedar barbecue scrapers. You don't have to embrace a smart cart, but I'll guarantee that you'll love the visionary design behind an herb razor.

Here's to a year of innovative thinking, and integrating a new vision that's better for Earth.

Warmly,

A handwritten signature in dark ink that reads "Yolanda Thornton".

Yolanda Thornton
Publisher
yolanda@moongate.ca



MAKE. GROW. SUSTAIN. SHARE.

Harrowsmith

SPRING 2020

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Publisher

Yolanda Thornton
yolanda@moongate.ca
416-930-1664

Editor-in-Chief

Jules Torti
jules@moongate.ca

Editor, Summer and Winter Editions

Catalina Margulis
catalina@moongate.ca

Home and Property Editor

Steve Maxwell

Food Editor

Signe Langford

Gardening Editors

Mark Cullen, Ben Cullen

Copy Editor

Jennifer Krissilas

Contact the Editors

Harrowsmith
1000 Golf Links Rd.
P.O. Box 90078
Ancaster, ON L9K 0B4
harrowsmithmag.com

Art Direction and Design

Meredith MacKinlay, Egg Design
meredith@eggdesign.ca

Food Photography

Tristan Peirce

Contributors

Bobbi Burnett, David Hopkins,
Lisa LaFontaine, Beverly Leestma,
Beth Lischeron, Lisa Machado,
Perry Mastrovito, Ethan Meleg,
Dan Needles, Phil Norton, Arni Stinnissen

Executive Assistant

Teresa Martin
teresa@moongate.ca

Copy Editor, Promotions

Cheryl Carter

Special Projects

Allyson McGrane
amcgrane@leftrighminds.com

Subscription and Circulation Manager

Diana McLeod
diana@moongate.ca

Subscription Management Services

KCK Global Limited

Newsstand Specialist

Scott Bullock

Advertising Sales

416-930-1664
Kevin Loughheed: kevin@moongate.ca
Cheryl Pauchuk: cheryl@moongate.ca

Contact the Head Office

Toronto Office
120 Eglinton Ave. E., Suite 1100
Toronto, ON M4P 1E2
416-930-1664

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We Have a Vision...



Did you know that cats have a total field of vision that's 287 degrees wide? Humans can see 180 degrees at best, while a woodcock has an unobstructed 360-degree field of view because its eyes are situated on the sides of its head. You may be conjuring up an image of an owl's head spinning around like an atlas. Their eyes are essentially elongated tubes, designed for sufficiency in low-light conditions. They have bony structures, called sclerotic rings, in their skulls, which hold their eyes in place, so they cannot roll or move their eyes. They can only look ahead and rely on their swivelling capabilities for rear-view-mirror checks.

It made sense to run with 2020 as *Harrowsmith's* visionary year. The term *20/20 vision* describes normal visual acuity (sharpness of vision) measured at a distance of 20 feet. This year can be your own opportunity for greater clarity, new insights and even some eye rolls at every turn (from 20 feet away, hopefully). Whether it's a new approach to routines or experimenting in the kitchen with vegetables outside of your comfort zone, it's all about seeing things in a different way.

In this issue, we celebrate innovations in agritourism, cooking and tea! Who knew that beer and tea could be married together—successfully? That is the kind of vision we're talking about. People who aren't nervous about mixing a lager and a London Fog, or Asian long beans with maple syrup. We're shining the spotlight on

visionaries like the retired farmers in Saskatchewan who decided to convert their grain bins into fancy accommodations. Then, turn your gaze to Dartmouth, Nova Scotia, the cherished hometown of Canada's only Afro-Métis country singer!

As always, visions are derived from collaborations and shared failures and successes. Check out our field notes from the 2019 growing season. How did you grow?

Whether you're determined to be more self-sufficient by growing your own tea collection or you're interested in a little passive income from hosting a campsite on your property, you'll learn how to do it in our pages.

Is this your year to see things differently? We're ready too!

Best,

A handwritten signature in black ink, appearing to read 'Jules Torti'.

Jules Torti
Editor-in-Chief
jules@moongate.ca





It's all about who you know, baby!

Connect with the *Harrowsmith* team and community today! Our party is just getting started. Get down to earth and socialize with us on Facebook, Twitter, Instagram, Pinterest and YouTube.



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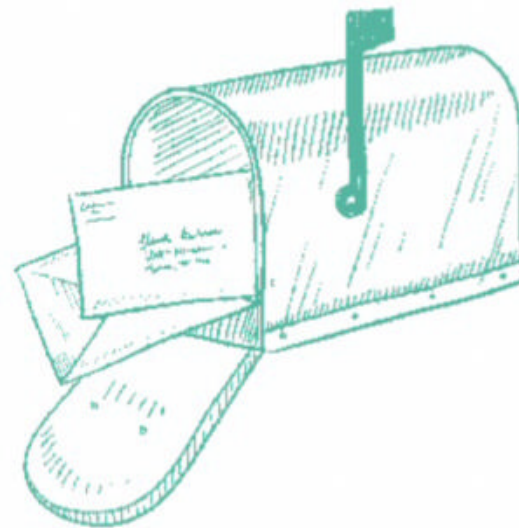


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CHANGING THE LANDSCAPE

I can't tell you how much info I'm gleaning and sharing from my monthly draw "win" book *Climate-Wise Landscaping*. I belong to several climate action and gardening groups, and there is no shortage of ideas for workshops in the book. We've done or will do workshops on garden pollinators; homemade beeswax food wraps as an alternative to plastic wraps and baggies; and foods for foraging, just to name a few. We even had a workshop on sustainable building in the construction industry. Although our Seedy Saturday continues to grow across the continuum of climate change activists and those who don't see the need to worry, our own Seedy Saturday event is drawing more and more families with children. Awareness in young minds—that's where it should start.

I'm also pleased to say I was the "soliciting lady" who went door to door to businesses, looking for additions for our draw prizes. Included was *Harrowsmith's 2019 Almanac*, which was well received by the winners.

One of our community gardens has even established a tool lending shed on-site, built and manned totally by volunteers and community businesses. Since the printing of this article (recorder.ca/news/local-news/community-garden-takes-root), there is also a plan to house a gardening lending library.

Our Transition Brockville (formerly Climate Action Brockville) has a lending trolley at the Brockville Public Library, dedicated solely to climate, gardening, alternative building and energy sources, food-safety initiatives, etc. It is a powerful addition to the library and is well used. In fact, at our monthly meetings, attendees have even brought in books to donate to the trolley.

Jennifer Rogers, Brockville, Ontario

**WE WANT TO HEAR FROM YOU! WRITE TO US
AT LETTERS@HARROWSMITHMAG.COM**

Submissions may be edited for length or clarity.

DEAR FRIENDS AT HARROWSMITH

What a joy that you are still keeping your wonderful paper afloat! You have done truly amazing work.

Anyway, for years I have been trying to find a copy of one of your papers I lost long ago, sad to say. It is a very special copy, and I so much want to find it again. It was a complete feature about an Old Order Mennonite barn raising that took place close to Linwood, Ontario. That is my own home, and the barn raising was done on the very farm where I grew up. I grew up Old Order, and of course we did not have cameras. So, your precious paper is the *only* source of any pictures like this.

My parents were Anson and Sarah Hoover. In 1978, we sold the farm to Reuben Brubacher, my cousin. The following year, Reuben put that big addition onto the barn. This is when *Harrowsmith* took the pictures. There were pictures of the barn raising and also of us having a meal behind our house. Everyone is eating, and the girls are serving the food. It was so amazing. Oodles of those people are my first cousins, my uncles and aunts, etc. One old man was sitting on a buggy, watching as the men worked. That was old Noah Martin from Hawkesville, Ontario, who made Noah Martin's Summer Sausages (quite famous now).

If this didn't happen in 1979, it would have been in the following 1 or 2 years, I would say.

Anyway, would there be any chance you could check this out? And if you, by any chance, come up with that issue, I would be absolutely thrilled!

Peter Hoover, Waynesboro, Pennsylvania

Editor's note: Facebook followers were quick to respond to Peter's request after leafing through their archives.

Ross Ward suggested the article was called "The Quiet of the Land" by Douglas Thackery (Issue 8, Volume II, July/August 1977, pages 50 to 61).

Gail Fawley referred to her index that indicated the feature was in the first issue, which she didn't have a copy of. Susan Neuman said, "I have this issue but am not sure that it is the article he is looking for. The article is titled 'The Raising of Long Paddy McNaney's Barn.'"

Thank you to our dedicated followers who have kept those stacks of vintage issues!



Apple picking, and picnicking, in Dartmouth with Nova Scotia's unicorn, Shelley Hamilton.

BY JULES TORTI

As a Black Canadian female country singer, Shelley Hamilton is a self-identified unicorn in the music industry. She's also a beautiful polymath: singer, actor, host, producer and writer. And, she is Nova Scotian Métis. She recently released a collaborative album, *Constitution*, as part of The Afro-Métis Nation, celebrating her Black and Indigenous heritage. Over a 3-year span, she worked with several notable artists, including George Elliot Clarke, Canada's Poet Laureate (2016–17), exploring the undocumented history and rich roots of "Africadians."

Hamilton has performed in Dubai and Japan; snagged a Juno; and can shift seamlessly from a cappella to standup comedy. She has belted out the Rolling Stones classic "Gimme Shelter" beside the very legend herself, Mary Clayton.

She was awarded 2019 Artist of the Year at the African Nova Scotian Music Association Awards and was

the featured artist of the week on CBC, with a country remix of Drake's "Hold On, We're Going Home."

Hamilton continues to garner media attention with her fearless expression in new media. She wrote and toured a one-woman play, *A New Hope*, about the first Black communities in Canada. She was also involved in the live documentary production *Africville in Black and White*, featured at the 2018 FIN Atlantic International Film Festival. Her latest independent releases of original music—*Constitution* and *Shella*, a country rock album with singer-songwriter Stella Panacci—showcase her diversity in both talent and heritage. Hamilton is now based in Toronto, but her Scotian pride still pulsates when she talks about her beloved Dartmouth.

Harrowsmith: So, where is the best place to sit down and have a cup of coffee in your hometown?

Shelley Hamilton: There is this

adorable coffee place I found by accident last year when I was "down home," working. I love a walk to the ferry terminal and found Two If By Sea Café in my travels. I can't have things like this, but every once in a while, I say, "I gotta have it!" Their prosciutto-and-provolone croissant with a pretty cappuccino equals heaven!

HS When you go to the local farmers' market, which vendor do you visit first?

SH OK, this is a hard one! The market would be the Halifax Seaport Farmers' Market, but which vendor would all depend on my mood and time of day! If I'm hangry, I'd hit Wholly Crepe because I'm mad about crêpes and it's like they knew I was coming and made a menu that would blow me away. LOL! If my appetite was satisfied, then I would take a stroll through the many local artisans to look at unique pieces for gifts. But then I would always end the



day with getting food—probably local cheese, another thing I’m mad about!

HS What’s your favourite independent business?

SH I like supporting a business that also supports the community and the arts, and The Bus Stop Theatre does both. I’ve used the space for my own theatre and music in the past because it’s affordable for artists. The space is flexible to configure, and it has an inviting bar at the entrance, which includes a space to display art in their gallery. It’s a great, inviting vibe, and I love that it supports the community where it’s based.

HS When company arrives from out of town, where do you take them?

SH Out for a night of local music, and usually one of the many places I used to hang in my younger days. They still work for my older days! I’d start us at Stayner’s Wharf Pub & Grill, where I’ve played when I’m home. I’d say hi to Todd, the owner, grab a table and drinks and listen to the first set or so, then bar-hop over to The Lower Deck Pub and

see if Wreckhouse or McGinty is playing, and then stay and dance till last call. (Or at least I’d try!)

HS Does your town have a mascot? Any unusual roadside attractions or monuments?

SH Dartmouth is known as the City of the Lakes and Halifax is the City of Trees, but I don’t know if that necessarily makes them mascots. LOL. As far as monuments go, a place that I think is very “monumental” is the Black Cultural Centre for Nova Scotia. I sang for the opening of it and for the 25th anniversary. It still stands as a groundbreaking institution and a place of community that preserves and promotes the history and culture of African Nova Scotians. It sits at the corner of my street where I grew up, and when I go by, it reminds me of how proud I was as a young girl singing for that opening. And now people from all over the world have visited there to learn more about the roots of Nova Scotia and how they are connected to this rich history.

HS What’s the strangest annual event or festival or little-known fact about your town?

SH Well, I’ve known of the Africville picnic that happens every year. It celebrates the roots people in history of the lost community of Africville, but I just found out recently that my own community (where I grew up) also does a homecoming, called the Preston Township Homecoming, which celebrates the communities of East Preston, North Preston, Lake Loon and Cherry Brook. These communities make up the largest Black communities in the province of Nova Scotia, and some of us can trace our roots as far back as the 1600s.

HS What kind of bragging rights does your town have?

SH Me and anyone else from Nova Scotia that now lives someplace else, because if we love where we’re from, all we do is tell people we’re from Nova Scotia! I’ve travelled all over the world doing shows, and if I tell an audience I’m from Nova Scotia and there’s a fellow Maritimer in the room,



they'll yell the loudest and always want to talk to me about loving where they're from!

HS Where's the best place to take your dog?

SH I miss my dogs when I'm working away. I have three—I'm crazy, I know. But if I could take them with me to Nova Scotia, I would take them to Cole Harbour Heritage Park. I go there to be by the water and look at all the playful pooches. Just beautiful.

HS It's Friday night and you're not in the mood to cook. Where do you go? Or order in?

SH Now that my sister has moved back to Nova Scotia and works at a great place, I make sure she takes care of me so I don't have to look after myself for a good meal, so I go to Battery Park and she makes me a feast. I never thought I'd like a beet burger. Who knew?

HS Who's the most famous person in town?

SH I know this seems funny, but I'd have to say my brother

Charles! He's one of those types of guys that everybody knows! I can go into town with him and he is constantly waving at everybody like he really knows them, because he does! I've met up with people when I go home. If they don't know who I am, I tell them who my brother is and they all say, "Oh, we know him!" And then they give me a hug and treat me like family. It's like having a community VIP pass! #ScotianLove

HS What's your favourite road, house or tree?

SH Well, that would have to be where I grew up, Cherry Brook Road. We still have our childhood home there, and when I go home, that's the road that reconnects me to who I am...always.

HS Is there a community garden? What's the most popular item at roadside stands in your area?

SH There's a lovely community garden that was created in the last couple of years, and I'm so glad that it is there. It's called Akoma Family Centre Community Garden. It has been created on land associated with pain in my community, and to see that it is now being used for nourishment for bodies is very restorative and healing. If there was one thing I'd get at a road stand, it would be Nova Scotian apples in the fall. One of my favourite fall memories is my dad and I smelling and picking the apples out of baskets to take home and my mother making apple pies.

HS What does your town smell like?

SH In my mind, it will always smell like lupins, ocean and blueberries! **H**



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Your guide to farm-speak, buzzwords in the kitchen, birder talk and Scrabble domination!

BY JULES TORTI

boiled owl Ham radio operators who kept communication humming until dawn were affectionately known as boiled owls—“boiled” from the heat and radiation of the transmitters while running on a cocktail of coffee and cigarettes. The Order of Boiled Owls is an official order of amateur radio operators in New York.

boilermaker Not to be confused with the profession, a boilermaker is a one-two punch of alcohol. Traditionally, a shot of whisky is knocked back and the beer serves as the chaser. However, some non-purists will depth-charge (drop) the shot of whisky into a beer and down both in one go.

chaga Found only on birch trees, chaga is a gnarly, black carbonaceous-like growth. While its medicinal properties are not fully proven, it can be made into a tea (powder) or tincture. Enthusiasts suggest that it can help decrease blood pressure and act as an anti-inflammatory.

chitting When you sprout a potato tuber, you’re engaging in the fine art of chitting. Place the potato (with the most eyes facing upright) in a light and cool but frost-free environment.

For early varieties, chitting can help them grow faster and larger. Look for short green shoots (2 to 3 cm) to appear from the eyes in 4 to 6 weeks. Some would call this a holy chit moment.

climate refugia Ontario, northern Quebec, northern B.C. and Edmonton have been documented as climate refugia. These regions will remain relatively untouched and protected, retaining the climatic conditions preferred by the greatest number of birds.

ecological grief Swiss climate warrior Greta Thunberg deserves a nod for turning up the stage lights on this existential human condition. The planetary changes and devastating ecological losses—both experienced and anticipated—have been linked to depression, post-traumatic stress, anger, hopelessness and despair. The loss of the natural world is being recognized as sharing the same equally debilitating grief of losing a friend or family member.

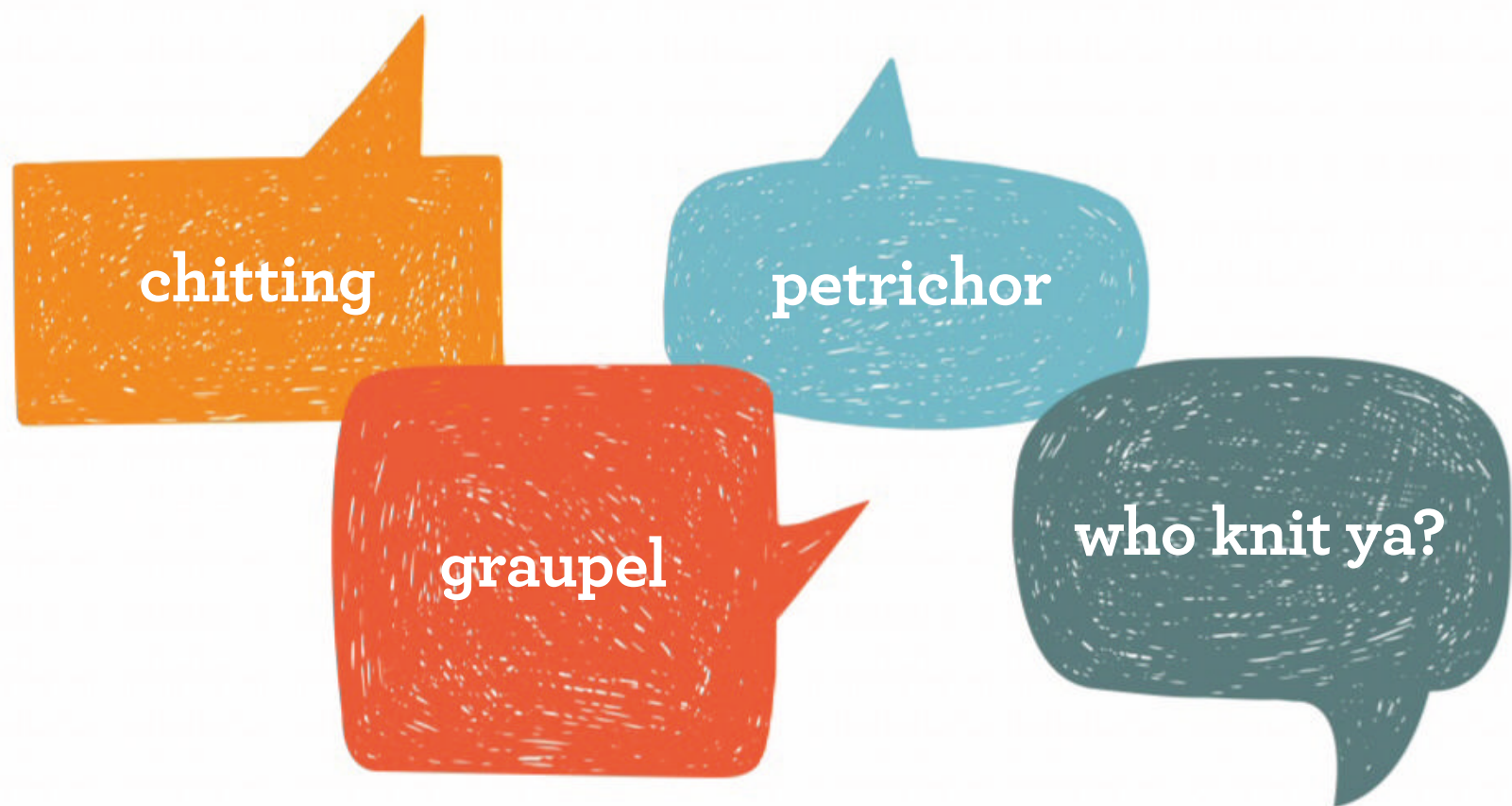
fat sparrows Also known as *fetschpatze*, fat sparrows are sour cream mini doughnuts fried in hot lard or shortening. Dunked in

maple syrup while still warm, the doughnuts are named for the sparrow shape they take after frying.

gang cutting This style of cutting usually refers to wood, but you can also gang-cut paper. For quick identical and multiple cuts, the material is stacked and efficiently cut once. Provided you measured twice.

graupel Though it sounds like a lovely pastry, graupel is the German word for “sleet.” Also referred to as soft hail or snow pellets, graupel is a type of precipitation that is formed when super-cooled water droplets collect and freeze on unsuspecting falling snowflakes. Interesting fact: This type of precipitation is a favourite of Global News meteorologist Ross Hull.

halo A ring, or halo, around the moon can be a wet-weather system forerunner. Halos appear as a result of the sun’s light reflecting off hexagonally shaped ice crystals. When ice crystals mostly of the same size are lying horizontally, a perfect ring appears. Upper-level cirrostratus clouds produce these crystals, and a halo often indicates rain within 12 to 24 hours.



orange wine You might think this is exactly what your ambitious uncle served you from his basement passion project, but orange wine is legit and trending. The wine is fermented with the skins and seeds of the grape intact, resulting in a sour, nutty flavoured pour with an unexpected orange hue.

pancake ice This distinct round formation of ice can range from 30 cm to 3 metres wide and can be up to 10 cm thick. The ice discs are created by the gentle rock of waves that round the edges of the ice as they collide. The presence of pancake ice is common in Antarctica, the Baltic Sea and the Great Lakes. The slushy pancakes usually meld together to form sheet ice.

pâte à choux Choux pastry (pronounced *shoe*) is a versatile classic, and the batter is used in everything from French crullers to churros to cream puffs. *Choux* means “cabbage” and *pâte* means “paste,” making the translation (“cabbage paste”?) less than appetizing. The explanation? When the pastry is baked, it puffs, ruffles and crinkles, giving it a cabbage-like appearance.

petrichor There’s actually a term to describe that earthy, wormy scent that occurs after a rainfall on dry soil. The pleasant smell usually occurs after an extended period of warm, dry weather. Mmm, petrichor!

rabbit-skin glue Who knew you could boil a rabbit pelt and urine for two days and make glue? Prolonged boiling of animal connective tissue results in an adhesive that has been commonly used in guitars and violins. It has a “low creep” quality (though some may think this concept is creepy altogether), which means it can withstand high lateral stresses and prevent guitar bridges from creeping forward. Also used as sizing to tighten canvas, rabbit-skin glue is considered by modern conservators to be the major cause of cracking in oil paintings.

rickrack Every good sewing kit has a few of these flat pieces of braided trim. Shaped like a zigzag, rickrack can be used to adorn curtains and clothing.

shou sugi ban This cedar-siding application originated in 18th-century Japan, not on HGTV! The technique of charring the wood makes it weatherproof, and the

resulting charcoal black effect has become a design darling. For the DIY set, a blowtorch, wire brush, air compressor and boiled linseed oil can help you achieve this ancient and modern look.

sun dog This optical phenomenon is also known as a mock sun. A refraction of light on ice crystals in the atmosphere creates rainbow-like patches on opposite sides of the sun. Sun dogs are usually spotted after sunrise or near sunset.

warp and weft What a great band name! “Warp” and “weft” are actually the two basic components used to make fabric out of yarn or thread. Warp yarns are longitudinal, or lengthwise, while the weft is the transverse. Warp yarns are held in stationary tension on a loom while the transverse weft yarns are drawn through and inserted over and under the warp. Got that?

Who knit ya? Commonplace in Newfoundland, this harmless question is born out of genuine curiosity. “Who knit ya?” simply means “Who are your parents? Who is your mother?” **H**

WHAT'S IN YOUR TOOL SHED?

A sneak peek inside Mark and Ben Cullen's tool shed.



“You can tell everything you need to know about a person by looking in their tool shed.” No one said this; we made it up.

But there is an element of truth in it, for those of us who have been around the tool shed awhile. The tools and supplies that we use—or don’t use—to succeed in our gardens does say a lot about how we go about our hobby.

Take the absence of a leaf blower, for instance. In its place you will no doubt find a broom or a leaf rake. These are tools of the trade that we use to clean up the lawn, garden and even the driveway when we don’t want to disturb the whole neighbourhood by blasting a leaf blower around the yard.

The broom and rake tell us that you enjoy the quiet of the experience of raking leaves or tidying up the garden. You may enjoy the rhythm and physical exercise associated with it.

They also tell us that you’re a good neighbour, sparing those around you from the two-cycle leaf blower sending all manner of debris into the orbit, only to settle down the street.

Our tool sheds reflect what we have found useful over the years. More years for Mark (40?) than for Ben, but we assume the latter was influenced somewhere along the way by his dad to make wise decisions in this regard. The power leaf blower is a case in point.

So, what is in our garden shed and what purpose does each of these tools serve? Here is our prioritized list.



Sharp Spade

The word *spade* is confusing: An ace of spades in a deck of cards has no resemblance to a garden spade. Indeed, it is pointed at the end like a shovel, unlike a garden spade, which has a flat mouth. A useful one is sharp. Mark keeps his so sharp, he could shave with it. But then, he has one of those soft Irish-like beards that would make him look like a leprechaun if he were to grow it out. Which he isn't going to do any time soon.

The best garden spade has a long handle, for leverage when digging and dividing perennials. It moves a volume of soil greater than most shovels, thanks to its squared-off mouth. When it is sharpened with a garden file, it cuts through soil like butter and edges a lawn like nothing else. A good garden spade is well balanced in your hand and is not too heavy. It is the No. 1 tool in Mark's shed.

High-Volume Watering Can

You may think that a watering can is so obvious a choice for a garden shed that it doesn't need to be on the list.

We argue that there are such differences in design and quality that function varies widely across the spectrum of watering cans.

Our favourite is the Haws large-capacity (7 litre/6 quart) watering can. Without a doubt, it will be the last one you will buy. This is a good thing, as a Haws can put you back by up to \$45 for the high-impact plastic version and up to \$80 for the top-of-the-line metal one.

There is much to recommend a Haws. Here's why we love it.

- **Its "throw."** Haws watering cans have the best throw of water from the end of the spout to the surface of the soil in the business. You can stand upright and "shoot" water up to 1 metre (4 feet) accurately.
- **It has a high volume.** Water leaves the can at a high velocity and quantity, so you're not standing around whistling for your dinner while waiting to drench a well-loved plant.
- **It is easy to fill.** The top of the watering can is wide mouthed, so it is easy to fill from a hose or, better still, you can just dip it into a large drum of water and fill it in seconds.
- **It lasts.** The word *quality* has much meaning here, in the old-school still-made-in-the-U.K. sense, right down to the brass "rosebud" nozzle.

It is also balanced in your hand: You can apply water from it single handedly. And forget about ever using a cheap, moulded-plastic model ever again.

Look for the Mark's Choice version of this product at Home Hardware.





Back Hoe

This is our own design. Well, we took a Japanese-designed weeding hoe and improved it. As with most excellent ideas, the foundation of it started with something else. Our back hoe is stainless steel, so soil peels off it when it is wet and falls off when it is dry.

It has a pointed end that is ever so useful when creating a furrow to plant vegetable seeds or to remove moss and weeds between patio stones or flagstones, and a sharp edge on the elongated sides to knock down young weeds.

It should be noted that the edge on the back hoe is designed to be wider than most garden-variety hoes for efficiency. You do not, after all, want to give up your day job to weed, right?

The serrated edge on the back of the hoe is for combing out shallow rooted weeds like chickweed, portulaca and moss.

The 157 cm (62 inch) long handle is an intentional design feature. No stooping to pull weeds or create a furrow; instead, just drop the back hoe on the ground and let it do most of the work. You just pull it and push it while standing straight up. Thus, the word *back* in the product name. This product reduces back strain.

Exclusive to Home Hardware.



Hand Pruners

There is a reason why many professional gardeners wear a pair of hand pruners in a holster on their belt: There is nothing handier in the garden. Need to control the growth of a shrub or perennial while weeding? Reach for your pruners and give it a snip. Want to cut a rose to bring indoors for the table? Cut it in a second and get back to work.

Everyone who has gardened for a few years or more has tried the cheap, lightweight hand pruners. They twist in your hand when you challenge them to a decent-sized limb, they become dull quickly, and they can blister the palm of your hand because of their poor design.

There are, fortunately, some great hand pruners on the market.

The No. 1 pruner used by professionals is undoubtedly the Felco. Made in Switzerland of high-quality high-carbon steel, it is balanced in your hand, made for no end of punishment. They start at about \$70.

We think there are other hand pruners on the market worth considering. There is no reason, after all, to mortgage your home for a pair. Take Corona, for example, a well-made, durable and serviceable hand pruner that many professionals use.

We, of course, use our own hand pruner, the Mark's Choice version that was designed by Mark 3 years ago. It, too, is made of high-carbon steel, holds an edge, is balanced in your hand and comes with a sharpener that works like a charm. Mark gives the blade of his hand pruner a swipe with the sharpener every time he heads out to the garden. At less than half the price of a Felco, our pruner works amazingly well for the amateur gardener. **H**

Look around your garden shed. Do you have tools that give you satisfaction and joy from the experience of using them? It may be time for an audit.

HOW TO GROW YOUR OWN

Cup of Tea

A guide to creating a signature collection.

BY MARK AND BEN CULLEN



We think that tea is the perfect gardener's drink.

While coffee powers us through the work week, taken to go as we saddle up for a rush hour commute or fire up the computer for another assignment, tea reminds us to slow down. Tea encourages contemplation and relaxation.

We're talking specifically about non-caffeinated teas. Why get your caffeine from tea when coffee is so good? Maybe that's just our opinion. In any event, many gardeners enjoy their herbal teas.

For such an enriching beverage, the tea aisle of any grocery store can leave lots to be desired. Over-packaged, over-priced selections from unspecified origins and of unknown quality abound, often in non-compostable tea bags. Yet for all the selection, we often find ourselves reaching for the least bad option. Or whatever is on sale.

Thankfully, many of our favourite teas can be grown right here in Canada in your garden. By growing your own, you aren't just producing a superior product for yourself, you can add beauty to your garden and minimize your environmental footprint by eliminating packaging and "food miles" from far-off tea-producing countries.

Here are some of our favourite teas that you can produce for yourself this summer.

Echinacea

With cold season behind us, you might find your echinacea teas getting pushed to the back of the cupboard. But unlike cough syrup, this is one medicine we can enjoy in perfect health.



Echinacea tea comes from one of our favourite perennial plants, known as purple coneflower or, simply, echinacea (*Echinacea purpurea*). As a garden specimen, it's hard to beat these plants for season-long colour and pollinator support, plus they're drought tolerant and hardy. We leave them standing through the winter for seasonal interest and to feed the birds.

The purple flowers, leaves and roots all lend themselves to tea, but we just use the flowers. If you do harvest the roots, clean them well before drying for tea production. The leaves can be harvested any time, while the flowers can be harvested after their second year of blooming. The best time to harvest the flowers is right before they fully open.

To harvest, cut the stem below the lowest set of leaves, or just above the highest set of leaves if you only want the flower. Discard the stem and spread the flowers, leaves or both on a drying rack in a warm, dry room. Let them dry for 5 to 7 days until they are brittle, then store them in a sealed container in a cool, dark place until you are ready to steep. Steep as you would any loose-leaf tea.



Chamomile

If you're like Ben and you find yourself wide awake in the middle of the night, chamomile tea might make an attractive sleep aid.

German chamomile is the one you want if you're planning on brewing it into tea. While it looks delicate, this is a tough plant that will be teeming with pollinators by the time it is in full bloom. It blooms abundantly, so you might as well leave some flowers for the bees.

Chamomile will grow in a range of soils and prefers full sun. Direct-seeding chamomile is the easiest method of propagation in either spring or fall. Truth is, they self-propagate rather aggressively. It's possible to start them indoors about 6 weeks before the last frost if you want a head start on the growing season.

As with echinacea, both the leaves and the flowers lend themselves to tea making, but given their delicate size, we tend to harvest only the flowers. It's important to harvest before the flowers fully open (like echinacea), before pollen production, which will leave you with an itchy throat. We know because it has happened to us.

Once you've slipped off your nearly opened flowers, dry them on a rack and store in a sealed container.



Mint

Mint tea is universal. Some people crave it when they're sick, while others enjoy it after dinner to soothe the belly. As a cooling tea, it's one that we can enjoy right through the summer.

Growing mint is about as easy as growing dandelions (which can also make a decent tea). It's so easy, in fact, that it can take over your garden if you're not careful. That's why we tend to grow it in a container, or in a pot sunken into the ground. Mint is one of the few tea plants that can tolerate a bit of shade.

It is easy to start from a cutting or a rooted division of an existing plant, if you have a friend who is willing to share. Otherwise, you can start it from seed and transplant

when you plant out your vegetable garden in spring.

Constant harvesting will yield the best-quality crop, as the newest leaves have the most flavour. Right before the plant flowers, cut the stem to 2.5 cm (1 inch) above the ground and you should be able to harvest a single plant two to three times in a single season. It is a bit like growing hay in this regard.



Ginger

Ginger is not just a spicy and delicious tea, but it is also extremely versatile in the kitchen, especially if you cook a lot of Asian dishes. Ginger is like garlic in that it is very difficult to find as a locally produced crop, despite the fact that it can be grown in most regions across Canada and is so much more delicious when done so. However, we would not recommend garlic tea.

Growing ginger is different from growing garlic, as the part that is

useful is a rhizome, or fleshy root. To get started, use the ginger root that is in your fridge or one purchased at a quality food store. Find a rhizome with lots of growing nodes on it; much like planting seed potatoes, look for several "eyes." Cut the root into pieces, with each piece sporting a node or two.

Ginger takes about a year to produce and is not winter hardy in all but the most temperate growing zones in Canada. Grow in a container that you can bring inside for the winter. It should be at least 30 cm (1 foot) deep to accommodate root development. Fill with well-drained, fertile potting mix and plant the rhizome just below the surface of the soil.

Water only minimally for the first few weeks to prevent the root from rotting. When the shoots start to emerge, apply water more thoroughly and mist periodically to maintain humidity. Ginger requires warmth and full sunlight.

After about a year, your plant will be ready for harvest. This is something you can harvest continually once the plant is mature, so only cut the amount of root that you need. The newer growth is the most flavourful. Cut the stems from the roots and store in the fridge for up to 3 weeks.

Cook with ginger according to your recipe, or cut it into small cubes and brew like any loose-leaf tea. **H**



Mark Cullen is an expert gardener, author, broadcaster and tree advocate and holds the Order of Canada. His son, Ben, is a fourth-generation urban gardener and a graduate of the University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com, @MarkCullen4 (Twitter) and @markcullengardening (Facebook) and look for their most recent book, *Escape to Reality*.



Herb Appeal

**The genesis of Rebel Roots Herb Farm
in Grey County, Ontario.**

BY BOBBI BURNETT

SAMMY TANGIR



I'll never forget a particular incident that took place at my farmers' market stall 9 years ago. I was standing behind mounds of vibrant, colourful vegetables that I had harvested, washed, bundled and packed into my Pontiac Sunfire the night before. I was proud and in awe of the bounty that resulted from the symbiosis of my hard work, the soil, insects, seeds and sunshine. My booth looked stunning. The tablecloth and wicker baskets complemented the veggies and herbs. The bouquet of sunflowers I picked brought a smile to my face and I hoped it would make others happy too.

A man slowed to check out my stall, taking a look at my veggies and the sign that read "Fresh, Organic Food." He held his finger up and wagged it at me, proceeding to let me know that there was absolutely no difference in nutritional content between conventionally grown produce and organic. He informed me that I had no right to claim any different and that I should not be charging more than grocery stores.

I stood there, frozen. I was caught off guard with no convincing defence. Perhaps he was right.

Maybe it made no difference to the nutritional quality that I never sprayed my garden with chemicals. Was I tricking people into thinking these veggies and herbs were better for them? Was I gouging them?

Fortunately, that encounter didn't stop me from growing organically. There was a deeper force at work that kept me from ever wanting to douse the land with chemicals. It just didn't feel right.

As I went forward in my journey with farming, I became more intrigued by the so-called weeds that I was pulling from the ground: dandelions, burdock and nettle. I started researching and using them. I began making my own teas, tinctures and other products. I started to grow more medicinal herbs such as chamomile, calendula and lemon balm. My love for herbs grew and so did the space in my garden dedicated to them.

I met my husband around this time, and his knowledge of herbs and knack for teaching launched me into the world of herbs in a more committed way. In the herbal medicine workshops that my husband conducted, he started to use the herbs (both fresh and dried) that I was growing alongside the imported herbs we purchased. There was a remarkable difference

in vitality and potency, scent and taste. I thought if I noticed this much of a difference, surely others would appreciate it, and Rebel Roots Herb Farm was born.

Rebel Roots Herb Farm is located in Grey County, Ontario, where we live with our two children. We cultivate and ethically wild-craft around 50 different medicinal and culinary herbs, which we dry on-site and sell via our online store, as well as at health and wellness events, farmers' markets and conferences. Our customers range from everyday folks looking to make their own tea blend to clinical herbalists and other health care practitioners who use a lot of herbs as part of their protocols.

Farming allows us to experiment as well. We challenge ourselves to become increasingly "regenerative" on the farm by creating a system that increases soil fertility and health. We do this by using integrating inputs like compost teas, minimizing disturbance to the soil strata, cover cropping, and using our chickens to create fertilizer. We add more than what we take away from the soil and rely less on outside inputs. We place a high emphasis on biodiversity on our farm in the form of varied crops and ensuring that the native species of plants, animals, insects





and our children have a home here too. “Regenerative agriculture” is all about restoring and building natural ecosystems. We work to create habitat, not destroy it.

Recently, I’ve noticed an upswing in the number of small and larger, established cosmetic companies reaching out, seeking quality botanical ingredients for their products.

Botanical-based beauty and body care products are becoming more desirable. Studies and lawsuits suggest that the chemical soup

composition of several personal care products are wreaking havoc on our endocrine and other bodily systems. Not to mention the effect that those same chemicals have once they are washed absently down the drain.

And this is the crux for me. It’s not about whether the veggies I grew 9 years ago were more or less nutritionally superior than conventionally grown ones. It’s not about whether my herbs are more medicinally potent than herbs from overseas. It’s about the effect my

farm is having on the land. It’s about whether my farm is a happy place for birds, insects, soil microorganisms and my children. It’s about having respect for the rest of life, and if our farm helps to protect and encourage this mindset, we will keep it up as long as we can. **H**

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To learn more about Rebel Roots Herb Farm’s herbs, CSA (community-supported apothecary) and experiences, check out rebelrootsherbfarm.ca or [@rebelrootsherbfarm](https://www.instagram.com/rebelrootsherbfarm) (Instagram).



A green gardening glove, a stack of cardboard, a yellow pencil, and gardening tools on a wooden surface.

Field Notes From the 2019 Gardening Season

We asked you.
How did you grow?

BY JULES TORTI



If we didn't share our trade secrets on garden flops and successes, where would we be? Sharing gardening knowledge is generational, historical, scientific and just plain nice. We decided to canvas the *Harrowsmith* team, our social media followers, friends and family members to see how they've grown.

We encourage you to integrate these lessons and insights learned from the 2019 growing season as field notes for bigger blooms, hotter peppers and fun experimentation in 2020.



Sweet Grass and Lava Hot Peppers

If your neighbour offers you a bundle of sweet grass, say yes! It's very easy to braid while green and pliable, and it releases a beautiful, natural aroma that beats any Glade PlugIn! *Anthoxanthum nitens* (sweet grass) goes by a few aliases, like manna grass, Mary's grass, vanilla grass and, across the pond, holy grass. Apparently, Polish vodka distillers call it bison grass. When I

lived in Vancouver, my housemate, a Blackfoot from Alberta, schooled me on the sacred grass and smudging (a spiritual cleansing ceremony whereby the grass is burned). The distinct and unforgettable smell of burning sweet grass whisks me back to my bohemian days with Richard on the West Coast in a second.

Also, if you want to grow a hot pepper that is the equivalent of eating a bonfire, try Proven Winners Fire Away Hot and Heavy. You can

count on revving up your salsa in 65 to 72 days from transplant. Ironically, this hot pepper is totally heat resistant, though you might not be! It loves the sun, and you can harvest the little embers until the first frost.

Jules Torti, Editor-in-Chief
Lion's Head, Ontario

On Making an Architectural Statement

Hostas, for their versatility, colour and size, continue to rank at the top of my list of favourite perennials. A large-leafed hosta like *Hosta sieboldiana*, also known as 'Elegans', is a no-brainer, slug-resistant dynamo to plant. Its giant blue leaves turn dark green midsummer and span 60 inches wide and 30 inches high. I like to combine it with ferns and variegated hostas like 'Francis William' for contrast and interest. Other giant favourites that make an architectural statement in a spacious garden are 'Gentle Giant' and 'Empress Wu', with a wow factor of up to 47 inches in height.

It all starts with the right depth and quality of soil. Combined with the right amount of light exposure and water, you'll have show-stopping hostas for years!

***Yolanda Thornton, Publisher
Hamilton***

Tomatoes on the Side, Please

My tip would be to plant tomatoes sideways and put as much stalk as you can in the ground. You'll get a better crop of tomatoes and a huge plant!

***Teresa Martin,
Executive Assistant
Newmarket, Ontario***

Is That a Needle or a Zucchini in the Haystack?

For summer 2019, I tried my hand at straw bale gardening, though I used hay bales, which is considered risky, what with all those seeds. But, it was fine. In fact, it was much better than fine—it was a real success. I ate well all summer, right through the fall; learned a bunch; didn't kill my back and knees weeding; and it was wildly less expensive than building raised beds!

***Signe Langford, Food Editor
Port Hope, Ontario***

Squashed Dreams

A very rainy start followed by good weather led to a bonanza crop on our acre: garlic, tomatoes, potatoes, kale, lettuce, Swiss chard, gourds and sunflowers. The wildflower garden did very well too. Oddly, our butternut squash was a bust—only the size of a small pear!

***Madeleine Hague,
Small Ponds Editor
Halton Hills, Ontario***



Passion Project

My passion flower looked like a green, leafy mess! The plastic tag promised purple and azure blossoms from the strangled fronds. We planted two varieties, not expecting much from a balcony garden with hurricane-force winds. However, we were pleasantly surprised by the profusion of flowers all season long! The blossoms, which we likened to satellites, were still blooming in October! We highly recommend these plants, even on northern exposures.

***Dax Torti
Toronto***

Off the Rails: Self-Watering Planters

My tiny north-facing balcony is blessed with only a mere hour of direct sunlight. Surprisingly, even my most sun-loving plants flourish in self-watering rail planters. My trailing petunias runneth over, as do the herbs, Scotch bonnets, chilis and mini cherry tomatoes. My guess is that it has a lot to do with the breezy

exposure and sunlight up on the railing coupled with a little shelter, as good air circulation, like a gentle breeze, helps plants thrive. My go-to rail planters are the adjustable faux terracotta variety available at Lee Valley Tools and Home Hardware. The arms and built-in brace make for easy adjustments to fit my skinny railings. The deep pot and integrated reservoir encourage root growth while deterring root rot, so I don't have to water as frequently. This also means I can sneak away for extended camping trips without worrying about the soil drying out!

***Jennifer Krissilas, Copy Editor
Toronto***

Flower Bed Follies

While most people would assume that the mountain town of Banff, Alberta, is a pretty ideal slice of heaven, would-be gardeners have to wrestle with the relentless destruction of the “neighbourhood gang,” in addition to the extended winter wonderland. Though



With a Ground Cherry on Top

Last year, I harvested my best crop of garlic yet—fat and healthy and not a single punky bulb in the lot—thanks, I believe, to the manure I bought from a local single-mom organic farmer who raises everything from chickens, ducks and rabbits to goats, sheep and cows. It was still rather fresh, so I let it compost for a year before digging it in and planting garlic last fall. A winter's bounty. And the scapes made delicious pesto.

A few years ago, I tried, with little success, to grow ground cherries after discovering them at our farmers' market, but then they popped up on their own, I assume from seeds in my compost. Now the problem is to keep them under control. Last, last year, they grew into huge bushy plants, taking over my garden and producing prolifically all summer. I was still picking fruit at season's end, as were neighbours and squirrels. But I learned my lesson: Last year, I left just a few of the young volunteers for another crop and kept yanking out the rest. Unfortunately, they were slow to ripen and still laden with fruit when frost hit mid-October. Lesson 2: Remember to cover late plants!

P.S. Ground cherries are not cherries at all but small marble-sized berries that drop to the ground when ripe, hence the name. Pull off the papery husk and pop into your mouth. Delectable! Mouth puckering when green, savoury sweet when ripe. Granny Smith apple cum tomatillo?

Donna Dilschneider
Lion's Head, Ontario H

they may not look like your typical hoodlums, the results of their vandalism can be equally disturbing. Averaging between 225 to 315 kg (500 to 700 pounds) and standing 6 to 9 feet at their full stature, ungulates, more specifically the wapiti, or Rocky Mountain elk, are known to laugh (or snort) at the gardening efforts of locals. Their smaller-sized cousins (white-tailed and mule deer) also like to join the party at times and enjoy feasting on fresh blossoms and brightly coloured blooms, sometimes within 24 hours of a much-anticipated bloom! Cages are effective, but I struggle with the aesthetic of “flower jail,” and our open-concept yard backs onto a wildlife corridor, meaning that fences are frowned upon by local conservationists.

After my multiple battles over the years, a fellow gardener encouraged me to try marigolds, promising that they were natural

repellents for the deer and elk. Apparently, these fellows are not as discriminating in their food choices. A former high school friend turned oceanside homesteader in Bella Bella, British Columbia, shared a home recipe using cayenne to keep the culprits away, although her local neighbourhood gang is a band of feisty sea otters. The prediction for my 2020 garden season? Things are going to get spicy. Olé!

Kiley Torti
Banff, Alberta

Perennially an Annual

In summer 2018, I bought a blue hydrangea, which was supposed to be an annual, and enjoyed it on the deck and then planted it that fall. I was happy that it came up blue once again.

Wendy Carter
Brantford, Ontario



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3 Apply the product using a fertilizer spreader in a criss-cross pattern.



4 Water lightly every day to keep the seed moist until grass is established.



.....

THE MOORE GARDEN IN MASCOUCHE, QUEBEC

The dream of a great ecologist.

TEXT AND PHOTOGRAPHS BY PERRY MASTROVITO

.....

William Dyson Moore was born in Montreal on July 12, 1908, to Ellen Dyson and John Moore, immigrants from England. The younger Moore became a well-known hairdresser who rubbed shoulders with Montreal's bourgeoisie. While he cultivated a passion for human nature and an innate taste for beauty, he also caressed a precious dream: He hoped to one day possess a natural corner of his country that he could develop and shape to reflect his very own ecological vision in perfect harmony with the surrounding landscape.

His dream would be achieved in stages. In May 1944, during a visit to the town of Mascouche, about 30 km north of Montreal, the opportunity to actualize his dream presented itself. Charmed by an abandoned farmhouse and the land on which it was built along the Mascouche River, Moore immediately perceived all the potential of the place. He was eager to preserve the magical setting and further groom it into an environment faithful to his ecological vision.

The sloped site was 22,306 square metres in size and lent itself perfectly to the creation of a garden oasis, which he didn't begin until 1985. A methodical planner, Moore consulted leading horticulturalist Tony Huber for some sound advice. He also hired a young gardener, Michel Vaillancourt, with whom he developed some innovative and exceptional methods to cultivate flowers in an infertile clay soil. The techniques that were put in place at the Moore Garden are now employed and practised by several professional and amateur gardeners alike, making it possible to bypass all the usual disadvantages, such as frequent watering, weeding and pesticides. Several years of sustained efforts have transformed what was once only hardened clay into more than 18 inches of rich potting soil. With this accomplishment alone, Moore's floral oasis gained its acclaim, and today the flowers and plants that grow here now reach an exceptional height with plenty of vigour.

Moore's wife, Dora Casement, supported her husband's ambitious projects, including the

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Next to the garden's entrance, visitors are greeted by a billboard painting featuring William Dyson Moore in his later years, his garden and the nearby Manoir seigneurial de Mascouche.

creation of the garden. Casement was born in 1905, the daughter of English immigrants. She had all the aplomb necessary to live alongside a man of character like Moore. Equally passionate about the art of horticulture, she was the garden's first designer, and according to her granddaughter, "Without her, the Moore Garden would never have existed."

In 2002, William Dyson Moore passed away. His legacy lives on, however, through the Dyson Moore Foundation, which he established. The foundation is made up of motivated volunteers and members who manage the garden and continue to enhance the work started by Moore and his wife. Past president Richard Dupuis died in 2007, after dedicating much of his life to the garden, which

celebrated 32 years of existence in 2017. The foundation encourages the local community to integrate sustainable horticulture practices through awareness, education and dissemination. Huber, the horticulturist who had advised Moore in the beginning, has been recognized as a specialist in the development of iris flowers. In May 1988, he announced the creation of a new flower of his own, an extraordinary iris bearing the name The Dyson Moore Iris, a tribute to Moore.

The Moore Garden in Mascouche is a dynamic tourist site and environmental treasure in constant evolution. It plays an important cultural role and has attracted continued notoriety and popularity not only among Mascouche's residents but also from

other regions of Quebec. Normand Ouimet, the garden's assistant coordinator, explains that many family activities are offered each year. "In addition to guided tours and entertainment, the garden offers musical performances, yoga classes, tai chi and qigong," he says. "There are also activities for parents and children, horticultural clinics, and photography and painting workshops. Art exhibitions of all kinds are also held, including works by professional Québécois sculptors." **H**

The Moore Garden is located at 1455 Chemin Pincourt, Mascouche, Quebec. For visiting hours and entrance fees, visit jardinmoore.com, email jardinsmoore@gmail.com or call 450-474-0588.



ABOVE: Built on a sloped terrain, the Moore Garden is bordered by the Mascouche River and covers an area of about 6 acres.

LEFT: The reception centre includes a terrace overlooking the garden, and a gift shop that features wares by local artisans.

BELOW LEFT: Moore's obituary is inscribed on a huge granite rock located near the reception centre.

BELOW RIGHT: Behind a bench near the reception centre, a huge granite rock is inscribed with the obituaries of both Moore and Richard Dupuis, past president of the Dyson Moore Foundation.





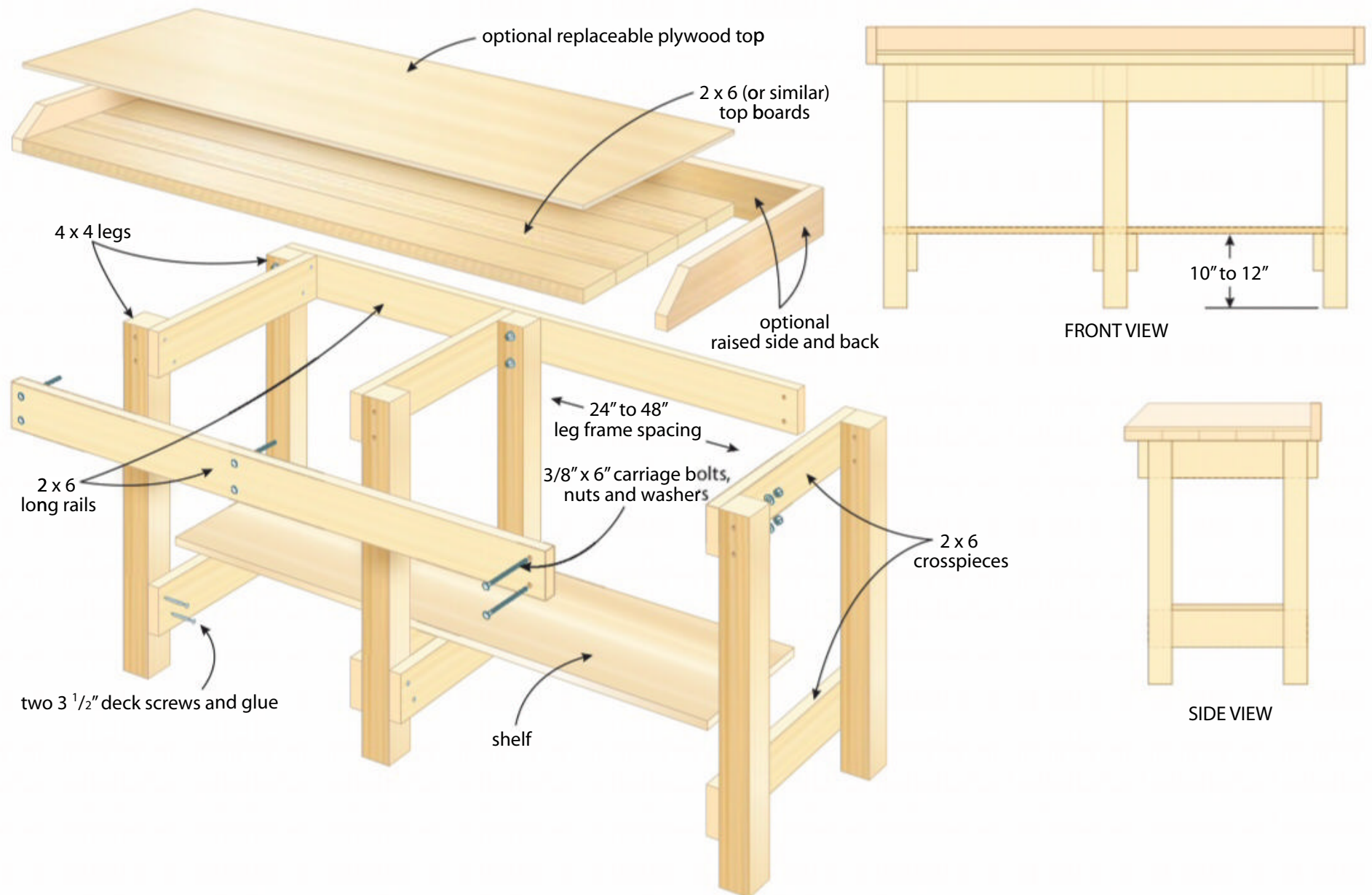
BUILD YOUR OWN POTTING BENCH

Homemade beats store-bought, hands down.

BY STEVE MAXWELL

ILLUSTRATIONS BY LEN CHURCHILL

A solid potting bench is a great thing for any gardener, and key to taking your gardening to the next level. The design I created here uses standard thicknesses of lumber and simple construction techniques to make a solid bench that lasts for years.



There are three main parts to my design: the top, the legs and the storage shelf. Keep a close eye on the plans as you read these instructions. The words make a lot more sense when you can see the parts you're reading about.

Before you begin building, you need to do some figuring. How long should your potting bench be? How wide? How tall? A bench that's 8 feet long and 35 inches deep from front to back is a good size if you have room for it, but your bench needn't be this big. You can go smaller (or larger), depending on your needs and available space. The general rule for any potting bench is an overall height equal to the distance between your wrists and the ground as your arms hang loosely by your sides. You'll find that 35 inches from the ground to the working surface of the bench is a good all-around height.

1 Build the Leg Frames

The plans show how pairs of legs are joined together into frames, with the frames connected by long rails, top boards and shelf boards. Your first task is to build as many of these leg frames as needed to get the total length of bench you want. Depending on the weight of things you'll be putting on your bench, aim for 36 to 48 inches between leg frames. If you're not sure what makes sense right now, build the minimum number of frames you think will do the job, then temporarily set some top and shelf boards in place on the frame and see how things feel. You can always make an additional leg frame before assembly if trial and error shows that the top and shelf flex too much.

You could use 2x4s for the legs, but 4x4s work better. Remember, a heavy potting bench is a good, stable potting bench. Cut all the legs you need in one go, and all the crosspieces. A mitre saw is an excellent tool for easily and quickly getting these cuts perfectly square, but you can use a handsaw or hand-held circular saw too. With all legs ready, it's time to begin assembly, but first let me tell you about a trick to make this happen accurately.

A sheet of plywood or OSB (oriented strand board) placed on the floor of your workspace is an excellent reference tool for assembling your leg frames so they're square. Since the corners of sheet materials made in North America are perfectly 90 degrees, they offer ideal guides for positioning legs and crosspieces relative to each other. Place one leg

along one long edge of the plywood as it sits on the ground, with the end of the bench leg aligned with the corner of the sheet. Place a second leg parallel to the first one, with the outer edges of the legs spaced to match the length of your crosspieces. The beauty of using sheet material as an assembly guide like this is that it ensures square leg frames. As long as the ends of both legs are aligned with the edges of the plywood, and both legs are parallel, leg frames will have 90-degree corners, guaranteed. Double-check your frames by measuring diagonals taken across the corners. Square leg frames will always have equal diagonals.

Back when I built my first bench in the mid-1980s, there was no such thing as deck screws. Wood screws available then were expensive and didn't bite into wood like the best modern deck screws do today. That's why I used nails for my bench. That said, you'll be far better off assembling your bench parts with

deck screws. They hold better than nails and it's easier to drive them. My favourite deck screws are called Spax. The version I use are hot-dipped galvanized for rust-free exterior use, and they have wavy threads that bite aggressively into wood.

Secure the crosspieces to the first pair of legs now. The upper crosspiece needs to be flush with the top of the legs, and the second one 6 inches up from what will become the bottom ends of the legs. Use two 3 1/2-inch-long deck screws and glue to hold each joint together. Assemble the other leg frames now, then compare them all with one another when you're done. If you've cut all the parts the same length, everything will be fine, though it pays to double-check it all. Fixing errors now is much easier than later.



Assemble the Base

Now's the time to connect the leg frames so they form the support structure of your bench,

and long rails are the parts that make this happen. Depending on the length and strength you're aiming for with your potting bench, 2x4s or 2x6s are the thing to use for long rails. Either way, these long rails fasten flush to the top of the legs. But before you begin assembling the base, let me tell you about another important trick. It's the easiest way to ensure that your leg frames come together properly. Forget your carpenter's square and grab a 24-inch-long level instead.

Start by finding a flat and level floor surface to set all the leg frames upright on, or create a temporary level surface. The sheet of plywood you used for assembling the leg frames will probably work fine if it's not warped. Either way, once you have all of the leg frames on a level surface, all you need to do is make sure they're straight up and down (called "plumb") as the long rails are fastened. Do this by referring to the level, and all connections will be square. This is much easier

Do You Need a Workshop Workbench?

This potting bench design makes an ideal workshop bench too. The top will perform better for you if it's made of 1 1/2-inch-thick lumber (rather than 3/4-inch plywood), and you'll want to make full use of bolts, rather than screws, for the frame joints. As useful as a good workbench is on its own, you'll also need to add some kind of vise to make the bench as useful as possible. And the work you plan to do will determine which hardware you install. A machinist's vise with 6-inch-wide jaws is my favourite all-around option for holding anything metal, plus wood and plastic where surface denting doesn't matter. If you'll be using your workbench primarily for woodworking, then consider a face vise made especially for this job. It's wider than a machinist's vise and uses pieces of hardwood to form the working faces of the jaws. If you'll be using your bench for gluing or finishing wood, consider securing a replaceable layer of 1/4-inch underlay plywood on top. Use just enough small screws to keep the plywood secure. When the glue and mess get too bad, simply remove the old ply and replace it with a fresh piece.



and more accurate than using a carpenter's square.

Recruit a helper to hold the leg frames up and keep them upright as you apply wood glue and secure each long-rail-to-leg joint with a single deck screw (just one per joint for now), set off-centre so you have room for a second screw later. You could certainly forget the glue, but it's amazing how much strength and rigidity it adds. For all the time it takes, why cut corners? Use a waterproof glue such as Titebond III, since your bench will get wet sometimes.

Your bench won't be very strong at this stage because the glue is still wet, but that's OK. Check that the leg frames are all plumb one more time, then add a second screw to each joint. If you want the strongest possible bench, get out your drill and 3/8-inch-diameter carriage bolts without wasting time. Bore holes and draw the joints together tightly with the bolts before the glue dries. Besides pulling the joint together tightly for maximum glue strength, if things ever loosen up as the wood dries and shrinks in the future, you can tighten up the joints as good as new with a wrench.



Adding the Top

You can build the top of your workbench with 3/4-inch-thick plywood or solid 2x6, 2x8 or 2x10 lumber. I prefer to use planks like these here because they don't cost any more than plywood, and they make for a stronger, heavier bench that's much better suited to getting wet and dirty than plywood. There's also no need to cut any of the boards lengthwise to get a specific workbench top width. You can usually mix and match different standard widths of lumber to deliver the ideal 1 or 2 inches of overhang on the sides and ends. As you figure things out, remember that a

construction-grade 2x6 measures 5 1/2 inches wide, a 2x8 is generally 7 1/4 inches wide, and a 2x10 is typically 9 1/4 inches wide.

If you're using lumber for the top, make sure that all boards are cut to the same length, then arrange them tightly as they come together on the leg frame. Big gaps between boards aren't what you want. Try and get a couple of pipe clamps to draw the wood together as the boards go down. Two or three 3 1/2- or 4-inch-long deck screws driven into each top-board-to-crosspiece joint will do the job. Use no glue on these joints, since you want the option of removing and replacing top boards later if they get damaged.

Want to Add a Sink?

Insetting a removable potting tub into the top of your potting bench is easy and useful. Buy a sturdy plastic tub with a lip, measure the length and width of the body of the tub, then mark it on the benchtop, somewhere between the leg frames on the right- or left-hand side of the centre legs. Use 2x4s to reinforce the underside of the top immediately on each side where the tub will go, then bore a 1-inch-diameter hole through the benchtop, just inside the lines, one at each corner. Cut all four sides of the opening using a jigsaw, then drop the tub into position. You're now ready to store soil or potting materials right at bench level.

If you'd like to add a sink and running water to your bench, you've got a couple of options. You can install a sink the same way as a potting tub, or flush with the surface of the top so the sink can be covered with a removable piece of plywood whenever you want a continuous benchtop work surface. A reclaimed, top-mounted stainless steel kitchen sink is ideal for covering in this way because the perimeter lip is

thin. Cut a reinforced opening in the benchtop and install your sink as you would any potting tub. Next, cut a piece of 3/4-inch plywood the same size as your workbench top, so it rests on the top boards, with an opening cut for the sink that's as large as the outer edges of the sink's lip. Cut a matching piece of 5/8-inch-thick plywood to fill this space, and you've got a removable cover that sits flush with the rest of the benchtop when you're not using the sink.

A reclaimed kitchen faucet is a more convenient way to bring water to your sink than a garden hose, and it's not difficult to install. Fasten 6- or 7-inch lengths of 1/2-inch-diameter copper pipe onto the inlets of your faucet if it doesn't have any, then use four copper pipe mounting straps to secure the faucet to the back face of the benchtop back. Fit the end of one of the copper pipes coming off the faucet with a quick-release hose fitting, and it's easy to connect and disconnect the water supply to your bench. Drain waste water from the sink into a pail or a gravelled area underneath the bench. You're now ready to wash vegetables outdoors, keeping mess out of your kitchen. An optional raised back and sides on the benchtop helps keep potting supplies and tools from rolling off during use.

All that remains is to add the shelf. It's nothing more than a replica of the top, except that it fits between the legs, not on top of them. And unless you'll be storing exceptionally heavy things, 3/4-inch plywood is fine for the shelf. Cut the shelf boards so they fit between the legs, and fasten them with screws only.

Potting benches are one of those things that are best made, not bought. Take the time to build yours right and you'll never need to wish you had a better bench again. **H**

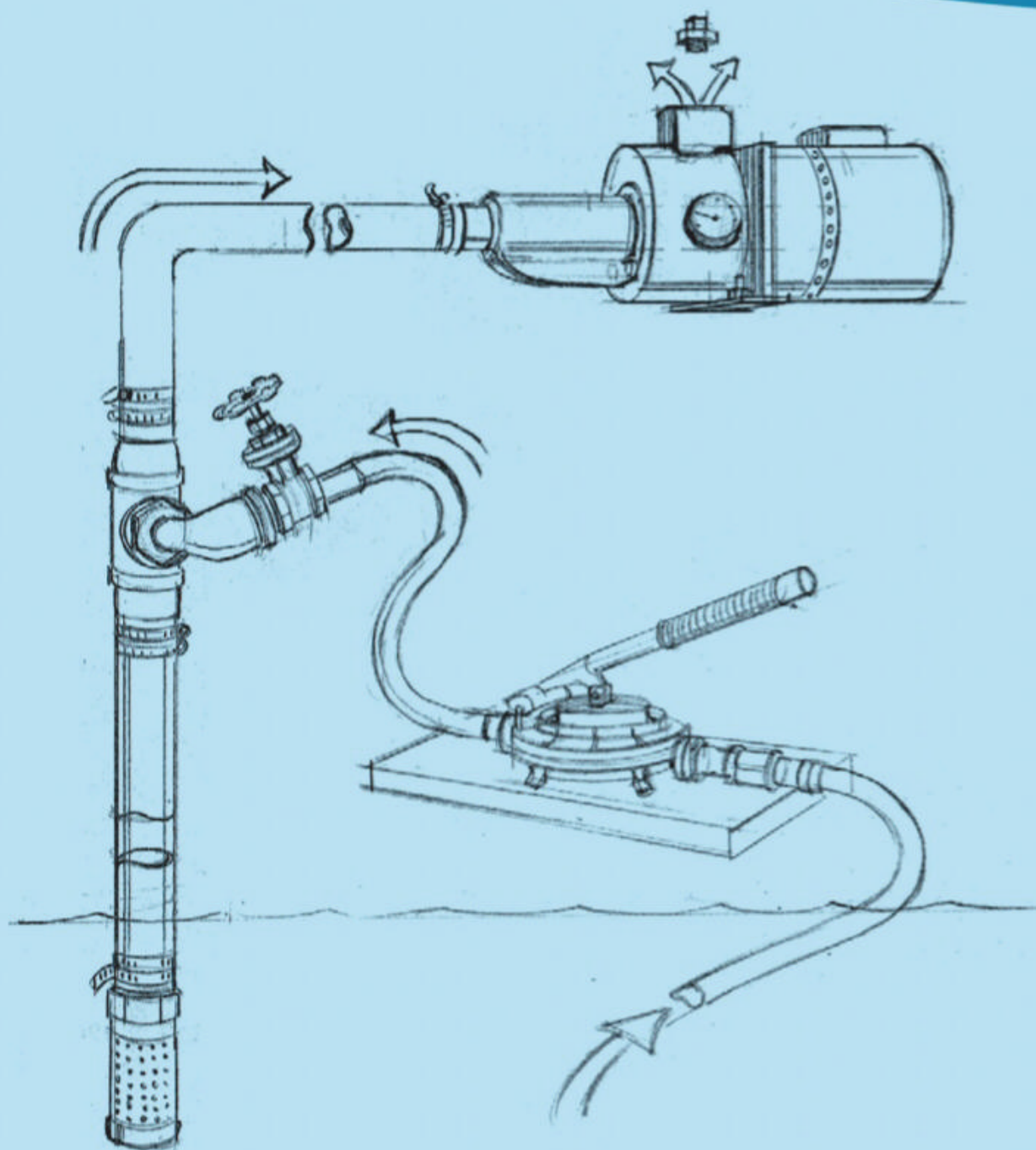
GET PRIMED FOR EASIER WATER PUMP PRIMING

A hassle-free way to get your seasonal water system working again in spring.

TEXT AND PHOTOGRAPHS BY STEVE MAXWELL

ILLUSTRATION BY STEPHEN HUTCHINGS

Every spring, thousands of Canadian cottage owners struggle unnecessarily to fill their seasonal water pumps and pipes with water and get the system running for another year, and every spring a simple, fast and stress-free alternative to this nasty chore goes unrecognized. That's too bad, because there's a technique that's effective enough to transform what's often many hours of messy, tiresome labour into 10 minutes of easy work. All you need is \$20 worth of plumbing hardware and a small portable pump of some kind.



Most cottage water systems need seasonal attention for two reasons. Pumps and pipes typically aren't protected from frost, so water needs to be completely drained each fall so it won't freeze, expand and break things during winter. Water expands powerfully when it freezes, and it will break anything that tries to contain it. Copper pipe, black poly waterline, a cast-iron pump casing—it doesn't matter. They'll all break if they're full of water that freezes.

The trouble is, pumps, pipes and intake lines must also be refilled with water in the spring before they're capable of pumping again. Water pumps can't pump air. The operation of filling a water system with water is called priming, and it's not always easy to do. The traditional approach involves hauling buckets of water up from the lake by hand and pouring that water down a small hole in the top of the pump until the entire intake line is filled. Until 25 years ago, I helped friends through 3 or 4 hours of this kind of miserable work each May, until I realized something vital: It's easier to push water uphill with a pump than it is to dribble it downhill with buckets through a little hole in the top of the pump, like most cottage owners attempt to do. A lot easier.



The key that makes all this possible is a collection of common metal plumbing fittings spliced into the intake line as close as possible to the end that sits in the lake. These fittings include a shut-off valve and a place to connect a pump that draws water from the lake and pushes it all the way up the main intake line and into the water pump in your cottage. Open the priming valve in spring, connect your hand pump to the fittings, fill the intake line with water, close the valve, remove the pipe and put the intake line in the lake. That's it. After you're done, simply turn your cottage water pump on, and it works because the intake line and pump body are now filled with water. No need for buckets, funnels, wet floors or superhuman patience.



Never Prime Again

Brian Feeney is a cottage-country plumber in Ontario, and each spring he repairs more than a few water systems broken by improper draining the previous fall. That's why he invented two things that virtually guarantee no trouble while also eliminating the need to drain your seasonal system at all. The Clozer II (theclozer.ca) is a device that pumps non-toxic antifreeze into all pipes, drains and appliances that handle water. He also invented what he calls the TC3. It's a device that fills water intake lines with non-toxic antifreeze from the bottom end up. You never drain the system and never need to prime in the spring.



Even the smallest hardware store carries the fittings you'll need to install an easy-to-use priming system. They're standard. For years, we hooked up a hand-operated marine bilge pump for the job, and it worked beautifully. But things got even easier for us when a neighbour installed a frost-proof, year-round water system at his cottage. After that, we could hook up a garden hose to his outdoor tap, connect it to the priming fittings, then turn the tap on. Five minutes of pleasant conversation while we wait for the pipe to fill, and the system is operational for another season of lakeside living.

If you don't have a neighbour with an all-season outdoor tap outlet, what kind of pumps can you use to prime your intake line all the way to the foot valve on the lake end of the pipe? You don't necessarily need a manual marine bilge pump, though these work great. Just about anything that moves sufficient water will do the job. One of those pumps that works on a cordless drill usually works for waterlines with 50 feet of intake line or less. A small gas-powered pump works too. I have a little two-stroke portable pump that works well for this operation. Is your cottage or camp close enough to the water that you can get an extension cord down there? Any kind of plug-in portable water pump will work for priming as well. Just be sure it's fed from a circuit protected by a GFCI (ground-fault circuit interrupter) device, to eliminate the risk of shock working with electricity around water. **H**

Getting that seasonal water system working definitely does not need to be a hassle. Try a different way and you'll enjoy a very different springtime experience.

Priming Trick

If you're priming your waterline from the bottom end, there's no need to disconnect your priming pump before turning the main pump on. As long as the end of the intake line is in the lake or river, you can continue to pump priming water into the line while the main pump begins to work, if needed. Why would you do this? If any air pockets exist in the main intake line after priming (it occasionally happens), your pump may stop pumping when the air makes its way to the pump. But if you're still pumping priming water manually into the intake line through your priming port when this happens, it will only result in a momentary pause before the air pocket is pushed past the pump by your priming efforts. Don't be too hasty disconnecting your priming setup. Wait until your water pump has completed several on-off cycles successfully before closing the priming valve, disconnecting your priming pump, then putting everything away until next spring with a smile on your face.



THE QUANDARY OF AN OLD QUARRY

How Evergreen Brick Works
restored and revived a
dormant industrial zone.

TEXT AND PHOTOGRAPHS BY PHIL NORTON



It's quite the juxtaposition: Stressed out in noisy downtown traffic at Bay and Bloor one minute, and then 15 minutes later, blissed out on a stream-side path with the soothing sounds of trickling water and a woodpecker tapping on a giant oak surrounded by spring wildflowers. Both scenes co-exist in Canada's largest city.

This is a ravine, part of a network of woodlands and green spaces that persists within the otherwise paved-over home of 4 million people. Toronto's ravines provide a four-seasons escape for the urban dwellers—dog walkers, joggers, cyclists, fishermen and cross-country skiers. Here, they find natural beauty, solace away from the madding crowds, social interaction with family, and organized group activities.

A network of bicycle and hiking trails connects the key centres of this green corridor, including the Toronto Botanical Garden, the Old Mill on the Humber River, the Toronto Zoo and many City of Toronto parks. Canada's first national urban park was created in the ravines along the Rouge River, in the city's east end.

One of the most popular outdoor hubs is in a river valley that was once a major industrial site: a quarry and factory. The Don Valley

Brick Works produced the bricks for the residential neighbourhoods after the Great Fire of 1904, as well as famous structures like Massey Hall and the Ontario legislature.

The Don River Valley was completely industrialized a century ago and denuded of trees. When the noise and belching smoke of industry ceased, brownfields were left in its wake. Derelict, dysfunctional and contaminated lands that were too damaged and too complicated to develop, they lay dormant for decades, gathering garbage and graffiti until Evergreen came along.

Evergreen is a Canada-wide organization working to make cities better. This successful restoration project became its national headquarters in 2010. Evergreen Brick Works stands as a model for other cities to replicate, a unique green zone, community centre and



Above: Rosedale's mansions overlook the green oasis of the former industrial site. This switchback path leads from Chorley Park to the Evergreen Brick Works, the hub of an extensive network of trails through Toronto's natural ravine system.

Left: The barren clay quarry has been restored to turtle ponds and pioneer plants, beginning a natural succession that will one day establish a rich soil and the mature trees of a climax community.

Below: Remnants of the industrial past can still be seen.





Above: On a spring weekend, the Brick Works becomes a hub for free family activities like this pop-up concert beside the café.

Right: A large portion of the lobby houses the old brick-making machinery, while the redesign of the old factory grounds balances modern and historical.

Below: Visiting the Brick Works is a genuine walk through time.



business park built on the ruins of the industrial past. The Evergreen website calls it “a demonstration hub where the world can experience sustainable practices that enable flourishing cities of the future. It connects citizens, business, academia and government to turn what-ifs into how-tos that will shape our country for the better.”

Some of Evergreen’s projects include urban agriculture, public art, the Future City Builders youth program, safeguarding fresh water, innovative and affordable housing, and a park with hiking trails and ponds within the old Brick Works quarry. In addition to the Brick Works’ brownfields being converted into green spaces, the original factory buildings have been restored and new additions added to create offices, exhibition spaces, conference rooms, an upscale restaurant, a gardening and gift store, and a farmers’ market with over 80 vendors, all with the latest energy-efficient and water-conservation design.

The Brick Works has a staff of experts in each field of interest. The urban agriculture branch, for example, has many aspects, such as outdoor raised-bed gardens that show innovative methods to grow food and healing herbs; a greenhouse that completes the annual cycle from seed to table; and cooking classrooms where groups can learn how to prepare the vegetables they harvest. Visitors can also see an indoor vertical gardening technique called Grow Tubes and learn the benefits of waste turned to compost with Worm Wranglers.

With an architectural blend of aged bricks and modern shiny metal and glass, and a cultural mix of office professionals, artists,

Evergreen’s experiment is inspiring everyone from schoolchildren to municipal planners to imagine a greener, more livable downtown core. Here, you can spot warblers and migrating geese in the morning and attend the opera in the evening. It provides the best of both worlds. The Brick Works’ midtown setting is where city life meets country life and where nature is reclaiming a human-made barren landscape.

gardeners and trail hikers, the Brick Works offers an energetic and creative vibe. Out of the ashes of a dirty industry arose a headquarters for living in harmony with nature.

Evergreen’s experiment is inspiring everyone from schoolchildren to municipal planners to imagine a greener, more livable downtown core. Here, you can spot warblers and migrating geese in the morning and attend the opera in the evening. It provides the best of both worlds. The Brick Works’ midtown setting is where city life meets country life and where nature is reclaiming a human-made barren landscape.

Urban renewal not only creates safer, saner cities but also spares the surrounding countryside from suburban sprawl and leapfrog development. The more people who choose to stay in the city, the fewer who will take their urban trappings into untainted rural areas like the Oak Ridges Moraine.

That’s where Toronto’s rivers find their headwaters, their source, before flowing south into Lake Ontario. The tributaries of the Don River—the West Don, the East Don and Taylor-Massey Creek—merge near the Brick Works in the affluent community of Rosedale. The community’s prosperity stems from Toronto’s early business and

industry leaders and familiar names such as media mogul Ken Thomson, who was the richest man in Canada when he died in 2006.

That affluent community enables Evergreen to form some interesting partnerships, such as the one with the private Gradale Academy, a nature-based elementary school housed at the Brick Works. According to Gradale’s website, “A little more than a third of our day is spent outdoors. Our education program supports strong academic time with a balance of outdoor creative learning.”

On a sunny Saturday, I stroll the grounds of the Brick Works to see bikers and hikers and shoppers preparing for planting their home gardens. Then into the ravines, I strike out along Mud Creek, where the forest floor is blooming with spring ephemerals like yellow trout lilies, and the first green buds are showing in the canopy above. Hard to believe I’m in a former industrial wasteland in the heart of Toronto.

The Evergreen Brick Works is like *Field of Dreams*: If you build it, they will come. Families, schoolchildren, photographers, naturalists and green businesses now flock to this oasis of new life that has sprouted on the brownfields of a decaying factory. **H**

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BATTLE OF THE BINOCULARS

Two Bruce County, Ontario, birders show off the feathers in their caps.

BY ETHAN MELEG AND ARNI STINNISSEN

Introducing Ethan Meleg

I grew up near world-famous birding hot spot Point Pelee National Park, and the legendary migrations inspired my love of birds since I was knee high to a sparrow. My mom used to let me skip classes to go birding, which is pretty awesome parenting. After receiving a hand-me-down camera for my 19th birthday, I became instantly addicted to bird photography. Birds, photography and travel (mostly to photograph birds) have been a driving force in my life ever since.

I first met Arni Stinnissen at Awenda Provincial Park, when he came out to watch a presentation I was doing about photography. We

hit it off instantly and thus began our bird-nerd bromance. We share a common philosophy and approach to photography, as Arni's just as keen a nature lover as I am and he takes the time to learn about the species he's photographing. Over the years, Arni and I have spent many days out together chasing birds with our cameras. We have a lot of fun and are always competitive, trying to one-up each other with our photos. We both have monstrous telephoto lenses for bird photography, although Arni, admittedly, has a bigger one. As I always say, "Arni, it's not the size of your lens—it's how you use it!"

I live near Lion's Head, on the Bruce Peninsula, with my girlfriend and two young stepsons. We have an awesome little haven in the woods; it's a fantastic spot for birdlife. A couple of years ago, we helped convince Arni and his wife to relocate to this area. They ended up building a house just down the road from us. Now Arni and I can share a glass of wine or beer any time, and of course we are always in competition for whose yard has the best birds. Some nights, I sneak over in the dark and empty his bird feeders to make sure all the good birds end up at my place!



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Introducing Arni Stinnissen

As a birder/naturalist/conservationist, I started film photography in the mid-'80s and found that my passion was taking pictures of birds. I collected many "how to photograph birds" books, which I still have, but also around that time we started to raise our family, so the photography hobby took a back seat for a number of years. Upon retirement a few years ago, I resumed photography, only this time with a digital camera. With the advent of the internet, I was able to learn so much more about the art and its masters.

In August 2013, we were camping in Awenda Provincial Park, near Midland. As luck would have it, one of those bird-photography masters, Ethan Meleg, was presenting in the evening at the park's outdoor theatre. I went earlier to make sure I got a seat, and met Ethan as he was setting up, and he bravely asked me to take some candid pictures of him presenting. We must have hit it off, as we started exchanging emails about different secret locales of elusive birds, a true sign of trust.

Since then, Ethan and I travel a few times each year to different

parts of Ontario, always having a few laughs and trying to get a better picture of a species we already have hundreds of images of. We had many reasons to move to the Bruce Peninsula, and there have been some great surprises here as well, including living closer to Ethan and his family. Instead of planning our trips sometimes weeks in advance, all it takes now is a spontaneous text or call.

Ethan and I not only share birding as a passion, but also the organizations that study them for the benefit of everyone, including the Bruce Peninsula Bird Observatory (BPBO). I am now a director on the board, and Ethan was a founding member. The BPBO relies on volunteer fundraising efforts to maintain vital research and bird migration monitoring programs. It is a non-profit, charitable organization dedicated to documenting wild bird populations and patterns in Ontario's biodiverse Bruce Peninsula. There is currently a Go Fund Me campaign to raise much-needed funds to maintain the cottages that are BPBO's primary source of income. **H**

Be sure to follow the mad birders on Facebook @Ethan Meleg Outdoor Photography and @ArniWorks Nature Photography. For more info on the Bruce Peninsula Bird Observatory's Go Fund Me campaign, visit ca.gofundme.com/f/we-cant-wing-it-on-our-own.



Protecting Plants, Protecting Life

How the Canadian Food Inspection Agency is involved in plant protection, and why the world is focusing on plant health in 2020.

BY LISA LAFONTAINE

While we hardly need to extol the virtue of plants, there is an ongoing movement to bring attention to the pests that threaten them, why we should care, and what we can do about it.

Healthy plants are the foundation for all life, ecosystems and food security. When we protect plants, we protect life. That is why countries around the world—including Canada—are engaged in the International Year of Plant Health.

In December 2018, the United Nations General Assembly declared 2020 as the International Year of Plant Health (IYPH). The year is a once-in-a-lifetime opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect the environment and boost economic development.

Safeguarding crops, ecosystems, forests and natural habitats from invasive plant pests and diseases is a tall order. We do this by focusing on preventing plant pests from spreading, because just as with human health, preventing a problem is far more cost effective than managing a full-blown emergency.

WHY WE CARE

Oxygen, food and income are only three of the crucial benefits of healthy plants. The list is much longer. Plants give us medicine, wood for building materials, and fibres for clothing. They provide protection from the elements. Less tangible and more life enriching, plants and green spaces provide comfort and a healthy sense of well-being.

Canada is home to globally important biodiversity, including one-third of the world's boreal forests, one-fifth of its freshwater resources, the longest coastline on the planet, and a diverse range of ecosystems. Canadian crop industries generate over \$34 billion per year in exports. Our forest industry contributes \$24.6 billion to the economy.

PESTS AND THREATS

Plant pests are one of the main drivers of losses in biodiversity

and crop productivity. They are responsible for the loss of up to 40 percent of global food crops, and for trade losses in agricultural products exceeding US\$220 billion annually. Insects, weeds and diseases have established themselves and spread more easily due to increased trade in a diverse range of plant commodities and because of climate change.

The emerald ash borer and plum pox virus are two examples of pests that have had a large impact in Canada as a result of the intentional or unintentional movement of infected plants or plant parts into and within our country.

By raising awareness of plant health, the Canadian Food Inspection Agency (CFIA) wants Canadians (and people around the world) to understand the role they play in protecting our crucial plant resources.

PLANT PROTECTION IN CANADA

The CFIA is committed to protecting plants, animals and food, to enhance the health and well-being of Canada's people, our environment and our economy. The CFIA engages in plant pest surveillance and containment;

sets, implements and enforces standards and rules; and takes action to minimize impacts and promote resilience when emergencies do occur.

As Canada's representative to the International Plant Protection Convention, the CFIA is Canada's national plant protection organization and is leading and coordinating Canada's activities in support of the IYPH.

"While CFIA sets the standards for plant health in Canada, we don't safeguard Canada's plants on our own. We work with other departments and organizations. We also rely on the help of citizen scientists," says William Anderson, chief plant health officer for Canada and CFIA's executive director of the Plant Health and Biosecurity Directorate. "This year, we are engaging in a variety of activities in support of the IYPH, including an international photo contest. Activities and information from across Canada can be found at science.gc.ca, where people will find an outreach toolkit filled with ideas and ways to get involved."

HOW TO HELP

Everyone has a role to play in plant protection. Citizen scientists have been responsible for new findings of invasive forest pests, such as the emerald ash borer, which means that it's important for everyone to know what grows and lives locally.

You can learn about Canada's plant pests and invasive species at inspection.gc.ca/pests and report plant pests to CFIA through inspection.gc.ca/pests or on social media @InspectionCan. Let CFIA know what you found and where, and include a photo or sample if you can.

Buy local and burn local: Firewood is the No. 1 way invasive species are spread. If you're a



camper or use wood for heating, buy and burn local or heat-treated firewood so that invasive insects hiding under the bark don't spread to new parts of the country.

If you travel, always declare food, plants, soil and seeds at the border. They might look harmless, but they can carry plant pests that can harm Canada's plants.

If you buy or sell plants, seeds or other material, know where they're from. The same rules apply whether you're importing or exporting online or through other means.

If you're a gardener, plant native species instead of exotic or invasive species. Look for the Grow Me Instead campaign in several provinces.

Download and use the IYPH outreach toolkit from science.gc.ca.

If you're a teacher or youth program leader, include the topic of plant health in your lesson plans by using the youth outreach toolkit from science.gc.ca.

"A great start," Anderson says, "would be making a commitment and helping to spread the word about the International Year of Plant Health by getting involved in the #PlantHealth and #IYPH2020 conversations on social media." **H**

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To Your Baking with BeeMaid Honey!

It's so easy to substitute the goodness of honey in your everyday and special occasion baking. Just a few small tweaks, and you'll be enjoying tastier baked goods that will actually stay fresher, longer!

Here's the 101 on how to swap out sugar for honey!



My recipe calls for 1 cup of sugar, can I just use 1 cup of honey instead?

No! Actually, honey is sweeter than sugar, so you can get away with using less. Isn't that good news?

We have a handy sugar to honey conversion tool on our website (www.beemaid.com/honey-converter) that provides everything you need to be successful with honey substitution.



What else do I need to know when substituting honey for sugar?

- If your recipe needs 1 cup or more of sugar, reduce the other liquids in the recipe by ¼ cup for every 1 cup of honey (honey retains more moisture than sugar).
- If your recipe doesn't include baking soda, add ½ tsp of baking soda for each cup of sugar replaced.
- Reduce the temperature by about 25°F to prevent browning!

Don't worry about having to remember all these handy tips. Just use our honey converter and it will specify the necessary substitutions.

Will the honey change the taste of my recipe?

BeeMaid Honey has a mild, delicate flavour that shouldn't drastically change the flavour of your recipes. What you might find is a change in the texture. In general, cookies sweetened with honey are more chewy than crisp and cakes and cupcakes have a tighter crumb.

Inspired to try BeeMaid Honey in Your Baking?

Here's an amazing oatmeal cookie recipe that will astonish you on how fresh it tastes, even days after baking!



2 3/4 cups all-purpose flour	1/4 tsp. nutmeg
1 T ground ginger	1 1/2 cups oats (quick-cooking or old fashioned), uncooked
2 tsp. ground cinnamon	1 cup butter, softened
1 tsp. baking soda	3/4 cup BeeMaid Honey
1/2 tsp. salt	1 large egg
1/4 tsp. ground cloves	

Combine flour, ginger, cinnamon, baking soda, salt, cloves and nutmeg; mix well. Add oats; mix well.

Beat butter and BeeMaid Honey in a separate bowl until creamy. Add egg; beat well.

Add half of the dry ingredients; beat well. Add the rest of the dry ingredients and beat well.

Divide dough into thirds, wrap each in plastic wrap and flatten slightly. Chill at least 4 hours.

Heat oven to 350°F.

Shape dough into 1-inch balls. Place 2 inches apart on ungreased cookie sheets.

Bake 5 to 7 minutes, just until centers are set. (Cookies will feel soft. Do not overbake.)

Cool 1 minute on cookie sheets; remove to wire rack. Cool completely.

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Do not feed honey to children under one year of age.



Breaking New Ground.

**THIS SPRING, STEP OUTSIDE THE COMFORT ZONE OF FAMILIAR
VEGGIES—COOK UP (AND PLANT!) SOMETHING NEW!**

TEXT, RECIPES AND FOOD STYLING BY SIGNE LANGFORD

PHOTOGRAPHS BY TRISTAN PEIRCE

There was a time, not so long ago—the 1970s, in fact—when, outside of immigrant Italian households, cooking with fresh garlic in much of Canada was just about unheard of. It’s hard to imagine that now, since produce aisles are laden with every manner of exotic fruit and veg, from almost every imaginable place on the globe. And, sure, choice and variety are great, but all that shipping is bad for the planet and bad for local growers. So, in response to our growing curiosity and diversifying population, the Vineland Research and Innovation Centre in Vineland Station, Ontario, is developing new and exciting varieties so Canadian farmers can satisfy multicultural shoppers—right here at home. And, with much recent immigration coming from South Asia, Vineland responded by developing strains of long and small eggplant and okra that both thrive in our cooler climate and suit Asian cooking styles and recipes.

ROASTED LAMB-STUFFED EGGPLANT WITH MINT YOGURT

**Serves 5 as a main or
10 as a starter**

Eggplants come in many sizes, shapes and colours. The taste doesn’t vary wildly, but the smaller varieties tend to have more tender skins, and that means it’s all edible and great for adding to stews and curries. Here, we used long and skinny Asian eggplants for an elegant look, but any eggplant will do. Figs give a wonderful crunch and a hint of natural sweetness to this dish. The recipe calls for dried figs, but if fresh are available, grab a few of those to roast alongside the eggplant. If za’atar is unavailable, substitute with dried thyme.

10 small eggplants
2 tbsp olive oil
1 tbsp butter
1 small red onion, finely chopped
2 lb ground grass-fed lamb or mutton
1 jalapeno pepper, seeded, finely chopped
1/2 cup finely chopped dried figs
2 cloves garlic, minced
1 tsp cumin
1 1/2 tsp sea salt, divided
1 1/2 tsp pepper, divided
1 tbsp za’atar; if using dried thyme instead, reduce to 1 tsp

MINT YOGURT

1/3 cup chopped fresh mint leaves, stems discarded; reserve some of the smallest and most perfect leaves for a final garnish
2 cups plain full-fat yogurt; goat is more traditional, but any yogurt is fine
1/2 tsp sumac (optional) + pinch for garnish

Preheat oven to 400°F.

Lightly oil or spray an ovenproof dish big enough to hold all the eggplant halves.

Wash and cut eggplants in half lengthwise, leaving the little stem caps on. Scrape out innermost, seedy-pulp part of eggplants. Reserve and chop finely; set aside.

Arrange hollowed-out eggplant halves in oiled baking dish; set aside.

In skillet over medium heat, add oil, butter, onion, lamb, jalapeno, eggplant, figs, garlic, cumin, 1 tsp of the salt, 1 tsp of the pepper, and za’atar, stirring often and breaking up any lumps of lamb. Keep stirring and cook until lamb is just beginning to brown and onions are softening, about 5 minutes. The chopped eggplant will absorb the fat.

Scoop the lamb filling into the eggplant “boats” and roast until eggplants have sagged and

ROASTED LAMB-STUFFED EGGPLANT WITH MINT YOGURT



softened a little, about 20 to 25 minutes. Don't overcook or boats will fall apart.

While eggplants are roasting, make the **Mint Yogurt**.

In bowl, whisk together chopped mint, yogurt, remaining salt and pepper, and sumac (if using).

To serve, garnish the cooked eggplant with fresh mint leaves and offer the **Mint Yogurt** on the side or drizzled over the eggplants.

TIP The smaller bowl end of a melon baller or a serrated grapefruit spoon works well to scrape out the eggplants.

DEEP-FRIED OKRA WITH SPICY PEANUT DIP

VEGETARIAN

Serves 4 to 6 as a party appetizer
Makes 2 cups of peanut sauce

Okra is a love-it-or-hate-it veggie, and that's primarily because of the slime factor. Some foods are mucilaginous (think: aloe vera or that jelly goo from soaked flax seeds). Some folks are fine with that, while some can't abide it. Some cooking methods are better than others for mitigating this; frying is a good one, and who doesn't love a little deep-fried treat now and then? Fun fact: Okra is part of the same family that brings us cotton, hollyhocks and mallows, including marshmallow!

3/4 cup creamy peanut butter
1/4 cup unseasoned rice vinegar
1/4 cup reduced-sodium soy sauce or reduced-sodium tamari
2 tbsp runny honey
1 heaping tbsp finely minced, peeled fresh ginger
3 tbsp coconut milk
1 tsp toasted sesame oil
2 tbsp Asian chili garlic sauce or sriracha
8 cups chopped okra; washed, stem caps cut off, sliced into 1-inch pieces
Vegetable oil for deep frying; enough to fill a deep saucepan
1 cup fine cornmeal
1/2 cup cornstarch
1 tsp sea salt
1 tsp white pepper
1 tsp black pepper
1 free-range egg



DEEP-FRIED OKRA WITH SPICY
PEANUT DIP



In large bowl, whisk together peanut butter, vinegar, soy sauce, honey, ginger, coconut milk, sesame oil and chili sauce until thoroughly combined and smooth; set aside.

In deep saucepan over medium-high heat or in deep fryer, add enough vegetable oil to fill pan at least 8 inches deep while leaving at least 3 inches of bubble-up room—and bring up to 350°F. Place deep-fat thermometer in oil and keep saucepan lid nearby for safety.

In another bowl, whisk together cornmeal, cornstarch, salt, white pepper and black pepper; set aside.

In a third, large bowl, whisk egg until frothy; add okra pieces and toss to coat well. After a few minutes of tossing, the okra should absorb almost all of the egg.

While vegetable oil is heating up, add egg-coated okra pieces to bowl of seasoned cornmeal; stir or toss to coat well.

Add the coated okra to the hot oil by the handful, gently shaking off excess cornmeal before carefully lowering the okra into the hot oil. The okra will sink then bob to the surface as it cooks. Do not add too much at once or the temperature of the oil will drop; try to keep it at 350°F.

Fry each batch until golden, about 10 minutes, then use Chinese spider or slotted spoon to transfer okra to clean kitchen towel or cookie cooling rack to drain. Serve immediately.

TIPS Peanut sauce can be made up to 4 days ahead of time and refrigerated; let it come to room temperature before serving. Any



**ASIAN LONG BEANS
WITH MISO, MAPLE
AND ALMONDS**

leftover cornmeal coating can be stashed in the freezer for use another day. For the best deep-frying results, invest in a deep-fat thermometer.

ASIAN LONG BEANS WITH MISO, MAPLE AND ALMONDS

VEGETARIAN

Serves 4 as a side dish

The most striking thing about this veggie is its appearance: foot-long, twiggy green snakes! Basically unheard of a few years ago, they're now turning up in the produce aisle of many big grocery stores with a good array of international foods and at farmers' markets. Of course, they're available year-round at Asian grocery stores. The flavour is green bean, but the

texture is meatier, so they stand up well to longer cooking and stewing. Here, we're giving an Asian twist to the classic green beans almandine.

2 tbsp yellow miso paste
1 tbsp soy sauce
1 tbsp maple syrup
1/2 tsp toasted sesame oil
3 tbsp vegetable oil
1 large or 2 small shallots, thinly sliced
2 cloves garlic, minced
2 tbsp finely chopped fresh ginger, peeled
4 cups chopped long beans, washed, stems trimmed, cut into approx. 4-inch lengths
1/2 cup raw slivered almonds
1/4 cup medium-dry sherry
1/4 cup veggie or mushroom stock

FOOD & RECIPES: **BREAKING NEW GROUND**

**SAUTÉED BOK CHOY WITH
GINGER-MARINATED BEEF**



In small bowl, whisk together miso paste, soy sauce and maple syrup; set aside.

In very large skillet or wok over high heat, add sesame oil, vegetable oil, shallots, garlic and ginger and cook, stirring vigorously, about 1 minute. Do not let garlic burn; remove from heat if garlic is getting too dark.

Add beans and almonds; stir to combine with oils and aromatics.

Add sherry and let alcohol burn off for about 30 seconds, then add the miso mixture and stock; stir well to coat. Reduce heat to low and simmer until beans are tender-crisp, about 5 minutes.

TIP If cooking with North American green beans, simply snip the stem end and leave whole.

SAUTÉED BOK CHOY WITH GINGER-MARINATED BEEF

Serves 2 as a main or 4 as a side dish

Ginger beef is a classic Chinese-Canadian dish: Culinary lore says it was created in Alberta. Ours is a healthier version, as we don't deep-fry the beef first, nor does our recipe call for sugar. This recipe is hearty yet fresh, super-flavoursful, and tastes best when started the day before. Self-reliant Asian-Canadian farmers started growing this crop—a member of the cruciferous veg family—way back in the 1970s, but if it isn't available, use cabbage or rapini instead.

2 heaping tbsp finely chopped fresh ginger
2 tbsp soy sauce
1 tsp toasted sesame oil
1 tbsp Asian chili garlic sauce or sriracha
1 tbsp runny honey
1 tbsp strong mustard; Dijon, English or German hot style
1 tsp white pepper
About 1/4 lb grass-fed beef, thinly sliced—any cut you like—leave fat on the beef
1/4 cup medium-dry sherry
1/4 cup peanut or vegetable oil
4 to 6 baby bok choy, cut in half lengthwise, washed and spun dry
1 tbsp white sesame seeds
1 tbsp cornstarch

Starting the day before if possible, in a bowl, whisk together ginger, soy sauce, sesame oil, chili sauce, honey, mustard and white pepper. Add beef, cover and refrigerate for at least 2 hours or, preferably, up to 24 hours.

About an hour before you're ready to cook, strain beef through a sieve over a bowl. Let it sit on the counter to drain and come to room temperature. Reserve the marinade; there will only be a wee bit. Add the sherry to this.

In large skillet or wok over high heat, add peanut oil and bok choy; stir or toss vigorously until bok choy is wilting, glossy and charring here and there, about 3 minutes.

Add beef; stir or toss until just beginning to brown, about 3 minutes. Add sesame seeds.

To the marinade, whisk in the cornstarch, then add the marinade to the hot skillet and stir to coat the beef and bok

choy; cook until the marinade has reduced to a thick sauce, just 1 or 2 more minutes. Serve immediately with a side of rice or quinoa.

TIP Bok choy is often sandy inside, so soak the cut pieces in cold water to wash.

STRAWBERRY-ROSE AND MAPLE MASCARPONE GALETTE

Serves 8 to 10

Strawberries? OK, these long-beloved berries are not exotic, but the fact that many of us can now buy Canadian-grown berries in the middle of winter is new and extremely exciting. Between the everbearing varieties and hothouse growers—such as Orangeline Farms and Del Fresco, both in Leamington, Ontario—we can enjoy juicy, properly ripe, local strawberries whenever the craving hits. Adding rose syrup takes a turn to the exotic.

1 1/4 cup mascarpone
1/2 cup maple syrup
4 free-range eggs; divided, 1 beaten for egg wash
1 tsp vanilla essence
1/4 tsp nutmeg
1 batch of your favourite pie pastry or 3 frozen, 9-inch pie crusts; thawed
4 cups strawberries, greens trimmed, sliced in half lengthwise
Large crystal sugar (optional)
1/2 cup pure strawberry jelly (or jam if you can't find jelly)
2 tsp rose syrup



**STRAWBERRY-ROSE AND MAPLE
MASCARPONE GALETTE**

Preheat oven to 375°F.

To make filling, add mascarpone, maple syrup, 3 of the eggs, vanilla and nutmeg to the bowl of a stand mixer and beat on medium-high until smooth and creamy, about 1 minute.

If using frozen pastry, allow to thaw in the refrigerator before using; form the 3 crusts into a ball, then roll out. To roll out, spread large sheet of parchment paper over the work surface, and lightly flour. Roll out dough in rough circle, about 1/4 inch thick, with jagged edges, which look nice. Transfer parchment and rolled dough to baking sheet.

Starting in the centre, spread mascarpone filling outward and evenly inside pastry, leaving a good 2 inches of bare dough

all around for folding. Work quickly, as the soft filling tends to spread.

Press strawberries into filling in pattern or randomly, then flip pastry edges over to form galette. Brush dough edges with egg wash, and sprinkle wet edges with chunky sugar (if using).

Bake until golden, about 40 to 50 minutes.

Meanwhile, in small saucepan over low heat, add strawberry jelly and rose syrup and heat until melted, stirring often to prevent burning. This step can be done in a heatproof dish in the microwave, too.

When galette is done, set on counter to cool, but leave on parchment-lined baking sheet,

and drizzle warm, runny jelly evenly over strawberries and filling, using pastry brush to delicately spread.

Let galette cool and set. Serve slightly warm or, better still, at room temperature. A dollop of whipped cream or scoop of vanilla or strawberry ice cream makes this extra-special. A few organic rose petals or drizzle of pink rose syrup will turn this into a showstopper!

TIP Not to be confused with rosewater, rose syrup can be found at Middle Eastern grocery stores or online specialty food purveyors. Rose syrup is more intense, sweet and often a pretty pink. **H**

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Steeply in Love... **WITH TEA**

Five unexpected ways to enjoy more of it.

BY JULES TORTI

**A bath refreshes the body.
Tea refreshes the mind.**
– Japanese proverb

There's something enviable about tea drinkers. They seem healthier and holier than thou. I'm more of a Team Coffee member, but I've definitely found solace in spicy ginger tea and surprise in the traditional sweet mint tea served in Egypt's Siwa Oasis. Tea seems synonymous with nostalgia (Tetley and honey with Nan while playing crazy eights), travel, feeling better and, I don't know, yoga and eating oatmeal.

Tea houses are hot on the heels of hip coffee lounges, and the loose-

leaf tribe is gaining ground with mixologists shaking up tea cocktails and brewers experimenting with tea-infused beers. While tea has long been known to cure what ails (from sties to parasites), it can also be used to ward off fungus on plants (try a spritzer of chamomile on your herb seedlings and soil).

Whether you lean toward oolong, matcha, a fizzy kombucha or having your tea leaves read, here are five unexpected ways to enjoy more tea.



Earl Grey Moisturizing Lotion by Dragonfly Dreaming Organics

For generations, Japanese women have relied on oil from the camellia plant to condition their hair. *Camellia sinensis* is a species of evergreen shrub whose leaves and leaf buds are also used to produce tea. The powerful antioxidant properties found in drinking the tea do double duty as a lotion, reducing free radical damage to our skin.

The Earl Grey Moisturizing Lotion by Dragonfly Dreaming Organics, based in Cowichan, British Columbia, is a blend of essential oils: Italian bergamot, certified organic sweet orange and Japanese ho wood. Just as soothing and calming as a cup of tea, this lotion is a marriage of organic calendula, camellia, carrot root, grapeseed, evening primrose, rosehip, sunflower and apricot oils with shea butter, papaya fruit and a dollop of soy-derived vitamin E and beeswax. Put the kettle on and immerse yourself two ways in Earl Grey's signature bergamot scent.

Elderberry Tea

Elderberry flowers and berries both make great additions to teas. The main difference is that the flowers, which don't have the stomach-upsetting issues of the berries, can be gently steeped rather than needing to simmer. Both have a long history of use in teas.

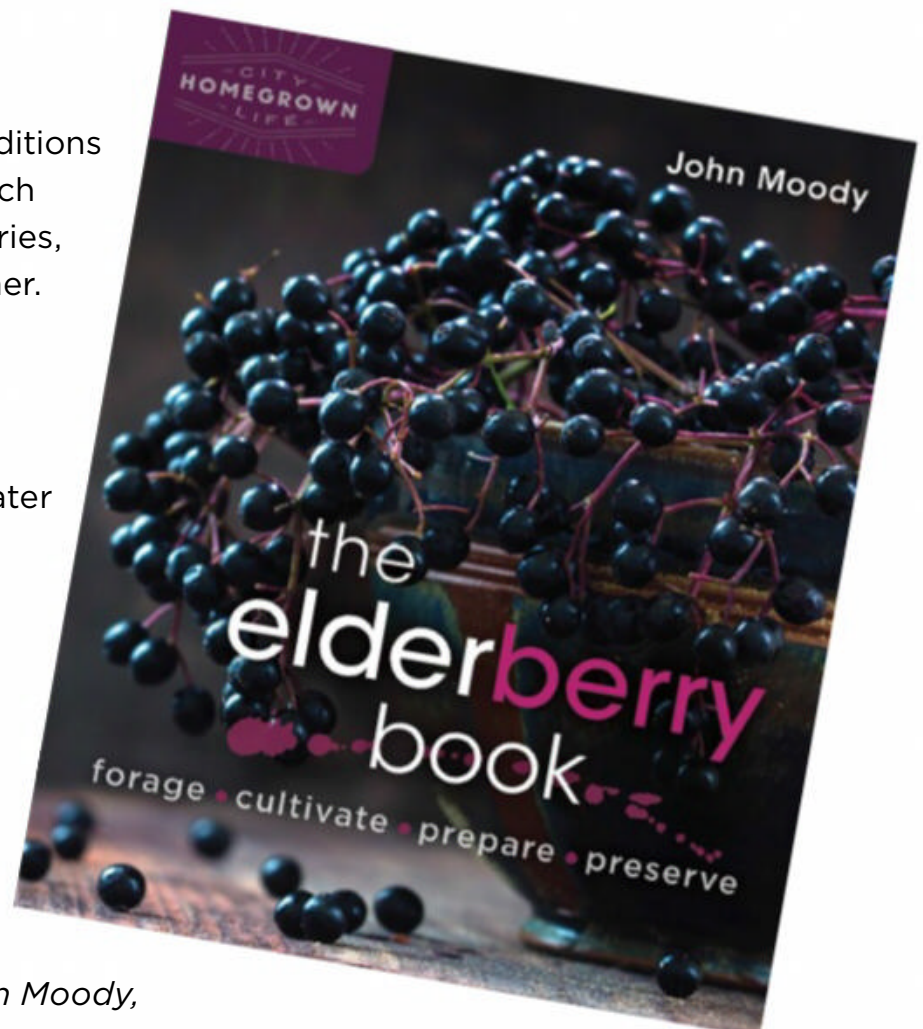
Instructions

Place 1/2 tbsp of dried elderberries in 2 cups of water with some rosehips or any other desired herbs or flowers.

Bring to a gentle simmer for about 10 minutes. Strain out and compost plant materials or feed to appropriate animals.

Enjoy as is or with a dab of honey or other added sweetener.

Reprinted with permission from The Elderberry Book: Forage, Cultivate, Prepare, Preserve by John Moody, 2019, New Society Publishers, Gabriola, B.C.





Footloose With Moose

Western Quebec chef Marie-Cecile Kakgoosh Nottaway-Wawatie shared this unexpected tea twist with us: moose and black tea! The celebrated culinary activist lives in a log cabin on the Kitigan Zibi Algonquin First Nation. She prepares traditional dishes like moose with tea and onions to keep tethered to the land and to ensure her grandmothers' traditions continue simmering. Nottaway-Wawatie owns Wawatay (wawataycatering.com), a catering company that offers a truly wild (and contemporary) menu of bison meatballs, bannock and wild rice sushi.

Moose With Tea and Onions

(serves 4)

2 tbsp butter, oil or lard
1 lb moose, thinly sliced
Salt and pepper, to taste
1 onion, halved and thinly sliced
1 to 2 cups strong black tea

Set a large cast-iron pan over medium-high heat. Add the butter and once it has melted, add the moose meat, seasoning with salt and pepper.

Once the meat has browned, add the onions. Cook for 10 minutes, then add enough tea to cover the meat, bring to a simmer and cook, scraping up any browned bits in the bottom of the pan, until the tea has reduced by more than half and the dish is saucy. Depending on your cut of meat, you may have to continue to cook it, adding more tea, until it's tender.

Beau's Beer X DavidsTea London Fog

If you're unsure of whether it's time for tea or a beer, have both in one go thanks to this clever collaboration between Beau's Beer and DavidsTea. It's the marriage we've all been waiting for: a golden ale and Organic Cream of Earl Grey. The London Fog tall boy shouldn't leave you too foggy if you pair it accordingly. Elevate your next brunch gathering with a six-pack and a stack of blueberry ricotta pancakes. Latte lovers will swoon over the creamy mouthfeel that the organic lactose (milk sugar) and vanilla deliver.

London Fog is traditionally a blend of Earl Grey tea, vanilla and steamed milk. But sometimes you have to sub an ingredient, right? The beer leans in both a sweet and a savoury direction. Lay out some butter tarts or BLTs and let your company decide who wore it better.

Neat note: DavidsTea's Organic Cream of Earl Grey contains marigolds and cornflowers too. It's a beer bouquet that's perfect for spring.

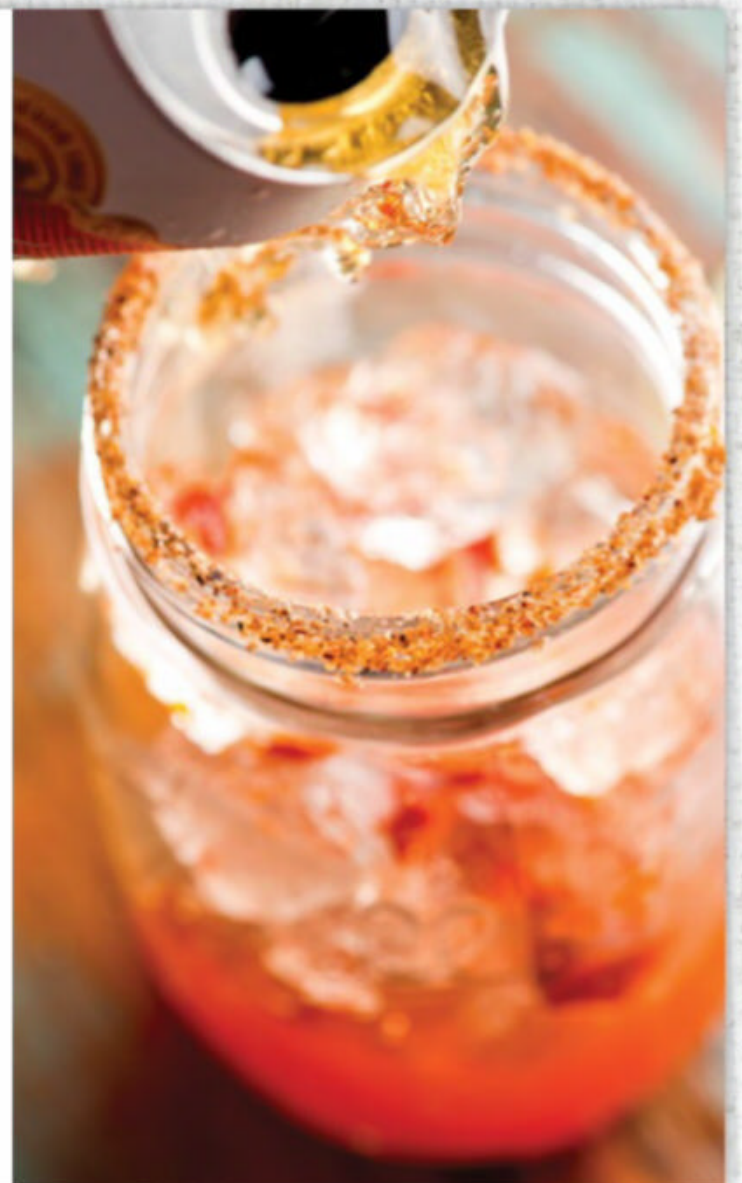


Smokey Michelada

Sea salt, for rim
 3 tbsp freshly squeezed lime juice, plus spent lime wedges for rim
 1 tsp Tabasco sauce
 1 tsp Worcestershire sauce
 1/4 cup steeped Murchie's Queen Victoria or Lapsang Souchong tea
 1 small lager

Sprinkle salt on a plate that is wider than your cup. Rub lime around the rim of the cup and press the rim into the salt. Mix Tabasco, Worcestershire and lime juice in the bottom of the cup and then fill the cup with ice. Pour in the tea and then top it up with beer.

*Recipe courtesy of our friends at Murchie's Tea & Coffee. Visit murchies.com for more unexpected tea cocktail twists using blackberries, pomegranates, matcha tea and more! **H***



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Put the Kettle On!

How to make your own tea bags.

TEXT AND PHOTOGRAPHS BY BEVERLY LEESTMA



Every once in a while when I'm in the midst of trying to figure something out, I end up making some other fun discovery at the same time. And that's exactly what happened a few years ago when I was trying to make homemade flavoured tea with loose tea and ground spices. That approach didn't turn out like I'd hoped it would, but in the course of that experiment, I learned I could make my own tea bags.

Now, I don't make homemade tea bags all the time because, let's face it, there are lots of wonderful ready-made tea bags on the store shelves. But recently I saw some interesting loose teas at my local health food store, and I didn't hesitate to buy some (my current favourite is the organic bancha green tea) because I knew I could quickly make some homemade tea bags for using it. It doesn't take much time and effort at all to create these DIY tea bags and, yes, it's even kind of fun!



Another reason to make your own tea bags is that loose tea is thought to have a superior taste because it's made from the whole leaf, rather than the smaller tea "fannings" used in ready-made tea bags. Plus, homemade tea bags can also be a cute gift idea customized with pretty string like baker's twine, colourful tags made from scrapbook paper, or with specialty flavoured or organic loose teas that you can't find ready-made in the stores.

To make your DIY tea bags, you'll need some coffee filters, string or heavy thread, and loose tea. (I used to use the basic Lipton loose tea that can usually be found on grocery store shelves, but as mentioned above, I'm now enjoying green tea instead.) You'll also need scissors and a stapler. Finally, a small bit of pretty paper or card stock is nice to make a "tab" at the top of your string for holding as you dunk your tea bags.



Here's the complete step-by-step process.

- 1** Flatten out a coffee filter and then cut a little bit off each side to make a more rectangular shape.
- 2** Put about a teaspoon of loose tea in the centre of the coffee filter.
- 3** Fold the coffee filter in half the long way, closing the tea inside.
- 4** Then fold the long sides back toward the middle, folding it over 3 times, making small folds.
- 5** Now that the tea is folded inside, you'll want to re-centre things, kind of rolling the package so that the folded seam is going down the middle.

- 6** Next, fold the filter package in half.
- 7** Cut about 3/4 inches off the top so that the package isn't so long and skinny and is more the shape of a traditional tea bag.
- 8** Fold in the 2 top edges so that the top comes to a point.
- 9** Fold over the top point of your filter package just a little bit. Lay a 5-inch piece of string on top, and then staple the filter. This will seal the package shut and also attach the string.
- 10** To make a little tab for the end of your string, cut a 1- by 2-inch piece of paper and fold

it in half. Place the end of the string inside and then staple the paper, centring the stapler over the string when stapling. Sometimes, instead of using the stapler, I use double-sided tape inside the piece of paper for securing the tab to the string.

Now you have your very own homemade tea bag!

Depending on how much you trim your coffee filter in Step 1 and how big or little your folds are in Step 4, you can end up with skinny tea bags or fat tea bags, but in my opinion, tea bags of all sizes and shapes are welcome.

I hope you'll enjoy making your own tea bags too. I have a hunch you will! **H**



The Future Is Fusebiquity

How the intertwining of local foods with international ingredients is changing our edible landscape.

BY DAVID HOPKINS

Many times, trends that appear in one aspect of our lives are mirrored in another. A prime example of this is globalization—a widespread human trend that has reflected itself in the food industry. It's no surprise that our world is becoming increasingly interconnected as people are able to move around more easily and have access to many forms of communication. The result of this has been a globalization, or international integration, of many things.

Inevitably, globalization has touched the food and culinary sphere as well: As people move, so do their culinary experiences and preferences. In this industry, it has come to be referred to as “fusebiquity,” a term coined by Datassential, a food-industry market research firm. And while the year 2020 will see many emerging trends, this one is likely to remain as a permanent fixture on the food landscape.

At The Fifteen Group, we understand the importance of

following and tracking trends in the hospitality industry and understanding the driving factors behind them. Taking a deeper dive into fusebiquity will not only allow us to better understand this trend in particular, but also the nature of our society as a whole.

What Is Fusebiquity?

Fusebiquity refers to the fusion of locally ubiquitous foods with non-ubiquitous ones; essentially, it's the globalization of food. For example, in North America, fusebiquity could be used to describe a grilled cheese sandwich that has Aleppo peppers inside, or a salad topped with nori. It's where locally common food meets uncommon food, and a new dish emerges.

Fusebiquity describes the process of fusing cuisines together, and as consumers are becoming increasingly adventurous and seeking out new experiences, it's no wonder that this is gaining traction. People are straying away from standard, tried-and-true menu items in favour of plant-based

alternatives, functional ingredients and, now, fusebiquity.

How Can You Capitalize on Fusebiquity?

Fusebiquity probably won't present a drastic change to your current food offerings or repertoire: It's simply a way of experimenting with other cuisines and melding them into your own. At its core, it literally refers to putting a spin on something that is familiar and well liked. Many restaurants have already adopted this into their service, possibly without knowing the name behind the trend.

Restaurants, food service companies and home cooks can capitalize on this trend by adding something new to a favourite, ubiquitous recipe. For example, West African ingredients and spices like tamarind and moringa are predicted to trend in 2020. Adding tamarind paste into your favourite stir-fry or baked chicken recipe adds a complex sweet-and-sour taste, and an unexpected depth of flavour. Additionally, it elevates a tried-and-

true recipe, introducing new tastes to the diner's palate by using something that is totally out of the norm.

Fusebiquity can also exist simply as an uncommon topping or garnish on a dish, such as a stew or meat topped with sambal (a Sri Lankan chutney-like recipe), or roasted vegetables sprinkled with dukkah (an African spice-and-seed mixture).

What Is the Trajectory of Fusebiquity?

The funny thing is that what is considered "fusebiquitous" will be inherently dynamic; certain ingredient combinations that would have fit into this category a few years ago, for example, are now considered to be just...ubiquitous. Kimchi is a great example of this. On top of a burger or in a bowl, it added a totally new flavour to popular dishes and meals when

it first became trendy in North America. But kimchi and many other fermented foods have become so widespread that they cannot be considered uncommon or scarce anymore.

For this reason, fusebiquity will see constant alterations to its definition. We can predict what will be involved in 2020, but the future beyond that is pretty foggy, as is the case with trends, culinary trends in particular.

The year 2020 will see the rise in West African cuisine, as discussed, as well as Sri Lankan and Vietnamese flavours and dishes. We can predict that we will see ingredients and recipes from these cultures—such as lemon grass, okra, egusi seeds, moringa and more—incorporated into fusebiquitous meals next year.

Fusebiquity can also refer to a fusion of cooking methods, as well as ingredients. Wood-fired, or open flame, cooking has seen increased popularity in the past couple of years, in restaurants and dining experiences. This method of cooking itself is a fusion of cuisines and cultures.

Whether we realize it or not, our world is becoming increasingly intertwined and the culinary industry has seen many effects of this change. Cuisines have inevitably become infiltrated with foreign flavours, even if you are not actively seeking out new, rare ingredients. Seeing the fusion of vastly differing cultures through food is both a fascinating and a delicious experience. In my opinion, it's a trend worth following. **H**

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NO SMALL POTATOES

How the Yukon Gold came to be.

BY ALEXANDER YORK VON SIVERS,
YUKON GOLD POTATO ARCHIVIST

It was the Incas who first introduced the *yema de huevo*, or “yolk of egg,” as an edible treat.

It was former first lady Hillary Clinton who attracted unexpected publicity when she incorrectly stated that everything on the White House state dinner menu was American. It was an astute *New York Times* food editor who knew better.

And it was Mr. Bowers, a former principal from Fergus, Ontario, who strongly encouraged a young man to take advantage of a Veterans Affairs Canada sponsorship and return to college. In the fall of 1949, Gary Johnston enrolled at the Ontario Agricultural College.

Johnston flourished and became a reputable, brilliant University of Guelph potato scientist who created a potato with a brand recognition on par with BlackBerry. His potato was the first branded vegetable that shoppers would ask for by name and countless food editors and chefs developed a deep loyalty for.

Known in lab-speak as G6666, the Yukon potato cross took place in

fall 1966. It was the unprecedented 66th trial in the year of 1966. I can only imagine what it must have felt like when Johnston harvested and tasted his first sample. It must have been a genuine eureka moment, though it would take another 14 years to reach the marketplace.

In November 1980, Johnston’s experimental Yukon Gold finally received the vital federal government registration number necessary for market launch. Johnston wrote several articles for American magazines and, coincidentally, *Harrowsmith* (“There’s Gold in Them Hills”). Consumers generally preferred the white potato that they were long familiar with, so Johnston did double duty, educating the public on the greatness of his mighty Yukon.

If only Johnston could have experienced the moment of acceptance when Hollywood chef Wolfgang Puck brought out 1,400 baked Yukon Golds wrapped in gold foil at the Oscars’ Governors Ball. Topped with caviar to satiate

the hungry stars, it was an Oscar-worthy potato deserving of a standing ovation.

Maybe a future prime minister will break with tradition and award Gary Johnston a posthumous Order of Canada. We should never forget our achievers—his Yukon Gold branding was no small potatoes.

The Yukon story should be documented in every Canadian high school, college and university textbook to inspire the next generation of innovators and risk takers. Few scientists achieve this level of success. **H**

Alexander York von Sivers is an international media researcher specializing in innovation. His father, Hans von Sivers, was a laboratory technician with Garnet “Gary” Johnston at the University of Guelph. He wishes to thank former White House executive chef Walter Scheib for his steady support. Scheib inspired and motivated him to archive Gary Johnston’s amazing Yukon story.

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Why We Love

NEWFOUNDLAND

A cod-tongue, puffin-chasing, screeched-in caper.

TEXT AND PHOTOGRAPHS BY JULES TORTI

Planning a trip to Newfoundland requires some restraint. I’m not talking about budget, but geography. If you are too starry eyed in your itinerary plotting, the province will become a blurred landscape in your rear-view mirror as you log countless miles on the Trans-Canada.

A tempered itinerary will allow you to experience the painter’s landscape of metallic lakes, wind-bent tuckamores and sun-beaten fishing sheds. You can actually feel the tectonic shift from the precipitous cliffs of the east to the glacier-scraped miles dotted with “erratics” (boulders scattered haphazardly across the land from the ice age).

It’s important to refine what you’d like to chase: icebergs? puffins? lighthouses? whales? My wife and I were lucky enough to catch the last four puffins holding ground in Elliston on September 9, 2019. It was a crisp 8 degrees, with an angry wind that blew our conversation away. But observing the presence of these flyweights (puffins barely tip the scales at a fluffy 500 grams) was the penultimate on our trip. I can’t imagine the crowds



Cape Spear's 360-degree views.

(both human and puffin) that jam in for the annual July festival, but it would be fun to be caught up in the fever pitch. Nearby gift shops hawk puffin everything, from toques to salt and pepper shakers and, naturally, puffin poop (chocolate-covered nuts). The Puffin Café is a necessary stop for whatever you might fancy, as the menu jumps from deep-fried cod tongues to puffin-sized wedges of carrot cake. It should be noted that the café follows the same schedule as the puffins, and when they migrate south to North Carolina, the owners hunker down too.

Land Roving

Let's crunch some numbers. Newfoundland is a surprising 405,212 square km, while Alberta covers an area of 661,848 square km. For Islanders wondering how P.E.I. fits into the puzzle, the Island's land size is 5,660 square km. With that scale in mind, 2 weeks in Newfoundland can involve a few figure eights and some backtracking

because of the limited road system through the interior—which is why we decided to leave Gros Morne National Park (western Newfoundland) until next time. Instead, we chose to visit Ms. Congeniality (Fogo Island) and southern France. Clarification: Fortune, Newfoundland, is just 29 miles (a 55-minute ferry ride) from the French territory of St. Pierre and Miquelon. Kim and I agreed that it was a necessary detour for authentic croissants and vino, despite the steep Euro and forecast: *Il pleuvait*. (Ten years of French classes and I can only remember a few colours and “It was raining.”)

Icebergs

Late May and early June are prime time for cruising bergs, but just like autumn leaves, Toronto road construction or monarch migrations, there can be delays. A little-known service and valuable resource can be found in the Canadian Ice Service, a division of the Meteorological Service of Canada. Its mission is to

provide the most accurate and timely information on ice and icebergs in Canada's navigable waters, from the Bering Strait to the Great Lakes to Newfoundland's Iceberg Alley.

If all else fails, Iceberg Beer is readily available year-round in the province. Quidi Vidi Brewing Co. capitalized on the iceberg craze with a lager that's quickly recognized by its signature indigo blue bottle and 25,000-year-old iceberg water addition. But don't limit your tastings to such vintage pours! The brewery's drop-dead location in The Gut, the affectionate name of Quidi Vidi Village, can be reached via a serpentine trail from downtown St. John's. The hour-long hike following the Lower Battery Trail to Parks Canada's Ladies' Lookout Trail to the village is quickly rewarded with a 16-tap selection. Buy a flight for \$10, then take in the live music and the heart-breaker view. Recommended: Bogs & Barrens Bakeapple (bakeapples are also known as cloudberries). The brewery





Bakeapple beer at Quidi Vidi Brewery.



A painted rock, on The Rock, Fogo Island.

is so civilized that they encourage purchasing lunch from the food truck outside or bringing your catch of the day in.

After proper hydration, it's necessary to visit the nearby local artist incubator at Quidi Vidi Village Plantation and poke around the open studios. Look for John Andrews' linocuts and his interpretation of puffins and seagulls as regal royalty. Curious about carving spoons with an axe and scalpel? Spend some time among the cherry-and-maple shavings at Spúnóg. The artists' media cover the spectrum, right down to bean-to-bar chocolates laced with hot chili peppers and dredged in dill.

Hunger Games

Be forewarned, there are sections of the interior and coastlines that will have you wishing you ate another poached pear and fruit-studded muffin at your B&B! By Day 5, Kim and I learned to top up our rental Jeep's gas tank at

every chance, and fuel ourselves up when (and if) an opportunity presented itself. We learned to travel with a half dozen boiled eggs and Clif bars, like contemporary pioneers. We passed several dew worm vending machines, but there were *loooong* and hungry stretches void of even a chip hut or tiny diner serving eggs over easy. When we did find a variety store, we lingered, marvelling at all the variety that was on hand! I was reminded of my days at Camp Walden and the not-so-famous "Three Blob Lunches," which consisted of a scoop each of egg salad, tuna salad and potato salad. Most grocery stores had Three Blob Lunches to go and turkey dinners with all the fixings. Distracted by the crazy inventory that included everything from duck blinds and blood sausage links to monument flowers and stovepipes (rubber boots), we also found "stew bags" for \$4. Brilliant! Four bucks netted us a whole turnip, a small

cabbage, a few potatoes and couple of carrots.

Cod Got Your Tongue?

Most often, we grabbed enough goods for breakfast and lunch on the run but were sure to fill in the gaps with the Newfoundland staples that were insisted upon, like cod tongues. Who knew that fish had tongues as big as ours? A non-expert might think that the tongues—deep fried to oblivion and doused in tartar—were from the mushroom family or maybe calamari. We preferred the cod's body instead, especially as fish tacos served with a pile of slaw.

Jiggs' Dinner?

Also known as a boiled dinner or cooked dinner, it's a major Sunday event. So named after a comic strip character in the early 1900s (*Bringing Up Father*), Jiggs' is an undertaking. It has its variables, but here's the common ground:



Along the Cape Shore Trail to the Cape Bonavista Lighthouse.



The Terry Fox monument at Mile 0, in St. John's.

corned beef brisket, cabbage, yellow turnip, yellow split peas, an entire uncut carrot, potatoes, salt beef *and* blueberry duff (though, traditionally, a figgy duff, which has no figs at all, but raisins, instead). The duff is a steamed pudding that tastes much like a very wet pancake, all topped with gravy (also of great controversy: to gravy or not?). Finding the Jiggs' dinner might be your greatest adventure. We accidentally ended up renting a cottage in Terra Nova the same weekend as the Explorers RV Club annual jamboree. The owners of Terra Nova Hospitality Cabins (and RV park) apologized profusely and insisted we enjoy a Jiggs' on them. It's not often found on menus, though more touristy locations that cater to groups will organize one with a "screech-in" ceremony.

Screeching Halt

There's a singular rite of passage enforced upon visitors (that's

always enthusiastically received). The screech-in ceremony involves a shot of screech (rum), a tall tale by the host, a recitation, sometimes a piece of bologna ("Newfie steak") and definitely a smooch with a frozen cod.

Here's what you need to do:

In St. John's, reserve a spot at Christian's on George Street for \$20—there are two or three ceremonies a day. It's a notable and historic location, as Anthony Bourdain filmed an episode of *Parts Unknown* here in 2018. Chef Lynn Crawford was also screeched-in at Christian's. Unsure of the whole affair being too tacky? A tourist trap? Just like kissing the Blarney Stone in Ireland, it's history, heritage and a legacy all in one gulp. Plus, you get a certificate, if your office wall is in need of some impressive credentials.

A true-blue Newfoundlander officiates the ceremony, and the creativity knows no end. You may

have to place your foot in a bucket of salt water or kiss the bum of a rubber puffin. Just like the Jiggs' dinner, it's an ongoing surprise.

Scrunchions

Despite sounding like something you tie up a ponytail with, scrunchions are bite-sized bits of pork back fat, fried up and served with equally fried cod tongues. The scrunchions are like bacon bouillon cubes: super-concentrated hits of pork that can elevate your heart rate to hummingbird level in no time!

Kim and I hit our deep-fried quota early on and were nearly shamed for not trying toutons (pronounced *tow-tons*), deep-fried dough drizzled in molasses. Yes, this is a deep-fried province. You'll be dreaming of spinach and oats, but you should still allow for brunch at Mallard Cottage, the cozy 18th-century Irish-Newfoundland vernacular-style cottage in Quidi Vidi. Have the cod cakes, order



The dramatic and imposing Fogo Island Inn.

the hash skillet and a witbier—everything is divine and the “feel” makes you want to stay long enough that you can eat all over again.

Sleep In

We slept every which way—at the fancy-pants harbour-view Alt Hotel in St. John’s, in a canvas tent, an Airbnb bunkhouse, a B&B, a two-bedroom cottage, a one-bedroom house, a boutique Queen Anne Revival house/hotel and an oceanfront cabin on Fogo. You must book in advance here, especially if you are chasing puffins and icebergs!

Recommended: The Painted Fish B&B in Hatchet Cove is a true sanctuary. Steep in a hot bath and soak in the sunrise. This place is designed for staring—it would be a shame to distract from the view and read a book! Play some old vinyl by the wood stove and watch bald eagles cruise by. In the morning, enjoy individual cast-iron omelettes and delightful conversation with Darlene and Neville, the consummate hosts. Or have a snuggle with Bailey and Jake, their doting dogs (and sometimes sock burglars).

On Fogo, book the Cabin by the Canal, in lieu of meditation classes. A two-night stay is the equivalent of several yoga sessions, I’m sure. The DIY paint studio was an unexpected and fun distraction on a foggy night.

Put the kettle on and release your creative hounds on a rock, then add it to the growing painted-rock collection on the back deck. Be sure to visit the Fogo Island Inn (with reservations) for a fireside cocktail (like the 49° 54° collaboration brew by Beau’s, made with local partridge berries, sea salt, torrifed birchbark and island “myrrh”). You might land at just the right time to meet Make and Break, the affable 150-pound Newfoundland dog ambassadors of the inn.

Must: ‘Ome Sweet ‘Ome is worth all the hype and dollars (and drive). Yes, it’s just a canvas tent, but it’s curated every which way, right down to the cinnamon sticks and tea bags in the morn. We stayed here on the night of the full moon and burned a bundle of firewood listening to the ethereal call of loons across the cove. There are piles of quilts (and a propane heater for the frostier nights). Trust me, coffee in the morning will never taste so satisfying. The not-for-profit social enterprise, founded by actor and comedian Shaun Majumder (from Burlington, Newfoundland), has helped boost a sustainable local microeconomy. The tents really are a magical slice of real estate. If you prefer walls, the Ome Pod will keep you snug too. Don’t leave without hiking the Dorset Trail in

Smith’s Harbour. It’s like walking on a Casper mattress! The lichens and moss and jewel-like partridge berries make this trail feel totally fairy tale.

What Else?

We simply ran out of days to hike more trails and eat more cod tacos. The Skerwink Trail in Trinity East is unforgettable. The Port Rexton Brewery is undiluted cool. On Fogo, you have to drive at a turtle’s pace through Tilting to properly absorb the National Historic Site and 18th-century Irish settlement. You’ll feel transported back in time. Don’t miss the Terry Fox memorial in St. John’s; Fox began his Marathon of Hope here, at Mile Zero. And, if you can pry your eyes from the puffins, the historic root cellars of Elliston are a marvel. In fact, Elliston is the “Root Cellar Capital of the World,” with hundreds of man-made frost-free cellars hidden in the hills.

There’s so much to love about Newfoundland. When you come from away, you wonder how you can worm your way in and stay for good. But if you must leave, take in the best send-off with Canada’s first glimpse of sunrise at Cape Spear. **H**



GOAT SHMURGLING in Port Hope, Ontario

We're not kidding around!

BY LISA MACHADO

LISA MACHADO

If you have ever wanted to “shmurgle” a goat, this Port Hope, Ontario, farm can make it happen.

Ask Debbie Nightingale why goats are a big deal, and she’ll tell you that they are magical.

“Anyone who has spent time with a goat will tell you that they have their own special magic,” says Nightingale, co-owner of Haute Goat Farm. “If you are feeling down, all you need to do is shmurgle a baby goat and you feel so much better. It sounds silly, but it’s true.”

Goat shmurgling, also known as cuddling, snuggling, kissing and hugging a goat, has been both her passion and her business for decades.

It all began with a thriving Campbellford, Ontario-based business selling a hand, foot and cuticle moisturizer made from the raw goat’s milk from the Nigerian Dwarf goats that lived on her farm. Then, in 2015, Nightingale and her husband, Shain Jeffe, moved to Port Hope, bringing their animals with them, which in addition to the goats—like LuLu Belle, Saffron, Doodle and Feta, just to name a few—included Lucy the donkey, as well as chickens and two sleek Icelandic horses. They found that when they told people about their collection of animals, there was a lot of interest in visiting the farm, especially in meeting the goats.

“We began inviting people and they came,” Nightingale says. “And then more people came and still more people. It was a bit of a surprise that spending time with goats would be a thing, but it turns out that it was.”

She says that it didn’t take long for her and Jeffe to realize they weren’t the only ones who adored goats. This provided the inspiration for Haute Goat Farm, a place offering unique farm experiences



that include goat shmurgling, goat yoga, spending healing time with horses, as well the opportunity to groom and walk with alpacas.

With more than 32,000 visitors annually, some coming from as far as Korea and Abu Dhabi, Nightingale and Jeffe expanded the farm, which also offers corporate team-building events, last May to include a store that sells everything goat, from goat cheese and various creams, lip balms and bath bombs made with goat’s milk to cute stuffed goats. The alpacas are also represented

by woollen socks, dryer balls and insoles, all made from alpaca wool.

“A lot of what you can get here is sourced from our farm,” says Nightingale, adding that people like the fact that they know where what they are buying comes from, and that their money is going to support a business that runs sustainably and with a commitment to making sure that the animals are cared for and loved.

The expansion also included the addition of Screaming Goat Café, run by chefs Rob Hogg and



"It's a lot of work, but this farm brings so much joy and happiness to people. It's pretty great seeing people connect with the animals and experience the country, and I love that we are the ones bringing that to them."

Alicia Ricci. Lined with long picnic tables that capture a sense of being in the country, the café features an open grill that allows guests to see (and smell) their meals as they come together deliciously. While visitors will find it difficult to choose just one thing from the menu, Nightingale says that the La Mancha grilled cheese, made with the farm's own fresh goat cheese, is a huge favourite.

"People come back just for our grilled cheese," she says. "And yes, it is pretty amazing."

While Nightingale notes how all-consuming running a farm can be, she says that each season brings volunteers, as many as eight in the summer and two or more in the winter, to help with the day-to-day chores, such as feeding the animals. Some volunteers stay for a short time, while others come and never leave, like Christine Sutton

and Laurel Anchor, who have been helping out for several years.

"We love it here," says Sutton. "When we first came to the farm, we weren't sure what we could help with. I don't think Debbie was sure either. But we easily found little jobs. And that was 4 years ago."

Nightingale is in love too.

"It's a lot of work, but this farm brings so much joy and happiness to people," she says. "It's pretty great seeing people connect with the animals and experience the country, and I love that we are the ones bringing that to them." **H**

.....
To book a shmurgling adventure or experience a one-of-a-kind grilled cheese at Haute Goat Farm, visit hautegoat.com.



TOKYO, タンポン AND JONI MITCHELL

THE SURPRISE MEETING OF TWO CANUCKS IN A CUBICLE.

BY BETH LISCHERON

It's a rare day when you meet your muse.

In this case, it was May 1988 in Tokyo. That said, if it was Tokyo in May, it was raining. An appropriate setting for *Chalk Mark in a Rainstorm*, although there was nothing ephemeral about what we were about to see.

Joni Mitchell was in town to promote the album's release, but this was special: She had actually come to open an exclusive exhibition of her paintings. My colleague, photographer Robert McLeod, and I shook out our umbrellas in the foyer of the chic Shibuya Parco department store and were directed into a packed conference room, where (I noticed) we were the sole non-Japanese folks in the place. We were there for the *Japan Times*, but this was no ordinary gig for me.

Joni, whose album *Blue* transported my teenage romantic self to the peaks and depths of my poetic soul, whose "Don Juan's Reckless Daughter" was a musical banquet that inspired and fed me, on so many levels and for so many decades now. Compound all that music and poetry with the serendipity of being uprooted from

my beloved friends in England at age 16 to move to Saskatoon, Saskatche-*what?* To the same high school Joni Mitchell had walked to some 15 years previously. We shared overlapping teachers even, and stories of Joni floated the streets of the 'Toon. She was legendary even then.

The sudden hush announced that she'd arrived, with a small entourage of sponsors, assistants and husband, bassist Larry Klein. They settled at the table, Joni smiling rather shyly as she lit up a Marlboro, and the questions began. Time whistled by like wind across a wheat field, and we were invited downstairs to see the actual exhibition, *Eclection*. It was composed of 18 or so mainly huge canvases, including a life-size portrait of herself and Klein, posed cheek to cheek, titled *Solid Love*.

Robert and I were getting into the elevator when I decided to nip out to the ladies' room down the hall. I pushed open the door, only to find Joni's assistant standing at the basin. We were chatting away when *that* familiar voice came from one of the cubicles. "Hey! Who's that Canuck? I'd recognize those diphthongs anywhere!" It was Joni. She emerged from a stall,

frustrated. "Damn, do either of you have a tampon? I've just started!"

"Leave it to me!" I insisted. I returned somewhat damper after a quick run to the nearest pharmacy to find Robert posing Joni and Larry, cheek to cheek in front of the iconic portrait. She was watching out for me, and I gave her the thumbs-up. As only a woman in "that state" can, she zipped across the room, grabbed my hand and we (I kid you not) *skipped* to the nearest ladies' room, singing "*skip to the loo my darling*."

Put it down to the champagne? Nah, just a couple of Canuck sisters from the 'Toon, hamming it up far, far away from home. One way or another, we'd dealt with today's blood, poetic or otherwise. Women's Business.

P.S.: Dear Joni, you probably don't remember that day, and I hope you won't mind me sharing it. We're old ladies now (with no need of such devices), and I figured that since you had the (ahem) balls to print the F-word and yourself in the buff on For the Roses, you wouldn't mind. That was a really great day. With love and thanks for everything, Beth. H

TRUE CONFESSIONS FROM
THE NINTH CONCESSION

RETIREMENT ADVICE FOR THE SELF-EMPLOYED LANDOWNER

By Dan Needles



As a country person ages, there is a temptation to imagine the approach of a quiet and graceful retirement: long, dreamy summer afternoons napping in the porch swing while grandchildren romp in the yard. That might be a happy possibility for the hedge fund manager in a condo beside the golf course on the edge of town, but not here, not for a freelancer and a farmer like myself.

First of all, we do have a porch swing, but the dogs get to it long before I do. Second, there are no grandchildren in sight because my sons are wary of entanglements and I have defended my daughters so vigorously over the last 2 decades that they have decided to keep dogs instead of husbands. I am now blindly throwing my daughters at every man that passes by.

The third complication is a barnyard full of sheep, chickens, donkeys and pigs and a rooster that crows every morning at dawn. Waking up to a rooster's crow has a natural, organic feel to it, and I used to enjoy being pulled gently from slumber by his joyful cry. The trouble is, the rooster also wakes my wife's donkey, Maggie, who is a very different sort of alarm clock. A donkey shrieking under your bedroom window at first light does not wake you up in places, like the rooster. It wakes you up all over. After being jolted upright by one of Maggie's stentorian moose calls, I experience 8 hours of the most wide-awakeness I have known since my days in naval cadets.

Morning chores leave me wobbly and winded by breakfast. Then the day begins, for freelance writers never know when to stop. None of us gets a letter from the vice-president on the management floor, saying, "We regret your skill set does not meet our present needs and your services are no longer required." I once tried writing a letter like that to myself, but there was no out-placement team to escort me to the curb. Age 65 came and went without a gold watch or a cake or any of those earnest speeches assuring me how much I would be missed. The phone just kept ringing with more deadlines from determined editors. People continued to corner me in the supermarket and demand to know what I had done lately.

My dad was a Shakespearean actor who remained onstage until he was 86. I was surprised when he suddenly decided to pack it in, because even at that age he could still remember lines and trudge around in costume. It was actually cheaper to get him to play old guys, because he didn't need makeup. But he claimed it was "very hard on the young

people." He said, "I come out onstage and the play just suddenly stops. You hear people whispering all over the auditorium 'I thought he was dead!'" So Pop hung up his tights and went home, as he put it, "to sit on my veranda and die." Except he didn't. He lasted another 11 years without any noticeable change.

People tell me I have good genes. Nearly all of my ancestors smoked, drank vodka tonics, ate red meat and lived without serious ailments until they were well into their 90s. My father might still be with us today if he hadn't taken every meal at Swiss Chalet from the day it opened in 1953. He was a lifelong hypochondriac and started hanging on to the furniture when he was in his 50s. He wore out several doctors, visiting them every week to report some pop or gurgle his body had just made. He insisted he had never really felt well since that bout of Spanish flu he picked up as an infant in 1919. No MRI ever revealed anything wrong with him and he carried on doing his crosswords every morning, feeding his birds and going up to the theatre to run lines

2020 SEASON

AIRBORNE: THE LIFE AND LEGACY OF LORNA BRAY

Written by Gil Garratt, Kelly McIntosh, Beth Kates

World Premiere | June 10 to August 8 | The true, soaring story of a young woman born in Blyth in 1931, who would take to the skies and redefine who could and couldn't be a pilot in Canada.

LIARS AT A FUNERAL

Written by Sophia Fabiilli

World Premiere | June 10 to August 8 | All Mavis wanted was to get her whole family in one room to finally sort some things out. And if she has to fake her own funeral to do it, so be it. A hilarious comedy that really puts the fun in funeral.

FAIR PLAY

Written by Dan Needles

World Premiere | July 17 to September 3 | Twenty years after *The Team on the Hill*, we return to the Ransier family farm, where Larry's cash crop operation keeps growing, but all is not well in Persephone Township.

HOW I MET MY HUSBAND

Written by Alice Munro | August 29 to September 3

Set just outside Blyth in the 1950s, the play follows a young woman named Edie who, after flunking out of high school, goes to work as a domestic servant. It's a moving, nostalgic, and humorous play about the love we seek and the love that ultimately finds us.

PLAYING WITH FIRE: THE THEO FLEURY STORY

Written by Kirstie McLellan Day | September 9 to 26

The inspiring, rough and ready story of a Canadian champion who held the Stanley Cup, and battled private demons. A tour de force portrait of a hero on skates.

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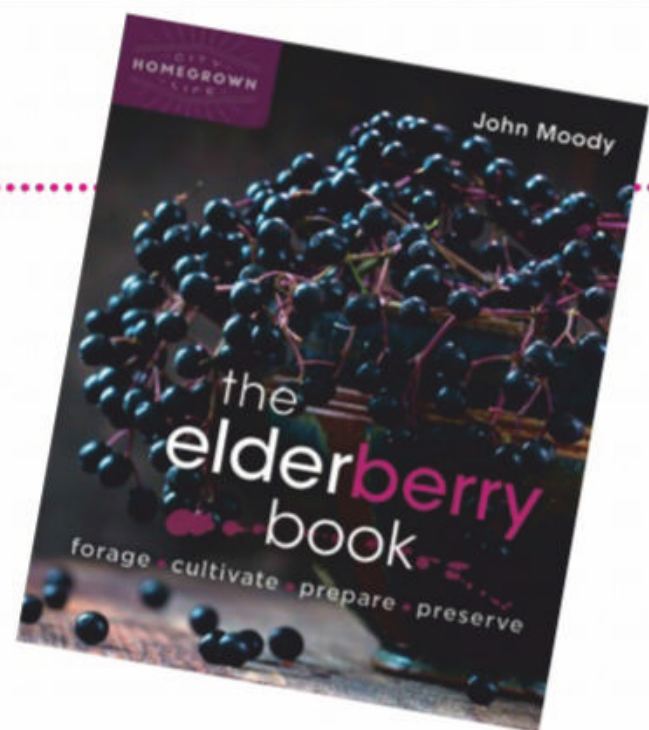


BLYTH
FESTIVAL
original.canadian.theatre.

with young actors in the green room.
And one day his heart just stopped.

I hope this is my fate. I have organized the feeding program here so that I no longer press-gang the children and their friends into slugging square bales from the fields. A young cash cropper neighbour delivers all the hay I need with a giant tractor and builds a stack that the sheep munch through all winter without me having to do much more than cut strings. I believe this is the secret to agriculture for seniors. Let everybody else, including the animals, do as much of the work as possible, but don't start hanging on to the furniture.

Keep moving. Meet deadlines. Don't limp. Look after the life around you like a good steward of the manifold grace of God, and never, ever turn your back on the ram. **H**

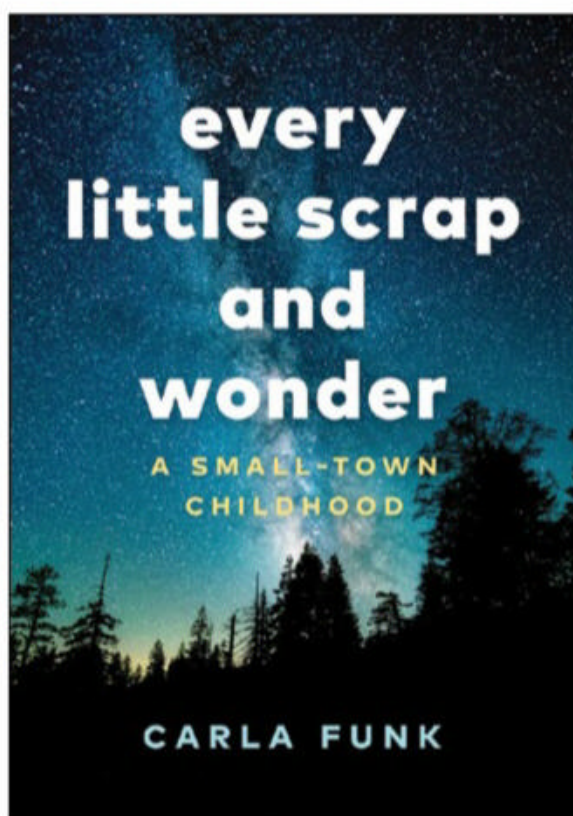


Every good book deserves a cup of tea, and vice versa. Tell us which famous Canadian you'd love to share a teapot and rainy afternoon with for a chance to win a copy of *The Elderberry Book: Forage, Cultivate, Prepare, Preserve* by John Moody (New Society Publishers). Send your entry to contests@harrowsmithmag.com.

BOOKSHELF

What's keeping us up at night.

BY JULES TORTI



Every Little Scrap and Wonder: A Small-Town Childhood

By Carla Funk
(Greystone Books, 2019)

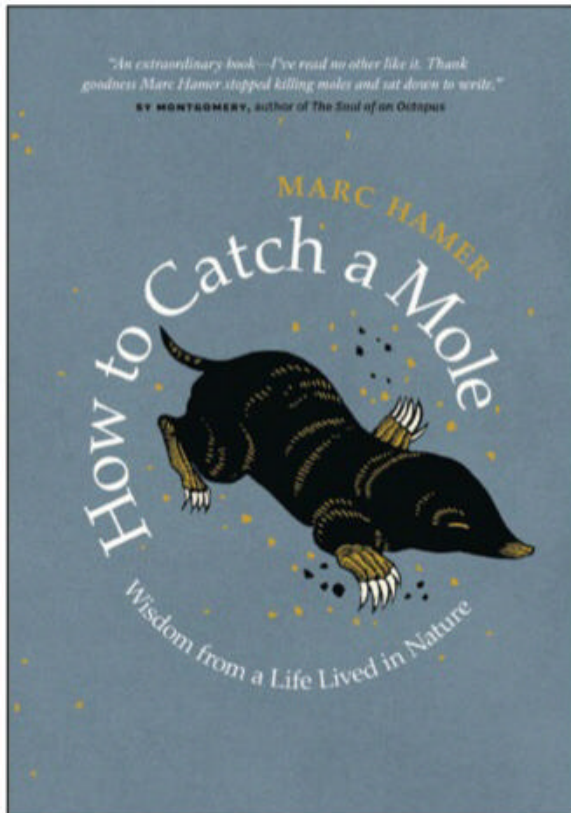
There are simply some books that you inadvertently read out loud to whoever is closest—cat or human. I found myself having a giant laugh and then being unable to resist sharing long passages of Carla Funk's memoir. Though I worried that the religious overtones might be off-putting, they make sense and are vital, as Funk's childhood spun tightly around the Mennonite church in Vanderhoof, British Columbia, one of the earliest Mennonite settlements in the province.

There's no such thing as a normal day—this was never an option with the full-tilt imagination and rebel-rouser ways that make Funk tick. Her kid-mind narrative on "Butcher Day" and observing a pig being "unzipped" is glibber, gristle and guts, but you want to be there, hanging on to her shirt sleeve. She makes her dad's beloved "schmaltz" ("pig butter" or, less technically, the bottom of the tub of lard) almost appetizing when fried up crisp in a pan.

Her account of the First Annual Ping-Pong Ball Drop in their village will be the story you retell to friends. This is the one that will convince them to read *Every Little Scrap and Wonder*. A helicopter dumps thousands of Ping-Pong balls into the Co-op parking lot, with the promise of prizes galore for specially marked balls. The chapter is a riot and Funk's excitement reaches a fever pitch. It's contagious.

Funk is a wild card, all scraped knees, stolen smears of lipstick, angsty diary entries and admirable resilience. Whether she is revisiting her 4-H lamb experience, learning how to type, playing football with a pig's bladder or just recounting a routine night around the dinner table, Funk's questioning of tradition is at a constant hum.

It's not surprising that Funk is the author of five books of poetry. This same grace and agility with words continues in her marvellous memoir.



How to Catch a Mole: Wisdom from a Life Lived in Nature

By Mark Hamer
(Greystone Books, 2019)

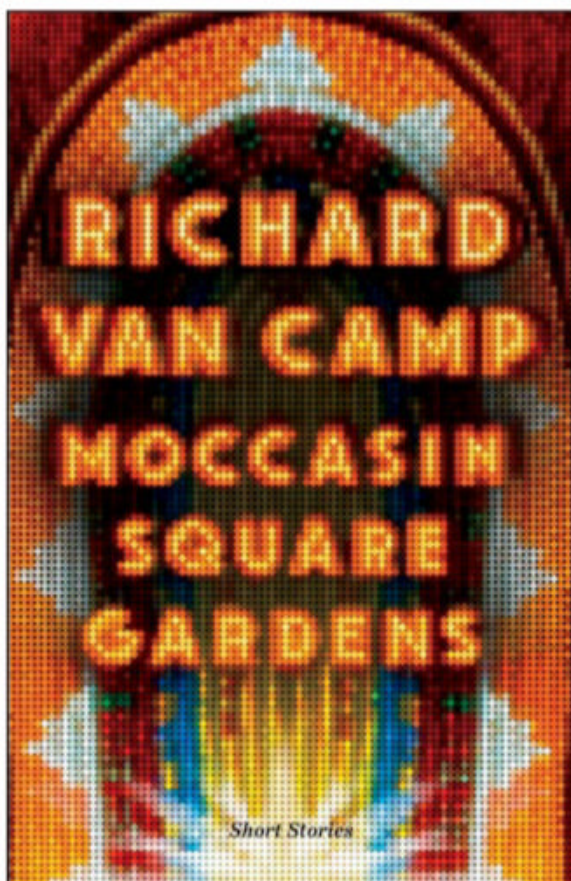
Just like how Hemingway's *Green Hills of Africa* made me want to drink whisky and eat skewers of antelope around the last licks of a fire, Mark Hamer's memoir instilled a similar desire to be a mole catcher and simpatico with life underground.

There's never been a more beautiful, oddly meditative book. It's as sweet as red velvet cake, and the prose (some of which is actual poetry) must be savoured as such. While the plot surprisingly (and successfully) does indeed revolve around catching moles (this is not an outward metaphor), there's a greater exploration of aging, fulfilment, regret and attachment. With gorgeous brevity, *How to Catch a Mole* is seemingly backlit like Kodachrome slides.

Expect lots of quirky tidbits on the sui generis nature of moles. Did you know they eat 20 kilos of worms a year? Or that on an average day they can tunnel 20 metres? Hamer's intimate knowledge of the mole's behaviour is David Attenborough-like. He knows their avoidance tactics and heightened sense of danger, detected in the sudden presence of oxygen in a tunnel. Breach! Comparing their tunnels to Earth's intestines, he treats readers to a fascinating examination of moleology, archaeology and an introduction to moles around the world.

For gardeners (who may sneer at the mention of moles), there's a beautiful observation of the seasons (life and earth) that will slow your steps. Hamer's life has been focused largely underground: He doesn't miss a beat with the insect world that alights on his neck and bare arms. He's deeply tuned into the dips in barometer and changing skies. Like the mole, his senses are equally heightened and his awareness of all things stationary and moving are to be rivalled.

How to Catch a Mole is the best book I've read this decade. It will catch your breath and make your heart pound a little faster. It's beyond precious.



Moccasin Square Gardens

By Richard Van Camp
(Douglas & McIntyre, 2019)

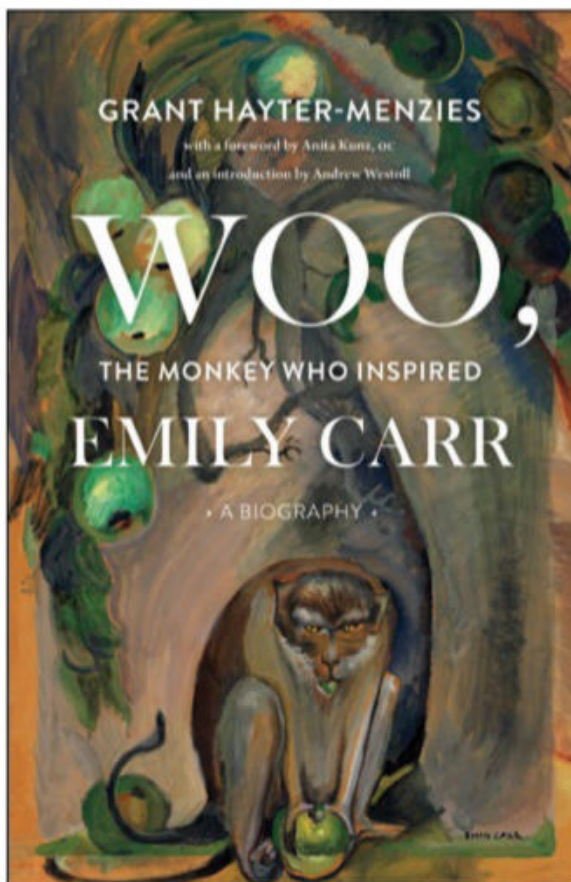
Richard Van Camp's talent lies deep in creating flawed but lovable characters. The sense of place he instills in his stories is palpable like no other. The Dogrib writer from the Dene Nation is quick to credit the tradition of oral storytelling as a bloodline in his work. Wherever you are sitting, you'll need to shake Fort Smith and the Northwest Territories out of your head before resuming normal conversation. He puts you smack dab there—you can smell the bannock, the bear grease and the trapped humidity in a ski suit.

When Van Camp describes Pop Rocks as "the ocean of science and strawberry fizz," you feel it. His version of 1986 and Halley's Comet, Mr. Mister and Galaga is like strapping in to the front seat of a time capsule.

He captures teen tension and dialogue so well that you might question his age, but the mature writing finesse that made his 1996

novel, *The Lesser Blessed*, a film adaptation shoo-in is evident. In *Moccasin Square Gardens*, readers will feel the weight of the generations in every short story. I wish I could drop in for tea with a few of the aunties and ask more, learn more. His characters are soul tired, addled by addictions yet hopeful. Dreams are being left behind, there's talk of hydroelectric dams, decreasing caribou populations—all the while, bingo and booze continue to be the bandage for many.

There's new lingo to smile at, like "Indian champagne" (cranberry juice and ginger ale), "Indian tuxedos" (black jeans and a moose-hide vest) and "Hawaiian Hotbox" (you'll see). Lessons are imparted; no story can be taken at face value with the looming shape-shifters and Sky People. Careful interpretation can be near magical, like watching supernatural flick *The Sixth Sense* for the very first time: There's that unchangeable moment at the end where you can't help but say aloud, "Oh, wow. So that's what was happening. I see what you've done there."



Woo, the Monkey Who Inspired Emily Carr: A Biography

By Grant Hayter-Menzies
(Douglas & McIntyre, 2019)

Emily Carr was indeed a product of her time, and her eccentric leanings were bone deep. She had a pet crow at age 15. Woo was a mere extension of her curiosities and admiration of the animal world. Her pets were not confined to the conventional dog, cat, fish.

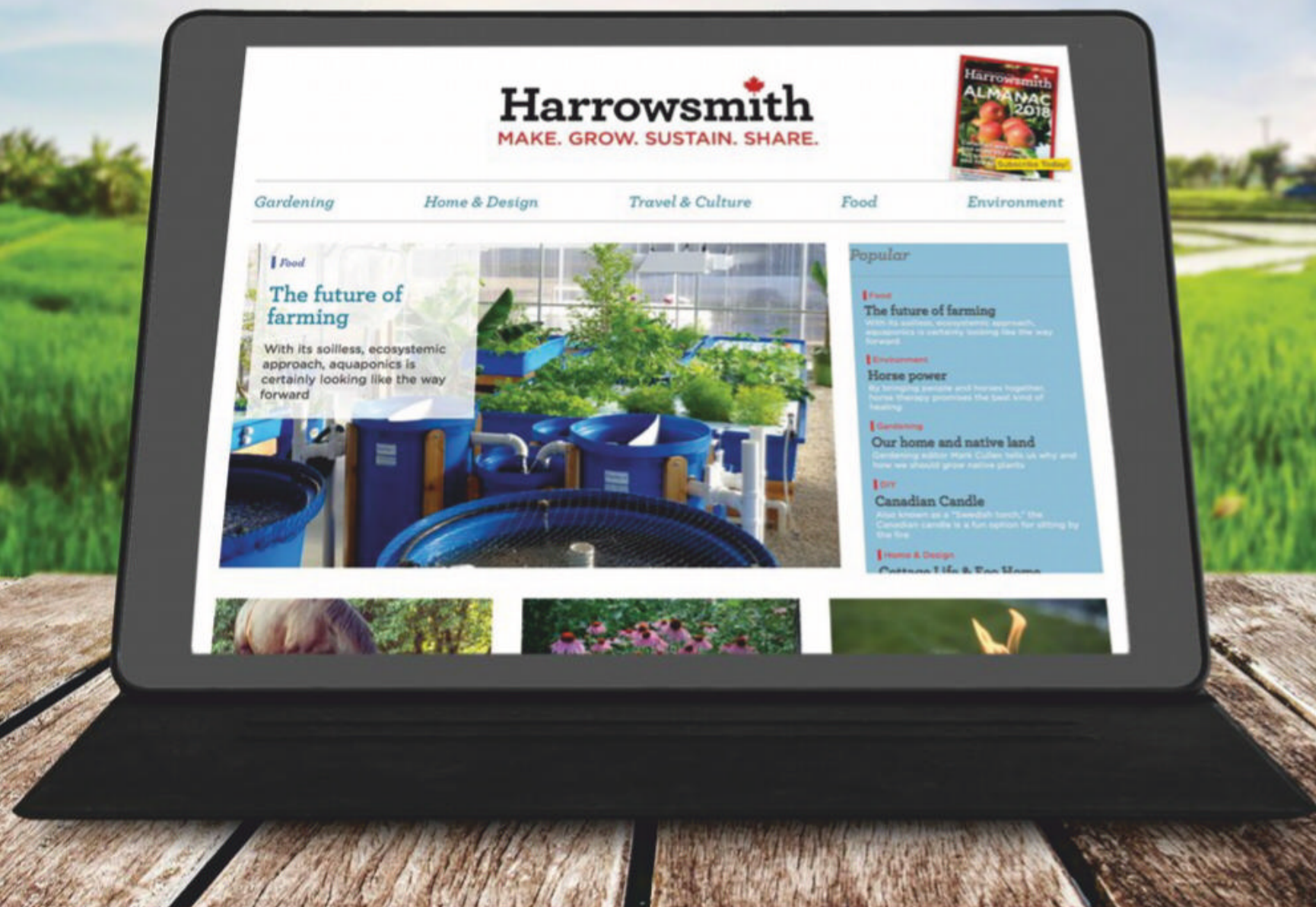
The anecdotes are charming, and I found myself referring to the healthy footnotes section because I wanted more, like the account of a friend who remembered Carr packing for a camping trip. Woo managed to assist by filling a suitcase with shoe insoles and discarded fruit. I can just imagine the daily parade around Carr's Victoria neighbourhood with Woo in a pram and her motley crew of dogs in tow. She was always a spectacle, as though her art and brushstrokes carried on from the canvas to the sidewalk.

There's a good chunk of Canadian primate history here, too, from the demise of the Stanley Park Zoo's Monkey House in Vancouver to the present-day, Jane Goodall-endorsed Story Book Farm Primate Sanctuary in Sunderland, Ontario. Story Book is where we meet 25-year-old Pockets Warhol, a capuchin monkey and former pet since infancy, who was surrendered by a B.C. woman unable to continue to care for him. Pockets is a painter in his own right and has become a Facebook phenom. He is one of the top-selling animal artists in the world, and his masterpieces help support the sanctuary. I think Carr would approve of the entrepreneurial move.

The intertwined story of Woo and Pockets offers a dynamic portrait of controversial human-animal relationships. Hayter-Menzies' theories and ideas are calculated and unapologetic. In between, his dedicated narrative fills the gaps in art history and the current mindset, painting an intriguing biography of one of Canada's greatest icons and the monkey she found solace in.

Hayter-Menzies is donating 40 percent of his royalties from Woo, the Monkey Who Inspired Emily Carr to Story Book Farm Primate Sanctuary. H

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Each issue, we showcase products, ideas and places that we know you'll love, too.

By Jules Torti



Crazy 8 Barn & Garden

The Crazy 8 Barn is just that—a crazy 8-sided barn that was built in the late 1890s in the municipality of Chatham-Kent, Ontario. In 2003, the barn was dismantled, as a century of seasons had taken its toll. The Savic family, who had owned the property since the 1950s, made a desperate plea in the *London Free Press*, hoping someone would be eager to rescue the barn. Susanne Spence Wilkins was game, since the barn was a nostalgic fixture of her childhood.

The barn was stored in transport trailers until 2011, when repair and construction began and continued steadily for 2 years. Wilkins' wish was to share the unusual barn in every possible experiential way—and she has accomplished that with a small café, ice cream bar, garden curio, ongoing seminar offerings and an acre of enchanting, accessible display gardens. She also sells preserves, honey, cider and reclaimed furniture. Those in the know go for the from-scratch oatmeal cookie ice cream sandwiches with a scoop of Port Stanley's Shaw's Dairy (and a jar of Grandad's Wedge Pickles to go). Open April 1 to December 24.

crazy8barn.com

Hurt Berry Farm's Smoked Chili Infused Bourbon Mash Maple Syrup

These guys pack a punch! If you want to elevate your pancakes in a non-GMO, fat-free, vegan, hyper-Canadian way, this fancy-pants local (Ontario), certified organic, grade A dark pure maple syrup is the answer. Coffee doesn't need to be the only hot thing on your brunch table—why not go piquant with a smoked chili and whisky-tinged addition? Hurt Berry founders Steve Best and Drew Jacobson are already well versed in small-batch hot sauces with honest branding: Hellbroth and Brain Strain, to name two.

“Hurt Berry” is a tongue-in-cheek play on the not-so-innocent chili pepper. For those who love the coupling of smoky and spicy, this syrup knows no boundaries. In fact, these guys are hoping that everyone will rethink hot sauce. It's not a mere triple-dog-dare threat, and it shouldn't be categorized as just a condiment—it's a valuable cooking ingredient that can jump from grilled salmon to pork tenderloin to French toast. Steve and Drew had both worked as chefs in high-volume restaurants and were missing customer interaction. Now they are frequently spotted at Ontario festivals, farmers' markets and breweries. You can also find their products online. Once you lace your overnight oats with the chili and bourbon mash syrup, you'll be their next fire-breathing ambassador.

hurtberryfarm.com



Bin There Campground

Fifteen minutes from Moosejaw, Saskatchewan, you can jump up and down on a queen-size bed inside a converted metal grain bin. Jumping's not actually encouraged, but how cool is this idea? It doesn't get more authentically Prairie than sleeping in an old grain bin! The bins are tricked out with air conditioning, heat and skylights, to boot, definitely putting the punky ol' pup tent on the back burner. There's a catch-and-release trout pond, too, and s'mores pans at the ready for a little bonfire "Kumbaya."

Founders Julie and Dennis Hilling have generated exceptional buzz with their unconventional concept. When they opted for Freedom 55 in 2015, the couple sold off most of their farming equipment. However, their six grain bins were an obstacle, as they were cemented in the ground. The popularity of agritourism has certainly helped support their genius retirement plan. Bin There's pet-friendly, two-bedroom (two level)



accommodations are educational and pure fun. The old seed-cleaning plant has been flipped into an event space, and they have RV and tenting spots available too. But who could resist sleeping in a grain bin? I hope they make T-shirts, pronto. Bin there, done that.

bintherecampground.com

Yeti Hopper M30 Soft Cooler

Founded in 2006 by Texas bros Roy and Ryan Seiders, the Yeti brand has made the generic cooler a coveted item. The Yeti Nation is comprised of die-hard fishermen (like the Seiders), tailgaters, cowboys, tiny-house dwellers, and campers looking for a solution to wieners floating in water within a few hours. Yes, there's a big, fancy price tag attached, but this Hopper can hold a superior amount of ice: 28 pounds! Or 20 cans of glacier-cold beer (with a two-to-one ratio of ice to can). An ambulatory horse veterinarian praised the cooler's durability and thermal retention for keeping vital vaccines and meds at required temperatures. The soft cooler allows for an easier pack when loading gear up in the back of an already jammed SUV.

The Hopper's dry hide exterior is as sleek as a seal and leak-proof. The HydroShield Technology magnetic closure will keep pesky raccoon paws out. Ask around: Anyone who has camped at a provincial park has probably had an unsuccessful wildlife vs. (insert any legacy brand) cooler encounter. Featuring quick-release buckles (for sudden thirst) and a daisy chain for an adjustable shoulder strap (to avoid getting the cold shoulder), this cooler would be the stuff of



Harrison Ford's Mosquito Coast dreams. As author Paul Theroux suggested, "Any sufficiently advanced technology is indistinguishable from magic."

I'm sure the Seiders never expected their practical design to hook so many. The M30 Hopper has become a status symbol because Yeti gets it like a best friend. When the landscape and climate are unforgiving and unpredictable, you need your gear to be reliable. A cooler that shares the name with the abominable snowman is bound to be an ice breaker, wherever you land.

yeti.com



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THINGS WE LOVE

Pitched



Wouldn't it be great to be a host and not have to do any meal prep, dishes or laundry? What if your guests brought sleeping bags and their own bed? If you're intrigued by the idea of Airbnb but are less crazy about having strangers under your roof, let them stay outside, and make some healthy passive income in doing so!

The co-founders of Pitched, Olaf Dunn and Alan Young have capitalized on an idea that is win-win for campers and property owners alike. Together, the duo has a combined force of software engineering, strategic marketing, public relations and pup tent experience to lean on.

Dunn and Young tapped into the limited options of the current camping landscape. "You either have the provincial park systems that are currently overwhelmed, or private, heavily occupied KOA camping areas," explains Young. "We also wanted to bring unique camping experiences to those who were looking for something different. With so much private land available across Canada that is underutilized, it just made sense."

Anyone who actively camps in Ontario will know full well the stress and frenzy of booking primo campsites when they are released on our provincial park's website on February 1. Try booking in June, when site availability is spottier and most likely beside the public washroom or swing set with chains that need WD-40 in the worst way. Pitched has appeared on the scene at the overlap of two powerful movements: glamping and the gig economy. Can discriminating campers actually find a private site without a dozen generators purring or washer games clunking all hours of the night?

For hosts, if you have the acreage and willingness to share your slice of paradise, Pitched facilitates the opportunity to provide a unique, alternative location for campers. Plus, they handle all the dirty work involving cash transactions. Simply establish a price and create an advert for your space and amenities. Are you dog friendly? Do you have pre-whittled s'mores sticks to offer? While the listings are largely Ontario-centric at the moment, Dunn and Young are planning to expand across Canada.

I'm already eyeballing the Papanack Park Zoo near Ottawa, where you can awake to an in-house jungle soundtrack! As the company suggests, it's all about "camping better."

pitched.ca H

rabble.ca

NEWS FOR THE REST OF US

BECAUSE SO MUCH — IS AT — STAKE

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