



Friends of the Central Experimental Farm

Fall 2016 Newsletter

Volume 28 No. 4

Friends Publish Book on the Gardens

By Barbara Woodward



On October 19, 2016, the Friends of the Farm will launch a new book, *Blooms: An Illustrated History of the Ornamental Gardens at Ottawa's Central Experimental Farm*. Years in the making, the book is the work of author/photographer Richard Hinchcliff and creative designer Alison Hall. Well written, rich in detail and design, and illuminated by a glorious array of archival and contemporary photographs and illustrations, *Blooms* is for all ages and backgrounds, making it a likely best-seller.

The Farm has carried out successful agriculture-related research and development for over 130 years and the work continues to this day, but no longer in horticulture. This book shines a light on the meticulous and extensive work undertaken

to develop viable ornamental plants for Canadian conditions.

Although the Ornamental Gardens are an all-seasons attraction for so many people, from avid gardeners to wedding parties, artists and photographers, recreationalists, picnickers and tourists, not all of these visitors are aware of the rich history of ornamental horticulture at the Farm and the significant influence it has had within Canada and beyond.

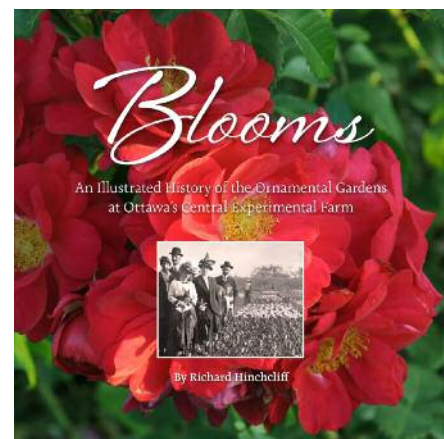
"We published this book because we hold the Ornamental Gardens very close to our hearts," says Judy Dodds, President of the Friends of the Farm. "We wanted people to understand how significant the collections are to the history of Canadian ornamental horticulture and their unique heritage value to Canadians." In describing

and celebrating past sacrifices and triumphs that helped shape this country, *Blooms* is an important part of the Friends' contribution to Canada's 150th anniversary.

The author begins with a brief sketch of today's gardens, with their abundant plant beds, displays and glorious blooms. Hinchcliff then traces how the gardens evolved, revealing how they are strongly woven into the fabric of Canadian social and horticultural history. And in doing so, he brings to life many key figures whose patience, talent and dedication have given Canadian gardeners beautiful plants created to thrive in our challenging climate.

Hinchcliff adds details that personalize public figures. For example, when the first director of the Experimental Farms, William Saunders, traveled the country in his professional capacity visiting other experimental farms, he stuffed his pockets with flower seeds to encourage the planting of gardens.

The latter observation reflects the belief of Saunders that having beautiful plants on their properties would help keep settlers anchored to their farms. He demonstrated the kind of beauty that was possible by creating a model farm in Ottawa. By doing so, he also created a major attraction and



Continued on Page 3

President's Message

At our Annual General Meeting on September 21, I had the pleasure of reporting that we have had a very good summer—for both our events and in the gardens. Starting in May with our Rare and Unusual plant sale where even uncooperative weather was overcome, followed by a highly successful bus tour and in June our best Books for Blooms Sale ever. In August our Victorian Tea was so popular we sold out; this was followed by Art on the Farm, which people thoroughly enjoyed. We have our many volunteers to thank for organizing these events and those doing Farm Notes and our Facebook site for advertising the events.

Anyone who had a chance to visit any of the gardens or take advantage of one of the Ornamental Garden or Arboretum Tree tours saw first-hand that they were once again beautiful. Our very dry summer

sometimes made it difficult but our gardeners did a magnificent job.

At the AGM we elected the members of the Board of Directors (see page 4) who will serve this coming year. Also at our AGM, we thanked retiring Board of Directors member Eric Jones. Eric has completed six years on the Board and therefore must step down. Eric has served the FCEF in numerous capacities and thankfully will continue in many of them. He plans to continue as the team leader of the Arboretum Team and will be conducting tree tours. And, while he can't serve as a Board member, Eric has agreed to assist the Board in an advisory capacity.

This Board looks forward to another terrific year for the Friends. We are hoping to do some special things to recognize Canada's 150th Anniversary. We are starting with the release of *Blooms: An Illustrated*

History of the Gardens at Ottawa's Central Experimental Farm. This beautiful book authored by Richard Hinchcliff celebrates ornamental horticulture at the Farm and is the third of our books.

Our two previous books are *Ottawa's Farm: A History of the Central Experimental Farm* and *For the Love of Trees: A Guide to the Trees of Ottawa's Central Experimental Farm Arboretum*. Throughout 2017 we will be promoting all of these books, but especially *Blooms*.

In addition to our books, many of our events will feature special recognition of the 150th. We have also applied for some grants. If any of these funds materialize, we will have some additional projects to celebrate Canada, Ottawa, and the Central Experimental Farm. We hope our many members and volunteers will join us.

Judy Dodds



Message de la présidente

C'est avec le plus grand plaisir que j'ai pu faire rapport à notre Assemblée générale annuelle (AGA) de l'été tout à fait superbe que nous avons eu tant sur le plan des événements que des jardins. Dès le mois de mai, la température plus ou moins clémente n'a en rien nui à la vente des plantes rares et exotiques. L'excursion en autobus qui a suivi a remporté un vif succès. La vente en juin des livres sur la floraison s'est avérée la meilleure de tous les temps. En août, le populaire thé victorien a eu lieu à « guichet fermé »! L'exposition L'art sur la Ferme a fait la joie des visiteurs. Nous devons une vive reconnaissance à nos nombreux bénévoles qui ont planifié ces activités et rédigé les Notes de la Ferme et les textes sur Facebook pour faire la promotion de ces événements.

Quiconque a eu l'occasion de visiter les divers jardins ou de participer aux excursions dans les jardins ornementaux ou dans l'Arboretum a pu constater de près qu'ils étaient de nouveau revêtus de leur plus belle parure. Malgré le climat bien sec de l'été qui a parfois rendu la

tâche difficile, nos jardiniers ont accompli un travail admirable.

Lors de l'AGA, nous avons procédé à l'élection des membres du conseil d'administration (voir page 4) qui en feront partie cette année. À la même occasion, nous avons rendu hommage à Eric Jones, membre du conseil qui a pris sa retraite. Après six années, la durée maximale d'un mandat, Eric a dû céder sa place. Compte tenu de ses grandes compétences, il a apporté une large contribution aux Amis de la Ferme expérimentale centrale, et heureusement, il continuera à le faire. Il prévoit demeurer en tant que chef d'équipe de l'Arboretum et ainsi diriger des visites guidées des arbres qui le constituent. Bien qu'il ne puisse servir à titre de membre du conseil d'administration, Eric a accepté de prêter main-forte au conseil dans le rôle d'aviseur.

Ce conseil d'administration anticipe une autre année aussi fructueuse pour les Amis. Nous désirons accomplir des projets particuliers pour souligner le 150e anniversaire du Canada. Nous débiterons

avec le lancement de *Blooms: An Illustrated History of the Gardens at Ottawa's Central Experimental Farm*. Ce magnifique livre, de l'auteur Richard Hinchcliff, représente le troisième de notre série sur la Ferme et célèbre l'horticulture ornementale de la Ferme.

Les deux livres précédents portent les titres suivants : *Ottawa's Farm: A History of the Central Experimental Farm* et *For the Love of Trees: A Guide to the Trees of Ottawa's Central Experimental Farm Arboretum*. Au cours de 2017, nous ferons la promotion de ces livres, et en particulier de *Blooms*.

En plus de nos livres, des célébrations pour souligner le 150e anniversaire auront lieu lors d'un bon nombre de nos activités. Nous avons aussi fait la demande de subventions. Si le financement espéré est accordé, nous pourrions réaliser d'autres projets pour célébrer le Canada, la Ville d'Ottawa et la Ferme expérimentale centrale. Nous espérons que nos membres et bénévoles se joindront à nous en grand nombre.

Judy Dodds

Friends Publish Book on the Gardens *(continued from Page 1)*

ever since, as the author notes, “The gardens have been a magnet for generations of visitors, presenting home-grown and hardy roses, lilacs and other flowers from world-renowned researchers working at the Farm.”

Even in winter, ornamental plants are on display due to the Farm’s newly renovated Tropical Greenhouse. A heritage transplant from Major’s Hill in 1938, this greenhouse was first used for research. It now contains the Farm’s tropical plant collection—a sight that cannot but help lift a winter-weary heart.

Hinchcliff explains the way the gardens have been affected by society’s changing attitudes, touching on the promotion of gardening as an antidote to the ugly urban sprawl of rapidly growing cities at the turn of the last century, the effects of two world wars and the subsequent phenomenal rise of gardening as an occupation and a hobby.

The Farm’s priorities shifted with these changes from beautification of settlers’ farms, to developing plants to suit landscaping in the suburbs of the 1950s, to the decision to abandon horticultural research altogether in 1986. When this happened and in an effort to help keep non-research areas of the Farm, such as the Ornamental Gardens, alive through preservation, enhancement and education, a group of concerned volunteers formed the Friends of the Central Experimental Farm in 1988.

The latter half of the book celebrates

Director’s Garden, a house of Great Britain

is a house built in the 18th century in the town of Great Britain, which was built by the British government for the use of the British government.

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the beautiful blooms in the Ornamental Gardens’ outstanding collections—exquisite roses, peonies, and irises, spectacular crabapples and lilacs, to name just a few. Among these are many plants that were produced at the Farm and are still thriving. A lavish collection of images, both archival and contemporary, illuminates the narrative.

A skillful blend of narrative and illustrations expertly conveys the story of the collections. The text reveals a notable breadth and depth of knowledge, detailed observation and an obvious love of the collections. All in all, *Blooms* is a wonderful celebration of the Farm’s achievements, a significant contribution to Canada’s 150th anniversary, and a treat for anyone who loves gardens, flowers and Canadian history.

This important record tells us why and how the Ornamental Gardens were created and how they have evolved over the last 130 years. It says to everyone who lives in this country, this is yours, it was made for you, and invites all of us to explore, in person or vicariously, to appreciate how much the Farm’s work continues to anchor us in this country.

“We are enormously proud of this project as our contribution to Canada’s 150th,” notes Dodds, “And the profits from book sales will go a long way to support our mission of helping to enhance and protect the Central Experimental Farm.”

Barbara Woodward is on the editorial team of the Friends of the Farm newsletter, and a local writer/editor.

A Record Book Sale

By Jeannine Lewis



The Friends of the Farm’s Tenth Annual Book Sale held in June this year was a huge success, with record sales of over \$10,000.

Credit is due to our many donors and volunteers—those who donated thousands of books, the hard-working sorters who spent the fall and winter categorizing and alphabetizing those books, the set-up crew who arranged the tables and displayed the trays and boxes of books for the sale, the cashiers and sales assistants who helped our customers find what they wanted, the break-down crew who put everything back in order and the many others who volunteered during the weekend of the sale.

Used book drop-off is on October 22, 2016

And now the cycle starts again. In preparation for the 2017 book sale, there will be a used book drop-off on October 22, from 10:00 am to 3:00 pm at Building 72 in the Arboretum.

Volunteers will again be on deck to direct traffic—cars, carts, bikes and walkers—bringing treasures to be sold next year. The books will be stacked in the basement of Building 72 and shortly afterwards the sorters will appear to

start the process of preparing the books for the sale in June 2017. Hopefully more records will be broken then.

Thanks to all of those who contributed to the success of this event in past years. Your help is indispensable!

Jeannine Lewis and Kate Hadden are the coordinators for the Friends of the Farm book sale.

Used Book Drop Off

- Saturday, October 22, 10 am to 3 pm.
- Re-gift your books for a great cause.
- Please note that we do not accept magazines, textbooks or encyclopaedias.
- Location: Building 72, Arboretum, CEF.
- Take the east exit off the Prince of Wales roundabout.
- For more information, visit www.friendsofthefarm.ca or call 613-230-3276.



Busy volunteer cashiers Judy Dodds, Barbara Dempsey and Izabel Dabrowski at the 2016 used book sale.

'Fall Frenzy' On-line Silent Auction

- November 17 to November 25.
- Looking for that special gift for someone for the Holiday season, then look no further!
- Bid on great items and services without leaving home.
- Don't miss out. Visit often and bid at <http://fcefottawa2016.eflea.ca/>.
- Use PayPal, cash or cheque.
- Pickup at Building 72, Arboretum.
- For more information visit our website www.friendsofthefarm.ca.



Friends of the Farm Board of Directors, 2016-17

Yvonne Ackerman – Director of Membership
 Judy Dodds – President
 Shirley Ewen – Secretary
 Marsha Gutierrez – Treasurer
 Shari Haas – Director of Events
 Kate Harrigan – Vice-president and Director of Fund Raising
 Richard Hinchcliff – Director of Communications
 Jeannine Lewis – At large
 Matthew LaCompte – At large
 Blaine Marchand – Director of Gardens
 Donna Pape – Director of Volunteers
 Mary Ann Smythe – At large

Upcoming Guided Tree Tours in the Arboretum

The following are the remaining 2016 guided tree tours in the Arboretum. Although the tours are free and open to the public, please register in advance at info@friendsofthefarm.ca or call 613-230-3276. Donations to the Friends of the Farm will be kindly accepted during the tour. See www.friendsofthefarm.ca for more information.

October 16 – From Trees To Us. What trees offer, historically and in modern times, by Jacob Sheppard and Mike Rosen
 (Co-sponsored by Tree Canada)

The Arboretum contains many different trees that offer a bounty of things useful to people and animals. Examples include the spruces, pines and firs that built Canada as a nation. Other examples are the nut and fruit trees that give us food. Come with us to explore some of these gift-giving trees and learn what needs to be done to ensure their continuing legacy. Starting time: 2:00 pm, at Building 72.

November 20 – Tree Forms and Shapes – Selection of Trees for a Purpose, by Roman Popadiouk and Owen Clarkin

Touring the Farm on the west side of Prince of Wales, we will discuss why we plant and maintain hedges and wind breaks. Old and new hedges will be used to show what kind of trees and shrubs may serve a desired purpose based on branching pattern, growing capacity, foliage texture and density, pruning/trimming techniques and other considerations. Starting time: 2:00 pm, at Museum of Agriculture parking lot (SW of the traffic circle).

Annie Creighton: A Novel in Progress

By Mary Ann Smythe

Annie Creighton's life story has the making of a novel—a colourful cast of characters, exotic locales, and a plot with many twists and turns. The novel begins in Hampshire, England, where Annie was born into a gardening family. "My father was in the military and even though we moved every two years, my mother would always create a new garden. My grandfather had a beautiful garden and I would play and sometimes help him in it." Gardening runs through all the chapters of Annie's life, as do family, travel, teaching, and volunteering.

Annie left England when she was 21, headed for South America and looking for adventure. En route in Montreal, she met a group of young people, who, like her, were active in the peace movement. "They talked about young people like us buying, fixing up, and living on dilapidated farms in Lanark County." Captivated, Annie changed course and settled in Maberly, near Perth. It proved a long detour. It would be more than three decades, two husbands and two daughters later that she finally made it to South America. Homesteading fit Annie to a T. "I'm very much a back-to-the-land person. I was born to be outdoors." The farm was a huge investment of time and "very hard work, but provided almost everything we needed: vegetables, fruit, milk, meat, wood for heat. We were largely self-sufficient."

Annie would eventually meet Paul Loiselle, founder of Kiwi Gardens near Perth, and work with him for 16 years. She recalls the early days of the nursery—"we potted plants on a sheet of plywood under a maple tree and for years I got to bring home lots of plants." Many of those plants now bloom in her extensive Ottawa garden. Annie also earned a Diploma in Horticulture by correspondence from the University of Guelph while living on the farm. "It was a very productive way to pass the long winters," she explains.

In 2001, she finally made it to South America, one of many destinations on her well-travelled map. On her daughter's advice—"she thought it would be a good retirement job and much less physically taxing than horticulture"—Annie became an ESL teacher. One assignment took her to a remote area in China—"I was the only foreigner they had ever seen"—attracted by the "prospect of learning about new plant species." After selling her farm, in 2008 she found the ideal home in Ottawa backing onto the Greenbelt. "I stood at the front of the house and through the windows could see the fields behind. That sold me. When I moved in, I started working in the garden before I unpacked."

That's not the only garden that benefits from Annie's expertise. She's also a Friends' garden volunteer. For the past four years, she's had a hand in rebuilding and reshaping the Rock Garden. Not surprisingly, it's also but one of many volunteer "jobs." Annie is a member of both the Stephen Lewis Capital and the Lanark Grannies, Regional Representative for the Grandmothers Advocacy Network, volunteers with the Blue Skies Music Festival (43 years and counting), Ottawa Chamber Fest, and at Centrepont Theatre. She also plays tennis, swims, belongs to two



Mary Ann Smythe

Annie Creighton

book clubs, and tries to practice piano daily. A nurturer by nature—of people, plants, and pets—Annie is a supportive mother, devoted grandmother, "master" of two Scottie/Westie dogs, and has opened her home to three young Asian students.

It's a full and rich life. A life that became even fuller in August when she assumed the role of Rock Garden team leader. Annie is a great advocate for the Farm. On a personal level, she very much enjoys working alongside her "small but mighty group of gardeners." On a broader level, Annie likes that we have a farm in the middle of the city. For many people, she says, the Farm is about enjoying and exploring the beautiful gardens and the Arboretum. But, Annie adds, its value goes much beyond that. "It has long been regarded as a world-class research facility that's played an important role in Canada's rich agricultural history. It also provides an excellent opportunity for city children to learn about the role farms play in our lives and about how food actually gets put on the table. The Farm is a very important asset and should be protected and preserved."

Mary Ann Smythe, a freelance writer/editor and active volunteer with the Friends, is a regular contributor to this newsletter.

Victorian Tea, 2016

Featuring Best Hat and Best Costume Contests



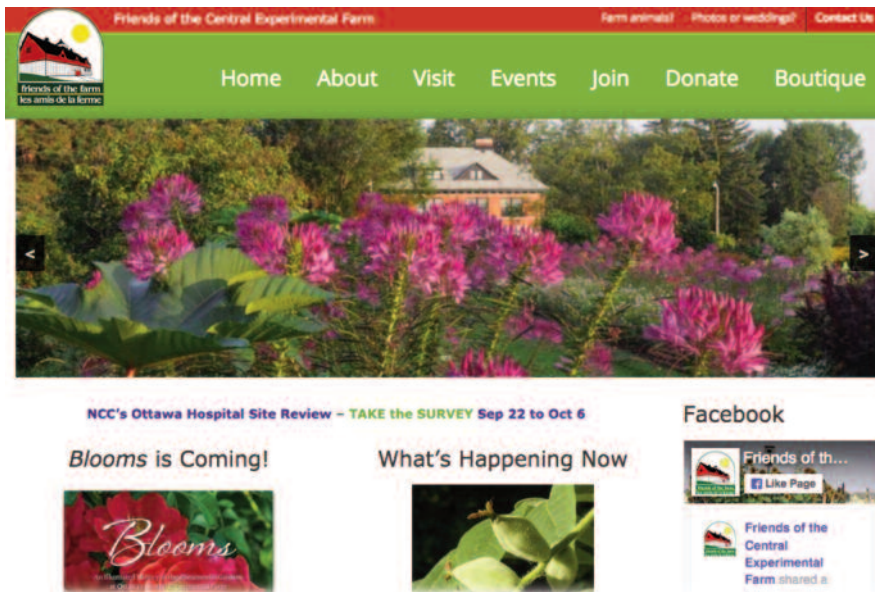
Congratulations to Polly McColl and all the other volunteers who helped make this a very popular event. Left top to bottom: Angelie Caceres; Carole Piché, winner of the best hat contest. Middle top to bottom: Jessica Hughes, Mike Young, Carl Brunet, and Bhat Boy; William Saunders, first director of the Central Experimental Farm and his wife Sarah Agnes Saunders (aka Martin McLeod and Louise Moore) with Red Hat Society members; Lisa Runions, winner of best costume (female) contest, with a photo of her grandparents on their wedding day in 1918. Lisa is wearing the dress her grandmother wore on that day 98 years ago. Right: Nuha Yousef. Not shown is Greg Heppenstall, winner of best costume (male) contest.

Art on the Farm, 2016



One of the artists at this year's successful Art on the Farm was Patti Davis (far left), who exhibited paintings from her Ocean Series. Patti is moving on from her job as Office Manager with the Friends of the Farm. For two years she has been an invaluable front line face and voice for the Friends, coordinating our many activities, guiding us with thoughtful advice and meeting the various challenges arising from upgrading our operations. We will miss her and wish her well in all her endeavours. We extend a warm welcome to our new Office Manager, Alisha Rexford.

Fresh New Look for the Friends' Website



Kate Harrigan unveiled the new Friends of the Farm website in September. Over a year in the making, the site with its attractive design and added features such as an image slideshow on the Home page, calendar and agenda views of events has received rave reviews.

The website is in the same familiar location at www.friendsofthefarm.ca and offers easy navigation to all the information you need about the Friends. You can view our Facebook and Twitter postings on the Home page side panel, so there is no need to have your own accounts there to follow our activities. Our books are displayed on the Boutique page, which on October 19 will feature an Add to Cart button for easy purchasing.

Congratulations to Kate for the success of this project, which has introduced a wonderful new public face for the Friends. She thanks the entire team of Kelsey Cuddihy, Cassie Hendry, Alex Urquhart, Sarah Chaplin, Tim McMillan, and Richard Hinchcliff in achieving this milestone.

Generous Donors to the Blooms Book

The Friends of the Farm gratefully acknowledges the financial support of:

The Community Fund for Canada's 150th, a collaboration between the Community Foundation of Ottawa, the Government of Canada, and extraordinary leaders from coast to coast to coast.

Doherty and Associates

E. Neville Ward in memory of his mother
Kathleen Elizabeth Ward, centenarian (1906–2006).

The Harold Crabtree Foundation

The Ottawa Field-Naturalists' Club in memory of
Violetta Czasak and thanks to her generous bequest.



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The Peonies of Percy Saunders

The new *Blooms* book describes the wonderful work of plant hybridizers such as Percy Saunders. Here (right) are the first of several pages about him and his work. In 1922, Saunders wrote:

"I truly believe that there is an influence that comes into our lives through a close and loving contact with the plants of earth, which keeps us sane and calm amid the uncertainties and the inevitable griefs of life."

The Peonies of Percy Saunders

Few people have influenced the development of a group of flowering plants as much. ... After thirty-seven years of work [Saunders] created some of the world's most stunning garden plants.

—NORMAN, THE FRIENDS OF THE FARM, 2016

THIS COLLECTION OF STUNNING PEONIES AT THE CENTRAL EXPERIMENTAL FARM is among the largest in North America. These "Saunders hybrids" arose from one of the greatest contributors of all time to the breeding of peonies. A. P. (Percy) Saunders (1869–1956), one of the sons of William Saunders, founder of the Central Experimental Farm.

Percy learned hybridizing as a youngster, helping his father with his horticultural experiments in London, Ontario. During summer holidays from the University of Toronto and Cornell University, Percy honed his skills in Ottawa, where his father exhibited his talents in the search for an earlier opening, larger quality variety of wheat. Also involved in this select project was William Saunders' great nephew, Will Saunders, who was the same age as Percy.

After settling in as a professor of chemistry at Barnard College in Clinton in 1909, Percy began gardening. While other plants he tried did not survive the climate, his peonies thrived. "As I drifted more and more into peony culture, I began growing seedlings about 1909 and began systematic work on peony hybrids in 1910."

Percy had followed his father's growing collection of peonies at the Farm, and probably gathered seeds or pollen on visits to his parents until they left Ottawa in 1904. The time remained



SAUNDERS, PERCY. One of William Saunders' five sons, it is shown from a photograph taken when he was about 20 years of age. Source: "Remember My Peonies: A story of his peonies and his life in semi-fiction." (See page 175 for the different peony forms.)



In touch with the collection at the Farm through his friend William Saunders, in 1910, Saunders had asked him to contribute a piece about peonies for a farm bulletin on perennials. Twenty years later, on a visit to the Central Experimental Farm, Percy collected pollen from a group of peonies (it was said that he wanted to use). His subsequent experiments with this peony led to a hybrid he named "Lacandon", which introduced that colour to the peony world.

Macdonald asked Isabella Peacock in 1930 to breed new peonies, roses, lilacs, clematises, and columbinas. Peonies were his, on the list, even though, according to Macdonald, only roses and gladioli exceeded the popularity of peonies at the time. The reason for the emphasis was surely because of the work of his friend Percy Saunders.

Peas and Pulses: Connecting the Dots

By Edythe Falconer

In this issue the FCEF Newsletter features two articles drawn from the Master Gardeners of Ottawa/Carleton and Master Gardeners of Lanark County's *Edible Garden* newsletter as published in April of this year. Both articles illustrate the importance of legume crops whether or not the products are fresh or dried. They equally illustrate the importance of ongoing research in the field of crop improvements.

Eat your peas

Mendel devoted many years to research with peas. His research is still relevant. Crop researchers of the 21st millennium follow in his footsteps and search for effective ways to feed a world challenged with a population that continues to grow. A pea is a pea while it is still green. A dried pea is a pulse. Either way it has what it takes to provide vegetable protein for earth's teeming masses.

Take your pulses

2016 is the International Year of Pulses and Dale Odorizzi's article (see page 12) details the importance of pulse crops worldwide. Ongoing research is essential to meet the needs of an expanding world population in an economical fashion. Although a soybean is not technically a pulse because it is used primarily as a source of oil, in common usage it is often grouped with pulse crops such as peas, beans, lentils and chickpeas. All are of immense commercial and human importance in bringing food to the tables of our planet.

Research at the Central Experimental Farm here in Ottawa is ongoing, as evidenced by the enduring work of Dr. Harvey Voldeng in past decades and that of Dr. Elroy Cober in present times. You, the reader, can research the work of both Voldeng and Cober online.

Eat Your Peas

[*Pisum sativum*: Honoured Member of Family *Fabaceae*]

By Edythe Falconer

Peas have been around for a long time—right back to the Neolithic era. The wild pea, originally found in the lands surrounding the Mediterranean Sea, and in the Near East (Greece, Syria, Turkey and Jordan), has modernized and is now enjoyed around the world. Infants eat them in pureed form. The rest of us devise ever-tastier ways of using them in our regular meals. Split peas, the dried version of this legume, are wonderful in soups, all soups, but especially French Canadian Pea Soup. When we talk about pulses we refer to leguminous plants and the dried version of their seeds. The value of pulse crops worldwide is in the billions of dollars—annually!

Pease porridge or pease pudding is made by combining dried legumes with other vegetables and possibly bacon or ham, and cooking them into a mashed savoury and nutritious delight (see recipe on next page).

Grow your own peas

A browse through one or more seed catalogues reveals the number of varieties currently available. Peas can be dwarf, medium or tall in height, and maturity

dates can vary from 50 days to as many as 75, depending on weather and location. You may, if you choose to, save your own seeds for next year's crop.

These shiny little green orbs are the seeds of *Pisum sativum* and the pods that contain them are the fruit. The pea plant has a life cycle of one year. However canny gardeners have not only learned to juggle varieties that have different maturity dates in order to stagger productivity, but also to do succession planting with one or more favourite varieties.

Because peas are a cool weather crop, they can be seeded as soon as the ground can be worked. An early start gives plants time to get established before the onset of heat spells. If succession planting is planned, then a partially shaded area (naturally or contrived) is advisable as peas balk when subjected to excessive heat for any length of time.

To jump start germination it is a good idea to soak peas in water for a few hours or even overnight. Assuming that you've already prepared a nice deep trench laced with compost and/or well-rotted manure, then you are ready to plant each seed to a depth 3 times its diameter and approximately 5 inches apart. Distance apart may vary with the variety being used – for example dwarf

plants. Finish this task by tamping the soil down and keep things moist but not wet from there on.

Double rowing refers to the practice of planting two lines of seeds quite close to each other. If the peas are dwarf or medium in height they can use each other for climbing purposes and save you the task of erecting sturdy supports. Pick peas as they mature. Eat out of your hand or in salads or freeze some if you have a heavy crop. Or pick peas when they are immature and both fruit (pod) and seed (pea) can be eaten raw or sautéed. Sometimes these are called Snow Peas.

Support your local peas

Peas that are tall will need support. Chain link fences are often available and remain in place year round. Temporary support can include sticks, scrap lumber, netting, and frames on which the peas can be gently drawn up. Trellises and lattices of one kind or another make excellent supports.

Why eat peas

Green peas contain sugar and starch. They also contain phytonutrients. One of these, coumestrol, is used in research on stomach cancer prevention. The daily consumption of green peas along with other legumes may lower the risk of

Eat Your Peas *(continued)*

stomach cancer, especially when daily intake is 2 mgs or higher. Since one cup of green peas contains at least 10 mgs it's easy to obtain this benefit. Peas also provide key antioxidant and anti-inflammatory benefits.

Peas are also a "nitrogen fixing" crop. With the help of bacteria in the soil, peas and other pulse crops take nitrogen from the air and convert it into forms that benefit plants. The shallow root system of peas helps prevent soil erosion. If, after the final harvest, pea roots are left in the ground they break down and enrich the soil. Rotating peas with other crops has been shown to

lower the risk of pest problems over time. Ergo, peas are environmentally friendly, good for the soil and good for us.

Pisum sativum is not to be confused with Lathyrus or Sweet Peas. Sweet Peas are not legumes and they are not edible—not any part of them. They are poisonous. They are strictly ornamental.

Pea stories

An early memory of peas involves marauding cousins munching their way

through our pea crop, consuming all along the way. Another one has to do with pea shooters and the ensuing battles then conducted.

Nothing tastes better than a freshly picked pea! I have long ago forgiven the transgressions of my dear cousins???

Edythe Falconer is a Master Gardener Ottawa/Carleton and Friend of the Farm. This article is reprinted, with permission, from The Edible Garden newsletter of the Master Gardeners of Lanark County and Ottawa-Carleton. (www.mgottawa.ca/The_Edible_Garden.php).

Pease Porridge Recipe

By Nancy Harmon Jenkins

Yield 8 to 12 servings

Ingredients

1 lb whole dried peas (split dried green peas may be substituted)

1/3 lb slab bacon, cut in 1/2-inch cubes

2 medium-size carrots, scraped and diced

2 medium-size onions, peeled and chopped

2 small white turnips, peeled and diced

1 tbsp chopped fresh sage, mint or summer savory,
or 1 tsp dried sage

1 tbsp butter or oil

Salt and freshly ground black pepper to taste

1/2 cup light cream or half-and-half, optional

Minced fresh mint or savory for garnish

Preparation

Place peas in a bowl and cover with water to a depth of 2 inches above the peas. Set aside to steep six hours or overnight. Drain peas and place in a soup kettle.

Add bacon, carrots, onions and turnips and stir to mix well. Cover with water to a depth of 1 inch above the mixture. Add sage.

Place over medium-low heat and bring to a boil. Reduce heat until soup is barely simmering, cover and simmer 2 to 3 hours or until peas lose their shape and start to become creamy. Add a little boiling water from time to time if necessary. You should have a thick soup, but not what we think of today as porridge.

When soup is done, remove bacon chunks. Sauté bacon in butter until brown on all sides.

Add salt and pepper. Soup may be put through a sieve and cream may be added if desired to make it a bit richer.

Serve garnished with the fried bacon chunks, sippets (triangles of thin crustless bread lightly fried in butter or bacon fat) and a little minced mint.

(A tasty dish, says Edythe.)



The Friends of the Central Experimental Farm is a volunteer organization committed to the maintenance and protection of the Ornamental Gardens and the Arboretum of the Central Experimental Farm in Ottawa, Ontario, Canada. Membership for the Friends of the Farm costs \$30 per year for an individual, \$50 per year for a family, \$25 for seniors/students. Payment by PayPal available on website. Membership fees support the many projects of the Friends of the Farm.

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Charitable Number 118913565RR0001

Oaks and Conifers – Universally Fascinating

By Owen Clarkin

Beginning at 10:00 am on July 17, 2016, the Friends of the Farm hosted an oak- and conifer-themed tour as part of its regular series of events in the Dominion Arboretum. Experience has shown that these two kinds of trees resonate well with the public at large, and the Arboretum has many of them to see, some of which are large and majestic.

Eric Jones and I led the tour. I began by introducing both kinds of trees and their relationships with humankind. Eric brought along samples of wood to show how prototypical hardwoods (oaks) differ from softwoods (conifers) in appearance and function. From the grounds east of Building 72, the group walked east toward Dow's Lake: along the way we admired and discussed various oaks such as Swamp White, Chinquapin, and Shingle. At the main pathway we considered ponderous Ponderosa Pines and other less-imposing conifers adjacent to them. Moving toward the circle, we briefly visited a Pecan and a Shagbark Hickory, which are not related to oaks but are extremely valuable.

In the circle we focused on the abundant conifers here: there are too many to mention them all, but highlights included gnarly Jack and Pitch pines, large trees such as Eastern White Pine and Douglas-Fir, obscure native species such as Red Spruce, and deciduous conifers like Western Larch, Baldcypress and Metasequoia. Continuing to the south the group admired and discussed Hinoki Cypresses, an Eastern Hemlock grove, and a massive Greek Fir.

We then proceeded south and finished off the tour within the oak section. We checked out young White Oak, the famous massive hybrid oak near Prince of Wales Drive, and other species such as Bur, Red and Black oaks.

The tour ended shortly after noon, and we returned to Building 72 for some friendly discussion. In a generally hot and dry summer we were lucky, the weather was splendid with a sunny sky and comfortable seasonable temperature.

In addition to leading public nature hikes, Owen Clarkin regularly contributes to local and worldwide plant identification forums on social media.



Owen Clarkin

Ponderosa Pine

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Please make cheque or money order payable to: "Friends of the Farm." A receipt for income tax purposes will be issued for all donations of \$10 or more. Payment by PayPal is available on website.

We are located at Building 72 in the Arboretum. You can visit us or mail this part of the form with your payment to:

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2016 is the International Year of Pulses

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once the pods begin to dry. Side dress plants with compost tea when they are 12 cm high and again when they flower. Support plants with a low trellis or thin them until they are about 12 cm apart to ensure ample air circulation. Protect early crops from pests and frost with row covers.

Although you can eat the pods when they are still green, they are grown primarily for their dried seeds. Pods are harvested when they have matured and hardened. Leave the pods unshelled until you are ready to use them and store in a dry place. Hanging the pods helps to keep them dry. You can also put pods in the dryer and dry them on a low heat for 20-30 minutes. This will ensure they are dry. Then shell the pods and store the beans, lentils or chickpeas in glass or plastic jars.

You can also save seeds for next year. Just pick the dried pods at the end of the season. There is no point in picking green pods as the seeds are not mature enough at this stage. If you do want to save your seeds to grow plants next year, skip the above dryer tip. Drying them in the dryer will prevent them from germinating again. Stored seeds should remain viable for five years.

If you choose not to grow your own pulses or you cannot wait until early fall to eat your own, pulses are readily available at the grocery store. They are available canned

or dry. I prefer the dried variety as they do not have extra salt added. When using a recipe be sure you know if it is based on canned or dried pulses. Dried pulses may need to be cooked in advance, prior to using in a recipe.

To get into pulses, take the 10-week Pulse Pledge Challenge, at www.pulsepledge.com, brought to you by Pulse Canada. The plan is simple. Eat pulses once per week for the next 10 weeks. They are easy to incorporate into your diet. If you sign up, you become eligible for cash and prizes. Each week, you will receive recipes and a newsletter to show off how versatile pulses can be. By the end of 10 weeks, you will likely be hooked into becoming a lifelong fan.

Dale Odorizzi is a Master Gardener with Lanark County Master Gardeners. She has developed her large rural property to attract birds, bees and other wildlife. Her true gardening passion lies in the edible garden and to that end is a key member of the team that creates and publishes the monthly award-winning newsletter The Edible Garden that encourages the public to grow what they eat and eat what they grow. This article is reprinted, with permission, from The Edible Garden. Visit Dale's website at www.lanarkmg.blogspot.com.



Jean Levac, Ottawa Citizen

Dr. Harvey Voldeng

In its December 16, 2015 issue, the *Ottawa Citizen* featured an article by Tom Spears highlighting the work of the Farm's crop researcher Dr. Harvey Voldeng, whose work led to the development of a hardier soybean cultivar that was capable of flourishing in Canadian climates. A minor crop turned into a major crop—one that is now worth \$1.9 billion a year in Ontario alone. Soybeans are now Ontario's biggest crop and Canada's fourth largest.



Dr. Elroy Cober conducts research at the Farm on soybean breeding, cultivar development, and the genetics of early flowering and maturity.

Denise Kennedy (right) and Dorothy Tol prepare vases of flowers for the tables at the Victorian Tea in August. "On Saturday, I go out to the road sides and fields and pick flowers," says Denise. "I shake off any wild life, drop them in buckets filled with water and store them in the cold room. I also bring flowers from my garden. Then early on Sunday morning I set myself up outside, between Building 72 and the large shed and make up all the bouquets for the tables." She has been doing this for years and was joined by Dorothy for the first time this year.



Eric Jones

2016 is the International Year of Pulses

By Dale Odorizzi

Vegetarians and vegans have long known the value of pulses and, with the United Nations declaring 2016 the International Year of Pulses, many more of us are becoming big fans..

What are pulses? Pulses are annual leguminous crops yielding between one and 12 grains or seeds within a pod. The term “pulses” is limited to crops harvested solely for dry grain or crops used mainly for oil extraction. Dried beans are considered a “pulse” while green or yellow beans are not. Pulse crops such as lentils, beans, peas and chickpeas are a critical part of the general food basket.

They are a vital source of plant-based protein and amino acids and should be eaten as part of a healthy diet whether or not you are vegetarian or vegan. Pulses are very high in protein and fibre, and are very low in fat. They are a delicious addition to any diet and contain minerals such as iron, zinc and phosphorous as well as folate and other B vitamins. They help address obesity, and help prevent and manage chronic diseases such as diabetes,



Ecdythe Falconer



Elroy Cober

coronary conditions and cancer. In addition to being good for us, they also have nitrogen-fixing properties which contribute to increasing soil fertility and have a positive impact on the environment. What's not to like about them!

Canada produces about 80% of the world pulse crop and most of that grows in Saskatchewan. Ontario gardeners are able to grow many pulses in their home gardens. They are grown like beans or peas but require a much longer growing season—100+ days. The most difficult aspect in growing them may be finding seeds. For example, in one seed catalogue there are 41 varieties of beans but only four varieties that are suitable for drying (baking beans).

You can prestart seeds and transplant the seedlings or start them directly in the garden. Add aged compost to the bed prior to planting. They take about 10 days to germinate at 20°C. After that they require full sun and loose, well-drained soil that is kept evenly moist. Do not water pulses