



# The Ladyslipper



Perth & District Horticultural Society

[www.perthhortsociety.com](http://www.perthhortsociety.com)

Est. 1984

March 2026

## President's Pen

Hi Everyone,

I am very proud and pleased to be your President and to work with such a talented board. We welcome your comments and suggestions, so please don't be shy to let us know what you think about the Society and how we are doing. Our Vice- President, Catherine Stephen-Dunn, along with another board member, Phyllis DeRuyter, are drawing up a survey to membership for ideas for meeting topics, etc., so please take a moment to share your ideas.

As well, please take note of the upcoming D2 AGM (April 18) in Nepean and the Annual Orchid Show (May2-3) at the Algonquin Campus. I've attended both events in the past and they are well worth the effort to be there.

I don't have much more to say this month other than here's hoping for a perfect growing season ahead, talk to you again in April.

Cheers,

Robin McIntosh  
President

## What's Up in My Perth Garden?

*Yes, Spring is around the corner!*

After a very long, cold, and snowy winter, I finally saw signs of Spring this past week.

Three days ago, I had to listen very carefully. Did I hear a Robin singing? Yes! How wonderful. Robins are my favourite birds; it makes me so happy to hear the first Robin sing in the Spring. My yard is full of bird song right now. The Cardinal started its song. Chickadees and Warblers are very active, as are the Blue Jays.

Last week I saw a Turkey Vulture fly over, which I thought was rather early for this time of the year. I can remember the time I used to live in Grimsby (Niagara area) when the Hawks and Vultures would come around mid-March.

Today I saw a bunch of Starlings on the grass, but the greatest pleasure of today was a Robin taking a bath in my birdbath. The water was melted snow and must be cold, but that didn't bother this beautiful Robin. What a joy!

Spring is coming!

Phyllis De Ruyter  
PDHS Board Director

## April 14, 2026 Meeting

A Journey in Landscape Design: Blending Nature with Aesthetic Harmony

How to blend native plants in the landscape

Speakers: Ashley Cochrane and Shelley Ball

## OHA TREE GRANT

PDHS received a Tree Grant (\$300.00) from the Ontario Horticultural Association. We will purchase a Serviceberry tree to plant at the Wendy Laut garden in Last Duel Park. We will install a plaque in memory of Margot Fulford from the donations we received.

## PDHS Program for 2026

**February 10**

### ***Invasive Earthworms***

Speaker: Dr. Annise Dobson

**March 10**

### ***Tiny Forests, Big Impact***

Speaker: Stephanie Benoit

**April 14**

### ***Journey in Landscape Design***

Speakers: Ashley Cochrane & Shelley Ball

**May 12**

### ***Notes on a Japanese Garden***

Speaker: Barbara Sibbald

**May 16**

### ***Annual Plant Sale***

Perth Farmers' Market

**June 9**

### ***Q & A Master Gardeners***

Flower Show & Summer Social

**September 8**

### ***Medicinal Native Local Plants***

Speaker: Dr. Marcin Padlewski

**October 13**

### ***Gardening for Food Independence***

Speaker: Max Wood

**November 17**

### ***Christmas Social/AGM***

***Xmas Floral Demo***

## June Garden Tour

Please join us for a bus tour to the **Governor General's Residence and Gardens** on Tuesday, **June 23, 2026**. The cost for this exciting outing will be \$35.00 per person with the bus leaving Perth at 9:00 am and returning by 4:00-5:00 pm. Everyone should plan to pack their own lunches and we'll gather at noon among the numerous benches in the rose garden! Facilities are located nearby. With much to see and plenty of time, people will have the opportunity to break into smaller groups at times to follow their own special interests if they wish to do so. More details to follow soon. Please reach out to Linda at [pdhsmembers@gmail.com](mailto:pdhsmembers@gmail.com) to express your interest as we require a headcount in order to fill the bus and book a guided tour of the residence and possibly a tour of the private garden and/or greenhouse (these last two are seldom offered, but we will try!).

Caroline Bolduc  
PDHS Board Director



# Seedy Sunday



Another Seedy Sunday event was held this past March 01, 2026, at the Civitan in Perth, and it was a great success!

At our PDHS table, we welcomed many people who took out membership, either as new members or renewals. Thank you all!

Our membership coordinator, Caroline Bolduc, set up a great table with four nice raffle prizes, a basket of seed packets, newsletters to hand out, and our program bookmark to give to anyone interested in PDHS.

Thank you to our member volunteers, Sandi Scissons and Nancy Kelly, for helping us out at our PDHS table. We very much appreciated your help.

The raffle prizes were won by the following members:

- ▶ The Gardeners bag, donated by Pharmasave, Marilyn van der Maar and Phyllis de Ruyter, was won by Dannielle Ayotte. Congratulations Dannielle!
- ▶ The Herb Basket, donated by Caroline Bolduc and Marilyn van der Maar, was won by Catherine Stapleton. Congratulations Catherine!
- ▶ The Bird Feeder with seed, donated by Sarah and Eugene Drozdowski, was won by a new member, Sandra Shaw. Congratulations, Sandra, and Welcome!
- ▶ The after-garden work relaxing basket donated by Pharmasave was won by Shirley Maitland. Congratulations Shirley!

A big thank you to all who donated raffle prizes, and to Janette Wood for the lovely seeds.

A warm welcome to all new members and appreciation for members who renewed their membership.

As part of our mandate to educate, we were invited to conduct a workshop during the Seedy Sunday event. We chose DIY Simple Floral Arrangements. Linda Bartlett organized the workshop and demonstrated the designs. Jenny Godin and Marilyn van der Maar assisted Linda with the workshop. Most of the flowers were donated by Kelly's Flowers, Metro and Independent. Thanks to Marilyn and Robin for their hard work.

Linda brought some different-shaped vessels and interesting pieces of wood to use. She showed different styles of flower arrangements and spoke about using uneven amounts of flowers, conditioning flowers, and looking in your own garden for interesting branches and greenery.

Mason jars were donated by Catherine Stephen-Dunn, and Linda donated the flower grid lids for the take-away arrangements. All 26 participants were very engaged. We needed a bit more time, but it was a great time with great people.

After the workshop, we saw many happy people walk past our table, holding their precious arrangements. Lots of smiling and proud faces.

Once again, thank you to all our volunteers for making this event a success.

It promises to be a great year for the PDHS!

Phyllis de Ruyter and Marilyn van der Maar  
PDHS Board Directors



# GARDENERS - What to do in March?

By Dale Odorizzi, Lanark County Master Gardener

Last week, we had an opportunity to attend Seedy Sunday. There was so much enthusiasm for the upcoming season with seed vendors, seed swaps, inspiring presentations and a great place to have questions answered.

This week, it is time to get down to business. Spring will be here in a few weeks, and the sun feels warm after our long, cold, snowy winter. While we may have complained about all the snow, it does provide many benefits to our gardens. For example, snow provides:

- ▶ Insulation that protects soil microbes and overwintering perennials.
- ▶ Insulation of roots from deep freezes.
- ▶ Surface protection that prevents the dreaded freeze-thaw heaving and erosion.
- ▶ Provides slow-release moisture that recharges soil without a lot of run-offs.
- ▶ Stable winter temperatures that preserve soil structure.
- ▶ About 2-3% of the Nitrogen your garden needs.

March marks the start of the sowing season. Decide what you want to sow and look at the space available to you. Remember that once your seedlings start to grow, you will have to transplant them into larger pots, and then into even larger ones. If you are using seeds from last year or happened to find a real deal on them, it is wise to test their viability. To do this, place a few seeds on a damp paper towel. Label them, put them in a plastic bag, and set them in a warm spot (the top of the refrigerator is a good spot). If, in a few days, they have not sprouted or begun to swell, they are not viable. Do not waste your valuable space and time on these. The Old Farmer's Almanac ([www.almanac.com](http://www.almanac.com)) is a trusted source for gardeners in determining when to start their seeds. Check the back of the seed packet to determine if any of the seeds you are sowing need cold treatment before they are sowing.

If you stored tender bulbs (cannas, callas, lilies, dahlias) from last year or are buying them, now is the time to start them growing. If you wait until it is time to plant outdoors, you will have a long wait to see flowers. If you overwintered some annuals, you can take cuttings and start to root them.

With warmer weather, your compost will start to become active again. You can start adding to your compost pile and stir the compost if conditions allow (i.e., it is not frozen).

The best time to prune most trees is early spring, before budburst, to promote faster healing. Avoid pruning spring-blooming trees until after they have bloomed.



Photo credit: Anne Craig, Peterborough Master Gardeners

# Winter Sleep

By Phyllis De Ruyter, PDHS Board Director

On this cold winter day, I am sipping warm tea indoors and pondering nature outside. Although it looks like every plant, bush or tree is frozen to death, I realize that this, of course, is not the case.

Nature is in a period of dormancy during the winter season; it is resting, but it is very much alive!

When we, humans, are resting at night, our internal metabolic system does not stop. It is very much alive and busy with the digestion of food and thoughts, as well as with breathing in and out.

The winter-rest of trees, bushes and plants lasts longer than our human night rest.

So, how does nature get through this cold season? How does nature survive, and is there something that trees must do to survive the winter?

I did a bit of research on this topic.

Preparation starts in Autumn. Trees, bushes, and plants pull water and nutrients from their leaves and flower stems and return them to their living cells. By dropping their leaves, they stop the upward movement of water, as we see during the growing season.

Think of your Spring bulbs. When they are done flowering in the Spring, we cut the dead flower head and leave the foliage to turn brown and yellow with a purpose. This allows water and nutrients to be transported inside the bulb for next year's blooming season.

## Trees

The first line of defense for the inner water system against frost is its thick bark. The air pockets in the bark will insulate the trunk and branches.

Below-ground root systems are protected by the soil on top of the roots, by mosses, fallen leaves, and branches that have formed mulch, and, of course, by a layer of snow.

To protect the water inside living cells, something interesting is now happening.

A certain amount of water is drawn out of the living cells and placed into the intercellular space between the cells. These spaces are non-living zones. Then the cellular fluid left in the living cells becomes thicker because of a high concentration of sugars, which now functions as an anti-freeze. So, the thicker fluid inside the living cells protects these cells while the fluid outside the living cells is allowed to freeze. The living cells of trees during the winter remain unfrozen and active at a reduced level.

If you are interested in this subject, you can read up on it in the Penn State extension article on [Silent Survivors, The Winter Life of Trees](#) or check out [Purdue University extension of Forestry and Natural Resources: What do Trees Do in the winter](#).

And if you would like us to find a speaker on this subject, please mention it on your survey form or contact me.



## OHA DISTRICT 2



# D2 Annual Meeting

APRIL 18, 2026

Hosted by Nepean Horticultural Society

### SPEAKERS

Dr. Owen Clarkin,  
"Rare Trees of Eastern Ontario"  
Dr. Pete Tang,

"Restoration of the Pinhey Sand Dunes"

Register with your society by March 27  
\$25 includes lunch & refreshments

All society members are invited to attend this event. Please see Barbara Smith, our treasurer if you are interested in attending. Pre-registration is required by March 28, 2026.

**PDHS  
ANNUAL PLANT SALE  
SATURDAY  
MAY 16, 2026  
PERTH FARMER'S MARKET  
CRYSTAL PLACE  
8:00AM TO 1:00 PM**

When you are working in your gardens in the spring, please consider splitting and potting up a few plants for our annual plant.

Each and every contribution is greatly appreciated as this is our main fundraiser for the society.

# ORCHIDOPHILIA

42<sup>nd</sup> ANNUAL ORCHID SHOW  
42<sup>ième</sup> EXPOSITION ANNUELLE D'ORCHIDÉES

FREE PARKING LOT 8 & 9  
STATIONNEMENT GRATUIT

MAY 2 & 3, 2026

Saturday: noon to 5 pm

Sunday: 9 am to 4 pm

2 & 3 MAI, 2026

Samedi: 12 h à 17 h

Dimanche: 9 h à 16 h

Displays  
Vendors  
Workshops  
Orchid care

Exposants  
Ventes  
Ateliers  
Soins d'orchidées



PHOTOGRAPHERS:  
TRIPODS WELCOME  
SUNDAY 9-11 AM

PHOTOGRAPHES:  
TRÉPIEDS AUTORISÉS  
DIMANCHE (9-11 H)



Algonquin College, Building/Édifice D  
1385 ave. Woodroffe Ave. Ottawa, ON



www.ottawaorchidsociety.com



This newsletter is published by the Perth and District Horticultural Society and is distributed to its members free of charge.

We depend on our members for its content. If you would like to contribute, please send your submissions to:  
[pdhsmembers@gmail.com](mailto:pdhsmembers@gmail.com)

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