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**Fredericton Botanic Garden  
Association Newsletter**

**Bulletin du Jardin Botanique  
de Fredericton**

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Vol 27 No 2

Spring 2015

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Those of us who garden are full of enthusiasm at this time of year. Here in Fredericton that keenness is at an even higher level now that we are enjoying some wonderful warm and sunny days following such a long, cold and snowy winter.

This enthusiasm is reflected in the FBGA Board as we prepare for the new season and especially among those organizing the Spring Fair, Plant Sale and Raffle. This is when we see many of our members as they turn out to sell raffle tickets, pot up plants at the Resource Centre, help set up the Plant Sale and help on the day of the Sale. This contribution from our members is very important for the Association as this springtime event is a major source of revenue each year.

We have just passed National Volunteer Week, April 12-18, a time when organizations are encouraged to recognize the many people who offer their time to make so much happen. For the FBGA this includes all those who help with the many tasks related to the Fair, Plant Sale and Raffle, to the Treasured Garden Tour volunteers, to the members of the board, and those who serve on committees of the board. Collectively we are making progress towards developing a beautiful Botanic Garden in Fredericton, even though progress at times is slower than we would like. The Garden will be a place for recreation, to relax and enjoy the beautiful surroundings, as well as a place to learn more about the world of plants and their importance.

Those who contribute to the Spring Fair and the related activities (we keep track of participation) are eligible for prizes that will be drawn at the end of the afternoon on May 31, and organizers are planning an event later in the year where there will be an opportunity for all participants to get together and celebrate our achievements.

**Talk in the Garden**

*Primulas*

Speaker: Brian Parker

Thursday, May 21, 7:00 pm

Resource Center on Cameron Court

**Spring Fair, Plant Sale and Raffle**

Sunday, May 31

Noon – 4:00 pm

Fredericton Botanic Garden

695 Prospect Street

**Rhododendron Tour**

Date: June TBA

Fredericton Botanic Garden

**Treasured Garden Tour**

Sunday, July 12

Noon – 4:00 pm

I look forward to meeting many of you again as we work together to make this year's Spring Fair, Plant Sale and Raffle a great success.

Richard Tarn  
Chair, Board of Directors.



## 2015 Spring Fair, Plant Sale and Raffle

The Spring Fair, Plant Sale and Raffle are an important annual fundraiser that enables us to continue to build the Fredericton Botanic Garden. For this reason organizers hope many of our members will volunteer some time to help make it a success. Below are details of some of the ways in which you can help so please consider our needs and how you may be able to contribute.

This year's Spring Fair and Plant Sale returns to the Entrance Garden following the success of last year's event. There will be another great mix of plants, and also some handcrafted items for sale, displays, entertainment and the BBQ. The event is being held on Sunday, May 31, from noon to 4:00 pm, under two large tents in the Entrance Garden, at 695 Prospect Street.

There will be the usual excellent selection of plants – our purchased feature plants, hostas, daylilies, herbs, heritage tomatoes, rhododendrons and other shrubs and trees and many locally grown perennials.

The Raffle has three great prizes: first - a hand-made copper fountain, second— a BBQ, and third—a hypertufa planter complete with alpine plants.

There will be a variety of educational displays from local organizations, activities and free plants for kids, and entertainment. And when you are hungry, Mitch Bourque will be ready to serve you at the BBQ.

New this year are three New Brunswick artisans who are bringing their wares to sell: Helen Stanley of Helen Stanley Pottery, Seeleys Cove, Jamie Brown of Valley Welding, Sussex, with his metal creations and Sadie Gagner of Mascarene with her Topsail Canvas products.

There will be something for everyone so whether you are helping or not, come with your friends and enjoy our Spring Fair and Plant Sale in support of building the Fredericton Botanic Garden.

### What You Need to Know

#### The Raffle

- Tickets have been mailed to members who sell tickets. They are \$2 each, 3 for \$5, \$20 for a book of 12.

Please promote the Raffle wherever you can – family, friends, workplaces and organizations.

- Tickets are being sold at the Boyce Farmers Market on May 16 and 23 and on May 30 we shall have an information table. On these days volunteers are required to fill two-hour shifts between 7:00 am and 1:00 pm. If you can help please email Peter Gorham at [Peter.Gorham@nbed.nb.ca](mailto:Peter.Gorham@nbed.nb.ca). Your help will contribute to the success of the raffle and will be much appreciated.
- Be sure to return all money, stubs and unsold tickets before the Plant Sale.

#### The Plants

- We welcome donations of rooted and robust perennials and small shrubs. It is more valuable to us if they are labeled with a name, but if not the colour or other information will be helpful. More information equals more value equals a higher price.
- Plants should be taken to the Resource Centre and left in the roped receiving area by the greenhouse; the sooner we receive them the more established and better looking they will be by the time of the Sale.
- House plants are the only material that is accepted at the venue on the set-up day, Saturday, May 30.
- Pots, if needed, can be picked up at our greenhouse.
- Help will be needed potting up material from our propagation beds, especially in the two weeks before the Sale. If you can help please leave your name and phone number/email address at the FBGA office (452-9269 or [fbga@nb.aibn.com](mailto:fbga@nb.aibn.com)) so we can let you know when we need a work group.
- Carry out boxes are needed for our customers – the heavy cardboard fruit boxes used, for example by Costco, are ideal. Please collect what you can and drop them off at the Resource Centre on Tuesday or Thursday afternoons.

#### Saturday Set-Up

- Help is needed with many tasks including putting up the tents, setting up tables for the various displays and the picnic tables near the BBQ, putting up signs and taking plants to the Entrance Garden and setting them up on the tables.
- If you can help on Saturday, May 30, please come to the Entrance Garden at 1:30 pm, or any time after that. This is an “all hands on deck” call. Join the party; free pizza for volunteers at the end of the afternoon.



### Fair and Sale Day

- Help is needed behind the plant tables helping our customers, working at the cash tables, selling raffle tickets, at the membership table and as greeters.
- Volunteers should be on-site at the Entrance Garden by 11:30 am on Sunday for final preparations and briefing before the gates open at noon.
- Help is also needed after the Fair and Sale end at 4:00 pm. What was put up has to be taken down, what was rented has to be returned, and plants and everything else have to be returned to the greenhouse and Resource Centre.

### For All Volunteers

- All volunteers helping in any part of the Spring Fair, Plant Sale or Raffle have their names entered in a draw, made at the end of the Sale, for a number of attractive prizes.
- As we get closer to the BIG DAY further information, including times when volunteers are needed for specific activities, will be provided by email. Also watch our Facebook page for more news and information.

## Feature Plants and Heirloom Tomatoes

In the past, descriptions of feature plants and heirloom tomatoes have been provided in the Newsletter. This year we are providing these lists separately.

Watch for them on our website

[www.frederictonbotanicgarden.com](http://www.frederictonbotanicgarden.com) and in a separate email.

The Fredericton Botanic Garden Association Newsletter is published four times a year by the

Fredericton Botanic Garden Association, Inc.

The FBGA is a registered charitable organization for tax purposes.

The objectives of the FBGA are to guide the establishment of the Fredericton Botanic Garden

and to foster an awareness and appreciation of plants.

To obtain information on membership

and to become involved in FBGA activities

please contact us: **506-452-9269 PO Box 57, Stn. A,**

**Fredericton, NB E3B 4Y2 or [fbga@nb.aibn.com](mailto:fbga@nb.aibn.com)**

**Web: [www.frederictonbotanicgarden.com](http://www.frederictonbotanicgarden.com)**

#### **Fredericton Botanic Garden Association Board of Directors**

**President - Richard Tarn Vice-President - Jim Goltz**

**Secretary - Kim Hill Treasurer - James Whitehead**

**Past-President - Wendy Bourque**

*Peter Gorham Stephen Heard John Welling*

## Report of the 2015 Annual General Meeting of the Fredericton Botanic Garden Association

The well attended AGM of the Fredericton Botanic Garden Association took place on Saturday, February 28 at the Unitarian Fellowship on York Street.

President Wendy Bourque reported on the past year, highlighting the move of the Plant Sale to the Entrance Garden which was well received by patrons, the cancellation of the Treasured Garden Tour because of the impact of post tropical storm Arthur, and the City of Fredericton's announcement of a competition for a public sculpture in the Garden funded by the Sheila Hugh MacKay Foundation. Committee reports were also received. Members approved a 2015 budget of \$44,290 which is \$2,510 above the projected revenue.

The President thanked Heather Connors-Dunphy, Nicola Cassidy, Matt Methven, Ian Veach and Liz Whammond for their contributions to the board; all left the board during the year. Elected to the board for the coming year were returning members Wendy Bourque, Peter Gorham, Jim Goltz, Steve Heard, Kim Hill, Richard Tarn and James Whitehead, and as a new member of the board, John Welling. In board meetings following the AGM Richard Tarn was elected the new Chair/President of the board, Jim Goltz the Vice President, Kim Hill the Secretary and James Whitehead the Treasurer.

A silent auction was held during the afternoon and was successful in raising \$1399. Following the AGM, Adam Clawson of Red Rover Brewing Co. gave an informative presentation on the brewing of apple cider and provided samples of his cider. Participants also enjoyed a delicious lunch. Thanks go to all who helped to make the afternoon a success.

Join us on Facebook

**facebook**

The Fredericton Botanic Garden Association now has a Facebook page.

If you're one of the one in three Canadians on Facebook, you can join the FBGA group page by entering "**Fredericton Botanic Garden**" in the search bar on Facebook, and then selecting "Join this group."

We'll have announcements about events and pictures of the Garden.

There's also a discussion page for messages.



## Science in the Garden

### Nature's pharmacy? "Medicinal" plants in the garden

By Steve Heard (Professor, Biology, UNB).

You don't need to spend long on the Web, or talking with family and friends, to hear about the wonderful potential of plants to treat human illness. The medicinal value of plant extracts is a major theme in "alternative", "naturopathic", "traditional", and "herbal" medicine – and indeed, in just plain medicine, because many of the drugs we use to restore our health have their origins in the biochemical machinery of plants.

Look around the Botanic Garden – or your own garden – and you'll see plenty of plants with historical, and often continued, medicinal uses. To pull just a few examples from the Garden's collections: daylily (*Hemerocallis*) extracts have been used to treat arsenic poisoning and fever; coneflower (*Echinacea*) is widely taken to alleviate cold and flu symptoms; speedwell (*Veronica spicata*) is said to relieve coughs and treat skin conditions; and bellflower or tickseed (*Coreopsis verticillata*) is a diuretic. Many such reported effects are real (although there's plenty of misinformation to be had, too), and this is no surprise: plant-synthesized chemicals interact with the human body in many, many ways. Consider, among familiar medicines, aspirin (from willow bark), digitalin (foxglove), atropine (nightshade), quinine (cinchona tree), and scopolamine (jimsonweed); or think about "recreational" compounds such as caffeine (coffee) and nicotine (tobacco), flavour compounds such as capsaicin (peppers) and myrcene (bay leaf), and, of course, poisons such as cyanide (cassava) and ricin (castor bean).

So why do plants make so many chemicals that interact with our animal biochemistry in ways both helpful and harmful? Most such chemicals seem to play no purpose in plant metabolism, and were once thought to be accidental byproducts or wastes. But they are no accident. Plants have evolved thousands of chemicals as inducements in their animal partnerships and as weapons in their animal wars. Some are attractants, like isoamyl acetate (the fragrance of a ripe banana), which evolved to recruit animals to eat fruits and thus disperse seeds. Others are feeding repellants: for instance, capsaicin in hot peppers binds

mammalian pain receptors but not bird ones, and has evolved because birds disperse pepper seeds but mammals kill them. Still other chemicals kill attacking insects, or disrupt their development, like the precocenes in flossflower (*Ageratum*) that mimic insect hormones and cause premature metamorphosis of insects attacking that plant. Once effects on animal biochemistry have evolved, it's a short step to our exploiting them to tweak our own biochemistry medicinally.

So: is there a pharmacy in the garden? Well, yes and no. There's no question that many plants contain compounds that, properly used, can benefit human health. But a big note of caution is in order: I often hear people say that botanical medicines are safe because they're "natural", and nothing could be further from the truth! After all, digitalin, cocaine, and belladonna are all natural, and I wouldn't take a chance with any of them. When you use a botanical medicine, there are really two possibilities. It might not work – in which case it is indeed safe, but only because it's having no effect. Or it might work – in which case it makes a significant change in your body's biochemistry, may interact with other medicines you're taking, and probably isn't something you should be rushing into. The bottom line is that plant-based medicines can be either life-threatening or life-saving; and the difference comes from the extensive scientific research that you access when you consult a medical professional. So (for many reasons) please don't chew our shrubs!



Coneflower (*Echinacea*) Image credit (c) Jamie Heard



## Attracting Bees to Your Garden

By James Whitehead

Bees are an important part of our ecosystem and welcome guests to our gardens. They serve to pollinate our flowers and vegetables, provide food for birds and other critters, and on sunny days, help turn a static garden into a flurry of activity.

Bees can be attracted to a garden by providing them with the necessities of life; shelter, food and water. Simple! For those seeking a new adventure, consider a honey bee hive. The local Central Beekeepers Association ([centralbeekeepers.com](http://centralbeekeepers.com)) can help anyone interested. Besides honey bees (a European import), we have hundreds of species of native bees, from tiny metallic-green sweat bees to lumbering and handsome bumblebees; many of these are as effective or more effective than honey bees in pollinating both wild and native plants.

Many native bees can be encouraged by providing bee houses made by stuffing hollow bamboo stalks of various sizes into a 2 litre pop bottle with the narrow end cut off. Solitary bees need holes of between 2 and 10 mm, depending on the species. Angle the opening downwards to avoid rain from entering the bottle and tie it somewhere stable and sheltered. Alternatively, drill a series of holes of various sizes into a post/block of wood, to serve the same function. Angle the holes downwards toward the opening, again to avoid rain filling them.

Bees collect nectar and pollen for food. Aim to plant a variety of native species with different flowering times to attract native bees. Clover, mints, thyme, sedum, yarrow, asters such as the Michaelmas daisies, and goldenrod are good examples. Early flowering trees are often beneficial to bees desperate for a spring feed; alders, maples and willows are critical. Early flowering garden plants also help build up nectar reserves that the bees can use for their young, as well as for honey bees to convert into wax for their hives. Good early flowers attractive to bees include primulas, crocus, bugleweed and flowering crabapples. Some of the most attractive plants for later in the season include: borage (one of the best), the old fashioned Hansa roses, Weigela, yarrows, Liatris, sunflowers, the heaths (survive zone 4 better than the heathers), catmint, the old fashioned yellow ninebark (rather than the Coppertina or Diablo), Asclepias (milkweed), the

less showy smaller bee balms, squash, apples, leopard's bane and Viburnum.

Water is a necessity. Bees use water to drink and to cool their homes through evaporation. It has been observed that bees often prefer dirty water to clean water; give them a muddy puddle any day over a dish of fresh, clear water. Part of the attraction of puddles may be that they have damp edges and gradually deepen, whereas dishes and ponds are often hazards in which the bees can easily drown. Float corks on water, or line a dish with gravel so that bees have somewhere safe to land and crawl out on if they end up in the drink.

Finally, to make our gardens as bee friendly as possible, educate young visitors about the difference between bees and wasps/hornets, highlighting that bees are generally very docile, pleasant creatures and have no interest or desire to sting. Flapping hands and swatting them unnecessarily is a certain way to anger the most gentle of creatures.



Canada's Celebration of Gardens

June 19 to 21, 2015

**Garden Days** is Canada's three-day celebration of gardens and gardening that takes place over the Father's Day weekend. The program's objective is to draw attention to our cultural garden landscape, history and innovations and to underscore the importance of public and private gardens, the values of home gardening and the promotion of environmental stewardship. Garden Days is a joyful, countrywide celebration of the role of gardens in our communities and in our lives.

Check out the Garden Days website - <http://gardendays.ca> - to learn more and see the activities taking place in New Brunswick and across the country.



## James Boyd Sculpture for the FBG

By Peter Gorham

At a public meeting held at Fredericton City Hall in April, it was announced that James Boyd has been chosen as the artist to create a piece of public art for the Fredericton Botanic Garden.

Chairing the meeting, Councillor Kate Rogers spoke of the beauty of our city and the importance of the Fredericton Botanic Garden for her young family. She also spoke of the importance of sculpture in public spaces.

A committee of four artists and arts professionals chose two finalists from the fifteen professional artists who responded to the public call for proposals. The finalists then made separate mid-winter visits to the Garden where they received a guided tour from Richard Tarn, a long time volunteer and FBGA Board member.

Boyd was particularly drawn to the Rhododendron Garden, to the plants, buds and leaves and he decided to create a site specific granite sculpture based on the buds he saw that January day. "Rhodo" will be a five to six foot sculpture carved from local pink granite which should stand out beautifully against the glossy green leaves of our rhododendron collection. The sculpture is expected to be unveiled later this year.

The sculpture is being funded by the Shelia Hugh Mackay Foundation through a grant garnered by Angela Watson, Cultural Development Officer with the City of Fredericton.

For more information visit:

<http://www.fredericton.ca/en/communityculture/NR2015Apr09BotanicGardensArt.asp>



## Seedy Saturday

There was a large turnout for Seedy Saturday on March 14. The successful event was hosted by local plantsman, Steve Stehouwer, ably assisted by Jim Goltz. A wide selection of seeds were available through the contributions of donors (Kent Building Supplies (Northside), Gardens North of Annapolis Royal, Farm Supply Co-op (Northside), Scott's Nursery Ltd, Canadian Tire (Northside), Fredericton Direct Charge Co-op and Home Hardware (Northside)), and Steve's own seed collection. Participants also had the opportunity to take home a seedling of *Arisaema flavum*, grown by Steve. This is a species in the Arum family that has a yellowish green spathe with a purple throat and is widespread across eastern Africa and southern Asia.

## Treasured Garden Tour

By James Whitehead, TGT Chair.

The Treasured Garden Tour will occur again this year, despite the demoralizing cancellation of last year's tour owing to post-tropical storm Arthur. Set your calendars for noon-4 pm, Sunday July 12.

We have some fantastic gardens, including one heritage home located in the middle of the golf course, and another nestled downtown like a secret gem! One New Maryland garden has various 'rooms' each with its own flavour. There will be artists in the gardens, and music in some. All will be capped with the garden party at the Botanic Garden.

More details will appear on our website and all members will be sent a reminder closer to the date.

## Summer Student

This summer we have hired Charli LeBlanc to work for us in the Garden. Charli is attending UNB in Fredericton and is a member of the Varsity Reds Swim Team. She has gained some experience in the care of trees from her father's career in arboriculture. Charli will be working alongside City employee Nicole Armstrong who worked in the Garden some years ago. If you see them in the Garden please speak to them and make them feel welcome.

Thank-you to Jane Tarn for her expertise in editing the Newsletters.

