Spring Farm and Garden

Dandelions: A good crop

We dig them.
We jab at them.
We spray them.
We do everything under the sun that we think or have been told will eradicate them from our lawns.

Then we go to the local grocery and buy fresh vegetables that do not have nearly as much nutritional value as these dandelions we work so ardently to get rid of.

In order to enjoy the lowly dandelion you have to be quick on the pull and ready when they are. You have to harvest them before they flower because the plants become too bitter.

If you are not fast enough there are some stores that have them available, especially ethnic green grocers. Some major supermarkets also have them for sale.

Naturally the best are those you pluck from your own lawns and fields. The best part is that they are free for the picking. The only care is that you stay away from areas where dogs frequent for like yellow snow, and where pesticides have been used... you do not want tainted dandelions!

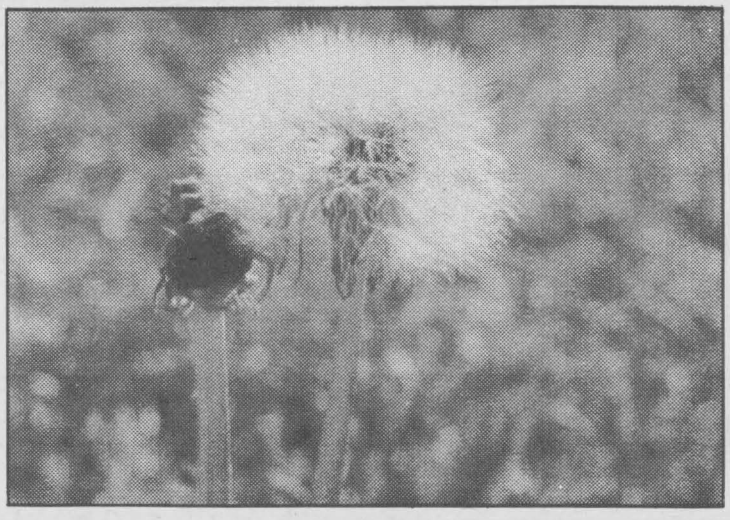
A web site can fill you in on information on a variety of weeds that are good to eat...www.edible-weeds.com. Peter Gail of Cleveland Ohio is working to popularize the lowly dandelion. Ronna Mogelon has written Wild in the Kitchen, a book featuring edible weeds in a diversified group of recipes.

Did you know that dandelions are the most nutritious vegetable known. In fact Popeye may want to rethink his diet of spinach to raise his level of energy and strength! In addition to trace minerals, dandelions contain more beta carotene than carrots, more potassium than bananas, more lecithin than soybeans, more iron than spinach and loads of vitamin A,C,E,thiamin and riboflavin, calcium, phosphorous and magnesium...likely because they shoot their tap roots deep into the ground, beyond the often depleted topsoil and into the mineral rich subsoil other plants cannot reach.

In other countries like Italy dandelions are used in a variety of dishes daily, like lasagna and casseroles. In Germany it goes into mashed potatoes, while in Hungry they enjoy dandelions with eggs.

Some say that the key to enjoying dandelions is to mask the bitterness of the weed with other ingredients. That is why the combination of dandelion and potato, dandelion and eggs, dandelion with a sweet and sour or fruit vinaigrette dressing, dandelions with meats, fruits and tomato sauces.

Be an adventure seeker and give dandelions a try before eradicating them completely from your lawn this year.



A Dandelion set to "blow in the wind."



Chieftain Photo by S.L.Johnston

Dandelions-Oh No!

They are almost feared as we work relentlously to eradicate them from our lawns. Now people have studied these lowly weeds and confirm that they are indeed very good as edible weeds. They are quite pretty with their bright yellow flowers and they are stubborn, their roots seeming to reach to the other side of the globe, but now we learn they are good for us?!

Take care when mowing your lawn, it can be a work of art

Many of us follow a typical pattern of mowing our lawns. When the grass looks longer than the neighbours or when those same neighbours mow, we mow. Many of us, out a sense of convenience whack it off to where it resembles a putting green and then leave it for a longer period. But, how and when we mow makes a big difference to the health and appearance of our lawn.

Take a walk around the lawn, checking for dead spots, for areas where a matted build up of roots and stems can cause problems....like weeds in place of grass. Rake these areas or aerate the lawn.

Grass should be mowed as soon as it starts to turn green in the spring and you could be mowing every four to five days for a while if it rains a lot or if you fertilize. Such frequent mowing will stall the growth of weeds that like to get growing early. As the weather heats up you will mow less frequently. The hot sun adds enough stress to the grass without you mowing too much too.

The best time of day to mow your lawn is early evening. This is when the least amount of stress is caused to the lawn. This is when the grass gets a period of time to recover from the heat of the day. Morning mowing can cause the blades to be damaged by the sun and the drying that occurs throughout the heat of the day. Afternoon mowing can be most injurious with the sun, wind and heat causing the most problems for your grass.

As well watering should be done in the very late afternoon and evening. Morning watering will just about burn the lawn in the sun. Clippings will dry into thatch and cause even more problems.

The cutting should not be lower than 3 inches if Kentucky Bluegrass is your seed of favour, or it will brown and look awful. Warmer climate seeds like ryegrass can be cut 2" and bentgrass or Bermuda seed tolerates being cut one-half inch from the soil.

A sharp mower blades works best. Mowing with a dull blade will eventually cause browning to the base of the grass stalks.



Ponds are Popular

This pond is in the creation stages at the home of Jim and Mary Lou Lewis along County Road 2 east of town. Marc Beach Landscaping is taking care of the effort and things are coming together extremely nicely. A triple water fall cascades into the main pond. *Chieftain Photo by S.L.Johnston*

Taking care of your pond

With the right mixture of plants and a good supply of snails, the water in your backyard fish or lily pond can stay clean and clear without a pump and filter.

Green or murky pond water indicates an imbalance in the pond's ecosystem. Usually the problem is an overabundance of algae. These tiny water plants multiply rapidly when exposed to a combination of sunlight and dissolved organic nutrients such as decayed leaves and other plant matter, excess water lily fertilizer, uneaten fish food, dead insects and fish, and fish wastes.

Plants such as waterlilies, whose large flat leaves float on the pond's surface, shade the water, helping to deprive the algae in it of sunlight. Other plants which float on the surface and trail their roots through the water have the same shading effect.

Submerged grass-like plants, also called "oxygenating plants", absorb the same nutrients that fuel the algae, converting organic wastes into food for their own growth and releasing oxygen into the water as they do so. In fact, they do essentially the same job as a pump and filter - but naturally and for a fraction of the cost and work. When these oxygenators are present and functioning in the pond, the algae will not have enough food available to them to multiply out of control. Plants which grow in the shallow water at the edge of the pond, called "emergent plants" because they stick out of the water, also help starve the algae by stealing nutrients.

Unable to find enough food, the algae will die and sink. Here is where the snails come in. These scavengers will gobble up the dead algae as well as any organic debris in the pond, helping to make it difficult for algae to get out of control or "bloom". For best results, stock the pond with a dozen snails for every 50 square feet of surface area.

Shortly after the pond has been filled up with clean water and planted (a spring ritual for most ponds), the water may turn bright green with an algae bloom. This condition should clear up on its own within a couple of weeks as the various plants, especially the submerged oxygenators, kick in and start mopping up excess nutrients. Don't change the water or you'll be back to square one. Don't even top the pond up till the water clarifies. *Never* use an algaecide.

Area garden centers and pond supply catalogs offer a wide variety of floating, emergent and submerged plants to keep ponds healthy, balanced and beautiful. Plant all water plants in heavy clay soil in plastic pots or tubs. Avoid commercial planting mixes which will cloud the water with their feather-light ingredients. Put gravel or sand on top of the soil to keep fish out of the pots. The rule of thumb is to keep about two-thirds of the water's surface area covered. Larger, deeper ponds need less coverage than smaller, shallower ones.

Floating-leafed plants: Both waterlilies and lotuses come in many colors and fragrances. For maximum performance, since they don't feed on the nutrients in the water as other plants do, fertilize them throughout the season with commercial tablets or organic granules. Use at least half a bushel of soil for lilies, and 3/4 bushel for lotuses. Place the pots one to four feet deep. One of these plants should cover from 15 to 30 square feet of surface area.

Floating plants: These curiosities provide surface cover, shade and decoration, and fish can hide, spawn and feed among their trailing roots. Floaters feed on nutrients in the water and help control algae. One plant is recommended for every 10 to 15 square feet of surface area. Suggestions: duckweed, water fern, water hyacinth, water lettuce

Emergent (marginal and bog) plants: In a backyard pond, these are mainly decorative, although they provide some shade and wind protection. Place them on shelves running along the pond edges. Suggestions: arrowhead, water iris, bulrush, cattail, floating heart, flowering rush, horsetail, marsh marigold, pickerel rush, sweet flag

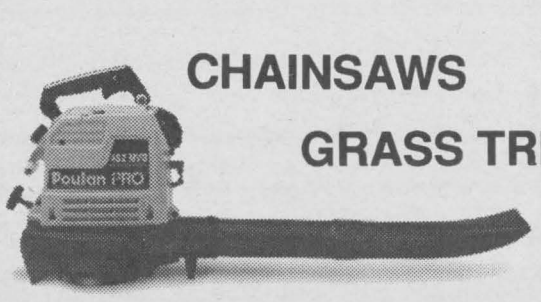
Submerged (oxygenating) plants: These are usually available as bunches of cuttings that can simply be dropped into the pond or planted, either in small pots of their own or in the waterlily pots. For smaller ponds, experts recommend one bunch for every two square feet of surface area. For larger ponds, one bunch for every three square feet is enough.

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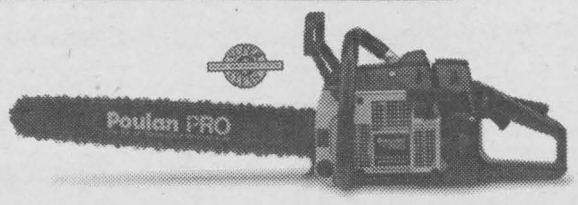
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Grass species vital to lawn growth and longevity

We all know a lawn we wish ours resembled. So lush and gorgeous that everyone dreams of theirs being just that terrific. Emerald green grass so picture perfect you are thoroughly ashamed of what you step onto each day.

The owner of this to-die-for lawn may devote hours and huge amounts of cash towards achieving this level of green, but every lawn cannot be the same and some just won't cooperate no matter how hard you try.

The key to the perfect lawn is making the right choice of seed species for the climate and keeping a close eye on the amount of sunlight the lawn receives each day.

The search should be for the grass that creates a good looking lawn with average maintenance, afterall we do not want to spend all our free time working on the grass. Grass seeds are categorized as warm or cool season grasses. Blends are available as well that will keep your lawn looking great if one species falls short.

A sure bet is a class called Fescue grasses. The hardy varieties of red, tall, fine, sheep and hard fescues are fairly low maintenance and disease resistant. They will tolerate sun but adapt to shady places as well. Classed as cool season grasses they rebound robustly as soon as the spring thaws happen.

Tall fescue is one tough grass, with great tolerance to wear and also hot, humid conditions. It takes to an unshaded lawn and prefers minimal fertilizer.

A wide bladed grass, most fescues are slightly jagged when cut and can brown at the tips. Fine Fescues like red and sheep varieties won't show that much, although they are more sensitive to wear and large amounts of direct sun. They do well in moist or dry soil, but do require one inch of rainfall or watering per week. Heavy seeding and fertilization only once or twice all season long.

Kentucky Bluegrass is a mainstay of many lawns, as it bounces back from even the harshest winter. Forming dense, dark green lawns, it is fairly drought resistant, long periods of extreme heat may be damaging if no shade is available, but then it does prefer full sun. Fertilize in early spring, midsummer and again in the fall. Overseeding is recommended later as well. Grubs also enjoy Bluegrasses, so early in the summer it is wise to spray for these little fellows. A deep rooter, it likes full water saturation twice a week to maintain its full colour and with a good fertilizing schedule it will reward your efforts with a lush, green carpet lawn just like the one you dreamed of.

Spring has sprung

Sheep having babies (as other animals do) is a sure sign of spring on the farm. These youngsters were relaxing in the sparse sun we enjoyed on Sunday.
Chieftain photo by S. L. Johnston.



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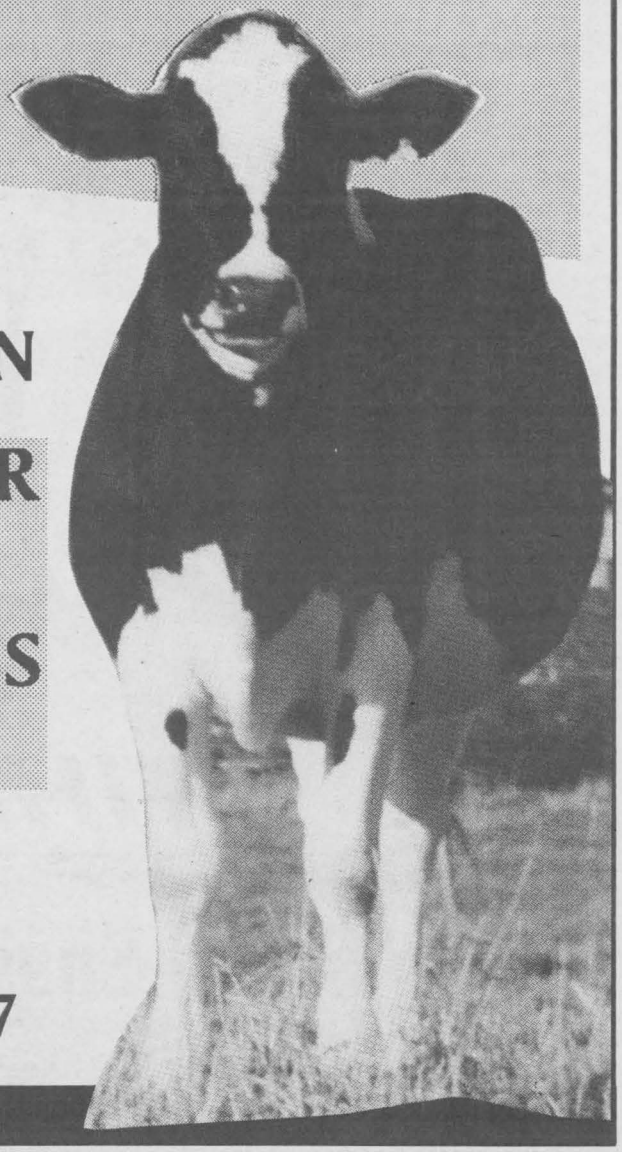
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Foot and Mouth disease (FMD) is reportable in Canada under the Health of Animals Act. The Canadian Food Inspection Agency (CFIA) is the lead agency for this disease. The Act states that any suspect animals must be reported immediately to the CFIA veterinarian at 1-877-227-0677.

The most apparent clinical sign of the disease is blister like lesions or vesicles on the nose, tongue, lips, between the toes, above the hooves and on the teats. Foot lesions may cause lameness and other signs include fever, depression, loss of appetite or marked loss of milk production.

People, animals and other objects such as clothing, vehicles, equipment, feed and or water can spread the disease. It can also spread through the air up to 60 kms across land or 300kms across water.

The severe outbreak in Europe is creating concern among livestock producers in Canada. The potential devastation of the disease is a good reason to increase biosecurity measured on the farm.

If you have any visitors to your farm, ensure their footwear is thoroughly cleaned and disinfected. A simple disinfectant only works if surfaces are clean and free from soil and organic debris. Prevent visitors from having direct contact with livestock, equipment, feed or water. Prevent visits by anyone who in the last 14 days has been to a country that has had a recent outbreak of the disease. If you do have international visitors to your farm prevent those who have been in a

Please turn to page 5

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CONTINUED

Hoof & Mouth

Continued from page 4

country with a recent outbreak of FMD within the last 14 days. People can carry the virus on clothes, shoes or in their noses. Have them wash and disinfect all personal effects and objects they bring with them. Dry cleaning is recommended for clothing. The CFIA suggests the use of Virkon, Germ Kill, Sulphamic Acid, Acetic Acid or Citric Acid to disinfect items after they are cleaned. FMD is killed by these disinfectants.

It is vital to ensure all visitors' footwear is thoroughly cleaned and disinfected.

If you need to visit farms in a country that has a recent outbreak of FMD do not bring back any meat, diary products or animal products including hides or skins from any country. Follow ALL precautions and routines that Canada Customs and Revenue Agency and CFIA have set out at airports and other ports of entry into Canada. When returning home follow the same precautions as international visitors to your farm.

The Federal and Provincial governments are monitoring FMD in order to keep people informed. This is a time to take every precaution and every effort to keep FMD out of Canada.

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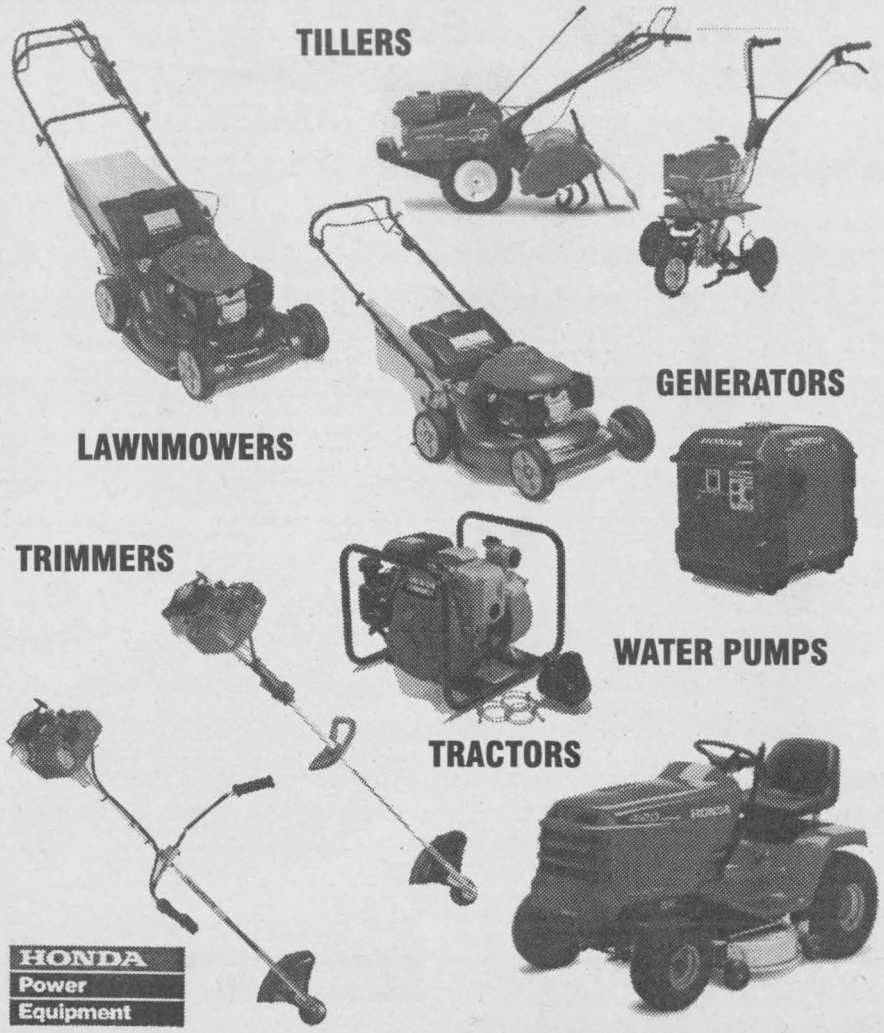
Chieftain Photo by S.L.Johnston

Struttin' their Stuff

This trio were showing their best side as they seemed in the mood for love. Females were looking but no one seemed interested in the struttin' these banty roosters were displaying. They are great alarm clocks and so distinguished.

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A powerfull 'Drag' at South Mountain horse pull

by Theresa Roach
Chieftain Staff Reporter

The sun was shining, the horses were ready and people were ready to make their way to the South Mountain Agricultural Fairgrounds for the 25th annual Horse Pull and Fun Day.

The horse pull was set to begin at 12 noon and about 450 people came out to take part in the action and enjoy a fun day out with the family in the sunshine.

Proceeds from the event will go to help support the South Mountain Agricultural Society in their many ventures and about $2,500 was raised throughout the day.

There was a heavy and light class for the pull. The heavy class includes horses over 3,300 pounds and the light class includes horses under 3,300 pounds. Six teams participated in the light class and 13 in the heavy class with people coming from as far away as Wakefield, Tweed, Maddock and Quebec.

The heavy class horses had to pull 10,200 pounds and the light class had to pull 8,200 pounds. Each horse got two hitches to pull the weight 15 feet and if they didn't make it in two hitches they were disqualified.

Brent Gabe from Quebec won both the heavy and light class for the day.

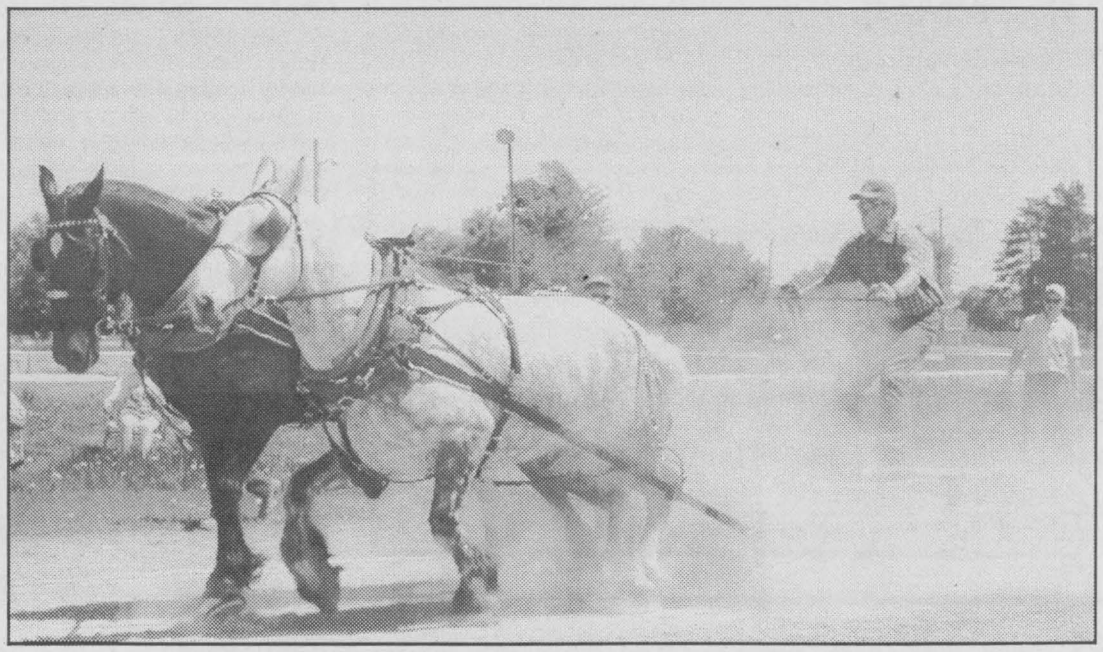
"It was a great day and with all of the other events everybody had a good time and there was a lot of travelling around the grounds. It was a really good time with plenty of sunshine and the weather was good for the whole day," said Roy Sherrer, one of the organizers who has been organizing the event for 21 years.

There were many fun day events for the crowd to enjoy and they include plowing, seeding, wagon rides, Al Barrett's Harness Shop, farrier demonstration, costume class and a general pleasure class.

Many games were also enjoyed by all who attended the fun day. The games included an obstacle course, trotting race, boot scramble, lancelot, pole bend, barrels and a walk and jog class for 12 and under and adult.

Julie Cullen of South Mountain had her equestrian classes come

Please turn to page 7



Strong contenders in South Mountain

The South Mountain Horse Pull and Fun Day attracted a great crowd over the weekend. The perfect weather made the afternoon of friendly competition appreciated by all. Horses and drivers came from all over the area for the pull. Rob Uens, of Roslin, guide horses, King and Jack as they pull over 6,000 pounds in the contest.

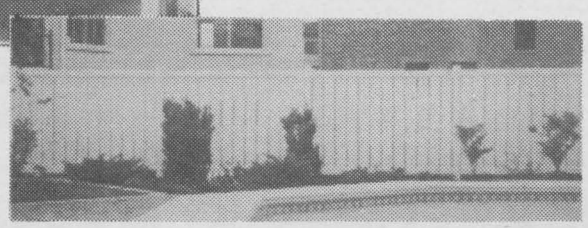
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Horse pull

out for a demonstration of her teachings. The day also included a barbecue and IOOF Booth refreshments.

The Horse of Course Club of South Mountain participated in and put these events on.

The club has about 30 members, accepts all breeds of horses and was started one year ago by Roy Sherrer. They hold meetings in various locations throughout the community once per month on the second Wednesday.

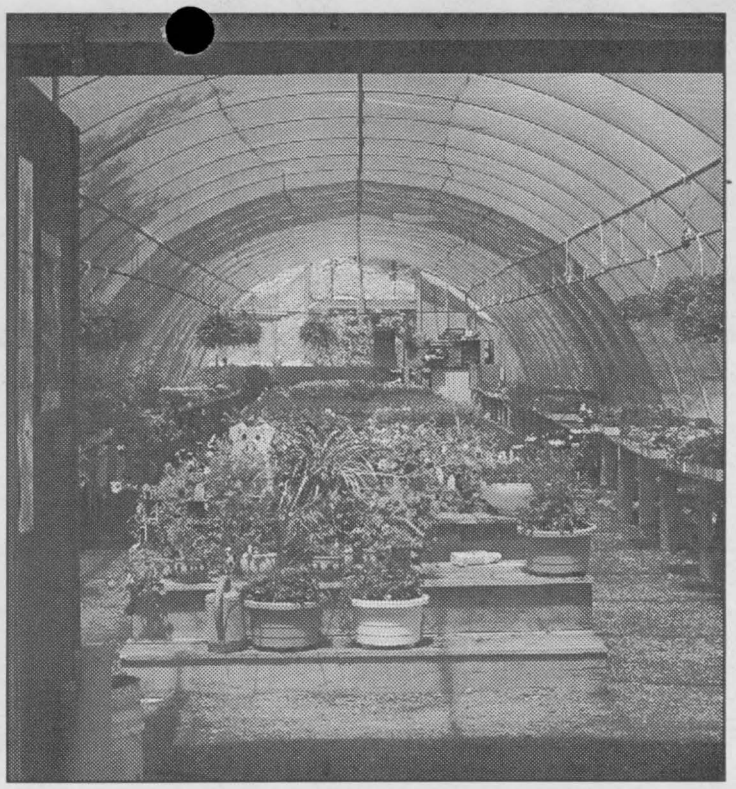
New members are welcome and membership for the club costs $20 for a year. For more information about the club please call Roy Sherrer at 989-2781 or Barb Finlay at 989-3305.

"The events went well and there was a great crowd turnout and we had wonderful weather. Everybody participated and has a good time and enjoyed the pole bend, single horse wagon rides and obstacle course. We plan to do the same thing next year," said Sherrer.

With Osteoporosis a fractured hip could be a life sentence.

Osteoporosis Society of Canada

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Greenhouse Beauty

Planting time is upon us. If you have not purchased flowers for your garden, the time is now. Customers were browsing and making those choices on Sunday at Glen Becker as the Greenhouses were bulging with plants, flowers and veggies. An assortment of adronments for the garden are also available.

Chieftain Photo by S.L.Johnston

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We also have a supply of short season soybean seed & sorghum available now.
We handle a complete line of herbicides.

Two Great Locations To Serve You

AUTOPRO MECHANICAL

WINCHESTER AUTOMOTIVE SERVICES
Hwy. 43, West of Hwy. 31,
Winchester, Ont., K0C 2K0
613-774-3189
David Van Noppen

MORRISBURG AUTOPRO
Hwy. 2 East,
Morrisburg, Ont., K0C 1X0
613-543-CARS (2277)
Bob Van Noppen Cindy Wolfe

The Largest Network of Automotive Professionals

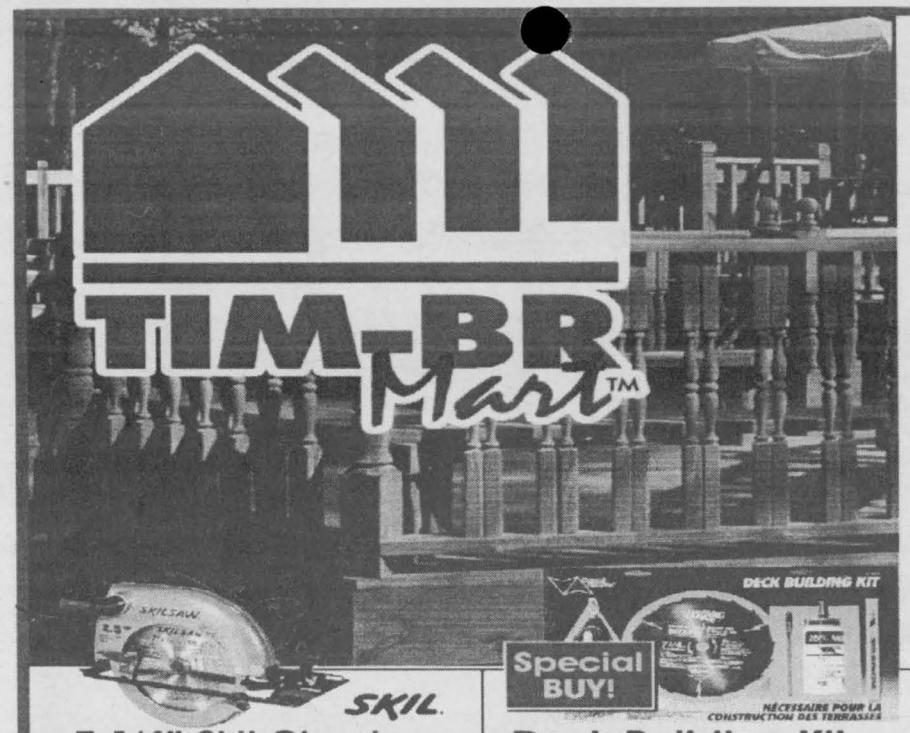
PoulanPRO

Deluxe Lawn Tractor



12.5 hp - 38" Deck...$1499
16.5 hp - 42" Deck Hydro...$1999
18.5 hp - 42" Deck Hydro...$2699
20 hp - 46" Deck Hydro...$3249

EASTERN ENGINES POWER EQUIPMENT
Hwy 31, Williamsburg 613-535-2488



Pressure Treated Patio Decks

Deck package includes lumber and hardware for a deck with a maximum clearance of 3 ft. above ground. 2" x 6" decking. Railing, stairs and concrete or deck blocks for posts extra. See your local **TIM-BR Mart** dealer for complete material breakdown.

10' x 8' Deck Package
$239

12' x 12' Deck Package
$399

16' x 12' Deck Package
$499

A Great Selection Of Deck Accessories

At **TIM-BR Mart** you'll find all the latest Pressure Treated and Western Red Cedar deck accessories.

- Colonial Spindles
- Balusters
- Lattice Panels
- Grooved Top Rails
- Garden Light Sets
- Decorative Post Caps
- Hand Rails
- Colonial Posts
- Landscape Timbers
- Deck Stains

Pressure Treated Baluster
2" x 2" x 42" (nominal size).
90¢ Ea.

7-1/4" Skil Classic Circular Saw

2.5 h.p. motor. 12 amp. Built-in scales and cutting guide. Includes 18 tooth carbide blade. #12034666
89.99 (5272-05)

Special BUY!

Deck Building Kit

Includes 100' chalkline. 7-1/4" deck blade, 3/8"spade bit, 5 oz.chalk refill and carpenter's pencil. #12027777
9.97

Vermont American

Concrete Deck Block

Accepts 4" x 4" posts and 2" lumber for stringers. Other designs also available.
5.99

DECOR
Brooklin 40

TIM-BR Mart Ready To Use Concrete Mix

Ready-to-use, just add water and mix. Ideal for setting fence posts. 30 kg. bag.
3.69





Before You Start Your Roofing Project Talk To The Roofing Experts At TIM-BR Mart

We stock a large assortment of shingles, however some colours and blends may be special order. See in-store for current competitive pricing. Bundle covers 32.3 sq. ft.

Asphalt Roof Shingles

Choose from a selection of stock colours. Each bundle covers approximately 32.3 sq. ft.

BP BP CDO INC.

Citadel
20 Year Warranty
13.99 Bundle

Rampart
25 Year Warranty
14.99 Bundle

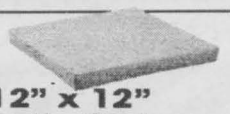
TIM-BR Mart Has Everything You Need For Your Concrete Landscape Project

Landscape Timbers

TIM-BR Mart stocks a variety of landscaping timbers to enhance your landscape design. Use as garden edges, lawn borders and retaining walls.

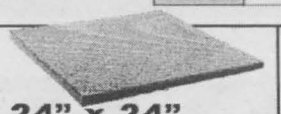
Landscape Timbers			
SIZE	8FT	10FT	12FT
4"x6"	SEE IN-STORE FOR PRICING		
6"x6"			





12" x 12" Patio Slab

Ideal for the do-it-yourselfer.
DECOR Brooklin 40 **1.99**



24" x 24" Patio Stone

Ideal for patios, walkways, poolside, etc.
DECOR Brooklin 40 **5.49**



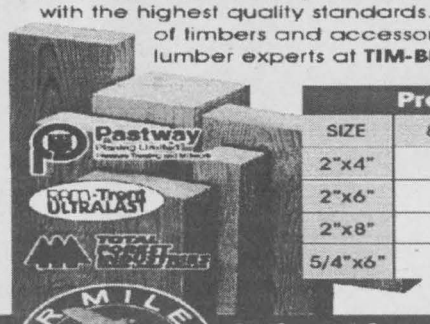
DECOR Brooklin 40

Scalloped Edge Garden Border

2' long x 2" thick. Height may vary from 6" - 8"
2.09

Pressure Treated Lumber

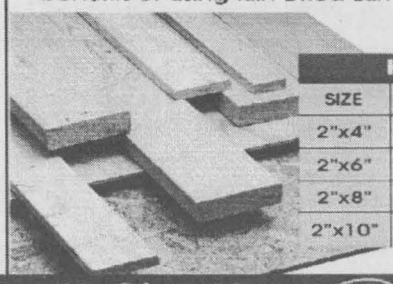
At **TIM-BR Mart** we buy our lumber from **The Best Canadian Mills** with the highest quality standards. We also stock a great selection of timbers and accessories. Come in and talk to the lumber experts at **TIM-BR Mart** today.



Pressure Treated Lumber					
SIZE	8FT	10FT	12FT	14FT	16FT
2"x4"	SEE IN-STORE FOR CURRENT COMPETITIVE PRESSURE TREATED LUMBER PRICING				
2"x6"					
2"x8"					
5/4"x6"					

Kiln Dried Spruce Lumber

We stock a great selection of Kiln Dried Spruce Lumber in a variety of widths and lengths. Ask the Experts at **TIM-BR Mart** to explain the benefits of using Kiln Dried Lumber for your project.



Kiln Dried Spruce Lumber					
SIZE	8FT	10FT	12FT	14FT	16FT
2"x4"	SEE IN-STORE FOR CURRENT COMPETITIVE KILN DRIED SPRUCE LUMBER PRICING				
2"x6"					
2"x8"					
2"x10"					

Why Shop At A Store That Doesn't Give You AIR MILES® Reward Miles? See in-store for details.

THOMPSON TIM-BR Mart

33 Dundas Street, Iroquois
(613) 652-4478 or 652-2500
Free Delivery / Free Estimates

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Get On Deck & Be A Blue Jay! For A Day!

Plus Win A $1000 Shopping Spree From TIM-BR Mart

Enter And You Could **Win**

1 of 3 "Blue Jay For A Day" Prize Packages or 1 of 10 $100 TIM-BR Mart Gift Certificates

Here's How To Play: Visit your local TIM-BR Mart and fill out a ballot. No purchase necessary. Contest closes June 30, 2001. Draw date July 10, 2001. See in-store for complete details, rules and regulations.