

Escarpment Views



SUMMER 2010

REFLECTING NIAGARA ESCARPMENT LIFESTYLES & VALUES

Gardens Galore Issue!

Regal Delphiniums

Tours of Georgetown &
Niagara-on-the-Lake

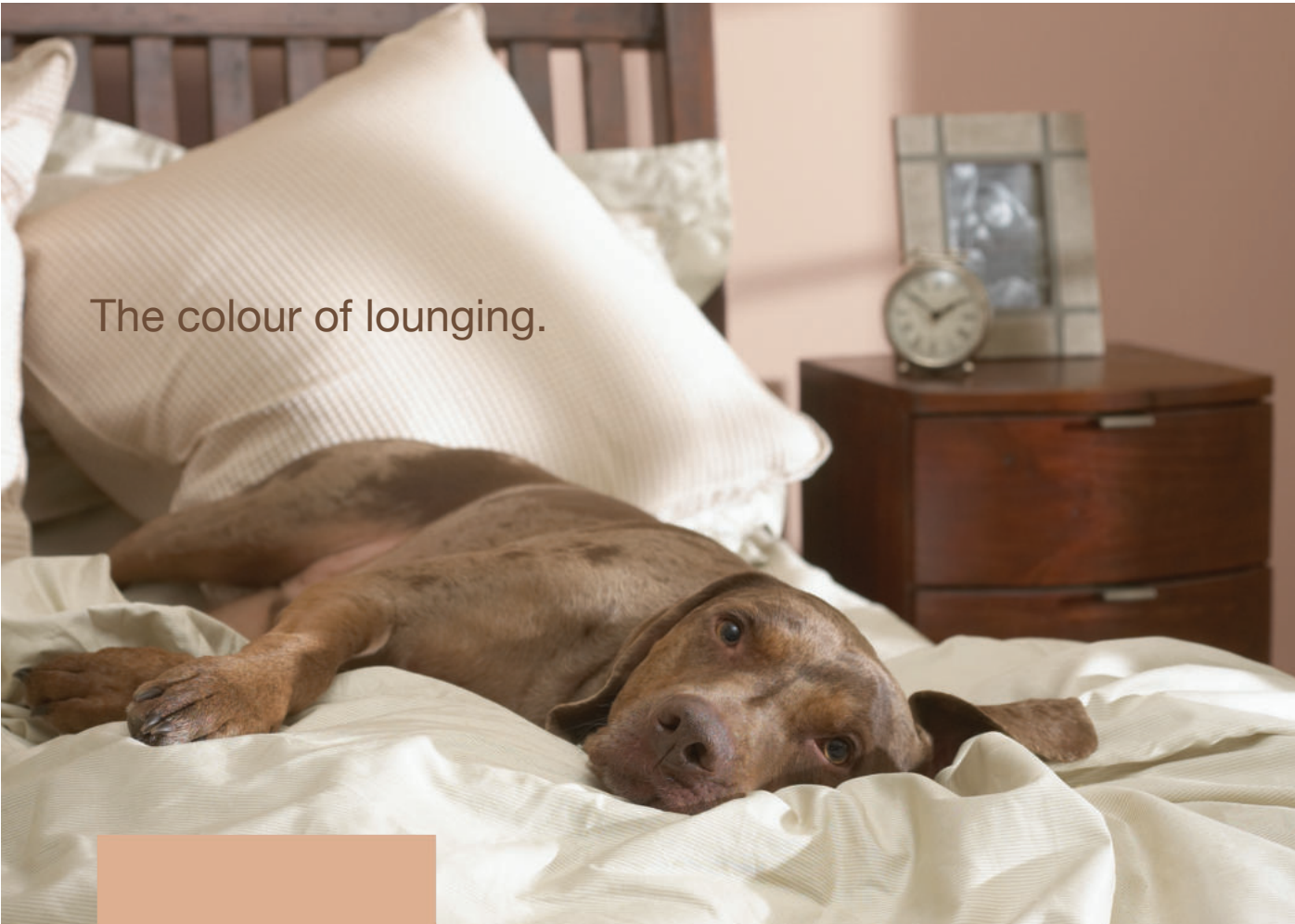
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Escarpment Views

Summer 2010

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to include more fine art in our centre view.

I appreciate your responses, and with your support, we will welcome more artists of Niagara Escarpment landscapes to contact us about featuring their work. The art needs to be of actual scenes that we can identify by general location. Please email me at editor@EscarpmentViews.ca to introduce your work.

Help the Environment & Beat the HST!

We're also pleased to announce that the community group Friends of the Eramosa Karst will benefit from subscriptions to *Escarpment Views*, just as Escarpment Biosphere Conservancy will. For every new or renewing subscriber who names either of these organizations when sending payment, we'll give \$5 to the group.

A note on subscriptions: you can **beat the HST if you send your \$21 before July 1**. You can save even more by subscribing for two years, at \$36.75. These prices will go up after July 1. See our subscription order form on page 22.

Giveaways on Our Website

As a subscriber, you can be notified of news updates on our website blog. We have begun giving away free tickets to various performances in our coverage area. Watch www.EscarpmentViews.ca for your chance to enter our free draws!

Another development on our website is a free event calendar. Send us information about your amateur or professional event and we'll do our best to post it – for free!

In This Issue

We feature several gardens in this issue, in Caledon, Georgetown and Niagara-on-the-Lake. We are fortunate to have been given an interview with Lorraine Roberts of Plant Paradise Country Gardens, who is renowned for the strength of her delphiniums. Gardeners who opened their private spaces to the public last summer let Mike Davis capture beautiful snapshots in and around Georgetown and Niagara-on-the-Lake. These features make anyone want to get gardening.

Summer is the season for farmers' markets, and we celebrate their fresh bounty and friendly fun with plenty of photos. We also turn our cameras to the north in this issue. We go underwater off the Bruce Peninsula to bring you ghostly sights of shipwrecks, and we take you up onto the bridge of Chi-Cheemaun, the ferry that sails between Tobermory and Manitoulin Island.

Take a look at the many views we share in this issue, and get outside this summer to make the most of this special season in the gorgeous Niagara Escarpment area that's our home.

Gloria

Gloria Hildebrandt, Editor

You Love Art

In our Spring 2010 issue we published a photograph of a beautiful landscape painting as our centre spread, and asked you what you thought of using art on occasion, instead of only publishing photos. I heard from several of you, by email, in person and by telephone, that you love the painting and think it's a good idea

Views From Our Readers

Here are some of the letters, messages and notes we've received from readers and viewers. We appreciate hearing from you by Canada Post: Escarpment Views, 50 Ann St., Georgetown ON L7G 2V2 or email: editor@EscarpmentViews.ca

Hi: I just read your Escarpment views and did enjoy the photography. Please pass along to Melissa Prout: I had to chuckle when I read that on the Bruce Peninsula, most people will never see one because of its secretive behaviour and incredible camouflage. I grew up on the peninsula, encountered many rattlesnakes (we used to have a jar of rattles - as they were constantly in bails of hay, in hay mows, or along the sides of the house, we had to kill to protect ourselves) My mom recently killed one in her flower bed along hwy 6, and I went for a three-hour hike last summer, and took pictures of eight, so they are not that extinct. In fact, they are dangerously populating the area, to be putting people at risk. Where there is one, there is always a second! or its mate, so I have first hand experience that there are lots out there! Hope you don't get bit! /

Pat [By email]

[Editor's note: Here is a response to Pat's email from Melissa Prout.]

Dear Pat,

Wow! You are certainly fortunate to have had so many encounters with this amazing snake! We are privileged to live in one of only two areas in Canada with healthy populations. I understand that it is a bit

disconcerting to have a rattlesnake appear where you aren't expecting it, such as in your garden; however, there are alternatives to killing it. These rattlesnakes can be relocated up to 250 metres away by using a long stick to gently move it into an empty garbage can. Like most wild animals that we come across, the Eastern Massasauga Rattlesnake is actually quite frightened of us. Its instincts are just like yours – self defence – striking only when provoked. There have been no deaths due to rattlesnake bites in Ontario in over 45 years. Statistically, you are far more likely to be hit by lightning or killed in a car accident.

I would remind you that the Eastern Massasauga Rattlesnake is a species at risk and is protected under both federal and provincial legislation. This means that it is illegal to harass or kill them or even have any part of one (such as the rattle) in your possession. They play an important ecological role and our world would be far poorer without them. Persecution by humans has significantly contributed to the "threatened" status of these impressive snakes. However, attitudes are now changing to wonderment and stewardship; and I'm glad to hear



that you are now taking photos of these snakes! Good luck in your future hikes on the Bruce Peninsula!

Melissa Prout

[Editor's note: Susan Gibson was asked to put the following in writing for us after her telephone call about it.]

Pregnant Massasauga rattlesnakes have one job. They must keep their average of eight snake embryos close to 31 degrees for THREE months of gestation. To do this, in the Bruce National Park, they return to and reuse the same limestone rocks and crevices where they thermoregulate and can escape, if threatened. Since the last Ice Age, these ancient birthing sites have allowed the moms to warm up on a sunlit slab of limestone in the morning, after sheltering under the same rock for nightly warmth. Nearby, there will usually be a small cedar tree which will provide moderate warmth, dappled light during the warmer parts of the day and visual protection for this cryptic and unique creature. And, amazingly, the mums FAST during the entire pregnancy, and do not move much more than a metre in any direction - unless a mouse or some other snake delicacy moves within easy striking distance. Like most other pit-vipers, mums stay around for their natal care for six to 10 days until the babies shed their first skin. How do we know these facts about Massasaugas? Because of their rareness. For several years the scientific staff of the Bruce Peninsula National Park initiated summer surveys and identified many unknown (to us) birthing sites within the park. These are now closely monitored to prevent interaction between park visitors during the birthing cycle.

When I lived in Tobermory I was privileged to be invited to join the Park's Massasauga scientific team as a volunteer. What an experience! You haven't lived till you have seen a ball of newborn rattlesnakes.

Susan Gibson, Ottawa

Events Along the Rock



Crowds passed through the Guelph Organic Conference in late January for workshops, dinners and the tradeshow. Checking out Frogpond Farm's organic icewine at right is Tomás Nimmo, conference manager. Lea Koch joined her father Jens Gemmrich, winemaker, in staffing the family booth.



The Friends of Terra Cotta held a Valentine's Dinner and Dance on Feb. 13 to raise funds to support the Terra Cotta Centre for Environmental Learning. Taking part were from left, Sharlene Hardwar of Credit Valley Conservation Foundation, Marolyn Morrison, mayor of Town of Caledon, Keith Thoy of Topnotch Consignment Furnishings and Nicole Deckert of Credit Valley Conservation Foundation.



The board of Friends of the Eramosa Karst hosted their third annual fundraising dinner on Feb. 20 in Hamilton. Tim Hudak, leader of the Progressive Conservative Party of Ontario, third from right, was one of the featured speakers.

Coming Events

June 5, 6 **View underground caverns of the Inglis Falls Filtration Plant**

Inglis Falls Conservation Area greysauble.on.ca

June 11 **Teen Night** Wild Waterworks, Confederation Park, Hamilton facebook.com/wildwaterworks

June 12 **Events in the Park: Birds of Prey** Grey Sauble Conservation Administration Centre greysauble.on.ca

June 19, 20 **Big DADDY Festival** Halton Hills www.bigdaddyfestival.ca

June 20 **Father's Day Steam & Machine Show**, Westfield Heritage Village westfieldheritage.ca

June 26 **Tea at the Manor** haltonhills.unitedway.ca

July 10 **Art in the Garden**, Keppel Croft, Wiarton keppelcroft.com

July 10 **Events in the Park: Geo What?** Grey Sauble Conservation Administration Centre greysauble.on.ca

July 17, 18 **Art in the Park** Happy Hearts Tent and Trailer Park, Tobermory happyheartspark.com

Aug. 20-22 **Battle of Wyse's Fork, North Carolina 1865** Country Heritage Park, Milton acwhrs.com

Aug. 21, 22 **Port Dover Summer Festival** portdoversummerfestival.com

Sept. 17-Oct. 3 **Downtown Localicious Experience**, Hamilton downtownhamilton.org

For more event listings, see our **Calendar of Events** at www.EscarpmentViews.ca

Chi-Cheemaun Ferries Gap in Niagara Escarpment

Photos by Mike Davis

People may be surprised to learn that the Niagara Escarpment extends beyond Tobermory at the northern tip of the Bruce Peninsula. It reappears in Lake Huron as Manitoulin Island, which is claimed to be the largest fresh-water island in the world. Accessible year-round by a bridge from the mainland near Espanola, the most direct way to reach it from Tobermory is by ferry in season, from early May to mid October.

The name of the ferry is M.S. Chi-Cheemaun, which means “big canoe” in Ojibway. It takes about 1¾ hours to cross the 28 miles or 45 km between Tobermory and South Baymouth on the island. When the ship is full of vehicles, it takes a half hour to load and unload them. During the high season, mid June to early September, there are four departures a day from each harbour.

During the voyage, people leave and lock their vehicles, going up on the decks to explore the ship and enjoy the views. Facilities include a cafeteria with hot meals, two seating lounges, a bar, gift shop, children’s play room, video arcade and

a dining room for popular sunset dinner cruises.

Dogs are allowed on board on leash, but only on the outside lower decks. Other animals remain on the vehicle decks. On the day these photos were taken last summer, the captain confided that a horse was on board, while two semi-trailers full of cattle had been on board the day before. Other interesting loads have been turbine windmills that are now on the island, prefab homes, and full logging trucks.

Unexpected Incidents

Captain Kerry Adams is one of two captains serving the ferry. His co-captain, who divides the shifts with him, is Robert Schreiber. Adams has

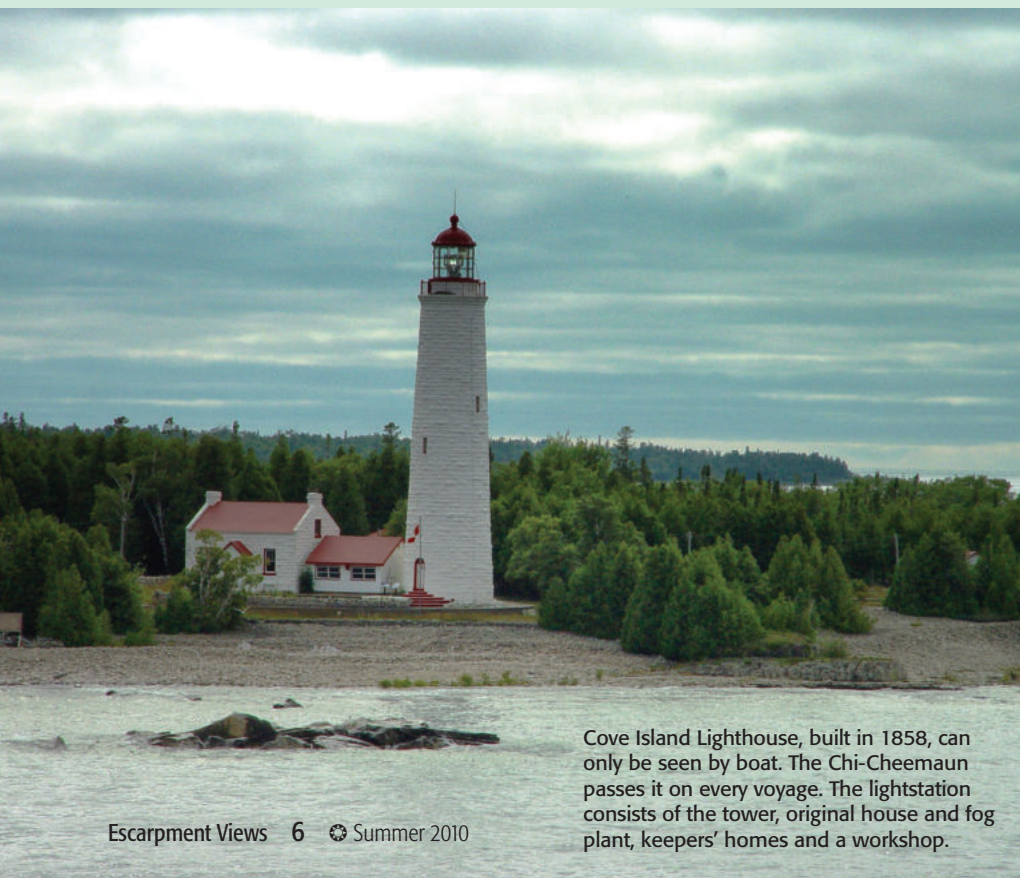


Captain Adams taking Chi-Cheemaun into South Baymouth, Manitoulin Island.



The safety of hundreds of passengers is in Captain Adams’ hands as he docks on Manitoulin Island.

worked on this ship since 1998. Previously, he worked on the Great Lakes and on ships to the Arctic. He was born and raised in Tobermory; his father was also a captain. Adams has seen some interesting incidents on board but there has never been any loss of passengers.



Cove Island Lighthouse, built in 1858, can only be seen by boat. The Chi-Cheemaun passes it on every voyage. The lightstation consists of the tower, original house and fog plant, keepers’ homes and a workshop.



First officer Terry McMillan, left, and Helmsman Blaire Leeson on the bridge.

“In the fall sometimes it’s too rough and windy to sail,” he says. “We’ve had some situations where we had to turn back. Once we had to leave Tobermory and shelter under Cabot Head.”

There have been a couple of heart attacks over the years, but his crew has training in advanced first aid. Medical staff is always on call for “remote walk through” with crew. “There has always been



Chi-Cheemaun approaching South Baymouth, Manitoulin Island. In service as a ferry since 1974, she is also used for private functions while docked in Owen Sound out of season.

Fast Facts About Chi-Cheemaun

Built in Collingwood in 1974 at a cost of \$10 million

First voyage: Sept. 10, 1974

Carries 140 cars & 638 passengers & 31 full crew; lifeboats for all

Number of decks: 7 Levels for vehicles: 2

Speed: 16 knots or 18 mph

Length: 365' Width: 62.5' Weight: 6,990 tons

Draft in water: 13'

2 Ruston diesel engines with combined power of 7,000 hp

Bow Thruster that assists in docking, has power of 800 hp

Bow visor hydraulic cylinders



Passengers enjoying a cool breeze in the sun on board the Chi-Cheemaun.

someone who answered the call," Adams adds.

Barbara Pitre, one of two chief stewards working on Chi-Cheemaun, has some other tales from her 28 years of service. "One woman went into labour on board but didn't deliver here," she says. "And once an airplane crashed in front of the ship. We were first on the scene and were part of the rescue team."

After hours, the crew performs weekly emergency drills and exercises on short notice to keep prepared for the unexpected. Other passengers create less serious challenges.

"Some drivers are a complete disaster at coming on and off the ship," Captain Adams says with a grin. "Just about every day we're pushing a vehicle off."

Picture Perfect

Adams' advice for passengers to enjoy the trip is "Make a reservation." Beyond that, he suggests "If the weather is good, enjoy being outside on deck." He points out Cove Island Lighthouse outside of Tobermory as important for sightseeing. It's 152 years old and still in use, guiding safe passage through a dangerous strait between Lake Huron and Georgian Bay. The lamp was previously fuelled by sperm whale oil, then coal oil, then kerosene, and now by electricity, and is visible up to 25 km away.

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Delphinium: Queen of Perennials

An Escarpment Views Interview with Lorraine Roberts

Lorraine and Robb Roberts own and run Plant Paradise Country Gardens of Caledon.



Lorraine and Robb Roberts host a Delphinium Day every summer at Plant Paradise Country Gardens in Caledon.

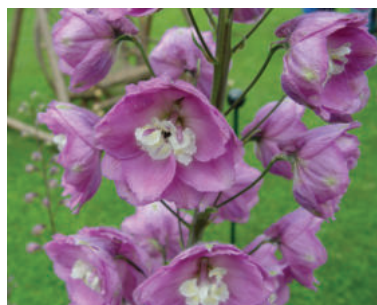
A massive border with a berm takes delphiniums to spectacular heights.



The stately "queen of perennials" reigns supreme.



Why do delphiniums seem to die out so quickly after a few years when other perennials keep getting bigger and stronger? There are hundreds of different varieties of delphinium species. As a result of hybridization of the wild species, we are now more commonly familiar with the modern, cultivated, taller varieties of either the Giant Pacific or the Delphinium elatum strains that we see in today's gardens.



Delphiniums in a range of colours fascinate with their centre "bees."

Unfortunately, the Giant Pacific delphiniums have been the most commonly sold delphiniums at garden centres. These delphiniums were never bred for hardiness or longevity. Savvy gardeners are now learning that the delphinium elatum variety lives up to its nickname, "queen of the perennial garden." This variety has proven its longevity and hardiness. It grows in areas that have a temperature range from minus-35 degrees Celsius in winter to 35 degrees Celsius in summer.

How should we care for delphiniums?

Delphiniums require staking and some proper care. The delphinium elatum cultivar can grow for well over 10 years, but as with most perennials, will eventually require dividing to continue to grow successfully. This is easily done in early spring when there are only a couple inches of new growth. Dig up the whole plant, wash off the roots and divide it into healthy sections with a sharp knife.

How should we plant them?

To be healthy, delphiniums need rich, organic, moist and well-drained soil. If the soil is not well drained they will get crown rot. If they are too dry they will not grow or bloom properly and they will be more susceptible to powdery mildew. Therefore, on initial planting, mix composted horse or cow manure into the soil to a depth of 12 inches. Adding *mycorrhizal* fungi when planting will substantially aid in greater root growth and the over-

all health of the plant. Each year additional organic nutrients should be added in the spring around the plant, not on top of crown where the new shoots appear.

How do you get such fantastic delphiniums at Plant Paradise?

We also feed our perennials a liquid, certified organic solution called "Organique." We also have more growth and development when Organique is watered into the hole upon planting, compared to when we use water that contains no nutrients. Delphiniums have relatively shallow roots so regular watering may be necessary during the growing season if it hasn't rained in a long time. Watering also depends on your soil conditions and if you have properly amended your soil when you initially planted them. Overwatering and being planted in waterlogged soil will cause the crown and the roots to rot. Young, new plants should always be kept moist.

How much room and sun do they need?

The modern delphinium elatum can usually grow to a height of six feet and a width of three feet. Delphiniums require at least half a day of sun but the best location to plant them in is full sun. They are well suited to large or small gardens. Some gardeners with small gardens think they can only grow small plants. This would be unfortunate, because the delphinium gives a small garden height, which gives it the illusion of a larger garden without sacrificing space.

How do you keep them from falling over or breaking?

Staking and support of the blooms is absolutely necessary. This should be done in early May as the delphinium is growing. We use a grid plant support system that holds each bloom individually and we move it up the plant as it grows. It's best not to plant delphiniums next to a wall, as the wind will shred them.

What should we do when the flowers finish?

The length of the bloom period is usually about four to six weeks. They may bloom again in the fall if the bloom stems are cut down right after the plant has finished flowering. Let the leaf foliage die back naturally, unless there are signs of new growth. In this case remove all the old foliage, which will allow all the energy to be directed towards the new growth and it will then encourage rebloom in the fall. After frost, cut back and remove all the foliage.

Are there any pests to be concerned about?

Slugs and snails are the most common pests to affect delphiniums and of course many other plants in the garden. They can cause serious damage to new shoots and may even destroy new plants. There are a few methods for control. At all times, keep your garden free of decomposing debris where slugs are able to find shelter. An environmentally safe and non-toxic

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Display gardens at Plant Paradise provoke awe and inspiration.



All shades from deep purple to light azure make delphiniums a necessity for a blue garden.



The doctor's not on call: Dan Mahoney, a surgeon in Chatham, snorkels some wrecks at Lion's Head on a free weekend.



The wreck of the City of Chatham lies at the bottom of Colpoy's Bay north of Warton.



The lower hull of the City of Chatham is visible in shallow water near the shore in Colpoy's Bay.

Snorkelling the Wrecks

By Gloria Hildebrandt Photos by Mike Davis

Even in August, the waters of Georgian Bay off the Bruce Peninsula are cold without a wetsuit. At Colpoy's Bay north of Wiarton, there are no swimmers, only a few fishers and kayakers. Dan Mahoney of Chatham has come north for the weekend to snorkel some of the underwater shipwrecks in the area. In his wetsuit, he finds the core part of his body stays warm although his face, arms and calves get chilly. Mike Davis has joined him to photograph the wrecks.

“When you’re swimming around looking for wrecks, it’s like seeing a ghost,” Mike says. “First you see something vague and blurry in the distance. As you swim closer it gets clearer and bigger until you’re right over it and can see it in all its grandeur.”

At first they swim around a part of Colpoy's Bay looking at bits of underwater lumber with nails in them, which they've seen on another trip here. When they surface, I ask if they're going to look at the other wreck further north and closer to shore. They stare at me, knowing that I've never been here before. “What wreck, where?” they ask.

I tell them that earlier that morning, as I was strolling on the Bruce Trail that hugs the shore, I overheard two women in kayaks nearby. Their voices came distinctly across the crystal clear water. “Look at the wreck right below us!” said one of them.

I made a mental note of the place on shore closest to them, assuming that Dan and Mike would snorkel here. When it appeared that they didn't know of this wreck, I showed them where the kayakers had been.

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Mechanical parts of the passenger ship City of Chatham remain frozen in time.



A wrecked tugboat lies in 15 ft. of water off Lion's Head.

Beyond the Garden Gate

Photos by Mike Davis



Many horticultural societies and clubs in communities along the Niagara Escarpment host garden tours. Check around your own community this summer to see if any are offered. Then get out and see how hard-working and creative your townsfolk can be. Here are only some of the gardens that were on last year's tours in Georgetown and Niagara-on-the-Lake.

Garden tours may appeal mostly to other gardeners who get ideas, confirmation of their own personal style preferences, sometimes plant divisions, news about surprising plants that can grow well in their areas, but mostly inspiration to keep improving their own gardens. Yet these tours also appeal to people who appreciate the art of creating beauty with nature, as well as the simply curious who love to see what's going on in back yards or beyond garden gates.

[Photo this page]
Horticultural tours like Georgetown's invite the curious to enter the garden, descend the stairs and follow the path around to hidden private living spaces. These homeowners, faced with a long steep slope beside their house, saw a waterfall bordering the steps. What was their greatest design challenge has become their favourite garden feature.



Neighbour's benefit: not even on the garden tour, this beauty of a shabby-chic vignette is the view over the fence of one Niagara-on-the-Lake back yard. A lattice with chipped paint supports roses framing a back shed's window. Bleeding hearts and violets edging the stone walkway bring spring glory to a utilitarian space. Tiny pockets of soil can produce gardens anywhere.



While parts of this large garden in Niagara-on-the-Lake are less than a year old, there are also trees that are a century old. When "the bones" of your property are this elegant, great effects can be achieved with confident simplicity. On the front lawn, a teak table and chairs for 10 reside beneath a working electrical chandelier curtained by a 100-year-old weeping beech. A good teak bench near the house invites people to step off the gauze-curtained verandah for a closer view of Lake Ontario.



A garden room with a view! Between Georgetown and Acton, a rural garden on the edge of the Niagara Escarpment offers fabulous views. On a clear day you can see the CN Tower.



In the historic part of Georgetown, a charming garden shed, waterfall and pond bring a sense of cottage living to town. Fish and frogs live here, as does a cheeky chipmunk who calmly observes visitors from the top the waterfall, left.

10 Ideas From Garden Tours

1. Find a way to make a design challenge a good garden feature.
2. Any patch of good soil can support a garden bed.
3. Make a back shed cute by adding window boxes, wall sculpture, signs and/or perennials.
4. Create interesting focal points.
5. Instead of lawns, fill areas with plants, walkways or patios.
6. If you have the space, include large beds, plantings and structures to cover a lot of ground.
7. Include structure and evergreens for winter interest.
8. Use terraced gardens and seating areas to conquer a steep slope.
9. Make the most of any lovely elements of your neighbours' properties.
10. Scented plants in raised pots near seating areas make it easy to enjoy the fragrances.

A stately house in an old part of Georgetown crowns a rise of land. Terraced gardens tame the slope while adding great interest and beauty.



With a small town property, attention to detail pays off. This Georgetown gardener has created a pretty focal point in a corner of the front yard with vertical interest, bright annuals, rocks, mulch and perennials.



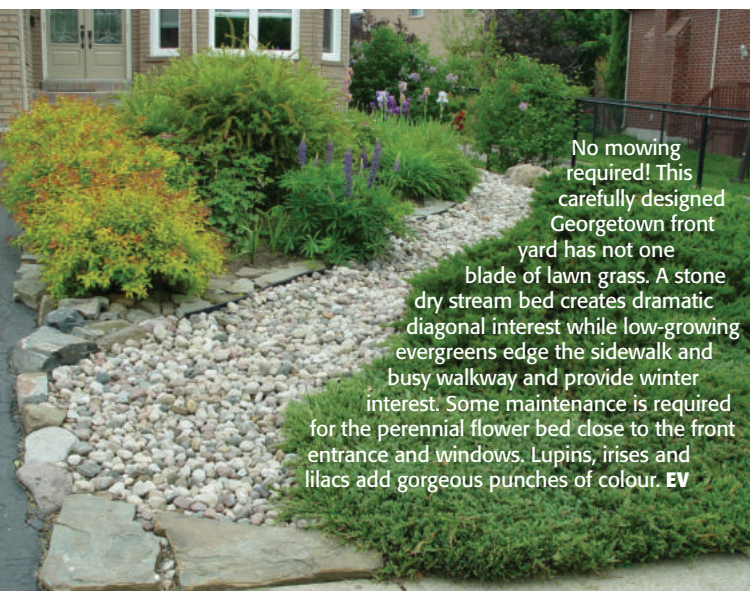
In the country outside of Georgetown, a rural garden can ramble over a large area, inviting a walk over a stream, past a rock garden, through a pergola and beyond. The only limit to a country garden is time, energy or resources, and usually all three!



This tiny gingerbread cottage in the back yard of a Niagara-on-the-Lake house is actually the pool's pump house. Having small plants in front of it keeps the view open and makes it seem larger. While the owner of this 10-year-old garden claimed he never planted a thing, his landscaper argued that he has a very good eye. The result of their disagreements is harmony.



"We love to garden but don't want to be a slave to it," says the owner, and this could have been her brief to the landscape designer who created this space in Niagara-on-the-Lake about two years ago. No lawn, tall fences and structures, plenty of living and entertaining space and several all-season garden beds have transformed this back yard into a private sanctuary.



No mowing required! This carefully designed Georgetown front yard has not one blade of lawn grass. A stone dry stream bed creates dramatic diagonal interest while low-growing evergreens edge the sidewalk and busy walkway and provide winter interest. Some maintenance is required for the perennial flower bed close to the front entrance and windows. Lupins, irises and lilacs add gorgeous punches of colour. **EV**

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Protected property owned by Escarpment Biosphere Conservancy on north shore of Manitoulin Island.

Photograph by Mike Davis

Fresh, Local Farmers' Markets

By Paul Glendenning & Gloria Hildebrandt Photos by Mike Davis

There's always time to chat across the fruit at Georgetown Farmers' Market.

Farmers' markets are not just places to buy food. They are community events where people gather to get what's fresh and in season, but also to get news about local groups, to run into friends and acquaintances and to start conversations with strangers. Although few people stop to chat while grocery shopping in a supermarket, it's usual to linger with people at farmers' markets.



Smell the freshly baked goods at Georgetown Farmers' Market.



Yards of fresh cherries & peaches at Georgetown Farmers' Market.



Georgetown Farmers' Market offers a wide variety of farm-fresh produce.



Children at Georgetown Farmers' Market get an education in local fresh food.

Farmers' markets turn big towns and cities into friendly small villages.

People bring their dogs to outdoor markets for socialization, and well-taught children ask if it's okay to pet them. People with dogs are used to being approached, and conversations start about breeds, ages, names and temperaments. Each market has a unique character created by its location, vendors, exhibitors and customers.

Georgetown Farmers' Market

When the Georgetown Farmers' Market opens in mid-June, June 12 to be exact this year, the produce available tends to be what good vegetable gardeners might already have growing: rhubarb, radishes, green asparagus, early herbs. Yet even from the first day, there are plenty of other reasons to shop here: fresh-baked goods, real maple syrup, ethnic cooking, varieties of teas and exotic coffees, handmade products.

But oh, when the tender fruit starts arriving from Niagara! The cherries, berries, plums, peaches and nectarines! Yards and yards of

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Fresh pork to peaches are on offer at Ottawa Street Farmers' Market.



Early shoppers get more choice: Ottawa Street Farmers' Market starts to sell out in the afternoon.



Fresh & local: this Niagara farmer brings tender fruit to Ottawa Street Farmers' Market from southeast of Hamilton.

Ottawa Street Farmers' Market fills a Hamilton parking lot with local food every Friday & Saturday all year long.



fresh, ripe sweetness to feast on in season. And from a farm closer to home, in Halton Hills, the corn on the cob, often the peaches-and-cream variety, delightfully filling the back of a 1930s-era truck in mint condition. Six cobs or a dozen, fresh and tight in their just-picked husks, ready for shucking and boiling and devouring without butter and salt because they are just so fresh, sweet and delicious.

There are other reasons still to go to the market. Community groups are fundraising, awareness raising or gathering signatures for important causes. There might be a climbing wall to try, whether you are young or old. The downtown shops are open and might have specials displayed on the sidewalk, tempting you to take another look at their wares.

When you meet friends, you might look for a table in front of a café, where happy dogs lie in the shade beneath the tables. A hot beverage and a fresh-baked sweet top off a great morning at the market.

This year there will be another market day in Georgetown, in addition to the Saturday morning one. Wednesdays from 4 to 7 p.m., farmers only will be selling produce on Wesleyan St.

Ottawa Street Farmers' Market

Ottawa Street Farmer's Market in Hamilton is a shining example of a truly community-oriented market. While it has only been at its current location since 2008, the market's history stretches much farther having begun in 1955. Everything from farm-fresh fruit and vegetables, to meat, flowers and a delicious array of baked goods await those choosing to visit the 22 vendors who make up this outdoor market.

While summer is the market's busiest season, visitors can shop there every Friday and Saturday year round as the dedicated vendors brave even the cold winter months by sheltering in their

continued on page 24



Downtown Georgetown Farmer's Market



June 12 to October 9, 2010
Saturday Mornings – 8:30 a.m. to 1 p.m.

This Market is located on Main Street
between Church and James Streets

New this year...

June 16 to October 6, 2010
Wednesday Evenings – 4 p.m. to 7 p.m.

This Market is located on
Wesleyan Street

Plus Special Events:

Saturday, June 12 – **Highland Games** www.georgetownhighlandgames.com

June 19-20 – **Festival on Main** – Big Daddy Festival

Friday, August 20 – **Georgetown Rock'N'Roll'N Classics** 6 p.m. to 11 p.m.

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Snorkelling the Wrecks



continued from page 11

Here was a wreck indeed. According to Dan's guide book, *The Great Lakes Diving Guide* by Cris Kohl, this might be the flattened lower hull of the City of Chatham (coincidentally Dan's hometown), a passenger ship about 136 ft. long, built in Toronto in 1888. It had been moved in 1921 and stripped for rebuilding, but that was never done.

Our next stop is Lion's Head where there are several people

A rowboat with rocks inside lies on top of the Lion's Head tugboat.

swimming off the public beach. Dan and Mike snorkel close to shore and examine the remains of what the guidebook calls probably a sailing vessel about 140 ft. long.

Swimming further out in deeper, colder water, they find another wreck unidentified by our guidebook but described as a tugboat. There is also a possible rowboat that sank or was deliberately sunk on top of the tug.



Dan Mahoney approaches the bow of a 140-ft. sailing vessel at the bottom of the harbour near the beach at Lion's Head.

Famous for Diving

Bruce Peninsula is said to have some of the best scuba diving and snorkelling sites in North America. Particularly off Tobermory, in Fathom Five National Marine Park, numerous shipwrecks in clear water attract divers and sightseers from all over.

There are two reasons for so many wrecks to be located here. This part of the Great Lakes was

a significant shipping route in the 19th to early-20th century for timber, food and other supplies. The second reason is the Niagara Escarpment continues underwater here.

"The bay has teeth," says Scott Currie, a friend of Fathom Five park. "There are shoals and rocks that grab ships in windy weather, especially in November. A lot have gone down in October and

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A wrecked sailing vessel lies close to shore at Lion's Head.



Crystal clear water gives a reflection on the surface of the water over a wreck at Lion's Head.

November when captains tried to squeeze in extra runs before the end of season. In those days they used to sail closer to shore, where there are treacherous reefs. That explains why there are so many lighthouses in the area."

Recreational scuba diving and snorkelling is popular here as well because the waters of Georgian Bay are oligotrophic, or poor in plant nutrients, so there aren't

a lot of suspended solids. This makes for crystal clear waters that parts of the Great Lakes are known for, and what makes it possible to see wrecks from above the surface of the water.

If you're keen to dive or snorkel the wrecks, Currie recommends getting information from one of Tobermory's many dive shops or Parks Canada Visitor Centre. You can go off shore,

join a scuba charter company excursion or even take a glass-bottomed boat tour.

One of Currie's favourite wreck sites is the Wetmore, a steamer ship that sank in shallow water off the west side of Russell Island in Fathom Five park.

"It was wrecked in 1901 during a storm," Currie explains. "There are cool features still intact, like the boiler, anchor and

chain. And it's suitable for all levels of diving."

When asked what to do and not to do when visiting wrecks, Currie's response is similar to the rule for conservation areas and the Bruce Trail. "Don't damage or remove anything," he says. "Leave everything as you found it, for the next 150 years. But do make the effort to go and see these artifacts." **EV**

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Fresh, Local Farmers' Markets

continued from page 21

vehicles to provide local products to their community. And the items are truly local, as strict market policies require goods to be produced within 100 km of the market. Visiting the market can also be an informative experience as visitors are encouraged to talk to the vendors about where and how their food was produced.

Market manager Caroline Merritt, who has been referred to as a true local food champion says, "As farming is becoming an economically difficult way to make a living, it's so important to educate our customers on the many reasons why they need to keep buying from their local farmer. As well, we're finding our customers want to know where their produce comes from."

The market also provides handouts and information on canning and storing as well as recipes to make the most of their market purchases.

Visitors also have an opportunity to learn more about community initiatives as the market extends a hand to such local non-profit organizations as Hamilton Food Share, Hamilton Green Venture, and the Greenbelt Foundation by providing space for groups to promote their activities. Environment Hamilton's Eat Local program is another organization to benefit by their association with the market, having launched their first two



Georgetown Farmers' Market

Season opens June 12,
closes Thanksgiving weekend
Saturdays 8:30a.m. to 1p.m, Main St.
Big DADDY Festival June 19 & 20
Wednesdays 4 to 7p.m., Wesleyan St.

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Easy pickings from armloads of brilliant cut flowers at Ottawa Street Farmers' Market.

grown into an essential part of their community and richly enhances local shopping experiences for those lucky enough to live in or visit this vibrant Hamilton community. **EV**

Paul Glendenning is a writer and sales consultant in Hamilton.

Selected Local Food Sources

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honey, maple syrup, bee products
dutchmansgold.com

Foodstuffs, Georgetown:

bulk, health & specialty food
foodstuffs.ca

Frogpond Farm,

Niagara-on-the-Lake: organic wine frogpondfarm.ca

Hildreth Farm Market: fresh fruits & vegetables in season, preserves, baking hildrethfarms.ca

Localicious, Hamilton: fresh food festival Sept. 17-Oct. 3
downtownhamilton.org

Picard Peanuts, 8 locations:

peanut products, chocolates, homemade ice cream
picardspanuts.ca

Information on Farmers' Markets & Local Food

Farmers Markets Ontario

farmersmarketsontario.com

Fresh Radius FreshRadius.com

Greenbelt Farmers' Online Market Greenbeltfresh.ca

Harvest Ontario

harvestontario.com

"Buy Local – Buy Fresh" farm maps there.

Eat Local program manager Karen Burson says she is a big fan of the market and points out, "It's even possible to test market a business or product concept, such as Bettina Schormann's "Bread Bar," which will soon turn into a real bricks and mortar bakery operation."

Being situated but a block from the equally thriving Ottawa Street business area, the Ottawa Street Farmer's Market has truly

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Misty's View of Tackling Fresh, Local Produce

More and more these days, people are embracing the wonders of local farmers' markets. Getting through a winter of pale and sometimes flavourless imports is becoming increasingly difficult, especially when one knows that ripe, fragrant, and delicious produce can be had.

When I lived in the south of France, I was surrounded by small markets that showed off their tender veggies and delicate flowers with love and quotidian pride. Supermarkets, in contrast, sold laundry soap and dog food.

We, however, live in a grid of four seasons that range in temperatures from freezing to broiling. Hence, the all-season vegetable was born and soon showed up in every grocery store in our part of the world. Convenience and a seamless demand of out-of-season fruits and vegetables have virtually become the norm. As a result, in many cases we have forgotten what fresh and ripe really means.

If you are not already starting to tune into the gifts of the summer and autumn seasons, I suggest

that you do. It is really fun to wait for certain fruits and veggies to arrive naturally and then celebrate their arrival in a purposeful way. Just having strawberries on your morning yogurt 365 days of the year is not the same as waiting until June to have the real deal!

I am not suggesting abstaining from strawberries during the local off season, I'm encouraging you to take a break from the daily fodder in anticipation of a ripe explosion of local flavour and fresh texture. Do some fact finding to determine what is going to show up on your produce market shelves and await these jewels with eager anticipation.

As a burgeoning chef, I had to learn when asparagus comes in, or fiddleheads, and that early butternut squash has a bland flavour and a watery texture before August. Doing this kind of research yourself will inform and liberate you. If you don't already know that August is the season for the best beefsteak tomatoes, then you should.

In my family, even in the moderately-un-schooled times of the 1960s, we always waited for these large, imposing tomato structures to arise from local fields and make all previous tomatoes look like imposters. Sometimes these tomatoes had the power to take second fiddle to the steaks they were side-kicks to, especially when cut an inch thick and slathered in homemade blue cheese dressing! The best of the '60s is still delicious today, if you wait for the right tomato.

There is something so hopeful about bringing home a large wicker basket of fresh market fruits and vegetables. But that is where the optimism may die, when the task of hand crafting these raw products into family menu items meets one's lack of knife-handling skills.

Beware of Gadgets

Learning how to use a French knife is infinitely less difficult than learning how to ride a bike.

All it takes is a little one-on-one instruction from someone who knows how. Last August, I gave my friend's university-bound son a going-away present. I taught him how to use a variety of knives, and hear that he now gives dinner parties for his friends all the time.

Let's face it, vegetables need to be transformed from their raw potential into a more manageable form. Consider a butternut squash for example; it can take on monolithic proportions when being wrestled into the tender submission of a spiced puree. Fear of peeling the waxy exterior, cutting the sculpture in half without losing a digit, and then creating uniform marshmallow-sized chunks can be a permanent impediment if one does not tackle the underlying problem, a lack of knife skills or lack of practice.

I suggest that you pick up a good, sharp knife, and slice soft vegetables like cucumbers, to gain some dexterity. Make sure always to place a damp piece of paper towel under your work board to ensure a stable surface. Experiment with cutting different but uniform pieces of vegetables in order to gain the skills required for making a vegetable soup, stew, or a delicate garnish for a green salad.

Beware of products that slap veggies into pieces; they only create damage. Vegetables need to be cut cleanly so as not to crush the cells and produce a watery mess. Gadgets are never the answer; getting to know your fruits and vegetables is! It is a relationship that will lead you to even greater anticipation of our local harvests and will help you develop a love for cooking too.

Crying over some onions may well be worthwhile if it leads you to becoming your family's loving and artful chef.

Misty Ingraham and Bill Sharpe own Ancaster's catering business The Portable Feast at Home.

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Chi-Cheemaun Ferries Gap in Niagara Escarpment

continued from page 7

"If I had a penny for every picture taken of the lighthouse, I'd be a millionaire," Adams says.

Otherwise there's mostly open water until the ship nears Manitoulin Island, indicating just how large the Great Lakes are.

During the middle part of a routine voyage, Adams appears to stand back and let his first officers and helmsman sail the ship. Things change when the ship approaches harbour. The captain is more hands-on when docking, and has many details to attend to. In fact he's the only one who remains on the bridge. His other crew disappear, to help passengers and vehicles disembark before new ones come aboard.

Adams is in complete control, checking instruments, adjusting controls and keeping a close eye on everything, even using binoculars to scan the shore before precisely nudging the ship into port with her



The massive door to the vehicle decks opens up in front of Captain Adams on the bridge as he docks at Tobermory.

thrusters. When the huge door to the vehicle decks yawns up at the dock, it's an impressive sight.

Upon an announcement from the crew, passengers descend to the vehicle decks and wait for docking to complete. Engines are turned on and drivers try to steer carefully off the ship. If they've gone north, Manitoulin Island awaits. Going south, it's Tobermory, the Bruce

and beyond. For part of each year, Chi-Cheemaun bridges the under-water gap in the Niagara Escarpment, bringing tourists north and helping commerce flow both ways. With the ferry, getting there is truly half the fun.

There is one main thing that Captain Adams wants people to know about Chi-Cheemaun. "They're safe and well looked after," he says. "We have a competent crew." **EV**




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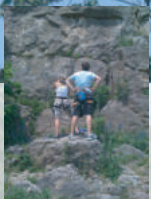


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Delphinium: Queen of Perennials

continued from page 9

solution would be to use slug and snail bait that contains iron phosphate, such as Safer's slug and snail product. Try to provide shelter and habitat for toads in your garden. One toad will eat 10,000 garden pests in one season including slugs and snails.

Where do delphiniums originate from?

Delphiniums have been grown for hundreds of years and there are references to them in early writings as far back as the first century A.D., but it was the ancient Greeks who

gave them their name. The Greeks believed the unopened buds resembled miniature dolphins.

Why bother with delphiniums if they're so much work?

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Book Views: Farming and Gardening



LOCAVORE: From Farmers' Fields To Rooftop Gardens: How Canadians Are Changing The Way We Eat

by Sarah Elton

The "local" food movement is on the upswing across the country. We see it in the increase in farmers' markets and 100-mile stores to be found in towns on the Escarpment like Creemore and Meaford. "Locavore," a new word in 2003, is defined as someone who subsists on foods grown and produced nearby.

Sarah Elton is not a purist but rather a realist who would like to see profitable and sustainable small farming across the country and food consumed mostly where it is grown rather than Canadians eating U.S. carrots while ours are sent hundreds of km south of the border and also shipped to other countries. But that doesn't mean we can't enjoy our spices, coffee, tea and chocolate! Did you know that almost all our apple juice and fruit juice medleys contain concentrate from Chinese apples?

Elton's travels take her from coast to coast visiting farms, cheese producers, restaurants and food markets and talking to many who share her interests and who



Queen Elizabeth: The Queen Mother: The Official Biography

By William Shawcross

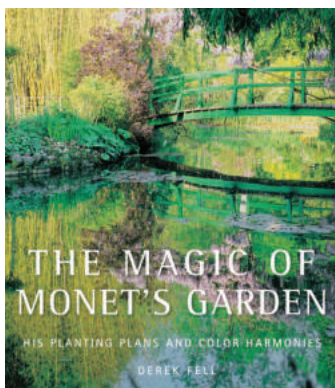
The Queen Mother was 102 when she died in 2002, as old as the century, it was said. She was at the centre of many historical events, which is why her biography is so substantial, a full 3¾ inches thick. At times it is difficult to read simply because of its size. You almost need to read it at a table or with a pillow on your lap.

Yet the actual reading of it, save for a few chapters, is easy, interesting and entertaining. The highlights of the book are the most dramatic times: the abdication of Edward VIII which led to his brother and sister-in-law taking the throne, the new king and queen's strength

during W.W.II, and the plural crises around the Princess of Wales.

We learn much more about Queen Elizabeth in her younger life than about her as Queen Mother, likely because more documentation was kept of her when she was directly involved in every important event involving Britain. Once she became widowed and her daughter was crowned Queen Elizabeth II, the Queen Mother stepped back a bit from the historical record. So the chapters that are a wee bit dull are the ones that briefly list her favourite horses, races, Commonwealth tours, and the many organizations of which she was patron.

The most enjoyable parts of the book seem to recreate actual experiences, quoting from reports, journals or the many letters that people wrote in those days.



The Magic of Monet's Garden

By Derek Fell

A stunningly beautiful book, its photographs are breath taking. Of course, the roughly three-hectare property consisting of a flower garden, vegetable garden and water garden is the result of a lot of money and hired help, so duplicating even parts of Monet's fabulous garden

will be impossible for most people.

Yet gardeners can dream and everyone can appreciate artistic perfection. This book analyzes the gardens for such techniques Monet used, as including flowers with black centres to suggest spots of shade, and small white flowers planted throughout large beds to create the famous "Impressionist shimmer."

Author Derek Fell points out that what can more



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are making it work where they live. In this book you will meet many fascinating people and be inspired by this grass-roots movement which is truly changing the way we eat and the way we think about food. Whether you live in the country or in the heart of a city or operate a farm, patronize the local markets or plant your own containers of herbs and tomatoes on your city patio, you are part of this movement.

This very interesting book is especially pertinent in this season of growing, harvesting and enjoying the bounty of the land.

HarperCollins Publishers Ltd., 2009, \$29.99.

Reviewed by Catherine Randall

When we seem to be inside the room with Churchill, the Duke of Windsor, King George VI, Princess Margaret, Prince Charles, poet Ted Hughes and others, the writing is actually gripping.

The smaller moments of her life may be even more fascinating. It's true that she enjoyed drinking, champagne and gin in particular, although not together. When a new widow, she bought a derelict castle in the far north of Scotland and spent too much money fixing it up. The Queen paid her mother's bills at times because as "the last great Edwardian," she lived in a style that no one dared suggest she give up.

This is required reading for students of 20th century history and fans of royalty.

HarperCollins Publishers Ltd., 2009, \$39.99.

Reviewed by Gloria Hildebrandt

easily be created in gardens of any size, even window boxes, are Monet's unusual colour combinations: yellow and purple, orange and blue, and red, pink and silver. Monet was fond of pansies and forget-me-nots, underplanting them lavishly, which is another idea within reach of all.

Firefly Books Ltd., 2007, \$35.00.

Reviewed by Gloria Hildebrandt




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