# *Herb Society of Manitoba News*

Fall 2024 Newsletter of the Herb Society of Manitoba

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## Mark Your Calendars!

The Herb Society of Manitoba meets the third Monday of each month, or the fourth Monday if a holiday falls on the third (except December, July and August) at 7:00 p.m .Meeting room of the Mennonite University, SOUTH CAMPUS. Free admission for members. Non-members pay $5.00 per person.Each meeting consists of an array of herbal snacks, an Herbal Marketplace, door prizes, and a special speaker to end off the evening. Meetings are available via Zoom.

The Herb Society of Manitoba is dedicated to promoting knowledge, use and enjoyment of herbs through education, programs, research and sharing the experience of its members with the community.

# Editors' Message

Hello,

We hope everyone had a successful and prosperous growing season yielding and abundance of crops.

Thanks to everyone who sent us photos of their gardens. Not only are our members great gardeners, they are impressive photographers as well. It's never too late to share pictures with us. We will be sharing a couple of gardens in each issue.  We would love to see your gardens.

Thank you to our presenters who kicked off the new year with some interesting and informative presentations.

We look forward to seeing everyone at the AGM

Kathleen Land and Ellen Locke
Editors, Herb Society of Manitoba News

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# President's Message

**Common Sense Warning**
Any information in the ***Herb Society of Manitoba News*** is not intended to prescribe or diagnose in any way or meant to substitute for professional help in any way.  The intent is to offer general information & historical use of herbs.

In the last issue of the newsletter, I commented on how we Manitobans love to talk about the weather. Well, have you ever experienced a fall like we just had?

We had all the time in the world to harvest our herbs and to prepare our yards for the winter. My parsley is dried and my basil frozen for winter stews and soups that come with the season.

I hope I see you at the November meeting. It will be a great opportunity to get more ideas on using the herbs you grew (or bought). Also I will take this opportunity to wish you happy holidays and a great New Year!

Shelley Walker
President, Herb Society of Manitoba

## Membership

We currently have 23 individual members, 2 family memberships, totalling 6 people and 7 lifetime members and 1 student for a total of 37 members.

If you have not renewed your membership yet, drop by the table at the next meeting or pop your cheque in the mail. The information available at the meetings and in this Newsletter is a great value for your membership!

Diane Wall
Membership Chair, Herb Society of Manitoba

## Feature Gardens

# Zoo Garden

**Animal Enrichment Garden at the Zoo**

A unique garden that we are featuring is the Enrichment Garden at the Assiniboine Park Zoo. This is the second year that the garden has been in existence for the benefit of the animals living in the zoo. It is a true labour of collaboration and love, started by a request from Dr. Chris Enright, Senior Director of Zoological Operations, Animal Management and Conservation, to Shaun Leonoff, Manager of Volunteer Services at the zoo. The request entailed finding qualified volunteers to create a garden that would grow healthy food that would enrich the lives of the animals.

Dr. Enright was kind enough to answer a few questions about the origins, purpose and possible future of the garden.

## Questions:

**Herb Society Editors:** This is such a unique idea, having volunteers grow special food for the animals. Is this an idea you thought of? Is it being done at other zoos around the world?

**Dr. Enright:** The concept really came about to marry a number of different existing initiatives and to build on programs that have been in place in other facilities. We have long utilized novel food items such as berries, vegetables and herbs as a way to make every day different for the lives of the animals in our care. This is an important way to offer the animals to fulfill their innate drives to explore different food items. Local food and seasonal food are certainly something we look at closely from a sustainable perspective, with a significant portion of the animal food in the zoo being produced within 200 km. of Winnipeg. Merging these concepts really was the driver of this initiative, and with the incredible group of talented volunteers, we have been able to provide fresh, novel, edible items such as flowers, herbs, vegetables and fruits that are healthy, stimulating and sustainable.

**Herb Society Editors:** Why did you select the products you did for planting? Were there any limitations on crops you could plant? Was there any input from the zoo gardening team?

**Dr. Enright:** The range of edible items in our garden came about with the intention to complement items we could buy at the store or through local producers. There are

a range of flowers and herbs we have been able to offer that we simply never could source without something like the garden. We have started with a list of items that are safe for a range of species to eat, and it all started with a thorough review of the scientific and lay literature around healthy options we could grow. Then working with our in-house horticultural team we were able to choose the best site, and set our program up for success when the key element of passionate and dedicated volunteers were added.

**Herb Society Editors:** Is there anything you want to say to our readers about the garden? If they wish to donate seeds or funding specified for this garden is that possible?

**Dr. Enright:** I think the biggest thing I want to say about the garden is that it is successful because of the volunteers who have made it so. We have a fantastic group of engaged volunteers who have taken this idea and been able to partner with our animal care teams, our nutrition team, and have created an incredible outcome. The whole group has my endless thanks and appreciation. For the wider community, I would certainly be interested in exploring future opportunities for the program to grow (literally). Whether it's planting haskap for its berries, Willow for its leaves or Calendula for its flowers there are many directions we can take this, and the potential impact on the animals is really exciting.

Shaun Leonoff was equally excited about the project, she was kind enough to provide information on the partnerships and logistics of how the garden came to life.

**Herb Society Editors:** This is such a worthwhile endeavour that I am sure requires a great deal of coordination to make a success, is there anything you want to tell our readers about the garden and your role in getting everyone involved connected?

**Shaun Leonoff:** As Manager of Volunteer Resources, I am always looking for new opportunities to engage our volunteers and provide support to staff and animals throughout the park and zoo. Dr. Chris approached me with the idea in January 2023 and I immediately thought that this would be a perfect project for some of our regular Master Gardener Volunteers. I reached out to Laverne Dahlin and she agreed that this was a different and meaningful project for the MG Volunteers. Another volunteer built the raised beds at the side of the Volunteer Centre property. The Grounds Team provided soil and mulch. The MG volunteers planted and tended the garden all summer. Not only did the animals enjoy the enrichment, but there were also surprising benefits, Animal Care Professionals enjoyed stopping by to select different parts of the plants for the animals. An unexpected benefit was for the volunteers coming in for their regular shifts. Many of them live in apartments and

condos and they really enjoyed watching the garden grow and then seeing the animals with the harvest. What started as a simple project has literally grown into a very beneficial garden for animals, humans, bees and butterflies.
Between Dr. Enright, Shaun Leonoff, Zoo Staff and Volunteers, the garden has become a successful partnership for everyone involved. Laverne Dahlin, the Master Gardener lead of the project and heart and soul of the garden was kind enough to answer some questions about the garden, which included a list of Master Gardeners involved, as well as a physical description of the garden.
**Herb Society Editors:** This project seems to be something you take great pride in, can you tell us about your involvement?
**Laverne Dahlin:** The enrichment garden was Dr. Enright's vision in 2023. The volunteer Master Gardener team included Diane Daginault, Igor Kaftan, Virginia Stephenson and Cheryl Stoneman, and volunteer Paul McKinnon built the beds. The master gardeners planned, planted and maintained the gardens. There was plenty of bounty harvested throughout the season for the zoo animals. The original project was deemed a success and expanded to 2024. The 2024 team included Laverne and Igor as co-leads. Sharon Moffat was added to the team. The garden was made up of three in-ground beds and raised beds which contained six yards of garden soil and mulch. Laverne keeps binders of everything planted and all garden activity. She and the other gardeners watered, weeded and harvested the garden with great care through the season.

As you can see this special garden not only benefits the animals at the Assiniboine Park Zoo but is also a project that brought together Zoo Leadership, Zoo Staff, and volunteers in a positive and meaningful way. A special thank you to everyone who we interviewed for this article. The pride, joy and creativity of everyone involved was certainly evident throughout. This special garden not only enhances the lives of the animals, it also enriches everyone involved in its creation and care.



Laverne with harvest



Blizzard



Igor and Laverne

Photo courtesy of
Assiniboine Park Conservancy



Photos courtesy of Ellen Locke

## Spence Neighbourhood Gardens

Ellen and Kathleen joined Brittany and Talia from the Environment and Open Spaces department for an informative walk around the Spence Neighbourhood gardens.

The tour included stops at Sunshine Garden, Ashley Hudson Garden, Spence Neighbourhood Association Garden, and The Little Red Restroom. Talia and Brittany provided delicious tomato pesto sandwiches made with produce from a community garden.

During the interactive walking tour we saw the plants and vegetables that are being grown by the Spence Neighbourhood Association staff and volunteers. Along the way we met a neighbour who introduced herself and told us about her beautiful grapes.

This was an eye opening, enlightening morning. In addition to the thriving gardens we were introduced to so many people who are working to provide food, support, and opportunities to the residents of all ages in the Spence neighbourhood.



Talia with sweetgrass



Raised beds




Memory garden



The Little Red Restroom and hydration station



Sharing Fire Pit



Neighbourhood children



Beautiful grape vines in a neighbour's front yard



Bike repair equipment for any who needs it



Donated plants growing in bags (HSC in background)




The fridge was painted by nursing students from HSC



Making use of vertical space in the greenhouse




Brittany at the Community Fridge

# HSM Member Gardens

## Lorraine Cauthers



Lorraine's front garden



Forget me nots in Spring

## Shelley Walker



“This is a 14 pound spaghetti squash I grew from seed I got at Seedy Saturday.”

## September Speaker - Dawn Kitching

# Topic: Harvesting and Using Herbs from Our Garden




Dawn recommended her favourite salad recipe

Raw Beet Salad
2 medium beets, grated
1 carrot, grated
1 apple, grated
1 tablespoon olive oil
1 tablespoon apple cider vinegar or lemon juice (may need more depending on volume)
Add salt and pepper to taste, also ground allspice and cloves

# October Speaker - Amelia McDougall

Amelia MacDougall is an herb lover and passionate holistic wellness practitioner. She was first inspired to find a natural understanding of wellness while working as a pharmacist, where she began to question the mindset and methodologies behind mainstream medicine while simultaneously feeling a deep call to reconnect with nature. After attending her first talk on herbal medicine, it became clear to her that herbs were a foundational part of the picture. In addition to herbalism, Amelia spends her time learning and practicing energy healing and shamanism.

## Topic: Winter Remedies

Amelia discussed simple herbal remedies for the Winter season.
She taught us how to boost our energy, keep colds at bay and more – all using herbs commonly found in the kitchen.




## HERBS OF THE MONTH

# The Herbs of the Month are the ingredients for Garam Masala.

### 🌼 What Is Garam Masala?

Garam Masala is a traditional Indian spice blend, renowned for its complex flavor profile. The term "garam" means "hot" or "warm" in Hindi, but not in the sense of spiciness. Instead, it refers to the warming properties of the spices. This blend typically includes:

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|---|---|
| September | Coriander |
| October | Cumin |
| November | Turmeric |
| January | Ginger |
| February | Cinnamon |
| March | Black Pepper |
| April | Mustard |
| May | Cardamom |
| June | Cayenne |

Each spice contributes to the overall harmony, just as different plants come together to create a lush, thriving garden.



# Homemade Garam Masala

2 tablespoons coriander seeds
1 tablespoon cumin seeds
1 tablespoon black peppercorns
1 teaspoon mustard seeds
1 teaspoon turmeric powder
1 teaspoon ground ginger
1 cinnamon stick
6-8 green cardamom pods
¼ to ½ teaspoon cayenne pepper (adjust to taste)

In a dry skillet over medium heat add the coriander seeds, cumin seeds, black peppercorns, mustard seeds cinnamon stick and cardamom pods.

Toast the spices stirring frequently, until they become fragrant and slightly darker in colour. This usually takes 3-5 minutes. Be careful not to burn them.

Remove the toasted spices from the skillet and let them cool completely.

Once cooled, grind the spices to a fine powder using a spice grinder or a mortar and pestle. If using a mortar and pestle, it may take some extra effort to get a fine consistency.

In a bowl, combine the freshly ground spices with the turmeric powder, ground ginger, and cayenne pepper.

Store the garam masala in an airtight container in a cool, dark place. It should keep its flavor for up to 3 months.

**Tips:**

If you prefer a finer texture or don't have a spice grinder, you can sift the mixture through a fine sieve to remove any larger particles.

Adjust the amount of cayenne pepper according to your spice tolerance.

Enjoy your homemade garam masala in your favorite curries, stews, and rice dishes.

Kathleen recommends a sprinkle of garam masala on nachos or popcorn.

# SEPTEMBER HERB OF THE MONTH - CORIANDER

Coriander (*coriandrum sativum*) is an herb with dual purposes: its fresh leaves, known as cilantro, and its dried seeds, used as a spice. Both parts offer distinct flavors and culinary uses. Cilantro leaves are bright and citrusy, perfect for garnishing dishes or adding a fresh burst of flavor. The seeds, on the other hand, have a warm, nutty, and slightly spicy flavor, ideal for seasoning.

Coriander is a hardy, cool-season herb that's easy to grow. Here's how to get started:

1. **Site Selection:** Coriander thrives in full sun to partial shade. Choose a location in your garden that receives at least 4 to 6 hours of sunlight per day. In hot climates, some afternoon shade can help protect the plants from heat stress.
2. **Soil Preparation:** Plant coriander in well-drained soil enriched with organic matter. Ensure good drainage to avoid waterlogged conditions, which can lead to root rot.
3. **Sowing Seeds:** Directly sow coriander seeds in the garden about 1/4 inch deep. Space seeds about 6 inches apart to allow for proper growth. You can also start seeds indoors 6 to 8 weeks before the last frost and transplant seedlings outdoors.
4. **Watering:** Keep the soil evenly moist but not waterlogged. Regular watering is essential, especially during dry spells, but avoid overwatering.
5. **Maintenance:** Thin seedlings to prevent overcrowding and promote air circulation. Coriander is relatively low-maintenance but does benefit from occasional weeding to reduce competition for nutrients.

### 🌼 Harvesting and Using Coriander

For cilantro leaves, harvest when the plants are about 6 to 8 inches tall. Pick leaves regularly to encourage new growth. If you want to harvest seeds (coriander), allow the plant to flower and then produce seed pods. When the pods turn brown and dry, cut the stems and hang them to finish drying. Once dry, thresh the seeds from the pods and store them in an airtight container.

- **Companion Planting:** Coriander can benefit from companion planting with other herbs like basil and mint, which can help repel pests and enhance garden biodiversity.
- **Pest Management:** Watch for pests such as aphids and spider mites. Use organic pest control methods like neem oil or insecticidal soap if needed.
- **Succession Planting:** Coriander tends to bolt (go to seed) quickly in hot weather. To ensure a continuous supply, sow seeds every few weeks throughout the growing season.

# Garlic and Coriander Potatoes



Ingredients

750 g (1.65 lb) baby new potatoes, sliced in half
2 tbsp avocado oil
2 tbsp butter
1 red onion, peeled and thinly sliced into half moons
3 cloves garlic, minced
½ tsp salt
½ tsp black pepper
30 g (3/4 packed cup) freshly chopped coriander (cilantro) leaves
1 tbsp lemon juice approx. juice from 1/2 lemon

Instructions

1. Place your potatoes in a large saucepan, cover with cold water and bring to the boil.
2. Boil for 10 minutes until the potatoes are soft and tender but not mushy. You can test this by pushing a table knife into a potato; it should slide in easily without the potato disintegrating.
3. Drain the potatoes using a colander. Leave them in the colander for a minute to release steam, so that the excess moisture evaporates.
4. Heat the oil and butter in a large frying pan over a medium-high heat, until the butter starts to foam.
5. Add the potatoes and fry for about 6-8 minutes, turning every couple of minutes until you get a light brown crust on them.
6. Add in the onion and garlic and cook for a further 2-3 minutes, stirring often, until the onion starts to soften.
7. Add garlic
8. Add the salt and pepper. Give everything a stir and cook for one more minute, stirring a few times to prevent it sticking.
9. Turn off the heat and stir in the coriander (cilantro). Drizzle over the lemon juice, then serve.

https://www.kitchensanctuary.com/garlic-and-coriander-potatoes/

# OCTOBER HERB OF THE MONTH - CUMIN

Cumin (*cuminum cyminum*) is a flowering plant in the Apiaceae family, which also includes parsley and carrots. The plant produces small, crescent-shaped seeds that are the source of the spice. Cumin seeds have a distinctive earthy, nutty flavor with a hint of citrus, making them a staple in various cuisines, particularly in Indian, Middle Eastern, and Mexican dishes.

Cumin is a warm-season herb that thrives in sunny environments. Here's how to cultivate this aromatic spice:

1. **Site Selection:** Choose a sunny spot in your garden where cumin can receive at least 6 to 8 hours of sunlight daily. Cumin loves warmth and will not tolerate frost.
2. **Soil Preparation:** Cumin prefers well-drained soil. Enrich the soil with compost to provide essential nutrients and improve drainage.
3. **Sowing Seeds:** Plant cumin seeds directly into the soil after the last frost date. Space seeds about 1 inch apart and cover lightly with soil. You can also start seeds indoors 6 to 8 weeks before the last frost and transplant them outdoors once they are strong enough.
4. **Watering:** Keep the soil consistently moist but not waterlogged. Cumin requires regular watering, especially during dry spells, but ensure good drainage to prevent root rot.
5. **Maintenance:** Thin seedlings to about 6 inches apart to allow for proper air circulation and reduce the risk of fungal diseases. Weed regularly to prevent competition for nutrients.

### 🌼 Harvesting and Using Cumin

Cumin plants typically reach maturity in 4 to 6 months. When the seed pods turn brown and dry, it's time to harvest. Cut the entire plant and hang it upside down in a dry, well-ventilated area until the seeds are fully dry. Once dry, gently thresh the seeds to separate them from the pods and store in an airtight container.Cumin seeds can be used whole or ground. Toasting them before grinding will enhance their flavor. They're perfect for seasoning stews, curries, and even homemade bread.

### 🌺 Tips for a Flourishing Cumin Crop

- **Mulching:** Use mulch around the base of the plants to retain soil moisture and regulate temperature.
- **Pest Control:** Watch out for aphids and spider mites. Neem oil or insecticidal soap can help manage these pests naturally.

### 🌿 Fun Fact!

Cumin seeds have been used since ancient times and were even found in the tombs of Egyptian pharaohs. They're not just a culinary delight—they've been part of human culture for centuries!

# Salsa Scalloped Potatoes

This has been a favourite in Kathleen's family since it first appeared in the 1998 Milk calendar.

**Ingredients**

- 1 1⁄2 lbs potatoes (about 4 medium)
- 2⁄3 cup diced bell pepper (green, red, or both)
- 2 whole green onions, thinly sliced
- 2 tablespoons butter
- 3 tablespoons flour
- 1 1⁄2 cups milk
- 1 teaspoon ground cumin (optional)
- 1 1⁄2 cups monterey jack cheese, divided
- 1⁄4 cup salsa, well drained
- ¼ teaspoon salt

**Directions**

1. Peel and thinly slice potatoes, then place in a microwaveable casserole dish and cover; microwave potatoes High for 7 minutes, stirring once; set aside.
2. Spray a 2L (I use 9x13") baking dish with cooking spray.
3. In the bottom of the baking dish, layer half of each of the potatoes, peppers and green onions, repeat layer; set aside.
4. In a medium saucepan, melt margarine, add flour, blending well; add milk and cumin and cook over medium-high heat stirring until thickened.
5. Whisk in 1 cup of the grated cheese until smooth; stir in salsa.
6. Pour milk mixture over potatoes, and sprinkle potatoes with remaining cheese.
7. Bake at 350 F for 35 minutes or until potatoes are tender and the top is bubbly and golden.

https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/salsa-scalloped-potatoes

# NOVEMBER HERB OF THE MONTH - TURMERIC

Turmeric (*curcuma longa*) is a tropical plant in the ginger family. The part of the plant used as a spice is the rhizome—the underground stem. Turmeric rhizomes are ground into a vibrant yellow-orange powder that's a staple in Indian, Middle Eastern, and Southeast Asian cuisines. Beyond its culinary uses, turmeric is celebrated for its anti-inflammatory and antioxidant properties.

Turmeric thrives in warm, tropical climates but can also be grown in containers in cooler regions. Here's how to cultivate this golden gem:

1. **Site Selection:** Turmeric loves warmth and humidity. Choose a location with bright, indirect sunlight. If growing indoors, a sunny windowsill or a grow light will work well.
2. **Soil Preparation:** Plant turmeric in rich, well-drained soil. Incorporate organic matter like compost to ensure the soil is nutrient-rich and maintains moisture without becoming waterlogged.
3. **Planting Rhizomes:** Start with fresh turmeric rhizomes, available from garden centers or online. Plant them 2 to 4 inches deep in the soil, spacing them about 12 inches apart. If growing in containers, choose a large pot with good drainage.
4. **Watering:** Keep the soil consistently moist but not soggy. Turmeric needs regular watering, especially during dry periods, but avoid overwatering to prevent root rot.
5. **Maintenance:** Turmeric requires minimal maintenance. Keep the area free from weeds and consider applying mulch to retain moisture and regulate soil temperature.

### 🌼 Harvesting and Using Turmeric

Turmeric takes about 8 to 10 months to mature. Harvest when the leaves and stems turn yellow and begin to die back. Carefully dig up the rhizomes and rinse them. You can use the fresh rhizomes immediately or dry them for later use. To dry, slice the rhizomes and place them in a well-ventilated area away from direct sunlight until completely dry. Once dry, grind the rhizomes into a fine powder.

### 🌺 Tips for a Thriving Turmeric Crop

- **Temperature:** Turmeric needs temperatures between 65°F and 80°F to grow well. In cooler climates, consider growing turmeric indoors or in a greenhouse.
- **Pest Control:** Turmeric is generally pest-resistant, but watch for common garden pests. Neem oil or insecticidal soap can help manage any issues.
- **Container Gardening:** If growing in containers, use a large pot to give the rhizomes plenty of space. Ensure the container has good drainage to prevent waterlogging.

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# Golden Milk

- 1 cup whole milk (dairy or plant-based)
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon ground black pepper
- 1/2 inch piece of fresh ginger, grated
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1 tablespoon honey or maple syrup (optional)

**Instructions:**

1. **Heat the Milk:** In a small saucepan, heat the milk over medium heat until it's warm but not boiling.
2. **Add Spices:** Add the turmeric powder, black pepper, grated ginger, cinnamon, and cardamom to the warm milk. Stir well to combine.
3. **Simmer:** Reduce heat to low and simmer for 5-10 minutes, or until the flavors are well-combined and the milk is fragrant.
4. **Sweeten (Optional):** Stir in honey or maple syrup to taste.
5. **Strain and Serve:** Strain the golden milk into a mug to remove any spice particles. Enjoy hot.

**Black Pepper:** Black pepper enhances the bioavailability of curcumin, the active compound in turmeric.
**Ginger:** Ginger adds a warming and soothing effect to the drink.

**Sweetener:** You can adjust the sweetness to your preference. Honey is a traditional choice, but maple syrup or a sugar substitute can also be used.

## 2024 - 25 General Meetings

Monday,  September 16, 2024
Speaker:  Dawn Kitching
Topic:  Harvesting and Using Herbs From Our Garden

Monday, October, 21, 2024
Speaker:  Amelia McDougall
Topic:  TBA

Monday, November 18, 2024
Topic:  Annual General Meeting and Herbal Christmas Crafts

DECEMBER - NO MEETING

Monday, January 20, 2025
Speaker:  TBA

Monday, February 24, 2025
Speaker:  Bob Shearer
Topic:  Black Currants - How are They Beneficial to Us?

Monday, March 17, 2025
Speaker:  Shauna Dobbie
Topic:  Herbs and Sleep

Monday, April 21, 2025
Speaker:  TBA

Monday, May 26, 2025
Speaker: Wendy Pearce
Topic: Foraging for Wild Herbs

Monday, June 16, 2024
Speaker: TBA

# DISCOUNTS FOR MEMBERS 2024-25

## Membership card must be presented before purchase

1. Shelmerdine Garden Centre, 7800 Roblin Blvd.-10% on regular priced merchandise (not valid on gift cards)

2. Sage Garden Greenhouses, 3410 St. Mary's Rd. - 10% on plants and seeds only

3. St. Mary's Nursery & Garden Centre, 2901 St. Mary's Rd.- 10% on all merchandise

4. Kackenhoff Nurseries, 1317 Hwy. 75 St. Norbert- 15% off all plants, annuals, perennials and herbs under 7 gallons and store items. (Does not apply to soil, landscape items or gift cards)

5. Schriemers's Home and Garden Showplace, 1505 Molson St.- 10% off plants and giftware

6. Jensen's Nursery and Garden Centre, 2550 McGillivray Blvd.- 10%

7. Jardins St- Leon Gardens, 419 St. Mary's Rd. - 10% off transplantable plants (bedding plants, individuals, annuals, perennials, shrubs, etc. until July first, unless other promotions apply to the specific item.)

8. Ron Paul Greenhouses & Garden Centre, 2641 St. Mary's Rd.- 10% on all plants and shrubs, and soil

9. Red Valley Plant Market & Landscaping, 3091 St. Mary's Rd.- for every $10.00 you spend, you receive a Red Valley Buck to use on your next purchase

10. T & T Seeds, 7724 Roblin Blvd. – Spend $50.00 and receive 10% off your purchase