

Dig This!

Summer 2024

This is a buggy edition: dragonflies, bees and (ewe) ticks.

In other news ~ there's plenty going on this summer!



Discover Durham's Hidden Gems

ON THE ROAD AGAIN... DIG Annual Garden Project Poker Run/Tour

Saturday July 20, 2024
(rain or shine)
Sign-in: 8:30 am 3 pm End
Featured Stop:
Greenwood Botanicals with
certified Herbalist Diane Tait

**Deadline for Tour Tickets with
Lunch: July 15, 2024**
Self-Drive Tour - Carpooling with
friends encouraged!

Tickets:
\$35.00 [includes Lunch from
White Feather Country Store]
\$20.00 [Tour Only]

Get your Tickets:
E-transfer: info@durhamdigs.ca
[Preferred]
Online: www.durhamdigs.ca
Cheque/Cash: Contact
info@durhamdigs.ca

Prizes for Best Poker Hands!
Proceeds support DIG Special
Projects including the "You Grow
Durham! Fund"

DIG Durham Integrated Growers
FOR A SUSTAINABLE COMMUNITY

To Plant a Garden
is to Plant the Future

Night Market returns at the Nourish and Development Foundation

Free Entry | Food | Live Music | Vendors

Night Market

5:00 PM - 7:00 PM

16 YORK STREET, CANNINGTON

WWW.TNDF.CA | 705-432-2491 | #DIGNOWCA

MAY 28
JUNE 25
JULY 30
AUGUST 27
SEPTEMBER 24

Our Night Market is back again this season!



Running from May through September, our parking lot transforms into a vibrant pop-up market. Featuring local vendors showcasing their unique products, service providers ready to assist, an information booth for your queries, live music to groove to, engaging activities, our Mobile Food Market to satisfy your fresh veggie cravings, and delicious meals.

Debit, credit, and cash are accepted for any purchases from TNDF or donations to TNDF. Some vendors are cash only. Free Entry!! We can't wait to see you there!

If you are interested in being a vendor at this year's Night Market, please fill out our Vendor Application and find more information here: <https://tndf.ca/food-services/nightmarket/>

For more info visit: www.tndf.ca/food-services/nightmarket/

Open House at the Whitby Ajax Garden Project



Saturday, July 6th, 10 am - 4 pm. Look for the balloons at the entrance, on the east side of Lake Ridge Road, about one km south of Hwy 7. Explore one of the most beautiful community gardens in the region. Food, bake sale, crafts, herb garden, butterfly garden, and more.

Agri-hero

Linton's Farm Market

– A long-standing staple of North Oshawa/Raglan. Residents and tourists alike have been flocking to Linton's for over 50 years to savour their homegrown offerings.

Located at 571 Raglan Road East Oshawa, L1H 0N1, this farm market is open during the growing season as soon as strawberries are ripe, and closes shop for the year around Halloween.

More than just a farm stand, Linton's is an experience for children as well as lovers of fresh fruits, veggies, cheeses, meat, honey, maple syrup, jams, preserves, fall decorations and more. There is a kid's play area, opportunities for "U-Pick", school tours, and occasional hosting of special events.



The school program includes a wagon ride to the pumpkin patch, one pick-your-own pie pumpkin per student, a walk through the animal area and time to play. Staff lead children through the different sectors and answer questions about the crops and animals,

and encourage class discussion. The trip lasts approximately 1.5 to 2 hours, weather depending.

For more information, call 905-655-6338 (during business hours). For a crop report, call 905-655-3949, or email info@LintonsFarmMarket.com

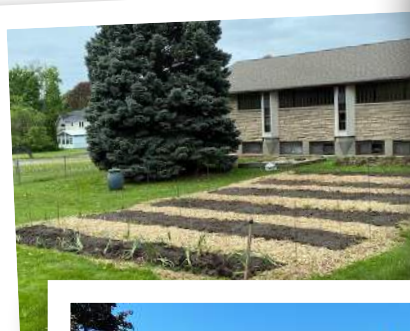
New garden launched ~ Whitby Baptist Church CG

We are excited to share with you the opening of our new Community Garden. It is located in central Whitby, on the east side of the Whitby Baptist Church property at 411 Gilbert Street East, corner of Reynolds and Gilbert. Response to this new garden has been encouraging.

We've started with 6 plots; more will be added over the next few years. We have installed a large water tank connected to a downspout and are planning on putting in another one connected to the other downspout. Plans are underway for a shed and the purchase of tools.

We are grateful for the generosity of the Whitby Mayor's Community Development Fund, and the Retirement Teacher's Fund for providing the financial support to start this project. Mayor, Elizabeth Roy, Members of the Grant Review Committee, and Mary Drummond with DIG (Durham Integrated Growers for a Sustainable Community) were all in attendance at the Garden for the grand opening on May 30th, 2024. Mary presented us with our first tool garden implement on behalf of DIG.

We look forward to providing fresh fruits and vegetables to those in need, as well as mental and physical well-being to those working in the garden. We are thankful to the Lord for providing the space, support, and funds for this project and we look forward to seeing what He has in store for us through this garden.



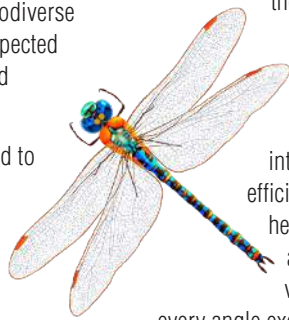
Dragonflies

Look up! Do you see them, darting this way and that? Dragonflies in the garden, what a sight!

These magnificent creatures predate even the dinosaurs, as the first dragonflies were thought to have evolved more than 300 million years ago, during the time when Earth's continents were fused together in the supercontinent Pangea. It was a hot and humid time; imagine our most sweltering summer day, and you are beginning to imagine what life would be like. Ferns grew to a towering height of about 33 feet (10 metres), and the number of insects and amphibians was much more biodiverse than today, owing to the higher suspected concentration of gases like CO₂ and Oxygen in the atmosphere.

Ancient dragonfly fossils were found to have wingspans of 2 feet (giants!). Thankfully, our modern iterations measure from less than an inch to 6 inches wide (16 centimetres). You'd have to travel all the way to Australia to begin to imagine the beastly creatures of the past, as that continent's largest dragonfly is the *Petalura ingentissima*, and has the largest wingspan at 6".

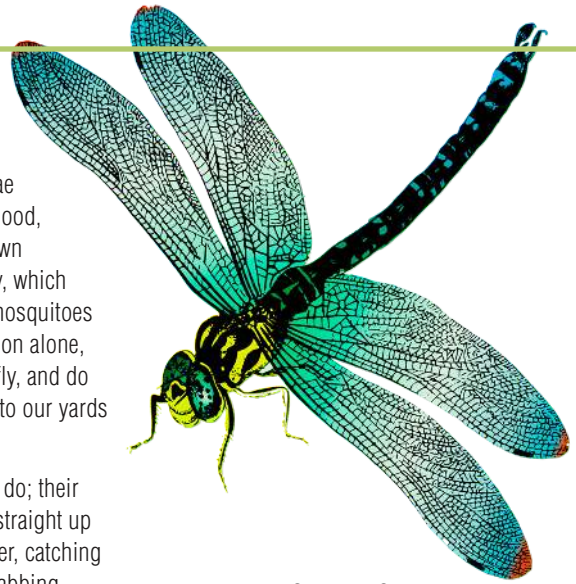
In Durham Region, if your garden is close to a body of water, then chances are you have seen dragonflies zipping about overhead. This is because the larvae (babies) of dragonflies are aquatic. During this stage of their life,



which can last up to two years, the ravenous creatures eat just about anything—tadpoles, mosquitoes, fish, other insect larvae and even each other. During adulthood, they eat up to 15 percent of their own body weight in mosquitoes per day, which can be equivalent to hundreds of mosquitoes for larger dragonflies. For this reason alone, let us all praise the mighty dragonfly, and do everything we can to beckon them to our yards and gardens!

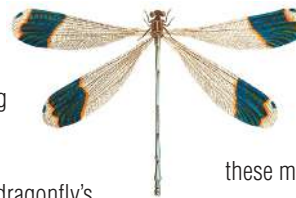
Dragonflies are expert at what they do; their hunting technique includes flying straight up and down, hovering like a helicopter, catching their insect prey by grabbing it with their feet... and even mating mid-air. According to a study, dragonflies caught over 90 percent of the prey released into their enclosure! Talk about efficiency. Examining the dragonfly's head reveals that it is pretty much all eyes, giving them incredible vision that encompasses almost every angle except right behind them.

Did you know that in the past, children were made to behave by being told that if they were naughty, the dragonfly's "darning needles" would come and sew the child's mouth shut. This idea sprang from the fact that a dragonfly's mandibles (mouthpart) have serrated teeth, which is why they belong to the class of



insects called Odonata, Greek for "toothed one".

If you want to attract dragonflies to your garden, provide a water source, such as a shallow pond or birdbath, and plant hiding spots like shrubs or tall grasses, cattails, irises, and water lilies. Native flowers, like Black-eyed Susan or Yarrow, attract dragonflies and other beneficial insects. While dragonflies do not pollinate in the garden, their presence can have indirect benefits for plant health and biodiversity, so why not create a sunny spot for them to warm up and sunbathe, such as a flat rock or a sunny patch of soil, and invite these marvellous creatures in!



Information sourced from www.smithsonianmag.com

Here's the buzz on bee varieties

Honey bees are most familiar to us. However, they represent just a tiny fraction of the entire bee genera. And they aren't even the only type of bees that make honey! Though honey bees do produce the largest amount of honey by far.

They are eusocial animals with conglomerative nests and a single fertile female, the queen. In other words, they work together through an intricately designed hierarchy, build remarkable hives, and protect their incredibly precious queen.

A husbandry, or a relationship between humans and bees, is required to keep honey bees thriving. We care for their hives and they

provide surplus honey for us. Their appearance is yellow-banded with fuzzy bodies. They can be as small as 0.5 of an inch up to 1.6 inches in length. Only female bees have stingers—the worker bees buzzing from flower to flower. Male honey bees, called drones, can't sting!

Wild bees are species that are not domesticated and live and survive out in the natural environment, or simply "in the wild".

Native bees (indigenous to a given geographical region) are uniquely adapted to interact with their specific environment and to pollinate the local flora, playing an important role in maintaining the delicate balance of the native ecosystem.

Wild and native bees make up the majority of bee species and are incredibly diverse. They

include familiar types like the bumble bee and carpenter bee to lesser known types like the cuckoo bee or the exotic orchid bee.

Some wild/native bees live in small hives and only produce enough honey to feed their hive. Others are solitary, burrow into the ground (or other surfaces), and do not produce any honey. Solitary bees often prefer to create nests near one another. You may find 200 different solitary bee nests together. They are neighbours but don't share quarters or have a worker hierarchy. Their resources are used to feed their young and procreate.

These bees are not cultivated or bred by humans. They do depend on us to conserve their habitat and protect them from herbicides and pesticides. Conversely, we rely on wild/

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Bees continued

native bees to pollinate many of our food sources and keep native plants from going extinct.

The color and size of wild bees varies. Some are blue, black, brown, metallic green, or red. They can be as small as 0.08 of an inch up to



1.6 inches in length. Many don't have stingers! And yep, some do.

Welcome **all** bees into your garden by growing plants that attract these pollinators. Don't bother or annoy them; let them go about their business. After all, they are absolutely essential for our food production.

GardenTip**Tick-repelling plants****A natural protection**

This information is intended solely for educational purposes and cannot substitute for professional medical advice. You should seek advice from a medical professional if you suspect a tick bite, and that the tick has been embedded for over 24 hours. While the plants mentioned below can be effective deterrents, they are not a foolproof solution. It's important to take additional precautions, such as wearing long sleeves and pants when venturing into wooded areas and performing regular tick checks on yourself and your pets.

The prevalence of ticks in Durham Region has been on the rise recently, due in part to a warming climate, forest fragmentation and habitat destruction. The fragmentation of our forests has allowed vector species like white-footed mice and white-tailed deer to thrive where forests have become patchy. Small forests have fewer rodent/mammal tick predators. As more people enjoy walking the trails, there are more opportunities for ticks to latch on.

Knowing that tick-borne Lyme disease is becoming a clear danger, these unwelcome tick guests need to be reduced in numbers, or repelled from their favoured hideouts, namely, your lawn, garden, and woodlot.

For years, gardeners have opted for chemical pesticides. Now, more are turning to nature's arsenal to combat disease-causing ticks.

For instance, certain heavily scented plants have proven to be effective tick-deterrents. Installing a barrier of herbs around your property, especially where there are tall grasses and shady spots, or in your garden bed, might just do the trick!

- Lavender's essential oils interfere with a tick's ability to smell and locate a host.
- Rosemary, with its woody scent, while pleasant to humans, is repulsive to ticks.
- Mint has a strong menthol scent that confuses ticks and masks the scent of potential hosts.
- Marigolds contain compounds that repel ticks. Their strong scent masks the odour of humans and animals, making it difficult for ticks to locate a blood meal.
- Chrysanthemum flowers contain pyrethrum, a natural insecticide that is toxic to ticks.
- Garlic, onions, sage, lemon and bee balm all have a pungent smell disagreeable to ticks.
- Lemongrass, with its citrusy scent, is another excellent choice for containers; bring them in come Autumn, and enjoy year-round.

Maintaining a tick-resistant environment involves a few additional steps such as keeping your lawn mowed short, removing leaf litter and brush piles where ticks can hide, and creating a barrier between wooded areas and your yard using wood chips or gravel, as ticks are less likely to cross these dry areas.

GardenTip**Unusual pest control**

This tip was discovered in a back issue of Canadian Gardening magazine (Summer 2012).

Sound as a repellent — To keep moles and mice out of the garden, add a whirlygig or bury an empty wine bottle up to its neck, which reverberates in the ground when the wind blows. Good vibrations may keep us dancing but ground vibrations repel underground tunnellers.

Recipe**Daikon Kimchi**

Spicy and super healthy, this vegan version of the Korean daikon radish kimchi is a must have next to any comforting meal.

**Ingredients**

- 2 lbs about 1 kg raw daikon radish, peeled and cut into thin slices
- 1 tbsp ground salt
- 1 tbsp white miso
- 1 tbsp red pepper flakes, Korean Gochugaru if available
- 2 green onions roughly chopped
- 3 garlic cloves halved
- 1- inch ginger piece sliced

Instructions

Place all of the ingredients into a large bowl and toss everything to evenly coat the radish. Cover the bowl with a clean towel and set aside for two hours at room temperature, until the radishes release their juices.

Transfer into an airtight jar and press the ingredients down to remove any trapped air bubbles. Let ferment at room temperature for 4 days, until small bubbles appear on top and the mixture smells sour.

Refrigerate until ready to serve.

www.theawesomegreen.com/daikon-kimchi/

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