



## IN THE NEWS THIS WEEK:

- **Announcements:** Fall bulbs now 50% off
- **Plant of the week:** Chokeberry= SUPERBERRY
- **Gardening Tips:** Pruning cane fruits; perennials~fall clean-up
- **B.C Fruit:** Get your **GREAT PUMPKIN** now
- **In-store special:** Suncatchers 50% off

## Oct. 18th E-NEWS

Open 9-6 daily, 1-5 on Sunday

One of the things I love about teaching Horticulture-related courses is that it forces me to keep up-to-date. I *always* learn something new and that's something I really appreciate about gardening~ just when I think I know what I'm doing, I realize once again that there's so much more to learn. It keeps me humble. Last week I featured the Black Chokeberry as the 'Plant of the Week' because it's so beautiful this time of the year. Then, while preparing to teach a Master Gardeners 'Berry Crops' course in Kamloops, I learned that the Chokeberry is so



much more than just a pretty plant. Read about what makes Chokeberry so special in the 'Plant of the Week' section.

Because our apple crop was small as a result of poor pollination in the cold weather this spring, we are now sold-out of some varieties. While we do still have many apples remaining, check the list at the end of this newsletter to see if we still have your favourite. **Now is a good time to buy your winter storage apples if you have a cold room or root cellar.** Spartans, Golden Delicious, and Idareds are particularly good keepers often keeping for 5 months or more if kept at fairly high humidity at a temperature just above freezing.



**We have Pumpkins, Pumpkins, and more Pumpkins!**

The last few years, we've put in a U-pick pumpkin patch but because we have clay soil that is slow to warm up in the spring (particularly this past spring) there is **no patch this year.** But we've brought in some beautiful **BIG** pumpkins (the big pumpkins have always been the first to go) and they're at least twice the size of ones I've seen at grocery stores. *Get them while you can!!*

**Large field pumpkins (perfect for jack o lanterns -avg. 30-35 lb.) \$10 ea.**

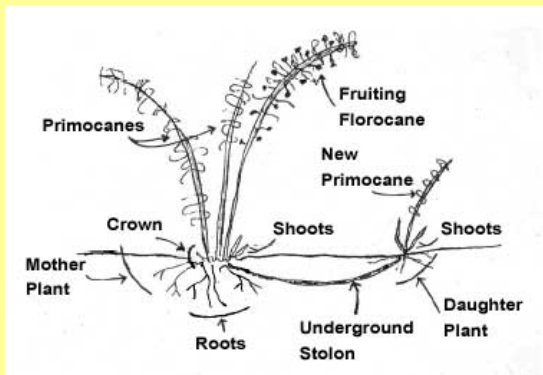


**SUNCATCHERS**

**50% OFF REG. PRICE**

## **GARDEN TIPS 1 Pruning Cane Fruits**

Raspberries (red, blackcap, gold) and blackberries have two types of canes: primocanes and floricanes.



**Primocanes** are those canes that have grown this year and will, unless they are fall-bearing raspberries, bear fruit next year. (Fall-bearing raspberries bear fruit on the tips of the current season's primocanes and will, unless they are cut to the ground after picking is complete in mid fall, produce a second, smaller crop next July at the same time the standard raspberries are producing fruit.)

**Floricanes** are second year canes that produce fruit on the laterals (small side branches that grow from the canes).

All cane berries produce fruit on floricanes and once the berries have been picked, the floricanes should be removed. Any fruit produced on floricanes in subsequent years will be small and of inferior quality. **DO NOT PRUNE OUT PRIMOCANES IN THE FALL** because you are removing next year's crop. The only exception to this rule is this: you can prune back all canes of fall-bearing raspberries if you want a heavier fall crop and don't care to produce a summer crop.

I've found from experience that while floricanes of blackberries can be pruned back in fall, the remaining primocanes **SHOULD NOT BE TIED UP** until the following spring. If they're left to bend over and be covered with snow, they fare through winter much better.

Fall is an excellent time to add an organic top-dressing of compost or aged manure to your cane berries.

## **GARDEN TIPS 2 Perennials: fall clean-up**

Almost everyone has at least a few hardy herbaceous perennials in their gardens and now that most of us have experienced a killing frost, it's time to get them ready for winter. Unfortunately there's a lot of confusion as to what to do with them. Some people cut back and mulch everything (way more work than necessary) and others do nothing (appealing idea but can look pretty ratty by spring). So which should be cut back, which can be left, and what needs to be mulched?

Most perennials whose flowering stems arise directly from the soil, do not have a protective rosette of leaves on the soil surface, and die back to soil level can be cut back to about 10-15cm. Examples are peonies, monkshood and summer phlox. Exceptions are fall-blooming mums, Russian sages, and Frikart's asters which survive winter much better if they are left un-cut. The leaves and stems, though dead, provide some winter protection as they hold snow in place and/or shade the soil.

Perennials that have a protective rosette of leaves at the soil surface should have flowering stems removed but the rosette should remain intact. Examples include yellow alyssum, lamb's ears, lavender and dianthus.

**Evergreen perennials** like candytuft, yucca, European ginger, Christmas roses and pachysandra should not be pruned back at any time except to remove dead leaves and spent blooms. Clumping bamboos, too (evergreen to semi-evergreen depending on winter temperatures), should not be pruned other than to remove dead culms.

Some perennials have seed heads that can be left to feed the birds. Hardy asters, Echinacea, Rudbeckia, and upright sedums are a few that come to mind. Ornamental grasses can be left in place as well unless they might serve to attract and provide homes for rodents.

Perennials that have a shallow root system (groundcovering thyme) or have only recently been planted (particularly Echinacea) benefit from the addition of a deep mulch to prevent the roots 'heaving' due to alternate freezing and thawing cycles in late winter/early spring. Any perennials known to be of borderline hardiness should also be mulched just in case we don't get a good blanket of insulating snow this winter.

## **APPLES AVAILABLE NOW:**

**49¢/lb, 30lb/\$12:** Gala, Spartans  
and 'Peeler' Jonagolds

**69¢/lb, 30lb/\$18:** Hanna Special,  
Golden Delicious, Red Delicious

**79¢/lb, 30lb/\$21:** Jonagolds, IdaReds

**89¢/lb, 30lb/\$24:** Elstars, Fuji,  
Ambrosia

**\$1.29/lb, 30lb/\$36:** Honeycrisp, Pinova

**We still have a great supply of  
pears, carrots and squash, too.**

**U-PICK-EM-UP** windfalls(great for  
juicing, sauce, etc.)Spartans, McIntosh, &  
Jonagolds @ 10¢ per lb. Bring your own  
boxes, please.

*Lunchbox-size apples: \$1.50-\$3.50  
per bag depending on variety and size  
of bag*

## **IN THE GARDEN CENTRE:**

**\*Spring-blooming bulbs Now 50% off**

**\*Garlic bulbs for fall-planting,  
6 varieties: Now 50% off**

**\*Garden décor, trellises, stakes,  
pots 35% off**

**\*Nursery stock: LAST WEEK @  
35% OFF** (Because we're winterizing,  
cutting back, and repotting, plants will go back  
to regular price.)

**We also have bulb planters, rakes,  
etc. for your fall garden chores.**

## **PLANT OF THE WEEK: Black Chokeberry**



**Aronia melanocarpa**

Pretty early summer white blossom clusters, dark purple berries and stunning wine-red fall foliage are enough to make this a plant for all seasons. But now I've learned that chokeberry is also considered a 'SUPER BERRY'. Research shows that it has high concentrations of polyphenols and anthocyanins that stimulate circulation, protect the urinary tract, and strengthen the heart. Ongoing studies also suggest that it may include compounds that fight colon cancer and cardiac disease. Its ORAC (Oxygen Radical Absorption Capacity) units are much higher than other frequently lauded fruits such as blueberries and cranberries and it's hardier and easier to grow than either. The higher the ORAC score, the more capable the plant is of destroying free radicals thus retarding the aging process. While I've eaten the berries and found them rather astringent, this information is making me re-think my opinion. From what I've read on the internet, it makes a very rich, dark juice that tastes best if extracted using a steam juicer or, if extracted raw, if mixed with other sweeter juices such as apple juice. Food for thought!

Happy gardening,  
*Harriet*

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