



January 2006

A belated Happy New Year to All. I suspect that everyone is still in the process of digesting the bountiful feasts of the festive season. What are a few extra pounds (kilos) among friends, eh? Just remember: Every thing in moderation, even moderation.

We all owe a big **'thank you'** to the previous newsletter editor, Barry MacKenzie. I only hope that my efforts can approach the level of dedication that Barry demonstrated in these past few years. Once again, the newsletter is always looking for interesting material. Please, feel free to contact me in regards to adding anything that you feel would be appropriate.

The process of lifting, cutting and packing of this year's crop of tubers seems like a lifetime ago. I'm sure there were some great surprises and a few disappointments when the results of tuber-making were finally discovered. There always are a few varieties that just don't create a lot of tubers. Other varieties, however, will produce enough tubers to supply half the province.

During the lifting, washing, cutting and storage process, my body reacts badly. I discover a whole lot of new aches and pains that went undetected during the summer's warmth. Always, during this time, I swear that I will never plant so many dahlias again. Anyhow, the swearing lasts for a month or so and then I settle down to drawing up next year's plot. I always go through the labour of deciding what **not** to grow again. Some varieties just don't do well in my soil, or they are not a good cut flower: weak stems, short stems, too long stems, etc, etc. There are even a few dahlias that are not show material that I grow year after year. These are pleasing to look at, or are popular as cut flowers. It is important for me to grow what I like.

Information and Program Updates

Dahlia Society of Nova Scotia

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ADS National Show - DAHLIA SOCIETY OF NOVA SCOTIA
September 1 to 5, 2005 · Halifax, Nova Scotia · Show Co-chairs: Arthur Haskins and Nina Dandurand

Name of Prize	Name of Dahlia	Exhibitor	Name of Prize	Name of Dahlia	Exhibitor
King of Show	Elsie Huston	John Armstrong	Collarette	Alpen Cherub	Arthur Haskins
Queen of Show	Pat Seed	Arthur Haskins	Single	Delta Red	Cecil Dexter
Prince of Show	Embrace	Ed Alley	Mignon	Inflammation	Eric&Joyce Higgins
ADS President's Award:	Embrace	Ed Alley	Orchid	Hy Argent	Cecil Dexter
Princess of Show	Kuniko	Carol Dexter	NO	Lorona Dawn	Cecil Dexter
Duke of Show	Lorona Dawn	Cecil Dexter	NX	Valley Porcupine	Ed Alley
Duchess of Show	Mary's Jomanda	Ed Alley	Best 3 bloom	Mary's Jomanda	Ed Alley
Best AA	Inland Dynasty	Ed Alley	3 A	Camano Sitka	Ed Alley
AA FD	Bonaventure	Ed Alley	3 B	Normandy Copper Glow	Carol Dexter
AA ID	Zorro	Cecil Dexter	3 BB	Worton Blue Streak	Cecil Dexter
AA SC	Inland Dynasty	Ed Alley	3 M	Elizabeth Hammett	Ed Alley
AA C	Hy Mom	Mr & Mrs Gordon Garnett	3 BA	Mary's Jomanda	Ed Alley
Best A	Elsie Huston	John Armstrong	3 MBA	Chimacum Troy	Arthur Haskins
A FD	Amgard Delicate	Carol Dexter	3 Pom	Kuniko	Carol Dexter
A ID	Elsie Huston	John Armstrong	3 Stellar	Primrose Pet	Ed Alley
A SC	Cynthia Huston	Roger Savoie	3 Waterlily	Ken's Flame	Ed Alley
A C	Camano Sitka	Ed Alley	Doug Verge Memorial Award:	Ken's Flame	Ed Alley
A L	Show'n Tell	Ed Alley	3 CO	Wheels	Carol Dexter
Best B	Pat Seed	Arthur Haskins	3 S	Delta Red	Carol Dexter
B FD	Pat Seed	Arthur Haskins	3 MS	Daisy	Carol Dexter
B ID	Onabrook Carol	Ed Alley	3 O	Marie Schnugg	Cecil Dexter
B SC	Hamari Accord	Ed Alley	3 NO	Lorona Dawn	Steve Nowotarski
B C	Kenora Majestic	Ed Alley	3 NX	Valley Porcupine	Steve Nowotarski
B L	Jennie	Roger Savoie	Best 5 bloom	Mary Jo	Carol Dexter
Best BB	Embrace	Ed Alley	5 AA	Zorro	Cecil Dexter
BB FD	Jomanda	Dorothy Jones	5 B	Magic Moment	Ed Alley
BB ID	Rogue Royal	Mr & Mrs Gordon Garnett	5 BB	Sylvia's Desire	Carol Dexter
BB SC	Embrace	Ed Alley	5 M	Mary Jo	Carol Dexter
BB L	Keating's Estate	Cecil Dexter	5 BA	Cornel	Cecil Dexter
Best M	Mary Jo	Cecil Dexter	5 MBA	Pocrates	Ed Alley
M FD	Rose Toscano	David Steele	5 O	Marie Schnugg	Cecil Dexter
M ID	Brookside Cooley	Walter Jones	Basket	Robin Hood	Ed Alley
M SC	Mary Jo	Cecil Dexter	2005 Intro	Nova Laird	Ed Alley
M C	Billy	Ed Alley	Arrangement	Salty Spray	William Matthews
M L	Mingus Lucio	Ed Alley	Flowers of the Year		
BA	Mary's Jomanda	Arthur Haskins	A:	Tribune's City of Halifax	Carol Dexter
MBA	Chimacum Troy	Arthur Haskins	B:	Onabrook Angel	Carol Dexter
POM	Kuniko	Carol Dexter	Canadian Intro	Ben Huston	Carol Dexter
Stellar	Primrose Pet	Dorothy & Dave Crockett	1st Yr.Seedling	16-05	Dorothy Jones
Waterlily	Wildwood Marie	Walter Jones	ADS Seedling	Glenmont Peach	David Steele
Peony	Longwood Dainty	Cecil Dexter	Novice Grower	Berwick Wood	Stephen Oulton
Anemone	Goldie Gull	Carol Dexter	Nova Scotia Intro	Nova Laird	Ed Alley
			Largest	Belle of Barmara	Mike Dandurand

In spite of the poor weather this season, there were 1185 entries and over 2000 blooms. Needless to say, another super show.

John Proctor, ADS Rep.

Extending Our Dahlias Into The Night

by Arthur Haskins

We all enjoy viewing our dahlia gardens and the many diverse hues of colour that it displays, it's probably the main reason we grow these wonderful flowers. Virtually every colour goes together in the garden, but we sometimes like to get a bit more creative and try and match certain colours to attain a certain look to the garden.

One area where I feel we are not creative enough is planting dahlias that show up well at dusk or later in the evening. Let's face it, the evening is when we have the most time to sit down and enjoy the garden. How many of us sit down on the patio late in the evening with a glass of beer or wine, put our feet up and relax, and look out at our darkened dahlia garden where you can barely make out any of the flowers.

There are ways to lighten up your dahlia patch without putting up spot lights. Try planting more yellow and white flowering varieties. The medium and dark colours fade into darkness when the light diminishes but the whites and yellows remain visible for a long time after the others have gone. Some of my favorite white dahlias are **Klondike, Formby Alpine, Mary Hammett, Rycroft Jan, Hollyhill Crystal, Magic Moment, Alpen Cherub, and Joal Louisa**. Intersperse the whites and yellows throughout your garden to add highlights in the darkened dahlia patch. Some great yellows to try are **Yellow Baby, Ruskin Diane, Winholme Diane, Hamari Accord, and Inland Dynasty**.

It is popular now to add accent lighting throughout the garden, usually of low light intensity, which will show up your white and yellow flowers nicely, and don't forget those bright moonlit evenings providing natural light for your flowers.

WHAT'S NEW

by Arthur Haskins

Rycroft Jan - saw this one last year on the West Coast and thought it would be a good replacement for Mary Hammett. The M FD W is a good strong grower twice the size of Mary Hammett and produces plenty of blooms. It is not as pure a white as Mary Hammett and does not have any blush. It has similar form as Formby Alpine rolling back to the stem and has that silver luster overlay as well, making it not just a good show variety but a real beauty in the garden.

Barbary Red Dwarf - I have not been overly impressed with Barbary introductions over the years, but I have to eat my words with this one. This M FD DR is an absolute knockout, plenty of top exhibition blooms on the bush for all the shows and the black red is a real attention getter in the garden. This is a true miniature staying well under four inches and has nice strong stems. This I feel will be the standard that we judge other formal decorative miniatures in the future.

Chimacum Troy - For years I grew Downham Royal as my choice as the best miniature ball for show and garden display, my own stock started popping its centers and I tried in vain for a few years to get good stock without any success. Then I found Chimacum Troy MB Pr; what a flower and what a beautiful dark purple with

great form. This is probably my favorite dahlia in my garden this year. Lots of quality exhibition blooms and an attention getter, did I mention the colour?

Bristol Canary - This variety can be easily beaten on the show bench by any number of M FD Y varieties, but none can beat this outstanding variety in the garden. This M FD Y is an intense yellow on a tall bush which produces an abundance of blooms with good stems. An excellent cut flower and garden flower it will become a focal point in your garden.

Trengrove Millennium and Alf's Mascot - I don't grow a lot of B size dahlias but these are two I tried and I was not disappointed. Many growers use Edna C as a seed parent to get great form and these two dahlias I'm sure have some of her genes in there somewhere. Trengrove Millennium B FD Y is a beautiful soft yellow and of course excellent form and lots of bloom. Alf's Mascot B FD W is a real nice white with great form and plenty of blooms on strong straight stems. Both varieties roll right back to the stem making beautiful formal decorative form.

Joal Louisa - There seems to be very few good waterlily dahlias coming onto the market of late but I lucked out this year with Joal Louisa WL W. It makes a large bush and produces an abundance of good quality blooms in a very nice pure white. Because of its robust growth it requires more disbudding than most plants, but the dividends are more and more blooms. Even after I lost half of the bush in a wind storm there are still a dozen blooms on the bush at any one time. I have tried many white waterlilies over the years and this is by far the best of the lot.

Watch upcoming newsletters for the above varieties and many more that will be up for bidding at our Annual Dahlia Auction at the April meeting.

How Do I Love Thee? Let Me Count The Ways...

"I drink wine when I'm happy and when I'm sad. Sometimes, I drink it when I'm alone. When I have company I consider it obligatory. I trifle with it if I'm not hungry and have a drink if I am; Otherwise, I never touch it – unless I'm thirsty."

- Madame Bollinger

Take a Pass on Gas

"Beans, beans, are good for the heart..." The rest of that silly childhood poem is unfortunately true too. And not just with beans, but also cabbage, onions, apples, and many other fruits and vegetables loaded with the vitamins, minerals, fibers and phytochemicals (*chemicals produced in plants*) we're all urged to get more of. So what can we do to bypass the gas, short of giving up some of nature's most nourishing foods? A few cooking and lifestyle changes can go a long way, say the experts.

According to Karen Collins, R.D., many people suffer gas because their digestive tracts aren't used to a high-fiber diet – and avoiding fibrous foods like beans, broccoli and salads just worsens the problem. Rather than steering clear of the offending foods, gradually add them in, giving the body time to adapt. "It's important not to make the jump overnight. The body can't handle a dramatic makeover" Add one daily serving of high-fiber foods each week, she advises, aiming for a goal of 7 to 10 servings of fruits and vegetables daily and several servings of beans weekly.

What causes the noxious vapours, anyway? It begins when carbohydrate is not completely digested by the army of enzymes in the small intestine. Once the undigested sugars, starches and fibers reach the large intestine, friendly bacteria break down and ferment them – giving off gas in the process.

Increasing your fiber intake not only helps your intestinal bacteria adapt, but it also moves the food and waste through the intestines faster. The quicker the transit, the better, says Collins. “The longer food sits there, the longer the bacteria act on it,” she explains – which translates to more gas production.

To help speed foods through your GI tract, stay regularly active and drink plenty of fluids, adds Collins. That’s good advice to heed, no matter what’s in the air.

In Brief:

- ✓ Gradually phase in high-fiber foods, chewing them well to start digestion.
- ✓ Drink plenty of fluids.
- ✓ Get regular physical activity (like a daily “constitutional” walk).
- ✓ If certain fruits or vegetables give you gas, try cooking and/or peeling them to make them more digestible.
- ✓ When cooking dried beans, soak them first; then, discard the liquid to get rid of some of the difficult-to-digest carbohydrate. Likewise, drain and rinse canned beans before use.
- ✓ Flavour your foods with seasonings used throughout the world to make problem foods less gassy, such as ginger, fennel seeds, turmeric and coriander
- ✓ Lastly, consider an over-the-counter aid, such as Beano®, which supplies an enzyme to digest some of the gas-inducing carbohydrates.

- Jill Weisenberger, M.S., R.D.

Catalogue Frenzy

Do you want to drive yourself crazy this year? It’s an easy thing to do – just look at some of the blooms in the latest editions of your favourite dahlia catalogue. Then, imagine that same flower on the show bench with your name attached to the tag. Sound familiar? Here are a few suggestions of recommended companies who produce dahlia catalogues and/or sell dahlia tubers:

FERNCLIFF GARDENS

8502 McTaggart Street
Mission, B.C. V2V 6S6
Tel: (604) 826-2447
FAX: (604) 826-4316
<http://www.ferncliffgardens.com/>

ART'S NURSERY LTD

8940 192nd Street
Surrey, BC V4N 3W8
Phone: 604-882.1201
Fax: 604-882-5969
<http://www.artsnursery.com/>

CANADAHLIA GARDENS

John Mooney
82 Clifton Downs Rd
Hamilton, ON L9C 2P3
(905) 388-5595

E&S DAHLIAS, INC

Ed & Sylvia Alley
468 Shaw Rd.
Berwick North, NS B0P 1E0
Tel: (902) 538-1414
Fax: (902) 538- 1515
Email: edward.alley@ns.sympatico.ca
<http://www.dahlias.net/htmbox/esalley.htm>

DAHLIAS GALORE

5245 Selma Park Road
Sechelt, BC Canada V0N 3A2
Phone: 604-885-9820
Fax: 604-885-4841
<http://65.108.71.163/index.html>

SWAN ISLAND DAHLIAS

The Gitts Family
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995 N.W. 22nd Avenue
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Tel: (503) 266-7711, 1-(800) 410-6540
Fax: (503) 266-8768
Email: info@swanislanddahlias.com
Send \$4 for 72 Page Color Catalog or order this catalog online

DAHLIAS BY LES & VIV CONNELL

PO Box 1595
Sumner WA 98390
(253) 848-6251
Email: beaucon11@comcast.net
Sales close March 15th

DAHLIA SOCIETY OF NOVA SCOTIA: Membership Renewal Form
DSNS dues are \$5.00 single and \$7.00 for family in Canadian funds

Name _____
Address _____ APT _____
City/Town _____
Province/State _____
Country _____
Postal Code/Zip Code _____
Phone and or E-Mail _____
Single: (\$5.00) _____ Family: (\$7.00) _____

Make check payable to the: **DAHLIA SOCIETY OF NOVA SCOTIA**

Mail to: David Steele
574 Gospel Road
R.R. #5, Canning
Nova Scotia, B0P 1H0