

Meadowsweet, Spirea Alba

By Tinamarie Jones, Halton Master Gardeners

Spiraea alba, more commonly known as Meadowsweet, is a deciduous woody shrub in the Rosaceae family. When in full bloom in the summer, this charming perennial shrub sports lovely green leaves and clusters of pleasantly scented white flowers on cone-shaped panicles. With its preference for well-drained medium to wet soil, showy Spiraea alba can be a star performer for any garden areas that have reliable moisture.

The genus name, Spiraea, comes to us from the Greeks and means 'wreath', while the specific epithet, alba, means 'white'. When observing a Meadowsweet shrub in full bloom in the middle of the summer it is easy to see how it acquired this name. The shrub itself is native to Ontario and has an upright growth habit. Meadowsweet generally grows approximately 3 to 4 feet high and can grow to be 3-4 feet wide.

The young branches start off green, turning woody and darker brown as it ages. The colour of the foliage is a light or yellowish green with the leaf undersides being paler in colour. The leaves are narrow and toothed and grow on the branches alternately. In the fall, the leaves turn a pretty yellow.

Beauty and the Beasts -Common Buckthorn

Spotlight on Science -Bloom Beyond the Lawn

Question of the Month Tell me about Rain Gardens?

Garden Inspiration Back to (Online)School

What's Growing On



Continued on next page

MEADOWSWEET, SPIREA ALBA (CONT'D)

Spiraea alba produces cone-shaped clusters of very tiny flowers at the terminal point of the branch. These tiny white flowers are star-shaped and grow on spikes where they bloom from the top-down. The flowers each have 5 petals and numerous stamens that surround the central ring of the flower and extend well beyond it, giving the flower a delightfully fuzzy appearance. The center part of the flower tends to be yellow or pink. These flowers will bloom throughout June to August; they are ideal for use as a cut flower in an arrangement. Spent flowers should be removed to encourage further blossoms. In September, the fruit of the Meadowsweet shrub matures, creating 5 pod-shaped follicles which, once dry, split open to release 2-5 seeds.



Image: Licensed under CC BY-SA

Meadowsweet is native to the eastern portions of the US and Canada, including Ontario. In the wild, Meadowsweet can be found in moist soils such as the areas around streams, creeks and lakes, as well as on open ground and prairie land that has high moisture. As long as the soil is well drained, this relatively low maintenance shrub does not mind having its feet wet. In fact, unlike many plants, it thrives in wetter soils. It can live in part shade but does best in full sun.

As noted earlier, *Spiraea alba* is an easy to care for shrub; however, as a member of the rose family, it can be susceptible to the same threats and diseases that plague roses, such as: fireblight; powdery mildew; leaf spots; leafrollers; scale; and aphids.

In terms of faunal associations, Meadowsweet is popular with pollinators, especially native bees. In addition, it is the larval host for the Spring Azure Butterfly, *Celastrina Ladon*. Deer seem disinterested in Meadowsweet.

When incorporating this native shrub into your garden, be sure that you are selecting Spiraea alba and not Sorbaria sorbifolia or False Spirea. Although the two look quite similar, False Spirea should not be planted in Ontario gardens. It is an invasive, non-native plant (native to Asia) which grows rapidly, suckers easily, and can quickly take over and dominate a garden as well as natural areas and forest edges. For gardeners who are looking to add shrubs / large perennials with nice greenery and eye-catching white flowers, Spiraea alba, along with Nannyberry or Mapleleaf Viburnum (Viburnum lentago or acerifolium), Elderberry (Sambucus canadensis) and Black Cohosh (Actaea Racemosa) are outstanding native choices which will enhance the beauty of your garden space.



Image: <u>iNaturalist</u> Spring Azure (*Celastrina* "ladon")

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MEADOWSWEET, SPIREA ALBA (CONT'D)



Lady Bird Johnston - Spirea Alba



Read More!

- North Carolina Extension Gardener Plant Toolbox
- Missouri Botanical Garden
- In Our Nature Native Plant Alternatives
- Lady Bird Johnson Wildflower Center
- Native Plant Trust Go Botany



NAME OF PLANT - DETAILS AT A GLANCE



Plant Type, Family: Rosaceae family

Height/Width: (H) 90-120 cm (3-4') (W) 90-120

cm (3-4')

Propagation: By seed and stem cuttings. **Features:** A magnet for many pollinators from

June to August!

Faunal value: Ants, Bees, Syrphid Flies, Hornets. Host Plant for Spring Azure Butterfly,

Celastrina Ladon

Companion Plants: Purple Giant Hyssop,

Dense Blazing Star, Panicled Tick Trefoil, Hoary

Mountain Mint, Grey-headed Prairie Coneflower, and Heart Leaved Aster.

Landscape Uses: Border plant, hedge, or

mass planting.

Native Range: Alberta to Newfoundland

Supports:





WHO KNEW WE HAD OFFICIAL CITY BIRDS?

Info and Images: Bird Friendly Hamilton Burlington

HAMILTON'S CITY BIRD

The Peregrine Falcon is the official bird of Hamilton! Hamilton has played a significant role in the recovery of this fascinating species, which makes the Peregrine Falcon a very suitable choice for Hamilton's official City Bird.



Peregrine Falcons have nested on a ledge of the Sheraton Hotel since 1995.

BURLINGTON'S CITY BIRD



Trumperter swans are the largest swan in the world!

In 2022, the
Trumpeter Swan
was voted the
official City Bird of
Burlington!
Trumpeter swans
spend the winter in
Burlington at the
LaSalle Park
shoreline, and
other parts of
Burlington.

SEPTEMBER GARDEN 'TO DO' LIST

By Claudette Sims, Halton Master Gardener

Perennials – Divide or transplant spring and early summer flowering perennials, e.g., iris, peony, phlox, native Wood Poppy and Canada Anemone as the weather cools. Water the new divisions well into the fall. Other perennials can be transplanted or divided if needed when flowers fade. This is a great time to add plants to fill in any gaps. Consider adding native sedges to give your garden texture and winter interest. Sedges are valuable host plants for caterpillars of over 36 butterflies and many moths.

Veggies – Remove any plants that have stopped producing. Sow cool weather seeds, e.g., lettuce, spinach, arugula and radishes. As the weather cools, harvest green tomatoes & ripen indoors, freeze or use in recipes. Collect and save seeds from veggies, dill, native plants. Cut herbs such as parsley, thyme, mint, rosemary and dry them in your microwave.

Trees – Our hot, dry summer has been a tough one for our trees. Watering at soil level with a slow trickle from your hose helps water to penetrate to the roots. Planting trees and shrubs in cooler September weather gives them plenty of time to form roots before the frost sets in. Here's a great way to water new trees and shrubs!

Houseplants – Start to transition houseplants to a shadier location and monitor weather forecasts. If temperatures fall below 10°C bring them inside. Inspect them for pests and disease by lifting the plant out of the pot carefully and inspecting the soil. If pests are present, wash the plant with water or a commercial insecticidal soap solution (some plants are sensitive, so test a leaf if you are not sure). Plants can also be soaked in a large tub of water with a tablespoon of concentrated insecticidal soap (about a 1% solution is desired). Read detailed information about bringing in houseplants on our blog.



LIGHTS OUT FOR FALL MIGRATION!



COOD -

Birds have started their fall migration.

Please turn off non-essential lighting and close curtains and blinds to keep them safe!





More info at Bird Friendly Hamilton Burlington

Prune back woody tropicals such as **hibiscus** once they are moved inside. **Phalaenopsis orchids** *may* benefit from a drop in temperature (to 17°C) to encourage flowering. Once inside, 8 to 12 hours of light is optimal for flowering. Continue to fertilize orchids to encourage healthy foliage.

Lawns were hit really hard by the drought and may need more extensive repair. Choose a rainy day to overseed the lawn, then cover seeds with a top dressing of fine compost or manure. Half the height of the blades of grass should still be visible. Fall feeding with a slow release mineral or organic fertilizer will increase root growth for an early spring green up. Fall is a good time to aerate lawns (sandy soils do not usually need to be aerated). Pull or cut off weeds at ground level. Rake fallen tree leaves into flower beds. More lawn care suggestions from Landscape Ontario.

Diseased foliage – Prune out and remove any diseased foliage. Dispose of diseased plant material in the garbage. Removing branches to improve air circulation can help reduce the spread of disease.

Get outside! – There are 36
Conservation Authorities in Ontario.
Plan to visit these natural treasures with family or friends.



Beauty and the Beasts - Common Buckthorn

Kirsten McCarthy, Halton Master Gardener

I was first introduced to Common Buckthorn (*Rhamnus cathartica*) when I volunteered at the Royal Botanical Gardens (RBG) a few years ago. As natural lands volunteers, it was our job to remove invasive species to make room for native trees and shrubs at The Arboretum and Churchill Park, near Cootes Paradise. It was late fall, a crisp chill in the early morning air and many of our native tree and shrub species leaves had already fallen to the ground. Common buckthorn was easy to spot, as its leaves were still green and on the shrub.

Common Buckthorn, also know as European Buckthorn, was introduced from Europe in the 1800's as an ornamental shrub to serve as a hedgerow in the urban landscape and planted widely in agricultural fields as a windbreak. Common Buckthorn can thrive in a variety of soil and light conditions, making it an easy choice for 19th century gardeners. These same characteristics are what make it an invasive species today. It is most often found in woodlands and open fields, where it forms dense stands causing few other plants to grow. Common Buckthorn can spread widely with the help of birds and animals that eat its fruit, carry the seeds long distances and deposit them in their droppings. Stands of Buckthorn can invade roadsides, riverbanks, mature forests, farm fields and hydro corridors. In Canada, Common Buckthorn has spread as far west as Saskatchewan and as far east as Nova Scotia. In Ontario, Common Buckthorn has been classified as a noxious weed under the Weed Control Act as it can host agricultural pests such as oat rust, crown fungus, alfalfa mosaic virus and the soybean aphid. Buckthorn also has allelopathic properties that prevent native plants from growing. Although not found in garden centres, Buckthorn is usually "discovered" in parks and urban gardens.



Credit: Friends of the Mississippi



Orange heartwood of invasive buckthorn.
Credit: Invasive Species Centre

Identification

As I learned at the RBG, Common Buckthorn is usually the first shrub to leaf out in the spring and the last to drop its leaves late in the fall. It often grows 2-3 m (6-9ft) tall but occasionally reaches 6m (19ft). The trunk can grow up to 25 cm (10in) in diameter. Buckthorn has smooth, dark green leaves that are finely toothed and 2-6 cm (1-2 in) long, arranged in opposing pairs along the stem. Most branches that are older than one year end in a short, sharp thorn. Buckthorn bark is greyishbrown and has prominent small lenticels. The bark is smooth and shiny when young and rough and textured when mature. Many people confirm the identification of Buckthorn by scratching the bark to reveal an orange heartwood under the cambium. Early to mid spring flowers have two to six small yellowish-to-green petals. In late summer and fall, Common Buckthorn produces clusters of berry-like black fruit that house the seeds.

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BEAUTY AND THE BEASTS - COMMON BUCKTHORN (CONT'D)

Removal

According to the Invasive Species Centre website, plants can be pulled by hand when they are small, up to 1m (3 ft) in height and when the soil is moist. Larger plants can be dug out or pulled out using an extractigator. It is important to remove all roots, as resprouting can easily occur. If removal of plants takes place in the fall, extra care should be taken to remove and contain branches with berries prior to pulling.



Another option for larger trees is cutting or girdling. Girdling involves cutting a groove down to the heartwood all the way around the stem which starves the tree of essential nutrients. When girdling, the band should be at least 3" wide to prevent wound closure and recovery of the shrub. Girdling can weaken larger common buckthorn shrubs that can't be pulled by hand or by an extractigator. This makes the shrub easier to remove mechanically the following year. Cutting the shrub down to a stump will cause sprouting, so it is imperative to cover the stump with a thick black plastic bag (can be sold as a "buckthorn bag") to prevent photosynthesis. Over time, the canopy will begin to die, the roots will die back, and the shrub will become easier to pull out.

Alternative

A captivating alternative is our native Alternate Leafed Dogwood (*Cornus alternifolia*) also known as Pagoda Dogwood. Grown as a multistemmed understory shrub or small tree, it reaches heights between 15-25 ft and spreads between 20-30 feet. Pagoda Dogwood prefers partial shade in warmer climates but can tolerate full sun in cooler climates. Its clusters of white flowers in spring and dark green foliage in the summer turn to beautiful burgundy-red in fall, making Pagoda Dogwood a stunning multi-seasonal interest in the garden. One of its most striking features are the layers of the branches that grow from the stem,



Image: Cornus alternifolia Isabel Belanger, Halton Master Gardener

This gives the Pagoda Dogwood a unique look from other native dogwoods. Many native songbirds are attracted to the blue-black berries that ripen late in the season. Pagoda Dogwood is a host plant to a number of *Lepidoptera* (the caterpillars or larvae of moths and caterpillars) including the Fragile Miner Bee, Summer Azure butterfly, Cecropia Moth, Fragile White Carpet Moth and Unicorn Caterpillar, making it a wonderful shrub to add biodiversity to your garden.



Lady bird Johnson Wildlife Center

Further Reading:

- Invasive Species Center Buckthorn
- Ontario Invasive Plant Council
- The Spruce
- Edmonton Arborist



Bloom Beyond the Lawn: The Science and Struggle of Urban Rewilding

By Nikolina Radulovich, Halton Master Gardeners

Across Ontario and around the world, a quiet revolution is taking root — one front yard, community garden, and city park at a time. Gardeners are trading in manicured lawns for buzzing, blooming habitats filled with native plants. This movement, called urban rewilding, is not about letting your garden go wild without care. It's about intentionally restoring ecosystems in the spaces we live with, balancing beauty and biodiversity. A simple shift from turf grass to native wildflowers can dramatically increase the number and variety of birds, bees, butterflies, and other pollinators in an area. In some cases, urban wildflower strips have boosted pollinator numbers by over 50% within two years. In a province where pollinator declines threaten crops, gardens, and ecosystems alike, those numbers offer hope.

At its core, urban rewilding is not just "more plants." A <u>2025 BioScience review</u> defines it as the reintroduction of locally missing or surrogate species into urban patches, with goals of restoring food webs, increasing self-sufficiency, and engaging communities. Yet despite biodiversity losses being especially severe in cities, rewilding remains underused compared with traditional conservation done far from where people live.



The review screened 2,812 studies and found that most urban projects focus on vegetation, while only 17 involved reintroducing animals. Where these projects succeeded, it was because the species established breeding populations and communities were actively involved—by providing nest boxes, extra food at key times, or helping maintain habitats. Where they failed, it was often because too few animals were released to form a viable population, because of disease, or because the animals left the small habitat patches available. Together, these findings show that urban wildlife recovery requires both careful design and ongoing care.

For gardeners, the message is that "build it and they will come" doesn't always apply. Plants form the foundation, but many mammals and reptiles can't cross concrete and roads on their own.

Targeted measures like adding nest sites, removing invasive plants, and improving connectivity are key to restoring fuller communities. Rewilding also works on multiple scales: yards and community plots can see more pollination within a few years, while coordinated plantings across a city over a decade can build resilience. Even on a small scale, greener yards boost microbial diversity in soil and air—an emerging health benefit for both ecosystems and



BLOOM BEYOND THE LAWN (CONT'D)

Food and community tie in through "multispecies edible commons," a concept highlighted in a Land Use Policy study. These projects merge habitat with shared food resources, such as Cheltenham's Pilley Bridge Reserve, where a communal orchard was integrated into an urban corridor, or Durban, where residents plant indigenous forest species and food crops together. Such efforts show rewilding as shared infrastructure. The research also cautions about equity. Projects often cluster in wealthier neighbourhoods, raising concerns about "green gentrification". Both studies argue for inclusive governance, stronger Indigenous knowledge, and shared responsibility to ensure that benefits—like cooling, cleaner air, pollination, and cultural recognition—reach all communities.

The science may be clear, but the policies often lag behind. Many municipalities still enforce lawn bylaws written decades ago, aimed at uniform tidiness rather than biodiversity. These rules have led to high-profile clashes between gardeners and cities. In Smiths Falls, Craig and Bethany Sinclair transformed their yard into a meadow filled with Black-eyed Susan and Goldenrod. Instead of praise, they received by-law warnings and a mowing order. They fought back, and the case — covered by Rewilding Magazine — ended in their favour: the town rescinded the order and even paid \$5,000 of their legal fees.



In Mississauga, Wolf Ruck faced a similar battle. His front yard, rich with native species, was cut down twice by contractors under the "tall grass and weeds" bylaw. Ruck took the city to court, and after initial setbacks, the Ontario Court of Appeal revived his case in February 2025. These examples highlight how outdated rules are being tested against both ecological science and community values.

For home gardeners, the science points to simple, effective actions: diversify plantings through the seasons; connect your yard to nearby habitat; and add features like nest boxes, water, and dead wood. For cities, pilot programs that combine native vegetation with clear maintenance plans and resident engagement, can reduce conflict and provide evidence for updating bylaws. The details matter, but the direction is clear: urban rewilding is a practical, evidence-backed way to restore ecological functions and reconnect daily life with nature —and the right to rewild is quickly becoming part of that story.



By Hariette Henry, Halton Master Gardener

Before addressing your concerns, let's first consider what a rain garden is, how it is built and what its benefits are. A rain garden is a landscaped feature that replaces a part of your lawn in order to collect stormwater (rain and melted snow) that runs off your grass, roof and/or driveway. This shallow depression has loose, deep soil that absorbs and naturally filters and cleans the runoff water, preventing pollutants like oil, pesticides and other debris from entering the storm drain system and eventually our waterways.

To function properly a rain garden must have:

- A source of storm water runoff carried to your garden for infiltration through a downspout or other hard surface.
- An absorbent soil mix where the soil is porous enough to soak up water within 48 hrs to prevent plants from drowning and mosquitoes from breeding. Soil should be tested and amendments added to achieve the right porosity.
- The garden will be placed along a gentle slope where it can capture maximum runoff.
- It will be located at least 10 feet away from buildings to prevent foundations from being damaged by water.
- You should also be aware of rights of way, underground service lines and utilities before beginning to dig.
- Plantings should consist of moisture loving / tolerant native plants that require less maintenance once established, and have deep root systems to absorb water and prevent erosion.

In addition to being beautiful, rain gardens perform ecological services, such as:

- · Reducing flooding and erosion
- Restoring and recharging groundwater systems

I'm considering installing a rain garden. A gardening friend warned me about damage to my house's foundation if the garden is not situated properly. I'm also worried about attracting mosquitoes. Can you comment?

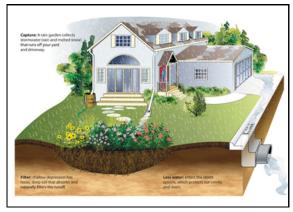


Image Source: City of Calgary

- Attracting birds, butterflies and beneficial insects, such as mosquito-consuming dragonflies
- Increasing biodiversity, especially in urban environments
- · Reducing the amount of turf grass
- Combating heat by cooling the surrounding environment, as vegetation absorbs heat from hard surfaces

You mention having concerns about water infiltrating your foundation and the rain garden attracting mosquitoes. I believe these issues may easily be avoided if you follow the recommendations outlined for proper rain garden installation. You might also consider using a professional for your project as these individuals have extensive knowledge and experience and can sometimes save you money in the long run.

There is no doubt that the popularity of rain gardens and other water saving projects have significantly increased in recent years. It is also very encouraging that municipal governments such as the Cities of Hamilton and Burlington both offer rebate programs to residents who install rain gardens and other water saving projects.

Learn more:

- · Basics of Rain Gardens with Sean James
- The Modern Rain Garden by Michael Albanese, Ed.2
- Rain gardens: a how to guide for a Healthy Yard
- Rain Gardens/Healthy Yards
- Urban Rain Gardens





Garden Inspiration! It's Back to (Online) School Time



When September approaches, inevitably thoughts turn to school, and the excitement of learning something new. There are always great in-person events to attend – many hosted by an Ontario Master Gardeners group – listed in What's Growing On, but sometimes you just want to watch quietly at home, on your schedule.

The landscaping and gardening webinar collections below were selected because the videos are presented by horticultural professionals who provide depth and breadth on their topics in an entertaining way, they're available on-demand, and most of the collection is free to watch. *Inclusion of a webinar in this list should not be taken as an endorsement of the videographers' opinions by Halton Master Gardeners.*



Let's Talk Gardens

Presented by the Smithsonian Gardens' professional staff and guest speakers. This video collection asks you to think about the role of gardens in our lives, as well as including intriguing how-tos.



Ask the Experts

Presented by the (US) National Garden Bureau. A wide-ranging collection of how-to videos, from vegetables, to pollinator plants to houseplants.



Garden Masterclass

Presented by Annie Guilfoyle and Noel Kingsbury. Their free video collection on YouTube tends toward interviews with expert gardeners and landscapers, and garden design case studies.



Seeds of Diversity

Presented by Gardening Manitoba.

Learn about saving and starting plants from seeds from a group passionate about seed biodiversity.

Not Quite Free

The <u>New Perennialist webinars</u> cover naturalistic planting design with world-renowned experts. Only three are free, others cost \$10 or \$20 USD.

The <u>On-Demand Webinars from Fine Gardening</u> <u>Magazine</u> require an email address to watch their large collection of otherwise free videos. You can unsubscribe from the newsletter and offers at any time.

What's Growing On?



Monarch Awards and Garden Journeys

Stay tuned for our **November Issue** on the beautiful gardens visited this summer in the City of Hamilton.





Thank you for showing our city how green — and wildly alive our gardens can be.

Summer is winding down. So are the Monarch Team's visits to eco-friendly gardens in the Old City, the Mountain, Flamborough, the Beach, Stoney Creek, Ancaster and Dundas. It is amazing to see the diversity of native plants packed into some tiny gardens and the creative use of larger spaces to support nature and showcase those native plants. Rain may be scarce this summer but rain gardens abound.

This year's Monarch Teams visiting the gardens included representation from Conservation Halton, Hamilton Conservation, Hamilton Naturalists' Club, local Horticultural societies and of course, lots of Master Gardeners! It is exciting to have our community of supporters growing along with the increasing number of native plant gardens in every corner of our city. We are truly growing communities of biodiversity.

Our next big date is September 20th when Award Recipients will be announced on our website. You'll see them again here in Cross Pollination, in November.

Key Dates:

- September 20 Monarch Awards Announced
- October 15 Wrap-up Celebration

Media Contacts: Janet Mackey, Pam MacDonald Co-Chairs of the Halton Region Monarch Awards Questions? Contact: monarchawards.hmg@gmail.com







Thank you to everyone who participated in GARDEN JOURNEYS OPEN DAYS

Our free open gardens, featuring eco-friendly garden practices, ended on August 17th. Despite the scorching heat and drought, forty gardens were open to showcase native plants, organic stewardship and rainwater management.

Visitors over the two weekends were enthusiastic about the gardens and many commented on how inspired they were and how much they learned.

Feedback from the host gardeners is still coming in, but they also remarked on the pleasure they took in all the garden discussions – both in their own gardens and those they visited.

The coordinating team wishes to thank all those who participated, and would like to make a special mention of the technical support from Bev Wagar, previously one of our event coordinators and now a member of 1000 Islands Master Gardeners.

More details and some wonderful photos will come in the November edition of Cross Pollination.

Garden Journeys

What's Growing On? By Trish-Moraghan, Halton Master Gardener







What's Growing On?







About Our Newsletter

Cross Pollination is published monthly from February to December and is written and prepared by our dedicated volunteers. Halton Master Gardeners are experienced gardeners who have studied horticulture extensively and continue to upgrade their skills through technical training. We strive to provide science-based, sustainable gardening information to the general public. The information in our newsletter has been verified by our volunteers to the best of our abilities, but given the scope of horticulture and science some concepts may not reflect current knowledge. The content displayed in our newsletter is the intellectual property of Halton Region Master Gardeners and their authors. It can be shared in its entirety, but specific content should not be reused, republished or reprinted without the author's consent.

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