

Bruce Still Needs Help

Bruce Dowdell is still in need of material about the Milford Fair, particularly photographs. Please locate those old photo albums and scrapbooks and dig out any images of the fair that may be in them. Bruce promises to treat them gently, scan them and return them to you unharmed.

Please have a look and let Bruce know at 613.476.8891. Many thanks to those who have already sent items to him.

Grow Your Own

By Sarah Moran Nancy Butler

As you may recall from last year, Vegetables are the topic of this column: vegetables, to eat and to enter in the Milford Fair. It may be that you are already all planted and smug, with cages set up around your tomatoes, neat rows of fledgling green spikes and mulch on the vegetable plot.

But if not, it's not too late to start in July. The earth is invitingly warm and with a little moisture, the conditions for germination are perfect. We are here to remind you of the pleasure of the available fresh food simply a short walk from your kitchen, growing in what our empire loyalist ancestors called the "kitchen garden" or yard.

By way of gentle encouragement, here is a list of some things you can still sow in your own kitchen garden and expect to enjoy eating before fall, or can even enter in the Milford Fair: basil, beans, beet, carrots, cilantro, cucumbers, kale, parsley, radishes, Swiss chard, summer squash and winter squash.

In fact starting now could well be a good thing for Fair entries. Your produce will just be coming into its prime right around the Fair date. You could even enlist the kids, now that they are out of school and kicking their heels. Some of these vegetables, like radishes and beans, are fun to sow, speedily germinate and grow quickly.

Just thinking about the fragrance of basil and the delicious possibilities of silky squash soup is motivation enough to send me into the shed to find the spade. Especially the basil, which was a strewing herb and said to cause sympathy between human beings.

"With basil then I will begin, whose scent is wondrous pleasing," wrote Michael Drayton in 1612. How could you not want to grow lots?

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