

Sustainable Gardening Resources for Manitoba

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General Gardening: Books

- Darke, Rick, and Douglas Tallamy. *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*. Portland: Timber Press, 2014. Landscape designer Darke collaborates with ecologist Tallamy to promote garden design strategies that support life without sacrificing traditional aesthetic values. (LD)
- Deardorff, David, and Kathryn Wadsworth. *What's Wrong with My Plant? (And How Do I Fix It?)*. Portland: Timber Press, 2008. Simply look at your sick plant, then compare its symptoms to photos and drawings in the book. Well organized with a detailed index and cross-references throughout. Information on fixing problems is somewhat brief, but this book can't be beat when it comes to diagnosing garden problems. (JE)
- Halleck, Leslie. *Gardening Under Lights: The Complete Guide for Indoor Growers*. Portland: Timber Press, 2018. Detailed science-based information on growing plants indoors, with many tips and techniques for helping ornamental plants (orchids, succulents, bonsai, etc.) and edible plants (arugula, cannabis, oregano, tomatoes, etc.) thrive indoors. (JE)
- Halleck, Leslie. *Plant Parenting: Easy Ways to Make More Houseplants, Vegetables, and Flowers*. Portland: Timber Press, 2019. Delightful and well illustrated. Discusses basic plant reproduction concepts and propagation techniques, so that anyone can make more of their favourite plants. (JE)
- Hanbidge, Patricia, and Laura Peters. *Best Garden Plants for Saskatchewan and Manitoba*. Edmonton: Lone Pine, 2005. Great for beginners. Includes basics of starting a garden and information on tried and true plants, including annuals, perennials, shrubs and trees, foliage plants, and more, for Saskatchewan and Manitoba. (JE)
- Hemenway, Toby. *Gaia's Garden: A Guide to Home-Scale Permaculture*. 2nd ed. White River Junction, VT: Chelsea Green, 2009. Popular, accessible primer on permaculture theory and techniques, designed to help even new gardeners create a true backyard ecosystem that is modeled on nature. (Darlene Belton)
- Hole, Lois. *Lois Hole's Perennial Favorites, Bedding Plant Favorites, Rose Favorites, Favorite Trees and Shrubs, Favorite Bulbs*, among others published between 1995 and 2003 by Lone Pine in Edmonton, where the Hole family's nursery is based. Still widely available, the books are excellent references for beginners because of their easy-to-use format, practical advice, and excellent photographs. (LD)
- Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To for Pests and Diseases*. Victoria: TouchWood Editions, 2020. Part of a recent series of short guides. (LD)
- Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To for Seeds*. Victoria: TouchWood Editions, 2021.
- Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To for Small Spaces*. Victoria: TouchWood Editions, 2021.
- Nature Manitoba. *Naturescape Manitoba*. Winnipeg, Manitoba: Manitoba Naturalists Society, 2006. A practical and informative book, including extensive reference tables for regional flora and fauna, for people wanting to bring nature into their yards and gardens. (JE)
- Penner, Lyndon. *Garden Design for the Short Season Yard. Everything You Need to Know for the Chinook and Canadian Prairie Zones*. Edmonton: Brush Education, 2015.
- Penner, Lyndon. *The Prairie Short Season Yard*. Edmonton: Brush Education, 2014. Excellent general gardening information using sustainable practices. (KU)

- Reich, Lee. *Weedless Gardening: The Hassle-Free All-Organic System*. New York: Workman, 2001. Easy-to-follow, low-impact organic approach to planting and maintaining a flower garden, a vegetable patch, trees, and shrubs naturally. (JE)
- Toop, Edgar W. *Annuals for the Prairies*. Edmonton: University of Alberta Press, 2004. More than 200 species are described and explained, with complete instructions on every aspect of their care. (JE)
- Williams, Sara. *Creating the Prairie Xeriscape*. Revised ed. Regina: Coteau Books, 2013. Photos and descriptions of almost 900 species of trees, shrubs, perennials, annuals, vines, and bulbs suitable for xeriscaping. Most plants hardy to zone 2b. (KU)
- Williams, Sara, and Hugh Skinner. *Gardening, Naturally*, Regina: Coteau Books, 2011. Effective, chemical-free gardening methods for managing weeds, insects, diseases, and more. (JE)

General Gardening: Regional Periodicals

- Canada's Local Gardener*. Formerly *The Manitoba Gardener/The Alberta Gardener/The Ontario Gardener*. Quarterly published by Pegasus Publications Inc., Winnipeg.
- The Gardener for Canadian Climates*. Formerly *The Gardener for the Prairies*. Quarterly published by The Gardener for the Prairies Inc., Saskatoon.
- The Prairie Garden*. Annual published by TPG Publications Inc., Winnipeg.

General Gardening: Other Media

- The Gardener with Dorothy Dobbie*. Formerly a radio show, now a podcast at whatsupwinnipeg.ca/lifestyles55-living-at-the-age-of-maturity/. (LD)
- Ecological Landscape Alliance*. www.ecolandscaping.org/resources. Extensive resource list of ecologically focused regional and national organizations in the US. (KU)
- Gardenline Online*. gardening.usask.ca/gardenline. University of Saskatchewan College of Agriculture and Bioresources. Excellent short articles on the fundamentals of sustainable gardening for the prairies. (KU)
- The Grow Guide*. Podcast hosted by Dave Hanson and Maggie Wysocki. Covers many aspects of gardening. Dave Hanson is the owner of Sage Garden Greenhouses. (KU, LD)
- Growing a Greener World*. Podcast, website, and PBS television show hosted by Joe Lamp'l. Excellent resources on every aspect of sustainable, organic gardening. (KU)
- The Lawn and Garden Journal with Carla Hrycyna*. Radio (AM 1250 in Steinbach). Saturdays 9:15 to 10 am (seasonal). Gardening announcements, interviews. Listeners call in questions. (KU)
- The Weekend Morning Show*. CBC Radio (AM 990 in Winnipeg). Saturdays 8:40 to 9:00 am (seasonal). Local gardening experts answer questions from the public. (KU)

Native Plants: Books and Other Documents

- Allard, Simone Hébert. *Manitoba Butterflies: A Field Guide*. Winnipeg: Turnstone Press, 2013. See pp. 259-64 for an alphabetical list of larval foods (common names) for the butterflies in the book. (LD)
- Budd, A.C., Looman, J., and Best, K. F. *Budd's Flora of the Canadian Prairie Provinces*. Hull: Agriculture Canada Research Branch, 1987. Available online at the Biodiversity Heritage Library. Comprehensive inventory of our region's original native plants. (LD)
- Flanagan, June. *Native Plants for Prairie Gardens*. Markham: Fitzhenry & Whiteside, 2005. Excellent how-to handbook with detailed, step-by-step information for growing native plants and resource list. (KU)
- Johnson, Derek, Linda Kershaw, and Andy MacKinnon. *Plants of the Western Forest. Alberta, Saskatchewan and Manitoba Boreal and Aspen Parkland*. Edmonton: Partners Publishing and

- Lone Pine Media, 2017. Comprehensive field guide with 800 colour photos and descriptions to identify plants. (KU)
- Johnson, Lorraine. *100 Easy-To-Grow Native Plants for Canadian Gardens*. Rev. 3rd ed. Madeira, BC: Douglas & McIntyre, 2017. Includes photos and descriptions of native plants for all of Canada. (KU)
- Moen, Jim. *Managing Your Native Prairie Parcels: Your Guide to Caring for Native Prairie in Saskatchewan*. Online pdf document (www.npss.sk.ca). Regina: Saskatchewan Wetland Conservation Corporation, 1998. Wonderful prairie management resource. (KU)
- Morgan, John P., Collicutt, Douglas R., and Thompson, Jacqueline D. *Restoring Canada's Native Prairies: A Practical Manual*. Also available free online. Morgan is a prairie ecologist and restoration expert based in Manitoba. (KU)
- Robson, Diana B. "A Crash Course in Pollinator-Friendly Gardening." Botany blog of the Manitoba Museum (manitobamuseum.ca), where Dr. Robson is the Curator of Botany. (LD)
- Narem, Diane M., and Mary Hockenberry Meyer. *Gardening with Native Grasses in Cold Climates and A Guide to the Butterflies They Support*. Minneapolis: Univ. of Minnesota Libraries Publishing, 2020. Download free from apple.com/apple-books to read on an Apple device or from open.lib.umn.edu/nativegrasses for epub or pdf. Excellent guide. Authors are Minnesota ecologists. (LD)
- Penner, Lyndon. *Native Plants for the Short Season Yard*. Edmonton: Brush Education, 2016. Detailed insights on 100 of his favorite native plants and tips on how to grow them. (KU)
- Pollinator Partnership Canada. *Selecting Plants for Pollinators: Lake Manitoba Plain Ecoregion*. Online pdf document. Useful charts for selecting plants (KU)
- Prairie Garden Committee. *Inspired by Nature. The 2020 Prairie Garden*. Winnipeg: Prairie Garden Committee, 2019. Over 50 articles, including many on using native plants in the landscape. (LD)
- Runkel, Sylvan T., and Dean M. Roosa. *Wildflowers of the Tallgrass Prairie. The Upper Midwest*. 2nd ed. Iowa City: University of Iowa Press, 2009. Includes large, beautiful photos and descriptions of plants as well as habitat information, flowering times, folklore or other uses of the plants. (KU)
- Vance, F.R., J.R. Jowsey, and J.S. McLean. *Wildflowers Across the Prairies, with a New Section on Grasses, Sedges and Rushes*. 3rd ed. Vancouver: Greystone Books, 1999. Originally published in 1977. 750 colour photos and 455 species descriptions for the northern prairies. No longer in print but can be ordered from used book sellers. (KU, LD)
- Wasowski, Sally. *Gardening with Prairie Plants*. Minneapolis: Univ. of Minnesota Press, 2001.
- Xerces Society. *100 Plants to Feed the Bees*. North Adams, MA: Storey, 2016. Includes maps for plant ranges, which pollinators visit, bloom time, planting tips. (KU)

Native Plants: Other Media

- CanPlant*. www.can-plant.ca. Native plant database for all regions in Canada to help anyone to identify appropriate native species for restoration, gardening, and landscape design. (KU)
- iNaturalist.ca*. Led in Canada by the Canadian Wildlife Federation, this app was originally developed by the California Academy of Sciences and the National Geographic Society. Identifies plants, insects, and animals using photos from a mobile device. User may choose to be part of global species data sharing with scientific data repositories. (KU)
- Lathin, Drew. *The Beauty of Native Plants*. Ted Talk on YouTube, 2017. Highlights the beauty and variety of native plants. (KU)
- Manitoba Native Plants*. Facebook group. Administrators: Laura Reeves, botanist; Marilena Kowalchuk, Riparian Coordinator for Manitoba Habitat Heritage; Heather Miltenburg; and Colin Murray. Identifies plants and answers questions on native plants. (KU)

Native Plant Finder (www.nwf.org/NativePlantFinder). Interactive website of the National Wildlife Federation. Enter a zip code (e.g. 58271 for Pembina, ND) to get lists of the top local native host plants (trees & shrubs, forbs & grasses) for butterflies and moths. (LD)

NatureNorth.com. Manitoba's online nature magazine. See the site index or the "Flora Features" section of each issue. (KU)

Prairie Pollination (prairiepollination.ca). Informative website sponsored by the Manitoba Museum. Many images of native plants with information about their role in supporting native pollinators.

Saskatchewan Wildflowers (www.saskwildflower.ca). Comprehensive photographic documentation by respected naturalists Glen and Maureen Lee. (LD)

Habitat and Soil Restoration: Books

Brown, Gabe. *Dirt to Soil: One Family's Journey into Regenerative Agriculture*. White River Junction, VT: Chelsea Green, 2018. Brown, a North Dakota farmer and leader in the regenerative agriculture movement, presents innovative solutions for growing soil, restoring ecosystem health, and making a profit from a family farm. (Darlene Belton)

Tallamy, Douglas W. *Bringing Nature Home*. 2nd ed. Portland: Timber Press, 2009. Important book about the loss of habitat for beneficial insects and birds, and what we can do. (LD)

Tallamy, Douglas W. *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard*. Portland: Timber Press, Inc., 2019. Shows how to transform our yards, cities, and countries into havens of biodiversity and conservation. (KU)

Habitat and Soil Restoration: Other Media

Homegrown National Park (<http://homegrownnationalpark.org>). Douglas Tallamy's grassroots call to action to restore biodiversity in U.S. gardens. Gardens need to support life, sequester carbon, feed pollinators, manage water. (KU)

World Food Prize Foundation (www.worldfoodprize.org/en/laureates/2020_lal/) website. Online article about the 2020 winner, Dr. Rattan Lal, soil scientist. Outlines his work using soil saving techniques that mitigate climate change and that have improved food and nutritional security of more than 2 billion people. (KU)

Tallamy, Douglas W. *Nature's Best Hope*. Webinars on YouTube. National Wildlife Federation, 2020 and Summit Library, 2021. Important scientific research on creating biodiversity and urban habitat for pollinators. (KU)

Kiss the Ground. Netflix, 2020. Inspiring film with a global perspective on soil and carbon sequestration as a method to mitigate climate change. (KU)

Age of Nature. PBS TV, 2020. Wonderful 3-part TV documentary on carbon sequestration to mitigate climate change. (KU)

Native Plants and Habitat Restoration: Organizations and Nurseries

(All are easily found using Google)

Bee Better Manitoba

Canadian Wildlife Federation

David Suzuki Foundation – Butterflyway Ranger program

Ecological Landscape Alliance. Articles and links promoting ecological landscape practices. (LD)

Fort Whyte Alive

Living Prairie Museum

Native Plant Solutions. Specialists in upland, wetland, aquatic, and environmental sciences. (KU)

Nature Manitoba. Formerly the Manitoba Naturalists Society.

Prairie Climate Centre. Featuring the interactive *Climate Atlas of Canada*, which shows temperature and rainfall estimates under various climate scenarios. Based at the University of Winnipeg. (LD)

Prairie Flora Greenhouse (Teulon, MB). Owner: Aimee MacDonald. Informative online catalogues. (KU, LD)

Prairie Naturals Gardening Group. Winnipeg-based group founded and led by Michele Taylor. For meeting and speaker information, visit the Eventbrite website. (LD)

Prairie Originals Wildflowers and Native Grasses (Selkirk, MB). Founded in 1990 by Shirley Froehlich, now owned by Kelly Leask. Informative online catalogue notes many of the pollinators that the plants host. (LD)

Sage Garden Greenhouses (Winnipeg). Owner Dave Hansen pledges sustainable greenhouse production practices and an organic approach to gardening education. (LD)

Skinner Native Seeds (Roblin, MB). Owner: John Skinner. Native seed for the Northern Prairies. (LD)

Xerces Society for Invertebrate Conservation

Trees and Shrubs: Books

Allen, Michael. *Dr. Tree's Guide to the Common Diseases of Urban Prairie Trees*. Xlibris, 2014. Allen has devoted 43 years to helping people with tree problems and was an important consultant for the Manitoba Master Gardeners. (KU)

Farrar, John Laird. *Trees in Canada*. Markham: Canada Natural Resources, Canadian Forest Service, and Fitzhenry & Whiteside, 1995. An essential tool for the amateur naturalist and forest science professional, landscape architect, student & teacher. Easy to use tree identification method. 580 photos, 1600 drawings. (KU)

Prairie Garden Committee. *The 2012 Prairie Garden: Trees* and *The 2021 Prairie Garden: Flowering Shrubs with a Special Feature on Roses*. Winnipeg: TPG Publications, 2011 and 2020. Articles from many prairie experts on aspects of growing trees and shrubs on the prairies. (KU, LD)

Manitoba Sustainable Development. *Field Guide: Trees of Manitoba*. Free 72-page booklet, also available online.

Ronald, Wilbert G., and Philip S. Ronald. *Trees for Northern Landscapes*. Portage la Prairie: Jeffries Nurseries, 2017. Advocates for tree diversity and tree improvement. Also describes best practices for growing and establishing trees. (KU)

Skinner, Hugh, and Sara Williams. *Best Trees and Shrubs for the Prairies*. Markham: Fifth House, 2005. Comprehensive: 400 species, photos, selection and planting advice. (KU)

Tudge, Colin. *The Tree: A Natural History of What Trees Are, How They Live, and Why They Matter*. New York: Crown, 2005. Lyrical description of trees around the world, their importance and history. (KU)

Wohlleben, Peter. *The Hidden Life of Trees. What They Feel, How They Communicate*. Vancouver: Greystone Books, 2015. Explains the social network of trees and how they support one another. (KU)

Trees and Shrubs: Websites and Organizations

Trees Canada

Trees Winnipeg

Western Nursery Growers Group (WNGG). *Prairie Tested Trees* (prairietrees.ca/prairie-tested-trees). Online chart with recommended trees for our region based on results of the WNGG tree trials of 2008-2012. (LD)

Winnipeg Tree Inventory Map

Pruning: Books

- Reich, Lee. *The Pruning Book*. 2nd ed. Newtown, CT: Taunton, 2010. In great detail, the author walks you through the process of pruning everything from ornamental trees and bushes to topiaries and bonsai. All his insights are delivered in clear, straightforward prose and supported by 250 colourful photos and 135 drawings. (JE)
- Turnbull, Cass. *Cass Turnbull's Guide to Pruning*. 3rd ed. Seattle: Sasquash Books, 2012. A useful guide that clearly and simply describes how to prune common garden plants to enhance both aesthetics and plant health. (JE)
- Bradley, Steve. *The Pruner's Bible: A Step-by-step Guide to Pruning Every Plant in Your Garden*. Emmaus, PA: Rodale, 2005. This outstanding guide contains clear, colourful photographs and instructions for pruning more than 70 types of plants in your garden. Also includes specialty pruning guides for hedges, ground cover, climbers and espaliered trees. (JE)

Edibles: Books

- Nolan, Tara. *Raised Bed Revolution: Build It, Fill It, Plant It*. Minneapolis: Cool Springs Press, 2016. Enhanced by fabulous photography, this book is a raised bed builder's dream, containing suggestions for materials, measurements, growing mediums, and more. Step-by-step projects, vertical gardening, roof-top gardens, planting tips and watering strategies are just a few of the topics. (JE)
- LeHoullier, Craig. *Epic Tomatoes: How to Select and Grow the Best Varieties*. North Adams, MA: Storey, 2015. As well as guiding a tomato grower through the process of selecting tomato varieties, planning, planting, maintaining, harvesting, saving seeds and more, the author also shares his favourite varieties in detail. (JE)
- Dowding, Charles, and Stephanie Hafferty. *No Dig Organic Home and Garden*. East Meon, Hampshire, U.K., Permanent Publications, 2017. Although this book was written for zone 8/9, most of the processes are relevant to all growing zones. Detailed no-dig gardening processes and information. Recipes for home products made with organic produce and herbs. (JE)
- Coleman, Eliot. *The New Organic Grower*. 30th Anniversary Edition. White River Junction, VT: Chelsea Green, 2018. The American of the organic movement provides detailed information for the small-scale farm and vegetable grower alike. Focusing on tools and techniques for growing, harvesting and marketing crops, sustainability is the theme. (JE)
- Derek Fell. *Vertical Gardening*. New York: Rodale, 2011. A handbook on decreasing labour and increasing productivity for edible, ornamental and perennial gardens by vertical gardening. From selecting site and soil, to seed starting and pest control, the author also includes his recommendations for seed varieties. (JE)
- Bartholomew, Mel. *All New Square Foot Gardening*. 2nd ed. Minneapolis: Cool Springs Press, 2013. With details about planning, building, planting and growing, the author includes his recommended soil mix formula and vertical gardening ideas. A must for new raised-bed gardeners. (JE)
- Cunningham, Sally Jean, and the Cornell Cooperative Extension. *Great Garden Companions: A Companion-Planting System for a Beautiful, Chemical-Free Garden*. Emmaus, PA: Rodale, 1998. Covers the system of planting special combinations of vegetables, flowers, and herbs, to minimize pest and disease problems and create a high-yielding, beautiful garden. It includes information on beneficial insects, soil improvement and cover crops, tips and tricks for growing crops, as well as seasonal to-do lists and more. (JE)
- Jabbour, Niki. *The Year-Round Vegetable Gardener*. North Adams, MA: Storey, 2011. This experienced Nova Scotia gardener shares her simple techniques for growing edibles all year round, including selecting the best varieties, succession planting and inexpensive structures. (JE)

Jabbour, Niki. *Groundbreaking Food Gardens: 73 Plans That Will Change the Way You Grow Your Garden*. North Adams, MA: Storey, 2014. Vegetable garden plans include a terraced garden, a vertical garden, and a year-round greens garden. (JE)

Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To for Vegetables*. Victoria: TouchWood Editions, 2020.

Walliser, Jessica. *Plant Partners: Science-Based Companion Planting Strategies for the Vegetable Garden*. North Adams, MA: Storey, 2020. Filled with specific recommendations for various crops, along with the scientific rationales from the latest research. (LD)

Williams, Sara, and Bob Bors. *Growing Fruit in Northern Gardens*. Regina: Coteau Books, 2017. Because the authors go into the science of selecting and caring for fruiting plants after years of practical experience and research in northern gardens, this book is invaluable for gardeners in colder zones. (JE)

Edibles: Websites

Cornell University College of Agriculture & Life Sciences. *Garden-Based Learning* website. Vegetable Growing Guides (<http://www.gardening.cornell.edu/homegardening/scene0391.html>). Each vegetable profile contains a detailed description and growing instructions, site and soil requirements, varieties, and solutions for managing pests for growing vegetables. (JE)

Houseplants: Books

Hole, Jim. *What Grows Here? Indoors*. Edmonton: Lone Pine, 2007. In addition to the basics of choosing and caring for indoor plants and a detailed list of plant suggestions, the author covers plants for public places like work, schools, and nursing homes. (JE)

Chapman, Baylor. *Decorating with Plants*. New York: Thomas Allen & Son, 2019. After a short bit on houseplant basics, the book details 28 suggested varieties. The bulk of the book discusses decorating specific rooms in your home. Lovely photos. (JE)

Stearns, Jen. *The Inspired Houseplant: Transform Your Home with Indoor Plants*. Seattle: Sasquatch Books, 2019. The author begins with plant basics and then moves on to her 18 recommended plants by environmental zones. There is a section on projects such as indoor kitchen gardens and hanging vertical gardens. Pests and diseases are not covered in this publication. (JE)

Peters, Laura. *Indoor Plant Gardening for Canada*. Edmonton: Lone Pine, 2004. A comprehensive reference featuring an extensive listing of suitable plants and what to look for when buying them. Practical, easy-to-use information covers best lighting, temperature control, humidity and soil conditions, watering and fertilizing, and integrated pest and disease management. (JE)

Houseplants: Websites

Houseplants Expert (houseplantsexpert.com).