

Sustainable Gardening Resources for Manitoba

Compiled and annotated by Master Gardeners Kiyoko Ulrich, Janet Epp, Linda Dietrick, Darlene Belton, and Eva Patrician. Updated annually by the MMGA Education Committee.

Last updated: January 2024

General Gardening: Books

- Darke, Rick, and Douglas Tallamy. *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*. Timber Press, 2014. Landscape designer Darke collaborates with ecologist Tallamy to promote garden design strategies that support life without sacrificing traditional aesthetic values.
- Deardorff, David, and Kathryn Wadsworth. *What's Wrong with My Plant? (And How Do I Fix It?)*. 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.
- Halleck, Leslie. *Gardening Under Lights: The Complete Guide for Indoor Growers*. 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.
- Halleck, Leslie. *Plant Parenting: Easy Ways to Make More Houseplants, Vegetables, and Flowers*. Timber Press, 2019. Well illustrated. Discusses basic plant reproduction concepts and propagation techniques, so that anyone can make more of their favourite plants.
- Hanbidge, Patricia, and Laura Peters. *Best Garden Plants for Saskatchewan and Manitoba*. 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.
- Hemenway, Toby. *Gaia's Garden: A Guide to Home-Scale Permaculture*. 2nd ed. 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.
- 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 nursery is based. Still widely available, the books are good references for beginners because of their easy-to-use format, practical advice, and excellent photographs.
- Lewis, Gary. *The Complete Book of Ground Covers: 4000 Plants that Reduce Maintenance, Control Erosion, and Beautify the Landscape*. Timber Press, 2022. Lewis is the owner of Phoenix Perennials in Vancouver. The book is based on years of experience and features his own photos.
- Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To Guides*. Touchwood, 2020–. Recent series includes *The Prairie Gardener's Go-To for Pests & Diseases, Seeds, Small Spaces, Soil, Vegetables, Fruit, and Trees & Shrubs*. Concise, well-written guides by two well-known experts based in Calgary.
- Morgan, Sally, and Kim Stoddart. *The Climate Change Garden: Down to Earth Advice for Growing a Resilient Garden*. Updated ed. Cool Springs Press, 2023. Shows how to adapt your garden to cope with volatile weather extremes and other effects of a rapidly changing climate.
- Penner, Lyndon. *The Prairie Short Season Yard*. Edmonton: Brush Education, 2014. Excellent general gardening information using sustainable practices.
- Reich, Lee. *Weedless Gardening: The Hassle-Free All-Organic System*. Workman, 2000. Easy-to-follow, low-impact organic approach to planting and maintaining a flower garden, a vegetable patch, trees, and shrubs naturally.

- Rose, Stephanie. *The Regenerative Garden: 80 Practical Projects for Creating a Self-Sustaining Garden Ecosystem*. Cool Springs, 2022. Easy projects requiring minimal equipment for growing soil, collecting water, growing healthy plants, reducing waste, encouraging diversity, and building community.
- Toop, Edgar W. *Annuals for the Prairies*. University of Alberta Press, 2004. More than 200 species are described and explained, with complete instructions on every aspect of their care.
- Weaner, Larry, and Thomas Christopher. *Garden Revolution: How Our Landscapes Can Be a Source of Environmental Change*. Timber Press, 2016. “By following ecological principles, we can have landscapes that are alive with color, friendly to local wildlife, and evolve over time—with much less work and effort.”
- Williams, Sara. *Creating the Prairie Xeriscape*. Revised ed. 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.
- Williams, Sara, and Hugh Skinner. *Gardening, Naturally*, Coteau Books, 2011. Effective, chemical-free gardening methods for managing weeds, insects, diseases, and more. Recommended reading for the U Sask Master Gardener program.

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 MMGA Newsletter*. Online publication appearing six times/year. Subscribe at mgmanitoba.com. Subscriptions are open to the public. Archive: mgmanitoba.com/newsletter-archive/.
- The Prairie Garden*. Annual published by TPG Publications Inc., Winnipeg.

General Gardening: Other Media

- Ecological Landscape Alliance*. www.ecolandscaping.org/resources. Extensive resource list with links from ecologically-focused regional and national organizations in the US.
- The Gardener with Dorothy Dobbie*. Formerly a radio show, now a podcast at whatsupwinnipeg.ca/the-gardener-with-dorothy-dobbie/.
- Gardening at U Sask*. University of Saskatchewan College of Agriculture and Bioresources. Website with gardening advice: gardening.usask.ca. Excellent, science-based information for our region, including many articles on edibles.
- 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.
- Growing a Greener World*. growingagreenerworld.com. Website, podcast, and PBS television show hosted by Joe Lamp'1. Excellent resources on every aspect of sustainable, organic gardening.
- 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.
- Manitoba Master Gardener Association*. Don't forget the informative videos and Ask@ answers on our own website, mgmanitoba.com.
- Manitoba Horticultural Association*. mbhorticulture.ca. This umbrella organization for the garden clubs and horticultural societies of Manitoba holds an annual convention with speakers. Check their listings to find your nearest garden club.
- Oregon State University Extension: *Growing Oregon Gardeners Level Up Series*. One-hour educational videos with advanced Master Gardener content. extension.oregonstate.edu/mg/growing-oregon-gardeners-level-series-2023.

Purdue Plant Doctor. www.purdueplantdoctor.com/. Picture-based plant problem diagnosis. Based at Purdue University Extension, Lafayette, Indiana.

The Weekend Morning Show. CBC Radio (AM 990 in Winnipeg). Sundays 8:40 to 9:00 am (seasonal). Local gardening experts answer questions from the public.

Native Plants: Books and Other Print Resources

Allard, Simone Hébert. *Manitoba Butterflies: A Field Guide*. Turnstone Press, 2013. See pp. 259-64 for an alphabetical list of larval foods (common plant names) for the butterflies in the book.

Budd, A.C., Looman, J., and Best, K. F. *Budd's Flora of the Canadian Prairie Provinces*. Agriculture Canada Research Branch, 1987. Available online at the Biodiversity Heritage Library. Comprehensive inventory of our region's original native plants.

Flanagan, June. *Native Plants for Prairie Gardens*. Fitzhenry & Whiteside, 2005. Excellent how-to handbook with detailed, step-by-step information for growing native plants and resource list.

Holm, Heather. *Pollinators of Native Plants: Attract, Observe and Identify Pollinators and Beneficial Insects with Native Plants*. Pollinator Press, 2014. Holm is a Minnesota-based biologist and educator who specializes in plant-pollinator ecology.

Johnson, Derek, Linda Kershaw, and Andy MacKinnon. *Plants of the Western Forest. Alberta, Saskatchewan and Manitoba Boreal and Aspen Parkland*. Lone Pine, 2017. Comprehensive field guide with 800 colour photos and descriptions to identify plants.

Johnson, Lorraine. *100 Easy-To-Grow Native Plants for Canadian Gardens*. Rev. 3rd ed. Douglas & McIntyre, 2017. Includes photos and descriptions of native plants for all of Canada.

Kimmerer, Robin Wall. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. Milkweed Editions, 2013. A biologist and a member of an Indigenous nation, Kimmerer integrates both perspectives in her book.

Manitoba Conservation Data Centre. *Vascular and Non-Vascular Plants List, 2021 November*. Online booklet. <https://www.gov.mb.ca/nrnd/fish-wildlife/cdc/pubs/plant-list-mbcdc-2021-nov.pdf>. The data centre in the Manitoba Fisheries and Wildlife Branch maintains this list of plants with their conservation status. It is the most up-to-date list of Manitoba's native plants. Note that the code SNA, meaning "sub-national not applicable," indicates that a species is considered non-native (no conservation status rank is applicable because it is not a suitable target for conservation).

Moen, Jim. *Managing Your Native Prairie Parcels: Your Guide to Caring for Native Prairie in Saskatchewan*. Online pdf document (www.npss.sk.ca). Saskatchewan Wetland Conservation Corporation, 1998. Wonderful prairie management resource.

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.

Narem, Diane M., and Mary Hockenberry Meyer. *Gardening with Native Grasses in Cold Climates and A Guide to the Butterflies They Support*. 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.

Nature Manitoba. *Naturescape 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.

Newcomb, Lawrence. *Newcomb's Wildflower Guide: The Classic Field Guide for Quick Identification of Wildflowers, Flowering Shrubs and Vines*. Little Brown & Co., 1977. Useful

- guide with plant descriptions and sketches; helpful for cross-checking plant identifications from mobile apps such as iNaturalist.
- Penner, Lyndon. *Native Plants for the Short Season Yard*. Brush Education, 2016. Detailed insights on 100 of his favorite native plants and tips on how to grow them.
- Pollinator Partnership Canada. *Selecting Plants for Pollinators: Lake Manitoba Plain Ecoregion*. Online brochure at <https://pollinatorpartnership.ca/assets/generalFiles/LakeManitoba.2017.pdf>. Practical charts for selecting plants.
- Prairie Garden Committee. *Inspired by Nature. The 2020 Prairie Garden*. TPG Inc., 2019. Over 50 articles, including many on using native plants in the landscape.
- Robson, D. B., C. Hamel, and R. Neufeld. "Identification of Plant Species for Pollinator Restoration in the Northern Prairies." *Journal of Pollination Ecology* 21(Dec. 2017): 98-108. doi:10.26786/1920-7603(2017)429.
- Runkel, Sylvan T., and Dean M. Roosa. *Wildflowers of the Tallgrass Prairie. The Upper Midwest*. 2nd ed. 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.
- Savage, Candace. *Prairie: A Natural History of the Heart of North America*. Rev. edition. Greystone, 2020. Not a gardening book, but a detailed description of what grew here before the settlers arrived, and what remains of that ecosystem.
- Scoggan, H. J. *Flora of Manitoba*. Bulletin 140 of Biological Series 47, Department of Northern Affairs and Natural Resources. Ottawa: National Museum of Canada, 1957. Note that many of the botanical names have been changed to reflect recent genetic research.
- Stewart, Nora. *Cultivating Our Roots: Growing Authentic Prairie Wildflowers and Grasses*. J. Lauder Publishing, 2009. Includes photos of plants, seeds, and seedlings. Covers harvesting and germination. From 1997 to 2007, Stewart ran her own native plant seed business in Saskatchewan.
- Tallamy, Douglas W. *The Nature of Oaks*. Timber Press, 2021. Chronicles through the seasons the life of the oak genus, one of the most essential members of the plant kingdom. Bur oak (*Quercus macrocarpa*) is the native prairie species.
- 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. Greystone Books, 1999. 750 colour photos and 455 species descriptions for the northern prairies.
- Vogt, Benjamin. *Prairie Up! An Introduction to Natural Garden Design*. University of Illinois Press, 2023. Step-by-step guide to creating plant communities that support habitat, please the eye, and rethink traditional design and maintenance. Great for those wishing to convert lawns.
- Wasowski, Sally. *Gardening with Prairie Plants*. Univ. of Minnesota Press, 2001. One of the first books to show the design possibilities of indigenous plants, with many beautiful photos from across the prairie regions of N. America.
- Xerces Society. *100 Plants to Feed the Bees*. Storey Press, 2016. Includes maps of plant ranges with bloom time, lists of pollinators that visit, and planting tips.

Native Plants: Other Media

- Bee Better Manitoba. Helpful plant lists: beebettermb.ca/native-pollinator-friendly-plants and beebettermb.ca/butterfly-host-plants.
- 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.
- Friends of the Wild Flower Garden. <https://www.friendsofthewildflowergarden.org/>. Website of the Eloise Butler Wildflower Garden in Minneapolis. For detailed information and close-up

photos of native prairie plants, click on Photo Gallery. For a handy table comparing wild roses: <https://www.friendsofthewildflowergarden.org/pages/plants/wildrose.html>.

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.

Lathin, Drew. *The Beauty of Native Plants*. Ted Talk on YouTube, 2017. Highlights the beauty and variety of native plants.

Manitoba Native Plants. Facebook group. Administrators: Laura Reeves, Marilena Kowalchuk, Heather Miltenburg, and Colin Murray. Identifies plants and answers questions on native plants.

Native Plant Finder (www.nwf.org/NativePlantFinder) and *Keystone Plants by Ecoregion* (www.nwf.org/Garden-for-Wildlife/About/Native-Plants/keystone-plants-by-ecoregion). Interactive websites of the National Wildlife Federation. Enter a zip code like 58271 for Pembina, ND or our ecoregion, Great Plains, to get lists of the keystone local native host plants (trees & shrubs, forbs & grasses) for pollinators.

Native Plant Society of Saskatchewan. *Native Plant Material and Services Supplier List*. https://www.npss.sk.ca/rsu_docs/documents/native-plant-source-list-2023.pdf. Free list, recently updated, of suppliers across the prairies, including in Manitoba.

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

Ohio State University. *Pollinator Habitat 101: An Introduction and Refresher*. Five webinars recorded Oct. 14–Nov. 11, 2022 available at u.osu.edu/pollinators101/. Presentations by Doug Tallamy, Harland Patch, Heather Holm, Matthew Shepherd, and Shana Byrd on creating pollinator habitat and why it's important. Readings, links, and resources for each webinar are available.

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.

Robson, Diana B. "A Crash Course in Pollinator-Friendly Gardening." Botany blog of the Manitoba Museum (manitobamuseum.ca), where Dr. Robson is Curator of Botany.

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

Wild about Saskatoon. wildaboutsaskatoon.org/. Click on "Conversations" for some informative videos.

Native Plants: Nurseries and Seed Companies

(All are easily found using Google.)

Blazing Star Wildflower Seed (Aberdeen, SK). Seeds by the packet for many prairie plants.

Prairie Flora Greenhouse (Teulon, MB). Owner: Aimee MacDonald. Informative online catalogues. Occasional sales at Living Prairie Museum, Winnipeg.

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. Sales booth at St. Norbert Farmer's Market.

Prairie Shore Botanicals (Gardenton, MB). Owner: Laura Reeves. Native plant nursery and foraging expertise. Informative website.

Sage Garden Greenhouses (Winnipeg). Owner Dave Hanson pledges sustainable greenhouse production practices and an organic approach to gardening education. Carries native plants.

Skinner Native Seeds (Roblin, MB). Owner: John Skinner. Native seeds for the Northern Prairies, including small orders.

Habitat and Soil Restoration: Books and Other Print Resources

Brown, Gabe. *Dirt to Soil: One Family's Journey into Regenerative Agriculture*. Chelsea Green, 2018. Innovative solutions for growing soil, restoring ecosystem health, and making a profit from a family farm. Brown is a North Dakota farmer and leader in the regenerative agriculture movement.

Meissler, Diane. *Grow Your Soil! Harness the Power of the Soil Food Web to Create Your Best Garden Ever*. Storey, 2020. Foreword by Elaine R. Ingham. Presents the science of soil health and shares techniques like cover crops, mulching, and compost tea for creating and maintaining rich, living soil.

Raskin, Ben. *The Woodchip Handbook: A Complete Guide for Farmers, Gardeners and Landscapers*. Chelsea Green, 2021. Well-researched study on all aspects of woodchips and their use.

Sheldrake, Merlin. *Entangled Life: How Fungi Make Our Worlds, Change Our Minds and Shape Our Futures*. Random House, 2020. Fascinating exploration of how fungi, a kingdom distinct from plants and animals, permeate and are vital to all of life's kingdoms.

Soil Conservation Council of Canada and Compost Council of Canada. *Recruiting Soil to Tackle Climate Change: A Roadmap for Canada*. 2022. Online at www.compost.org/wp-content/uploads/2022/04/Recruiting-Soil-to-Tackle-Climate-Change.pdf. A detailed resource mainly targeted at the agriculture industry, but with clear explanations of the soil science.

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

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

Union of Concerned Scientists. *The Climate-Friendly Gardener: A Guide to Combating Global Warming from the Ground Up*. 2010. Online at www.jstor.com/stable/resrep00057.

Vogt, Benjamin. *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*. New Society Publishers, 2017.

Habitat and Soil Restoration: Other Media

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

Grasslands: A Hidden Wilderness. Episode of David Suzuki's *The Nature of Things*. CBC TV, 2019. Streaming on Gem. Documentary on Canada's prairies, one of the most endangered and least protected ecosystems in the world.

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.

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

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.

- Vogt, Benjamin. *An Introduction on Converting Lawn to Prairie Gardens*. Excellent half-hour how-to on YouTube, 2021: [youtube.com/watch?v=8wa_5UPghOw](https://www.youtube.com/watch?v=8wa_5UPghOw). See Vogt's website Monarch Gardens (monarchgard.com), for more resources.
- World Food Prize Foundation (www.worldfoodprize.org/en/laureates/2020_lal/) 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.
- Xerces Society. *Nesting and Overwintering Habitat for Pollinators and Other Beneficial Insects*. 2020. Detailed 12-page guide at xerces.org/sites/default/files/publications/18-014.pdf.

Native Plants and Habitat Restoration: Organizations

(All are easily found using Google.)

- Bee Better Manitoba
- Bee City Brandon
- Bee City Canada
- Canadian Coalition for Invasive Plant Regulation (CCIPR)
- Canadian Wildlife Federation
- David Suzuki Foundation – Butterflyway Ranger program. Winnipeg has about 40 Rangers.
- Ducks Unlimited
- Ecological Landscape Alliance. Articles and links promoting ecological landscape practices.
- Fort Whyte Alive
- Henteleff Park (Winnipeg)
- Invasive Species Council of Manitoba. Identifies species threatening local native habitats.
- Living Prairie Museum (Winnipeg)
- Native Plant Solutions. Specialists in upland, wetland, aquatic, and environmental sciences.
- Nature Conservancy of Canada
- Nature Manitoba. Formerly the Manitoba Naturalists Society.
- North American Native Plant Society (NANPS)
- Pollinator Partnership Canada
- 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.
- Weston Family Tall Grass Prairie Interpretive Centre. Nestled in the heart of the Manitoba Tall Grass Prairie Preserve. 80 km southeast of Winnipeg. Tours available.
- Winnipeg Wildflower Project – joint project with Kelly Leask and Butterflyway Ranger Nicole Webster.
- 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.
- Farrar, John Laird. *Trees in Canada*. 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.
- Hitchcock, Susan Tyler. *Into the Forest: The Secret Language of Trees*. National Geographic Society, 2022. Beautiful photos, prose, and cutting-edge science combine to make this an inspiring book. Foreword by Suzanne Simard.

- Li, Qing. *Forest Bathing: How Trees Can Help You Find Health and Happiness*. Penguin Random House, 2018. Dr. Li, a leading expert in forest medicine, explains the benefits of forest therapy, which originated in Japan and is practiced worldwide.
- Manitoba Sustainable Development. *Field Guide: Trees of Manitoba*. Free 72-page booklet, also available online.
- Prairie Garden Committee. *The 2012 Prairie Garden: Trees* and *The 2021 Prairie Garden: Flowering Shrubs with a Special Feature on Roses*. TPG Publications, 2011 and 2020. Articles from many prairie experts on aspects of growing trees and shrubs on the prairies.
- Ronald, Wilbert G., and Philip S. Ronald. *Trees for Northern Landscapes*. Jeffries Nurseries, 2017. Advocates for tree diversity and tree improvement and describes best practices for growing and establishing trees.
- Simard, Suzanne. *Finding the Mother Tree: Discovering the Wisdom of the Forest*. Penguin Random House, 2021. First book by the world's leading forest ecologist, a pioneer in the discovery of plant communication.
- Skinner, Hugh, and Sara Williams. *Best Trees and Shrubs for the Prairies*. Fifth House, 2005. Comprehensive guide to 400 species from two Prairie experts, with photos and advice on selection, planting, and care.
- Wohlleben, Peter. *The Hidden Life of Trees. What They Feel, How They Communicate*. Greystone Books, 2015. Explains the social network of trees and how they support one another.

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.
- Winnipeg Tree Inventory Map. data.winnipeg.ca/Parks/Tree-Inventory-Map-using-New-Visual-Experience/xyma-gm38.

Pruning: Books

- Reich, Lee. *The Pruning Book*. 2nd ed. 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.
- Turnbull, Cass. *Cass Turnbull's Guide to Pruning*. 3rd ed. Sasquash Books, 2012. A useful guide that clearly and simply describes how to prune common garden plants to enhance both aesthetics and plant health.
- Bradley, Steve. *The Pruner's Bible: A Step-by-step Guide to Pruning Every Plant in Your Garden*. 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.

Edibles: Books

- Bartholomew, Mel. *All New Square Foot Gardening*. 2nd ed. Cool Springs, 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.

- Burke, Peter. *Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 Days*. Chelsea Green, 2015. How to grow fresh salad greens or “soil sprouts” in any climate with no lights, pumps, or greenhouse.
- Coleman, Eliot. *The New Organic Grower*. Chelsea Green, 2018. The American founder 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.
- Cunningham, Sally Jean, and the Cornell Cooperative Extension. *Great Garden Companions: A Companion-Planting System for a Beautiful, Chemical-Free Garden*. 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.
- Dowding, Charles, and Stephanie Hafferty. *No Dig Organic Home and Garden*. 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.
- Fell, Derek. *Vertical Gardening*. 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.
- Jabbour, Niki, *The Year-Round Vegetable Gardener*. 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.
- Jabbour, Niki. *Groundbreaking Food Gardens: 73 Plans That Will Change the Way You Grow Your Garden*. Storey, 2014. Vegetable garden plans include a terraced garden, a vertical garden, and a year-round greens garden.
- LeHoullier, Craig. *Epic Tomatoes: How to Select and Grow the Best Varieties*. 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.
- Melrose, Janet, and Sheryl Normandeau. *The Prairie Gardener's Go-To for Vegetables*. Touchwood, 2020.
- Nolan, Tara. *Raised Bed Revolution: Build It, Fill It, Plant It*. 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.
- Walliser, Jessica. *Plant Partners: Science-Based Companion Planting Strategies for the Vegetable Garden*. Storey, 2020. Filled with specific recommendations for various crops, along with the scientific rationales from the latest research.
- Williams, Sara, and Bob Bors. *Growing Fruit in Northern Gardens*. Coteau Books, 2017. Invaluable for gardeners in colder zones. Bors (head of the prairie fruit program at the U Sask) and Williams (widely published Regina horticulturist) are regional experts in the selection and care of fruiting plants.

Edibles: Other Media

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.

Espiritu, Kevin. *Epic Gardening*. YouTube channel [youtube.com/@epicgardening](https://www.youtube.com/@epicgardening). Espiritu uses raised beds and pots to grow food organically. Though his climate conditions are very different, his general principles apply everywhere.

Gardening at U Sask, University of Saskatchewan College of Agriculture and Bioresources. Gardening advice website: gardening.usask.ca. Excellent, science-based advice for our region, including many articles on edibles.

MIgardener. Heirloom vegetable seed business founded by Luke Marion in Michigan (MI). YouTube channel [youtube.com/channel/UCVGVbOl6F5rGF4wSYS6Y5yQ](https://www.youtube.com/channel/UCVGVbOl6F5rGF4wSYS6Y5yQ) offers weekly videos on “simple, sustainable and attainable” organic gardening.

Richards, Huw. Permaculture Inspired Kitchen Gardening (No Dig/Experimental). YouTube channel [youtube.com/channel/UCeaKRrrpWiQFJJmiuon2WoQ](https://www.youtube.com/channel/UCeaKRrrpWiQFJJmiuon2WoQ). Tried and tested advice for sustainable, low-effort, low-cost, bountiful harvests.

Houseplants: Books

Hole, Jim. *What Grows Here? Indoors*. 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.

Chapman, Baylor. *Decorating with Plants*. 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.

Stearns, Jen. *The Inspired Houseplant: Transform Your Home with Indoor Plants*. 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.

Peters, Laura. *Indoor Plant Gardening for Canada*. 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.

Houseplants: Websites

Houseplants Expert (houseplantsexpert.com).