



JOHN STATHAM/JOHN'S GARDEN CENTRE

PLANT OF THE WEEK COREOPSIS 'RED SHIFT' (TICKSEED)

WHY YOU SHOULD PLANT IT
This outré, heavily floriferous plant has daisy-like flowers that start out – as most tickseeds do – sporting a soft but bright yellow in July. As the days grow shorter and the evenings cooler, the crimson centre enlarges about the same time as all the other floral intensity hits in September, standing up to the wild brilliance in scarlet abundance.

WHERE TO PLANT IT
This plant needs full sun to do the job of transitioning from yellow to crimson and can only take a small

amount of shade. It will bloom from July to the end of September into October. It has bigger flowers than most tickseeds and certainly makes a statement, growing 60 centimetres high by 45 centimetres wide in a nicely formed mound. 'Red Shift' needs ordinary soil and is, I'm told, deer-resistant.

WHAT IT OFFERS
This plant is ideal for perking up the autumn garden. The ferny foliage looks lovely even out of bloom. Although it must be regularly dead-headed, it attracts bees and butterflies. The blooms are a great boost to

the colours of the autumn border, providing nice motion to set off grasses and evergreens. It has done extremely well in containers and seems hardy to Zone 5 and possibly Zone 4 with lots of protection.

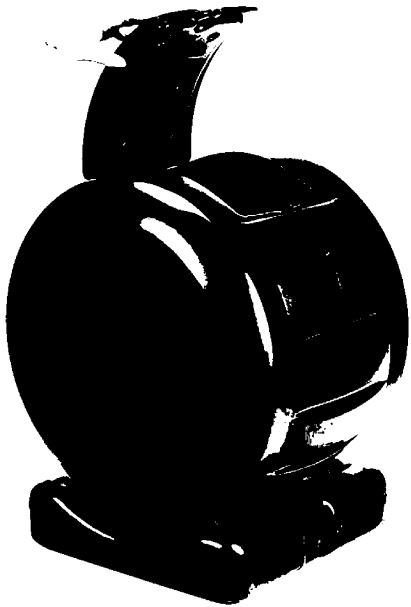
SOURCE AND COST
Get it for \$8 at nurseries including John's Garden Centre in Uxbridge, Ont. (905-862-6175).

– MARJORIE HARRIS
Visit www.marjorieharris.com for more gardening and plant information.

Q&A

We just put in a new cedar hedge. When do we prune it?"

Do other maintenance work before you think of pruning: Make sure each tree gets three buckets of water twice a week (or about an hour and a half with a sprinkler) and goes into winter well-watered through this method. Do this until frost is threatened. You can leave the pruning for this year, but a year from now start it in late winter or early spring. Shape the hedge so the top is slightly narrower than the bottom so snow doesn't collect on it and break branches. This is true for all evergreen hedges. With flowering hedges, prune after they've bloomed in spring or summer. – M.H.



MY GARDENING MUST-HAVE

"I love the **LEE VALLEY ROLLING COMPOSTER** (\$185 through www.leevalley.com). It turns and aerates the compost easily, and when the blend is ready, I can just roll it over to where it's needed. At fall's end, I'll create a little hill made up of any unfinished compost and cover it in leaves. It's the first place I'll plant something wonderful in spring."

Rosemary Little Jeffares, owner of Quince Flowers in Toronto (416-594-1414).



TGAM.CA/GARDENING Gardening 101
Get out there while it's still summer: Marjorie Harris shows you essential techniques in our Gardening Basics video series

The Colour of Calm

A paint company's new initiative to make over women's shelters across Canada reveals the power hues have to soothe, **Paige Magarrey** writes. When domestic-abuse victims 'have a nice space to come to, it's a big deal,' one facility manager says

We see red. We feel blue. We're green with envy and tickled pink. There's no question how connected we are to the colours surrounding us – they make us hungry, fire us up, placate and comfort and soothe us. It's this last goal that Benjamin Moore's latest initiative, which aims to transform women's shelters into tranquil, inviting havens, is intended to achieve. Last week, Toronto's Interval House was the launching pad for the paint company's Colour Care Across Canada project, which will give "colour makeovers" to nine women's shelters across the country by Thanksgiving. The Canadian Women's Foundation helped select the shelters, which represent every province except P.E.I.; its sister program in the U.S. aims to make over shelters in 50 states, plus Washington, D.C., in 50 days.

"There are certain things we take for granted in our lives. We all know how important our home is," says Benjamin Moore general manager Mike Kolind. "If we're able to provide a safe and comfortable refuge for people, I think that's a very worthwhile cause."

The initiative brings to mind other projects in which colour has been used as a catalyst to uplift. In Rio de Janeiro, for example, Dutch artist duo Haas & Hahn brightened an impoverished shanty town by working with the inhabitants to paint the facades of 34 buildings in bold,



Toronto's Interval House, pictured above, is the first of nine women's shelters across Canada to receive a 'colour makeover' by Benjamin Moore.

brightly coloured stripes. And the Let's Colour project – which is sponsored by a number of companies, including Dulux – has been invigorating schools, streets and homes in India, France, South Africa and other countries since 2010.

Rather than focusing on far-flung regions, however, the Benjamin Moore project sticks much closer to home. Even the colour palettes, chosen by company colour expert Sharon Gretch, are locally themed: All of the hues are taken from the Designer Classics collection, a palette of 231 tones specifically chosen by Canadian designers and consumers. Among them are such homegrown shades as

Stanley Park brown and Five Dollar Bill blue. "It seems a little kitschy but it's actually really fun," Gretch says.

Focusing on "cooler colours – refreshing and calming," Gretch created a six-colour palette for each province, incorporating local touches that would speak to shelter users in each. The Mountain Rose Women's Shelter in Alberta, for example, will see a Stampede brown among its hues, while the Cape Breton Transition House in Nova Scotia has Cabot Trail tan and Oyster grey on its walls. "A lot of it is nature inspired," Gretch explains. "We worked with palettes inspired by the sea, by the landscape, different areas."

The Interval House scheme was particularly close to Gretch's heart – not only because it's the first shelter on Benjamin Moore's agenda, but because she's a Torontonion herself. For this shelter, she chose a palette that includes a deep Georgian Bay blue, an off-white called Delaware Putty and Metropolis light grey. Four bedroom suites were transformed in the makeover, which saw each room get a different combination of the colourways – something that Interval House greatly appreciated: Six years ago, when it moved into its new digs, it invited different companies and firms to each design one of the building's 14 bedrooms, creating

unique, personal spaces without a cookie-cutter feel.

"There's nothing worse than fleeing from your home and coming to a place where it's all institutionalized," says Lesley Ackrill, Interval House's executive manager. "When they have a nice space to come to and it's quiet and private, it's a big deal."

Gretch also coordinated her colourways with linen from GlucksteinHome, which donated bedding for each shelter. "It's the same way you would do it as a homeowner," she says, emphasizing the importance of giving each room a cozy, residential feel. "It's uplifting."

Special to The Globe and Mail