



# THE LEAF

LYNN VALLEY GARDEN CLUB  
First established 1943

February 2010

## Meetings Schedule

LVGC meetings are held on the third Thursday of each month (except July and August) at St. Clement's Church.

Please note that meetings start promptly at 7:15 pm.

### Message from The President

As I prepare to leave for the tropical climes of Hualtulco, Mexico, I wonder what treasures will pop up in the garden to greet me upon my return. Snowdrops and Hellebores are blooming already with Witch Hazel and Winter Aconite. An early coral coloured Pulmonaria with about a four month bloom season has been blooming for approximately two weeks and of course Sarcococca. Our gardens are so different from the Hibiscus, Bougainvillia and citrus trees grown in much warmer climates. We are very lucky to have the water we have. Our woodland gardens are so beautiful and the envy of the world. We must never take for granted our Western Sword fern – a stalwart feature in our gardens and our Arbutus menziessi. Larger conifers only survive with ample moisture. These native plantings give us the West Coast look which is very unique and provide the coexistence for our acid loving plants. We have many orchids native to these parts and just as lovely as the tropical ones. This year try Dactylorhiza (Marsh Orchid), Cypripedium (Lady Slipper Orchid) or Goodyera oblongifolia (Rattlesnake Plantain).

I hope to attend the Northwest Flower & Garden Show as it has been revived with new ownership. Last year I purchased red Trilliums. The Phyto process was made so simple that I just sailed through the border as the paperwork had been completed at the show. I will let you know what I find this year.



Happy Valentine's Day - Bonnie Noakes

February 18<sup>th</sup>, 2010  
**Kerrie Hart**  
Gardening with Ease

March 18<sup>th</sup>, 2010  
**Spring Gillard**  
Feeding Ourselves:  
How do We Fare

April 15<sup>th</sup>, 2010  
**Pamela Erikson**  
Daylilies

## Secretary

Thank you to  
*Lorraine Robson*  
who has  
volunteered to be  
our club's  
secretary!

**Mailing Address:**  
Lynn Valley Garden Club  
c/o Office Services Etc.  
110-223 Lower Mountain Hwy  
North Vancouver, BC  
V7J 2C0

[www.lynnvalleygardenclub.org](http://www.lynnvalleygardenclub.org)



## 2010/11 Executive

### President

Bonnie Noakes

### Vice President

Lynn Batt

### Secretary

Lorraine Robson

### Treasurer

Jan Lockmuller

### Membership

Teresa Reid

Rosanne Matheson

### Members at Large

Inga Steinebach

Rosemary Wagner

Brian Didier

Jan Valair

### Newsletter Editor

Diane Allison

### COMMITTEES

#### Plant Table

Audrey Dewan

Bernie Robb

Christel Glazer

#### Hospitality

Doreen Wakefield

Pat Phillips

#### Bright Spots

Laurie Parkingson

Leah Younger

#### Sunshine/Door Prizes

Illa Jackson

#### Sound System Set-up

Maurice Jones

Hartwig Rother

### Next Executive Meeting

7:30 pm, Thursday, March 4  
at the home of Brian Didier

### The Leaf Deadline:

Sunday, March 7



### Treasurers Report

Jan Lockmuller



### Tea Time

Doreen Wakefield, Pat Phillips

Please bring your own mug and remember the coffee we serve is decaffeinated.



### Sunshine Report

Illa Jackson

Please let Illa know of any of our members who have been ill or have lost a loved one.

Donations of new items for door prizes are always appreciated.



### Membership

Teresa Reid, Rosanne Matheson

Please remember that if you have not renewed your 2010 Membership, fees are now due. If you know anyone who is interested in joining please have them contact Teresa or Roseanne.

Welcome to new member *Unni Davis*. Please make Unni feel welcome by introducing yourselves to her and showing her around.



### from the Editor

Diane Allison

Thank you to everyone who sent me articles and ideas for *The Leaf*. I especially appreciate help with the different activities that are going on 'About Town' – it is so hard to keep on top of everything and the contributions really help.

And don't forget to send in your plants for 'What's in Bloom'. If you haven't done so, take a walk about your garden so you too can add your plants to the list at the next meeting.



### Plant Table

Donations of magazines, books, seeds, decorative pots, vases, tools and garden accessories are most welcome. Come early and see what we have – don't forget your spare change.

### Membership Benefits

Maple Leaf Garden Centre has offered our members a 10% discount on any purchase they make in the future. You must, at the time of purchase, show them your current Garden Club Membership card. You will be asked to fill out a form with your name and address or phone number. Once your name is in their system all you will have to do is show your membership card.



### **This Month's Speaker**

*Lynn Batt*

Back pain when gardening can often be prevented by learning how to move in new ways that place less strain on your back. **Kerrie Hart**, registered physiotherapist and Feldendrais practitioner, will guide you through some simple movements in standing which can help you to learn to bend forward more easily. Just like you prepare the soil for your plants to grow, your body needs to be prepared for the physical demands of gardening - bending, lifting, pushing and pulling.

Kerrie has worked with people to improve how they move since becoming a physiotherapist in 1992. She worked in hospitals and private practice with people of all ages before completing the four year Feldenkrais training in 2001. Kerrie injured her own back when gardening 12 years ago, so she enjoys helping as many people as possible to prevent injuring themselves whilst doing what they love to do. To read more about the Feldenkrais Methods go to [www.altmd.com/Specialists/Kerrie-Hart](http://www.altmd.com/Specialists/Kerrie-Hart).

### **UNIQUE Soil Amender Sale**

Thursday, March 18  
- before our regular meeting

limit of 2 bags per member from 6:30-7pm  
then as much as is left over after 7pm

\$10 for a 40 litre bag

UNIQUE is a micro-biologically active, organic soil amendment. The only ingredients used are pig manure and sawdust/shavings. UNIQUE has properties which are highly beneficial to maintain and enhance a healthy ecosystem in soils. Although UNIQUE is in itself an organic fertilizer, the main benefits for soil and plants are the high concentrations of aerobic micro-organisms and fungi. One of the bacteria is especially beneficial in controlling root diseases. The fungi species produce antibiotic-like substances, which are able to kill soil pathogens. The fungi also enhance the soil structure and water-holding capacity. Its N:P:K ratio is 2:4:2 (nitrogen, phosphorus, potassium).



### **Members at Large Report**

#### **- Annual Plant Sale**

**Saturday, May 8th, 2010**

This sale is our Club's big fund raiser! Please pot up healthy plants as soon as you can to donate to the Plant Sale. Also label your plants (dollar store knives, popsicle sticks, cut up margarine containers) with a permanent sharpie pen.

At each General Meeting, we will have sheets for you to sign up to assist at the set up of the Plant Sale on Friday, May 7, and at the sale itself on Saturday, May 8. We count on longtime members to lend their expertise and it is a great way for "newish" members to make new friends. We also hold a raffle at the Plant Sale. Please advise a MAL, if you have something to donate.

#### **Give Your Cut Roses a Drink**

We all know that adding something sweet to the water lengthens vase life of roses, but did you know adding alcohol helps too? Researchers have shown that by adding 3% sucrose (sugar) vase life increases by 2 days. But if you also add 3% ethanol (alcohol) you can add 5 more days to the life of those roses. There is evidence that this reduces the production of ethylene generated by the roses suggesting that the natural aging processes are slowed. Finally something useful from those researchers!

### **B.C. Council of Garden Clubs Annual General Meeting**

Saturday, March 20, 8:30-3:00  
Our Lady of Sorrows Catholic Church,  
555 Slocan Street, Vancouver

\$20.00 by March 12 or \$25.00 at the door - includes coffee with muffin and lunch - please indicate if vegetarian  
Mas Tanizawa, 9426 Dawson Cres.,  
Delta, BC, V4C 5G9 604-599-2410

Speakers: Daniel Mosquin - Global Warming/Climate Change/Plants  
Sharon Hanna - Vegetable Gardening with emphasis on Asian vegetables

*This is an interesting and fun day full of gardening!*

## Eco Sculptures

by Lynn Batt

For anyone who might have missed Heather Edward's talk on Eco-sculptures and would like to see some of the pictures on-line, go to [www.burnaby.ca/admin/Page4290.aspx?PageMode=Hybrid](http://www.burnaby.ca/admin/Page4290.aspx?PageMode=Hybrid) there is also information about the sculptures at this website. I particularly enjoyed this talk because there is a great deal of community education and participation with these sculptures. So each sculpture has a unique story behind it, for example the cranes have twin cranes given to Burnaby's twin city in Japan, and the bees sculpture is part of a project promoting awareness of bees by having older school children read to younger ones about bees. If there is sufficient interest, I am willing to organize a carpool to go to see these sculptures in May, when they have been replanted and placed on display.

These are some of the plants that are used:

### Perennials

*Ajuga reptans* 'Chocolate Chip' – Bugleweed  
*Antennaria dioica* 'Rubra' – Pink Pussy toes  
*Ophiopogon planiscapus* 'Nigrescens' – Black Mondo Grass  
*Arctostaphylos uva-ursi* – Kinnikinnick  
*Armeria maritima* – Pink Thrift  
*Cornus canadensis* – Bunchberry  
*Festuca rubra* – Red Fescue  
*Gaultheria shallon* – Salal  
*Iberis sempervirens* – Evergreen Candytuft  
*Isotoma fluviatilis* – White Star Creeper  
*Leptinella squalida* 'Platt's Black' – Black Brass Button

*Santolina chamaecyparissus* – Cotton Lavender  
*Sedum acre* – Goldmoss Stonecrop  
*Sedum hybridum* 'Immergrunchan' – Stonecrop  
*Sedum kamtschaticum* – Stonecrop  
*Stipa tenuissima* – Mexican Feather Grass

### Annuals

*Alternanthera dentata* 'Purple Knight' – Joseph's Coat  
*Alternanthera ficoidea* 'Red Carpet' – Joseph's Coat

## Regal Pelargonium Cuttings

by Marilyn Holt



Ever wonder what to do with your regal pelargonium that was too beautiful to throw out? Keep it and use it for a house plant until January, then give it a trimming. If you have brought in your regal pelargoniums (aka Martha Washington), now is the time to cut back your plants to make it a fuller specimen for next year.

January is the perfect time to take cuttings from your regal pelargonium. Cut all stems back to within three inches (yes, you read right, 3") of the pot. You will be totally surprised by the full growth your plant will make over the next month. Everywhere there was a leaf on the old stem, a new branch will appear. Last year's stems will turn woody and become the framework for next year, holding up the larger and fuller plant you will have.

Don't throw out the cuttings that were cut off the plant. Trim them to within ¼" below a node (where the leaf joins the stem), strip off all but a few top leaves and insert them into individual small pots (2" or so) in a light potting mix. Water them in, then keep them out of direct sunlight and put them someplace where they will get a little bottom heat (old style refrigerator, heat mat, etc.). Within two weeks you will see roots coming out from the bottom of the pot.

Once they have rooted, try to grow them in a cooler spot so they don't get stretchy. Also try to give them enough light, for the same reason. I find that Regals grown this way ('hard') are crisper, have stronger stems and can hold up larger flower heads while plants grown in warmer temperatures are 'softer' and do not stand up to any breezes, etc, when planted out in the summer.

(Editor's note – even though Marilyn indicates doing this in January, it is not too late to take these cuttings. They would be great for our plant sale!)

## WHAT'S IN BLOOM

- plants for you to consider for your garden

If you have any doubt that spring is here, just take a look at all these treasures that members have found in bloom in their gardens!

*Galanthus sp.* - Snowdrops  
*Eranthis sp.* - Winter Aconites  
*Helleborus x hybridus*  
*Sarcococca ruscifolia*  
*Sarcococca hookeriana var humulis*  
*Edgeworthia sp*  
*Crocus sp*  
*Viola odorata*  
*Iris reticulata*  
*Viburnum bodnantense* 'Pink Dawn'  
*Hamamelis sp* - Witch Hazel  
*Daphne laureola* - Spurge Laurel  
*Puschkinia* - *Striped Squill*  
*Pulmonaria sp* - coral and pink flowered plants  
*Cyclamen coum*  
*Hacquetia epipactis*  
*Helleborus lividus*  
*Prunus sp* - the early flowering cherry trees on Nanaimo St.!  
*Hepatica x media* 'Buis'  
*Narcissus* 'Tete-a-tete' - just one, but it was definitely open  
*Primula elatior*  
*Anemone blanda* - the blue one  
*Rhododendron* 'Tessa Bianca' - small, white flowers  
and the yellow is just starting to peak through on the *Forsythia!*



- *Puschkinia* blooming in Kathy Stubb's garden!

## NOW IS THE PERFECT TIME...

..... to take your lawn mower and pruning tools in for sharpening so they will be all ready for spring!

### CRYSTAL GLAZER'S SPICED APPLE CIDER

1 litre water	3 - 5" cinnamon sticks
1 tbsp whole cloves	1 tbsp whole orange rind
½ tbsp whole allspice	2-4 slices fresh ginger
3-4 litres apple juice	

Put water and spices in pot, simmer about 10-15 minutes. Strain and add apple juice. Reheat.

This recipe can also be used with red wine to make Gluhwein. If using a dry red wine, add a little bit of sugar (to taste) and make sure that you don't boil.

## ABOUT TOWN

February 27 **VanDusen Seedy Saturday**, 10am-4pm, 30+ growers, seed companies and exhibitors, admission by donation, info 604-878-9274

March 6, **VanDusen Manure Sale** 10am-3pm, \$5 for a 20kg bag

March 7 **Master Gardener Update** 9am-3pm, at Terry Fox Theatre, Burnaby - everyone is welcome [www.bcmastergardeners.org](http://www.bcmastergardeners.org)

March 13 **Mason Bee Workshop**, at Eagles Estate Garden, 5655 Sperling Ave., Burnaby, 10am-12pm - hands-on, with certified bee master Brian Campbell, \$30 info 604-733-2313

March 13 **Zero Mile Gardening** at VanDusen Gardens, 10am-4pm - year round vegetable gardening with Linda Beer, \$45, info 604-980-0217

March 27 **Summer Vegetable Gardening** 10am-12pm, at Eagles Estate Garden, 5655 Sperling Ave., Burnaby, with Sharon Hanna \$30 info 604-733-2313

April 30 **Diagnosing and Managing Pests & Diseases in West Coast Gardens** with Dr. Linda Gilkeson, at VanDusen Gardens. 10:30am-4pm, info 604-980-0217 \$45

May 1, **Organic Gardening** with Dr. Linda Gilkeson, at UBC Botanical Garden, 9:30-4:30, \$55, advanced registration only, 604-822-3928

June 18-21 **Hardy Plant Study Weekend**, Bellevue, WA - an entire weekend dedicated to gardening! includes lectures, garden tours, plant sales, and more \$140 [www.northwestperennialalliance.org](http://www.northwestperennialalliance.org)