



LYNN VALLEY GARDEN CLUB
First established 1943

FEBRUARY 2011

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.

February 17, 2011

Chris Jennings
Shade Gardens

March 17, 2011

David Sellars
How to Build and Plant
Rock Gardens

April 14, 2011 (2nd Thursday)

Fred Wein
Clematis

Message from The President

I don't think I've ever been gardening in December and January! Normally I'll go out in the springtime and poke about only to pay the price with aching muscles for the next two days. This year, I haven't even felt a smidgen of discomfort as I've not stopped gardening the entire 'winter' if you can call it that. What a far cry from what was predicted.

If you've been reading the various gardening columns in newspapers, etc. you will have noticed that dahlias have come back in style and there is a new series of *Boulevard* clematis which can be grown in pots. I'm hoping Fred Wein will talk about that in April. Speaking of which, please note the change in date for April.

This month's speaker is all about shade gardening which is very appropriate for most of Lynn Valley. Most of my garden is shady but that doesn't stop Hellebores, Witch Hazel, Snowdrops, Cyclamen and Sarcococca from blooming, and what a scent these provide. At 13 degrees Celsius on Feb. 4th, there shouldn't be any excuses for not getting out early this year and potting up extra plants for our sale in May.

Happy Gardening,

Bonnie

Flowers have an expression of countenance as much as men or animals. Some seem to smile; some have a sad expression; some are pensive and diffident; others again are plain, honest and upright, like the broad-faced sunflower and the hollyhock.

- Henry Ward Beecher,
Star Papers: A Discourse of Flowers

Mailing Address:

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2010 Executive

President

Bonnie Noakes

Vice President

Lynn Batt

Secretary

Lorraine Robson

Treasurer

Jan Lockmuller

Membership

Teresa Reid

Rosanne Matheson

Members at Large

Inga Steinebach

Cari Wineberg

Nancy Gelin

Jan Valair

Newsletter Editor

Diane Allison

COMMITTEES

Plant Table

Audrey Dewan

Bernie Robb

Christel Glazer

Hospitality

Doreen Wakefield

Pat Phillips

Bright Spots

Laurie Parkinson

Leah Younger

Sunshine/Door Prizes

Rosemarie Adams

Sound System Set-up

Maurice Jones

Hartwig Rother

Next Executive Meeting

7:30 pm, Thursday, March 3rd
at the home of Inga Steinebach

The Leaf Deadline:

Sunday, March 6th



Treasurers Report

Jan Lockmuller

As of January 31, 2011:

Operating Funds:

2010 donations proposed

Reserve:

Bank:



Tea Time

Doreen Wakefield, Pat Phillips

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



Sunshine Report

Rosemarie Adams

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

Donations of new items for door prizes are always appreciated.



Membership

Teresa Reid, Rosanne Matheson

Membership is at 104 which includes 6 Honorary Members. There are 17 members who have not renewed their membership from last year. This is the last chance to renew your membership please let us know by the end of February so we can adjust our records for 2011 – thank you.



Members at Large Report

Plant Sale—Need Pots? If you're thinking of potting up plant divisions or seeds for our plant sale in May, but need pots, I have plenty, especially 6", and #1 & #2. Remember, your garden will thank you for digging up and dividing plants, being refreshed and reinvigorated!

- Cari Wineberg, MAL



This Month's Speaker

Lynn Batt

Chris Jennings began his gardening life 17 years ago when he moved to Vancouver. After a few years of struggling with learning to grow plants, he joined a garden society specializing in fuchsias and begonias, and served on its executive for a number of years. In 2003 he moved on to found, together with a few other shade gardening enthusiasts, the Vancouver Shade Garden Society. The Society has a membership of about 50, with a mission to foster, promote and encourage the cultivation of shade loving plants. Chris is currently President of the Society and also serves as Editor and publisher of the Society newsletter. Chris considers himself to be an ambassador for shade gardening and is always happy to speak to other local garden clubs and spread the word of about shade gardening.

Early Garden Report

I was just poking around in my garden (Sun and 10°C!!) and found my first snowdrops, first winter aconites, couple of different hellebores showing flowers and the first bloom on my salmon-pink pulmonaria.submitted by Kathy Stubbs

Announcement



It is with great sadness we announce the passing of long time member **Peggy Hunt** on February 2 at the Lynn Valley Care Centre. Peggy was one of the early members who joined the LVGC prior to 1989; she became an Honorary Member in 1996. Newer members may remember Peggy from the years she operated 'Hunt's Antiques' at the corner of Lynn Valley Road and Mountain Highway.

Our condolences also go out to Honorary Member Margaret Godenzie on the passing of her husband Frank and to former member Judy Yeomans on the passing of her husband John.

Unique Soil Amendment Sale

Thursday March 17, before the regular meeting, starting at 6:30pm

members will be limited to 2 bags each
first come, first served
the whatever is left over will be shared

\$10 per bag

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.

Table Matters – a Community Discussion about Food Security and Urban Agriculture

You may have read an earlier article on this topic in the December 2010 issue of the LEAF. **The Table Matters Community Reference Group**, whose members continue to expand, re-grouped this past month, January 17 evening, at District Hall on Queens Avenue. We began this meeting with four working groups and then adapted naming conventions--adding Increasing Residential Food Production, Urban Farms.

The original four were:

- Improving the NS Distribution System
- Food Recovery
- Agricultural Education for Children/Youth
- Agricultural Education for Adults (Mentoring)

At the January meeting, we heard some encouraging news.

Examples

- Agriculture course - to be taught to West Vancouver high school students beginning next school year (Gord Trousdell)
- Local farmers markets – one of group's member has received approval for 2 farmers markets in the District; one spot to be Lynn Valley Centre and the other I didn't catch the location but also in the District. I spoke with Ingrid afterwards - produce will all be local, and mostly from Squamish and Pemberton area. I commend Ingrid on the initiative of getting this started – fabulous!

We met and worked in the sub-groups brain-storming possible action items. Margaret Broughton from Vanc Coastal Health Authority is doing a great job leading the charge and co-ordinating and issuing meeting minutes afterwards. At issue time of our garden club's newsletter, the next scheduled gathering of the Table Matters Community Reference Group will have passed - Monday February 7. However I encourage you to express interest and become involved, to offer your energy and suggestions at the next meeting. To be notified of next planning session and to be part of the working group, please contact Margaret.Broughton@vch.ca or 604-987-8138.

- submitted by Judith Brook

Three New Hellebore Hybrids

It just wouldn't be February without Hellebores. This article was borrowed from John Grimshaw's Garden Diary www.johngrimshawgardendiary.blogspot.com – enjoy!

My contribution to the issue (of *The Plantsman*) is an article about hybrid hellebores, reviewing the history of hybridity in the genus and focusing on the role of *H. niger* as an important maternal parent. In it I formally described three crosses for the first time, establishing a scientific name for each that will cover all progeny from these parents wherever and whenever they may occur again. There is a history in *Helleborus* of naming hybrids to commemorate their breeders or those associated with them: *H. × sternii*, *H. × ballardiae* and *H. × eric-smithii*

are familiar, *H. × lemmonierae* less so; the epithets for these new hybrids continue the tradition. Two have been around for several years, one is so far almost entirely unknown.

H. × belcheri is the new name for the hybrid between *H. niger* and *H. thibetanus*, best known under the cultivar name 'Pink Ice', raised by Ashwood Nurseries and first exhibited in 2001. It commemorates Kevin Belcher, hellebore breeder at Ashwood, who has done so much to develop hybrids in the genus, and who was the first person to make this cross. Its pale pink flowers are very pretty.



Helleborus × belcheri 'Pink Ice'

Helleborus × ashwoodensis 'Briar Rose'

Helleborus × sahinii 'Winterbells'



The same nursery is commemorated in *H. × ashwoodensis* in recognition of the development of the genus there. This is the plant first exhibited in 2002 as 'Briar Rose', *H. niger* and *H. vesicarius*, the oddity from Turkey that goes dormant in summer. The resulting plant is rather remarkable, not really resembling either parent, but extremely decorative when well *continued on page 5*

New Hellebores – cont. from page 4

grown. Both of these have been available for several years from Ashwood. The third, *H. × sahinii*, is the very unexpected hybrid between *H. niger* and *H. foetidus*, raised by my former colleagues at K. Sahin, Zaden B.V. in The Netherlands from a cross made in 2004. It is named in commemoration of the late Kees Sahin, founder of the company, who had a great love of anything unusual or somewhat bizarre, and this plant seems to fit that description. Its pale, greenish-white flowers are not unattractive, and are freely produced on larger plants, but it has the habit of flowering at odd times; this photo was taken in the cottage garden here in August. It will be sold under the cultivar name 'Winterbells' when released to the market in the near future.

Grow Your Own

This article is on the topic of growing your own food, in the face of rising prices and dwindling supplies. Some of you may know me as 'the vegetable lady' (no, not my mind! – the plants!)

Well, I've been branching out over the last several years and now berries have found permanent homes in my garden – strawberries, blueberries, black currants, all delicious, healthy, home grown and organic. I've also tried lentils (2009), chickpeas (2010) and Kamut, a type of grain (2009). (*see note 1*). Now in Fall 2010 and upcoming Spring 2011, I'm very excited to be trying 3 types of wheat from Saltspring Seeds:

- (1) Lavras – amber wheat from Brazil and top wheat in productivity trials
- (2) Marquis Wheat – century-old Canadian wheat and #1 Prairie wheat for many decades
- (3) White Sonora Wheat – grown in northwest Mexico since around 1770.

In the summer 2010 at a *Slow Food* event (*see note 2*) I met a fellow who will grind your wheat into flour (he uses a bicycle setup!). A woman from North Vanc had brought a bag of grain she'd grown on her front boulevard, and he ground it up for her into flour... and now she can bake with it! I love this idea! You can purchase your own wheat grinder - prices of course cover a wide range – both manual and electric versions are available. See demo at: <http://www.green-trust.org/wordpress/2010/03/21/grinding-wheat-into-flour/>

You don't have to grind your grain however; you can just cook it like rice. Your own healthy food, from your own yard. No 100 mile diet – more like a 50 foot diet! I've cooked my Kamut the same way I cook rice.

The more self-sufficient we can become, either on our own or using truly local food - the better off we

will be. With rising oil prices, and non-sustainable farming practices, the food stuffs from distant lands on our grocery shelves will either become unavailable or simply prohibitively expensive. Look at the labels – mangos from Brazil, kiwis from New Zealand, bananas from Ecuador. These have travelled a very very long distance to your table.

There's been an increasing number of news articles recently on food riots, rising food prices and concern for the future of our food supply. Soaring food prices are one of the reasons behind the uprising in Egypt and other areas. "Protests against food prices recently rocked Jordan and Algeria" – *Vanc Sun Feb 3, 2011*. Wheat prices have risen over 70% over the past 12 months, while corn prices climbed in mid-January to highest level since summer 2008. The US-based *Universal Ecological Fund* released a study last month which predicts climate change could cause food prices to rise by 20% by end of the decade and even lead to some popular items disappearing from grocery shelves. The *United Nations Food and Agriculture Organization* has also made predictions on future food pricing - "average wheat and coarse grain to rise 15-40%; dairy prices to rise 16-45%"

A consumer report from *Deloitte Touche Tohmatsu*, quoted in the *Financial Post* on January 12, 2011, predicts more expensive food over the next decade, due to a growing middle-class around the world. The limited supply of suitable land and available water will put pressure on crop yields at the same time that greater yields are needed. This report cautions that "climbing food prices might require government intervention in many parts of the world". "Last year, US wheat futures prices jumped 47%, corn climbed above 50% and soybeans rose 34%." Changes in food consumption trends are expected, with more beans and lentils or other protein sources becoming

popular. (Again, we can grow this stuff in our yards!
And store for the winter too!)

Let's all have some 'stretch-goals' this summer with our garden planting. I really enjoyed hearing of Muriel's brussel sprouts from her garden awhile back - inspiration for the rest of us ! Try something new; try something you can store for winter (dry beans, wheat kernels, root vegetables, winter squash). Come out to **Seedy Saturday** either at Van Dusen on **February 26**, 10 AM to 4 pm or to Seedy Saturday at John Braithwaite Community Centre, 145 West 1st Avenue, North Vanc on **March 5**, 1 PM to 5 PM.

Note 1

Kamut is an ancient type of wheat related to the durum variety used in modern bread making. Kamut is believed to be of Egyptian origin. Compared to common wheat, Kamut is richer in protein (by between 15% and 40%), minerals such as magnesium and zinc, Vitamin Bs and Vitamin E and unsaturated fatty acids, but contains a little less dietary fibre.

Kamut provides much energy and is appreciated by people with active lifestyles. It is easy to digest and is generally well tolerated by those with a sensitivity to gluten.

Note 2

Slow Food Summer Cycle Tours of Agassiz and Chilliwack. It was a glorious weekend during which close to 1300 cyclists were welcomed onto 25 farms and businesses in the Agassiz and Chilliwack countryside. I rode my bike around all day; fabulous weather, friendly folks, terrific food stops, great tours of dairy farms. This is an annual event; I highly recommend it to anyone interested in an easy day of cycling and getting to know the local farmers (honey, nuts, milk, cheese, etc). See http://www.slowfoodvancouver.com/index.php/Event/s/more/slow_food_vancouver_summer_cycle_tours/ Dates for 2011 are Saturday July 23 for Agassiz and Sunday July 24 for Chilliwack.

- submitted by Judith Brook

ABOUT TOWN

Saturday, February 26th - **VanDusen Seedy Saturday** - 10am to 4pm – presented by the BC Master Gardeners Association – a celebration of heritage varieties and organic gardening featuring more than 30 growers, seed companies and exhibitors and Heritage Seed Swap. Admission by donation - info 604-878-9274

Wednesday March 2 **Incorporate Orchard Mason Bees into your Garden** – 7:00-8:30pm Mollie Nye House - Learn to harvest the amazing pollination power of Orchard Mason Bees in this workshop with mason bee expert Mike Nassichuk. Learn about the amazing life cycle of this bee along with startup instructions, maintenance tips, bee house options and more in this brand new workshop. Admission is \$5 - register 604-990-3755.

Saturday March 5 - **VanDusen Garden Annual Manure Sale.** – 10-3 - VanDusen Garden parking lot Give your garden a spring tonic! \$5 for a 20kg bag. First come, first served.

Sunday, Marcy 6 - **Keeping the Bees** 1:00-2:30pm – Lynn Canyon Ecology Centre - Honeybees are amazing social animals. Join beekeeper Bruce Dobinson from Canyon Heights Honey for an informative and delicious walk through the world of the honeybee. pre-register at 604-990-3755.

Sunday, March 13 - **BC Master Gardener Spring Update** - 9:00-3:30 at the Michael J Fox Theatre – plant sales and excellent speakers – Dan Hinkley, Christine George, Rosaline Creasy, Christine Allen and Linda Chalker-Scott - everyone is welcome – \$50 – register online at: <http://www.karelo.com/register.php?BID=435&BT=10#Ev10217> or phone Diane at 604-929-8020 for contact information

Saturday, March 19 - **Seed Starting: Sowing for Your Summer Veggie Garden** 1:30-3:30pm – Lynn Canyon Ecology Centre - Join gardening expert Arzeena Hamir for an afternoon demystifying the process of growing your own plants from seed. Choose from flowers or vegetables and pot up some seeds to take home, grow on and plant out! Admission is \$5 - register 604-990-3755.

Saturday, March 26 - **B.C. Council of Garden Clubs 2011 AGM** – 8:30-3:00 - Our Lady of Sorrows Catholic Church, 555 Slocan Street, Vanc. \$25.00 (includes lunch) phone Mas Tanizawa at 604 588 2410 for info