



LYNN VALLEY GARDEN CLUB  
First established 1943

MARCH 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.

### Mark your Calendar!

Saturday May 7  
Lynn Valley Garden  
Club  
Plant Sale

### Message from The President

I think Spring might be here. The annual events are popping up on our calendars. Lynn and I have taken in the Northwest Flower and Garden Show in Seattle and brought back red trilliums as the Club's gift for the BCCGC Meeting this month. There was nothing unusual at the show but it's always a nice mini holiday. There are lots of freebies and so we have several posters as door prizes and some catalogues to view.

I'm sure everyone has their favourite Spring traditions and so I hope the good weather will continue as it's always nice to get a head start cleaning up the garden. My high priority is always getting those pop weeds (the ones with the white fluffy heads). As the old saying goes, "One year's weeds are seven year's seeds". Here's hoping you have the time to putter about in the garden. It's always a nice sense of accomplishment to look back at the effort and feel good.

Please remember the *Unique Soil Amendment* man will be selling his product at 6:30 PM at the March meeting. First come, first serve for the initial two bags. At 7:00 PM what ever is left can be purchased....cost \$10.00 per bag.

Our April meeting will be on the 2nd Thursday due to Maundy Thursday so please mark your calendars now so that you won't forget. The sign up sheets for our plant sale will be going around at the next two meetings so think about a position and time slot that will work with your busy schedules.

Happy Gardening,

Bonnie

#### March 17, 2011

David Sellars  
How to Build and Plant  
Rock Gardens

#### April 14, 2011 (2<sup>nd</sup> Thursday)

Fred Wein  
Clematis

#### May 19, 2011

Nancy Moore  
Vegetable Gardening

#### June 17, 2011

Christine Miller  
Bears

#### Mailing Address:

Lynn Valley Garden Club  
P.O. Box 16053  
1199 Lynn Valley Road  
North Vancouver, BC  
V7J 3S9

<http://www.lynnvalleygardenclub.org>



## 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 Glaser

#### 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, April 7th  
at the home of Lynn Batt

### The Leaf Deadline:

Tuesday, April 5<sup>th</sup>



## 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

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 107 so please let your friends & family know if anyone would like to join we have space available.



## from the Editor

Diane Allison

Please note the early deadline for the next issue of *The Leaf*. Our monthly meeting is a week early so I need any submissions a bit earlier than usual. Thank you for your cooperation.



## This Month's Speaker

Lynn Batt

Rock Gardening: How to develop and plant an alpine garden

This is a general talk about how to build and plant rock gardens.

David Sellars and his wife Wendy have a one acre garden in South Surrey. They developed their garden from scratch 23 years ago and first planted many rhododendrons and specimen trees. They became interested in rock gardening 10 years ago and have built an extensive alpine garden. David is Vice President of the Alpine Garden Club of British Columbia and is a member of the North American Rock Garden Society and Scottish Rock Garden Club. David started and maintains the web site **MountainFlora** which features alpine flower hikes all over the world. To go to the web site click on:<http://www.mountainflora.ca>

[www.nowbc.ca](http://www.nowbc.ca)

If you are interested in an on-line organic farmers market, please contact Ann Pentland.



## Members at Large Report

### May 7, 2011 Annual Plant Sale

**Donation of plants** - Now that spring seems to finally be on its way, you can get out in your gardens and include some (usually necessary, and advisable, anyway) splitting up and potting up some of your perennials for our Plant Sale. Your Members at Large (Inga, Cari, Jan Valair, and Nancy Gelin) can give you advice if you need it. Please remember your donations to this cause help keep our membership fees low and allow us to make significant donations in our community.

**Lawn signs and posters** - We will have lawn signs and posters available for pick-up at the April meeting (April 14). The posters can go anywhere to advertise our plant sale; car windows are good. If you take a lawn sign, please remember they are expensive to replace, so they'll need to be looked after - taken in and stored immediately after the sale and returned at the May meeting.

**Raffle prize donations** - We need to source a few raffle prizes for the sale as well as plant donations. If any club members have any craft hobbies (Woodworking? Woodcarving? Pottery? Jams and Jellies?) and would like to donate a small example for the raffle, that would be most welcome. If any members have unwanted items that they might consider still worthy of being raffled off, that would be welcome too. Just talk to one of your MALs.

**Volunteers and sign-up** - Please see our Sign-up Boards and choose a slot for yourself at the March meeting so we can see right away where we'll need more help.

The Plant Sale can't be a success without your help, support and knowledge, so please sign up, and pot up those plants!

**Potting Up** - And, speaking of potting up those plants...something to help you do so: free soil! It has been suggested that, in order to make it easier for club members to pot up their divisions for the plant sale, the club purchase one cubic yard of soil amender and make it available to members, who could come to my truck parked in the church lot with bags or buckets, and shovels or trowels, and help themselves. This will be discussed at the March meeting (the 17<sup>th</sup>), and the soil would be available on the 19<sup>th</sup>, the following Saturday, if this plan is agreed upon. Hopefully this will make it possible for more members to create contributions for the plant sale. If any members would really like to contribute plants, but just can't do the digging themselves, talk to Cari, and I'll see if I can be of help. Remember, I also have lots of pots!

#### **Purchase of plants by club members before or during the sale:**

Because of past problems, these rules are now in effect:

- 1.No reserves on pricing day (Friday)—this slows down the process, and doesn't make the sale as good as it can be for the general public, whom we need to attract this year and in the future with the impression they get of the sale.
- 2.Everyone on the first shift on Saturday may set aside one plant in the holding area prior to the start of the sale. You can have a family member buy plants during your shift or buy after your shift is over.
- 3.Anyone on the second shift may line up with the public and buy plants during the first shift. You may not set aside additional plants during your shift. This is to ensure that our customers are receiving all our attention and that the sale will go smoothly.

## Blue Hepatica

On a walk around the garden I find the buds of hepatica pushing through the soil and am reminded of Ruth Kasher who introduced me to the plant. The bright blue flowers of *Hepatica nobilis* appear before the shiny green leaves. Hepatica is a native plant in the woodlands of Eastern North American and prefers a shady spot and neutral soil. Ruth often ordered plants from Thimble Farms on Salt Spring Island. [www.thimblefarms.com](http://www.thimblefarms.com). Their speciality is native, rare and unusual plants.

One of the joys of gardening is seeing plants that remind one of friends old and new as well as of those who are gone but not forgotten.

*submitted by Audrey Dewan*



## Bradner Daffodil Festival

April 8, 9<sup>th</sup> and 10<sup>th</sup>

If you have never been before, this is worth a visit, especially if you can make a day of it and visit other local nurseries.

Displays of more kinds of daffodils than you can ever imagine, workshops, plant sales, and of course, daffodils – potted and by the bunch. Drive around the local farmlands, you can buy bunches of daffs from the local growers and some of them open their nurseries to the public on this weekend only.



Driving Instructions to 5305 Bradner Road, Abbotsford. Highway 1 – take Exit 73 – 264 Street – 13S. Follow signs and merge onto 264 going north – turn right at 56<sup>th</sup> makes a curve and turns into 58, turn right at Bradner Road (Festival Hall is NE of Freeway). They usually have direction signs along the way, and they also have refreshments for sale at the display hall.

More Information: <http://www.bradnerflowershow.com/>

While you are out there, Devan Greenhouses at 28904 Fraser Highway are only 5 kms away. When you leave the festival go south on Bradner Road until you come to Fraser Highway, turn left onto Fraser and Devans are about half a block east on the right(south) side of the road.



*submitted by Rosemarie Adams*

### Orchids on Display

For the month of April, the reprieved Bloedel Conservatory atop Queen Elizabeth Park and The Vancouver Orchid Society present one of the largest collections of orchids in B.C.

*submitted by Lynne Harvey*

### Loutet Farm: Building a Plant to Plate Local Food System

Ground has been broken at the Loutet Farm, a sustainable social enterprise that facilitates social, environmental, economic and educational benefits for the community is the first step in building a plant to plate local food system on the North Shore. For more information, visit: [www.ediblegardenproject.com/what-we-do/loutet-farm/](http://www.ediblegardenproject.com/what-we-do/loutet-farm/)

## Minimizing health risks in the garden

A common sense approach when out in the garden will help reduce potential risks posed by plants or diseases and ensure we continue to enjoy the health benefits of gardening. Of course there are many obvious risks associated with gardening – stepping on a rake, tripping over a hose, etc – but it is good to be aware of some of the less apparent ones.

### Disease and plant risks

Legionellosis (Legionella): caused by Legionella bacteria, this is an infectious disease that can be caught by anyone, but elderly gardeners and those with a suppressed immune system are most vulnerable. There are two types to which gardeners may be exposed: Legionella longbeachae, occurring in soil and compost, which can lead to a respiratory disease; and the more common L. pneumophila, which leads to a type of pneumonia known as legionnaires disease. The latter form occurs naturally at low levels in watercourses but can multiply in standing water to potentially harmful levels when the water temperature is between 20°C to 45°C. Bioaerosols are airborne micro-organisms including spores, bacteria and fungi that are naturally present in decomposing material. Gardeners are most likely to breathe these in when turning compost, especially in warm weather. People with an existing chest conditions such as asthma or bronchitis or those prone to allergies are most at risk. The tetanus bacterium can enter through cuts or wounds. Since gardeners regularly handle thorny plants, soil or manure, they are at a higher risk of being infected. Weil's disease (Leptospirosis) is a disease humans can catch from rats through water or wet vegetation contaminated with rat urine. Rats also transmit salmonella. As well as some plants being poisonous, there are also a number of plants whose sap or hairs can cause blisters, burns, rashes or breathing difficulties.

### Minimizing the risks

What can we do to minimize the risks? Wear gloves whenever handling soil, compost, fertilizer or

pesticides. Thin latex (or latex-free for allergy sufferers) gloves can be worn for delicate work. Do not open bags of compost or potting media with your head right over it. Fold over the top of compost bags when not in use. Avoid potting-up in confined spaces. Moisten dry potting media before use. Also dampen down dry compost heaps before turning or use. Consider wearing a dust mask when turning compost heaps and handling potting media or other dusty materials. Avoiding storing potting media in greenhouses as these will heat up and may encourage Legionella. Empty the water out of garden hoses after use and do not leave full hoses in the sun after use. Avoid splashing water around when watering pots. Keep water storage containers such as tanks and butts clean by emptying and scrubbing out once a year. Insulate them to reduce temperatures increasing in warm weather or paint them with a light color to reflect the heat. If the temperature of stored water for use in mist irrigation or sprinklers is above 20°C, do not use. Wear gloves and keep arms covered when pruning plants that can cause irritations; e.g. ivy (Hedera), Fremontodendron, Euphorbia or rue (Ruta). Only shred woody prunings in an open, well-ventilated area. Ensure tetanus jabs are up to date! See your local GP for a tetanus vaccination (there is no charge for this so you have no excuse) if you have cut yourself on a plant or got soil or manure in an open wound. Discourage rats by securing rubbish in bins and not putting cooked food on the compost heap. Rat-proof compost bins with wire mesh if necessary. To reduce the risks from salmonella avoid using rat-infested compost on edible crops, especially those not cooked before consumption. Protect from water-borne diseases such as Weil's disease by wearing waterproof gloves, clothing and boots when clearing out ponds. Always wash your hands after gardening and especially before eating. Keep a hand sterilizing gel down in the potting shed if clean water is not available.

For more gardening info, check out [www.rhs.org](http://www.rhs.org)

## Advancing Urban Agriculture Grants Announced

Vancouver Coastal Health is once again offering their 'Advancing Urban Agriculture Grants' to the community. The goal of this grant is to increase food security for all members of the North Shore community while specifically working to improve access to healthy foods for people with low income. For more information, visit: [ediblegardenproject.com](http://ediblegardenproject.com)

## ***A Special Invitation to Lynn Valley Garden Club Members:***

*Dear Members,*

*I am writing to you on behalf of St. Clement's Anglican Church to invite you to join with us on the morning of Saturday, April 16 to participate in a festive community "Stream Renewal Day". We are going to remove the invasive species from the creek on our property and replant the creek banks with healthy native species. We are hoping to engage your gardening skills and expertise as we plan and execute this event.*

*Saturday April 16 is a week before Earth Day. We are hoping to involve the wider community in this project. As you meet in our building we thought you might like to join this community service project. If you have questions or ideas, please call me. 604-780-1420. Please let me know if you are able to participate and how we could best involve you in the planning and in the day itself.*

*Thanks.  
Sincerely,*

*The Rev. Dr. Lynne McNaughton, priest*



### **ABOUT TOWN**

Sat, 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.

Sat., 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

Sat., March 19 –**Cherry Blossom Festival** - Enjoy a beautiful high tea with friends and fellow cherry blossom enthusiasts. 1-4pm. Tickets \$45 per person (includes a \$35 donation to VCBF, receipt available). Please call or email Alison to reserve a ticket. Phone: 604-290-4368 Email: [Alison@cherryblossombb.com](mailto:Alison@cherryblossombb.com)

Sat. March 19 – **Amsterdam Nursery's 13th Nature Day Event** - Preservation, plants, pollination, biological pest control and organic fertilizers. 1-3pm. Registration is required. 604-465-6614 Amsterdam Greenhouses & Garden Centre, 19100 Old Dewdney Trunk Road, Pitt Meadows

Sat./Sun. March 26/27 – **Vancouver Alpine Garden Club of B.C.'s Annual Spring Show** - free Admission on Saturday 12-4 p.m. and Sunday 10 a.m. to 4 p.m. at Floral Hall. \*VBG. [www.agc-bc.ca](http://www.agc-bc.ca)

Sun., March 27 – **Vancouver Soil Fertility and Plant Health Management** - Strathcona Community Centre, 601 Keefer Street. 1:30 pm - 4:30 pm., with Grant Watson. Part of Village Vancouver's Winter Cultivating Food, Cultivating Community series. 604-713-1838

Sat., April 2 – **Vanc. Food Gardening: New and Early Green Thumbs**. 1 pm. - 4 pm UBC Botanical Garden, 6804 SW Marine Drive. \$40 for non-members. An introduction to useful tools, soil care (compost, fertilizer), pest management, schedules and plants for food gardening. (604) 822-3928

Wed., April 6<sup>th</sup> or 13<sup>th</sup> - **Home-Grown Veggies: No-Fail Foods for First-Time Urban Farmers** - Mike Nassichuk, 7:00pm – 8:30pm, John Braithwaite Community Centre, \$5 register 604-990-3755.

Wed., April 27 - **Winter Gardening: Growing Food** - Mike Nassichuk - 7:00pm – 8:30pm -John Braithwaite Community Centre, \$5 to register **604-990-3755**.

**Sat. April 20 Patio Veggies: Growing Great Food in Containers** with Master Gardener Heather Nielson - 10:00 – 11:30am, West Vancouver Seniors Centr,\$5 to register 604-990-3755.