



LYNN VALLEY GARDEN CLUB  
First established 1943

## ***Message from the President***

If you weren't at our February meeting you missed a great presentation in our Bright Spots segment by Margaret Nakahara – how to repot and take care of orchids. Margaret did a great demo with lots of info and advice. No excuse now – you don't have to throw that orchid out when it has finished blooming. Now that orchids are tissue cultured they are so much more affordable and more readily available. Margaret's presentation reminded me what a wealth of talent and knowledge we have in our Club.

Unfortunately Christine Gooch has had to resign as our Vice-President – if anybody is interested in this position, please give me or any of the executive a call. I can promise if you take this on that you will get lots of help and support from our executive and Members.

I'm excited about plans for upcoming bus tour. If you haven't yet signed up, and cannot make March meeting - and would like to go on the tour, please give me a call. If I'm not home, just leave a message – I'll make sure your name is on the list. It looks as if June 9<sup>th</sup> will be best date – Cost will be \$15 – We hope to have a good group, but it may be first come first served, so please sign up as soon as possible if you want to go. Last time our Club had a bus trip it really was a lot of fun. (Bus trip itinerary is on page 3)

We are still looking for somebody to help out with our Plant and Book/Magazine table at Club Meetings. This will only take 30 minutes of your time once a month – be there at 6.45 to sell before meeting.

We're hoping to get a Hypertufa pot making demo at an upcoming meeting. We did have one several years ago, and members have got together to make some – it's a great way of getting lovely inexpensive planters in whatever shape and size you want. They are particularly well suited to alpine plants and succulents. Fun to make – stay tuned.

*Rosemarie Adams*

**March 2012**

## **Meetings Schedule**

LVGC meetings are held on the third Thursday of each month (except July and August) at St. Clement's Church.  
3400 Institute Road

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

**March 15, 2012  
Charlie Sale  
Bucket Hill  
&  
Pre-meeting sale of  
Unique  
Soil Amendment**

**April 19, 2012  
Elaine Senft  
Roses**

**Mailing Address:**  
Lynn Valley Garden Club  
P.O. Box 16053  
1199 Lynn Valley Road  
North Vancouver, BC  
V7J 3S9  
<http://www.lynnvalleygardenclub.org>



## 2012 Executive

### President

Rosemarie Adams

### Vice President

vacant

### Secretary

Bernie Robb

Norma Buckland

### Treasurer

Harvey Lawson

### Membership

Doreen Marbry

Diane Sekora

### Members at Large

Nancy Gelin

Cari Wineberg

Rita Marshall

Chris Pharo

### Newsletter Editor

Lynn Batt

[theleaf@lynnvalleygardenclub.org](mailto:theleaf@lynnvalleygardenclub.org)

### COMMITTEES

#### Plant Table

Christel Glazer

#### Hospitality

Doreen Wakefield

Pat Phillips

#### Bright Spots

vacant

#### Sunshine/Door Prizes

Carol Ferryman

#### Sound System Set-up

Maurice Jones

Hartwig Rother

#### Website

Brian Didier

### Next Executive Meeting:

April 5, 2012

### The Leaf Deadline:

April 7, 2012



### Tea Time

*Doreen Wakefield, Pat Phillips*

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



### from the Editor

*Lynn Batt*

Thank you for the newsletter submissions. Please send more.



### Sunshine

*Carol Ferryman*

Please let us 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

*Doreen Marbry, Diane Sekora*

Our Membership renewal is complete and as of March 1, we have 120 members. We are able to accept 5 more new members to make up our total of 125. Joining our current new members, Jackie Reade-Slater, Darlene Crenna and Vanessa Crittenden are Christine Kobel and Laura Ball. Please make all our new members feel welcome.

If you have any thoughts about speakers or garden topics you would like to learn more about, you can let us know and we'll pass on the information.



### Members at Large Report

Please continue to pot up plants, and remember to sign the volunteer sheet for the sale May 12<sup>th</sup>.



### This Month's Speaker

*Christine Gooch*

**Charles Sale** speaks about his North Vancouver garden. Charlie has been gardening for more than 50 years. He has created two gardens from scratch, restored a third and given a worn out old garden a new face and personality. He currently gardens with a "super gardener", his wife of 19 years, Margaret Charlton, on over two acres of steep mountainside near Deep Cove in North Vancouver. They are generalists with a love for any good plant.

Thank you Bill Bischoff (February's speaker) for introducing us to Tufa Gardening and the many (alpine) plants associated with it.

# Bus Trip Itinerary

Tentative Itinerary is:

- 9 am Leave Church Parking Lot
- 9.45 Arrive Arts Nursery, Surrey – they will have coffee for us and a guest speaker, and a good supply of native plants. This is a large nursery. You can look around the central areas, or take off in a golf cart for the far reaches of the property.
- 11 am Leave Arts Nursery
- 11.30 Arrive at garden of John and Gael Dodd. This is a 2.5 acre garden – I have never been there but am told it is wonderful. We can eat our own bag lunch there – there are benches for this, or if you wish to buy lunch, there is a Bistro at our next stop.
- 1 pm Leave Dodds.
- 1.30 Arrive Tanglebank Country Gardens, Abbotsford. This nursery features a display xeriscape garden, a rhodo and hydrangea walk, butterfly borders, formal potages as well as a winter garden and garrigue garden. New Brambles Bistro will be open, serving soups, salads, sandwiches as well as light entrees and coffees and desserts. Their food is prepared from herbs and vegetables from the nursery, as well as from neighbouring farms. There is a boutique winery just around the corner from Tanglebank that we can check out if we have time.
- 2-3 pm Still to be determined. I also now have invitations from another nursery and another garden, not sure what we can fit in.
- 4 pm Back at Church.

Rosemarie

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## A few notes from...Northwest Flower and Garden Show 2012 – A Floral Symphony

Sophisticated winter garden displays featuring dramatic up-lighting of deciduous trees and shrubs. Structure, colour and texture were key in these all-season low-maintenance gardens with very little herbaceous material and plenty of evergreens: Deciduous trees/shrubs with stem/bark interest, blue or yellow conifers, red berried evergreens and winter flowering shrubs were just a few of the possibilities presented.

Native plants provide food and shelter for birds:

- Acer circinatum* (vine maple)
- Arctostaphylos uva-ursi* (kinnikinnick)
- Gaultheria shallon* (salal)
- Mahonia aquifolium* (tall Oregon grape)
- Vaccinium ovatum* (evergreen huckleberry)

Plant Amnesty offers great tips for pruning at:  
[www.plantamnesty.org](http://www.plantamnesty.org)

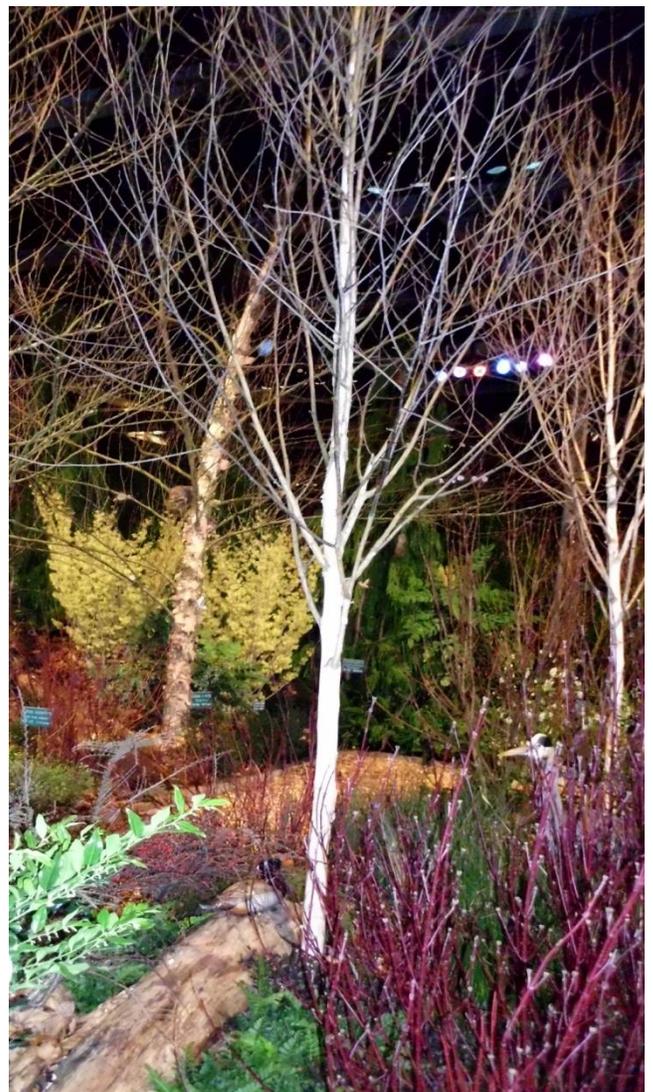
Plant list ideas:

- Abies koreana* 'Cis' (Korean fir)
- Chamecyparis obtusa* 'Tsunami' (dwarf cypress)
- Cornus sanguinea* 'Midnight Fire' (red-twig dogwood)
- Helleborus x ballardiae* Gold Collection 'Pink Frost'
- Polypodium scolieri* (leather leaf fern)
- Vaccinium vitis-idaea* (lingonberry)

One last note for future years:

Crowds dwindle in the afternoon.

Lynn



## **BUG Blitz**

### **Building Urban Gardens – One Neighbour at a Time**

One of the many joys of gardening is sharing your ideas and successes with others. If you were as lucky as me, you had the privilege of living in a neighbourhood as a child where many neighbours grew fruits and vegetables that tasted fabulous, and it was typical for neighbours to share their bounty with others. Walking around the neighbourhood and back alleys, there were vegetable gardens galore and many fruit trees around. Many created beautiful vegetable garden spaces and bragging about how good your strawberries and sharing them with others, or handing out your garden tips somehow brought the neighbourhood together. These memories came back to me as I read about the Permablitzes that are gaining in popularity. The concept of a Permablitz is simple: to get a group of people together and transform a front or back yard into an edible landscape in a morning or afternoon and accomplish in one day what might have taken one person months. From this grew the BugBlitz vision (Building Urban Garden Blitz) from where all the concepts of a Permablitz are incorporated but the rules of a permaculture design are not a necessary component .

In essence, a BugBlitz is a free and casual gathering of two or more people that come together to: build edible gardens at someone's home, share and learn gardening skills, and strengthen community. As there are many people who are looking to start a vegetable garden, or revitalize an old one, or perhaps they have just moved and don't even know where to begin or are daunted by the amount of work to get started. These are just a few of the reasons why someone would host a Blitz. Of course the reasons for volunteering at one are many! The opportunity to connect and meet like-minded people, learn more about growing your own food, share a potluck with new friends. Also to share and learn new gardening skills, strengthen your community on the North Shore and best of all meet new people.

A BugBlitz is similar to a 'Barn Raising' where neighbours help neighbours to support the entire community.

Our first BugBlitz last summer was a great success and it was absolutely inspiring to be with a group of thirteen volunteers who were getting so much enjoyment from helping a young woman build 2 raised vegetable beds in her back yard, build a perennial garden to attract bees and butterflies and help a fellow neighbour build his beehive. All this was done in one afternoon in a couple of hours. All enjoyed refreshments and snacks and asked when the next one was as they wanted to do it all again!

So if you are looking to do something new and different this summer I encourage you to attend a BUG Blitz and share your time and knowledge and at the same time contribute to the sustainability of the North Shore. A great opportunity awaits you to connect and meet like-minded people, learn more about growing your own food and have fun while doing it! Or if you would like to have a Blitz hosted at your home let us know.

**Possible BugBlitz projects include:** building raised beds for vegetable gardens, building compost bins, planting bee and beneficial insect gardens, planting and pruning fruit trees, or anything you can think of to increase your food production! The possibilities are endless.

To learn more please visit: <http://bugblitz.wordpress.com/>

Or e-mail Evonne at [gardenblitz@gmail.com](mailto:gardenblitz@gmail.com)

Submitted by Judith Brook



## **Tools, Tips and Tomes**.....Featuring Members' New Finds and Old Favorites

**info from Seeds of Diversity** ; some interesting facts...

"Tomatoes are plants that require "buzz pollination," also called sonication. In order for the pollen grains to be released from pores in the anther, the tomato flower - like those of peppers, cranberries & blueberries - must be vibrated or shaken, similar to the action of a salt shaker. Bumble bees are very efficient buzz pollinators. The bees grab the flower and vibrate (sonicate) their flight muscles at roughly the same frequency as a middle C musical note. There is an audible buzz as the bees enable pollination, hence the name. "

*Submitted by Judith Brook*

### **The Greater Perfection**

There is a lovely book available at the North Vancouver District Library,  
*The Greater Perfection, the story of the garden at Les Quatres Vents* by Francis H. Cabot 712.09714.  
Reader's Digest magazine has called it "Canada's best secret garden".

Les Quatres Vents (The Four Winds) is a private garden ninety minutes downstream on the St. Lawrence River from Quebec City in the Charlevoix near La Malbaie, PQ. It is open to the public only four days each year. Tickets go on sale in early December 2012 for summer 2013." For more information [www.cepas.qc.ca/jardin](http://www.cepas.qc.ca/jardin)

*Submitted by Audrey Dewan*

### **Private Paradise**

Special Lecture at Van Dusen Garden

Private Paradise – Elsie Reford's Lily Garden on the Lower St. Lawrence

Thursday, April 26, 2012, 7:30 pm in the Peggy Gunn Woodland Hall (Visitor Centre) [www.refordgardens.com](http://www.refordgardens.com)

*Submitted by Audrey Dewan*

**Straw Bale Gardening** is a different type of container gardening. The main difference is that the container and medium are the straw bale, and it is held together with two or three cables. Once the straw inside the bale begins to decay the straw becomes "conditioned" (composted) creating an extraordinary plant rooting environment. Getting the straw bales conditioned is an essential part of the process, and should be started by the first week in May.

[www.strawbalegardens.com](http://www.strawbalegardens.com)

*Submitted by Christine Gooch*

**Lobularia maritima** (Sweet alyssum) is a useful annual because it blooms a few weeks after planting, then keeps blooming all summer. Hoverflies (Syrphids) are attracted to sweet alyssum. Syrphid larvae eat aphids. Plant sweet alyssum under rose bushes, near lupines, and anywhere else aphids will be.

**Lupinus polyphyllus** var. **polyphyllus** (Native lupine) is the best perennial for attracting bumble bees, and it also fixes nitrogen in the soil. Lupines like full sun and well-drained soil or part-sun and dry soil.

**Prevent Salmonella** illness in the birds visiting your garden by cleaning the feeders (and birdbaths) with a 10% bleach solution once a week (every other week), rinse, rinse, rinse, and dry thoroughly before refilling with fresh food (water). Wash your hands thoroughly with soap and water because we can also become ill from Salmonella bacteria.

**GardenSmart**..... Visit their booth at the North Vancouver Spring Home Expo to learn about their upcoming Green Can program and backyard composting on the North Shore ([greencan.northshorerecycling.ca](http://greencan.northshorerecycling.ca)).

Friday, March 16: 5:00 p.m. - 9:00 p.m.

Location: Karen Magnussen Arena

Saturday, March 17: 9:30 a.m. - 5:30 p.m.

2300 Kirkstone Road

Sunday, March 18: 10:00 a.m. - 4:00 p.m.

Subscribe to get GardenSmart information directly to your inbox at:

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

Submitted by Carol Ferryman

## ABOUT TOWN

March 24, Saturday **Plant Propagation Workshop** 1 – 3:30 p.m. Van Dusen. Learn hands-on the tips and techniques for various propagation methods including seeds, dividing perennials, air and mound layering, and taking cuttings. Participants can take home practice materials. Member: \$40 / Non member \$50. Instructor: Egan Davis

March 24 & 25, Saturday & Sunday **Vancouver Orchid Society Show and Sale**, Van Dusen Floral Hall, Saturday 9 a.m. – 5 p.m., Sunday 10 a.m. – 3 p.m. Admission is \$7.00. Info [knakatani247@yahoo.co.jp](mailto:knakatani247@yahoo.co.jp)

March 26, Monday **“If You Go Down to the Woods Today” Woodland and Shade Loving Plants** 7:30-8:45pm H.R. MacMillan Space Centre, presented by the Vancouver Hardy Plant Group, admission is \$20 at the door

March 31, Saturday **GardenSmart - Veggies 101: Planning Your First Vegetable Garden** 1 - 2:30 p.m. Lynn Canyon Ecology Centre. Join Heather Nielsen to learn how to plan your first vegetable garden. Workshops are \$5.00 each. Call the [Lynn Canyon Ecology Centre](http://Lynn Canyon Ecology Centre) at 604.990.3755 to register.

March 31, Saturday **New! Fruit Tree Basics** 9:30 a.m. – 12:30 p.m. Van Dusen Sometimes even seasoned gardeners shy away from growing fruit trees. This is your chance to learn the basics about year-round training and maintenance, rejuvenating mature trees, and selecting new plants from a nursery. It's time to enjoy the fruits of your labour. Member: \$35 / Non-member: \$45 Instructor: Estelle Bogoch

April 5, Thursday **GardenSmart - Grow Your Own: Intermediate Vegetable Gardening** 7pm - 8:30p.m. Mollie Nye House: 940 Lynn Valley Road. Join Mike Nassichuk to learn advanced tips for growing delicious vegetables in your own garden. Workshops are \$5.00 each. Call the [Lynn Canyon Ecology Centre](http://Lynn Canyon Ecology Centre) at 604.990.3755 to register.

April 7, Saturday **Alpine Garden Club of BC Show and Sale**, 1pm-4pm Van Dusen Cedar Room and Floral Hall. This event is in a new location this year, and now incorporates the sale and the show in one event, and the sale is cash only.

April 14, Saturday **Fix Your Own Lawnmower** 1 – 3 p.m. Van Dusen. Look into the engine of a lawnmower and grass trimmer during this overview of the air, ignition and fuel systems of these and other small engines. Learn how to troubleshoot problems and how to maintain your equipment, such as the proper way to sharpen mower blades and change the oil. Member: \$40 / Non-member: \$50 Instructor: Egan Davis

April 14, Saturday **Landscape Design Journey** 10 a.m. – 3:30 p.m. Van Dusen. Join Estelle on a fast-paced journey of design. With half a day in the classroom and half a day on a tour of neighbourhood gardens, you'll finish the afternoon bursting with enthusiasm and enough information to create your own special place. Bring pencils, an eraser, and lunch, and prepare for any weather condition. Member: \$65 / Non member: \$80 Instructor: Estelle Bogoch.

April 18, Wednesday **New! Growing Veggies in Containers** 6:30 – 9 p.m. Van Dusen. Which vegetables, and specific varieties, grow best in containers and when should they be planted? What soil mix is best and how should you water your plants? Learn how to get the most out of your balcony or patio by using vertical space resourcefully, selecting appropriate plants and containers, and more. Member: \$35 / Non member: \$45 Instructor: Janis Matson

April 21, Saturday **New! Companion Planting** 10:00 – 12:00 noon Van Dusen. Companion planting is the deliberate planting of certain crops in proximity to one another, because they benefit one another in pest control, nutrient uptake, pollination, and increased crop yield. With a focus on vegetable growing, learn which plants repel insect pests, which plants effectively share space (and resources) together, and which plants should never be planted near each other. Member: \$25 / Non member: \$35 Instructor: Karen Myshi

April 28, Saturday **Creative Containers** 10 a.m. – 12:30 p.m. Van Dusen. Get creative with container gardening, and enjoy beautiful, colourful plantings on your balcony, patio, or beside your front door. Topics include soil preparation, fertilizers, plant selection, design and maintenance of your containers. Member: \$30 / Non member: \$40 Instructor: Bettina Harvey

**MAY 12<sup>th</sup>**

**LYNN VALLEY GARDEN CLUB PLANT SALE**