



THE LEAF

October 2009

LYNN VALLEY GARDEN CLUB
First established 1943

LYNN VALLEY GARDEN CLUB
DONATIONS

At our October meeting, we will be discussing the club's annual charitable donations. These donations are funded by the proceeds we raised at our May Plant sale. Please check over the following proposed donations. If you have any changes you might like to suggest, please bring it up at the meeting

(Proposed 2009 Donations for Approval)

BC COUNCIL of Garden Clubs SCHOLARSHIP	\$250.00
CEDAR GARDENS	\$200.00
LIONS GATE HOSPITAL (Therapy Garden)	\$200.00
EVERGREEN (Therapy Garden)	\$200.00
NORTH VAN DISTRICT LIBRARY (books)	\$400.00
WILD BIRD TRUST	\$250.00
MARGARET FULTON CENTRE	\$200.00
ST. CLEMENT'S CHURCH	\$200.00
WORLD VISION (harvest packs)	\$200.00
LAND CONSERVANCY	\$300.00
WILDLIFE RESCUE ASSOCIATION OF BC	\$250.00
TOTAL	\$2,650.00

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.

October 15th, 2009
Charlie Sale

Flora of the Drackensberg.

November 19th, 2009
Ryan Nassichuk
Soil

December 2009
Christmas Party
To be discussed at the October meeting



Lynn Valley Garden Club
Website

<http://www.lynnvalleygardenclub.org>

Mailing Address

Lynn Valley Garden Club
C/o Office Services Etc.
110-223 Lower Mountain Hwy
North Vancouver, BC
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2009 Executive

President

Maurice Jones

Vice President

Bonnie Noakes

Secretary

Kathy Stubbs

Treasurer

Sandra Smith

Membership

Diane Allison

Carole Rapp

Members at Large

Jackie Morris

Pat Holmes

Jacqueline Lamont

Joyce Page

Newsletter Editor

Irene Dudra

COMMITTEES

Plant Table

Audrey Dewan

Bernie Robb

Christel Glaser

Hospitality

Doreen Wakefield

Pat Phillips

Historian

Carol Ferryman

Bright Spots

Laurie Parkingson

Leah Younger

Sunshine/Door Prizes

Illa Jackson

Sound System Set-up

Maurice Jones

Hartwig Rother

Next Executive Meeting

Thursday, Nov. 5th, 2009, 7:30pm
at the home of Sandy Smith

The Leaf Deadline:

November. issue: Nov. 8th, 2009



Treasurers Report

Sandra Smith



Tea Time

Doreen Wakefield, Pat Phillips

Please bring your own mugs, and remember that 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.



Notes from the Editor

Irene Dudra

Plant Sales Table

Don't forget the sales table. Most of us have probably been cleaning up the garden before winter hits. If you have dug up any extra plants I hope you will either pot them up for our next plant sale or bring them to the next meeting. By bringing some of those extra plants for the sales table you help with the club's finances, plus adding pleasure to some other gardener.

Clean up your perennials, cutting off stems and removing dead leaves. Mulch them well with well-rotted compost or manure. Lift and divide those perennials that need it (either because they're getting huge or because they're not flowering as vigorously as they should).

A lecture called *Feeding the Future*, speaker Michael Ableman, on October 21 at Centennial Theatre, Tickets \$10. For more information go to www.ediblegardenproject.com

Did you know houseplants are nature's living air filters?

Improve your family's personal breathing space by introducing a variety of lush, beautiful tropical plants into your inside living space. It is well known that large leaved plants help filter the air better than small leaved plants. Activate nature's living air filters by having one potted plant for every 10 square meters (100 square feet).

If your **Lily-of-the-valley** has become overcrowded and are blooming poorly, dig them up and replant them a foot apart from each other.

Plant new **Peonies**. Dig up and divide mature clumps, lifting entire root mass. Use a sharp knife to separate Peony roots into sections with at least three to five eyes. Replant.

To keep the ants out of the hummingbird feeders, apply Vaseline or stiff hair jell to the hanger or wire of the feeder. The ants can go as far as the jell then they can't go further to get in the feeder.

BUTCHART GARDEN TOUR

On September 15th, 2009 nine members of our club headed off to Vancouver Island to see the Butchart Gardens. We could not have ordered better weather at 20° C. We had a comfortable stroll through the gardens with about five hours to see everything. The begonias were spectacular. The sunken garden was full of chrysanthemums and penstemons. We saw an unusual plant called *Leonotis*, a tiered orange tall plant which was featured behind Rudbeckia. There were some lovely lobelias in bright magenta colours.



The Japanese garden remains a very popular treat, relaxing and peaceful as it meanders down to Butchart Cove. The surface is covered in moss with beautiful boulders. The maples and pines are perfectly pruned and the bamboos were lovely. The ponds can be walked over to seating arrangements.



This is definitely a well designed garden having been designed by a professional Japanese gardener.

On the way down to the rose garden is a long stretch of Dahlias. The Rose Garden is a perennial favourite. Sitting in full sun, it offers hundreds of varieties to view. Three roses I liked were *Fame*, *Rainbow Sorbet* and *Ebb Tide*. None of these were scented but the colours were lovely.



At the bottom of the Sunken Garden is the Ross Fountain and new in the summer of 2009 is a Carousel Building. So even if you are returning to Butchart you will still see new sites with each visit.



Bonnie Noakes

Interesting Breakfast !

Rosemarie Adams

On the weekend I cut two tomatoes in half (I was going to fry them for breakfast) and I noticed they were full of sprouts. At first I thought they were bean sprouts (after I determined they weren't worms or something nasty), each sprout was about 1 inch long, with tiny roots and two tiny leaves at the top. There were at least 8 sprouts in each tomatoe – and of course they were tomatoe sprouts. I went ahead fried the tomatoes anyway, sprouts and all !! Still alive !!! (Although the Wiki info says probably best not to eat them)

I had four tomatoes in that batch – not sure if I purchased them at Kin's or Save-on-Foods, but all four contained sprouts. They had been on my counter for about a week, (I don't keep tomatoes in the fridge), and I had decided they were "cookers" rather than for salad, as they were getting a little soft, but they were still firm, not squishy.

Info on this from Master Gardener's "Hotline" is as follows:

When you google 'tomato sprouts growing inside tomato' and then click on images, they look very similar to bean sprouts. People do find germinated seeds inside store tomatoes because they've been held at cool temperatures for a long time. There is a germination inhibitor in the gel sac around each seed, but its purpose is in the natural life cycle of the tomato. When fruit fall to the ground in fall, that inhibitor prevents the seeds from germinating. Come spring, when conditions are more favourable, we see those germinated seeds as volunteers. But only a small percentage of the over wintered seeds end up as volunteers.

(This is not my photo, it's one I took off the Internet)

**Lynn Valley Garden Club Website**

<http://www.lynnvalleygardenclub.org>

Do you ever check out our website?

The website has been up and running for some time now. The executive would like to know how often it is used. They also would like to hear of any suggestions as to how and what would improve the website.

This will be brought up at the October meeting, if you have time please check out the website before the meeting.

Coming Events

Oct. 17&18th, 11am-4pm UBC Botanical Gardens **19th Apple Festival**, 6804 SW Marine Drive @ 16th Ave. Info: 604-822-4529.

Oct. 24-25th, 10am-3pm, **Fall Colour Days, Minter Gardens** Admission by donation, all proceeds go to Milners's Shoots with Roots children's education program.

Oct. 31st, Noon to 4pm. **Late Chrysanthemum Show**, VanDusen Gardens Floral Hall.

Japanese Anemones are certainly a sign of summer ending, and they have much to offer in the late season border. The many different garden hybrids were mostly developed in England and Germany fifty years ago or more. A few newer selections have also come along in recent years.

Most varieties grow in the height range of 75 to 90cm (2.5 to 3 feet) with some ranging all the way up to 120cm (4 feet) or more in an ideal site. The perfect setting is a rich, moisture-retentive soil in a full sun location. Part-day sun suits them fairly well, as does morning or afternoon shade with full sun at other times. They prefer the soil to be on the moist side rather than dry. Underneath large and thirsty trees is about the worst place to plant these and their performance will reflect their unhappiness.

The colour range is surprisingly limited, basically Japanese Anemone come in white and shades of pink, from soft pink through to deep dark rose-pink but no true red exists as yet. Flower petals may be in one layer (single), with some extra petals (semi-double) or a completely full and blousy bloom with many extra petals, considered a full double.

Garden centres won't likely have a good selection of Japanese Anemone before midsummer, since these plants are slow to wake up in pots in the spring. Often you can purchase them in bloom by mid August or so, which is helpful when figuring out where to place them.

Timing for planting is somewhat important, particularly in Zone 5 where they are almost at their hardiness limit. Even in warmer zones we advise planting Japanese Anemone six weeks or more before the ground freezes hard. This amount of time allows them to develop a good root system before winter, but even still a layer of mulch for the first winter is a good idea.

[Perennials.com Newsletter!](#)

[Anemone tomentosa 'Robustissima'](#). Though all Japanese Anemones have a tendency to spread underground to form a patch, this one in particular can be a bit of a thug, so be warned and either give it room or give it containment. It's not unusual to have a six foot wide patch after three years or so! Heritage Perennials



It is the easiest to grow, and hardiest of all the fall-blooming *Anemone*, with a vigorous, spreading habit and reliable late-summer display. Plants form a low mound of grape-like green leaves, with taller branching stems of soft-pink cup-shaped flowers. Divide in spring every couple of years to maintain control. Loves a rich, moist site. The fluffy seed heads have interesting winter effect. This plant needs plenty of room, and is sometimes used as a tall groundcover along ponds or streams.

A garden is always a series of losses set against a few triumphs, like life itself.

MULCHING: This is one of the best ways to protect plant roots. Bark, straw, sawdust, peat moss, leaves and even grass clippings are the most common mulching materials. Remove the weeds (if possible) before applying the mulch. As a rule the mulch should be about 2 inches in depth. Keep the mulch an inch or two away from the trunk or main stem of the trees and shrubs. Again, there are exceptions, such as roses and cane berries, where the mulch is actually mounded over the canes. Then when spring arrives, after all danger of frost has passed, these mulching materials are pulled away.

Keep in mind that you should avoid pine needles if you don't want acidic soil. Avoid weedy hay, using weed-free straw instead. Wood chips might take up lots of nitrogen when decomposed, so it's better if they are already composted, or use chopped or milled pine bark.

Regardless of the material you select, the rule of thumb for winter mulches is to apply a two or three-inch layer. Adding more not only wastes money but also may smother the root system, and possibly kill the plant, especially shallow-rooted perennials such as yarrow or bee balm. Some plants can withstand such abuse, but over mulching is often a leading cause of death to azaleas and rhododendrons, as well as ash, linden, maple, and narrow-leaf evergreen trees.

MATERIAL	DEPTH	COMMENTS
Black plastic	-	Holds in moisture and controls weeds. Cut holes for drainage.
Composted leaves	2-3 inches	Breaks down rapidly. Adds humus and food to soil.
Grass clippings	2 inches	Excellent mulch. Will break down rapidly in soil.
Gravel	2 inches	Holds moisture. Looks good with woody plants
Ground corncobs	2-3 inches	Improves fertility in soil. Good for roses and other plants that require medium acid soil.
Hay	3-4 inches	Reduces weeds and holds moisture well.
Peat	2 inches	Soak well before using as may scatter easily. Breaks down rapidly.
Pine needles	3 inches	Adds acid to soil.
Sawdust	2 inches	Use weathered sawdust if mixing with soil. Fresh sawdust may leach soil of nitrogen as it breaks down. OK to use for walkways. Breaks down slowly.
Wood chips	4 inches	Use weathered wood chips if mixing with soil. Fresh wood chips may leach soil of nitrogen. OK to use for walkways.

Don't forget membership dues are to be paid by December 31, 2009. Please help the membership committee by sending in your payment early. If sending a cheque it will not be cashed until December 31, 2009.