



LYNN VALLEY GARDEN CLUB  
First established 1943

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

<http://www.lynnvalleygardenclub.org>

**October 2012**

## Meetings Schedule

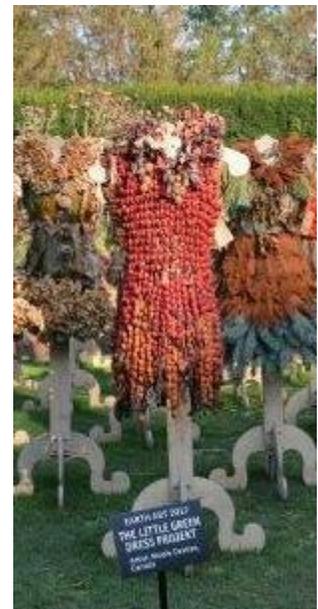
LVGC meetings are held on the third Thursday of each month (except July and August) at St. Clement's Church, 3400 Institute Road

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

**October 18, 2012  
Larelle Oldford-Down  
Apples and Apple  
Tasting**

**November 15, 2012  
Steve Given of Given  
Waterworks  
Water Features**

**December 13, 2012  
Christmas Party  
Craft TBA**



## Message from the President

As I write this over the Thanksgiving weekend, it feels more like summer outside than fall. Such a treat to get this lovely sunny, warm weather and be able to get outside to enjoy it. I know we need rain, but I also know it will come! Feels like we should be BBQing hamburgers rather than roasting turkeys. (Actually my sister did our family Thanksgiving dinner this year, and she did BBQ the turkey). My hanging baskets have been beautiful this year, and still look as good in October as they did in May when I put them out. My husband put in automatic watering systems for most of them, so they have had the benefit of twice daily watering, and I was diligent in fertilizing and deadheading. It has been worth the work.

Hope you all enjoyed our September speaker – Ewan Mackenzie - and his talk on grasses. When I see the vast array of grasses now available I realize how far we have come in our choices. Ewan provided a very informative hand-out with his talk, which sheds light on the differences between Cool and Warm Season Grasses, with excellent growing tips and specific conditions. If you weren't at the September meeting or didn't get a handout, there will be more available at our October meeting.

If you haven't planted any garlic yet this year, you still have time to do it. I recently attended a short seminar on growing garlic given by Mike Nassichuk, who teaches Vegetable growing for the Master Gardener Courses, and who has also been a guest speaker at our Club. I know many of our members regularly grow garlic, but I have never done so before, so I found his talk interesting. Mike says he plants his out about the third week of October. Cloves should be planted about 2" deep, in a sunny, well-drained spot, best soil is sandy loam with lots of organic matter. They like to be grown weed free and mulching in winter is good. Depending on weather conditions, they are usually ready for harvesting July/August, and watering should be stopped about three weeks before they are harvested. Once taken from the ground, they should be dried in a warm place (but not in the sun) with good air circulation. Try to get your garlic bulbs from a local supplier or farmers market. Garlic is considered a "Super Food", with many health benefits, including lowering cholesterol and helping reduce high blood pressure.

Our Executive have recently discussed which organizations we will make donations to next year. If you have any suggestions, please let us know, any information you have about such groups, and what they would do with any donated funds would be helpful. Organizations nominated should be gardening related and preferably located on the North Shore. All planned donations will of course be put to the vote of general membership before being made.

Van Dusen Little Green Dress Project

photo by Rosemarie Adams

Happy Gardening

Rosemarie Adams



## 2012 Executive

### President

Rosemarie Adams

### Vice President

Pat Holmes

### 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

Marie Pringle

#### 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:  
November 1, 2012**

**The Leaf Deadline:  
November 4, 2012**



### Tea Time

*Doreen Wakefield, Pat Phillips*

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



### Sunshine

*Carol Ferryman*

Please let us know of any members who are ill or have lost a loved one.  
**Donations of new items for door prizes are always appreciated.**



### Membership

*Doreen Marbry, Diane Sekora*

We have 125 members, at present we have 13 on our waiting list. Thank you to all the members who have sent in their 2013 registrations early. Early registration really helps us as we can now start making the club membership cards so they will be available in January for early Spring shopping !! Remember you can postdate your cheque for January 1, 2013



### Interesting facts about bees:

"The value of pollination to the BC economy is about \$440 million dollars/year. The Food and Agriculture Organization of the United Nations estimates that of the 100 crop species that make up 90% of the world's food supply, 71 of them are bee-pollinated." Ian Tate, the immediate past chair Delta Chamber of Commerce and a co-Chair of 'Feed the Bees' campaign, suggests that, if you ever see a swarm - call a bee keeper and not an exterminator. And also suggests that we buy local honey and not the stuff in little plastic bears, since it may not be the product you think it is.

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

From 'Plight of the Bumblebee' by Michael Marrapese, in FarmFolkCityFolk magazine, Summer 2012.

The following plants are attractive to bees:

Heather, very early to bloom

Pieris - flowers same time as blue orchard bee is out.

Bearberry -good for dry areas

Red Flowering Current

Cotoneaster

Have 1 or 2 plants from mint family, eg. Monarda

Thyme

Oregano

Sunflower family, eg. daisy,

Aster

Coreopsis

submitted by Judith Brook



### "A Plea for the Bees' Needs:

Pollinator declines and how to encourage backyard biodiversity" presented by Dr. Elizabeth Elle. Learn more about why bees are in trouble, the natural history and status of our native bees, and what you can do in your backyard, community garden or even on your balcony to help support pollinators. This public lecture was recorded on Thursday April 23, 2009. It was organized by Continuing Studies in Science at Simon Fraser University. [http://www.youtube.com/watch?v=X1GHDrfIVZc&url=http%3A%2F%2Fwww.sfu.ca%2Fsfunews%2Fnews%2Fstory\\_04290901.shtml&feature=player\\_embedded&noredirect=1](http://www.youtube.com/watch?v=X1GHDrfIVZc&url=http%3A%2F%2Fwww.sfu.ca%2Fsfunews%2Fnews%2Fstory_04290901.shtml&feature=player_embedded&noredirect=1)



## ***Cyclamen hederifolium***

is the ideal cyclamen for our west coast gardens, as it will happily accept the rigors of our climate. A long-lived plant; tubers have been reported over one hundred years old. Found in the wild from the south of France through to Turkey, also on many of the Mediterranean islands including Corsica and Sardinia. The beautiful pink flowers appear before the leaves in early autumn. The leaves provide excellent ground cover until June. Due to the wide distribution, the leaf variation is very marked and provides an added interest for the collector. Large white, rose pink to dark magenta flowers with prominent auricles. Plant this cyclamen with the tuber covered about 2 to 3" deep. Most varieties will produce flowers well before the leaves appear. Expect flowers well into November. Plant in full sun or light shade.

by Bill Bischoff

"the delight of the first bloom" photo by Lynn Batt



---

## **Mulching for Trees, Shrubs and Perennials**

Apply mulch in late fall for weed suppression, minimizing erosion and nutrient runoff, winter protection of not-yet-established and/or tender perennials, and reducing winter temperature fluctuations in the soil (frost heave). Tender and/or newly transplanted perennials require 3-4 inches of mulch applied over their crowns after the ground is frozen.

Mulching is one of the most beneficial things a home gardener can do. Organic (plant-based) mulch will reduce water loss from the soil, minimize weed competition, and improve soil structure, oxygen levels and nutrition. Mulch serves as nature's insulating blanket, keeping soils warmer in the winter and cooler in the summer, and it looks nice.

"Trees growing in a natural forest environment have their roots anchored in a rich, well-aerated soil full of essential nutrients. The soil is blanketed by leaves and organic materials that replenish nutrients and provide an optimal environment for root growth and mineral uptake. Urban landscapes, however, are typically a much harsher environment with poor soils, little organic matter, and large fluctuations in temperature and moisture." <http://www.treesaregood.com/>

Many sources for free mulch exist. Most of your waste plant material can be recycled without sending it away. If you haven't got a hot compost you can still divert the healthy, non-weedy, non-seedy waste to the cold compost. Arborist woodchips sourced locally are the most effective outsourced mulch and unlikely to contain contaminants like chemicals and weeds.

"Unlike the uniform nature of sawdust and bark mulches, wood chips include bark, wood, and often leaves. The chemical and physical diversity of these materials resists the tendency towards compaction seen in sawdust and bark. Additionally, the materials vary in their size and decomposition rate, creating a more diverse environment that is subsequently colonized by a diverse soil biota. A biologically diverse soil biota is more resistant to environmental disturbance and will in turn support a diverse and healthy plant population. Wood chips are considered to be slow decomposers, as their tissues are rich in lignin, suberin, tannins, and other decomposition-resistant, natural compounds. Thus, wood chips supply nutrients slowly to the system; at the same time they absorb significant amounts of water that is slowly released to the soil. It is not surprising that wood chips have been cited as superior mulches for enhanced plant productivity. Wood chips have been especially effective in helping establish trees and native plants in urban and disturbed environments. Arborist wood chips provide incredible weed control in ornamental landscapes. The mechanism(s) by which wood chips prevent weed growth are not fully understood, but probably include light reduction (preventing germination of some seeds and reducing photosynthetic ability of buried leaves), allelopathy (inhibiting seed germination), and reduced nitrogen levels at the soil:mulch interface (reducing seedling survival). " [http://www.puyallup.wsu.edu/~Linda%20Chalker-Scott/Horticultural%20Myths\\_files/Myths/Wood%20chips%202007.pdf](http://www.puyallup.wsu.edu/~Linda%20Chalker-Scott/Horticultural%20Myths_files/Myths/Wood%20chips%202007.pdf)

Woodchip mulch can improve soil fertility, soil aeration, structure (aggregation of soil particles), and drainage over time as the wood chips decompose and become part of the soil. Woodchip mulch can also repel insect pests and reduce weeds

As beneficial as mulch is, too much can be harmful. The generally recommended mulching depth is 2 to 6 inches. To discourage established perennial weeds 8-12 inches is recommended. Keep mulch away from the trunks of trees and shrubs to avoid pest and disease problems and keep the planting depth correct

by Lynn Batt

## **Overwintering Begonias**

Begonias are incredibly diverse, so knowing what type of Begonia you have makes it a lot easier to succeed in overwintering them. Also many people confuse the Strawberry Begonia (*Saxifraga stolonifera*) with a true Begonia, it is not related at all but does make a nice houseplant in bright windows through the winter.

### **Rhizomatous Begonias**

This group is the easiest to maintain indoors and make wonderful house plants in a bright filtered light setting. The way to tell if you have a rhizomatous begonia is to look for the rhizome of thick stem creeping along the surface of the soil.

Begonias in this group light to be kept lightly moist and lightly fertilized all winter and do not go dormant, so never dry them out entirely. Most are winter flowering and can provide not only beautiful foliage but also sprays of white to pink flowers in late winter. Examples of these Begonias include: Black Coffee, Last Laugh, Palomar Prince, and River Nile.

### **Cane type & bedding begonias**

These two groups look very different but are both easy to keep over the winter. The Cane types include Angel Wing Begonias and also the Dragon wing types. These need very bright light to look their best, but not scorching sun. Keep lightly moist and lightly fertilized through the winter months. They never go dormant, so do not allow to become very dry. Examples of Cane and Fibrous begonias include: Sinbad, Dragon Wing, Gum Drops, Buttered Popcorn, Maribel, Benigo, Burning Bush, Angel Wing, and all the bedding types usually sold for the landscape.

### **Rex Begonia**

Rex Begonias are a bit more of a challenge for indoor growing, but with a high humidity level can be gorgeous indoors with bright filtered light. These plants like constant moderate moisture, high humidity, and regular fertilization. They do not go dormant, so never allow them to dry out, they are very sensitive to dry roots and quickly decline if not cared for. However their electrifying foliage makes them one of the most desirable plants for both containers outdoors and inside. If you can grow African violets, you can grow Rex Begonias, so give them a try. Examples of the Rex Begonias include: The Great American City Series, Fire Flush, Capricorn, Taurus, and Fairy.

### **Tuberous & Tuberous type Begonias**

Examples of Tuberous type Begonias include the following: Illumination, Non-Stop, On Top, Ornament, Panorama, Pin Ups, and Charisma series.

<http://www.provenwinners.com/learn/overwintering-begonias>

---

## **Storing Tuberous Begonias for the Winter**

Tuberous begonias have a winter dormant period that is determined by the day length and, in cold climates, by the weather. This dormancy is a normal part of the life cycle of the tuberous begonia.

### **When**

In areas that freeze during the winter, tuberous begonias must be dug up and the tubers stored indoors for the winter. The time to do this is after you've had that first light frost that ruins the foliage. This is a type of forced dormancy by the weather. A light frost won't damage the tuber under the ground but a hard one will.

### **What to Do**

In cold climates, after the foliage has been ruined by the first light frost, dig up the entire plant with its tuber. Gently remove all the soil from the tuber and any loose roots. Check for pests or for rotted areas. Rotted areas can be removed with a sharp knife and dusted with a fungal powder. Lay the entire plant in a warm dry area for several days to thoroughly dry the tuber. Make sure to bring them indoors at night if it's going to freeze. Once the tuber is dry the stem/stems should detach easily. If they don't, it isn't dry enough yet, wait a while longer. (*Don't be overly concerned if you broke the tops off while digging or by accident, they should still be fine, it's just better if they come off naturally because there will be less chance of rotting.*)

### **How to Store**

Once your tubers are thoroughly dry, place each tuber into a separate paper bag and place the bags into a cardboard box for storage. The reason for the individual bags is so that pests or disease can't spread easily to the entire collection and because they will allow the tubers to breathe. Keep the box in a dark, dry, cool place for the winter (*cool, not cold, slightly below room temp*). Check the tubers periodically to make sure none are rotting and that no pests have gotten into them. Again rotted spots can be removed and the tuber redried and dusted if they aren't too bad.

adapted from an article for American Begonia Society by Brad Thompson  
<http://www.begonias.org/Articles/StoringTuberous%20BegoniasWinter.htm>

## How to Store Dahlias for the Winter

Dahlias are tender perennials, hardy only to Zones 9 to 11, and must be dug out of the ground and stored over the winter.

Allow a week for the tubers to adjust to dormancy after the first frost has blackened their foliage.

Cut them back to within 6 inches of the ground.

Insert a spade carefully into the soil at a distance from the stems so as not to sever the tubers.

Gently lift the tubers out of the ground.

Clean the soil off the tubers, and allow them to dry for a day.

They can be left in the sun but must not be allowed to freeze.

After drying, shorten old stems to about an inch for ease of storage.

To minimize the risk of fungus, cut away any skinny, hairlike roots.

Place the roots in crates or boxes, and cover with slightly moistened sand, peat moss, or sawdust to keep them from drying out.

Store in a cool but frost-free place, such as a garage or unheated basement (5° C to 10° C is ideal).

Check on the tubers monthly to ensure that they aren't rotting (too cool or wet) or shriveling (too warm or dry). If too wet, remove them from the box and allow them to dry out before repacking them in fresh material. If too dry, add a little water to the packing mix.

adapted from Fine Gardening Magazine Article 'How to Store Dahlias for the Winter' Issue 121



photo by Carol Ferryman

<- Rene's Garden  
cherry tomatoes.  
They taste as  
good as they  
look!

*Mimulus* ->  
Still growing  
strong in  
October!



photo by Rosemarie Adams



## Tools, Tips and Tones

### Report-a-weed app

A new application for smart phones will allow people in British Columbia to easily report invasive weeds so that they can be identified, tracked and controlled. The Report-a-Weed app is a free download to iPhone and Android phones that allows users to submit reports of invasive plant sightings, upload photos and browse a list of invasive species.

"I think it's going to be of use to all of us in British Columbia because it's a tool where more people can be providing current information on the distribution of invasive plants, particularly for new ones, because if they're new, we'll be able to stop them before they get established," said Gail Wallin, executive director of the Invasive Species Council of B.C.

The council developed the application, with the help of Hipwood Digital and the provincial ministry of forests, lands and natural resources. Users can search a list of 202 invasive plants by common name, Latin name or flower colour, or scroll through a photo library of known invasive plants.

The iPhone version of the app is available through iTunes. The Android version is available through Google.

[www.geog.ubc.ca/biodiversity/eflora/](http://www.geog.ubc.ca/biodiversity/eflora/)

E-Flora BC is a biogeographic atlas of the vascular plants, bryophytes, lichens, algae, fungi and slime molds of British Columbia.

## ABOUT TOWN

**October 20 Saturday Growing Great Garlic** Gardenworks Capilano 1pm free admission - preregistration required Join Mike Nassichuk as he discusses the best ways to grow garlic, and the best varieties to grow in the lower mainland. [www.gardenworks.ca](http://www.gardenworks.ca)

**October 21 Sunday Winter Protection for Tender Plants** Gardenworks 1pm free admission - preregistration required Learn how to protect your precious tender plants in the event of extreme cold weather this winter. We will show you a variety of winter protection techniques. [www.gardenworks.ca](http://www.gardenworks.ca)

**October 24, Wednesday Sum up the Season with Egan** 6:30 -8:30 pm Van Dusen Bring your questions to a seasonal wrap-up with VanDusen gardener, Egan Davis. This post-mortem of the 2012 summer will begin with a presentation on the top 10 gardening challenges of this past growing season, suggestions on how to solve problems and how to avoid them next year. It will continue with a discussion initiated by your questions for this very knowledgeable gardener. **Instructor:** Egan Davis Cost: Member: \$20 / Non-member: \$30 <http://vancouver.ca/vandusen/adultEducation/index.htm>

**October 27, Saturday, Discovering Fall Mushrooms** 1:00 p.m. - 2:30 p.m. Lynn Canyon Ecology Centre, Discover the delights of fall fungi on an interpretive walk with biologist Mary Berbee. \$5.00 per person. Call the Lynn Canyon Ecology Centre at 604.990.3755 to register. More info at [dnv.org/ecology](http://dnv.org/ecology).

**October 28, Sunday Vancouver Mycological Society Mushroom Show,** 11 a.m. – 4 p.m. Van Dusen Floral Hall & Cedar Room, Admin. Bldg Admission \$3. Information: Brian Didier / [brdfungi@gmail.com](mailto:brdfungi@gmail.com)

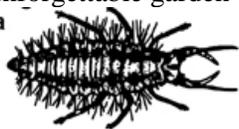
**November 3, Saturday GardenSmart - Marvelous Mushrooms: Learn to Grow your Own!** 1:00 p.m. - 2:30 p.m. Lynn Canyon Ecology Centre, Join Scott Henderson to discover how you can grow your own edible mushrooms indoors and out! Workshops are \$5.00 each. Call the Lynn Canyon Ecology Centre at 604.990.3755 to register. More info at [gardensmart.ca](http://gardensmart.ca).

**November 7, Wednesday Egan's Stories, Part 1 - the Botanical** 6:30 -8:30 pm Van Dusen Just as every picture is worth a 1000 words, every plant has a story. Egan's horticultural, botanical and historical tales of the Garden's collections will be as diverse as the plant material. We will hear of amazing plant/animal interactions, extreme horticultural endeavours, botanical curiosities, cultural uses of plants, and more. **Instructor:** Egan Davis Cost: Member: \$15 / Non-member: \$20

**November 14, Wednesday Shade Gardening** 6:30 -8:30 pm Van Dusen Those cool, shady spots in your garden can be hot with colour, texture and beauty! Janis will take you through the ins and outs of shade gardening and discuss the differences between wet, dry, dappled and dense shade. Learn what the possibilities exist with shade-loving plants, and make those darker patches of your garden stand out from the shadows. **Instructor:** Janis Matson Cost: Member: \$25 / Non-member: \$35 <http://vancouver.ca/vandusen/adultEducation/index.htm>

**November 17 & 24 Saturday "Preparing" Your Mason Bees for Winter** Gardenworks Capilano 1pm free admission - preregistration required. Join Mike Nassichuk to learn how to overwinter your mason bees. [www.gardenworks.ca](http://www.gardenworks.ca)

**November 20, Tuesday Egan's Stories, Part 2 - the Personal** 6:30 -8:30 pm During Egan Davis' nine years as a gardener at VanDusen, his passion for plants and the Garden has been well fed by all he has experienced and accomplished. With these stories, Egan will share his most memorable and personal connections with the flora and fauna that live in and visit VanDusen. He'll tell us of wildlife encounters, spontaneous (and often heart-warming) interactions with unforgettable garden visitors, and so much more. **Instructor:** Egan Davis Cost: Member: \$15 / Non-member: \$20



Lacewing Larva



Adult Lacewing

[http://leon.ifas.ufl.edu/COMHORT/Insect\\_and\\_Diseases\\_Management.shtml](http://leon.ifas.ufl.edu/COMHORT/Insect_and_Diseases_Management.shtml)

Chrysopidae are attracted mainly by Asteraceae – e.g. calliopsis (*Coreopsis*), cosmos (*Cosmos*), sunflowers (*Helianthus*) and dandelion (*Taraxacum*) – and Apiaceae such as dill (*Anethum*) or angelica (*Angelica*). Chrysopidae and their larvae eat aphids.