



Mailing Address:
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LYNN VALLEY GARDEN CLUB
First established 1943

February 2013

Executive Notes for February

Rosemarie Adams

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.

**February 21, 2013
Gary Lewis
Hellebore Hurrah**

**March 21, 2013
Marilyn Holt
Vegetable Container Gardening**

**April 18, 2013
Paul Edwards
Japanese Maples**

**May 16, 2013
Emily Budinski
Herbs**

**June 20, 2013
Patricia Fleming
Gardening for Wildlife**

As I write this the second weekend in February, I feel very fortunate to be living where I do. I have been out in my garden doing clean up today, and on the past couple of weekends, and I watch the news and see -30 temperatures across Canada and 20 inches of snow falling in one day in Toronto! I think it will be several months before most of Canada is able to do any gardening.

Meanwhile my garden is full of budding plants – Viburnum and Snowdrops are already in bloom, Camelias, Daphne and Forsythia need just a few more days sunshine and they will be out. Mustn't forget the wonderful perfume from the Sarcococca. How fortunate we are!

Plans for our bus trip are well underway – we will be having a sign-up sheet at the February meeting and Pat Holmes will be giving us more details – we have been able to secure two very lovely private gardens to visit, they will both be on the Hardy Plant Group Spring tour, so we are lucky to be getting an early pre-view. We expect this trip to be very popular with a full bus, so make sure you sign up. Signing up holds you a space, payment by the deadline of our May meeting guarantees it! If you are unable to attend February or March meetings, and want to go on the trip, please call Pat Holmes or me and we will make sure your name is on the list. Date of trip is Saturday June 8th and cost will be \$15 per person.

We had a great turn out for our January meeting, 69 people enjoyed Gerry Gibbens talk on pruning. Gerry had some excellent hand-out material, if you didn't get a copy we will have more at the February meeting.

Happy Gardening

Rosemarie



2013 Executive

President

Rosemarie Adams

Vice President

Pat Holmes

Secretary

Bernie Robb

Norma Buckland

Treasurer

Harvey Lawson

Membership

Doreen Marbry

Diane Sekora

Members at Large

Rita Marshall

Chris Pharo

Jan Valair

Tara Findlay

Newsletter Editor

Lynn Batt

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:

March 7, 2013

The Leaf Deadline:

March 10, 2013



Treasurers Report

Harvey Lawson

Judi Lashley has completed her audit & written to Rosemarie that all is in order.



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

At the January meeting we had a great turnout of 70 members and 5 guests. We have completed the 2013 membership registrations. Diane and Doreen would like to thank the membership very much for their cooperation in getting your registrations in early. It enabled us to accept our 11 new members to the club and they were able to attend the January General Meeting. We have also been able to print all your membership cards and they are available for pick up at the membership table.

We would like to welcome Rhoda de Bourcier, David Bailey & Beth Graham, Sue Callahan, Frances Gordon, Ginette Handfield, Fiona Lee, Theresa McKay, Candace Parker, Gilda Rayburn Sandra Stockley.

THANK YOU AGAIN!! and Happy New Year to all our members.

Our bus trip this year will be on

Saturday, June 8th,

from 8:30 to 5pm (approximately) and will cost \$15.

Our itinerary will be:

- Joan Bentley's private garden in White Rock
- Free Spirit Nursery
- Dart's Hill
- Petal's and Butterflies, Gwen Odermatt's garden in Langley

There will be a sign up sheet at the February meeting, reserve your spot as the maximum number is 57 and last year the bus was full!

The \$15 fee must be received by the May meeting.



This Month's Speaker

Pat Holmes

Hellebores: Jewels of the Winter Garden

Phoenix Perennials has become famous for their annual Hellebore Hurrah! Weekend which draws hundreds of gardeners from around the province and beyond to one of the largest selections of hellebores offered in North America. In this presentation you'll learn about the botany, ecology and distribution of hellebores as well as their history in western gardens and the complex breeding required to arrive at the stunning array of modern forms. Gary will tour you through the best of what's available today and speak to new directions in breeding.

Gary will be bringing an exciting assortment of plants from the nursery. Be prepared to do some shopping. Payment by cash is preferred. Visa or MC can also be accepted.

Gary Lewis began botanizing his local fields and forests around the age of four (first in Germany, then in Nova Scotia and Ontario), began collecting houseplants at the age of 10 and began gardening at the age of 15.

He holds a Master's of Science degree in Plant Ecology from UBC. Gary became the owner of Phoenix Perennials in 2004 on his 28th birthday. Since that time he has greatly expanded the nursery to include one of the largest and most exciting selections of perennials in Canada. He strives to include cutting edge new perennials, tried and true garden stalwarts and the rare and unusual in his plant offerings. Gary is the Canada Region Director for the Perennial Plant Association, the North America-wide industry association that brings gardeners the Perennial Plant of the Year.

He is Image Bank coordinator for E-Flora BC, an online atlas of BC native plants. He also serves on the Perennial and Bulb Selection Committee of Great Plant Picks, an educational awards program of the Miller Botanical Garden that works to build a comprehensive palette of outstanding plants for BC and Pacific Northwest gardens.



Members at Large

Rita Marshall, Chris Pharo, Jan Valair, Tara Findlay

Yet Another Reminder Our Annual Plant Sale May 11, 2013

Dear members, please remember, as if we'd let you forget, that our Annual Plant Sale is approaching, and we're hoping you're all getting ready to pot up divisions of perennials and sow seedlings and perhaps even divide up some overgrown houseplants to donate. This sale allows us to be a positive force in the community with our donations to different organisations.

Please remember also to label your donations as clearly as possible, with as much pertinent information (sun/shade, flower colour, etc.) as you can manage. For those of you who are new at this, you can use cut up white or yellow plastic pots. I also save all price labels from nurseries which have plain backs and can be repurposed for our uses...

Sign-up sheets for job slots for the sale will be circulated soon. Please remember we'll need people for both the Friday afternoon and early evening for set-up, and for the sale itself on Saturday. It would be ideal if people could volunteer for one shift on the Friday and one on the Saturday. If you're new to the club, you'll find this is a good chance to connect with other members. And it's always fun. Even if it rains. (But of course, we're confident of wonderful weather this year...)

Courtney Fraitzl made a short presentation at our January meeting:

Courtenay is Community Beautification Co-Ordinator for the District of North Vancouver and told us a little about the upcoming street garden program the district is piloting – Adopt a Street – She would be interested in hearing from you if you have any suggestions for improving/beautifying or cleaning up streets/lanes/stairways/cul de sacs in your neighbourhood. Courtenay can be contacted at fraitzlc@dnv.org

A Week by Week Guide to Sowing Seeds

Prepared by Jo-Ann Canning, Vancouver Chapter Master Gardener

Zone 7b January 21-31 * 11 weeks before last frost

INDOORS!

- Review seed catalogues to help you decide what you want to grow this year. Order catalogues, but be sure to review shipping charges before ordering.
- Check local garden centres and hardware store flyers for gardening supplies – especially those early bird specials!
- Check the number of days until harvest for each crop to decide which seeds you will start indoors:
 - Some have a long growing season so will require an early start in order to produce a crop.
 - Some can be directly seeded closer to frost date, and starting indoors will give you an early, or second crop.
 - Some are fast growers, or do not take well to transplanting, and should only be sown outdoors at the appropriate time. These include: corn, carrots, potatoes, beans, peas.
- Many perennials are slow growers, and don't produce flowers until their 2nd year. Others are hard to germinate; their seed packet or catalogue will tell you. Buy these as year-old plants with healthy rootballs that are ready to bloom this year.
- Herbs grow easily from seed and make wonderful border plants, so make a spot for them along the walkway close to your kitchen where they are easy to harvest. As most are harvested for their leaves, it doesn't matter that they may not give you flowers the first year. Most herbs are perennials; others, like basil & dill are annuals.
- Start sowing artichokes (thru mid Feb).

February, Week 1 *10 weeks before last frost

INDOORS!

- Start sowing: artichoke, leeks, sweet onions, oriental greens, kale & collards. Flowers: impatiens, violas, pansies.

OUTDOORS: Direct seed broad beans, also called fava beans.

February, Week 2 *9 weeks before last frost

INDOORS!

- Sow: asparagus, lettuce, early tomato crop, parsley, fennel. Flowers: begonias, nicotiana, petunias, sweet peas.

OUTDOORS: Sow radishes and hardy oriental greens under cover, and if you have a protected, south-facing corner, do a second planting of broad beans, or try planting peas but be prepared to re-plant.

March, Week 1 *6 weeks before last frost

INDOORS!

- Sow: broccoli, cauliflower, cabbage, celery, peppers, & the first group of lettuces.

OUTDOORS:

- Sow radishes, arugula, garlic (unless you've sown it in autumn), corn salad, spinach & hardy oriental greens under cover. If you have a protected, south-facing wall, you can try direct planting peas. Flowers: candytuft, cornflower.
- When weather permits, begin to prepare outdoor beds as soon as the ground is workable, and doesn't turn to mud. Now is a good time to clean out the compost bins and spread the compost and manure. This early work also gets all the over-wintered weeds sprouting, so you can easily rake them out while young, and before you add your other, faster-working amendments at planting time.

March, Weeks 2 & 3 *4 - 5 weeks before last frost

INDOORS!

- Sow: main tomato crop, more lettuces & oriental greens, beets. Sow snapdragons, hollyhocks, wall flowers, and small-seeded annuals like marigolds, nasturtiums, lavatera and others suitable for hanging baskets. Pot up your tomatoes, planting them deep. The buried stalks will grow roots & they develop a good root system early.
- Thin your crowded flats, keeping only the strongest plants. Keeping weak plants only robs the stronger ones of food and light. If your crop is smaller than you'd hoped, sow again for a late-season harvest.

OUTDOORS:

- Direct seed meslecons (arugula, corn salad, cress, etc.), transplant kale & collard, & more radishes (under cover). If you plant parsnips or other late root crops, try interspersing them among the radishes so you get the fast crop and save space while keeping the top soil loose while the slow germinating roots get going.

March, Week 4 – end *3 - 4 weeks before last frost

INDOORS!

• Sow cucumbers, summer squash, pumpkins, melons, more broccoli & cabbage, annual herbs (basil, summer savory, marjoram, dill), poppies, black-eyed Susan, and large-seeded annuals like ageratum.

OUTDOORS:

• Begin hardening off your cole crop (broccoli, cabbage, kale, etc.), and snapdragons, violas, parsley.

Direct seed peas (snap and shelling) in a warm location.

April, Week 1 *2 weeks before last frost

INDOORS!

• Sow eggplant, more peppers & the last of the tomatoes if you have a spot that stays warm & bright in autumn.

Thin your flats again. Pot up early tomatoes, and peppers.

OUTDOORS:

• Begin to transplant the hardened-off seedlings, and uncover young plants now they are larger. If you are unsure, or it is a cool week, just begin to harden off the squash, annuals. Some of your radishes and early lettuces will be used, so try parsnips, turnips, beets in the bare spots, or reseed your salad greens.

• Direct seed carrots, endive, storage onions, scallions, turnips.

• Direct seeding zinnias, cosmos, marigolds is worth a try, as are sunflowers, poppies, summer bulbs (lilies, glads, etc.).

• **Watch the weather!** Keep old sheets or commercial row cover handy so you can protect a bed if a late frost threatens.

• Direct seed more mescluns (arugula, corn salad, cress, etc.), kale & collard, more radishes, spinach.

April 15 *FROST-FREE!

• Direct seed more carrots and spinach; also endive, scallions, turnips.

• Transplant all hardened-off seedlings.

• Keep carrots protected with row cover against rust fly.

• Direct seed sunflowers, poppies, summer bulbs (lilies, glads) if you haven't already.

• Harden off celery, cucumbers, eggplant, peppers, melons, pumpkins, tomatoes, winter squash so they will be ready to transplant when the soil is warmer.

• **Watch the weather!** We sometimes have a late freeze, just at mid-April, and it can undo all your work. That row cover may look messy, but it is worth keeping it over your tender plants. It will warm the soil faster, keep out hungry birds -- and foil the neighbour's cat who loves to use your nicely-tilled soil as a WC.

• Do not be in a hurry to plant your warm-soil seedlings. Our Northwest soil can be colder in April than it is in early November, and planting too early, even if there is no frost, only stunts young plants' growth.

May, Weeks 1 -2 *1-3 weeks after last frost

• Plant beans, cucumbers, pumpkin, squash.

• Depending on the weather, transplant your hot weather plants, like peppers, melons, and tomatoes. If it is a cool May, do not be afraid to pot-up one more time, and wait until the end of May or the new moon in June to plant out. You'll have beautiful strong plants that will set more fruit, set it earlier, and give you a tasty crop right on time.

Thanks to *Harrowsmith Country Life*, *West Coast Seeds*, & *Agriculture Canada* for ideas, climate data & some text. Information in this brochure is for educational purposes only. Use at own risk.

http://mgabc.org/sites/gardenfiles/Gardener's%20Spring%20Planting%20Calendar%20J.Canning_0.pdf

Submitted by Judith Brook

From Seeds of Diversity January 2013 bulletin:
Pollinator Patch - Plant Milkweed for Monarchs

An adult Monarch butterfly weighs about half a gram –less than the weight of a dime. It is astounding that such a delicate, light creature can also fly distances as vast as 2000-4500 km. The Monarch's migration generally begins at the end of August for two reasons: 1) they cannot tolerate winter climates; and, 2) milkweed plants do not grow in the winter.

A Monarch butterfly's life cycle, like those of butterflies in general, involves changes in form (metamorphoses) in four stages: egg, larva (or caterpillar), pupa, and adult.

Why is milkweed important to the Monarch butterfly?

It is the ONLY plant on which their eggs are laid and subsequently, it is the ONLY plant which the hatching larvae (caterpillars) eat. The milky, sticky sap from the leaves is actually toxic to many other animals, but Monarch caterpillars, amongst other animals, can safely absorb those toxins, rendering the adults unpalatable to most predators.

Between migrations, there are generally four generations of Monarch butterflies. In February and March of each year, overwintering Monarchs will emerge from their dormancy, and as they migrate northwards, they lay eggs on milkweed along the way. The reproductive cycle continues and by the end of August, up to four generations will have evolved. This final (fourth) generation has been dubbed the "supergeneration," for it is the one that will migrate southwards on its long journey, and live for seven to eight months, in contrast to the previous generations' lifespan of four to six weeks.

Interestingly, Monarchs that live west of the Rocky Mountains migrate to Pacific Grove, near Monterey in California, whereas Monarchs living east of the Rockies migrate down to central Mexico. The exact location of where the Monarchs roosted in Mexico was a mystery until 1975. That year, Catalina (Aguado) Trail and her partner Ken Brugger stumbled upon the breathtaking site of millions of roosting Monarchs in the oyamel fir trees of the Michoacan province, near Angangueo. Trail and Brugger were participants in The Great Butterfly Hunt, the very first citizen science project, launched in 1935 by U of T professor Dr. Fred Urquhart. A new 3D IMAX film called Flight of the Butterflies opened in September last year (2012), and it beautifully showcases Urquhart's story and the life cycle of the Monarch.

It is clear that milkweed is a critical element upon which the survival of the Monarch depends. Unfortunately, large declines in Monarch butterfly populations have been observed over the past two decades, largely due to a drastic reduction in milkweed across North America. As is the case with most aspects of pollinator declines, herbicide use and farming practices have led to a loss of 140 million acres of the vital milkweed plant.

Although Monarch butterfly larvae are host-specific for food, their activities as adult pollinators are more general, pollinating other plant species in addition to milkweed.

One of the researchers of the Monarch butterfly, and someone who was consulted throughout the filming of Flight of the Butterflies, is Chip Taylor. Taylor is the founder of [Monarch Watch](#) at the University of Kansas at Lawrence. Following is an excerpt from an interview with The Globe and Mail newspaper.

How are monarch populations being threatened?

There's a big conflict in Canada between people that want to see this butterfly protected and people that are trying to eliminate milkweed. You can't do both, you have to protect milkweed to protect the butterfly. What's going on of course is our kind of insane desire to make everything look like our front lawn and to mow and use herbicides along all our roadsides – that has eliminated a lot of monarch habitat. The biggest impact has been development.

Monarchs need the milkweed to lay their eggs?

If you don't have the milkweed, you don't have the life cycle.

Have we seen an impact on the monarch population?

Oh yes. We've published two papers showing there's a statistically significant decline in the number of monarchs related to the development of use of herbicides on round-up ready corn and soybeans. Our population is now in the last ten years about 50 per cent of what they were in the previous ten years.



Submitted by Judith Brook

Judith planted Milkweed from seed in spring of 2012. Being perennials, they are still small and not yet flowered. She expects them to flower and increase in size this spring (2013.)

Photo from <http://butterfly-lady.com>, caterpillar illustration from <http://new.wildaboutgardening.org>

Editor's notes: Milkweed can cause mild dermatitis and is toxic when eaten in large quantities (10% of body weight). Viceroy butterflies are Monarch look-a-likes. Viceroy caterpillars have big heads, lots of bumps and spiky antennae, are greenish brown and eat the leaves of willows, poplars and cottonwoods. Viceroy butterflies do not migrate.

Exurbs from “Proof that gardening is good for us”

By Steve Whysall, Vancouver Sun January 31, 2013

- People are able to concentrate better and have better memory retention when they are around plants.
- Children learn better when they are around plants.
- Gardening can act as therapy for people who have undergone trauma..”
- Residents are more likely to exercise if there is a community park or landscaped area nearby.
- Landscaping is one of the most cost-effective methods for changing a community.
- Quality landscaping improves property values
- Beautiful parks and landscapes enable communities to reap benefits from ecotourism.
- Studies show that people who spend time cultivating plants have less stress. “

“We need to give people the facts that prove plants are not merely an indulgence, but an essential necessity if we want to live positive, productive, healthy lives.”

Read more:<http://www.vancouversun.com/homes/Proof+that+gardening+good/7900381/story.html#ixzz2KXhvw3Ps>

Self Watering Containers - Make Your Own . .

from BCCGC January/February 2013 bulletin

Self-watering containers are different from regular containers because water is sucked up by plant roots from the reservoir. You can make your own your own self-watering container by using two food-grade five gallon containers – one for a reservoir and the other for planting into. In the planting container, you place a wicking basket with small holes in it. Any small cup, cottage cheese container or deli container will work. An overflow hole should be drilled in the reservoir container to allow for drainage so your plants will not be sitting in water. The planting container has a 3-1/2” hole drilled into the middle of the bottom, and a 1-1/4” hole drilled along the edge. This planting container is placed into the reservoir container. The pipe is then put through the smaller hole in the planting container and goes down through into the reservoir container. This is for filling the reservoir without having to take the containers apart.

The wicking basket is filled with wet soil, tamped down slightly. Add moist soil to the planting container, then insert your plant in the centre. When the reservoir gets low, simply pour water into the tube which will take it directly into the reservoir. When the water reaches the top of the reservoir, it will spill out of the overflow hole that you drilled.

As there are holes in the wicking basket in the center, and bottom of your planting container, the plant roots will draw up water as it is needed.

Materials:

- 2 food grade 5 gallon containers – 1 for planting container and 1 for reservoir container
- 1/2 deli container, cottage cheese container, large plastic drinking cup or aquatic basket
– to be used for the wicking basket
- Length of PVC, copper or bamboo pipe, cut one end on a slant..
- Drill and/or cutting tool.

Instructions:

#1 - Drill holes into the plastic container if you are using them as your wicking basket.

This is not necessary if using an aqua basket

#2 - Cut one end of the pipe on a slant, The slanted end is the end that goes into the reservoir.

A flat end may restrict water.

#3 - Cut out a hole just large enough to fit in your wicking basket.

#4 – Cut out a smaller hole that will fit your pipe.

#5 – Drill holes into the bottom in a regular or random pattern to allow wicking.

#6 - Put the wicking basket through the middle of the planting container so it will extend into the reservoir container.

#7 - Insert the fill tube into the smaller hole.

#8 - Place the planting container in the reservoir container aligning the wicking basket with the hole in the middle.

#9 - Put the planting container into the reservoir one. Hold the contain-ers up to the light. You should be able to see through the reservoir container where the bottom of the planting container ends. Drill a 1/4” hole in the reservoir container below where the planting container is. This is your overflow hole.

#10 - Use one lid and cut a hole in the center where the plant will come through.

Cut a smaller hole for the fill tube to come through.



ABOUT TOWN

Sunday, February 17 Gardensmart: Pruning 101: Introduction to Backyard Fruit Tree Pruning 10-11:30AM
Queen Mary Community Garden If you're looking at your backyard fruit trees wondering how to help them thrive, join fruit tree expert David Tracey for this hands-on workshop. **This is an outdoor workshop, please come dressed for the weather.** Admission is \$8.25 and space is limited. To register and pay call 604-990-3755.

February 20-24, Wednesday-Sunday 25th Anniversary Northwest Flower & Garden Show
At Seattle Convention Centre some of the display gardens. featured are: "Audrey's Roman Holiday", "Alien On Vacation", "A River Runs Through It", "A Hobbit's New Zealand Garden", "Honey I Shrunk the Yard", "In a Garden Far, Far Away – An Edible Forest Sanctuary", "It's Never Too Late to Learn to Dance"
Tickets are \$20, but early bird (before February 20) tickets are \$16.
<http://www.gardenshow.com/>

February 20-24, Wednesday-Sunday BC Home & Garden Show
Tickets range in price up to \$15. Save \$3 online
Seniors (60+) \$5 before 5pm on Thursday, February 21st & Friday, February 22nd
<http://www.bchomeandgardenshow.com/BCHGS/EventsHome.aspx>

Saturday, February 23 MGABC presents - Seedy Saturday – at Van Dusen 10am-4pm
Guest speakers:
10:30am – Linda Beer – MG Selecting and Saving Seed for the Vegetable Garden
12noon – Bardia Khaledi - VBG Seed Collector Saving and Propagating Wild Berry Seeds
1:30pm – Brian Campbell – Bee Master, MG 'Saving the Life Keepers'

Saturday, February 23 *New* Companions in Containers 10:00 am -12:00 noon
Growing your garden in containers requires thoughtful planning if you want your plants to thrive while maximizing use of space. With a focus on vegetable companions, this course will look at what plants are best grown together, resulting in fewer pest problems, maximum nutrient uptake and general plant health. Part of the course will include some time to purchase seeds during the Seedy Saturday sale, with Janis joining you to offer her advice while you shop. Instructor: Janis Matson Cost: Member: \$25 / Non-member: \$35

Tuesday, February 26 Exploring the Wealth of Trees in Vancouver 5:30 pm - 6:30 pm
UBC Botanical Garden Reception Centre Free
Join our Curator of Collections for a talk on what are the best trees to grow in Vancouver.

March 1, 2 & 3, Friday thru Sunday The Hellebore Hurrah! 10am-5pm
Celebrating early spring and all things Hellebore. www.phoenixperennials.com
At Phoenix Perennials 3380 No. 6 Road, Richmond (Between Bridgeport and Cambie).

Saturday, March 2 Third Annual North Shore Seedy Saturday 1 - 3 PM,
Location; John Braithwaite Community Centre Admission \$1

Sunday, March 17 The Master Gardener's Spring Seminar in Burnaby 9 AM-3:30 PM
cost: \$50 in advance, \$60 at the door, lunch \$10 extra Public are welcome.
<http://www.mgabc.org/content/spring-seminar-2013-mar-17th-forever-green-burnaby-bc-helen-dillon-public-welcome>
Speakers:

Marian Brodhagen – The (Chemical) Language of Plants
Paul Buikema – The Art of Pruning
Sharon Hanna – Celebrating Kale
Sarah Bergmann – The Pollinator Pathway

Featured Speaker:

Helen Dillon – Dig it Up and Let it Go