



LYNN VALLEY GARDEN CLUB

Established 1943

March 2019

President's Message – Anna Marie D'Angelo

It is just two months to the plant sale but you would never know it, judging by the foot or more of snow I had piled up at my house in the first part of this month. Forget about dividing plants in the yard, the frozen tundra wasn't budging. Instead, I have concentrated on getting seeds going in the greenhouse. First, I had to get in the door. That meant digging out the greenhouse no less than three times this month. Once in, I felt like I was in an igloo. The heat accelerator pad that I got for Christmas sure came in handy. You place the pad under a plastic flat to warm up the moist starting mix to get seeds to germinate quickly. Works great. I got two whole flats of alyssum to sprout in less than a week. (I noticed the plants aren't called "Sweet Alyssum" this year.) Thanks to the Veggimates—Jackie Morris, Aline Burlone and



Yvonne Kabata—who inspired me with their presentation to get rolling on my plant starting. Those guys know everything.

And speaking of knowing everything, big thanks to our member and orchid expert Margaret Nakahara, for her presentation. Wow, does she know her stuff!

At this month's meeting, we will vote on the motion to

increase our membership from 125 to 150. We are at 121 members right now and have the room to happily accommodate more people.

Sorry that the room was chilly last meeting. Still working out the kinks at our new venue but we will get it right. The heat clicked on when people were leaving and was downright toasty when I shut the lights and locked the door at the end.

Don't forget to bring exact change if you haven't yet paid for your pig poo fertilizer order. It is to be picked up before the start of this meeting in one of the church's parking lots. More details in this Leaf.

Please mark on your calendar that our next month's meeting is on **Thursday, April 11, the second Thursday**, and one week earlier than usual because of Easter.

And lastly please sign up for tasks for the May 18 plant sale. If you haven't already and can, please get plants divided and started for the sale *now*. That will give them the best chance to grow and look nice for the sale. The plant sale is an amazing team effort that this year is on the **Saturday of the long weekend**. It is also a lot of fun.

LVGC MEETINGS

3rd Thursday of each month (except July and August) at

St. Stephen's Church
1360 E 24th Street

Please note that meetings start promptly at 7:15 PM

SPEAKERS

March 21

JIM MORRIS

Bonsai for the Novice or Learning to Manage Expectations

April 11

2nd Thursday because of Easter at St. Stephen's

MIKE LASCELLE

Beauty and the Feast

LVGC Plant Sale May 18!!!!

Mailing Address:

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

<http://www.lynnvalleygardenclub.org>
lvgc.membership@gmail.com



2018 Executive

President

Anna Marie D'Angelo
xxx

Vice President

Penny LeCouteur xxx

Secretary

Jackie Morris xxx

Treasurer

Ginette Handfield
xxx

Membership

Susan Huber xxx

Sue Callahan xxx

Members at Large

Daphne Page xxx

Doreen Dew xxx

Hiromi Matsui xxx

Linda Howe xxx

Committees

Newsletter Editor

Maria Issa xxx

Plant Table

Norma Buckland xxx

Hospitality

Carole Cobbett xxx

Susan Nicholls xxx

Maggie Davis xxx

Sunshine / Door Prizes

Shirley Lawson xxx

Website

Aline Burlone xxx

Executive Meetings

1st Wednesday of the month

Next Meeting: April 3 7:30 PM

Chez MARIA ISSA

xxx

Next Newsletter Deadline

April 5, 2019

If you have material to delight
your fellow members - please
submit it via the time-honoured
routes or email to
<mailto:lynnvalleygardenclubnewsletter@gmail.com>

Thanks to all who contributed
to this edition: and to Bruce
Tennant, Sue Callahan Wayne
Smith, Penny LeCouteur, Judith
Brook for photos!



REPORTS

VP Report

Penny LeCouteur is back from South Africa – see her interesting article later. Speakers are still Hiromi's finds.

Treasurer's Report – Ginette Handfield

Our finances, as of the end of February -

Cash on hand:	510.70
Bank balance:	<u>9145.93</u>
Total:	\$9656.63

Membership Report for the start of 2019 – Susan Huber & Sue Callahan

Membership is happy to report we have four new members who joined in February: *Sarah, Lori, Laurel and Kim*. Welcome to our Club!

We still have about twenty-five 2019 Membership Cards ready for pick up – so if you don't have yours, see us at Membership Desk on March 21.

We are including a telephone list for members (see the end of this LEAF) - if you notice any problems with phone numbers, let us know and we will correct our records.

When you sign-in at the March meeting, please check for your *Membership card*. You can show this card for discounts at local nurseries including Maplewood and Gardenworks.

A reminder: the fee for attending meetings as a *Guest* is now **\$5.00 per person** – this was effective as of the January meeting.

At this meeting, you will vote on the following motion:

“We move to increase the maximum number of LVGC members from 125 to 150.”

Hospitality - Carole Cobbett & Susan Nicholls & Maggie Davis

.... our ever-constant reminder to try and remember to bring your own mug to meetings!!!!
[...and as you think of your own treats, think of something to treat the foodbank.-m]

MALS – Doreen Dew, Linda Howe, Hiromi Matsui, Daphne Page

Extra Signage has been ordered. *Soil* has been ordered: *see separate section*.

PROMO: in Lynn Valley on the Saturday 11th of May. Planning is in progress and our small giveaway plants are doing great!

BEER FLATS: Just a reminder - At your convenience, we need to start collecting (so you can start drinking!) **We need at least 300.**

Recycle those old and unwanted **GARDEN TOOLS** and related *paraphernalia*: This year something new! Do you have a gardening item that you no longer need, perhaps languishing in the back of your garden shed? PLEASE let us know. We are happy to *pick up / clean up*. Your donation would be much appreciated.

RAFFLE DONATIONS: If anyone would like to donate to the Raffle, please let the MALS know. We would be happy to pick up. We already have a beautiful quilt donated by Connie and her Seymour Quilting Guild, which is a fabulous start.

SPEAKER
Thursday, March 21, 2019
JIM MORRIS

I am a (mainly) retired doctor and long-suffering husband of Jackie Morris, responsible for endless weeding and moving plants from place to place at her whim. I have also been collecting and trying to train/grow Bonsai trees since 1986, but with more enthusiasm than dedication to the discipline. I have only been to four workshops and conferences in all those years.

So, to be clear, I am emphatically not a Bonsai Master, but I have known several people who were/are accomplished in the field and I have (slowly) learned to keep small trees alive and healthy (no small task!). In addition, I have long enjoyed collecting trees in the mountains and, on occasion, I have actually produced a relatively attractive tree that I'm not ashamed to show friends and colleagues.

I am excited to share what I have learned over these 33 years of trying, and I hope my words will encourage some members of the LVGC to take up the hobby.



Margaret Nakahara's Notes on Orchids

Synopsis by Aline Burlone

There are some 26,000 species of orchids that live in the wild. That does not even start to count all the hybrids and cultivars that have been derived from them. Here are some of the ones mentioned during the talk:

Aerangis <https://en.wikipedia.org/wiki/Aerangis>

Aliceara

Beallara

Bletilla

Bulbophyllum

Cattleya

Cymbidium

Cypripedium

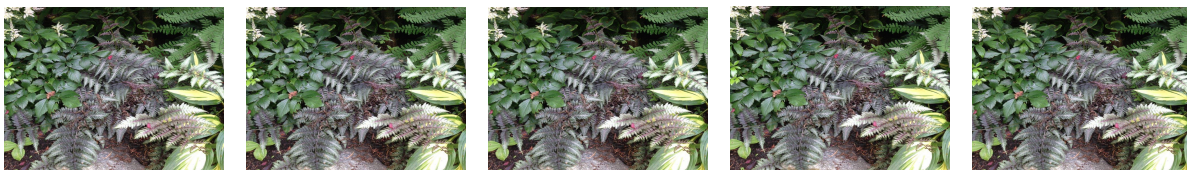
Dendrobium

Dracula

Paphiopedium

Pleione

- Orchids are epiphytes not parasites. They grow on the surface of a plant and get moisture and nutrients from the air, rain, or from debris accumulating around it.
- They do not like to be wet.
- They can grow in a variety of media such as bark, perlite, lava rock and hydroponic beads - they just need something to anchor their roots in.
- In order to bloom orchids need a 10 degree difference between daytime and nighttime temperature.
- Repotting them can help promote blooming.
- *Phalaenopsis* can be repotted once a year.
- *Cymbidium* should be repotted every 3 years.
- They do not like to be potted up - they are happier staying in the same size pot.
- When repotting an orchid note down the date it was repotted.
- *Cymbidium* can be put outside in the summer but must be introduced to the sun slowly.
- *Cypripediums* are native from Alaska to California and can grow outside in the semi-shade, however they need protection in winter from too much rain. They do not mind the cold.
- Do not cut the stalk on *Dendrobium* as blooms develop on it.
- *Pleione* is an outdoor orchid that needs a sheltered condition near the house but should not be allowed to dry out.
- If the roots look rotten, sprinkle them with cinnamon or garden sulfur.



The Rocket Science of Orchid Growing - Part 1 - WATERING - Margaret Nakahara

Many people receive orchids as gifts and then have no idea how to take care of them. What most people don't realize is that orchids grow on trees and hence do not need to be drowned with water. Drying out slightly between watering usually helps the plants to grow. Air around the roots is a must in most cases, and good drainage helps to keep the plant from becoming soggy.

Watering adjustment:

Water more when....

There is more light
The temperatures are higher
The humidity is lower
There is more air circulation
The plants have thinner leaves
The plant is mounted on a slab
The plant is growing in a basket
The plant is in a small pot (they dry faster)
The plant is in a clay pot (porous and allows for evaporation)

Water less when....

There is less light
The temperatures are lower
The humidity is higher
There is less air circulation
The plants have thicker leaves or have thick pseudo bulbs
The plant is in a plastic or other non-porous pot
The plant is in a large pot (holds more moisture)

Test for water:

Use a wooden barbecue skewer to measure the water or moisture level in the plant. Insert the skewer into the medium, and if removed, it has medium sticking to the skewer, or if the skewer feels moist, then no watering is needed.

If the pot feels heavy, then usually, no water is needed, but if the pot feels light, then do the skewer test to see if there is a need for watering.



Vegimates' Vegetable of the Month: EGGPLANT

- Bruce Tennant

For the record, I have never grown *eggplant*, in fact I don't particularly like it, except for its variety of shapes and colours. The only dish I know of that incorporates *eggplant* is moussaka and it goes without saying it is not one of my favourite Greek dishes. However, Tom tasked me with this, so - thanks Tom!



A little history to start... *Eggplant*, was likely first cultivated in India about 4,000 years ago and then spread (God only knows why!) East to China, where it apparently caught on (again, only God knows why?). From China the plant migrated along the Silk Road, West to Turkey and into Southern Europe where it became known as Aubergine and where it had a reputation for being an aphrodisiac (which may be why Tom is so enamoured with it). In Northern Europe it had a reputation for causing "madness", probably because of its botanical relationship to deadly Nightshade (which also may explain Tom).

You may be wondering why it is called *eggplant*, after all, it has nothing to do with chickens. Its botanical name is *Solanum melogena* and is related to the tomato, pepper and potato families. In its ancient days, it was a dark purple colour and then during its travels it morphed into the plant we know today. At some point, one of the cultivars actually looked like an egg and was recorded in 1763 as being called an "*eggplant*" in North America. For those of you that have read this far, (it must be a cold day and not suitable for gardening) it is known as *aubergine* in the U.K. and France, *eggaldin* in Icelandic, *planhigyn wy* in





Welsh [*and padlizsán in Hungarian*]. For the Swiss name you will have to ask Yvonne.

Eggplant is actually a fruit. If you are still interested in growing eggplant (and I can fully understand why, if you don't - I certainly won't be growing it...) it is apparently easy to grow. It works well in the garden or in a container (20 L pail) as the plant grows to about 2 feet tall (60 cm). Eggplant is a heat-loving plant and must be started indoors, 6-8 weeks before the last frost-free date, using bottom heat, and will germinate in a week to 10 days. When transplanting, leave about 45-60 cm between plants. Plants take between 60-90 days to reach maturity depending on variety.



Eggplant suffers from the same diseases as tomatoes and potatoes. When harvesting, one should cut the stem of the fruit and not pull it off (I have no idea why, having never grown or harvested them, but that is what the experts say).

As for cooking the wretched things, (full disclosure; I have never cooked one and likely never will), it is reliably reported that raw eggplant has a bitter and astringent quality but becomes tender when cooked. If you are using older varieties, they benefit from "degorging" to remove the bitterness. "Degorging" is salting, rinsing and draining the sliced fruit. Modern cultivars may not need this. The flesh is reportedly smooth and the many small seeds are soft and edible along with the skin. You must however remove the calyx, which is the green part at the top of the fruit.

Eggplant can be steamed, stir-fried, pan fried, deep fried, barbecued, roasted, stewed, curried or even pickled. Think about that: who would eat a pickled eggplant?!? It can be stuffed (with eggs?) [*Nope: with rice and seasoned ground beef -ed*] and mashed or used in sauces. Very versatile, but then so is an electric drill and the drill is much more useful.

Eggplant is low in macro and micro-nutrients (another reason not to grow or eat it) but it does absorb oils and other flavours, much like a mushroom. For those determined few of you, I have included a recipe from the Vancouver Province newspaper for eggplant. It is a lot of work and, really folks, probably not worth the effort preparing.

my-greenshelter.com



Regular/classic eggplant



Sicilian Eggplant



Italian Eggplant



White Eggplant



Indian/Baby Eggplant



Japanese/Chinese Eggplant

FUN FACTS

- The pinkish-purple-grayish colour in your Crayola box of crayons was introduced in 1998 and is named *eggplant*.

- The emoji world has adopted the eggplant as a euphemism for a certain male appendage. The banana came in second place. [*illusions of grandeur? - ed*]

- The President of the USA, Thomas Jefferson, is credited with popularizing the eggplant in North America. This just shows that while he may have been a good President, he certainly lacked in his ability to judge fruits/vegetables.

- There are about 15 to 20 varieties of eggplant, mostly grown in China.

Cashew Eggplant Chicken Stir-Fry [*sounds like 'teenage mutant ninja turtles' - ed*]

This recipe sounds like a mouthful, and it is – in a good way. Cashews and red onion provide a tender crunch, and there's just enough chicken to satisfy a carnivore. The niftiest thing about it, though, is how it treats the eggplant. You'll want to use what's called for here: slender Japanese eggplant or the baby Indian ones, so you can cut same-size rounds. Soaking them in salted water will draw out any bitterness and help reduce the amount of oil that the eggplant typically soaks up once it hits the pan. The rounds cook evenly and even get a chance to sear a bit, without losing their

shape or moisture. They're almost meatier than the chicken. Just be sure each one gets turned so it can cook on both sides, which is easy to do when you're cooking in a large wok. A minimal sauce finishes the dish quite nicely. Serve with rice, or atop sweet potato noodles.



Adapted from a recipe at TheFedUpFoodie.com

1 lb slender Japanese eggplants or Indian (baby) eggplants
 1 tbsp (15 mL) sea salt, for the soaking water
 1/2 medium red onion
 12 oz boneless, skinless chicken thighs
 2 cloves garlic
 1/2-inch piece fresh ginger root
 1/3 cup (75 mL) no-salt-added chicken broth

1 tbsp (15 mL) toasted sesame oil
 1 tsp (5 mL) Sriracha sauce
 1 tsp (5 mL) fish sauce
 1 1/2 tsp (7 mL) low-sodium soy sauce
 1 tsp (5 mL) cornstarch (may substitute arrowroot)
 1/2 cup (about 2 1/2 oz) roasted cashews (salted or unsalted)

1. Trim off and discard the eggplant stems, and then cut the eggplant crosswise into 1/2-inch rounds.
2. Dissolve the salt in a large bowl of water, then add the eggplant rounds. Weight them down with another bowl so they stay submerged. Soak for 18 minutes, then rinse, drain and pat dry.
3. Meanwhile, cut the onion into thin half-moons. Trim off and discard all visible fat from the chicken, then cut the chicken into 3/4-inch chunks. Peel the garlic and ginger root; mince both and place in a liquid measuring cup, along with the broth, half the toasted sesame oil, the Sriracha, fish sauce, soy sauce and cornstarch, whisking to form a slurry.
4. Heat 1 teaspoon of the toasted sesame oil in a wok or non-stick sauté pan over medium-high heat. Swirl to coat; once the oil shimmers, add the eggplant. Stir-fry for about 5 minutes, until browned on both sides, then transfer to a plate.
5. Add the remaining 1/2 teaspoon of toasted sesame oil to the pan; swirl to coat, then add the chicken. Stir-fry for 2 minutes, then add the onion and cashews; stir-fry for about 2 minutes or until the chicken is cooked through. Stir in the slurry and return the eggplant to the pan; stir-fry for a minute or two, just until warmed through and evenly coated.
6. Divide among individual plates. Serve right away.

Makes 2 to 3 servings.



Tips & Tricks

Garden Seed Stakes

- Judith Brook



I use these when starting seeds in the house. I write on adhesive tape and place on the stick. Under \$2 at the Dollar store. [They work great! -ed]

Sprouting ideas

- Wayne Smith

I'm hoping this idea works. My peppers have been slow to sprout, so I took a pre-soaked peat pellet, poked a few pepper seeds into the peat and put the pellet in a ziplock bag. I have the ziplock bag in

my shirt pocket. [visually verified at Seedy Saturday.] I may try to take my seeds to bed with me [not a good idea if you have a 2 or 4-legged bed partner - ed] to give them night-time warmth, just have to work out a way not to squash them.



Here's an idea I played with this morning: A coffee filter in a pot. I am hoping the crinkles in the filter will get more air to

the roots and discourage root wrapping.

These seed sprouts are a few mystery peppers I got from a pepper I bought. 99% came up in a zip lock bag. I am putting a plastic bag over the pot as well.

Meanwhile: My high priced F1 hybrid peppers are over in dad's warm house still wishing they were alive.

Gardening Gloves - Rita Marshall

HEADS UP! Costco has 10 pair gardening gloves for \$14.99 !!! That's a steal!



PLANT SALE SOIL & POTS

... will be outside Doreen's house, the same place as last year. We are still awaiting delivery. The soil should arrive the week of 18th March. We will keep you posted. The soil is of very high quality, the same as last year, but very *expensive*, so we asking you to limit your amount to 3/4 of a large dog food bag (provided!).
POTS: if you have extra pots they can be left TIDILY next to the soil for members to use.

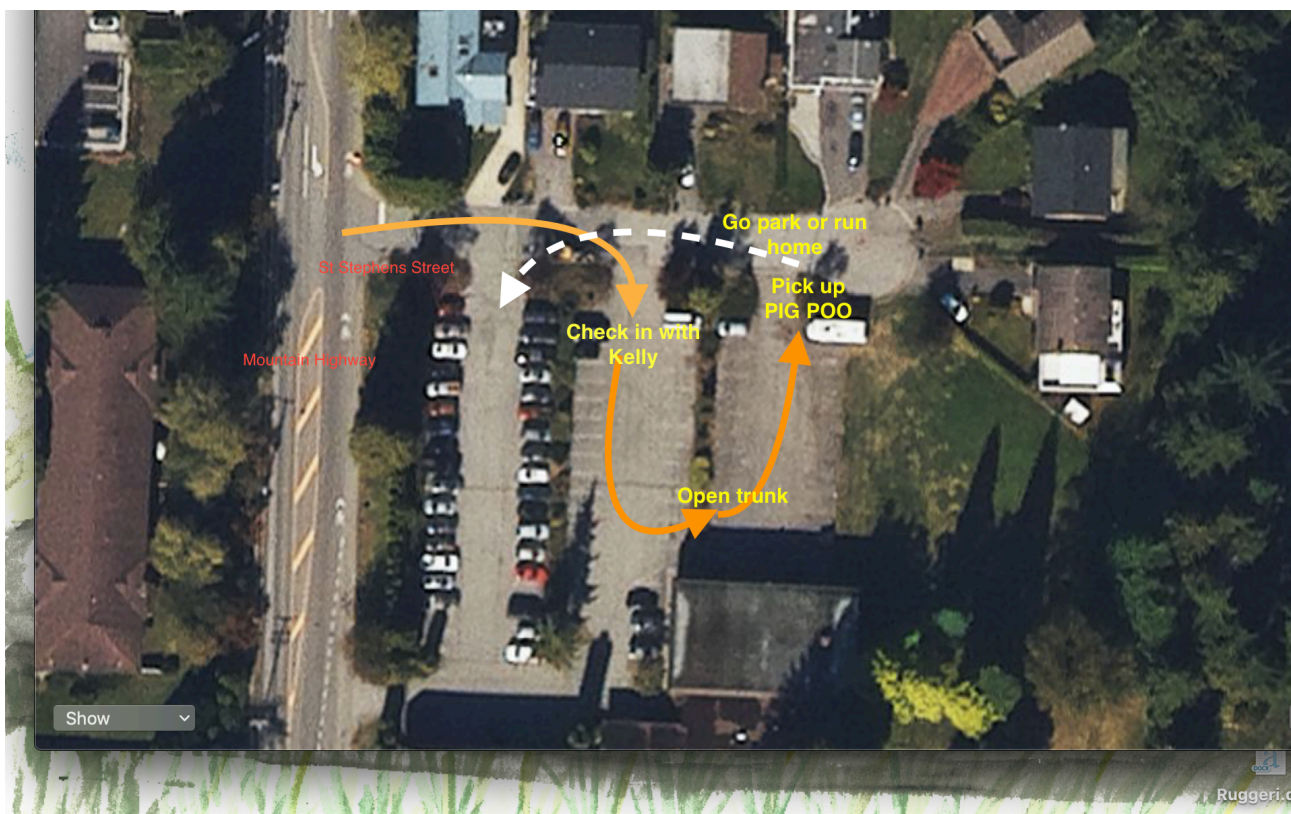


PIG POO PICK UP PROCESSION



People who purchased prime *Pig Poo*: PICK UP @ 5:30 PM BEFORE THE MARCH MEETING

SEE PICTURE



The Pig Poo Procession/drive-through will go as follows:

1. Turn in to St Stephen's Street and find the 2nd driveway entrance on your right.
2. Check in with Kelly, the Pig Poo Purveyor, who will confirm your order, sort out payment *etc.*
3. Receive a number indicating the number of bags you get to take home.
4. Process around by the entrance door, pop open your trunk. [Note to self: tarp that trunk!]
5. Head for the 3rd exit - where the Poo truck will be parked.
6. Present your number and pack the poo in your trunk.
7. Exit, stage left - and either park via the 1st driveway, or sprint home to dump off the bags.

Indigenous agriculture has potential to contribute to food needs under climate change **- sourced by Rita Marshall**

Hawaii aims to increase its food self-sufficiency, with a target of 30 percent by 2020

PRESS RELEASE FROM THE UNIVERSITY OF HAWAII AT MANOA

The State of Hawaii, like many municipalities across the globe, aims to increase its food self-sufficiency, with a target of 30% of its food produced locally by 2020. Increasing temperatures and changes in precipitation are already occurring locally and globally, and plans to meet food self-sufficiency goals must consider how climate change will affect agricultural viability.

Researchers from Kamehameha Schools, University of Hawaii at Manoa (UH Manoa) and the United States Geological Survey (USGS) have published a study in the journal *Nature Sustainability* (March 2019) highlighting the large role indigenous agriculture can play in producing food, while supporting biodiversity and indigenous well-being in Hawaii under intense land use and climate changes.

The researchers of the study focused on the archipelago of Hawaii, where development pressure, rates of food importation and threats to unique native species are among the highest in the world. Furthermore, climate change impacts are expected to increase risks to communities in isolated regions like the Pacific, heightening the necessity of resilient, locally-produced food and community-based solutions.

To determine the past, present and future potential of indigenous Hawaiian agroecosystems and inform their restoration, the researchers developed spatial distribution models of three main Kanaka Maoli agroecosystems under current and future climate change scenarios. The models incorporate environmental and climatic data to determine areas suitable for certain crops and agricultural systems. The team found that Hawaii could have sustained approximately 250,000 acres of traditional agroecosystems, potentially producing more than 1 million metric tons of food annually, levels comparable to food consumption in Hawaii today. Furthermore, the study's carrying capacity estimates lend support to previous hypotheses that pre-contact Kanaka Maoli populations were comparable to Hawaii's population today.

Said Dr. Natalie Kurashima, lead author of the study, "For indigenous communities around the world, the restoration of indigenous food systems goes far beyond food security, providing opportunities for strengthening identity, social ties, knowledge transmission and well-being, inseparable from indigenous food. All of these characteristics, evident in the growing number of aina revitalization efforts going on across Hawaii, can improve social resilience to climate change."

The study also showed that although Hawaii is one of the most urbanized Pacific Islands, urban development has only slightly reduced potential traditional agroecosystems and the majority of suitable areas (71%) remain agriculturally zoned, and thus could be restored without land use restrictions today. However, like many agricultural lands around the globe, these areas are continually threatened by land conversion and development, emphasizing the current need to protect and utilize these indigenous agricultural lands.

The researchers found that projected effects of three future climate scenarios vary from no change in potential production, to decreases of 19% in the driest and warmest end-of-century scenario, meaning that large indigenous agricultural areas will likely be viable under a range of future climate changes.

"The study provides the first set of maps illustrating indigenous agricultural lands that could be resilient to a wide range of future climate shifts, which could help land owners prioritize target areas for restoration of Native Hawaiian agriculture today," said Dr. Lucas Fortini of USGS and co-author of the study.

"Our study provides a new understanding of the food production contribution of indigenous Hawaiian agriculture now and into the future, and really highlights the relevance of restoring indigenous agricultural systems today. These systems are flexible and adaptive, and include both traditional and modern crops relevant today," said Dr. Tamara Ticktin, professor of botany at UH Manoa and co-author on the study.



Volunteer needed:

The BC Council of Garden Clubs needs a volunteer to serve on its scholarship committee to help evaluate applications and even present the awards.

If you are interested, see letter at end of LEAF or contact Anna Marie for details.

The African Fever Tree

- by Penny LeCouteur



"The great, grey, green, greasy, Limpopo River all set about with fever trees."

You may recognize the quote from Rudyard Kipling's *Just So Stories*. I didn't know what fever trees looked like - but now I do. They not only occur on the banks of the Limpopo River which can be the boundary line between South Africa and Zimbabwe, but also in many parts of South Africa and other southern African countries, usually around water or other somewhat marshy areas. The bark is a pale yellow-green and seems to glow in the evening light.



On every fever tree there is a dead, often black, branch known as a 'sacrificial branch'. Apparently, when the ground water is too brackish, the tree sends the excess salt to this one particular branch in order to keep the salt level low in the rest of the tree. (Yes, the idea that the tree "knows" to do this sounds a bit weird but this is how it was explained to me - by a botanist!) If one cuts off this dead or dying sacrificial branch, the tree selects another bough to act as the reservoir for excess salt. The first photo is a big fever tree, the second is a close-up of the trunk and bark and in the third photo you can clearly see the thin blackened sacrificial branch, starting approximately in the centre and stretching towards the top left-hand corner. Africa is amazing with all sorts of amazing plants.



Death-Cap Mushrooms Are Spreading Across North America

- found by Lorraine Robson in *The Atlantic*

"There's nothing in the taste that tells you what you are eating is about to kill you."

Lorraine writes, "The article [...] mentions *Vancouver specifically* as a place where these deadly poisonous mushrooms are to be found. Probably most of our LVGC members wouldn't eat something they can't properly identify, but it may be worthwhile to remind friends and family, too. Perhaps we all need reminding not to eat anything we're not absolutely certain of. My mother drilled that into us as children. So many things are poisonous, even plants like Rhododendrons (though we may be less likely to eat their parts than mushrooms). With the trend of putting flowers in salads, we should really know which are safe before we eat them.

Here are some excerpts from the article - **please go and read the whole thing as it is quite eye-opening!!!**

"Between a sidewalk and a cinder-block wall grew seven mushrooms, each half the size of a doorknob. Their silver-green caps were barely coming up, only a few proud of the ground. Most lay slightly underground, bulging up like land mines. Paul Kroeger [...], knelt and dug under one of the sickly



colored caps. With a short, curved knife, he pried up the mushroom and pulled it out whole. It was a mushroom known as the death cap, *Amanita phalloides*. If ingested, severe illness can start as soon as six hours later, but tends to take longer, 36 hours or more. Severe liver damage is usually apparent after 72 hours. Fatality can occur after a week or longer. "Long and slow is a frightening aspect of this type of poisoning," Kroeger said.

"When *Amanita phalloides* first appeared in British Columbia in 1997, he took careful note. It had never before been seen in Canada. The single reported specimen was found among imported European sweet chestnut trees..." "The species appeared again a year later, under a large, ornamental European beech tree on the grounds of a government building in the provincial capital, Victoria, on southern Vancouver Island. Ten years later, death caps began to appear in Vancouver, in a neighbourhood shaded with mature European hornbeam trees." "The first serious poisoning in British Columbia was reported in 2003, and another occurred in 2008. Both victims survived. Then, in 2016, a 3-year-old boy from Victoria died after eating mushrooms found outside an apartment complex." ... "When Kroeger put together maps of the first death-cap outbreaks in Vancouver, he had no problem seeing the pattern. They were showing up in neighbourhoods built in the 1960s and '70s, growing under broadleaf trees that had started off in nurseries." "Once an ectomycorrhizal fungus is in the ground, even killing the host tree won't stop it."

"[...] The death cap's journey is only a symptom of a larger phenomenon—the global mobilization of the entire Fungi kingdom. With their blowing spores and underground mycelia, mushrooms can travel in as many ways as humans can carry them. Bunyard, who has a Ph.D. in plant pathology, is concerned about how mushrooms might displace and change their new ecosystems. "The way bacteria are the primary pathogen for animals, fungi are the primary pathogens for plants," he said. "What's going on is under the soil, what we don't see. Some of the native mycorrhizal fungi are being displaced, which will in turn displace plants."

There is more, much more... click on the link in the email or copy this:

<https://www.theatlantic.com/science/archive/2019/02/deadly-mushroom-arrives-canada/581602/?fbclid=IwAR2wItP8-LedmHJnNGdoFk5eiBWbpuUricaoIBBAtbAnpbqvGmNhQbnAmok>



International Women's Day: Trail-blazing Women of Kew – from Carole Cobbett

[BBC News - <https://www.bbc.com/news/science-environment-47463053>]

"London in 1896, and a curious turn of history.

Women gardeners were employed for the first time at Kew, and on equal pay, decades before women gained the vote.



Made to wear the same garb as male gardeners so as not to distract their colleagues, their brown woollen bloomers soon made the news. As the satirical magazine, *Punch*, put it, "They gardened in bloomers the newspapers said. So to Kew without waiting all Londoners sped." After a blaze of publicity, the powers that be changed their minds and skirts were reinstated.

Now, more than a century on, Kiri Ross-Jones, archivist and records manager at the Royal Botanic Gardens, Kew, reflects on the trail-blazers of Kew. She says it's incredible that at this point in time, women were in horticultural employment.

"They worked long days, there was a lot of physical work involved in it - and also the studying side of it as well - these women were studying in organic chemistry and physics as well as botany and horticulture." [...] Annie Gulvin, Alice Hutchings, Gertrude Cope and Eleanor Morland, who trained together at Swanley Horticultural College, became the first female gardeners at Kew.

"The writers of the *Journal of the Kew Guild* for 1896 had mixed feelings about the employment of

female gardeners: "Some of the work seems too laborious for them but this is their affair... Given fair play and no favour we do not object to anyone competing in the field of horticulture, be it prince or peer, retired army officer or young lady. The pity it is that in the case of women, marriage would terminate their gardening career."

[Read the rest - as there are links to other good stories within! - by clicking on the link in the email or by copy-pasting the link under the title].



For planning purposes:

The April Meeting will be on **April 11**

This is ONE WEEK EARLIER than usual - on the 2nd Thursday of the month. This change of date was prompted by Easter being on April 21. As Catholic Easter-tide observances run up to Easter Sunday, the whole week before is full, and St. Stephen's needs the hall. No, this will not happen every year, as Easter moves about - for the 'how' and 'why' of that, see Rosemarie's notes below.

LVGC Plant Sale **May 18**

The LVGC annual Plant Sale, on the other hand, will be ONE WEEK LATER than last year. This is because the date for St. Stephen's parish Confirmation, chosen by the Archdiocese, was the date of our plant sale. No contest. We would be very much underfoot - so it makes sense to move the plant sale to the weekend after. Our plants will be that much BIGGER then... and also consider the extra prep we have to do with the new venue, the 75th celebrations: the extra week is literally a God-send.

Sign-up sheets for plant sale jobs will be circulated at all the meetings before the sale: sign up soon, as the prime spots go fast! There will be **new options** this year - so more can join the fun! There will be a "**Membership Table**" and a "**Honey Table**" as well as an "**Invasive Species**" table. Contributions to the latter of "the real thing" is welcome - but keep 'em small (eg not an entire *Buddleja*). On the other hand, "good" plants for the sale need to be the bigger, the better: NO SEEDLINGS please. Thanks to the MALS, there will be a list of "stuff that sells" coming your way.

If you **need to contact someone about the plant sale** - the people you want are the MALS, Doreen Dew, Linda Howe, Hiromi Matsui and Daphne Page. Their phone numbers are on p2. All members' phone numbers are at the end of this *Leaf*, but if you need to reach anyone sooner, you can email the *Leaf* and the message will be passed forthwith.



EVENTS:

Saturday APR 6, 2019 9:00 AM - 4:00 PM
2019 ANNUAL GENERAL MEETING
BC Council of Garden Clubs

Gardening in the New Millennium: Our committee is preparing for our next AGM, We will look at new gardening techniques, innovations in green initiatives, and welcome the voice of our younger gardeners. Firefighters Banquet & Conference Centre, 6515 Bonsor Avenue - Burnaby.

Saturday, May 4, 10AM-2PM

VANCOUVER RHODODENDRON SOCIETY
Annual Show and Sale at Park & Tilford
333 Brooksbank Ave., North Vancouver



June 15-16, 2019
DENMAN ISLAND HOME AND GARDEN TOUR

I am hoping you can help us spread the word to your membership about this great event - an important fundraiser for the Denman Island Conservancy - protecting rare ecosystems on the island since 1991. We welcome garden clubs from all across BC - many choose to carpool or rent a charter bus for the event. Thank you for your consideration!

Tickets are now on sale for this enchanting Tour, deemed by the Globe & Mail "one of Canada's top six horticultural events." Every two years this idyllic island throws open its garden gates, inviting the public for a rare up-close look at the creativity, skill and passion Denman residents pour into their properties.

The Denman Conservancy has declared 2019 to be The Year of the Wetland, and many of our extraordinary properties offer natural and man-made water features, creating complex, lively ecosystems. The famous Des Kennedy Garden is a major attraction again this year, and other highlights include an organic vineyard (with tasting room!), a home built from creatively recycled components, a modern homestead and market garden, a couple of oceanfront west-coast architectural delights, and an island-style chocolate factory. Bloom lovers will not be disappointed, either - roses, lilies, and a whole host of other blossoms will be found in abundance. This weekend event provides an unforgettable experience for lovers of gardens, homes and rural charm. Many people return year after year, and are never disappointed. Join them! Come for a day trip, or *book into a cozy B&B* and stay for the weekend.

Early bird tickets are \$18, and can be purchased online at <http://www.denman-conservancy.org/home-and-garden-tour/>.

You can also find us (and Like us) on Facebook: www.facebook.com/DenmanIslandHomeAndGardenTour. Please help us spread the word about this great event.

The Compost Bin

- Maria Issa

Still not much in it these days, as I'm higher up than most - so even if you are thawing out - I'm, unfortunately, not.

Thinking of **joining the LVGC Exec?** It's definitely worth it! The last Exec meeting was at Linda Howe's - and we were delightfully spoiled [*Linda: need that brownie recipe!*]. While it snowed outside, inside our tummies were warm and the mood was great. 'The Pres' worked us through the agenda and things were discussed, decided.... There were fewer of us this time, so while we had fun, we didn't go too far off track: in fact, we were superbly efficient. The exec is where you discover kindred spirits, friends whom you just met, but seems you have known them all your life.

As there was so much wonderful information contributed to this month's Leaf, Part 2 of the Microbiome story will have to wait: I wouldn't want to burn out your neurons - or mine.

From the Northshore
Neighbourhood House



February 7, 2019

Lynn Valley Garden Club
1199 Lynn Valley Road
PO Box 16053
North Vancouver, BC, V7J 3S9

To whom it may concern,

On behalf of the North Shore Neighbourhood House, thank you for your very kind donation of \$600 to go towards our Edible Garden Project. Your gift makes a huge difference to our programs and services and your generosity is greatly appreciated. We could not do the work that we do without the support of our community and we are so grateful for your support.

Please find enclosed your official tax receipt. Should there be any problems, please do not hesitate to contact us.

Kind regards,

Lisa Hubbard
Executive Director, North Shore Neighbourhood House



11 February 2019

Dear members of Lynn Valley Garden Club

We write to you from the Scholarship Trust Fund Committee of the BC Council of Garden Clubs, of which your club is a member. We are grateful for the donations which your club has made to the BCCGC Scholarship Trust Fund in recent years. These donations demonstrate your club's commitment to the education and training of the province's future horticulturalists.

Our committee of three currently has a vacancy for one member and will have an additional vacancy for a three year term to be filled at the BCCGC's AGM on 6 April 2019 as our chairperson completes her three year term. We are looking to garden clubs in Metro Vancouver for volunteers to fill these interesting and rewarding vacant positions.

The Scholarship Trust Fund Committee meets approximately eight times throughout the year. There is decision-making to be done annually as we allocate the available funds to educational institutions. We liaise by telephone and email with the various educational institutions and with Vancity Community Foundation, which administers the Scholarship Trust Fund on behalf of the BCCGC. We are also responsible for encouraging and acknowledging donations to the Fund from individuals and clubs. Occasionally, we have the opportunity to present awards to students and to meet with the scholarship recipients.

If you feel that you would like to be part of this team we would love to hear from you and to answer any questions that you might have. Please contact us at the email address below.

Yours sincerely

Gillian Davis and Brenda Woosnam
Trustees, BCCGC Scholarship Trust Fund
scholarship@bcgardenclubs.com

