



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

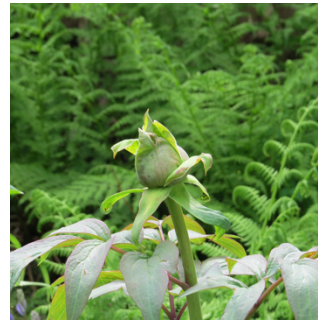
May 2022

President's Message – Lorraine Robson

The month of May is full of promise in the garden. Despite the cold, wet weather that feels more like March than May, some plants are blooming right on schedule. The lilac buds are plumping up and the white umbels of Sweet Cicely (*Myrrhis odorata*) rise above



the ferny foliage as if they hadn't a care in the world. Icy winds, heavy rain, hail -- nothing will stop the Spanish bluebells (as much as I might wish to halt their bid to take over my entire garden!). The peony buds seem smaller than usual for mid-May, except for the one large bud on the tree peony. I was thrilled when it



bloomed for the first time last year and can't wait to see it open its luscious pink petals again. Even the fussy Martagon lilies, which came up but did not flower last year, are in bud now. Since I've planted them before only to have them shrivel up and waste away, I'm excited.

Likewise, our Plant Sale on Saturday, May 21 promises much excitement. There's a special kind of energy that comes from participating in the you've never been set up and the sale itself. If part of it before, be sure to introduce yourself to the our newest members are Judging by the many updates MALs each day, it also well-organized event. Ann Couteur, Brenda Reid, and Marilyn Bullock have put thought into planning every advertising to volunteer please do your best to follow their directions. It helps so much when your plants are labelled and delivered to the host site by noon on set up day (Friday, May 20) for pricing. We will have thousands of beautiful plants at great prices, so please invite your friends and neighbours, too. You can find the addresses of all 6 sites by checking our website at <http://lynnvalleygardenclub.org>. Check out some of the beautiful hand-made items in the Silent Auction! Thank you to everyone who is contributing their time, plants, and auction items, and to Kathy Stubbs, Linda Schell, Maria Issa, Judy Lashley, Carol Ferryman, and Sharon Carabetta for agreeing to host the sale in their front gardens again this year!



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Since COVID cases and hospitalizations are on the rise again this week (even with very limited testing), please wear a mask and take all the precautions which are so familiar to us all. Having been sick for the past two and half weeks despite being triple-vaxxed, I can

LVGC MEETINGS
Non-Pandemic: 3rd
Thursday of each
month (except July
and August) non-
pandemically at
St. Stephen's Church
1360 E 24th Street

Pandemic: ZOOM
MEETINGS WILL START
AT 7PM

NINA SHOROPLOVA
LEGACY OF TREES:
PURPOSEFUL WANDERING
IN VANCOUVER'S
STANLEY PARK

May 19, 7 PM

We have managed to get rid of our PO Box as we get 99% junk mail. Consequently, if you need to contact anyone at LVGC please use email or phone! If you must send a thing – phone to get the address and send it to a VIP (list is on the next page)

PLEASE USE
ELECTRONIC ACCESS
Your emails are welcome!
lynnvalleygardenclub@gmail.com

Executive 2022

President
Lorraine Robson x
Vice President
Gillian Konst x
Secretary
Sarah-Jane Gray x
Treasurer
Donna Wasylik x
Membership
Barb Downman x

Members at Large (MAL)

Penny LeCouteur x
Ann McKinnon x
Courtney Mitchell x
Marilyn Bullock x
Brenda Reid x

Committees

Newsletter Editors
Maria Issa x
Margaret Campbell x

Plant Table
Norma Buckland x

Hospitality
Sharon Carabetta x
Susan Nicholls x
Daphne Page x

Sunshine / Door Prizes
Rosamond Hughes x

Website
Aline Burlone x

Executive Meetings
By Zoom, 1st Wednesday of each
month, 7PM

Next Newsletter Deadline
Beginning of May
If you have material to delight
your fellow members - please
submit it via the time-honoured
routes or email to
[mailto:lynnvalleygardenclubnew
sletter@gmail.com](mailto:lynnvalleygardenclubnewsletter@gmail.com)



Thanks to all who contributed to
this edition: Rosemarie Adams,
Judith Brook, Aline Burlone,
Sharon Carabetta, Maggie Davis,
Barb Downman, Norma
Ferguson, Linda Howe, Penny
LeCouteur, Rita Marshall, Linda
Schell

tell you that you don't want to catch this! I know we are all tired of wearing masks, but please take care to protect each other.

July holds the promise of a combination bus-less field trip and Members' Garden Tour, so save the date: Saturday, July 9! The Wild Bird Trust has agreed to give us a tour of the Maplewood Flats Conservation Area with a focus on plants for attracting native pollinators and birds. They have a lovely small native plant nursery that sells well-grown stock. If you garden east of the Seymour River and would like to be on the Members' Garden Tour this year, please get in touch with me by email. We're keeping it local to make it easy to travel there without being in an enclosed space with many people. More details to follow in June.

A rescue dig on a rare sunny day in April gave me a chance to see the now-legendary skills of Sue and Rob Callahan as they dug a trench around a beautiful cut-leaf maple and cleverly used straps to tip it over so they could reach below to cut the roots. [Check out the video in the LINKS file - ed] They beavered away at it for hours! Once the sizeable root ball was finally free, it took 5 or 6 of us to haul it across the back yard on a tarp, down a narrow stairway, up the glass- and drywall-littered driveway, and up two planks onto the back of their truck. Maria Issa, Kathy Stubbs, Jessica McCulloch, and Hiromi Matsui all had a hand in it and rescued some lovely smaller shrubs, too. An azalea, some roses, a hydrangea, and many bulbs will live for years to come. A woman walking her dog stopped to say how sorry she'd been to see the beautiful garden fall into neglect and how glad she was that we were rescuing the plants, so, of course, I invited her to our Plant Sale!

I loved everything about the dig: the camaraderie of these enthusiastic LVGC members, the very chocolatey cookies delivered by Linda Schell and her husband, Peter, and the chance to give these plants a new life. I was also floored when I walked around the corner into the back garden to see a wall of coral-pink Camellia blossoms so very like the huge Camellia that grew in my parents' garden. You already know how sentimental I am about favourite plants from that garden. I took cuttings of that Camellia before the house was sold, managed to get three of them to survive for a couple of years, and then lost them when they dried out while we were away in Italy one summer. Every spring I scout the nurseries looking for one in just that colour and with the same perfect double rosette form. If I find one in the right colour, the form is too loose, and if I find one in the right form, then the colour is not the same. I cut an armload of branches and am thrilled to get another chance to propagate it. These little stems carry so much hope and promise.



On a less promising topic, I have been looking into alternative in-person meeting places since the hall at St. Stephen's remains shuttered. Due to "supply chain issues," they have not begun renovating yet. Even their own church groups are not using the hall. Our contact has assured us that we will be welcome back once the hall is ready, but they do not know when that might be.

The new Executive team decided early this year that we would continue with Zoom speakers until June. This step made sense since our first three speakers were already booked as Zoom talks and we needed to book the next 3 months of talks without knowing whether or when COVID restrictions would be lifted. Many garden groups are still meeting on Zoom and some that never moved to Zoom are still not meeting at all.

The search for a physical meeting space is challenging because some churches don't reply at all. Perhaps they are not risking any extra visitors yet. While the North Van Rec Commission and the North Van School District have some suitable spaces (and many that are not), they assign rooms to all of their own programming before booking any community groups like us. Since we are looking to rent a space in the fall, they both have asked me to contact them again in July when they will have some idea of what's available for September. I will keep trying, but I would really appreciate your help. Do you know of any private halls available for rent that would fit at least 80 chairs in rows with space for 4 tables?

We will also need LOTS of parking. If the room has large windows, they should have screens or curtains so that we can see the slide presentation. A kitchen for making tea and coffee would be nice. Please ask your friends and family where their clubs meet and pass along any suitable suggestions to me. If you would like to volunteer to locate and contact possible rental places, please do! I would welcome your help.

Meanwhile, I hope the promise of your gardens is being fulfilled each day and that you find much joy in them. If last year's Heat Dome, the Atmospheric River, or the colder-than-usual winter have left any holes in your borders, you'll find just the right plant at the LVGC Plant Sale. Hope to see you all there on Saturday!

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." – Anais Nin

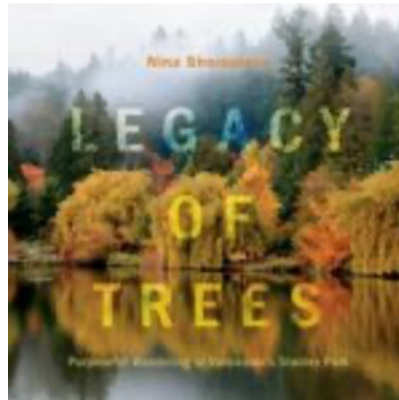


SPEAKER

NINA SHOROPLOVA

LEGACY OF TREES: PURPOSEFUL WANDERING IN VANCOUVER'S STANLEY PARK

Nina Shoroplova is a tree enthusiast, and raised in Wales, she immigrated to the Douglas Lake Ranch, the subject of the Douglas Lake Cattle Company. She is inspirational themes, and was a Group of Seven Reimagined: Historic Canadian Paintings. Nina holds from SFU and is a trained vocalist and community theatre. A professional Association and a member of the Stanley days writing her own books, editing the of trees and plants in every season.



historian, researcher, and author. Born Canada in 1969 and settled for a time at her first book, *Cattle Ranch: The Story of* has since self-published three books on contributor to the 2019 anthology *The Contemporary Stories Inspired by* a bachelor's degree in communications lifelong performer in choirs and member of the Canadian Authors Park Ecology Society, she spends her books of others, and taking photographs

Legacy of Trees: Purposeful Wandering in Vancouver's Stanley Park can be found in the North Vancouver District Public Library



REPORTS

Vice President – Gillian Konst

(From the Exec Minutes) Something special is being booked for June – but it's a real cliff-hanger.....

Treasurer – Donna Wasylik

Bank balance:	10,963.86
Cash on hand:	100.00
Total	11,063.86 <i>(watch this total change after the Plant Sale - ed)</i>

Remember that LVGC offers e-transfer as an additional form of payment for club members. Please state the reason for your transfer so that it can be applied to the appropriate income account: *ie* The Dig, Plant Sale, Membership, etc

The email to use for e-transfer is: LVGC.Treasurer@gmail.com. **HOWEVER – please note that e-transfer will NOT be available for the Plant Sale: please see the MALs' report below.**

Membership

- Barb Downman

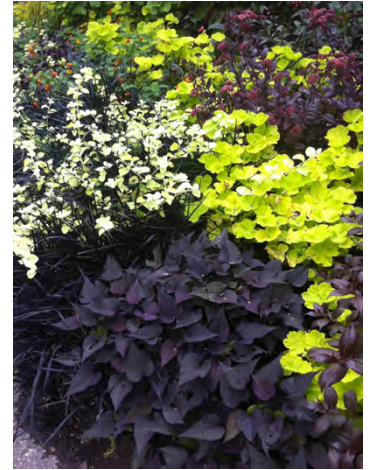
Membership has some sad news to report this month: *Luisa Veschini*, a long-time LVGC member, has passed away following a lengthy illness. Our condolences to Luisa's friends in the LVGC and to her family.

We continue to be at full membership. We now have a few names on the waitlist for next year!

Sunshine

- Rosamond Hughes

Considering Dylan Thomas' 1944 "Poem in October" where he described a walk "through parables of sunlight" and listened "to the rain wringing wind blow cold" - please let us know if you think that a member of LVGC might appreciate receiving a card acknowledging one of life's "milestones," an experience perhaps of a loss, of illness, or one giving others in LVGC the opportunity to offer congratulations and an extra smile... [Listen to this recording of that magical poem [here](#)].



Members at Large (MALs)

- Marilyn Bullock, Penny LeCouteur
Ann McKinnon, Courtney Mitchell, Brenda Reid

PLANT SALE INFO

The plant sale is almost here! It feels a bit like waiting for Christmas. We've done lots of work to get ready for the sale and now we can't wait to see the many irises, dahlias, hardy geraniums, coreopsis, sedum, ferns, fancy grasses, hostas, bushes, and small trees listed in the Perennials form that people told us they are bringing.

I see that I discouraged many of you from donating day lilies - it's just the really common orange ones in my garden that don't sell well. If you have fancy day lilies, or other plants that you now want to donate, just bring them along on Friday morning with the rest of your donations. By now, all of you who filled out the Perennials form should have received an email from me with your site assignment. Thank you for filling out the form, as it helps us allocate a balanced set of plants at each site. If you have not signed up at all but do want to donate some plants, just pick a site and deliver to the drop off area on Friday morning.

We hope you will have your **plants labelled** and your **pots clean** but we do understand that sometimes life goes sideways and not everything gets done.

There are fewer veggies this year than in the past so there will be only one veggie site, at Kathy Stubbs' place. We will also sell all other kinds of plants there and at our other five sites. Courtney scored some left-over plants from the West Vancouver plant sale, including pots of dahlias. We know those will sell!

All the Friday and Saturday volunteers should have received their site location and time slot from

Marilyn. If anyone now discovers that they can volunteer for the plant sale, feel free to contact Marilyn.

Anyone lending us a table should have heard from Penny where to deliver it. If not, please contact Penny by the usual means.

At the end of the day on Saturday, we will decide if we have enough plants left over to consolidate to one or two sites for a Sunday morning sale. Please check our website lynnvalleygardenclub.org for an update on the Sunday sale. This is also a good place to go for a copy of the poster, a list of the site addresses and directions, and pictures of the items for the silent auction.

We are holding a **silent auction** at two sites, in addition to selling perennials and shrubs there. Please note that the silent auction at Carol Ferryman's will **close at 1 PM** and the auction at Judy Lashley's will **close at 3 PM**. Brenda will phone each of the successful bidders, asking them to pick up their item by 4 PM on Saturday. If they want to pick up on Sunday by noon or if they need to make other arrangements, she will give them Ann's number so they can call or text her to confirm where their item is stored (the remaining items might be moved to one site). [The items received so far are **INCREDIBLE** - so plan on visiting those sites and bidding furiously! A sneak preview is at the end of this Leaf - and on the website. -ed]

Remember that for members, friends, and family the sale starts at 10 am. Bring cash or if you are a member,

we will take a cheque for larger purchases. We encourage people to wear masks when it is crowded and use the hand sanitizer we provide at the sites.

If there is anything else you need, do let one of the MALS know. We have extra pots and labels and can

help with last minute plant identification. By the time you read this, the weather gods will have decided our fate. **Umbrellas are good for both social distancing and sunshades!**



BRIGHT SPOTS

Garden Joys

- Rosemarie Adams



pagoda blooming.

Then Maria had a question about a white *Erythronium* and Rosemarie responded:

To my thinking, this is the most fragrant of all the Viburnums - flower head is about 4 inches across. Then there is *Erythronium*



“I think your white one would be either *E. californicum* or *E. oregonum*. They both usually have slightly mottled leaves and brownish/orange central markings, but *californicum* has 1-3 inch long leaves and 1-3 flowers per stem, whereas *oregonum* usually has 5-6 inch leaves and up to 6 flowers per stem. They are the only white ones I know of, although there likely are more. I have seen photos of fields full of them in the wild, usually at higher altitudes. Pretty little spring flower.”

Mine are definitely very mottled - but had only 2 blooms this year - so their “last name” is still TBD. They were “mystery bulbs” I rescued from the big Moodyville dig site - and plopped into the garden (definitely a “higher altitude”) to see what came up: these two were the survivors. - M



DARK SPOTS

Avian Flu Notice

- from Maggie Davis

People - this is IMPORTANT!!!

The BC SPCA issued a formal statement on May 6th stating that Avian Flu IS in backyard wild birds AND being spread by them. Feeders and water should be removed. The statement is on their website: <https://spca.bc.ca/news/bc-sPCA-asks-public-to-remove-bird-feeders-due-to-avian-influenza-outbreak/>

No backyard feeders or water baths should be up now. Sadly, I am finding dead and sick birds of different species in my garden too.

"Sick birds may appear lethargic, unusually "fluffed up", have nasal discharge, coughing and/or sneezing, diarrhea, or have excessively watery eyes or swelling of the head, neck and eyes. Contact the BC SPCA at [1-855-622-7722](tel:1-855-622-7722) for advice about sick birds or for help finding your local wildlife rehabilitation centre.

Report sightings of sick or dead wild birds to the Canadian Wildlife Health Cooperative (CWHC) using their [online reporting tool](#) or at [1-800-567-2033](tel:1-800-567-2033). If the report is assessed to require further investigation, a biologist may retrieve the carcass for further testing. Please do not bring deceased birds to a wildlife rehabilitation centre or veterinary clinic as they will not be able to test for the disease."

Birds

- suggested by Norma Ferguson

Perhaps some members have a bird interest. A lot of the [Greyhaven](#) newsletter has to do with plants but also "bird flu", planting some extra vegetables for Greyhaven's rescue birds, recycling donations and volunteer opportunities. Many of the birds they try to find homes for are birds rescued from the sad collapse of the World Parrot Rescue society on Vancouver Island in 2016. Perhaps some food for thought, for those interested. Please check their website here : <http://greyhavenbirds.com/> and consider donating any excess pesticide-free veggies for their birds.



"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill (likely not about gardening but it sure could be especially this year!)



Oh Dear - The Deer!

- Penny leCouteur

At the beginning of April I wandered into my hosta garden and noticed a pile of deer droppings just off the path. "Oh S-t" I said (sorry, but that is what it was!) and it was going to be a bit of a mess to clean up. Then a sudden thought struck me and I look around a bit more. "OHS-T" I yelled. Yes, deer love hostas and the



very few hostas that had started to poke their heads up had been nibbled down to the ground. See photo on the left of Hosta "Francee" which is one

of the early hostas in my garden. Some nibblings had occurred on a few other hostas but I live high up (1150') on the North Shore so there were not many others available. If I had lived down below the Upper Levels there would have been lots more hosta shoots to eat - except the deer probably wouldn't be down that far to eat them.

So, I set off on a quest to deer-proof my garden and save my hostas. We had already fenced almost half of the property (the rest is a cliff with trees and some

hedging) and there is a gate which nobody closes. I issued a family edict about keeping the gate closed and threatened horrible penalties if it was left open and the deer came in again. In the gap in the hedge where my neighbour used to have a fence, I stuffed all sorts of deer repellent junk - old screen doors, scraps of chicken wire, lengths of wood, dead branches. My very nice neighbour was probably appalled but I assured her it was only temporary, figuring we would somehow have to build more fencing. A friend from Oregon emailed that clear fishing filament wrapped between tree trunks might work. Evidently the deer can't see it but they brush against it and it spooks them. So, I



removed all the deer-repelling junk and strung clear fishing line (50 lb strength) between the trees. You can

see three strands in the picture most clearly against the green moss in the middle.

Then a friend from the Sunshine Coast then gave me a recipe for deer repellent to spray on the hostas. She said she had tried a commercial deer repellent but it left brown stains over the leaves and flowers. So, I made her recipe and sprayed every hosta in the garden, all 143 of them at that stage, as soon as they put their little heads above the ground. Here is *Fran's Deer BESPOKE Repellent Recipe*. I make it in a 4L plastic milk container.

Mix:

- 2 beaten egg yolks
 - 1 cup of milk
 - 1 tsp liquid cooking oil (I know it looks as we are making pancakes, but keep going)
 - 1 tbsp liquid soap
 - 20 drops essential oil (oil of cloves, eucalyptus)
 - Fill with 3 and 1/2 litres of water.
- Mist plants lightly.*

You could probably use peppermint oil or oregano oil. This smelly component is what does the repelling. The oil and egg yolk help coat the leaf and the soap probably allows the oily ingredients to dissolve in the water. This repellent sure is way cheaper than the over \$200 (Cdn) deer that our last Zoom speaker, Kevin Kelly, ordered from Amazon, although this one has to be reapplied after rain, so this past month I have been reapplying like

crazy. Another idea that I read about in a pamphlet from Maple Leaf Gardens is to get a deodorant soap, bore a hole in it and hang about 3' from the ground. I have six of these "soap-on-a-rope"s in my garden now. See photo at below. Walmart sells a cheap Irish Spring deodorant soap knock-off which is very smelly but that's what you want. I can't smell it outside but evidently the deer can and don't like it.

So I am hoping that all these measures will keep Bambi and his mates out of my hostas this year. Can't tell you which (fishing line, repellent, gate closed, soap) works best and if you have another method, let me know and I'll add it just to be safe!



"I must start with a warning not to despair about plants apparently killed by the frosts, ice-rain, east winds, and other afflictions they have had to suffer. (Written in April 1947). They may look dead now, but their powers of revival are astonishing. You may have to cut some shrubs down to ground level, but my recommendation would be not to dig anything up rashly until you are quite, quite certain that it has no intention of putting out green shoots again. This certitude may not come until the summer is well advanced. I remember the agreeable surprises we got after the cruel winter of 1940." - Vita Sackville-West

Garden Hints

- Rosemarie Adams

Drainage is very important for most plants, but sometimes the holes in the bottom of pots can be quite large, and you lose soil. Drywall tape covering the bottom holes lets water drain, but keeps your soil in. A small square does ok for a 4 inch pot, or you can put a couple of strips in the bottom of larger pots. This also helps keep slugs and other insects out of your pots. Cheap to buy at the Dollar Store.

Chopsticks - I've mentioned before how useful chopsticks are for plant labels, but they're also great for "combing out" plant roots. If you are repotting any plants, always good to loosen the root mass, and chopsticks with their pointy end are very effective for this, and don't do as much damage as metal tools might do. Also good for loosening the soil in pots - just dig them in and gently twirl them around.



Watering Strawberry Pots

Those strawberry pots with the pockets or lips down the side look very attractive, but are not always very effective because when you water them the water pours out of the upper holes and does not get down to the middle or bottom of the pot. Take a piece of PVC pipe, about 2 inches wide, put a cap on the bottom and drill holes around the bottom two-thirds of the pipe. Put the pipe down the centre of the pot (to the bottom), extending about 2 or 3 inches above the top of the soil. When you pour water into the pipe, it goes right down to the bottom levels of the pot and keeps the soil there moist. I keep a tiny flower pot on top of the pipe to keep soil or leaves falling in and blocking it.



The fruits of one's labours

– Judith Brook



Judith Brook has grown vegetables in her sunny front yard for decades. Pictured are several 2021 crops that can be (and are!!) eaten throughout the winter. When growing beans, you can grow fresh beans for immediate eating - or types that are meant to be consumed as dry beans - for use in soups, chilis, etc through the winter.

Combining legumes (eg beans) with grains (eg quinoa) provides a complete-protein meal."

FROM DR. STOCKLE AT THE CLEVELAND CLINIC:

What is a complete protein?

A food is considered a complete protein when it contains the nine essential amino acids that our body cannot produce on its own.

Let's back up for a second and talk about amino acids. They're organic compounds that are considered to be the "building blocks" of protein.

There are 20 different amino acids that bond together in a chain to form a protein. Eleven of those amino acids are produced by our bodies. The other nine - the so-called essential amino acids - we need to get through food. *Many foods contain some but not all of the essential amino acids, and in various amounts. These are incomplete sources of protein, and they include:*

Legumes (beans, peas, lentils).

Nuts.

Seeds.

Whole grains.

Vegetables.

Complete proteins contain all nine essential amino acids in consistent amounts. Here are some complete protein examples:

Fish.

Poultry.

Eggs.

Meat.

Dairy.

Whole sources of soy (tofu, edamame, tempeh, miso).

Plant-based proteins

You probably noticed that most complete sources of protein are animal products. But no need to sweat it if you're following a vegetarian or vegan diet - you can still meet your protein needs with a variety of plant-based foods.

In fact, you don't even necessarily need to mix and match incomplete proteins to create a complete protein at each meal. *Including a wide variety of plant foods such as legumes, lentils, nuts, seeds and whole grains on a daily basis will allow for you to get the complete protein you need,"* Stockle says. These foods also provide additional benefits in the form of vitamins and minerals.

Cooked legumes

17g in 1 cup cooked lentils

16g in 1 cup cooked chickpeas

12g in 1 cup cooked black beans

Soy

17g in 1 cup edamame

15g in 3 oz. tempeh

7g in 3 oz. firm tofu

Nuts and seeds

9g in 1 oz. hemp seeds

8g in 1 oz. pumpkin seeds

7g in 2T nut butters

6g in 1 oz. almonds

5g in 1 oz. chia seeds

Cooked grains

8g in 1 cup cooked quinoa

4g in 1 cup cooked oatmeal

Cooked vegetables

5g in 1 cup spinach

4g in 1 cup Brussels sprouts

2g in 1 cup broccoli

Linda's List (of Good Ideas)

- sent in by Sharon Carabetta

If you are not on Linda's List - you should be. Her emails are full of useful stuff - and you get them in a timely manner. If you hunt on the website, they take a while to appear, so consider signing up for the email version. Here is a snippet from this month's email that is a good example: "[...] a rough surface helps to keep seeds from washing away during heavy rainfall. Large seeds can manage to send shoots up through a coarser layer of soil, but tinier seedlings can't push up clods. It works well to sow small seeds on the surface of a roughly prepared bed and then sprinkle a thin layer of finer soil over [top]".



An Interesting Book on Groundcovers

- found by Linda Howe

Phoenix perennials sells this book by Gary Lewis - so probably "it aint cheap" - but this could be not only useful, but interesting and the reviews are positive.

"Ground covers are widely thought of as utilitarian, but these plants also offer a diverse range of beautiful and intriguing options with a variety of colors, textures, and forms. They can unify a landscape, knit together plantings and hardscape, and add extra layers of beauty, dynamism, and surprise. As a replacement for lawns, they can reduce our use of water, fertilizer, pesticides, herbicides, carbon-based fuels, and transform a yard into a diverse landscape of habitat and food for native insects, birds, and other wildlife.

In this meticulously researched reference, nurseryman Gary Lewis profiles more than 4000 ground covers that can perform these roles with aplomb. No matter what kinds of conditions you're facing - shade, dry soil, heavy clay, excess moisture - there's a ground cover that will thrive and beautify your garden. Comprehensive, practical, and copiously illustrated, this indispensable volume belongs on the shelf of every designer, landscape architect, and serious gardener."



NO MOW MAY for Pollinators

- Linda Schell

My neighbour should read this! He mows his lawn whenever we have company outdoors it seems... even when it is wet... very wet. It is a VERY noisy mower too! Cutting of lawns controversial? In the UK gardeners are being encouraged to have a NO MOW MAY. Here we find it hard to find a dry day to mow in May this year. [*Let's move it to June - or quit altogether. I hate mowing, period! - ed*] <https://www.ruralsprout.com/no-mow-may/>

"You are soon to discover that as enchanting as No Mow May is, it's about so much more than beauty or helping the bees. Though for those two reasons alone, it's time to leave the mower in peace (till the end of the month at least) and let as many blossoms appear as earthly possible. In the meantime, you get to sit back and relax with a glass of violet lemonade in your hand.

Instead of working hard, you can engage in the act of hardly working, as you watch butterflies and other insects fly about a dream world of flowers filled with sweet, nutritious pollen.

No Mow May is mostly for them, of course. And for the sake of biodiversity it's something worth doing well. Or rather, doing nothing at all." [*read the rest on the link!! - ed*]



**PLEASE REMEMBER TO POLISH
YOUR POTS - THE NICER THEY
LOOK,
THE BETTER THEY SELL!!!**

"My husband watered it with beer."

GOINGS-ON

If you are itching to get out – but there is STILL nothing coming up in the garden – here are a number of delightful, curated items for your consideration.

There is a new 'plant buying opportunity' appearing on the North Shore!!! Aline tells us that The **Urban Roots Garden Market** has appeared where the buses used to be in Moodyville. Penny and I scoped them out and they have lovely, healthy plants – prices a hair below average – and Hostas-with-names that Penny had not heard of. A first! Yup - we bought some that had two in the pot – and shared. ...and they gave us the Lorraine-negotiated LVGC discount!!!



Edible Garden Project

- Rita Marshall

Have a look at their website: <https://ediblegardenproject.com/>

And check out their FARM FRESH FLOWER SUBSCRIPTION (*what a brilliant idea!*) and their Pop-up Compost Sale... and a bunch of other cool stuff.

Keen to volunteer? Our favourite local food farm Loutet Farm is always eager to welcome volunteers and is offering Volunteer Orientation sessions on **25 May, 29 June, 27 July and 31 August**.

Denman Island Garden Tour

The Denman Island Home and Garden Tour will take place **June 11 - 12, 2022**.

Photos and full descriptions of this year's Homes and Gardens are available at: <http://homeandgardentour.blogspot.com/> All proceeds go to the Denman Conservancy Association, a registered charity which, with the support of this Tour, has protected over 700 acres of Denman Island. **Tickets \$20** (children under 12 free) with all proceeds towards conservation.

The Vancouver Rose Society Show

- Rosemarie Adams

We will be hosting the 66th Biennial Rose Show on **June 12** (Sunday) from 12:30 - 4:30 pm at VanDusen Botanical Garden (in the Floral Hall). **Admission is free.**

The event will showcase *hundreds* of varieties of roses. Award winning blooms will be arranged by class, colour, and fragrance. Rose plants and bouquets will be available for purchase as well.

Learn more about the Rose Society:

Website: <https://www.vancouverrosesociety.org>

Fraser Pacific Rose Society Show

Members of the public are cordially invited to enter an exhibit of roses that you have personally grown in your garden, for **THREE MONTHS OR MORE**. Advance registration required, of course. Start here: <http://fprosesociety.org/> There are nine different classes to choose from and they all offer cash prizes.

You will also be invited to help judge the People's Choice Award for:

- a) The Most Fragrant Rose
- b) Favorite Floral Design

Roses will be for sale throughout the show, and at the end of the show all the exhibit cut roses will be offered for sale to the public at a very reasonable price.

Mark Saturday **June 25th** & Sunday **June 26th** on your calendars, and plan a trip to the Dogwood Pavilion, 1655 Winslow Avenue in Coquitlam to see the gorgeous display.

The Compost Bin

- Maria Issa

We had had a rather plaintive discussion at the Exec about all the nasty creatures that attack our tender shoots and chew them to the ground. Besides the deer (*vide supra*), snails and slugs got a (dis)honorable mention and there were stories of nocturnally shishkabobbed slugs, then the beer-drinking and happy drowning thereof, as well as stories of raw bread-dough that does the same but is less satisfying. We agreed that copper wire and other such deterrents were inefficient at best, and I mentioned that I covered my lilies (a prime target!) with flower pots that had the bottoms knocked out to at least make the slugs work for what they get.



This seemed to segue nicely to my pleas for fellow enthusiasts of Naked Gardening Day which had not fallen on deaf ears as Rosamond wrote that "I have just been outside putting topless flower pots over broccolini... don't know if that counts as naked gardening but it's the best I can do!" [Close enough!] Denise Rose mentioned that she intended to go out, but expected to be too cold: I sagely advised her to wear warm socks!

There are indeed some stalwart (and very cold!) gardeners who braved the weather and stepped up (and out) to meet the plants on an equal footing. Sort of. Barb wrote. "Here you gomy annual Naked Gardening Day photo. Accessories reflect this cold wet spring. I believe I am turning into a Garden Gnome!" While Andrew Massil explained that they would be visiting relatives on "the day" so could not scare the living daylights out of them, but would I accept a picture from an earlier iteration? We did have a discussion about adding a black rectangle over the eyes, like they do in medical texts, or blurring the face like on TV, but then decided that the reality was what it was, and the truth will out eventually. Congratulations to all the documented and undocumented gardeners who dare to commune with nature at an essential level.

On an entirely different level, I follow a bunch of female scientists (immunologists, of course!) on Instagram, the [Unbiased Science Podcast](#) - as they put out simple, clear, scientific explanations of things - no hoopla, no mumbo-jumbo - just easy-to-understand, well-explained facts - [like the gov't should have done for COVID, but I digress...].

So here it is, my dear plant-aficionado friends: PLANTS CAN DO ANYTHING!!! This is one of their blogs.

Covifenz: the world's first PLANT-BASED COVID-19 vaccine (and it's Canadian!)

This technology is easily scalable, cost-effective, and has the potential to speed vaccine development.

A new COVID-19 vaccine has been approved recently by Health Canada. *Covifenz*, also called *CoVLP*, *MT-2766*, or *Plant-based VLP*, is the first plant-based COVID-19 vaccine. Made by Canada-based company Medicago, this vaccine has shown similar efficacy to other vaccines currently available. Canada is also urging the WHO to approve it so they can donate via COVAX - the worldwide initiative for equitable access to COVID-19 vaccines. This vaccine is currently undergoing clinical trials in several other countries around the world.

Let's talk about the technology, and how we are able to PRODUCE A VACCINE IN PLANTS.

Their unique technology is different from the main players we've seen to date in the COVID-19 vaccine line-up. To create any vaccine, you must create some sort of particle that will be recognized by the immune system as foreign and stimulate a subsequent immune response. These particles use an antigen - which is a molecule that leads to the production of antibodies by our B cells. Antigens are often proteins, but can also be sugar molecules or lipids. For

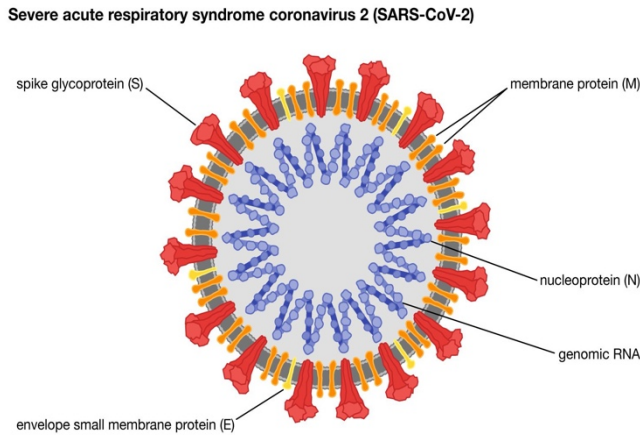


"I don't care if she is a tape dispenser. I love her."

7/25 S. GROSS



COVID-19 vaccines, the antigen that has been used so far is the spike protein of SARS-CoV-2; this is a key protein that is required by the virus to infect ourselves, and is also displayed on the outside of the virus and interacts with our immune system. The antigen may be an ingredient of the vaccine itself (such as the case in live-attenuated, inactivated, purified antigen, or toxoid vaccines), or it can be created by the body via a messenger sequence encoding the antigen in the vaccine (mRNA vaccines, for example).



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Spike proteins are displayed around the viral particle.
Source: <https://www.britannica.com/science/2019->

and liquid containing bacteria is absorbed by the root system of the plants. The plants are returned to the greenhouse and allowed to grow normally for a minimum of 4 days. During this period, the plants are synthesizing new plant cells after incorporating the genetically engineered bacteria. As a result, as the plants are growing, they are also producing large numbers of the virus-like particles (VLPs): the spike protein code that was delivered by the soil bacteria.

In this way, the plants act as bioreactors: a term used to describe a vessel (or organism) that is able to carry out biochemical processes. In the lab, these are often cell culture systems; so in a plant, the plant itself is working as a culture system. This is similar to the process used to produce influenza virus vaccine, where chicken eggs are used to produce large amounts of influenza virus.

After the plants are allowed to grow, the leaves are harvested from the plants and homogenized into a solution. From there, the VLPs are extracted and purified (this is the active ingredient of the vaccine). The VLPs are then combined with an adjuvant, which is a substance added to a vaccine to improve the immune response without increasing the dose of the active ingredient, in order to formulate the vaccine. The adjuvant used is GSK's pandemic adjuvant. These particles are recognized by our immune system as a virus from which it needs to be protected, but they do not contain the core genetic material, so they are non-infectious.

Since these VLPs are grown in plants, this process is easily scaled up as the plants themselves can produce large numbers of VLPs. As such, this method is extremely cost-effective and has the potential to speed up development processes of vaccines. In addition, the vaccine itself is refrigerator stable, making it attractive to the global community that may not have access to more stringent storage that is required for some other COVID-19 vaccines.

The vaccine itself is administered 21 days apart. Each dose of virus-like particles



spike (S) protein (original strain) and 0.25 millilitres of the AS03 adjuvant. It is currently approved in Canada for those ages 18-64, and clinical trial data demonstrated efficacy of 71% against symptomatic illness. However, this clinical trial was conducted prior to the emergence of the Omicron variant, so we do expect some potential adjustments moving forward.

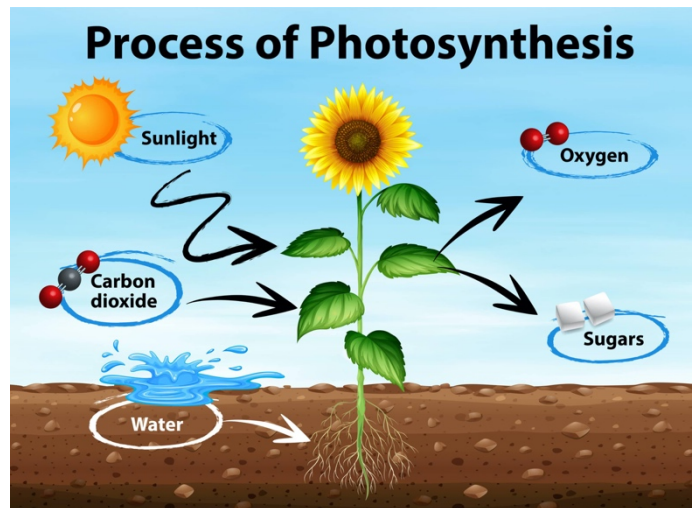
In the case of *Covifenz*, the plant *Nicotiana benthamiana* (a close relative of the tobacco plant) behaves as a bioreactor to synthesize the antigen, which are termed virus-like particle (VLPs).

How does this work?

First, a naturally occurring soil bacterium (*Agrobacterium tumefaciens*) is genetically engineered to contain the gene and ultimately produce the spike protein of SARS-CoV-2.

Next, the bacteria are mixed into a solution in order to deliver the spike protein gene to plants. Remember, plants absorb water/fluid through the soil which is critical for photosynthesis - the process by which plants generate their own nutrient sources and ultimately grow. Substances contained in the fluid absorbed by plants are incorporated into new plant growth.

Third, the plants are submerged in the "bacterial bath"



administered as 2 doses 21 days apart. Each dose contains 3.75 micrograms (VLP) of SARS-CoV-2