



THE LEAF

LYNN VALLEY GARDEN CLUB
First established 1943

Our Club's President:

Maurice Jones was interviewed and a photo taken by Suzanne and Dominic Fielden –owners of the Rocky Mountain Flatbread company –a pizza restaurant using organic, local and sustainable products, –this will be the new restaurant in Library Square. They asked Maurice why he thought that growing your own food is important and to give tips on starting to grow your own food. The photos and information will be displayed at the Opening of the restaurant and also at Queen Mary School to celebrate local growers.



Our club's May 2nd Tour: Shirley MacKenize's garden is a backyard full of daffodils and tulips. *Chinatown* is a pretty tulip with a white edge. The smaller tulips series are pretty. Shirley is a lively personality and enjoyed showing us a wide selection of bulbs. We then went down the lane to the Pacific Spirit Bog garden which was lovely. She told us about the good old days when she grew up skating on the pond but now it is a tiny bit of water with two ducks pecking in the mud. We saw skunk cabbage, Labrador tea, Kalmia, etc. Anyone can visit this bog anytime and I encourage you to do so.

- Bonnie Noakes

May 2009

Meetings Schedule

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

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

May 21st, 2009

Dr. Rolf Mathewes

Plants of the Queen Charlotte Islands

June 18th, 2009

Cors de Lint

Unique Soil Amendment
(See page four)

September 17th, 2009

Barbara Fairclough

Grasses

October 15th, 2009

Charlie Sale

Flora of the Drackensberg.

Lynn Valley Garden Club
Website

<http://www.lynnvalleygardenclub.org>

Mailing Address

Lynn Valley Garden Club
C/o Office Services Etc.
110-223 Lower Mountain Hwy
North Vancouver, BC
V7J 2C0



2008 Executive

President

Maurice Jones

Vice President

Bonnie Noakes

Secretary

Kathy Stubbs

Treasurer

Sandra Smith

Membership

Diane Allison

Carole Rapp

Members at Large

Jackie Morris

Pat Holmes

Jacqueline Lamont

Joyce Page

Newsletter Editor

Irene Dudra

COMMITTEES

Plant Table

Audrey Dewan

Bernie Robb

Christel Glaser

Hospitality

Doreen Wakefield

Pat Phillips

Historian

Carol Ferryman

Bright Spots

Laurie Parkingson

Leah Younger

Sunshine/Door Prizes

Illa Jackson

Sound System Set-up

Maurice Jones

Hartwig Rother

Next Executive Meeting

Thursday, May 7th, 2009,
7:30pm, at the home of Carole
Rapp.

The Leaf Deadline:

April issue: May 11th, 2009



Treasurers Report

Sandra Smith

Bank balance:



Tea Time

Doreen Wakefield, Pat Phillips

Please bring your own mugs, and remember that the coffee we serve is decaffeinated.



Sunshine Report

Illa Jackson

Please let Illa know of any of our members who have been ill or have lost a loved one.

Donations of new items for door prizes are always appreciated.



Notes from the Editor

Irene Dudra

Use vinegar as an inexpensive environmentally safe herbicide. Spray full strength or make the following fantastic weed sapper. Combine 4 cups of white vinegar, half cup of salt and 2 tablespoons of dishwashing liquid in a spray bottle. Be careful not to spray on adjacent plants. Leftover water from boiled potatoes also makes excellent weed killer for patios and paths.

To combat black spots on roses spray them with a mixture of 1 tablespoon of baking soda, 1 tablespoon of light vegetable oil, 1 tablespoon of dish soap and 1 gallon of water. If they are too gone make sure to purchase black spot resistant roses next time. Your local nursery should be able to point you in the right direction as far as to which roses grow best in your area.

Vancouver Sun, Friday, May 1st.

On steep slopes, in shady areas and near lakes, ponds, and streams replace lawns with native plants that can thrive in those tricky spots. The right plants will help slow the runoff of rain, soil and chemicals, and provide you with a beautiful Northwest look.

Itoh peonies are hybrids between tree and perennial peonies; meaning they're small enough to fit easily into gardens, yet produce up to 50 glorious flowers in a single season. *Paeonia* 'Kopper Kettle' has the most seriously ruffled flowers on the planet; they just happen to be a luscious copper-orange streaked with yellow, and at 8 inches wide, nearly the size of a dinner plate. This peony is vigorous, disease and deer-resistant; with stems so sturdy it doesn't need staking. These rare, hard to find peonies are a cross between herbaceous and tree peonies. They have the growth habit of the herbaceous types and the foliage flower of the tree peony. Both herbaceous and Itoh peonies, die back in winter and should have their foliage cleaned away in autumn. Tree peonies drop their leaves but retain their woody structure. Do not cut down your tree peonies.

Marigolds: Most garden pests hate marigolds because of the excretions from their roots (and the warning emitted by their aroma), which killed eelworm and a variety of other baddies. All vegetables and flowers welcome marigolds growing among them, potatoes, tomatoes, peas and roses especially seem to benefit from their friendly presence.

Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad

The need to ward off unwelcome wildlife is a common problem for gardeners. For many that means deer, and if they live in your area, chances are they will find their way into your garden sooner or later. By planting wisely with deer-resistant plants, you can decrease the chances of deer stopping by.

Deer-resistant plants have pungent aromatic oils in their leaves that deter deer from munching on their leaves. Also, if leaves are hairy, such as lamb's ears, deer are likely to leave them alone. Plants such as hellebores and daffodils are poisonous to deer. Plants with thorns on their leaves or stems are also likely to be left alone by deer, though they are not resistant against squirrels and other small animals. These plants should be used as fillers throughout your garden to spread the scent of aromatic leaves to deter deer. With proper planning, there is hope for planting in deer country.

To find out what plants are deer resistant go to Maratha Stewart's website: www.marthastewart.com/article/deer-resistant-garden

Nasturtiums If you are looking for a plant for your garden that will spread like wildfire, produce decorative foliage, have an ocean of brightly-colored blossoms, and be tasty to boot, there is only one flower that will fit the bill: **Nasturtiums**. Nasturtiums are a gardener's dream. Virtually carefree once established. Snails don't seem to be interested. They will even self-seed and come back the next year in a mild climate.

Primroses. They are mostly hardy perennial herbs and are natives of Europe and temperate Asia, Java and North America. Only one kind, *P. magellanica*, is found south of the Equator, in southern South America. Some Primroses, such as *P. vulgaris*, the English Primrose, bear their flowers singly on stems that rise straight from the base of the plant. Others, such as *P. denticulata*, *P. obconica* and *P. elatior*, produce their clusters of flowers in a head or umbel at the top of the flower stem. In another group, the flowers grow in an array of whorls spaced along the upper portions of the flower stems. Some Primroses can be grown in the rock garden, waterside or bog garden, some in the wild or woodland garden and others are suitable for growing in flower beds, greenhouses and gardens. The summers are too hot over most of the U.S. for growing many of the Primroses, but in the Pacific Northwest and other favorable areas many can be cultivated successfully. Only a few of the most tolerable plants can be grown in climates that are hot and dry. Hardy Primroses may be divided into two main categories: the bog or woodland kinds and the cliff and rock dwellers. There are also many Primroses that could be called meadow plants, because they grow best in the garden in beds of loam. Primroses that are grown in a greenhouse make gorgeous potted plants that bloom in late autumn, winter and early spring. The Chinese Primroses, which are varieties of *P. sinensis*, are favorites. There are two main types of Chinese Primroses, the large-flowered, which produce clusters of large flowers and the small-flowered or star (*stellata*) varieties, which grow tall and bear sprays of beautiful blossoms for many weeks in the winter and early spring. The small flowered varieties are easier to grow than the Primroses with the larger flowers.

A primula for our area and named after one of our great gardeners is the Francisca Darts / Green Leaf Primula.

Foxgloves: they stimulate growth in the plants around them and help to keep disease at bay - is it really a weed! A group of them in bloom are so beautiful.



Secure stacks of terra-cotta pots so they don't stick together or tilt dangerously. Drill 1/2-inch holes, spaced to fit pot diameters, through a 1-by-10 (atop scrap lumber). Apply wood glue to bottom inch of 1/2-inch dowels no longer than 18 inches. Insert in holes, squaring with base; let dry overnight. Sandwich 1-by-12-inch corrugated-cardboard strips between pots on rack.

Slugs & Snail's Life Cycle: They are hermaphroditic, possessing both male and female sex organs. But need a partner to cross-fertilize. Although it takes them all day to mate, at only a few months of age each can begin to lay hundreds of eggs a year, which hatch in only three weeks. Extreme weather either too hot or too cold causes snails to stop laying eggs and go dormant, a condition they can tolerate for up to four years.

Our Plant Sale was a Big Success !!

Thank you to those who donated plants and to West Van Florists for their generous donations. The plants were well potted up and very healthy. There were so many varieties to choose from and our customers were delighted with their purchases. Special thanks to all the volunteers who helped on Friday and Saturday. Our Club members should all be very proud.

Your Members at Large

Our Members at large: Jackie Morris, Pat Holmes, Jacqueline Lamont and Joyce Page deserve a big thanks from all of us, for their hard work and dedication.

Thank you



Our club has received an invitation for two members to attend the Capilano University Presidents Circle Reception. Monday, June 1st, 2009, 6:00pm. Starts with Appetizers and Refreshments. If you would like to attend please call Maurice Jones.

On June 18, Cors de Lint, a retired Dutch veterinarian who specialized in pigs, will be speaking to us about his pig farm and the composted pig manure he produces. Pigs, of course, are a timely topic, but you may be interested in how he set up his pig farm and how he produces the composted manure. He is sure to tell you that you cannot catch Swine Flu from composted pig manure!

Mr. de Lint will have 40L bags of Unique for sale after the meeting at \$10 per bag. As he will only have 50 or 60 bags (all his truck can hold), we will be limiting the sale to 2 bags per buyer on a first come basis.

Here is a little information on Unique

UNIQUE is a micro-biologically active, organic soil amendment. The only ingredients used to produce it are pig manure and sawdust/shavings.

UNIQUE has properties which are highly beneficial to maintain and enhance a healthy ecosystem in soils. Although UNIQUE is in it self an organic fertiliser, the main benefits for soil and plants are the high concentrations of aerobic micro-organisms and fungi. One of the bacteria is especially beneficial in controlling root diseases. The fungi species produce antibiotic-like substances, which are able to kill soil pathogens. The fungi also enhance the soil structure and water-holding capacity. Its N:P:K (Nitrogen, Phosphorus, Potassium) ratios are: 2:4:2. These values have to be multiplied by a factor 3 to make a fair comparison with chemical fertilizers, since almost all of the fertilizer stays in the soil and will be taken up by the plant's root system. A large % of chemical fertilizers will drain from the soil to the ground water and can not be utilized by the plants. It also has many beneficial micro elements, like: Calcium, Iron, Sulfur, Phosphorus, Manganese and many others.

Mr. de Lint will provide examples of applications of his product.

