



# THE LEAF

LYNN VALLEY GARDEN CLUB  
First established 1943

**Mailing Address:**  
Lynn Valley Garden Club  
P.O. Box 16053  
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<http://www.lynnvalleygardenclub.org>

**June 2013**

## Executive Notes for June

*Rosemarie Adams*

Just got back a few hours ago from our Bus Trip. I think I can safely say a good time was had by all.

We visited some lovely gardens and nurseries, found some lovely plants to buy (despite our resolutions), and enjoyed the day in the company of fellow gardeners. Even the weather co-operated.

I sometimes wonder if we should do fewer gardens so we can have longer visits, but with so many lovely gardens “out there” to visit, it’s hard to make a choice. We already have some good ideas for gardens to visit next year, but if anybody has any suggestions, please let us know.

We still need a group of two or three people to be our Nominating Committee to find next year’s Executive. They in turn will be looking for people to run for President, Vice-President, Secretary, Treasurer, Membership. Editor and two Members at Large. Remember most of these positions can be shared, so if you have a friend in the Club, tag up and volunteer. I have personally served as Member at Large, Editor and this is my second term as President - I have enjoyed working in all of these positions, got to know many other members, and made good friends in the Club. Many others on the present Executive have also served previously. It really isn’t a huge task, people are always willing to help, and the present executive members will certainly help you to learn the ropes.

Quite simply put, if we don’t have an executive, the Club doesn’t happen, and none of us want that.

Please consider taking on a role.

We are all looking forward to our Members’ Garden Tour on Saturday July 6th. Meet at the Church Parking Lot at 9 am where we can arrange car pools and will be given a list of gardens to be visited.

**Happy Birthday Lynn Valley Garden Club – this year we celebrate 70 years of gardening. See short history of our Club inside this Leaf.**

**Hope you all have a wonderful Summer.**

*Rosemarie*

## Meetings Schedule

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

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

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

**July 6, 2013  
Members’ Garden Tour**

**September 19, 2013  
Extended Bright Spots  
& Deb McVittie  
Owner of 32 Books,  
Gardening Books**

**October 17, 2013  
Brian Didier  
Mushrooms**

**November 21, 2013  
Margaret Nakahara  
Orchids**



## 2013 Executive

### President

Rosemarie Adams

### Vice President

Pat Holmes

### Secretary

Bernie Robb

Norma Buckland

### Treasurer

Harvey Lawson

### Membership

Doreen Marbry

Diane Sekora

### Members at Large

Rita Marshall

Chris Pharo

Jan Valair

Tara Findlay

### Newsletter Editor

Lynn Batt

[theleaf@lynnvalleygardenclub.org](mailto:theleaf@lynnvalleygardenclub.org)

### COMMITTEES

#### Plant Table

Christel Glazer

Marie Pringle

#### Hospitality

Doreen Wakefield

Pat Phillips

#### Bright Spots

vacant

#### Sunshine/Door Prizes

Carol Ferryman

#### Sound System Set-up

Maurice Jones

Hartwig Rother

#### Website

Brian Didier

### Next Executive Meeting:

September 5, 2013

### The Leaf Deadline:

September 8, 2013



### Treasurers Report

Harvey Lawson

Bank balance at \$



### Tea Time

Doreen Wakefield, Pat Phillips

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



### Sunshine

Carol Ferryman

Please let us know of any members who are ill or have lost a loved one.

Donations of new items for door prizes are always appreciated.



### Membership June report Doreen Marbry, Diane Sekora

We are pleased to have Gillian Morris as our newest member. Gillian has helped us out at previous plant sales. Welcome to the club, Gillian!



### Members at Large

Rita Marshall, Jan Valair, Tara Findlay & Chris Pharo

### Lynn Valley Garden Club's Annual Garden Tour - July 6th, 2013

We are fortunate to be visiting a variety of wonderful gardens on our garden tour this year. They will be brimming with vegetables, fruit, roses, ornamentals and lots of great ideas. It should not be missed! We will have our lunch at Elonna's garden on Grand Boulevard. The Club will provide coffee, cold drinks and desserts. Please bring a lunch if desired, and a folding chair if you have one.

Meet at the church at 9:15 am. We will carpool and leave by 9:30 am sharp. We look forward to seeing you!



### This Month's Speaker

Pat Holmes

Patricia Fleming is Executive Director of the Earthwise Society, a not-for-profit organization promoting sustainability through education. Ms. Fleming holds professional degrees in Landscape Architecture (BLA) and Community Planning (MA). Before her involvement with Earthwise, Ms. Fleming taught Landscape Design at Kwantlen University College and worked for many years in the private sector designing gardens based on the principles of ecology. Ms. Fleming has designed a number of public demonstration gardens including the award winning Brown Street Earthwise Garden, the McKittrick Garden in North Delta, and the Boundary Bay Earthwise Garden in Tsawwassen. In recent years, Ms. Fleming has taken a leadership role in implementing the Earthwise Farm, an organic demonstration farm at the Boundary Bay Earthwise Garden site. The Earthwise Farm involves students of all ages in learning about food from field to table. Ms. Fleming sees her involvement with Earthwise as a chance to make a positive contribution to the community.





Free Spirit Garden



*Dactylorhiza foliosa*



*Chionanthus virginicus*



Dart's Hill Garden



*Podophyllum 'Spotty Dotty'*



*Phlomis russeliana*



Dart's Hill Rock Garden



*Weigela japonica var. sinica*





**Petals and Butterflies Garden**



***Arisaema consanguineum***



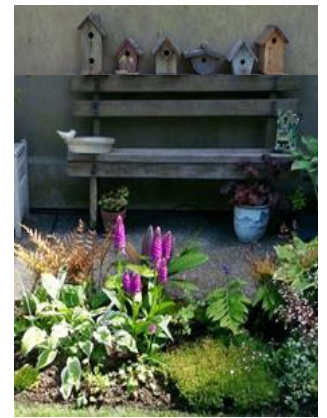
***Sanguisorba menziesii***



**Joan Bentley's Garden**



**Joan Bentley's Garden**



**Joan Bentley's Garden**







Lynn Valley Garden Club has a long history on the north shore. Lynn Valley gardening history actually goes back to the 1860s when settlers in the area, who had to be largely self-sufficient, grew fruit and vegetables to feed their families. Hugh Burr and his family acquired property in the early 1860s by Seymour Creek, and set up a farm there. In 1867 John Linn purchased Lot 204 by the estuary of Lynn Creek and farmed there with his wife and family until he died in 1876 – his family continued to operate there until 1907 with beef and dairy cows, horses and chickens.

After the first world war, a small berry fruit industry was developed, Ernest Hayden established a raspberry ranch on Dempsey Road and local fruit growers shipped tons of berries to Vancouver and the lower mainland.

In war years supply of food was a priority for all, and Lynn Valley Gardeners formed a garden club in 1943, which continued activity for almost 40 years. Parlor shows featured contests for the best vegetables or nicest flower arrangement. Early members of the club were Mrs. Pierard, Molly Nye, Mrs. Sykes and Mrs. Dyck. Lillian Speers and Anne Walton were two early members and are still members ! These active and lively ladies were busy creating their own gardens in Lynn Valley in those post-war years, and contributed much to club activities and community connections. Then, as the area grew and changed, club membership sadly declined and in 1980 the Lynn Valley Garden Club officially closed down, and records were handed over to the North Vancouver Archives. Of course gardeners do not give up gardening, and in 1988 these early members resurrected the Club , bringing in guest speakers, establishing activities and a plant sale, and the Club took off again, to the point where there is usually a waiting list for membership.

LVGC has monthly meetings, with interesting guest speakers, plants and magazines for sale at very reasonable prices, field trips, and a great network of gardeners. There is a Member's Garden Tour in the summer. We hold an annual Plant Sale in May – many of our members have heritage gardens and donate wonderful plants for sale – proceeds are donated to worthy local and garden related charities and organizations.



### [Paeonia anomala](#)

Somebody brought a lovely [Paeonia anomala](#) to our plant sale.

Would the donor be able to let us know more about this plant, where they obtained it etc. Maybe you could tell us about it at next meeting, or call me, and I will pass the info on.

Thanks

Rosemarie

## New Blueberry and Raspberry Cultivars

### Blueberry 'Jelly Bean'

This little blueberry wonder is prolific - producing a bumper crop of large, flavorful blueberries mid-summer with super sweet flavor like homemade blueberry jelly. Brilliant green new foliage emerges in spring which gives way to darker greens with red hues throughout the summer and fall. In cooler climates, summer brings radiant red leaf edges along the sides of the leaves contrasted by the clusters of blue summer fruit.

Containers, mini hedges or mixed shrub plantings.

### Blueberry 'Peach Sorbet'

A four-season showstopper, this compact blueberry is stunning with leaves ranging from peach to pink to orange to emerald green. Spring's white, bell-shaped flowers will give way to an abundant summer crop of healthy, sweet blueberries mid-summer. In most climates, Peach Sorbet keeps its leaves through the winter when the foliage transitions to a rich eggplant purple.

Use in containers, in mixed borders or as a mini hedge of beautiful foliage and edible delight!

### Raspberry 'Raspberry Shortcake'

This revolutionary, thornless raspberry is a little dwarf of a raspberry with an endearing compact growth habit that thrives in patio pots or in your landscape. For the first time ever, whether you have an urban balcony or a country estate, you can savour the experience of fresh raspberries from your own plants.

This carefree thornless raspberry is perfect for children and adults. All will love harvesting healthy fruit right from your patio containers or the garden!

## **Perennial Plant Association Symposium Perennial Plants And Design: A Perfect Combination Public Seminar Day**

Sunday July 21st, 2013

Sheraton Wall Centre, Vancouver

A Note from Phoenix Perennials owner, Gary: The Perennial Plant Association is the North America-wide industry group that brings gardeners the Perennial Plant of the Year. I represent Canada on the Board of Directors and am the lead organizer for this year's Symposium taking place in Vancouver. The Annual Symposium is in a different location every year and comes to Canada once every seven years. Last time the Symposium was in Vancouver was in 1993! In addition to the professional program we have prepared a knock-out day of seminars for the gardening public with speakers from Vancouver and across North America. For details read below. I hope you'll join us and tell all your gardening friends!

Online registration is now open.

**Registration Fee:** The Registration fee is \$89 USD through June 1 and \$99 USD after June 1. Full time students pay \$50 USD. [ONLINE REGISTRATION](#) or [Download the Registration Form](#).

**The Layered Garden: Design Lessons for Year-Round Beauty** -- David Culp, Sunny Border Nurseries, Inc., Downingtown, Pennsylvania

**The Best of the Best: Edible Trees, Shrubs and Plants to Use in Your Landscape** -- Senga Lindsay, Senga Designs, Vancouver, British Columbia

**From Jewel Box Garden to Rural Estate: Creating a New Vision From Scratch** -- Thomas Hobbs, Southland Nursery, Vancouver, British Columbia

**Creative Solutions for Small Spaces** -- Beth Edney, Designs By The Yard, Toronto, Ontario

**New Plants From Canada's Far East: Plant Breeding at the Memorial University of Newfoundland Botanical Garden** -- Todd Boland, Memorial University, St. John's, Newfoundland

**Full Frontal Gardens** -- Lucy Hardiman, Perennial Partners, Portland, Oregon

## Tea time?

I think so! What better way to relax than with a cup of tea and a gardening magazine. It is even more rewarding, knowing that you grew the leaves to make that cup of tea! The health benefits of black, green and herbal tea are endless and by growing your own you can ensure that they are as fresh as can be. Black and green teas are made from the same plant, *Camellia sinensis*. This easy-care plant forms a small shrub about 3–6 ft. (1–1.8m) high, requires full sun and well-drained, sandy, slightly acidic soil. It will perform equally well in the ground or in a container. *C. sinensis* should be two to three years old before harvesting leaves, so be patient. The difference between black and green tea is how the leaves are processed. To make green tea, harvest the youngest leaves, let them dry slowly in a shady area for a couple of hours, then steam (like you would vegetables) for about a minute. After steaming, spread them on a baking sheet and dry in a 250°F (120°C) oven for 20–30 minutes. To make black tea, harvest the youngest leaves and the leaf buds. Crush the leaves by rolling in your hands until they begin to darken and turn red. Spread the crushed leaves on a tray and leave them in a cool location for 2–3 days. Dry them completely in a 250°F (120°C) oven for 20–30 minutes. Store dried leaves in an airtight container. Two of the most common herbs used for tea are the flowers of chamomile and the leaves of the different peppermint and spearmint plants; both spread by runners so they are best grown in containers. Other herbs that make delicious teas are apple mint, chocolate mint, ginger mint, lemon verbena, lemon balm, catnip, bergamot and lavender. Harvest the leaves or flowers of the plants early in the morning, right after the dew has dried. If making tea from fresh leaves and flowers, bruise them slightly by rubbing them in your hand, then steep them in boiled water for 5–7 minutes, or dry the leaves and flowers completely in a 250°F (120°C) oven for 20–30 minutes. Store in an airtight container for later use. Don't be afraid to steep different herbs and *Camellia sinensis* together to create exciting flavour combinations. Add some mint to green tea to create a Moroccan style drink, use a handful of crushed berries with mint for a wonderfully refreshing hot or cold tea, or mix some lemon verbena or lavender with chamomile for an invigorating or relaxing tea. As an urban gardener and an avid tea lover, my containers are a wonderful combination of *Camellia sinensis* and an array of herbs that can be easily steeped for hot and iced teas. Experiment with different flavours. The combinations are endless!

Article by Stephanie Broome for GardenWorks



Article on Evelyn Faulkner's Japanese Garden

[Thyme on 43rd Japanese Gardens](#)

<http://www.greenslate.ca/?p=1890>

submitted by Rosemarie Adams

### INVITATION

**My garden will be on the North Shore Master Gardeners' garden tour on Sunday, July 7, from 11 – 2. All members of the Lynn Valley Garden Club are welcome to drop by to visit my garden during that time. Hopefully, we will have nice weather, unlike 2 years ago when my garden was on the club's garden tour and we had a deluge!**

**Jackie Morris**



## ABOUT TOWN

### **Tuesday July 23 Winter Gardening: Growing Food through a West Coast Winter 7:00PM - 08:30PM**

John Braithwaite Community Centre, Anchor Room It's the perfect time to plan next year's winter garden! So save a little space in your garden, and join the expert farmer Garden Wright to learn about growing hardy food in small urban spaces during the depths of our West Coast winter. Please note, parking is a challenge at this location, so please consider alternate forms of transportation, or leave extra time! To register and pay call 604-990-3755. Admission is \$8.25 and space is limited. The GardenSmart Workshop Series is jointly presented by the Lynn Canyon Ecology Centre, the North Shore Edible Garden Project and the North Shore Recycling Program.

### **Saturday, July 27 Cold Frames 101 2:00PM - 04:00PM**

Loutet Farm (14th and Rufus Avenue, just north of Brooksbank Elementary School)

Learn season extension strategies that can help you grow veggies year round. During this hands-on workshop, build simple home-scale, moveable cold frames and take home a design that you can use in your own garden - no tools or construction experience required! This is a hands on, outdoor workshop. You will be assembling cold frames for garden use. No tools are required, but if you have a cordless drill, please bring it along! If participants wish to take a cold frame home, they can cover the cost of materials, and need to be in touch with the instructor to discuss dimensions and cost. To register and pay call 604-990-3755. Admission is \$8.25 and space is limited. The GardenSmart Workshop Series is jointly presented by the Lynn Canyon Ecology Centre, the North Shore Edible Garden Project and the North Shore Recycling Program.

### **Wednesday, August 21 Fantastic Food Forests! 6:30PM - 08:00PM**

Join North Shore Permaculture enthusiasts Emily Jubenvill and Tricia Edgar in the flourishing food forest at the Queen Mary Community Garden. You'll get an introduction to the concept of permaculture and lots of information about what a food forest is, along with tips and pointers on perennial edible landscapes. There is a hands-on component to this workshop. This is an outdoor workshop, rain or shine. Please dress for the weather. To register and pay call 604-990-3755. Admission is \$8.25 and space is limited. The GardenSmart Workshop Series is jointly presented by the Lynn Canyon Ecology Centre, the North Shore Edible Garden Project and the North Shore Recycling Program.

### **Wednesday, August 28 Preserving the Harvest: Basic Canning Skills 6:30PM - 09:30PM**

Salvation Army Community Kitchen Learn basic canning techniques to help you preserve food for the winter. This is an indoor workshop. Wear closed-toed shoes, and please bring an apron and a paring knife. To register and pay call 604-990-3755. Admission is \$8.25 and space is limited. The GardenSmart Workshop Series is jointly presented by the Lynn Canyon Ecology Centre, the North Shore Edible Garden Project and the North Shore Recycling Program.

**Saturday, September 7 | Tomato Tastings AT THE HEIRLOOM TOMATO FESTIVAL 10am, 11am, 12pm, 1pm, 2pm at Phoenix perennials | Instructor: Gary Lewis \$12 + \$18 included Party Mix = \$30 | If you love food and, in particular, if you love tomatoes you won't want to miss this event...! | [More Info and Register Online!](#)**

**Saturday, September 7 Tantalizing Tomatoes: Preserving a Favourite Edible for Year-Round Eating , 3:30-5:30pm AT THE HEIRLOOM TOMATO FESTIVAL at Phoenix perennials | Instructor: Cathy Hiebert| \$14 | In this workshop you'll learn about the different types of tomatoes and how to preserve them for future eating, including which methods are best for which types of tomatoes... [More Info and Register Online!](#)**

**Saturday, September 14 POWER OF PERENNIALS SERIES | Top Plant Performers for the West Coast Garden: Fall and Winter | Instructor: Shelley 10am-12pm | \$14 | Do you want to know what the best performing perennials are for fall and winter? [More Info and Register Online!](#)**

**Saturday, September 21 CONTAINER SERIES | Jewels of the Spring Garden: Bulbs for Spring Containers | Instructor: Shelley Brignall | 10am-12pm | \$14 | Meet the spring blooming wonders that you can include in your garden and in pots including a number of uncommon but exciting possibilities... [More Info and Register Online!](#)**