



THE LEAF

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LYNN VALLEY GARDEN CLUB
First established 1943

October 2013

Executive Notes for October

Rosemarie Adams

Writing this in late September, as I will be away on vacation for first two weeks of October – Hawaii here I come !

I really enjoyed Deb McVittie’s presentation at our September meeting. I don’t think I have ever seen so many fascinating titles at one time, so many of them garden or plant related, but not really about gardening. I am a book junkie, so have some good items to put on my wish list.

We would like to publish proposed donations for 2014 in our November Leaf, so if you have any suggestions, please let me or any member of the executive know. We will not actually vote on donations until January, as it is appropriate that 2014 executive bring this to our members.

Despite a couple of very heavy rainfalls in September, many late summer flowers seem to still be doing very well. I have been admiring the many Rudbeckias I see around, what a lovely splash of colour they present.

For those of you not in attendance at our September meeting, confirm that our Club passed a Resolution allowing BC Council of Garden Clubs newsletter “The Bulletin” to be distributed to our members six times a year via e-mail. Our Leaf distribution list will be used to send this out, so if you now get the “Leaf” electronically, you will also be receiving “The Bulletin”.

Happy Thanksgiving !

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.

**October 17, 2013
Brian Didier
Mushrooms**

**November 21, 2013
Margaret Nakahara
Orchids**

**December 12, 2013
Christmas party
and craft**

BC Council of Garden Clubs Newsletter – “The Bulletin”

At our September General Meeting our Club passed a Resolution approving the BCCGC Newsletter to be sent out electronically to all our members who receive the Leaf by e-mail.

When we first went “electronic” with our club newsletter, we promised members that we would not use our mail-out list indiscriminately. Our Executive felt that the BCCGC Bulletin is informative and that our members would enjoy reading it. It is published six times a year – we hope you enjoy reading it. We will try to get some hard copies available for those members who don’t receive the LVGC ‘Leaf’ by e-mail – but this another good reason to sign up for electronic mail ! Any questions, please give me a call.

Rosemarie



2013 Executive

President

Rosemarie Adams

Vice President

Pat Holmes

Secretary

Bernie Robb

Norma Buckland

Treasurer

Harvey Lawson

Membership

Doreen Marbry

Diane Sekora

Members at Large

Rita Marshall

Chris Pharo

Jan Valair

Tara Findlay

Newsletter Editor

Lynn Batt

theleaf@lynnvalleygardenclub.org

COMMITTEES

Plant Table

Christel Glazer

Marie Pringle

Hospitality

Doreen Wakefield

Pat Phillips

Bright Spots

vacant

Sunshine/Door Prizes

Carol Ferryman

Sound System Set-up

Maurice Jones

Website

Brian Didier

Next Executive Meeting:

November 7, 2013

The Leaf Deadline:

November 10, 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

Doreen Marbry, Diane Sekora

Many thanks to those of you who have already submitted your 2014 registration with your postdated cheque for 2014.

Please help us get everything ready for the new membership team by submitting your membership registration and postdated cheque soon.



Members at Large

Rita Marshall, Jan Valair, Tara Findlay & Chris Pharo

It is time to start thinking about next year's Plant Sale. It is the very best time of the year to dig up your overgrown perennials and split or divide and pot up for our sale. If you have any 'how to' questions do not hesitate to call on any of the Members at Large. Here's an interesting instructional video on dividing peonies <http://www.youtube.com/watch?v=UotrkapSwo4> and another on dividing dahlia tubers <http://www.youtube.com/watch?v=gROv1nhrRQE>

Happy Digging from your Members at Large



This Month's Speaker

Pat Holmes



Brian Didier is a long time Lynn Valley Garden Club member, an amateur mycologist and a former Vancouver Mycological Society President. He is an enthusiastic wild mushroom spotter and gatherer and now he grows a variety of mushrooms in his backyard, such as shaggy manes, oyster and shiitake. This month he is going to share his expertise regarding mushrooms with us.

Plant of the Month - Heuchera

A delightful, nearly evergreen plant to brighten up any part of the garden. Just the thing to pop into those bare spots created by the removal of spent annuals in your all-season containers..

With a bewildering range of cultivars with coloured leaves and flowers to pick from, there is something for everyone.

Heucheras can be grown in full sun or partial shade in soil that has had well-rotted manure or compost added prior to planting. Tolerates most soil types and can be established as ground cover in many garden situations like under trees, where grass could struggle.

Heucheras are not attacked by slugs or snails, and are relatively free of disease except for very rare instance of viral Heuchera rust, so inspect any new plant carefully before purchasing.



**Just a few photos from a very recent visit.
Minter Gardens closes its doors October 14th.**



From Phoenix Perennials monthly e-newsletter: Fall is Garden Renovation Time
Have you renovated something yet?

Now that summer is winding down and you have spent most of the 2013 season with your garden you are now keenly aware of your triumphs and of the things that didn't go so well. Perhaps a handful of plants didn't perform and need to be moved to a different location. Or maybe a whole section of your garden just isn't working and hasn't been for years. There is a time for caution and there is a time for action. Fall is a time for action. With temperatures cooling and the rains soon to come, fall is a great time to plant perennials, shrubs and trees. And since you can clearly see what is and isn't working right now in your garden-- as opposed to trying to remember next spring what you meant to change -- fall is the perfect time for a garden reno while ideas are still fresh in your head.

There are additional benefits to fall planting.

Big Plants: Plants purchased in fall have, for the most part, been growing for an entire season so they are big and full and ready to rumble! These same plants were just little babies in the spring. These big fall plants will establish very quickly in the garden owing to their size and to the favourable fall conditions.

Soil Temperatures: In spring the soil warms up much more slowly than the air. Cold spring soils can shock plants and set them back by weeks. In the fall the soil temperatures are warm and inviting for new plantings and their eager roots. Warm soil promotes fast, strong root growth allowing perennials to establish before winter.

Air Temperatures: The warm daytimes and cooler nighttimes offer moderate temperatures that do not stress plants allowing them to quickly overcome transplant shock and establish.

Precipitation: The gradual increase in precipitation through September and October into November results in soils with good available moisture for root establishment.

Length of Time for Establishment: Planting in September and October still gives plants a long time to get settled before the first hard frosts come, usually in December.

Insects and Garden Pests: Humans aren't the only ones thinking about hibernating at this time of year. Insects and other garden pests such as slugs are becoming less active and will soon die or go dormant for the season. Fall plantings reduce the risk of insect attack and plant damage.

Getting a Jump Start: Most people become a bit overwhelmed in the spring with all the planting and garden chores. By planting in the fall you can shorten your spring "to do" list.

Better Displays in the First Full Season: Because perennials establish so well in the fall your plantings and their subsequent foliage and floral displays will be almost a FULL YEAR ahead of any plantings you make next spring just by planting 6 months earlier. You'll have bigger, fuller more smashing gardens sooner.

Here are some suggestions for going about your garden renovation this fall:

1. Take a walk around your garden and look for an area or areas that most bug you. Make sure the area you choose is a manageable size so you can complete your renovation in one or two weekends.
2. Ask yourself what is and isn't working in that area. Dig out the plants that aren't working. If they are worth keeping, save them to plant in another area of the garden or give them to friends. Make sure to trim off a third to half of the foliage to help minimize transplant shock.
3. Now look at the plants that are working in this area. Are they in the right place? Perhaps a plant looks great in this area but is so happy that it's growing taller than what you expected. If you need to shift some plants in the bed dig them out with as big of a root ball as possible and place them in a better location.
4. Now you're going to need some new plants. Look at your existing bed and decide what's missing in terms of height, foliage colour, flower colour, and bloom time. Make a list of your needs and come visit us at Phoenix. If you bring a picture of your garden bed renovation we could help you with some advice for the perfect plants to get this area of your garden spruced up and gorgeous..... Have fun with your fall garden renovation!

www.phoenixperennials.com

October To Do List

- Replace spent annuals with winter kale, or pansies, or try heuchera or heather
- Plant spring bulbs**
- Dig and store tender bulbs like Dahlias & Cannas
- Rake and remove fallen leaves or mulch them with your lawnmower
- Cut back spent perennials / biennials
- Plant peonies, poppies and irises
- Add winter mulch
- Divide and transplant perennials and ground covers

<http://www.finegardening.com/how-to/articles/dividing-perennials.aspx?id=102042>

<http://www.finegardening.com/how-to/articles/dividing-perennials-tools-techniques-timing.aspx?id=80712>

- Plant bare-root trees, shrubs, ground covers and vines
- Transplant roses & plant bare-root roses



Sprouting Seeds in Jars

Sprouts are nutritious, delicious, economical and simple to grow.

Bacterial contamination can be virtually eliminated by hygienic methods, and completely by thorough cooking. Health Canada recommends all persons with compromised immune systems, seniors and children eat only thoroughly cooked sprouts. There are many specialized containers available for sprouting seeds, but all you really need to get started is a clean, clear glass, wide-mouth jar (I use Classico pasta sauce jars because they have straight sides that the seeds cling to allowing more thorough drainage). Use cheesecloth, hardware cloth, stainless metal screen or even old pantyhose to cover the mouth of the jar, and secure the covering with a ring lid or rubber band.

Only use seeds intended for sprouting and from known sources (no bulk buy).

Seeds for planting are often treated with insecticides or other chemicals that may be dangerous to consume.

I like to order (Westcoast) seeds through our local independent nursery (Dykof) so I don't have to pay delivery fees.

Peas, Lentils, Soybeans and Mung Beans - Mung beans are used for the common white sprouts seen in most grocery stores. Peas, lentils and soybeans produce similar sturdy sprouts.

Radish, Clover Broccoli and Alfalfa - These small seeds grow thin, delicate sprouts that develop tiny leaves.

Wheat, Rye, Barley and Oats - They also can be sprouted in only a few days, or grown as like grasses.

Wash all of your intended equipment; jars, lids, strainers etc thoroughly.

Wash your hands thoroughly before and after working with (sprouting) seeds.

Measure 1 – 2 tablespoons of seed into the clean jar.

Optional, but CFSIA recommends sanitizing: Add 1 cup of hot tap water and 1 teaspoon bleach. Attach the screen and the ring lid or rubber band. Swirl to mix, then let sit for 15 minutes. Drain, then rinse repeatedly with cool water.

Soak your seeds by covering them completely with room temperature water, with roughly two inches of water above the seeds, and set the container in a warm place out of direct light. Use purified or filtered water to avoid contaminants being absorbed by the seeds. Follow directions on your seed packet about soaking time; 6-24 hours. Avoid soaking longer than recommended time as it will interfere with germination. Seeds expand as they absorb water, and may be twice their original size after soaking.

Drain the remaining water from the jar completely. I like to drain the water slowly by tilting the jar to one side, then another. This method ensures the seeds are not clumped together, and the seeds are clinging to the side that is not down. After draining, place the jar back out of direct light. I like to keep my sprouting seeds near the sink, where I see them and remember to rinse them often. If possible, place the jar tilted downward at an angle, which will allow fresh air into the jar while still draining excess water. Be sure to place something under the jar to catch moisture.

Sprouting seeds will need to be rinsed three times a day. Fill the jar with fresh cool filtered water, swirl and shake gently for 10 to 15 seconds before draining. Repeat once or twice, and then drain the excess completely before returning the jar to its original position. Repeat this process two to three times a day for three to five days.

The last stage of the process is to expose your sprouts to sunlight. Rinse and drain seeds before placing the jar in bright indirect light. This allows the sprouts to develop chlorophyll. The amount of time will depend on the type of seed, but this can take anywhere from a few hours to a few days. Continue to rinse the sprouts regularly.

When ready to harvest, seeds will require a final rinse. Fill the container with water, and skim off any hulls or debris before draining thoroughly. Once sprouts are dry, they can be eaten immediately or stored in a sealed container in the refrigerator for up to a week.

For more information:

<http://www.inspection.gc.ca/english/fssa/frefra/safsal/sprointe.shtml>

<http://organicgardening.about.com/b/2010/12/02/sprouts-and-microgreens-two-easy-ways-to-grow-food-indoors.htm>

http://www.hc-sc.gc.ca/fn-an/legislation/pol/sprouts_pol_pousses-eng.php

Happy Halloween!

TomTato lives!

New Frankensteinesque plant grows both cherry tomatoes and white potatoes.

Tomatoes and potatoes can be grafted together because they are members of the same plant family.

This new introduction by Thompson-Morgan is only available for order in England and New Zealand.



Vancouver Hardy Plant Society's FALL STUDY DAY Let's Put Away our Tools and Talk Gardening

H.R. MacMillan Space Centre 1100 Chestnut Street Vancouver

Saturday October 26, 2013 - 9:30am* - 3pm

*Remember to allow time to sort out the parking meters

To register for the Fall Study Day, please forward your cheque for \$40 (members pre-paid), \$45 (non-members and all tickets at the door), made out to the Vancouver Hardy Plant Group, to

. If you are purchasing for others, please indicate their names and whether they are members or non-members. Cheques should be received by Friday October 18, which will allow time for your name(s) to be copied onto a name tag that you will collect and wear after signing in at the pre-paid table, thus helping the committee in providing orderly access to the event. Cheques received after that date will be kept in the order they have been received and may or may not gain you entry to the event.

~

Bill Terry

We are delighted to have one of our long-time members, Bill Terry, who is well known to us through his interest and expertise with Meconopsis (the Blue Poppy), join us to give a brand-new talk this Fall Study Day: Letting Nature Take Her Course: Simplicity and Serendipity in the Garden – a timely topic for many of us!

David Culp will give us two talks: The first, entitled The Layered Garden, explores the design technique of layering — interplanting many different species in the same area so that as one plant passes its peak, another takes over. The result is a nonstop parade of colour that begins with a tapestry of heirloom daffodils and hellebores in spring and ends with a jewel-like blend of Asian wildflowers at the onset of winter; the second is a brand-new talk on Snowdrops (Galanthus) – Jewels of the Winter Garden.

Riz Reyes' will be speaking about Fragrant Plants and how to achieve having fragrance year-round in our Pacific Northwest climate.

“Though not a "how-to" book, *Beauty By Design* is a treasure trove of ideas. Eleven inspired artists of the garden share their stories, their secrets, and their passion for gardening. Travel with **Bill Terry** and Rosemary Bates to these special places on the Pacific Northwest coast. Visit Dan Hinkley's enchanted garden, perched above the shore of Puget Sound in Washington State. Close by, beauty explodes in an earthly paradise created by sculptors George and David Lewis and in Linda Cochran's stunning garden of exotics. Cross the Strait of Juan de Fuca to Vancouver Island and potter Robin Hopper's "Anglojapanadian" woodland wonderland. Enjoy the subtle blending of texture and colour in painter Eva Diener's Sunshine Coast botanical garden. Admire the genius of Robert and Birgit Bateman's inspiring space on Salt Spring Island, Des and Sandy Kennedy's fairy-tale forest house and garden on Denman Island, and Kathy Leishman's garden of refinement for all seasons on Bowen Island. In downtown Vancouver, Glen Patterson indulges his passion for alpiners and conifers in his astonishing third-storey roof garden. Elsewhere in the city, Pam Frost's eye for colour and arrangement transports the viewer out of the urban into the sublime, while on the Saanich Peninsula, writers Lorna Crozier and Patrick Lane speak with love and eloquence of their garden”. Great read or coffee table book.



Tools, Tips and Tones

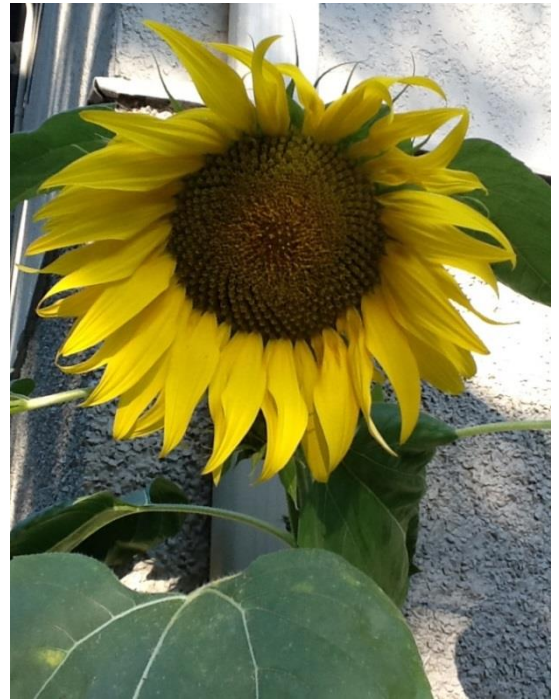
Presentation House Theatre is a site of Pacific Mobile Depot as a drop off Recycle location on the **third Saturday of each month** from 9am until noon.

This includes the 3 major spectrums, consisting of rigid, soft & foam plastics, Styrofoam, as well as an extensive line-up of electronics. More information (including accepted materials & fees) can be found on their website: www.pacificmobiledepots.com

Submitted by Judith Brook

It's fall (already), and most of your gardening is winding down... except for bulb-planting strategies. The planning is the fun part! Before planting bulbs, protect them from burrowing insects and rodents by dusting them with medicated baby powder.

Submitted by Irene Dudra



This beautiful sunflower was grown by Anna Marie D'Angelo.

With seed from Project Sunflower. <http://www.lynnvalleylife.com/category/blog/project-sunflower/>

Photo by Anna Marie D'Angelo

Just a thought.....for anybody else that just can't wear those rubbery garden gloves....in wet weather I use white cotton liner gloves (Lee Valley) inside one size bigger than usual non-latex household gloves (Thrifty's).....even better if you put on hand cream before the gloves.....

Cajun-spiced Kale Chips

Prep Time: 10 minutes

Cooking Time: About 25 minutes

Makes: about 6 servings

Ingredients:

2 cups torn kale leaves, packed; 2 Tbsp. Vegetable oil; 2 tsp. Cajun spice (or to taste)

Method:

Preheat the oven to 275 degrees F. Line 2 large baking sheets with parchment paper.

Thoroughly wash the kale, and then thoroughly dry in a lettuce spinner or on towels. Place the kale in a large bowl and toss with the oil and Cajun spice.

Divide and set the kale pieces in a single layer on the baking sheets. Bake 10 minutes, and then turn each piece of kale over. Bake 10 to 15 minutes, or until crisp, but still rich green in colour. Cool kale chips to room temperature and they are ready to enjoy.

Note: 2 medium bunches of fresh kale should yield enough leaves for this recipe. To ready it, tear the leafy part of the kale off the tough middle stem into chip-sized pieces, each about 2" long and wide, and it's ready to use.

Cajun spice is sold in bottles in the spice aisle. It often contains salt, which is why none is added to this recipe.

Options:

Instead of Cajun spice, try flavouring the kale with any other spice blend that appeals, such as curry powder, or barbecue spice. You'll find a wide selection of spice blends and seasonings in our bottled herb and spice aisle

From Thrifty's

Submitted by Carol Ferryman.

ABOUT TOWN

Saturday, October 19 Still New! Pruning with Confidence - 9:00 am - 1:00 pm

This hands-on, indoor/outdoor course will give everyone an opportunity to prune a variety of plants including deciduous shrubs, conifers, and broadleaf evergreens. The indoor presentation will cover the essential botanical facts and horticultural guidelines for proper pruning. Outside, everyone will apply their new knowledge with Estelle leading a busy morning of pruning, demos and sharing of clever tips and techniques. Each session is limited to 10 participants and will be held offsite at two private residences in Surrey. Participants must bring their own pruners, loppers and gloves. Instructor: Estelle Bogoch Price: Member: \$67 / Non-member: \$82

<http://vandusengarden.org/sites/default/files/pdf/registration.pdf>

Saturday, October 19 Marvelous Mushrooms: Learn to Grow your Own! 1:00PM - 02:30PM

Lynn Canyon Ecology Centre 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.

Friday October 18th to Sunday October 20st

**Phoenix Perennials.....2 For 1 Sale on All Plants
including Perennials, Trees, Shrubs and Vines !**

Saturday & Sunday, October 19 & 20 UBC Botanical Garden Apple Festival 11 a.m. – 4 p.m.

A family event for all ages, the UBC Apple Festival celebrates one of British Columbia's favourite fruits. From children learning about the diversity of apples to those who remember tasting heritage apples in their youth, the Apple Festival is a great opportunity to not only discover more about this delicious fruit, but have a whole lot fun doing it! More than 70 varieties of heritage, new and "tried and true" varieties are available for sale. One of the most popular activities at the Apple Festival is the tasting tent where curious event goers can taste up to 60 varieties of new and heritage apples grown in British Columbia. Adding to the festival atmosphere is entertainment on the main stage, children's activities, a food fair and more. www.botanicalgarden.ubc.ca/events

Saturday, October 26 Vancouver Hardy Plant Society's FALL STUDY DAY - 9:30am - 3pm

Let's Put Away our Tools and Talk Gardening for \$40 (members pre-paid), \$45 (non-members and at the door)
H.R. MacMillan Space Centre 1100 Chestnut Street Vancouver <http://www.vancouverhardyplant.org/>

Sunday, October 27 Vancouver Mycological Society Mushroom Show, 11 a.m. – 4 p.m. Admission \$3.

Information: Floral Hall & Cedar Room, Admin. Bldg James Holkko 604-878-9878 / info@vanmyco.com

Wednesday, October 30 Low Maintenance Gardening on the West Coast 6:00 pm - 8:30 pm

A seasoned gardener in coastal B.C., Janis is well versed in our local challenges and opportunities. She will enhance your understanding of our soils, climate, and geography and the diversity of plants that thrive here. She will highlight her favourite trees, shrubs and perennials that require little maintenance Instructor: Janis Matson

Price: Member: \$27 / Non-member: \$37 <http://vandusengarden.org/sites/default/files/pdf/registration.pdf>

Wednesday, November 6 Shady Gardening 6:00 pm - 8:30 pm

Those cool, shady spots in your garden can be hot with colour, texture and beauty! Janis will take you through the ins and outs of shade gardening and discuss the differences between wet, dry, dappled and dense shade. Learn what the possibilities exist with shade-loving plants, and make those darker patches of your garden stand out from the shadows.

Instructor: Janis Matson Price: Member: \$27 / Non-member: \$37

<http://vandusengarden.org/sites/default/files/pdf/registration.pdf>

Friday, November 15 2013 UBC Continuing Studies Garden Design Lecture 7-8:30

UBC Robson Square. FREE In the third annual UBC Continuing Studies Garden Design Lecture, UK-based garden and landscape designer Dan Pearson discusses his professional career. He will share his understanding and appreciation of natural landscapes and landforms and how they shape his work today.

Dan Pearson trained at the RHS Gardens' Wisley and the Royal Botanic Gardens, Kew. He began his professional career as a garden and landscape designer in 1987, and was one of the earliest contemporary practitioners of naturalistic perennial planting in the UK. **Register online now.**