



Message from the President - October 2014

After such vigorous growth in August, I feel like someone pressed 'Pause' on the garden once we reached September. Although the lawn still needs mowing, the growth of everything else seems so much more subdued. Probably a good thing too as the butternut vines may have overgrown the house if they'd continued at the same rate!

As we reach Thanksgiving, with such an abundant harvest at hand, I can appreciate why we take time to give thanks. James has jars of preserves neatly stacked away for the year ahead. He made cucumber relish during the summer, and last weekend thawed all the strawberries we'd stashing away during the season to make a big batch of jam. Unfortunately, we'd transplanted our rhubarb this year so missed making rhubarb and ginger jam. In previous years, he's tried both fresh and candied ginger, both with divine results. The hops have been dried and I have plans this weekend to fill the house with the enticing fragrance of dehydrating herbs. I've been saving seeds this year, to build up a collection for another year, and freezing basil in ice cube trays for winter pasta sauces. We have a bag of potatoes in the shed, that we've been enjoying over the last few months, and the butternut collection is growing each week as more ripen.

With all that stored inside, there's still lots in the garden too. The carrots, beets and squash are beautifully sweet when roasted and I'm looking forward to the first frost to add even more sweetness to the parsnips. Although my thoughts have mostly turned to hearty comfort meals, it's lovely to have the compliment of fresh, tangy salads. The gypsy peppers are turning red, and are delightful with cucumbers, nasturtiums, New Zealand spinach, arugula, mustard and lettuce.

Last year, we planted fall veggies for the first time. We soon wondered why we'd taken so long to try. This year, chard and kale, sautéed with garlic, onion and lemon has become a fall favourite. Soups, risottos, roasts, curries, it's a delicious time of year to enjoy local food!

Our exec elections are coming up next month. With all we have to be thankful for, maybe you'll consider giving back to the club and taking an executive or committee role. We're still looking for two Members at Large and a Sunshine person. Please talk to any of the executive if you're interested. It's a great way to meet more members of the club and learn or share new gardening skills.

- Tara Findlay

Happy Harvesting!

June 2014

LVGC Meetings are held on the third Thursday of each month (except July and August) at:

St Clement's Church  
3400 Institute Road, North Vancouver

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

### Meetings Schedule

**October 16, 2014**

**Todd Major**

Holistic garden design

**November 20<sup>th</sup>, 2014**

**Egan Davis**

Topic to be determined.

**December 11<sup>th</sup>, 2014**

**Christmas Party 25<sup>th</sup>  
Anniversary Celebration**

**Mailing Address:**

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

<http://www.lynnvalleygardenclub.org>



## Executive 2014

### President

Tara Findlay

### Vice President

Chris Pharo

### Secretary

Audrey Beugger

### Treasurer

Norma Buckland

### Membership

Rosemary Wagner

Frances Moorcroft

### Members at Large

Jan Valair

Yvonne Kabata

Tom Davis

### Volunteer needed

### Newsletter Editor

Irene Dudra

## Committees

### Plant Table

Judy Stringer

Marie Pringle

### Hospitality

Doreen Wakefield

Pat Phillips

### Sunshine / Door Prizes

Carol Ferryman

### Website

Brian Didier

### Newsletter Deadline

November 13<sup>th</sup>, 2014

### Next Executive Meeting

November 6<sup>th</sup>, 2014

At the home of Tom Davis



### Tea Time *Doreen Wakefield, Pat Phillips*

*Please bring your own mug*

The coffee we serve is decaffeinated.



### Sunshine

*Carol Ferryman*

Having held the position of Sunshine for the last three years, I think it's time to hand over the reins to another garden club member. It's a great way to assist with the club's operation as well as getting to know other members without being elected to the executive. Plus, it is not a very time consuming position. Receiving positive feedback from members who have received cards can be most gratifying. In addition to sending out cards the job includes buying a few door prizes each month. If anyone is interested, I shall be glad to explain the duties in more detail. **Carol Ferryman**

### Treasurer

*Norma Buckland*

September 30<sup>th</sup>:

-Bank balance \$6576.30, Petty Cash \$211.52, Total funds \$6787.82

### Speaker's Corner - Chris Pharo

#### September Speaker: Satya Brown

#### Topic: Colour in the Shade

The talk focussed on what could be done to provide a maximum of colour in a small garden that had lots of shady areas including the north side of the house and in the shade of a large tree. Satya provided a handout with a list of the types of plants that flourish under these conditions, and the talk centred on photographs of the various specimens. Among the comments she made were: if it doesn't grow well, try it somewhere else; plants that flourish in the sun may well thrive in the shade, but under a bit more constraint; shade was defined as less than 4 hours direct or open sunlight per day;

**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. You may also consider saving seeds from your own favourite vegetable for plants next year. If you do please be aware that certain rules need to be observed in order to keep the plants' true characteristics and heritage. These can easily be jeopardized by involuntary crosspollination (the author is speaking from experience ☹). So be careful before you pass these seeds or plants on to others and try to inform yourself ahead of time. A good resource is "Seeds of Diversity" [www.seeds.ca](http://www.seeds.ca).

We would also like to invite two more members to join us (Tom and Yvonne) in the team of MAL. The position is a 2-year term and our main functions are to organize the plant sale and the members' garden tour, both of which are very gratifying. Yes, there is a time commitment involved, but these activities are a lot of fun in a social atmosphere. For new members this is a great way to get to know the club members and to become more involved. You won't regret it.

If you have any questions do not hesitate to call on any of us.

**'Happy Digging' from your Members at Large.**

## MEMBERSHIP REPORT

### Time to think about renewing your membership.

A Membership renewal form is enclosed with the October LEAF, last page. The forms are also available at the meeting.

Please send in your cheque before December 31<sup>st</sup> (post-dated for Dec 31st accepted).

Cheques will not be deposited until after January 1<sup>st</sup>, 2015.

**Frances and Rosemary**

Master Gardeners are often asked about **Bone meal**. Master Gardeners don't recommend bone meal any more and this is why. It took me a few reads to get my head wrapped around this information but it does make sense once you do.

\*\*\*\*\* Reminder about Bonemeal : (excerpt from Linda Chalker-Scott article below )

Bone meal is primarily calcium and phosphorus, two elements which are usually adequate in **non- agricultural** soils

Why does the myth of phosphorus-induced root stimulation persist? The answer probably lies in the effect phosphorus fertilizers have on mycorrhizal relationships. When plant roots are in low phosphorus environments, they exude organic acids from their root tips. These acids allow mycorrhizal fungi to penetrate the roots and form the networks that assist plant roots in taking up water and nutrients. Mycorrhizae are particularly adept at extracting phosphorus from the soil.

If phosphorus levels are too high, however, the roots do not exude the organic acids and mycorrhizal connections do not form. This forces the plant to put more resources into root growth to compensate for the lack of mycorrhizae. So in a sense phosphorus will increase root growth – but at an added cost to the plant. The resources expended by the plant in growing additional roots to take the place of mycorrhizae are not available for other plant needs.

[http://puyallup.wsu.edu/~linda%20chalker-scott/horticultural%20myths\\_files/Myths/Bonemeal.pdf](http://puyallup.wsu.edu/~linda%20chalker-scott/horticultural%20myths_files/Myths/Bonemeal.pdf)

**Thanks to Doreen**

**Marby**

### Every garden needs some Anemones to keep things interesting.

There are the brightly coloured spring types (*Anemone blanda*) often bought as bulbs at the garden centre in fall. There are the cutleaf Anemones (*A. multifida*) which are bright and easy to grow. There are the Snowdrop Anemones (*A. sylvestris*) with pure white flowers and a bit of a wandering habit. But for many gardeners the favourite Anemones are the Japanese Anemones (*Anemone hupehensis* and hybrids). With the exception of the ubiquitous Mum, Japanese Anemones are the star of the fall garden. Taller selections include such favourites as Honorine Jobert (single white flowers), Whirlwind (beautiful double white flowers) and September Charm (Single pink flowers). These can grow from 4' to 6' tall. Flowers typically start in September and last well into fall. They make exceptional cut flowers as well, so when the weather gets too cool to sit out and enjoy them, simply bring some indoors.

*"Last summer Anemone Wild Swan made it here from England. Winner of the 2011 Chelsea Plant of the Year Award, its white flowers have blue streaks on the back of the petals.*

Out of the Blue. Heritage Perennials [newsletter@perennials.com](mailto:newsletter@perennials.com)

## **Pineapple Carrot Muffins Lactose Free**

2 cups flour  
2 teaspoons cinnamon  
2 cups sugar  
1 cup oil  
3 eggs  
2 cups finely grated carrots  
1 cup well drained crushed pineapple  
1 cup coconut  
1 cup chopped walnuts

1 teaspoon of vanilla  
1 teaspoon soda  
1 teaspoon salt

Preheat oven to 350F  
Sifted together flour, salt, cinnamon and soda  
Combine sugar, oil and eggs, beat well.  
Gradually add the flour mixture  
Add the remaining ingredients, mixing thoroughly  
Spoon into greased muffin pans  
Bake for 20 to 25 minutes      **Audrey Beugger**

This is the recipe for the delicious muffins Audrey shared with us at the Garden Club's annual garden tour.

### **Gardening Volunteer Opportunities**

North Shore Community Resources are looking for volunteer gardeners. The non-profit agency has been in existence for over 35 years and provides information and referrals for seniors, connects volunteers with local opportunities, and supports young families and childcare providers.

They have recently taken on the Better at Home program on the North Shore, which assists seniors with basic, non-medical tasks to help them in their homes. They offer housekeeping services, transportation, and help with grocery shopping. They have also recently begun to offer seniors help with light gardening and yard work, which has proved to be very popular.

They've contacted our club to see if anyone is interested in volunteering for the Better at Home program to help elderly clients with tasks such as garden clean up, weeding, raking leaves, etc. Volunteers are free to choose the tasks they provide and how frequently they are available to help.

The volunteer program has a recruitment process that involves an interview, reference checks, and an online criminal record check but it doesn't usually take very long.

If you're interested, contact Elaine Smith, Volunteer Coordinator at North Shore Community Resources. Email [Elaine.smith@nscr.bc.ca](mailto:Elaine.smith@nscr.bc.ca), or phone 604-985-7138.

### **Coming Events:**

#### **Fabulous Festive Door Wreath Workshop**

Make a fabulous Festive door wreath with Margitta of Lonsdale Quay floral shop! Margitta will lead the workshop to make a fresh Christmas wreath or door swag.

Registration includes supplies. **Mollie Nye - magnolia** Tuesday, December 2<sup>nd</sup>, 10:00am to 12:00 Cost \$14.00

#### **Fabulous Festive Centerpiece Workshop**

The ladies from BC Floral Art are back by popular demand! They will share their talents and help you create a lovely centerpiece just in time for the holidays.

Registration includes supplies. Mollie Nye, - Lions Lounge Wednesday, Dec 17 1:30-3:30pm Cost \$14.00

#### **Apple Festival**

UBC Botanical Gardens: Saturday & Sunday, Oct. 18 & 19 (11:00 - 4:00):

Celebrating one of B.C.'s favourite fruits. Heritage apple tastings, apple purchases, and apple and apple tree cultivars for sale. Admission \$4

## Have you heard of Table Matters ?

This local-to-the-north-shore initiative is described on the web site (<http://www.tablematters>) as:

"Table matters is a network of people who live, work and eat in the communities that make up Vancouver's North Shore. Our network is interested in making our communities thrive, meeting new people, and exploring the exciting world of Urban Agriculture and Food Security". The 2014 event held October 8<sup>th</sup> focused on **Food Waste** and included the following speakers:

- Jen Rustemeyer and Grant Baldwin, producers of the '*Just Eat It*' film
- Scott Rowe, Scaling Up Food Recovery
- Quest Food Exchange
- Justin Malialis, Whole Foods
- Emily Jubenvill and Jennifer Meilleur, Edible Garden Project and North Shore Recycling Program
- Mayor's panel responding to pre-set questions

It is astounding that 40% of our food is wasted, costing \$27 billion annually globally. This spans wastage at source, during transport, at stores and within our homes.

The '*Just Eat It*' film will be shown at North Vancouver Presentation House on Thursday, **November 13, 2014** as a **fund-raiser for the Edible Garden Projects**. Read about more venues at this website,

<http://www.foodwastemovie.com/screenings/>. To register for the November 13 screening (only \$6), view this website <http://www.eventbrite.ca/e/just-eat-it-north-shore-registration-13337774643>.

Scott Rowe spoke on food recovery, keeping commercial food, food-safe, until passed on to the new end-user.

As consumers, we are powerful – consider asking your retailers '*Do you support food rescue?*' Food stores could set aside slightly damaged food for reclamation, safe handling and coordination with food rescue groups, such as Scott Rowe with *Scaling Up Food Recovery*.

*Quest* is BC's largest not-for-profit food exchange, servicing over 22,000 people monthly and \_ million people annually. (<http://www.questoutreach.org/>). In 2013, 5.8 million dollars in food was distributed by the organization. Their food policy was developed with Canadian Health Food Safety and all food is well within the best-before guideline. One of many agencies working with Quest, is *Keys Housing and Health Solutions* (<http://keyssolutions.org/>); through this organization the FoodSafe course can be offered for \$32 rather than the standard \$100 cost.

*Whole Foods* supports food recovery through multiple areas in the stores. Food recovery personnel come twice/day for pickup.

The mayor's panel commented on importance of our Agricultural Land Reserve (ALR) – that we should let MLA's and MP's know the ALR is of critical importance to the lower Mainland residents. Robin Hicks, DNV councilor, recommended the book *The Third Plate* by Dan Barber, published 2014, which is available for sale or at your local library (<http://www.thethirdplate.com/>); an award-winning chef writes on the future of food.

**Submitted by Judith Brook**

I'm really excited to tell you about a new project to build an **Urban Farm at Sutherland Secondary School**. It's called the Sutherland Schoolyard Market Garden and will have an outdoor classroom, grow fresh veggies organically, raise awareness about our local food system, and build a stronger community.

**[A crowdfunding campaign was launched to raise money to make the Sutherland Schoolyard Market Garden happen!](#)** The goal is \$15,000 - which will ensure top quality soil to be used and a living fence of fruit trees surrounding the farm!

I know you love gardening and good food, and I hope you're excited to be a part of the Sutherland Schoolyard Market Garden! Even a dollar donation will help. If you want to help us spread the word about this awesome project, we would LOVE your help! You can:

Share our campaign with your network - <http://igg.me/at/schoolyardmarketgarden>

Tweet about it: *Check out this awesome new #urbanfarm growing community & young farmers in #NorthVan from @the\_egg!* <http://ow.ly/C8ovn>

- Share on Facebook using the link on the [Indigogo page](#)

You can also sign up to volunteer to help us build the Sutherland Schoolyard Market Garden by emailing [Mary@ediblegardenproject.com](mailto:Mary@ediblegardenproject.com).

Email [emily@ediblegardenproject.com](mailto:emily@ediblegardenproject.com) if you have any questions!

**Thank to Ann Pentland**

## Bulb Planting Tips

### **When to Plant:**

All through October and November, but ideally before the first frost.

### **Where to Plant:**

In full sun or partial shade in well-drained fertile soil. In wet boggy soil bulbs will quickly rot.

### **Ideal Sites**

Under deciduous trees and in perennial borders where they can enjoy full sun in spring before trees have leafed out and before perennials have regenerated.

### **Best Soil:**

Sandy or loamy ground with good drainage. Worse site: Heavy clay soil that never sees the sun

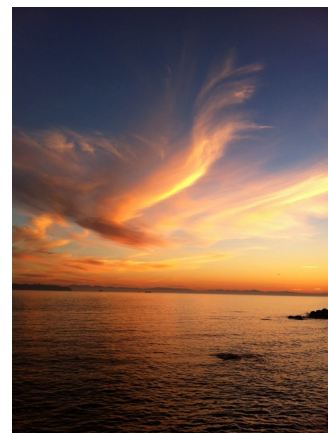
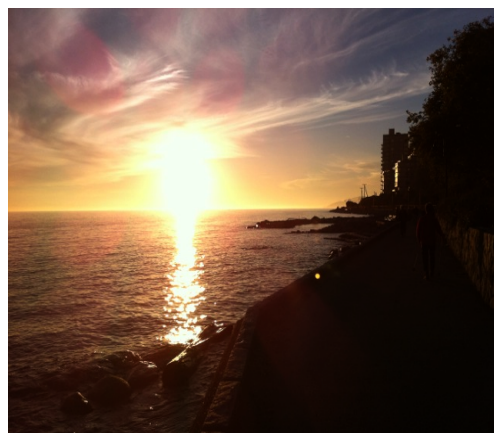
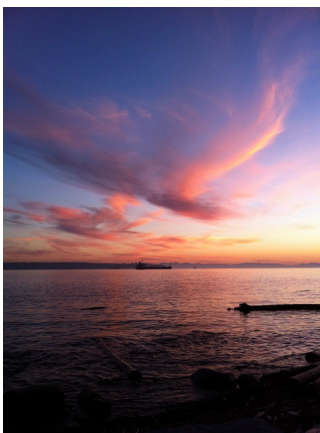
### **How deep to plant:**

Three to four times the height of the bulb with the pointy bit peeking up. Plant in clumps for the best effect. Water after planting.

### **How To Buy**

Always check that the bulbs are firm and free of nicks and loose skin. They should definitely not feel squishy, crisp or crunchy.

From the Fall issue of Westcoast Homes & Gardens.



Taken by Lyle Ferryman on the seawall, Thurs. Oct. 9th. Carol and Lyle thought it might be the last sunset of summer!