



LYNN VALLEY GARDEN CLUB
First established 1943

Mailing Address:
Lynn Valley Garden Club
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<http://www.lynnvalleygardenclub.org>

September 2013

Executive Notes for September

Rosemarie Adams

What a lovely late summer. After a rainy cold June, summer hit full force on July 1st weekend, and made up for lost time. All that rain in June had set down some good roots for our plants, and once the heat and sun went to work, the results were wonderful.

Those members at our June meeting helped us celebrate our Club's 70th Birthday. We were very privileged to have two of our founding members present, Lillian Speers and Anne Walton. These are two very special ladies – we have much to thank them for. North Shore News did a nice article on our Club's celebration. We also had our members Garden Tour in July, with five very diverse and lovely gardens visited, followed by a lovely lunch get together. Thank you to the members who offered their gardens and to the MALs who organized this lovely day. I have some up-dated information on the history of our Club, which was published in June Leaf and handed out at our June meeting.. After the original club disbanded, Ruth Howard, who passed away a couple of years ago, was instrumental in restarting our club. I am told “without Ruth's persistence, intelligence and hard work, there would have been no club. Single-handedly for many months, she rebuilt past associations, and although the club format changed, all survived and interest grew”. I would like to acknowledge Ruth's very important role (apparently she was also a very experienced gardener) in Lynn Valley Garden Club.

Visited Ted Staunton's garden in Surrey in July.
Lovely garden, and he says we are welcome to visit on our bus tour next year.

I also attended District Council meeting in July where proposal was made for new Community Garden in Lynn Valley. Council approved subject to further study and report, but it looks to be a go. Location is on Frederick Road between Mountain Highway and Institute Road, the grassy area between Rec Centre and parking lot.

We have volunteers for Membership, Treasurer and Leaf Editor for 2014, but still need to find a President, Vice-President, Secretary and two Members at Large. Please consider taking on one of these positions. Would love to hear from you !

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.

**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**

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



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:

October 3, 2013

The Leaf Deadline:

October 6, 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

September report *Doreen Marbry, Diane Sekora*

Along with the newsletter this month we have included our 2014 registration form. Kindly fill it out and bring it along with your postdated cheque for January 1, 2014 to our September 19th general meeting.

We hope to have the membership registration done and the membership cards produced by November so we can pass on all the updated information to our new incoming executive. This will also allow us to invite possible new members to attend the January meeting.

We thank you very much for your cooperation.

Membership

Diane and Doreen



Members at Large

September MAL report

Rita Marshall, Jan Valair, Tara Findlay & Chris Pharo

What a fabulous summer we had for sunshine! The plants seemed to love it if you were able to keep up with the watering; many have exploded in size. If you have plants outgrowing their space, now's the ideal time to divide them and pot them up for next year's plant sale. If you have any 'how to' question, don't hesitate to call on any of the Members at Large and we'll do our best to answer them. Happy digging!



This Month's Speaker

Pat Holmes

Our speaker for September is Deb McVittie, owner of 32 Books in Edgemont Village and on Hornby Island. She is a writer and an editor, as well as having taught writing at Malaspina College. Locally, she does writing workshops in schools for students and teachers alike. She is also a keen gardener, loves plants and books about plants.

Deb is bringing books to show, books to sell and she has an interactive portion of her talk that will involve prizes! Sounds like fun..

Hartwig Rother

We are saddened to advise of the passing of Hartwig Rother. Hartwig had been ill since early this year, and for the past several months had been in North Shore Hospice. Hartwig and Margarethe have been members of Lynn Valley Garden Club for many years and their contributions were greatly appreciated. Hartwig was always at meetings early to help set up projectors and screens, and was instrumental in "fixing" the outside driveway, and our storage cupboard when it needed repairs.

We will miss him.

Our sincere condolences go out to Margarethe.

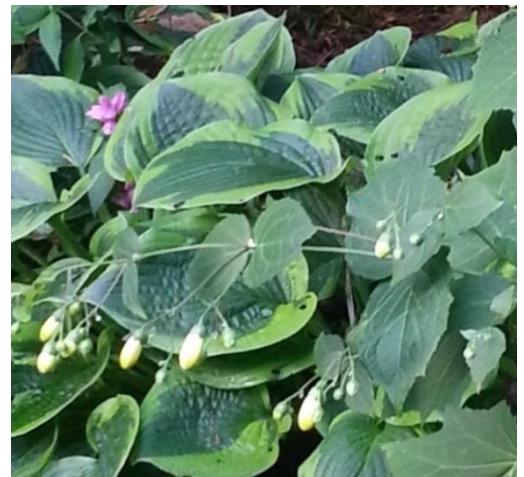
Service at Holiday Inn on September 15th at 2 pm.



Plant of the Month

Kirengeshoma palmata
(Yellow wax-bells)

This unusual and hardy, clump-forming perennial bears pendulous, shuttlecock-shaped soft-yellow blossoms in September. The plant has attractive, glossy, 4- to 8-inch-long, maple-leaf-shaped leaves and grows 3-6 ft tall and 1-3 ft wide. It is native to mountainous areas of Japan and Korea.



Grow in rich, moist, acidic soil... woodland style. Grow in part-shade and shelter from wind. Propagate in spring by dividing as soon as growth begins, taking care not to damage young, tender shoots. Slugs and snails may damage young growth and leaves.

The smaller picture is from the www.rhs.org website. The larger picture is of Bonnie Noakes' sunken garden where she also planted Hosta 'Abiqua Moonbeam' and *Chelone oblique* (Turtlehead)

Just a few September to-do's

.....September is bulb month so it's time to start thinking about what kind of bulbs and how many of each you would like to plant this year. Remember, bulbs always look better planted in groups and drifts. It's good to plant your bulbs in September because it allows the bulbs to develop a really good, strong root system before the cold arrives. Strong root growth translates into stronger, bigger flowers next spring.

- Set out transplants of cool-weather vegetables
- Prune cane fruits such as raspberries and blackberries
- Plant winter pansies and fall annuals (calendula, dianthus, ornamental cabbage and kale)
- Plant new peonies. Divide old peonies. Be sure to have 3-5 eyes per division. Plant with eyes no deeper than 2 inches
- Divide bearded iris and other spring- and summer-blooming perennials
- Plant bare-root trees and shrubs
- Plant herbs and groundcovers as the weather cools
- Over-seed lawns that are patchy from the summer
- Fertilize your lawn in early September. This is the most important application of the year
- Apply beneficial nematodes to combat Root Vine Weevil and cutworms
- Apply aluminum sulfate to ensure hydrangeas bloom blue next year or dolomite lime for pink
- Wait until the deciduous trees drop their leaves before pruning evergreen trees and shrubs

Members' Garden Tour – July 6th

Elaine Senft's garden.

So many beautiful roses...some several meters high. Pictured is Rose Yabadabadoo. A gorgeous hybrid tea rose of medium height.

Elaine also has many fun and unusual objet d'art...like the tin man beside Doreen.

Aristolochia macrophylla (Dutchman's pipe) is the deer repellent vine Elaine has planted near the front of her garden to camouflage all the tasty plants inside her garden. Its heart shaped leaves look like Morning Glory.



Judith Brook's garden

Judith starts her vegetables and flowers from seed in her house, then she plants them out in her sunny front yard. Judith makes jam from her own crop of blackcurrants. She offered some blackcurrant jam and crackers for us to sample. Delicious! Pictures include the spectacular *Dierama pulcherrimum* (Angel's fishing rod) (photo by Audrey Beugger) and the very interesting *Melianthus major* (Peanut butter plant or Honeybush plant) bruised leaves smell like peanut butter.



Cari Wineberg's garden

Cari's garden of raised beds and many containers filled with interesting plants also has a beautiful shade garden that includes several *Tricyrtis formosana* (Japanese toad lilies). Thorn-less raspberry plants (delicious raspberries) were bought at a LVGC plant sale. Also on display: Big, healthy, lovely tomatoes and Cari's collection of beautiful David Austin roses (photo by Audrey Beugger).



Ann Pentland's garden

Every inch of Ann's garden is put to good use. Ann's front garden is a lovely oasis of plants and paths. *Clematis* 'Princess Diana' grows over the arbour. (first two photos by Audrey Beugger). Last year Ann grew over 1200 lbs of produce in her back garden
Ann grows vegetables on her boulevard and on her neighbour's boulevard.
Ann's son Grahame is also a gardening enthusiast and was on hand to help answer questions.



Elonna Mitchell's garden

Elonna's garden has many beautiful conifers and interesting plants...lots of wonderful rock detail on the garden paths and beds We had lunch and tea and goodies in Elonna's garden.. (last two photos by Audrey Beugger)

We all had such a lovely day; thrilled and inspired by these wonderful gardens.

Avery big thank you to everyone who made it possible.



Growing Garlic by Paul Pospisil, publisher and editor of The Garlic News. www.garlicfarm.ca

Garlic is a fascinating plant, with its hundreds of strains and varieties, its unique growing cycle, the folklore surrounding it and its real and mystical powers. It has been cultivated in every civilization for thousands of years for both its health-giving properties and tasty flavour. Any gardener can grow great garlic. The cultural approach is different from other vegetables, but it's not difficult to grow. If you wish to grow garlic, plan on growing organically from the start. It makes little sense to grow a health-giving plant and then contaminate it with toxic, synthetic chemicals. Garlic thrives in nutrient-rich organic soil. It is a fragile bulb, requiring careful handling. It lends itself well to organic methods.



Growing Cycle: In our northern climate, garlic is planted in October, sets roots before freeze-up, rests over the winter, resumes growth the following April and is harvested in July or August. Spring planting does not produce satisfactory results.

Site Selection: Pick a location with good soil, drainage, full sun and proximity to water for irrigation. The plot should provide for space rotation, as garlic should not return to the same bed where any allium grew in the last three years.

Soil: Rich soil, high in organic matter and full of microorganisms is the key to organic garlic production. Start with loam, if possible. Sandy soil dries out easily and should be avoided. Clay soils can be built up over a number of years with large amounts of compost. In building up the soil, use liberal amounts of organic matter (compost or composted animal manure) and grow green manures and legume crops for plough-down. Wood ash can be sprinkled to provide potassium. Take a soil test to maintain soil balance. A soil pH within the range 6.0-7.5 is acceptable.

Bed Preparation: Garlic may be grown in flat rows or in raised beds. Raised beds have the advantages of deeper soil for the roots, earlier thawing in the spring and good drainage. Either till the soil just before planting or plant through an earlier-planted cover crop. Annual cover crops like annual rye grass don't need to be tilled under, as they will form mulch when they freeze. Make trenches in rows at least 12 inches apart and 4-5 inches deep in which to set the cloves.

Selection of Planting Stock: You have a large choice of what type of garlic to grow, anywhere from the tall, majestic Porcelains which grow up to 6 feet tall and produce huge bulbs of only four cloves, through to the short, soft-neck Artichokes, often called 'Italian' garlic, which grow from 12-15 cloves per bulb. Most home gardeners start with a Rocambole strain of 7-8 cloves per bulb. Whatever your choice, get it from a local grower. Avoid trying to grow garlic found on grocery shelves. It's likely imported and not suitable for our climate.

Cracking into Cloves: Take the bulbs and carefully divide them into their separate cloves. Garlic is propagated vegetatively, and it is the clove that is planted as 'seed'. Set aside any damaged cloves as even a little nick can foster green mold disease.

Planting: Hand planting is preferable. Place the clove vertically in the trench, basal end down (pointy end up) and press it gently into the soil. Mechanical planting devices generally drop the cloves in random fashion, resulting in crooked stems. Cover the garlic by filling the trench, ensuring at least 4 inches of soil cover.

Mulching: Garlic should be mulched to insulate it against mid-winter thaws and resulting winterkill. Wait until the ground is frozen, usually November, and then mulch with 4-6 inches of clean straw. The same mulch can be kept on the following summer to help keep down weeds and preserve moisture.

Spring Care: Even before the frost is out of the ground, the garlic spears will be seen poking up through the mulch. Carefully move the mulch away from the row to enable faster thawing and rapid growth.

Inspection, Weeding and Watering: Inspect the garlic by walking the rows twice weekly. Hand -pull any weeds that emerge through the mulch. Look for any yellowed or diseased garlic and remove it right away to prevent spread. Garlic needs a steady supply of moisture so irrigate to supplement rainfall, giving it a total of one inch per week.

Fertilizing: If you started with a rich organic soil, no added feeding is needed. Otherwise, add nitrogen very early in the growing season by means of a watering with manure tea or a kelp or fish foliar spray.

Garlic lends itself readily to organic methods. It is bothered by few insect pests and, if carefully handled and grown in healthy soil, is relatively unaffected by disease. Beautiful, tasty, top quality bulbs are the result when garlic is handcrafted organically. The harvest is the tasty reward for your hard work of growing garlic. Harvesting must be carried out carefully, by hand, in order to get top-quality bulbs that will store well over the winter.

The Three Harvests of Garlic: With garlic, there are three harvests or crops you can use:

- The first harvest is in early spring, when garlic plants are about a foot tall. You can either cut some greens or pull some complete plants as scallions and use them in your cooking as a source of fresh garlic.
- The second harvest is the scapes. Around mid-June, hard-neck garlic varieties send up a round stalk or scape. When the scapes curl, snap them off. This enables the plants to put their energy into bulb formation. The scapes are delicious and should not be discarded but used in place of garlic bulbs. They contain loads of garlic oil and have the same health benefits as the bulbs. Scapes can be refrigerated in plastic bags for about 3 months.
- The main harvest is when the underground bulbs are dug, cured and stored for fall and winter use. This is the most critical harvest requiring meticulous care to give you top quality, keeping garlic. Careless harvesting can ruin a fine crop of garlic.

Harvest preparations start a month ahead of the actual date that the bulbs are lifted and activity doesn't finish until two weeks later when the cured garlic is put away in storage. After scape removal, the underground bulbs start to swell and grow quickly over the next month. Little special care is needed as the plant is transferring energy from the leaves to the bulbs. In the event of a very dry year, watering may be needed for the latter part of June. However, stop watering around the first of July to let the bulbs mature.

Garlic is ready to be dug between the first week of July through to mid-August, depending on variety and strain.

When to Dig the Bulbs: Exactly when to dig the bulbs is a little tricky. Lifting them too early will give undersize bulbs that don't store well, and a few days too late will result in bulbs lacking the protective wrappers around the cloves. I've found that you have only about 3-7 days in which to harvest successfully.

Watch the Greens: The green leaves start to die from the bottom up. When the bottom 3 or 4 leaves are dead, and the top 5 or 6 are still green, it's time to lift the bulbs. If you're not sure, dig a bulb or two and check. A mature bulb is fully swelled, well sized and has some partially decomposed wrappers.

Pick a dry day for harvesting.

Handle Garlic Like Eggs: Garlic is very fragile and should not be bumped, bounced or dropped. Manual harvesting is recommended, as even the smallest bump will bruise the garlic, causing early decay and loss of quality. Carefully lift the bulbs with a garden fork and take them, greens and all, for cleaning and curing. Don't leave garlic in the hot sun but move it quickly to a shady spot to avoid 'cooking'.

Cleaning: If your soil is a sandy loam, any dirt can be gently brushed off. Clay soils tend to adhere to the bulbs and may need to be washed off with a gentle spray of fresh water. Trim roots to 1/4 " and carefully remove any dirt from the roots.

Curing: Garlic needs about 2 weeks to cure in order to prepare it for winter storage. Either hang it in bundles of 10-12 or place on mesh racks in an airy, ventilated drying shed. Your carport or barn works well for this purpose. Ensure a good airflow and protection from direct sunlight. Cured garlic is then trimmed to remove stalks, placed in containers and taken to storage. It can also be braided for convenience of storage and use.

Storage: Best storage temperatures are low, 32-35 F, or room temperature, 60-70 F, at low humidity. Never store garlic in the refrigerator as temperatures of 40-50 F will start premature growth. I believe that garlic is best stored in braids, with some hanging in your kitchen where it is convenient to use. Extra braids go in your cold room or pantry. Different strains and varieties of garlic have different storage lives, varying from 6 months for 'pickling' garlic to as long as 11 or 12 months for some of the soft-neck strains.

Garlic Braids: Garlic braids are a practical means of storing garlic. Braids can be simple bundles held together with string or more elaborate pigtail braids (used for softneck garlic) or string braids (for hardneck garlic). They may be decorated with dried grasses or flowers and ribbon to serve the dual purpose of a kitchen decoration. If you wish to braid garlic, do this before the garlic is completely cured, while the stems are still pliable. The braided garlic is then left in the drying shed to complete the curing process. Again, avoid bruising garlic during braiding by working on a soft surface.

Using Garlic: Garlic is for eating; for health, and for flavour in cooking. Even if you make or buy garlic for decoration, remember to eat it. Fresh garlic has the best flavour and gets stronger with age. Crush or finely slice garlic to bring out the health-giving allicin compound before using. To reduce the sulphur odour, cook garlic and chew fresh parsley. as a breath freshener. A clove of garlic a day, on average, is a suitable amount to include in a healthy diet.

ABOUT TOWN

Saturday, September 14 Top Plant Performers for the West Coast Garden: Fall and Winter | Phoenix Perennials- Richmond 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 14 'Growing Great Garlic' at 1pm at Gardenworks Capilano
The fall is the best time to plant garlic for a summer harvest next year. This workshop will cover everything you need to know about getting your garlic off to a great start—planting techniques, soil preparation, fertilizers, caring for your garlic garden, pests and diseases, when and how to harvest your garlic, and much more. And yes you can grow garlic in containers! Free registration at: 604-988-8082.

Saturday, September 14 TREASURED BULB SALE at UBC Botanical Garden 10am – 2pm
Free admission Bulb Sale with range of bulbs for sale, from garden favourites to specialty bulbs, as well as an expanded selection of garlic. Experts will be on-hand to answer questions and face-painting is available for children. Tours of the garden, as well as tea and sweets will be offered. <http://botanicalgarden.ubc.ca/events>

Wednesday, September 18 Late Season Gardening 6:30 – 9 pm Van Dusen
As the end of summer approaches, you can welcome it and the cooler temperatures as the perfect planting season. Trees and shrubs will be able to establish their roots over winter, and winter bloomers will add a splash of colour in your garden beds. Learn when and what to plant in order to make the most of the year with vegetables, flowers, shrubs and trees. Your garden will have all-season interest and colour! Instructor: Janis Matson
Cost: Member: \$30 / Non-member: \$40

Saturday, September 21 'Growing Great Garlic' at 1pm at Gardenworks Capilano

Saturday, September 21 Jewels of the Spring Garden: Bulbs for Spring Containers | Phoenix Perennials- Richmond 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!](#)

Saturday, September 21 Mollie Nye House 100th Anniversary Celebration – Old Fashioned Country Fair
11am-3pm Fair features a Produce – Fruit and Vegetable Category. Tuesday Sept 17, 4pm is the deadline for entries. Entry forms available online at www.mollienye.com and at Mollie Nye House on weekdays.

Sunday September 22, - Alpine Garden Club of BC Fall Sale 12 - 4 pm Floral Hall at Van Dusen Gardens,
No charge for admission. Sales are cash or cheque only. More info at www.agc-bc.ca/

Saturday, September 28 Using Bulbs in New Ways 10 am – 12 pm Van Dusen
Get creative with your bulb plantings this fall for stunning flowers next spring. Learn to design for spring colour and perk up your winter garden. One lucky participant will take home the planter made during class to demonstrate how to plant bulbs in layers in containers to have continual blooming for months. Be sure to visit the garden's bulb sale after class. Cost: Member: \$30 / Non-member: \$40 Instructor: Estelle Bogoch

Saturday, September 28 Grasses for all Gardens 1 – 3:30 pm Van Dusen
Ornamental grasses are gorgeous in the garden, rustling and swaying in the wind. This class will explore the different shapes, textures and blooms of grasses that grow well in our climate, how to use them in your garden and maintain them successfully. A handout with 50 different grasses and specific requirements will aid the indoor discussion, followed by a walk in the Garden to see the grass collection. Instructor: Estelle Bogoch
Cost: Member: \$30 / Non-member: \$40

Wednesday October 02 Transform Your Lawn: Creating a Garden Without Digging 7:00PM - 08:30PM
Mollie Nye House Join Heather Nielsen to learn how to convert your lawn or weedy patch into healthy garden soil without having to dig.: 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 October 19 Marvelous Mushrooms: Learn to Grow your Own! 1:00PM - 02:30PM
Lynn Canyon Ecology Centre Join Scott Henderson to discover how you can grow your own edible mushrooms indoors and out! 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.