



# THE LEAF

LYNN VALLEY GARDEN CLUB

First established 1943

September 2015

## *Message from the President*

What a warm, dry summer we had. You know it's unusual weather when even the weeds start dying! The heat fondly reminded me of Australia but my garden certainly wasn't planned for those conditions. Who could have anticipated that the prospect of rain in Vancouver could be so exciting?

We have one drought tolerant bed, flanking the street. I watered a couple of plants in it twice and didn't touch the rest of it. The liatris and echinacea were less prolific than usual but survived, and most of them flowered. The oregano, creeping thyme and penstemon were a source of delight for the bees, iris and spirea provided nice structure throughout the season. It was interesting to put it to the test.

The rest of our garden was less self sufficient. I usually enjoy spending time in it after work, seeing how things are growing and changing through the seasons. However, I was beginning to feel a slave to watering by the end of July. The ratio of time spent enjoying the garden from a patio chair, to standing with a hose maintaining it, was definitely askew. I'm thinking my winter may be filled with research on watering systems and rain water tanks.

Not everything suffered though. It was great weather for tomatoes and peppers. I've been growing gypsy peppers for the last couple of years. They have less days to maturity than larger varieties, and can be eaten when they're greenish through to red. After a few seasons of averaging less than 1 pepper per plant, I found next to the south facing wall of the house is the place they're guaranteed enough warmth to produce. Last year, we ate most while they were green. This year, we've eaten one or two green and all the rest have transformed to red in the heat and sun.

We had a number of tomato plants self seed in the veggie beds this year. They've been abundant with fruit, and were different varieties to the ones I'd deliberately grown. It was a lovely diversity. Greek salads, salsas with cilantro and lime, and tomato and basil salads with balsamic vinaigrette featured heavily on our menu. It's so satisfying eating things fresh from the garden.

Hope your gardens survived the season with minimal losses. Let's hope for some rain this fall!

**Tara Findley**

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.**

## **Meeting Schedule**

**September 17<sup>th</sup>, 2015**

**Ron Knight  
Rhododendrons**

**October 15<sup>th</sup>, 2015**

**Randy Shaw  
Garden Writer  
Vancouver Sun**

**November 19<sup>th</sup>, 2015**

**Mike Nasichuk  
Follow up on Bees**

### **Mailing Address:**

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## 2015 Executive

### President

Tara Findlay

### Vice President

Chris Pharo

### Secretary

Audrey Beugger

### Treasurer

Norma Buckland

### Membership

Rosemary Wagner

Frances Moorcroft

### Members at Large

Whitney McMillian

Doreen Dew

Yvonne Kabata

Tom Davis

### Newsletter Editor

Irene Dudra

### Committees

#### Plant Table

Judy Stringer

Irene Turner

#### Hospitality

Gloria Franco

Daphne Page

Janet Blue

#### Sunshine / Door Prizes

Maggie Davis

#### Website

Aline Burlone

#### Newsletter Deadline

October 11<sup>th</sup>, 2015

#### Next Executive Meeting

October, 1<sup>st</sup>, 2015 7:30pm

Home of Irene Dudra



Don't throw out your coffee grounds after your morning cup of joe. All you need to do is spread the grounds over your soil for added nutrients and oxidation. Coffee grounds also help assist in drainage and are crucial to the overall microorganism development, which as you

### TEA TIME Gloria Franco Janet Blue and Daphne Page

Coffee, tea and goodies shall be served

Please bring your own mugs.

### SUNSHINE: Maggie Davis

*If you know of a member not well or has lost a loved one be sure to let Maggie know.*

### TREASURER:

The bank balance as of August 31 <sup>st</sup> , 2015	\$ 7,852.81
Petty cash	298.05
Total	\$8,150.86

### Norma Buckland

#### MEMBERS AT LARGE

Greetings from the Mals, We hope everyone had a great summer. The members' garden tour was a great success. We would like to thank Wayne Smith, Pat and Steve Ewart, Penny Le Couteur and Judy Lashley for providing their wonderful gardens for the day.

When you divide your plants up this fall remember the Plant sale next year is **Saturday, May 7<sup>th</sup>, 2016**, please mark your calendar.

**Yvonne, Tom, Doreen and Whitney**

#### MEMBERSHIP REPORT

Membership is now 124. Seven names are on the waiting list.

**Frances and Rosemary**

### **EXECUTIVES WANTED!**

Many of our current executive members will be finishing their positions at the end of this year. We need volunteers for our new committee. It's a great opportunity to be more involved and interact with lots of members. The positions available are:

President

Vice President

Treasurer

Secretary

Membership

Newsletter Editor

2 x Members At Large

If you're interested in volunteering, or learning more about the positions, please contact any of the current executive.

**Who knows what next year will bring. It is predicted that 2016 will be another dry, hot summer. We should be prepared for any type of weather. It is a good time to do a rethink of what plants are really appropriate.**

Gardeners can prepare for next season by planting anytime after Labour Day or until the first frost.

The following plants don't need rich soils, they don't need a lot of attention. They are very adapted to extreme heat, more extreme heat than what we've had this summer, so they're perfect plants for our gardens.

### ***Drought-resistant plants***

- 1. Smokebush (Cotinus)** Native to the southeastern U.S. Will last through multiple seasons.
  - 2. Red hot poker (Kniphofia)** Native to Africa. Blooms throughout the summer, whether there is an abundance or lack of rain.
  - 3. Hen and chicks (Sempervivum)** Are able to live on sunny rocks and stony places because they can store water in their thick leaves.
  - 4. Iceplant (Delosperma)** Common in southern and eastern Africa.
  - 5. Hummingbird trumpet (Epilobium canum)** Native to dry slopes of western North America, especially California. Blooms in mid-summer and lasts through to the first frost in the fall.
  - 6. Origanum 'Nymphenburg'** riganum family includes herbs oregano and marjoram. Perfectly adapted to Mediterranean-type conditions and mountain conditions with well-drained soil.
  - 7. Santolina** From western Mediterranean regions. Needs no water at all in the summer.
- The Mediterranean plants are especially suited for those who want to design a drought-resistant garden.



The red hot poker



Rudbeckia fulgida 'Goldsturm'

Plant drifts of 'Goldsturm' in every sunny spot, pots included, and then when summer is ending and colour is scarce in the garden, they will give you a sea full of golden blooms.

'Goldsturm' is an excellent hybrid with rich, golden yellow flowers, each with a bold black eye. Flowers appear singly on stiff, branching stems in a prolific, long-lasting, mid-summer-to-fall bloom. Rudbeckias, commonly known as Coneflowers are hardy, disease, pest and **drought resistant** daisy-like flowers that native to North America.

**Voted plant of the year in 1999**

Another good web-site for drought resistant/waterwise gardening.

[http://www.richmond.ca/\\_shared/assets/waterwise26694.pdf](http://www.richmond.ca/_shared/assets/waterwise26694.pdf)



Our native bees are in trouble – 50% of the native bee population has disappeared since 1989. We have to save the bees. Learn more about our native bees in this compelling short film about the plight of the bee

bee.<http://beefriendly.ca/plight-of-the-bee/>

**Thanks to Judith Brooks**

## Two interesting plants I discovered so far this Summer

Spending five to six hours doing Master Gardener clinics in local nurseries is always interesting, and allows lots of time for discovering new plants, or plants I haven't seen or noticed before.

One such little gem was Dykshof – label described it as Pratia, member of Campanulaceae family. A-Z says it is native to damp, shady habitats in Asia, Africa, Australia, New Zealand and South America, “spreading, freely rooting, evergreen perennial “ but probably considered an annual in most years here, although apparently does sometimes survive mild north west American winters. Also described as a ground-cover, but mine has grown 8 – 10 inches tall so far. Pretty blue star shaped flowers, nursery description said it was fragrant, but haven't really noticed too much fragrance.

There are many different types of Pratia in the gardening books, label did not tell me which kind mine was, and I have been unable to decide which of the descriptions really fits. Also goes by name of Blue Star Creeper, Laurentia and Swamp Isotoma.

Second plant I picked up at Devans Nursery was Hydrangea macrophylla Star Gazer – very pretty. (Another favourite Hydrangea of mine is Ayesha – with unusual lilac like flowers)

Writing this as of June 30, so I'm sure I'll find more irresistible treasures over next two months ! Stay tuned.....



Pratia



Stargazer Hydrangea

*Thanks to Rosemarie Adams*

**Q: I have bags of shredded paper. Can I roto till this directly into my vegetable garden? I know it's good to add to a compost pile but was curious on adding it directly to the garden.**

**A:** The key here is moderation. Working a little shredded paper directly into the soil is fine. It'll quickly decay and add organic matter (not to mention serving as a nice "dessert" for earthworms). How much is a little? I'd go with an inch or less of paper worked into the top 8 to 12 inches of soil.

If you overdo it, the main concern is tying up some of the soil's nitrogen that the paper would use in the decomposition process.

Nitrogen is a key nutrient needed for plant growth. But you can counteract a possible deficit by sprinkling a nitrogen-containing fertilizer over the beds or by mixing high-nitrogen grass clippings in with the paper.

The ideal move, as you've alluded, is composting high-carbon materials such as paper and dried leaves along with high-nitrogen materials such as grass clippings, pulled plants from the garden and veggie peelings from the kitchen. That blend leads to a nice, thorough breakdown in a short time and ultimately to a superb compost.

The direct-dig method is an easier, one-step process and also works fine - so long as you do it slowly and gradually.

One day I was planning a trip to the recycling station on the island to drop off three bags of shredded paper. Before I left, I did a little research and discovered the pulpy stuff can make a great garden mulch. There was one caveat in most articles: don't shred and use highly-colored ads, or glossy promo materials. While most inks are soy-based and safe for gardening use, hyper-colored printed materials may be still using metallic inks for the bold effect. So for that reason, I don't add colored ad inserts or glossy magazines.

First, pull weeds from the area, and then place the mulch around the plants. A light watering afterward will keep the paper from blowing around and also act to keep it together as a matted layer of mulch. As far as shredded paper robbing nitrogen from the soil, as a top layer this doesn't really happen. Just like leaves on the forest floor, decomposition is slow and beneficial. As far as adding toxins to the soil, research tends to support not using glossy and highly-colored paper materials. So recycle those catalogs and glossy magazines.

Shredded paper is not garden-tour pretty, you can also add a top dressing of grass clippings or bark mulch to make it more presentable.



**Bulbs** should be planted as soon as the ground is cool, when evening temperatures average between 40° to 50 degrees F.

You can plant **bulbs** just about anywhere in your garden as long as the soil drains well. Dig soil so it's loose and workable. If it's not an established garden bed, chances are the soil could use the addition of some organic matter such as compost or peat moss.

## Pictures from the Annual Tour of Members' Gardens



Pat Ewart's garden



Judy Lashley's garden



Judy Lashley's garden



## Coming Events

### Treasured BULB Sale      SUNDAY September 20<sup>th</sup>

UBC Botanical Garden    11:00am-3:00pm

Featuring a wide range of bulbs, from garden favourites to specialty selections. Beginners as well as collectors will find quite a few gems for all seasons. Some sources for bulbs include: private gardens, the Lohbrunner Alpine Garden at UBC Botanical Garden, and some specialty growers.

www. [botanicalgarden.ubc.ca/events](http://botanicalgarden.ubc.ca/events)

6804 SW Marine Drive (at 16th Ave.)    604-822-4529    Please leave dogs at home

### Alpine Garden Club of BC - Fall Sale

Saturday September 19, 2015    12 noon - 4 pm

Floral Hall at VanDusen Gardens - 37th & Oak Street, Vancouver

Great assortment of shrubs, perennials, alpines, woodland and other species grown by our members and small BC nurseries;

### APPLE FESTIVAL      Saturday & Sunday, October 17<sup>th</sup> & 18<sup>th</sup>    UBC Botanical Garden    11:00 – 4:00

A family event for all ages, the UBC Botanical Garden Apple Festival celebrates one of BC's favourite fruits with tastings, demonstrations, activities and sales of tasty apples and apple trees.

Admission \$4 (cash) includes free Garden entry    Children 12 and under free.

6804 SW Marine Drive (at 16th Ave.)    604-822-4529    [applefestival.ca](http://applefestival.ca)

Please leave dogs at home.