



THE LEAF

LYNN VALLEY GARDEN CLUB

Established 1943

June 2017

President's Message - Penny LeCouteur

I am reluctant to start this with the words "summer is almost here" as every time I say or write that phrase the weather reverts to cool and rainy. But (ever hopeful) maybe by the time you read this it will be warm and sunny and we will really be able to say that summer looks as if it will arrive - June 21st, I think, is the magic date.

Have just come in from pulling (some) of the weeds from my lawn. I have decided to embrace the philosophy of our last month's speaker who said that we should love the weeds in our lawn so I am only pulling up the dandelions and other really obnoxious invaders. I think that one part of my lawn may become a moss and violet lawn. Sounds quite nice doesn't it?

Susan (secretary) and I have started the pre-visits for the Members' Garden Tour event on July 8th and I have been struck again by the treasures that lurk behind the hedges and fences on the North Shore, particularly in our members' gardens. What often looks like a 'standard house on a standard plot' reveals itself as an oasis of peace and beauty once you enter the garden. I urge you to join your fellow garden club members on Saturday July 8th and enjoy the fruits of other members' labours. And consider putting your own paradise on display next year. As has been said before, you don't need to have a manicured, weed-free botanical display. The passion for your garden will always come through - and we all like seeing "works in progress" which is what most of our gardens are!

While I'm on the subject of volunteering (when am I NOT on the subject of volunteering!?): you probably will be contacted by a member of the nominating committee sometime in the early fall. This upcoming November AGM will see a whole lot of club executive positions that will need filling - president, vice-president, secretary, treasurer, two MALs and one membership position - are up for grabs. It is a great way of getting to know other people in the club and lots of fun - most of the time! You don't need to wait to be asked. If you are willing to be on the executive or want to serve on one of the committees just let me, or any other executive member, or the nominating committee know.

This is the last President's Message until after the summer so I will leave you with wishes for a warm and sunny summer, rain for the garden - but only after midnight - and an excellent growing season. May your hanging baskets flower all summer, your lettuces and arugula not go to seed and your tomatoes ripen well. And may you have picked all your ripe fruit before the bears find out about them!!

LVGC MEETINGS

3rd 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

SPEAKERS

June 15

Cathy Nakagawa
Container Gardening
September 21
Life Space Gardening

Mailing Address:

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

<http://www.lynnvalleygardenclub.org>

June LEAF photo credits: Rita Marshall,
Barb Downman, Maria Issa

2017 Executive

President

Penny LeCouteur

Vice President

Judith Brook

Secretary

Susan Huber

Treasurer

Jennifer Sydenham

Membership

Bonnie Noakes

Judy Sullivan

Members at Large

Catharine Winstanley

Rita Marshall

Maggie Davis

Daphne Page

Committees

Newsletter Editor

Maria Issa

Plant Table

Norma Buckland

Hospitality

Kitty Castle

Carole Cobbett

Susan Nicholls

Sunshine / Door Prizes

Carol Bell

Edie Rustemeyer

Website

Aline Burlone

Executive Meetings

1st Wednesday of the month

Next Meeting: September 6, 7:30 PM

[absolutely no idea: wait for an email!]

Next Newsletter Deadline

September 13, 2017

If you have material to delight your fellow members - please submit it *via* the time-honoured routes or email to

<mailto:lynnvalleygardenclubnewsletter@gmail.com>

Thanks to all who contributed to this edition: and to Bruce Tennant for the photo below!



SPEAKER

CATHY NAKAGAWA --- Thursday, JUNE 15, 2017

In her own words: "I'm an experienced home gardener who has worked at Lee Valley for almost ten years, and been a customer for a lot longer. It's a very good fit for anyone who likes to create - gardens and many other things as well! Since I was a toddler I've been drawn to flowers and gardens. My mother would frequently have to hunt for me and would find me "working" with an elderly neighbour in his or her garden. As a teen I helped do flowers in the church and, in my adulthood, learned from and bonded extremely well with my in-laws (a gardener by vocation, and an instructor-level Ikebana artist) over our shared interests. I've fairly recently downsized to a townhouse, so my garden is now limited to containers but includes lots of herbs, rhubarb, tomatoes and a fig tree!"



REPORTS

VP Report - Judith Brook

You have lots to look forward to when you come back in the fall. The following speakers are booked:

Sept 21, 2017 LifeSpace Gardening *Topic:* description of their organization and history, involvement with groups such as Edible Gardens.

Oct 19, 2017 Botanus *Topic:* "Fall in Love with Unusuals" This is all about the unusual bulbs you can plant in the fall to enjoy in the springtime.

Nov 16, 2017 Laurica Farms, Aldergrove *Topic:* sustainable growing, permaculture, making ethical food choices, basic growing techniques on a five-acre farm in Aldergrove.

Secretary - Susan Huber

The Members' Garden Tour, July 8th, will feature some hidden gems. Here is a sneak preview of one of the magnificent gardens you can visit... You will have to guess whose oasis this is. ? Should we draw for a "door prize" from among the people (except the owner!) who correctly identify this garden???



Treasurer's Report - Jennifer Sydenham

"Jennifer has come down with a raging cold and is too out of it to be thinking of absconding with our millions." However, she is happy to report that "On the money front, the bottom line for the *Plant Sale* was \$4,346 which was excellent. *Many thanks to the members for all their hard work!!*"

Membership Report - Bonnie Noakes

LVGC membership currently stands at 118. People interested in becoming members are asked to email lynnvalleygardenclub@gmail.com for information.

Hospitality - Kitty Castle & Carole Cobbett & Susan Nicholls

- Our ever-familiar message to please try and bring your own mug to the meetings. Thank you."
- [Also please get into the habit and grab a non-perishable item for the food bank!! - *Maria*]



What's new on the Lynn Valley Garden Club Website?

- Aline Burlone

- You can find the Mac's Field Guide to Good Bugs and Bad Bugs for the Pacific Northwest that was shown at the last meeting at Mountaineer Books at this website <http://www.mountaineersbooks.org/Macs-Field-Guides-Northwest-Garden-Bugs-P972.aspx>
- Under the heading Guest Speakers - Conway Lum (May 18, 2017 guest speaker) can be found under Past Speaker by name (<http://lynnvalleygardenclub.org/guest-speakers/past-speakers-by-name/>) or Past Speaker by topic - Insects: Friends or Foes (<http://lynnvalleygardenclub.org/guest-speakers/past-speakers-by-topic/>)
- Under the heading Newsletter - 2017 - the May 2017 newsletter has been posted. (<http://lynnvalleygardenclub.org/newsletters/2017-2/>)
- Under the heading Links
 - Under the section Fruit and Vegetable Gardening (<http://lynnvalleygardenclub.org/links/vegetable-gardening/>) a link has been added on tomatoes.
- Check the June to September calendars for up-coming events (<http://lynnvalleygardenclub.org/calendar-2/>)
Click on the date of the event to find out further information and useful links.

Please email good links, upcoming events and PDF articles or photos to be posted on the website to lvcwebsite@gmail.com





Lynn Valley Garden Club - Annual Members' Garden Tour - July 8, 2017

Back again, the annual Members' Garden Tour will be held on Saturday, July 8/2017. This year we will be visiting Wayne Smith in Deep Cove, Aline Burlone in the Cloverley area, Daphne Page (close to St. Clement's Church) and Jackie Morris in Upper Tempe.

We will meet at St. Clement's Church @ 9:00 am on July 8th, arrange carpools and head out to tour our gardens. A complete program and map will be emailed/mailed out about one week before the tour - so check your mailboxes. Questions? See Penny LeCouteur or Susan Huber.



Wasp Nests for Research

- received by Susan Huber

Hello Garden Enthusiasts,

I'm Lorna Tu, a researcher from Simon Fraser University. I collect wasp nests for behavioural studies and will remove nests free of charge. I am hoping that you could help spread the word among your members. There is a small poster attached with more information. If you have any questions or concerns, please don't hesitate to reach me at sfuwasps@gmail.com or 778-782-5939.

Thanks,
Lorna

Wanted - bald-faced hornet and yellowjacket nests

- ? We collect wasp nests **FREE** of charge
- ? Nests will be used for behavioural research and must be living, and never sprayed with pesticide
- ? If you have a nest, please contact us at sfuwasps@gmail.com or call our lab at (778)-782-5939 and ask for Lorna



Unusual Plants

- in Bonnie Noakes' garden

On a recent tour of my garden, the Executive discovered some unusual plants that I thought might interest the membership. The first is *Crinodendron Hookerianum*. This is a Chilean native and is hardy in a sheltered location. The shrub can grow 12 feet high and the hummingbirds love the red bell flowers. It might need some winter protection if the wind-chill is below -10 Celsius, but other than that it needs no special attention. It is in full bloom now on the north side of my property.



The next is *Roscoea Kew Beauty*. This is a type of ginger and comes in many colours. I'm growing the pale yellow one in my garden and a pink version in dad's garden. I've tried the purple type twice unsuccessfully but I know of a garden in Norgate with a huge clump of it. This is totally hardy in our climate being native to the Himalayas and China. I have *Zingiber Dancing Crane* but it is only now just peeking through. So, the *Roscoea* is much earlier. The other ginger is *Hedychium* which I've never grown but understand it to be borderline hardy.



The last is a member of the orchid family known as a marsh orchid. This is *Dactylorhiza*. I've tried this in a sunken, more moist area but it prefers a raised bed in full sun. Difficult to find, but well worth looking for, as they are actually very easy to grow once you find the right spot.



An addiction to gardening is not all bad when you consider all the other choices in life . . . Cora Lea Bell

Born to garden - forced to work

I meant to do my work today,
but a brown bird sang in the apple tree,
and a butterfly flitted across the field,
and all the leaves were calling me.

[which is why the Leaf is late again... sic transit Gloria mundi]



A Cool Plant

- Jennifer Sydenham

This is a photo of a campion flower which is looking very pretty right now. I have never had one before or at least not one this size. New variety I think!



[Maria - Well this set me off on a merry search as "campion" rang a historical bell - Wikipedia "Saint Edmund Campion S.J., (24 January 1540 - 1 December 1581) was an English Roman Catholic Jesuit priest and martyr. While conducting an underground ministry in officially Anglican England, Campion was arrested by priest hunters. Convicted of high treason, he was hanged, drawn and quartered at Tyburn. Campion was beatified by Pope Leo XIII in 1886 and canonised in 1970 by Pope Paul VI as one of the Forty Martyrs of England and Wales. His feast is celebrated on 1 December."

- btw - for those wondering "SJ" stands for "Society of Jesus" in other words, a Jesuit, for you history/religion buffs. My bet is he was named for the plant, not the other way around.)

OK - finally the plants - read on.... Re-typed from <https://books.google.ca/books?id=irGoDgAAQBAJ&pg=PT62&lpg=PT62&dq=campion+flower&source=bl&ots=AZKTcAS111&sig=c8lqmsQdMsTOuFePVcnHxFpk8x0&hl=en&sa=X&ved=0ahUKEwjChqewyLvUAhUV02MKHfFtAQQQ6AEIPzAG#v=onepage&q=campion%20flower&f=false>]

"Silene is the merry drunk of the woodlands, giving his mythological Greek name to a genus of flowers that establish themselves in the woods and hedgerows all over Britain. It was the Romans, though, that gave campions their common name, weaving campions into garlands to crown their champions at the public games. Later the flower became the 'champion' of English country gardens, producing the lovely magenta cultivar rose campion - *Silene coronaria* - now widely known as *Lychnis coronaria*.

The dark pink of the wild red campion's flower has attracted Robin names as well as that of Red Riding Hood. Various Devil-names allude to the superstition that, being a flower of the fairy folk, if you pick red campion, someone in the family will die. Flowering from May to October by roadsides and in the woodlands, bumblebees and butterflies nectar on it and several moths feed on the foliage including the sandy carpet, rivulet and twin-spot carpet. In folk medicine the crushed seeds of the red campion were used to cure snakebite: its Welsh name "blodau neidr" means snake flower, and it has a West Country nickname of adder's flower. Its specific name, *dioica*, refers to the (scentless) flowers of a species that requires plants of separate sexes to make seeds. It is the flower of Saints Philip and James, the latter's Feast Day being May 1.

White campion, being found in open country, arable fields and wastelands, occasionally hybridises with the red ones to produce pink flowers. Also a snake flower, this too is a "thunder plant" and will provoke a storm if you pick it, or worse - will strike you with lightning. Known as a grave flower, or flower of the dead, it's often found growing in churchyards near tombstones where moths flutter around it at night-time, attracted by its faint nocturnal scent.

With a local name of thunderbolt, in French *herbe du tonnerre*, bladder campion appears to be a thunder flower - maybe to rural children the sound of its bloated calyx popping resembled a distant storm? Bumblebees are undeterred by the cavernous flower whose nectar lies half an inch below the rims of the petals; where long-tongued bees and night moths may give up, bumblebees take a shortcut. They bite through the base of the flower and draw the nectar from the puncture - doing nothing in the process of pollination.

Bladder campions emit a clove-like scent at evening, and the greenery has a pea-like flavour, which has won its place in gastronomy: the young leaves and shoots are delicious in salads. In Italy, where bladder campion is known as *sciopentin*, the mature leaves are steamed or stir-fried with garlic and tossed into omelettes or into risottos. It is valued as a green vegetable in La Mancha in Spain, where it is known as *collejas*, traditionally added to a vegetable stew, added to a potato dish, or mixed with beans and rice. In Crete, where it is called *agriopapoula*, bunches of bladder campion leaves are sold in local shops and markets, for serving sautéed in olive oil."

[Re-typed from "Britain's wildflowers. A treasury of traditions, superstitions, remedies and lore" by Rosamond Richardson. Published by Pavilion Books, and labelled "National Trust." ...and while I'm at it - a quick review of what I've seen of the book on line: it has lovely illustrations - coloured pencil drawings and watercolours of the plants - in the classic English tradition. The information is interesting - which is why I've reproduced it here - though it lacks a bit of logic stream- it's more of a random memory dump - and I didn't see appropriate sources - we are expected to take the author's words for it... still at \$8, for the ebook, it's probably a good buy. - Maria]

EVENTS

Sunday June 25 from 10 AM to 4 PM

The **South Delta Garden Club**, in partnership with The Rotary Club of Tsawwassen, is hosting
a **10-garden self-guided tour**

<http://www.southdeltagardenclub.ca/garden-tour>

If you purchased ticket(s) for the tour and want to arrange carpools, meet with Susan Huber and Penny LeCouteur at the refreshment break.



*Friday June 16 – Sunday, June 18
UBC Botanical Gardens*

– “2 for 1 admission”!!!



Celebrate National Garden Days at UBC Botanical Garden, June 16-18, 2017. Bring your family and friends to tour the Garden. Admission to the Garden is 2-for-1* and admission to the Greenheart TreeWalk is half-price all weekend long.

*Free admission applies to the equal or lesser value admission. Not to be used in conjunction with any other coupon or special offer.

Activities 12 pm – 3 pm each day:

Friday: Lunch and Learn, Tea Tasting and a Bee Safari

Saturday: Celebrate Canada's 150th birthday with a maple tree tour

Sunday: Pollinator Presentations, Crafty Demonstrations and Education Stations

Details

Location: UBC Botanical Garden, 6804 SW Marine Drive, Vancouver, BC, V6T 1Z4

botanicalgarden.ubc.ca/garden-days [604.822.4208](tel:604.822.4208)

Please help us promote our Garden Days event by sharing this information with your colleagues or anyone you think might be interested in gardening.



The "Compost Bin"

Multiplexed Gardening

- by Jennifer Sydenham

I like to listen to podcasts when I'm gardening - I get interested in what I'm listening to and I can keep weeding forever. But I was using my phone and earphones on a cord and every now and then I would snag the cord on a branch or something and rip them off my head, which was a bit irritating. So Kelly Robertson suggested I try these Aukey wireless sports headphones that work remotely and don't need a cord and they are just great. The only snag is that they are quite subtle so you can't tell immediately that I am wearing them. I had a neighbour come up behind me and I guess he was saying my name with no result... I suddenly turned around and saw him, and the pair of us just about had simultaneous heart attacks. I have also been caught listening to something funny and giggling away to myself so you have to be prepared for potential embarrassment! Other than that, they are great and I highly recommend them: My garden looks great and I am learning all about James I of Scotland who was apparently killed while hiding in a drainage ditch under the house.....

The Great LVGC Expedition

- by Maria Issa & photos by Rita Marshall



The annual LVGC bus trip didn't happen this year. Instead, there was an expedition to the Sunshine Coast. After a gazillion emails, the Magical Mystery Tour finally took shape. There were two meeting points: Penny's house - was one muster station with Rita, Audrey, Penny and her niece Lauren; Maria's house - was the second collecting depot for Cheryl, Daphne, Hiromi and Ginette. We piled into cars and headed to Horseshoe for the ferry, feeling like VIPs as we had reserved spots. As luck would have it, we almost exactly followed each other onto the relatively empty ferry. [oh well].



We armed ourselves with coffee as for some of us, the hour was early and therefore not our finest... Thusly fortified, we off-loaded and headed to the botanical gardens. It was deserted, open, and not at all

what we expected: it was not van Dusen. Apparently the place is being enhanced as money becomes available. There were walks (1) along natural landscapes that did not seem planted, but rather "preserved" - such as the locally restricted and unique Garry oak eco system, or the (incredibly!) large leaf (and everything else) maple grove and ravine. (2) There were flowering fields (3) and bee-buzzing rock-gardens (4), butterflies. There were odd bits of old, rusty-but-picturesque farm equipment. There were beehives. (5) There was a pavilion - probably rented out for events - and a table of plants for sale. Those rapidly disappeared into car-trunks. Behind the building, there were some very, very nice succulent plantings in pots - someone with an artistic eye had put them together (6). Also, there was a blue poppy. You may have seen one before - but it came as a total surprise for me. (7)





Happy with ourselves, our newly acquired plants and our wander around the gardens, we headed down to a park by the sea at Roberts Creek and unfurled our sandwiches... The weather was picnic-perfect. We had our *al fresco* lunch and conversation and much laughter echoed across the beach. (8)



Back in the car, we GPS-d our way to the Exotic Fruit Nursery <http://exoticfruitnursery.weebly.com> - where unexpectedly we were unexpected. Luckily, in spite of missed and miscommunication, and other commitments, our hostess was willing to corral the llama and let us in. We concluded that what she had was a) exotic, b) very interesting, c) a LOT of work, d) probably not a viable business case [who, besides some odd LVGC

types, buys exotic fruit trees?]. Besides the predicted figs and mulberries, she had a lot of cool things (look on the website!) of which I only remember "medlars" because I had actually heard about them before (we grew them in Hungary and they are yummy) and "feijoas", a weird but delicious guava-relation that Penny loves and I discovered on my trip to NZ. Actually, the highlight of that garden was Salazar, the llama-with-an-attitude with beautiful eyes (9). Apparently he made short work of the Himalayan blackberries and other nasty weeds and cleared the land effectively, while also providing fertilizer. Win:win. The "lose" part was that he sno(r)ts And scares the living daylights out of camera-wielding gawkers.



The next stop-of-interest was supposed to be a rhodo garden, but it was closed. In spite of that, we looked at their ditch: there was more to that ditch than most-people's gardens. It was a steep ditch side - about 15-20 ft and 45% grade - and they had managed to build a random-ish retaining structure with long branches held by re-bar... ingeniously holding a wide range of mid-sized rhodos... Even the ditch was a treat.



Since we had a bit of time before sprinting to the 4PM ferry, we found ourselves a convenient nursery... of course. <https://www.facebook.com/Jardin-de-Flores-Nursery-and-Farm-Roberts-Creek-393250897417292/>

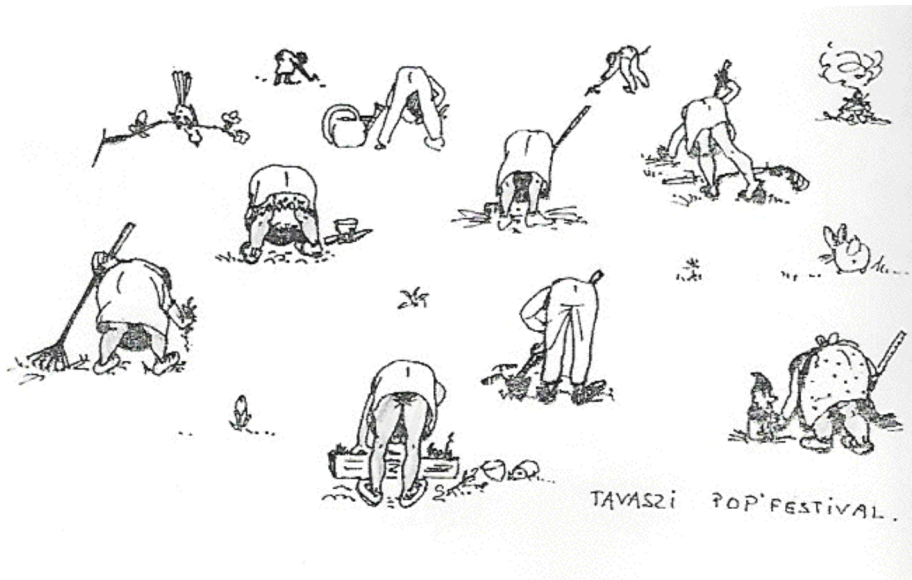
They had some cool stuff: so we lost Audrey; found Ginette, lost Cheryl, found Audrey, lost Daphne, lost Penny, found Hiromi-with-plants, found the "clearance corner", found more plants; found the last few square inches in the car; stuffed more plants in, took it all out to reorganize, stuffed everything and everyone in again; finally found everyone. Headed to the ferry.

Of course the views and sea were magnificent: we all realized that we spend way too little time appreciating and exploring what others circle the globe to see. We happily headed home, having discovered new places, new plants - and most importantly, new friends.





The End(s) - at least until



Drawing by Gabriella Krisztinkovich, Maria's 99-year-old auntie