



LYNN VALLEY GARDEN CLUB

Established 1943

October 2017

President's Message - Penny LeCouteur

There was snow on the local mountains this morning – and it looked like a lot. After our glorious summer and fall are we in for a cold, snowy winter again this year? There are various almanacs (*Farmer's, Gardener's etc*) and lots of “lore” that is supposed to predict whether the weather (!) for the upcoming winter will be unusually mild or unusually cold: Stuff like the berries on the rowan trees; only I can't remember if lots of berries means a mild winter or a harsh winter. The one I like most is that the bears know the type of winter we are going to have and that determines when they hibernate. Or is it that they hibernate depending on what sort of winter we can expect? But how do the bears know? Or for that matter, how do the rowan trees know?

I had six weeks this summer/fall when I was not able to work in the garden. First, I had surgery and was told not to lift anything heavier than 5 lbs and not to tug or stretch for at least 4 weeks. So I went to stay at some friends' place on Bowen Island for three weeks to house-sit, dog-sit, pool- and hot-tub sit and pizza-oven-sit. Then, back at home, I had visitors staying and spent the time playing tourist and enjoying the lovely fall days – and not in the garden. So this week I got back out into the garden and started lifting things that were heavier than 5 lbs, tugging on weeds and stretching to prune back errant branches as well as all the other actions one does in the garden. I was exhausted after an hour. “What's going on?” I thought “I can usually spend three or four times more than this before I start to feel tired, and even then I keep going. But one loses fitness much faster than one gains it. Don't let anyone tell you that gardening is not the same as exercising. I think it is probably the best exercise for both cardio and strength. (And consider what it does for the psyche!) As I am gradually increasing my time in the garden, I have come to the realization that the garden is now starting to go dormant. But then, so is your President - I have only two more Leaf messages to compose.

Which of course leads me in to my perennial request for help with YOUR club. We still have vacant positions on the executive for the upcoming year and lots of committee spots available. You may be phoned soon by a member of the nominating committee – but why not get in ahead of time and make sure that the role where you will be a real asset to the club and where you will really enjoy yourself - is not already taken. Okay – my tongue is somewhat in my cheek for that last bit, but please consider volunteering before you get dragooned into it. Just phone or email me.

Lots of interesting events coming up in the next few months; lively meetings, interesting speakers, the Christmas party on Thursday Dec 14th etc. Can we count on your help to keep our club active and engaging?

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

October 19
Botanus
“Fall in Love with Unusuals”
November 16
“Laurica Farms”
December 14
PARTY!

Mailing Address:

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

<http://www.lynnvalleygardenclub.org>

**Photo credits: Sue Callahan (lots!) &
Yvonna Kabata**

REPORTS

2017 Executive

President

Penny LeCouteur

Vice President

Judith Brook

Secretary

Susan Huber

Treasurer

Jennifer Sydenham

Memberships

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: Nov. 1 7:30 PM

Chez Judith Brook

Newsletter Deadline

November 8, 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 this photo!



VP Report – Judith Brook

The November, & January speakers booked; the December meeting will be a Party. Be prepared and put an X on your calendar for a famous, BRITISH garden expert in lieu of the January meeting... It will be set up similarly to last year's "Brian Minter" event. [*Don't go and book a trip and miss it, like I did last year – ed*]

[Drum roll..... trumpets..... cornets....]

2018 Lynn Valley Garden Club Keynote Speaker

At our January 2018 gathering, we will enjoy the following Keynote speaker – **Howard Wills of Fernwood Nursery, England**. This nursery is located in Devon England, website <http://www.fernwood-nursery.co.uk/>

Howard will be speaking at Van Dusen Gardens, Vancouver in the morning of January 18th and we are fortunate to have him join us, at our January 18, 2018 meeting – at a Lynn Valley location to be announced.

Tickets are required to attend with no tickets available at the door. Tickets are free to members and \$15 for guests. Free and payment tickets will be available at the November meeting at tea-time, and also during our December gathering.

Presenter Biography, in Howard's words:

I am a life-long gardening enthusiast (plantaholic!) with many years of experience of growing a wide range of plants. I run a small nursery specialising in Sempervivums (Houseleeks) and related plants.

At Fernwood, I hold N.C.C.P.G. (Plant Heritage) National Collections® of *Sempervivum* and *Jovibarba* species and cultivars (Alpine Houseleeks) and previously, National Collections® of *Phormium* species and cultivars (New Zealand Flax) and *Rosularia* species.

I have exhibited these plants at all the major Royal Horticultural Society Flower Shows and the exhibits have been awarded **RHS Gold Medals** at Chelsea Flower Show, Hampton Court Palace, Gardener's World Live, Tatton Park, Malvern and RHS Wisley Flower Shows.

The nursery is managed in an environmentally sensitive way and I am also very keen on watching, recording and studying our native fauna and flora. I also enjoy visiting gardens and natural environments both in the UK and in other parts of the world.

Presentation Subject: Great British Gardens.

Great Britain has a large number of wonderful gardens showing an incredible range of plants and a fascinating diversity of gardening styles.

In this talk I describe a varied selection of British gardens that are, or have been, open to the public and which I have particularly enjoyed visiting, including some Scottish and Welsh gardens as well as those in England.

Treasurer's report - Jennifer Sydenham

The LVGC bank balance as of September 30/2017 is -

Equity:	\$5000.00
Reserve:	\$2000.00
Operating Funds	\$3652.52

Please have a look at NEXT YEAR'S BUDGET at the end of this newsletter.(It will be formally presented at the November meeting for a vote

Here are some thoughts to accompany the numbers:

- Revenue – line 5 'Guests' – includes payments made by guests attending regular members' meetings and revenue from ticket sales for special annual speaker (eg Brian Minter presentation)
- Expenses – Line 12 'Rent' – includes rental @ St. Clement's Church & rental of Activity Room @ Upper Lynn Elementary school for one special presentation
- Expenses – Line 13 'Office' – will be amended to include costs for executive gifts (given at end of their terms)
- Expenses – Line 15 'Hospitality' – will include costs for food & drink @ Members' Garden Tour
- Expenses – Line 18 'Door Prizes' and Line 22 'Sunshine' will be combined into one Line Item
- Expenses – Line 19 'Donations' – covers donations by LVGC to 12 non-profit organizations – the actual donation amount will be determined *after* the 2018 Plant Sale
- Expenses – Line 14 'Miscellaneous' – included the deficit amount the Club funded in 2017 to cover sale of Pig Poop Soil Amendment

Secretary – Susan Huber

LVGC donated \$200 to North Vancouver District Public Library in August – they sent us a letter listing the 7 new books they have ordered – most are still on order but members can place a hold now and then get to see the books as soon as they arrive.

100 Easy-to-grow Native Plants for Canadian Gardens, by Johnson, Lorraine

https://nvdpl.bibliocommons.com/item/show/774128032_100_easy-to-grow_native_plants_for_canadian_gardens

Beth Chatto's Shade Garden, by Chatto, Beth

https://nvdpl.bibliocommons.com/item/show/789600032_beth_chattos_shade_garden

Designing with succulents, by Baldwin, Debra Lee

https://nvdpl.bibliocommons.com/item/show/789598032_designing_with_succulents

Encyclopedia of landscape design

https://nvdpl.bibliocommons.com/item/show/789597032_encyclopedia_of_landscape_design

The new vegetables, herbs & fruit by Biggs, Matthew

https://nvdpl.bibliocommons.com/item/show/792061032_the_new_vegetables,_herbs_amp_fruit

New wild garden: natural style planting and practicalities by Hodgson, Ian

https://nvdpl.bibliocommons.com/item/show/789601032_new_wild_garden

Peony: the best varieties for your garden, by Michener, David C.

https://nvdpl.bibliocommons.com/item/show/789603032_peony



Membership – Judy Sullivan and Bonnie Noakes

We have 120 members and 2 life members. LVGC is now accepting cash or cheques for the 2018 year. Please make cheques payable to the Lynn Valley Garden Club. *Everyone please fill out the new form at the end of this newsletter and either bring it (and the cheque, of course!) to a meeting; or email the form and snail mail the cheque to LVGC.*

Hospitality - Kitty Castle & Carole Cobbett & Susan Nicholls

Our ever-familiar message: "Please remember to 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]

Sunshine – Carol Bell

If you know of a member who is not well or who has lost a loved one, be sure to let Maggie know: LVGC will send something appropriate.

Members-at-large (MAL) -- There is no MAL report but there are TWO VACANT SPOTS left among the MALS!!



SPEAKER – Thursday, October 19 **“BOTANUS”**

"Fall in Love with Unusuals": This presentation will be about the unusual bulbs you can plant in the fall to enjoy in the springtime. Botanus' website is <http://www.botanus.com>



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

- from Aline Burlone

- Under the heading **Guest Speakers** - Wesley Hooper (September 21, 2017 guest speaker) can be found under Past Speaker by name (<http://lynnvalleygardenclub.org/guest-speakers/past-speakers-by-name/>) and under Past Speaker by topic - Life Spaces <http://lynnvalleygardenclub.org/guest-speakers/past-speakers-by-topic/>)
- Under the heading **Bulletin Board**- Interesting article - there is an article on Vancouver's Sole Food Street Farms That Take On Poverty With Urban Agriculture . (<http://lynnvalleygardenclub.org/bulletin-board/interesting-articles/>)
- Under the heading **Newsletter** - 2017 - the September 2017 newsletter has been posted. (<http://lynnvalleygardenclub.org/newsletters/2017-2/>)
- Under the heading **Links**
 - Under the link **Seeds** (<http://lynnvalleygardenclub.org/links/seeds/>) there are new links to the following
 - Organic Seed Alliance Organic Seed Alliance is a nonprofit organization that advances ethical seed solutions to meet food and farming needs in a changing world.
 - Select Seeds offers gardeners an extensive and curated collection of high quality flower seeds and plants, specializing in heirloom flowers, fragrant flowers, open-pollinated annuals, bee-friendly flower seeds and plants, flowering vines, and rare annuals and perennials. (They are in Connecticut)
 - Under the section **Podcast** (<http://lynnvalleygardenclub.org/links/podcasts/>) there are links to the following podcasts:
 - The Joe Gardener Show - Joe Lamp'1 is the creator, Executive Producer and Host of the award-winning national PBS series, Growing a Greener World® and Founder and "joe" behind joegardener.com.
 - On The Ledge is Jane Perrone's podcast all about indoor gardening: covering anything you can grow in your own home, from cacti to chilies.
 - A Way to Garden is Margaret Roach's weekly podcast with many interesting guests and topics.
- Check the October and November 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, PDF articles or photos to be posted on the website to lvgcwebsite@gmail.com

Vancouver's Sole Food Street Farms Takes On Poverty With Urban Agriculture

Michael Ableman has achieved something many thought impossible: creating thriving urban farms on pavement and contaminated soil in one of Canada's poorest neighbourhoods.

Sole Food Street Farms [<http://solefoodfarms.com>] in Vancouver's Downtown Eastside is an area almost entirely inhabited by folks who are dealing with long-term addiction, mental illness and poverty, says Ableman, who co-founded the urban farm venture in 2009 with Seann Dory.

The area of squalor — nestled amidst a vibrant city with a red-hot housing market — has the highest rates of HIV and hepatitis C per capita in North America and a high concentration of open prostitution.

Yet it also contains an unexpected oasis of green, where about 30 workers from the community spend their days planting seeds, nurturing plants and harvesting arugula and salad mixes, carrots, beets, radishes, tomatoes, strawberries, peppers and beans. There's an orchard with about 500 trees bearing fruit like persimmons, figs, quince, apples, pears, plums and cherries.

The crops grow in 10,000 specially designed containers on what were once vacant lots.

The urban farm, one of the largest in North America, has helped deal with the chronic problems in the community.

-- "You walk down Hastings Street in the middle of the afternoon and see somebody on the sidewalk with a needle in their arm or somebody else kind of pirouetting in the middle of the street high on crack and you make judgements. We all do," says Ableman.

-- "These are the folks we work with, but all those people have hearts and souls and the desire to do something meaningful in the world and all we did was set the table by providing that opportunity."

Life skills for participants

Lyle Hayes takes enormous pride in tending the orchard. He's worked there since he helped clear a few thousand wooden pallets from the lot to make room to plant trees about six years ago.

-- "I love working there. I just love it," he says in a phone interview. "They're all just great people. No judging about your situation or your demons."

Hayes, 50, has lived in the Downtown Eastside neighbourhood for most of his life.

-- "I'm a heroin addict for 25 to 30 years. I'm not ashamed of it. It's how it is.

-- "I jumped off an 18-storey building, tried to commit suicide in 2002, but I hit the 15th balcony going down and I was badly, badly hurt. I shattered both my feet so

that's basically where my opiate problem kind of picked up more than usual."

Now he's happy to take time out from his farm duties to help prepare a daily meal six days a week for about 80 people in his building. He also helps sell the produce at farmers markets.

Participants at Sole Food Street Farm also learn life skills like cooking, basic financial literacy and canning.

-- "We have a breakfast program, teach people how to drive, provide rain gear when necessary, take them to the hospital or pick them up from jail," says Ableman, who documents the "warts and all" story of the project in his new book *Street Farm: Growing Food, Jobs, and Hope on the Urban Frontier* (Chelsea Green Publishing).

-- "We're having a profound impact on people's lives, that's the important piece, far more than I would ever have imagined, ever have imagined, I can tell you," he said at this year's Terroir Symposium for members of the hospitality industry.

Ableman was initially approached by some aid organizations in the Downtown Eastside neighbourhood that recognized their solutions weren't working. They had a half-acre at their disposal and thought growing fresh food would help provide jobs and nourishment in a neighbourhood that needed both.

Ableman teamed with Dory — who was working with United We Can, an organization that gave jobs to people in the neighbourhood to clean up the streets and alleys and recycle cans and bottles — and ended up envisioning, creating and running the Sole Food Street Farms project.

Individuals who not only had no skills but who are considered hard to employ now produce 25 tons of food annually on close to five acres of pavement. The artisan-quality produce is given to people in the community and sold to 60 of Vancouver's top restaurants.

-- "These are not volunteer jobs. Let me be clear. We've paid out in the eight years we've been operating millions of dollars in wages," says Ableman.

There are other benefits.

-- "When people have living things that depend on them, a reason to get up out of bed every day, a community of people that are relying on them to show up, the neighbourhood who depends on the food, this is the amazing thing ... all these things put together have provided an atmosphere and a sense of community and a reason for people to live," says Ableman.

-- "For many of them it's their only meaningful engagement so this has been a great, wonderful thing."



Savings for social services

A 2013 MBA study done by a team at Queen's University determined that for every dollar paid to staff, there is a \$2.25 savings to the health-care, social-assistance and prison and legal systems as well as the environment because the food is produced locally.

There are challenges. They have enormous theft, vandalism and rodent issues. Absenteeism is common.

-- "On a day-to-day basis we never know for sure who's going to show up so we have an employment model that allows for people to fall off the wagon. We have to. They don't lose their jobs.

-- "And when they return from being gone the question isn't, 'Where have you been?' It's 'How are you doing?'" Other early challenges included just figuring out the basics of how to grow under difficult conditions.

They've developed an innovative system of stackable plastic boxes with interconnected drains that

can be easily moved using a forklift. Pinpoint seeders enable planting seed at high densities. They doubled production space by anchoring some 4,000 strawberry plants on three-metre PVC pipes that surround the site.

Ableman, 62, who owns Foxglove Farm on Salt Spring Island, is no stranger to helping the impoverished benefit from urban agriculture. The speaker and author of three other books founded the non-profit Center for Urban Agriculture in Goleta, Calif., in the mid-'80s.

-- "We did projects in places like Watts (in Los Angeles), which makes the neighbourhood I work with now in the Downtown Eastside ... look like Beverly Hills."

Vancouver's real estate boom is creating another crisis. Developers are moving in and the farm must move its largest site this fall. Ableman is working feverishly to find another spot in the area so people like Hayes can continue to work there.

Hayes pulls no punches about what would happen if he didn't have the work.

-- "I was in and out of recreation centres, we'll say, and so I'd probably be dead."



From a sticky situation...rewards!

-- A photo essay by Sue Callahan

[We are thankful to have family & friends to surround us, and be able to harvest from the land. We have enjoyed lots of fresh green beans - and today - Rob pulled the carrots - they definitely weren't huge, but we will put with our green beans for dinner today with friends. I am still trying to find flowers for the bees, all year round, just in case. As I am typing - believe it or not even though it is so cold, and has been raining today - the bees are outside the hive and looking for pollen.

Hope you & the members enjoy this little dialogue, and pictures of the process of the honey. So many people ask me at the club, so when we were going to harvest I thought I would do a picture essay - then Rob, bless his heart, did the explanation...]



In the spring this year, I discovered that I lost the bees! They were not misplaced, rather they didn't survive the winter: possibly the varroa mite [*Varroa destructor*], possibly the cold temperatures on a sunny day fooled the bees thinking it was great outside.



I obtained a nuc, (small batch of local bees, "nucleus colony") May long weekend and got the hive going again. (photo #1) At the end of June, I added a honey super [frames where honeycombs form] to the drone boxes and the bees filled that box in about four weeks. Once I got the suit on (see photo #2), lit up the smoker (photo #3), I removed the lid and the top board to expose the bees (photo #4).



As the fall approaches, I remove the honey super from the top, which contains my honey, while the two drone boxes contain whatever the bees require for the winter.

The bees that were in the honey super were removed and placed in the drone boxes. Before closing up the box, a dusting of icing sugar [see also <http://scientificbeekeeping.com/powdered-sugar-dusting-sweet-and-safe-but-does-it-really-work-part-1/>] is often used to help prevent the mites sticking to the bees.

The next step is to set up an empty honey super over the reinstalled top board and place a plastic box with a removable lid onto the top board. The top board has a circular hole in it and the plastic box has a hole in the bottom to allow the bees to move vertically between the drone boxes and the plastic box. Sugar is placed in the container for additional winter food for the bees. We stuff in newspaper to act as insulation in the top of the hive (photo #5). Through the winter one can gain access to the plastic box to add more sugar if required, but with minimal heat loss to the hive. Bees crowd together and can produce temperatures about 98°F within the hive. Once the hive is back together, there is no need to fully open the hive till good weather in February or March.



Within the honey super, 10 plastic frames fill the box (photo#6) and this year I had 8 with honey. This honey super sat on top of the hive, had a queen separator placed between them preventing the queen bee access to the honey super. The key thing about this is that without the queen, there are no eggs/larvae in the honey super so it is cleaner to work with from the start.

Another beekeeper and I have shared the cost of a motorized extractor that can handle four frames at a time. This year with just eight frames, the process didn't take too long. Bees fill the comb with honey then cap each hexagonal cell. (photo #7)



Prior to extracting the honey the caps (wax) must be scraped off both sides of the frame (photo #8) then the frame is loaded into the extractor (photo #9), which when filled, will spin. The centrifuge action flings the honey to the side wall of the extractor (photo #10), the frame is turned to extract honey from the other side. Both the honey and the wax end up in the extractor and when a sufficient amount of honey has built up, it is drained through strainers over a large container that collects the honey (photo #11).



This year's bounty was ~ 7 liters of honey, slightly darker than last year, a nice amber colour while last year's was much paler. We are still eating honey from 2015; much of the honey from 2016 we gave away to family & friends but have saved a few jars for ourselves.

Handling the honey is up but luckily hot water does it hours at most, but getting the measuring cups, jars, lids -- to putting the honey into honey to be strained which in what seemed like a couple of

The empty honey saves the bees from having to This allows the bees to quick-Bees forage about 6 km from suitable material on the North North Shore is not as good as other lower mainland communities. As we were rebuilding the house then doing the yard, we have done our best to be bee friendly: It's Oct 5 and we still have a few plants in the yard that the bees seem to enjoy so we know it is working.

Hopefully those of you who have fruit trees or vegetable gardens or colourful blooms had a busy summer and fall with a few of my many small friends (10,000 to 12,000) visiting your yards.

-- Rob



a sticky business: everything requires clean-well. Extracting the honey was probably 1_ equipment set up, pots, strainers, spatulas, and the clean-up!! -- took far longer. Prior 125mL or 250mL jars, we had to wait for the itself took a while, a couple of hours, then sticky hours for the jarring.

frames still have the comb on it and this make and extrude wax comb next year. start on the new honey process next spring. their hive. There is an assortment of bee-Shore, however we have been told the

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Mystery Picture

??????? What's this ????????

- Sue Callahan



The Vegimates Strike Again!!

[As I've already said: NOT "Vegemite"! for you Kiwis]

- sent by Tom Davis

The Vegimates have once again secured a donation of assorted veggie seeds from West Coast Seeds!!! YIPPEEEE!!! So get your cold frames or hot houses organized...

send them out next month. I am thrilled to hear about the gardens and all the items that grew especially the melons. I know that your temperatures are a little cooler in North Van, so its great to hear the melons did well.

Here is the email from WCS:

"Thank you for your email. We are in the process of packing donations so we will be starting to

We look forward to supporting your program again for next season. I will let you know when we are ready to send out the donations.



The Plant Dating Site

Plants seeking homes:



1. Yvonne Kabata has a wealth of beautiful yellow/orange *Crocosmia* seeking new homes – they are already potted up and ready to go.
2. Maria Issa also has lots....and is dying to dig them up...
3. Elisabeth Jones (to be reached through *The Leaf*) has tall, hardy orange lilies to give away (they are gorgeous!)
4. Maria Issa also has an assortment of small seedling

tree that could be great for those trying their hands at Bonsai: oak, yellow cedar;

Pecan/walnut? [who knows what the squirrels went and planted?]

4. ...and big, fat, classical purple-outside/white-inside irises

5. ...and these funny pink things: would someone please tell me what they are?



People seeking plants:



1. Yvonne is looking for “blue balloon flower seeds if anybody has them.” They look like this:



The Great Plant Caper

- an adventure of Maria Issa and Hiromi Matsui

There was a message at LVGC that she had a “garden bed with lots of nice plants, it will be turned into a patio, so come and dig up what you want!”

- “!!! Free plants!” said the devil on my left shoulder.

- “We should really put it in *The Leaf* so everyone gets a chance...” argued the angel on my right shoulder.

This once, the angel won. The info went into the September *Leaf* and I waited and waited. A week passed after the meeting, and still not a peep out of the LVGC types, so the devil started his tap dance.

-“Oh fine!” I said to the devil, “I will ask Susan if she has heard anything.” He became a veritable Fred Astaire...

Susan informed me that nobody had called and that I should contact the owner of said garden-bed and do my worst.

I did: the first round of digging yielded some peonies, pink tall anemones, endless unidentified but very pretty ground-cover and a fat, root-bound rhodo: root-bound because the planter of said garden planted everything including the pot. This made for semi-bonsai-d plants and easy extraction. The devil was happy so he needed mischief.

I relayed my happy dig results to friend and fellow LVGC member, Hiromi. Now the devil hopped over onto her shoulder and started a jig.

- “Did you say there were peonies?” asked Hiromi, “and black grass and ground-cover?” The devil was doing a hornpipe.

- “Yes... let’s meet there and dig together. I’ll give you the address... The owner said we can just come in and dig to our hearts’ content.”

Traffic being traffic, I was 5 minutes late getting to the house. Hiromi was nowhere in sight. Usually, Hiromi is as punctual as a stopwatch, so that was a little odd. I waited a bit, figuring she is probably driving, but phoned her anyway. No answer.

-“Hmmmmm? Where could she be?”

Just then, the phone rang, “Where are you?” asked Hiromi, “I’m about to get started without you!”

-“I’m in front of the house. Where are you?” I asked...

-“I’m in front of the house. I’ve been knocking and knocking, but there’s no answer. So I’m about to get started” grumbled Hiromi, “It’s quite an overgrown garden in the front. Hope it’s better in the back.”

-“Hey, wait! I’m in front of the house. Where are you?”

-“I’m in front of the house...”

This went several rounds. The devil was doing the mambo in delight.

Finally the light went on.

-“No, you’re not in front of this house. You are not in front of the right house. You must be at another 1641. The road forks. Did you take the wrong fork?”

“Oh.”

A few minutes later she appeared. The devil slowed to a waltz.

-“Well, this looks a lot better!” grinned Hiromi, “Lucky I didn’t dig up some unsuspecting stranger’s garden!” The devil sat, dejected.

We went and said ‘hello’ to the owner, admired the beautiful, very full garden and dug out a wealth of lovely plants. On the way out, Hiromi noted the house’s name: “Skerryvore”. Interesting: her husband’s family also comes from Scotland, from near the Skerryvore light on the isle of Tiree: these plants were meant to move from one “Skerryvore” to another.

<https://en.wikipedia.org/wiki/Skerryvore>

The angel won again.



The Mystery Unraveled:

The “choke” of an artichoke! I didn’t know it was so beautiful – I was always annoyed when I ended up spitting the nasty bits.

Mr. Google agrees with me: “Artichokes are a tasty but unconventional vegetable, with a core of delicately flavoured flesh surrounded by a thicket of tough, spiny leaves. Eating whole artichokes is an adventure, which begins with pulling off the leaves and eating their soft undersides, finally finishing with the tender bottom. In the center of the vegetable is a fibrous section called the choke, which is usually removed before cooking. Eating the choke causes no harm, but it isn't pleasant.”



Snip the pointed tips of artichoke leaves, and cut off the stems. ...

In a medium bowl combine bread cubes, garlic, parsley, Romano cheese, oregano, 2 tablespoons vegetable oil, salt and pepper; mix well.

Press about 1/2 cup of stuffing into each artichoke.

THE BUDGET FOR 2018

	2017 Budget	2017 Projected	2018 Budget
<u>Revenue</u>			
Membership	2400	2345	2400
Guests	255	160	150
Plant Sale	5000	4586	4600
Plant Table	250	120	120
Trips	1200		
Total Revenue	9105	7211	7270
<u>Expenses</u>			
Rent	700	700	700
Office	100	202	200
Misc	30	92	30
Hospitality	500	450	400
Plant Sale	800	130	300
Speakers	1800	1333	1800
Door Prizes	200	350	350
Donations	1625	2400	1975
Newsletter	425	600	400
Sunshine Gifts	300	0	0
Christmas Party	400	400	400
Field Trips	1850	0	300
BCCGC	300	340	340
Bank Charges	75	65	75
Total Expenses	9105	7062	7270
Net	0	149	0
Plant Sale net	4200	4456	4300

The perfect closing to this Leaf

- sent in by Diane Sekora



The glory of gardening: hands in the dirt, head in the sun, heart with nature.

To nurture a garden is to feed not just the body, but the soul.

- Alfred Austin -