



LYNN VALLEY GARDEN CLUB

Established 1943

February 2018

### *President's Message – Anna Marie D'Angelo*

It was wonderful to see some glorious gardens in the United Kingdom at our special meeting last month. The mole damage on a few beautiful lawns was a surprise and a reminder that no garden is ever perfect, despite best efforts and expertise. Speaker Howard Mills said that in Britain, they did not have a chafer beetle problem unlike here. A leader in the master gardener program at VanDusen said that chafer beetles appear to be on the downside and this may be an indication of the problem running its course: I hope this is true. Fire ants, on the other hand, are an increasing problem. Egan Davis, a speaker we had last year and chief instructor in the horticulture training program at the UBC Botanical Garden [<http://botanicalgarden.ubc.ca>] told the master gardener students (of which I am one) that he bought three plants from a reputable nursery recently, filled with fire ants. This is a reminder that we should stay vigilant about keeping these venomous creatures out of our gardens. [[https://www.for.gov.bc.ca/hra/invasive-species/fire\\_ants.htm](https://www.for.gov.bc.ca/hra/invasive-species/fire_ants.htm)] Fire ant infestations can prohibit lawn use, never mind enjoyment, and dramatically change how we enjoy our yards.

It's February and the garden to-do list seems to come on all at once with a vengeance with pruning, starting seeds (learn more *just before* our next meeting!), moving things around, getting rid of hiding slugs, applying compost, tidying up, *thinking about the plant sale [May 12]*—on and on.

There doesn't seem to be enough time to get it all done. This year, I have added the garden club executive meetings to my monthly to-do lists. So far, so good in workload management. I have always wanted to be more involved in the club during the scant eight years I have been a member (before that I was with the Upper Lonsdale Garden Club) but my day job made it impossible to do so. Then came Oct. 10, 2017--the day after my 10th year anniversary at work or "10-10-10," as I like to say. Sounds like something you would sprinkle on your garden for balanced growth - but actually all the 10s aligned in a cosmic way to finally allow me to retire officially from the rat race. Soon after, I contacted President Penny LeCouteur and the next thing you know, there I am packing home a box of plant-sale plastic tablecloths and a stack of big binders containing everything you have always wanted to know about the Lynn Valley Garden Club. Apparently there are 2003 executive job descriptions that need revision. Unlike my February garden tasks, those can wait.

*I know a little garden close  
Set thick with lily and red rose,  
Where I would wander if I might  
From dewy dawn to dewy night.  
And have one with me wandering.  
- William Morris 1872*

### 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

February 15  
*Vegimates' Seed Starting  
Workshop* 6:10-7PM  
then

JULIA COMMON  
Hives for Humanity

March 15  
ERIKA SIMMS  
Growing from Seed

April 19  
RALPH NEVILL  
Pruning Trees

### Mailing Address:

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

<http://www.lynnvalleygardenclub.org>

## 2018 Executive

### President

Anna Marie D'Angelo

### Vice President

Hiromi Matsui

### Secretary

Jackie Morris

### Treasurer

Ginette Handfield

### Membership

Judy Sullivan

Susan Huber

### Members at Large

Rita Marshall

Daphne Page

Doreen Dew

**MAL#4????**

## Committees

### Newsletter Editor

Maria Issa

### Plant Table

Norma Buckland

### Hospitality

Carole Cobbett

Susan Nicholls

Maggie Davis

### Sunshine/Door Prizes

Shirley Lawson

### Website

Aline Burlone

### Executive Meetings

1st Wednesday of the month

Next Meeting: March 7- 7:30 PM

Chez RITA MARSHALL

### Next Newsletter Deadline

March 7, 2018

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 Temant for the photo below!



## REPORTS

### VP Report – Hiromi Matsui

As listed on the front page – interesting speakers are booked until May 2018.

An alternate VP/speaker wrangler would be most welcome in case Hiromi needs to drop everything and manage the home fires: this would be an excellent way to learn the duties of the VP without actually having to do too much – just the perfect volunteer spot – for you!?

### Treasurer's Report – Ginette Handfield

In general, LVGC is operating with a balanced budget with an almost standard revenue of ~\$7000 that comes from membership fees, the plant table and the plant sale. What we don't use to run the club, and save for contingencies, is then donated locally.

As of the end of January, we were very well off indeed:

Petty cash.	\$ 226.90
Bank	\$8,684.69
Total	\$8,911.59

### Membership Report for February 2018 – Judy Sullivan

As of this *Leaf*, we have 7 new members and LVGC membership is full up – if everyone who promised actually sends in a cheque. Judy has been merciful and has called and reminded a number of people. *This, however, is the END.* If your membership is not in by the February meeting – say goodbye to friends, great speakers, cool plants, shared knowledge and *The Leaf*.

A reminder to those who are members: if you show your LVGC membership card at Maple Leaf Gardens and Garden works, you can claim a discount.

### Plant Table – Norma Buckland & ???

Norma at the Plant Table needs a partner-in-crime: you have till the February meeting to ponder the possibilities!

### Hospitality – Carole Cobbett, Susan Nicholls & Maggie Davis

From February onwards, we are planning on putting out an insulated jug of hot water on the tea/coffee table at the next meeting. This is for members who bring their own teabags or just want hot water. Also our ever-constant reminder to try and remember to bring your own mug to meetings! We supply about 10 disposable cups per meeting, and then take them home for recycling. Thanks from your Hospitality team.

[Also from February onwards, while you are grabbing that mug and teabag – please also grab a non-perishable item for the food bank!! – *Maria*]

### Keynote Speaker Report – Judith Brook

The January 18, 2018 Keynote speaker Howard Wills, on the topic of 'Great British Gardens', was well attended and well received with free tickets to club members. There were 92 tickets issued, out of 100 available. Tickets were distributed at both November and December meetings, and personally distributed afterwards. There were 6 people with tickets who did not attend. 16 tickets went to paying guests (non-members), for a revenue of \$240.

Notes on Howard Wills' talk is now up on the LVGC website.

### Speaker Evaluation - from the Executive

There has been a lot of interesting feedback on topics and speakers – and the Exec would like to hear more! What did you like (or didn't like)? What could have been better? How can LVGC contribute to your learning, interests, enjoyment, even entertainment?

Ergo: Please send your *thoughts on the last speaker* as well as *any ideas for future speakers* either directly to Hiromi or to the *Leaf* for forwarding. All comments, ideas, suggestions are very welcome and valued:

1. Did the speaker exceed, meet or fall short of your expectations?
2. Did you learn something useful? If not, what was missing?
3. Would you like to hear more from this person in the future?
4. Would you like more on this subject, but maybe from a different perspective?
5. Suggestions for future speakers or topics.

## SPEAKERS

*Thursday, Feb 15 – will be a BIG EVENING  
Vegimates' Seed Starting Workshop 6:10 PM  
& after the break*

### *Julia Common – Hives for Humanity*

*Julia Common* is a Master Beekeeper who has been keeping bees since her university days. What started as a summer job has become a life-long passion, which has deepened since co-founding the non-profit organization *Hives for Humanity* with her daughter in 2012. *Hives for Humanity* started with a single hive in a community garden in Vancouver's Downtown Eastside, and has grown to include 250+ colonies throughout Metro Vancouver. Julia believes in the therapeutic power of the bees, and in their ability to connect all people to nature, community and self. In her capacity as Chief Beekeeper and co-founder of *Hives for Humanity* she has a story to share.

Julia's LVGC talk will focus on "healthy bees – healthy people – healthy communities". As well, she will be bringing two different kinds of honey in \$10 and \$20 containers so bring your wallets!!

[hivesforhumanity.com](http://hivesforhumanity.com)

[info@hivesforhumanity.com](mailto:info@hivesforhumanity.com)

[julia@hivesforhumanity.com](mailto:julia@hivesforhumanity.com)

*The Vegimates* invite you to their **Workshop, "GOING TO SEED"** at 6:10 PM prior to the regular meeting.



Please join *The Vegimates* as they revisit the requirements for seed growing success: they will try to cover containers, soil, water, light, heat, choosing seeds *etc.* They will also try to answer any questions you may have. As you will be immediately inspired, there will be seeds on hand to start growing your offerings for the **Plant Sale, May 12**.

*"When you kill off the natural enemies of a pest, you inherit their work" C. Huffaker*

### *And Speaking of the Plant Sale - Prep Thoughts*

*– Your MALs*

*The Annual Plant Sale Saturday, May 12th 2018 – 10:00 am to 1:00 pm  
Set up for the Sale: Friday May 11th early afternoon to (time TBA) evening*

Even though it feels like winter, spring is just around the corner, whether you believe in ground hogs or not.

The Members-at-Large plan to have soil made available for planting up, date and time to be announced - we are working on it now. Dividing plants makes for a healthier garden overall and the surplus from your garden generates much need

revenue for our garden club.

For those of you starting seedlings, from West Coast Seeds, the soil for potting seedlings that works best, is the *Garden Mix*.

Please remember to

- Label plants – name, habitat: shade/sun, size, colour of flower
- Please clean the pots: presentation sells!!

**Sign-up Sheets** for volunteers will be circulated during the March meeting. The sale is a lot of fun. Volunteers are needed for both Friday PM and Saturday all day. There is a job for every skill set, plant labelers, pot cleaners, grunTERS, cashiers, ticket sellers, cleaners or a little of each of the previously mentioned.

**Flowerpots:** If, like mine, your garden shed is overflowing with plastic pots of all sizes – this is the moment to spring clean and offer those pots to your fellow LVGC. Remember, what goes around, comes around: the wonderful plants you will be buying at the plant sale may have their happy little roots in a pot that you donated! [Oh dear, the \*&^%\$\$ pots are back again!]

**Topsoil:** The good news is – there will be some! The bad news is – your MALs are still working on it. A brilliant person at last year's Exec meeting (?Bonnie?) suggested that in the meanwhile, you can use your own topsoil to get things going, then fill in the unsightly holes you just dug – with the fresh topsoil when that eventually comes in. And when it does, and you want to cart some home – probably from Doreen's place – then she has a scathingly brilliant idea for you: remember those hefty plastic bags of pet kibble, or kitty litter that you feel sad throwing out? They are just the right size and weight to fill with delicious LVGC seed starting soil!.....



## Important LVGC Bits and Pieces:

**WEBSITE:** While Aline is happy and willing to continue with the (impressive!) website, it would be nice for her to be able to go on holidays in peace without LVGC hanging over her head. Consequently, if someone has techie talents, or would like to acquire some, please speak to Aline next time you see her.



**BUS TRIP???:** Are you interested in having a bus trip this year? Any ideas as to where you would like to go and what you would like to see (and buy!)? Would you be willing to help pull it all together? Rosemarie has handy-dandy "how to" info and while I haven't asked her, I am pretty certain she would be willing to mentor you and whoever you can arm-twist to help you.

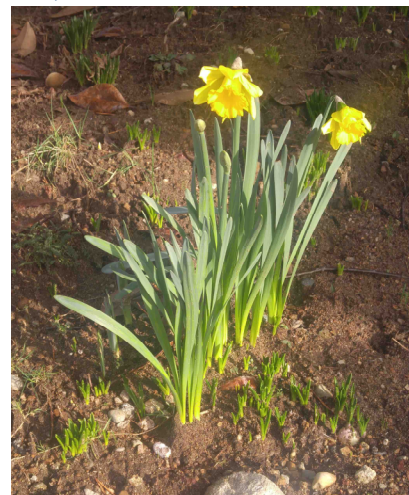
**ONE MORE MAL:** is needed to help with the Plant Sale. While on and around the plant sale, lots of people appear and help out even without having signed up, (YES you are all wonderful!) a few more hands would make light work of the pre-sale organization. The MALs will welcome and orient you – they are a friendly bunch.

**INFORMATION EXCHANGE:** A number of members have expressed the desire to learn from the vast reserves of knowledge and experience that LVGC represents. Besides having formal Master Gardeners among us, there are also many "gardening masters" who have information at their fingertips that we novices would like to access.

Sooooo: If you have gardening questions, tricky areas, weird bugs, strange weeds, mistaken identities or other garden "issues" – please feel free to ASK AWAY during a new 10-min segment after the *Bright Spot* – **we will try to make this a regular event.** Surely there will be someone at the meeting who can give you some ideas. If you are not comfortable asking questions in a public venue (because your *Lamium* is embarrassingly horrific, or bizarre smuts plague your *Epimedium* etc....) – then send it to *The Leaf* and someone will read your anonymous question ☺.

Similarly, if you know of a great landscaper, a super tree-pruner, hedge trimmer, *ad hoc* gardener, source of soil, secret bonsai pots (there are still some available from Sheila Hall – see December *Leaf*) etc. and other great garden-related happinesses, please share – either at the meetings, or *via The Leaf*.

...or just share your winter-defying successes like Bruce's daffodils.



### This month's burning questions:

Do you have a good source of topsoil?

Hand protection tips: What is your favourite kind of gardening gloves – long-wearing and which protect your hands well?



## A Big Thank You!

- from Jackie Morris



Thank you to everyone who donated Christmas cards for the WISH Society's Christmas Party. The cards were perfect! In the two hours we were there, they gave out 178 dinners and we were surrounded by smiling women choosing their cards and saying "thank you". We were kept busy just keeping the table filled with cards! We left with the table laden with cards for late-comers and took the rest to the men's shelter next door.

[Remember: sometimes it's these 'little things' that have such a big impact!- Ed]



### *I Wandered Lonely as a Cloud*

William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

Continuous as the stars that shine  
And twinkle on the milky way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

The waves beside them danced; but they  
Out-did the sparkling waves in glee:  
A poet could not but be gay,  
In such a jocund company:  
I gazed – and gazed – but little thought  
What wealth the show to me had brought:

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.

## My Favourite Garden Whatzis

- Maria Issa



1. Dibber – while I'm not really sure what dibbing is, this thing, inherited from my mom, is handy for planting seeds, deracinating pesky creeping buttercups, making holes for rooting stuff and defending myself from bears.
2. Plastic bucket with wheels – mine is no longer suitable for public display but this stolen image is the same. Plastic, has wheels and is light – good for solids and liquids.
3. My ultimate **winter** gardening gloves are a combo of the \$2 stretchy wool gloves found at every Safeway and the like; over which goes a pair of heavy duty rubber kitchen gloves: waterproof and warm, though not sartorially elegant, but then neither is the rest of my gardening self.



## Horticulture Centre of the Pacific – Giles’ Jottings

- sourced by Hiromi Matsui

Reproduced with permission: many thanks to Giles and HCP.

[This one's for you – fellow watchers of *Escape to the Country!* - Ed]

“Thank you to Assistant Gardener Giles for sharing his jottings from England while he is away at his family home.

Our winter here in the north-west UK has been extremely wet and we have had a good deal of snow. Yet in the last week the temperature has risen a bit and the bulbs are responding. There are already snowdrops (*Galanthus nivalis*) opening and daffodils (*Narcissus* spp.) are beginning to push up out of the ground although I haven't seen any flowering yet. However, given that it is still only January, I fear they may be getting ahead of themselves.

I have recently been visiting friends in Somerset in the south-west part of the country and one cannot help noticing the contrasting regional styles of field boundaries. Up here in Cumbria, close to the Scottish border, dry-stone walls are the tradition and over time these become covered with a range of



mosses, ferns and lichens. In the south, in Somerset, fields and roads are bounded by high earth banks topped with thick hedges. Many of the high banks were established to control water movement in what

are the low-lying marshy areas of the Somerset Levels. These are therefore very different types of environments and naturally support different flora and fauna.

On the largely limestone-based walls of the north varied species occupy the tops and sides. Schistidium moss (*Grimmia apocarpa*) is a plant that colonises the top and upper, more



exposed, parts of the walls, another common group being the Bryums. On the lower, more shaded sides of the walls grow different mosses (*Brachythecium*s and *Camptothecium*s). Small ferns also establish themselves in the cracks and crannies, one of the most widespread being the common polypody fern (*Polypodium vulgare*). Some herbaceous plants also like to root themselves between the stones, yellow Welsh poppies (*Meconopsis cambrica*) and broad-leaved willowherb (*Epilobium montanum*). Chinks in the walls may be occupied by field-mice, small birds such as wrens and solitary bees.



In contrast the Somerset banks will be topped by thick hedges of holly (*Ilex aquifolium*), beech (*Fagus sylvatica*), hazel (*Corylus avellana*) and spindle (*Euonymus europaeus*), often thickly infiltrated by ivy (*Hedera* spp.). On the earth banks themselves will grow various grasses. But in amongst those I spotted sweet woodruff (*Galium odoratum*), herb robert (*Geranium robertianum*), cowslips

(*Primula veris*), purple bugle (*Ajuga reptans*) and lords and ladies (*Arum maculatum*). The hedges provide habitat for all sorts of birds, animals and reptiles. Frogs and newts like the damp shade, many birds enjoy the protection and food source the hedge provides, bullfinches and turtledoves preferring the tallest hedges where the tree species are less hard pruned. Small and medium-sized mammals, voles, hares, hedgehogs, weasels and foxes all profit from the biodiversity found in these natural green corridors.



[More from Giles, and other interesting stuff can be found on the HCP website! <http://hcp.ca>]



## The Amazing Avocado

- by Penny LeCouteur

On a trip to New York a few years ago I saw a variety of avocado quite different to those we normally find in our produce departments: these were much larger and had a thin green skin. I have sometimes been able to find these in Vancouver although the standard avocado available on the West Coast seems to be the Hass variety usually from California or Mexico. The New York variety (mainly Florida grown) is the Hall avocado - similar to the Fuerte variety. They are bigger than Hass, with thinner skins and are still green when ripe, unlike Hass that become almost black when ripe and have thicker pebbly skins.

The avocado, *Persea americana*, a member of the *Lauraceae* family, is native to Mexico, South and Central America. The word "avocado" comes from one of the Aztec languages and means "testicle" - supposedly from the shape of the fruit! It is also known as alligator pear, Aztec butter. A tree produces around prolific varieties - and the fruit ripens picked. Yields vary from 7 to 20 only a few vegetable oils not derived fleshy pulp surrounding the pit. It has to olive oil - 75% monounsaturated split between polyunsaturated and oil, these percentages can vary and growing conditions but always in animal fats like butter (26% saturated). Avocado oil has similar however also contains two to four phytosterol (plant sterol) which a reduce blood cholesterol levels by up avocados are actually good for you.

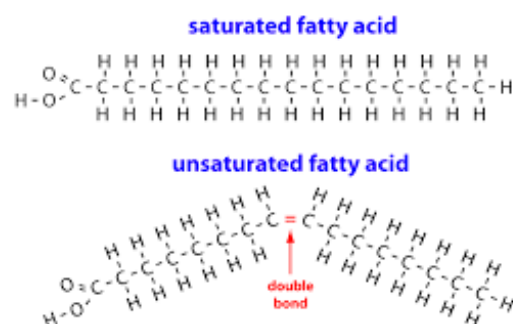


butter pear, vegetable butter and 120 avocados a year - more for the only after it has fallen or has been tonnes per acre! Avocado oil is one of from seeds, being pressed from the a very similar fatty acid composition with the remainder usually evenly saturated fatty acids. As with olive somewhat depending on the variety the numbers are a lot healthier than monounsaturated and 63% amounts of vitamin E to olive oil times the amount of beta-sitosterol, a number of studies have shown can to 30%. That's the good news -

Avocado oil, extracted by chemical means, had been used for many years as a lubricant and in cosmetics but extra-virgin cold pressed avocado oil as a gourmet edible oil has only been available for a decade or so. It was originally produced in New Zealand where it has become very popular. Chile, with its hectares of recently planted avocado orchards in the valleys and hills for hundreds of kilometres around Santiago, is now also producing this beautiful green-hued gastronomic treat. A number of years ago I visited a factory located in an avocado orchard in the Maipo Valley, one of Chile's most productive agricultural regions. Unfortunately the production season was over so we didn't get to see the cold-press process in action but it was interesting to be shown around and find out why the Hass variety are used for extra-virgin oil production. (Hass avocados are 20 - 25% oil by weight or even up to 30% whereas Fuerte type avocados are more like 15 - 17%.) Everything was spotlessly clean - absolutely essential to ensure no trace of off odors contaminate the oil. At over 500°F (260°C) avocado oil has the highest smoke point (the temperature at which it starts to burn and smoke) of any oil. Compared to butter at 350°F or extra virgin olive oil at 375°F this is a real cooking advantage when sautéing food such as fish. But the real pleasure of extra virgin avocado oil is its taste; light, delicate, buttery and wonderful in salad dressings, over pasta, and with seafood and vegetables.

Unfortunately we can't grow avocados in Vancouver, except as house plants. They grow readily from a pit suspended in water - as most grade school kids know - and take about ten years to reach maturity, by which stage you probably don't want then as a house plant!

[FYI: In case you have always wondered what a mono (one) or poly (many) unsaturated fatty acid is: Carbon molecules have 4 bonds. When they make a chain, they "hold hands" to form single bonds, while their other hands hold hydrogen molecules, or other carbons.... This makes a nice, relatively straight chain and is said to be saturated with (full of) hydrogens. Sometimes, the carbons use two hands to hang on to each other, forming a "double bond", then use their remaining hands to hang onto other carbons, so they can't hold as many hydrogens. This leaves the chain with proportionately fewer hydrogens - thus the chain is said to be 'unsaturated'. So, obviously, polyunsaturated means that there are many double bonds in a chain. Because of the bend(s) caused by the double bond, unsaturated fats don't stack well - like fire logs with branches - so the more unsaturated, the more liquid the fat - actually oil - and the better for you.]



## *Linda's List: Seeds, yams and pruning*

*- by Linda Gilkeson*

**From Lorraine Robson:** "These tips from Linda Gilkeson may be of interest to the vegetable growers in the club. Linda teaches the Master Gardeners some of their courses and teaches Entomology to the Advanced MG's. She is a retired professor from SFU with a big vegetable garden on Saltspring Island and many years of experience. Since I like pretty plants and don't especially like bugs, I had thought that I wouldn't really enjoy Entomology as much as the other courses, but Linda makes insects fascinating!"

I asked her for permission to share her occasional newsletters/lists of tips, and she said 'yes' as long as her name remains on it."

With the gardening season arriving quickly (yay!), it is time to sort out our seed collections, decide what to buy and check seed suppliers for new varieties:

**Germination test:** If you are wondering whether seeds in old packets are still good, you can check with a quick germination test:

Count out 20 seeds if you have lots, 5 seeds if you only have a few. Spread them on a wet paper towel or cloth and cover with another piece of towel to keep them moist. If you are testing many different varieties, you can germinate them all on the same paper towel. Before wetting the towel, use a waterproof pen or pencil to draw a circle for each group of seeds and label it. Then wet the paper and place the seeds in their labelled circles. Of course, be careful handling that setup so you don't scramble the seeds...

Put the moist towel with the seeds in a plastic bag or container and close loosely to maintain a bit of air flow. Keep the seeds warm, check daily for moisture and watch for the tip of a tiny white root sprouting from each seed.

Most seeds germinate in 2 to 5 days (carrots, onions and parsnips can take longer). Count how many seeds of the total have sprouted a root tip and calculate germination percentage. If at least 75% germinated, then they are good to go. If the percentage is lower, plan to sow those seeds more thickly to make up for lower viability. If less than half germinate, it is time to buy fresh seed or to grow them out this season if you are saving your own.

For more on this and on how to store your seeds to prolong their life, see my January 23, 2017 message: [http://www.lindagilkeson.ca/gardening\\_tips.html](http://www.lindagilkeson.ca/gardening_tips.html)

**Seedy Saturdays** are here: The first of these event in the region are starting this month, with Denman Island, Jan. 27 among the first. To see dates for communities near you, Seeds of Diversity maintains a list with contact information at: <http://seeds.ca/events>. These are wonderful events where gardeners can buy seeds and suppliers from local vendors, trade seeds, attend workshops and hear featured speakers.

**A word about garlic:** Some people are worried because their garlic has started to come up, others because it

hasn't. There is no need to worry either way: your garlic is just fine, which will be apparent as spring rolls on.

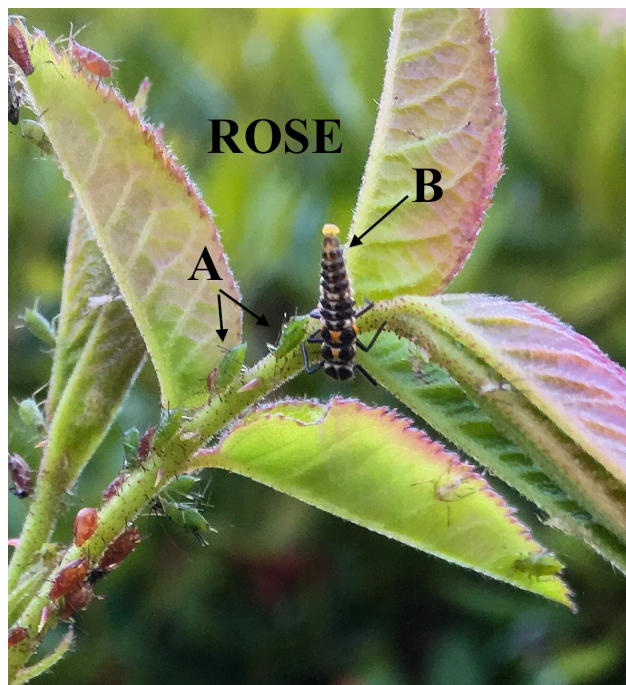
**Starting sweet potato plants** (AKA "yams"): If you want to grow sweet potatoes this year, now is the time to start sprouting a tuber to get plants. Take a small or medium-sized tuber from the grocery store or from your own crop if grew them last year. I suggest starting 2 tubers from 2 different sources to make sure at least one sprouts. There are two ways to get slips: 1. Prop a tuber upright in a jar half-filled with water (doesn't matter which end is up) or, 2. Lay a tuber on its side, half-buried in moist peat moss or potting soil. Keep them very warm (I start mine on bottom heat). Within a month or so, depending on how warm they have been kept, shoots start to grow from the tuber. Move the tuber to a warm, sunny windowsill and let the shoots grow until there are clusters of roots at the base of each shoot. When a shoot has good roots, carefully sever the little plantlet from the mother tuber and pot it up. Grow them in the sunniest, warmest windowsill you have until time to plant out (May). One root usually produces 5-10 slips. If you rooted cuttings from plants last fall, just keep in warm, sunny conditions and repot them in larger pots as needed.

**Dormant pruning:** If you have a lot of fruit trees, grape vines, *etc* to prune this winter, you might want to get started whenever there is a nice day so that you are finished pruning by the end of February. For trees that show signs of disease on the trunks or branches, be really careful to prune on a dry day and sanitize your pruning tools between each cut. Common fruit tree diseases include European canker on apples and pears; black knot on plums and cherries; bacterial canker on cherries and peaches. To see photos of all of these diseases:

<http://www.lindagilkeson.ca/branch.html#155>

Sanitize pruners in bleach solution (1 part hydrogen peroxide: 9 parts water) or by dipping or wiping the pruners in rubbing alcohol. For infected trees, I use 2 pruners, leaving one standing in a plastic bottle of disinfectant while using the other pruner, then switch the tools after each cut. When cutting out infected branches, try to make the cut at least 10 cm (4 inches) below the diseased area.





In the photograph **A** is pointing to Aphids and **B** is pointing to the Lady Beetle Larva on a rose bush

**A:** Aphids have pear shaped bodies and have cornicles on their tail ends. They suck the sap from plants which results in distorted, curled or puckered leaves, shoots and flowers. As aphids eat, they produce honeydew (aphid poop) that falls onto the lower leaves. This secretion creates a perfect growing medium for sooty mold. The honeydew will also attract ants.

Female aphids live on the plant most of the growing season and give birth continuously without mating or laying eggs. In the fall they produce both male and female aphids that mate and lay eggs in protected areas on plants. These eggs hatch in the spring and the cycle starts over again.

Most aphids are host-specific, which means that they are adapted to feed on a particular plant or group of related plants. Of course, there are some exceptions such as the green peach aphid that may feed on a wider range of plants.

The following helps to prevent and control aphid infestations:

- growing plants to attract beneficial insects (such as lady beetles, aphid midges, lacewings, minute pirate

bugs, hoverfly larvae, big-eyed bugs, damsel bugs, and certain stinging wasps) that eat aphids: Flowers from the *Apiaceae* family such as angelica, dill and sweet alyssum are especially attractive to the beneficial insects.

- avoiding over fertilizing plants with nitrogen, as new growth attracts aphids
- keeping plants adequately watered as aphids are attracted to drought-stressed plants
- having a bird friendly garden helps as warblers, titmice and chickadees eat aphids too
- washing the aphids off the plants with a strong stream of water, repeating as necessary

The University of Wisconsin has a good article about plants to attract beneficial insects at the following link.

<https://wimastergardener.org/article/plant-flowers-to-encourage-beneficial-insects/>

In effect, aphids provide food for many insects and birds, which are beneficial to controlling pests in the garden.

#### **B. Lady Beetle Larva -**

Adult Lady Beetles winter under leaf litter and garden debris (another reason to make the pledge to be a lazy gardener in the fall). In the spring, they lay eggs that hatch in 3-5 days and the larvae feed for 2-3 weeks. When fully grown they pupate for about 7-10 days before emerging as adults.

Both the adult and larva feed on aphids and other soft-bodied insects. Over its lifetime, a ladybug may consume as many as 5,000 aphids. A hungry ladybug adult can devour 50 aphids per day.

## **EVENTS**

***Vancouver Master Gardeners - March 25, 2018 - 10 AM - 4 PM***

(Doors open at 9 AM)

Join the ***Vancouver Master Gardeners*** for their annual day of learning, laughter & meeting friends old and new!

#### **Presentations:**

• **Linda Gilkeson:** Do you really know what the problem is?  
[www.lindagilkeson.ca/bio.html](http://www.lindagilkeson.ca/bio.html)

• **Linda Chalker-Scott:** Sustainable landscaping: Easier on your back, your wallet, and the environment.

<https://puyallup.wsu.edu/lcs/>



· **Jonathon Jones:** 700 years of growing on the English Coast  
Special guest speaker; Managing Director, from the great Tregothnan Estate, Cornwall, UK  
<https://tregothnan.co.uk/about>  
<http://www.independent.co.uk/life-style/food-and-drink/tea-plantation-uk-first-cornwall-how-why-tregothnan-truro-a7972351.html>

· **Thomas Hobbs:** 'Beauty Spots' - last but not least! - speaker of the day.  
Prepare for lots of laughs. Thomas will be talking about what plants have worked well in his Langley garden.

*Tickets are \$50 Online or \$60 at the door*

Link for registration: <http://www.karelo.com/register.php?BID=435&BT=10&Ev=17730>

Date: March 25, 2018

Time: 10 am – 4 pm (Doors open at 9 am)

Location: MJ Fox Theatre, 7373 MacPherson Ave, Burnaby (near Royal Oak Skytrain Station)

## *Seedy Saturday at Van Dusen ( two events!)*

In addition to topsoil and manure, we will once again offer compost.

## Seedy Saturday

2018-02-24 10 am - 4 pm

Location: Floral Hall

Join us in the Floral Hall at VanDusen for a fabulous day of meeting seed vendors and rubbing shoulders with like minded people

This is the annual celebration featuring heritage seeds, fruit trees and organic gardening.

Admission by Donation (Donation proceeds will benefit both Seeds of Diversity & Vancouver MG Programs.) Brought to you by the Vancouver Master Gardeners.



**Seedy Saturday**

Lots of interactive activities for the whole family to enjoy!

@Lonsdale Quay Market  
123 Carrie Cates Ct,  
North Vancouver

**March 3, 2018  
10am-1pm**

**FREE WORKSHOP**  
Victory Gardens  
for Bees  
**Lori Weidenhammer**  
11am-noon

Kick-off the growing season by sharing seeds & growing tips with fellow gardeners.

Workshop registration required at [gardensmart.ca](http://gardensmart.ca)

CONTACT US:  
[info@ediblegardenproject.com](mailto:info@ediblegardenproject.com)  
604.987.8138 ext. 231

To ensure availability, we recommend that you place a pre-order. We have run out of products at recent sales.

To reserve Compost, Topsoil and Manure, and schedule pickup, place a pre-order by clicking here. You can also ask questions about the sale and the products there.

For information about the products available, click here. <http://www.heavyethics.com/VanDusen/Description.html>