



THE LEAF

LYNN VALLEY GARDEN CLUB

Established 1943

March 2018

President's Message – Anna Marie D'Angelo

All my ongoing tasks in the garden—and probably yours—came to a crashing halt in the middle of February with the first of several big dumps of snow. As of the beginning of March, I still had a good foot of snow blanketing my backyard. I couldn't even spray water on the three cuttings I had started in my outwardly-looking greenhouse, which is really a cold frame. The spray bottle was frozen solid - as were all my water cans. The poor cuttings just had to live on the moisture in the plastic bags I have over the pots. It is not usual for snow in February around here, but for it to hang around so long seems odd. I do find the cold and snow are good for making it a less buggy spring and summer.

The snow hasn't stopped our club projects from going forward. There is good news on the **pig poo (alias PP)** front from Kelly Robertson. The purchase of the legendary **PP** fertilizer is 'a go' with minor adjustments. We'll have details about purchasing bags and a signup sheet at our meeting this month. A **bus trip** to the Fraser Valley is looking good for the beginning of June. We'll also get more information on that at our meeting. A big thank you to Kelly Robertson, Hiromi Matsui and Rosemarie Adams for their work on these projects.

The seed starting workshop was a great hit at our last meeting. Thanks go to Bruce, Yvonne, Tom and Jackie who confidently and light-heartedly faced a friendly audience containing some real gardening pros watching their every move. Well done, guys! It seemed everyone learned something and certainly appreciated all the information. Just a reminder that we get the free West Coast seeds packets because we sell the baby plants from the seeds at our plant sale—**Saturday, May 12** - and a lot of the proceeds from the plant sale go to local charities. Please be sure to start plants for the plant sale when you go to use the packets.

Please take a couple of minutes to respond to this email and tell us *you* liked our bee speaker from the last meeting. Personally, I found her passion for bees inspiring. They are amazing creatures, especially when you see them close up. On that note, if you encounter a gardening expert who seems to be a good talker please let us know as we are always looking for new speakers. All you have to do is hit return to this email or any Leaf email to contact us with a suggestion or feedback. We would love to hear from you.



*Concerning the bees and the flowers
In the fields and the gardens and bowers -
You will note at a glance
That their ways of romance
Have not a resemblance to ours.*

[more on these subjects later]

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

March 15
ERIKA SIMMS
Growing from Seed
April 19
RALPH NEVILL
Pruning Trees and Shrubs:
Getting Started
May 17
DEBORAH JONES
Rain Gardens: What are they
and why should I care?

Mailing Address:

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<http://www.lynnvalleygardenclub.org>

REPORTS

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: April 4 7:30 PM

Chez MARIA ISSA

Next Newsletter Deadline

April 11, 2018

If you have material to delight
your fellow members - please
submit it *via* the time-honoured
routes or email to
[mailto:lynnvalleygardenclubne
wsletter@gmail.com](mailto:lynnvalleygardenclubnewsletter@gmail.com)

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

VP Report – Hiromi Matsui

As listed on the website – speakers are booked until June with others being planned for thereafter. All your great suggestions - keep 'em coming! – have been most helpful.

Ginette had suggested Heather Schamehorn who writes for the North Shore News as a speaker. Heather is probably available this fall and is asking what topics we would like? Suggestions?

Please remember to send your comments, evaluations of the speakers either to me, or to the *Leaf*.

Treasurer's Report – Ginette Handfield

As of February 28, the Club's balance was a **TOTAL of \$9,491.69** – and that is composed of \$9,253.79 in the bank, plus \$ 237.90 in petty cash.

Membership Report for February 2018 – Judy Sullivan & Susan Huber

As of this *Leaf*, LVGC membership stands at 113: a good time to invite your friends to join! The current Membership List (with phone numbers) is appended to this *Leaf*. If you do not see your name – either you haven't paid up (unlikely!) – or you have asked us not to publish your contact info.

Plant Table – Norma Buckland

There was much discussion at the Exec about Plant Table pricing. As you know, the donations at the Plant Table swell the Club's coffers and will go to the charities you/we support. If you think that the plant or items that you have brought for the Plant Table are of the expensive/rare/valuable kind, and hope that the Club will benefit greatly from your gift – then please feel free to suggest a donation level. If you don't mind that your offering is passed to its next home for just a token – then you can just deposit it without further ado. Norma will happily handle it all, regardless.

Hospitality – Kitty Castle & Carole Cobbett & Susan Nicholls

Just the usual of "Don't forget your MUG, and please move along to let others at it!"....

[I think we're spoiled by our excellent Hospitality Team – the goodies are always great and a great variety, the libations hot and available: we are lucky indeed!

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

SPEAKER

Erika Sims --- Thursday, March 15, 2017

"Growing from Seed"

Erika is a Customer Service Representative with *West Coast Seeds* and has loved food and gardening from a young age. Erika spent many years working as a chef always focusing on fresh, organic and local ingredients. She has worked in the food security sector, taught gardening workshops, and developed a community seed library.

This presentation will include:

A brief history and values of *West Coast Seeds*

Equipment and items needed for seed starting

Easy how-to instructions for starting vegetables, herbs and flowers from seed



Pre Plant Sale Prep

from your MALS via Rita Marshall

FYI: Annual Plant Sale Saturday, May 12th 2017 – 10:00 am to 1:00 pm

Spring is coming! Doreen Dew, our new MAL, is organizing the soil drop off: the soil for potting up your plant sale donations will appear at the back of her house. Details, and how to find Doreen's house, will be posted when the soil becomes available. [If that is between *Leafs*, then I will email you the address – *Maria*]

Just a reminder: When potting up plants, please label the plant with *both* the Latin and the common name, colour of bloom: habitat *ie*: sun, shade, type, shrub grass, vegetable *etc*.

We will start asking you to think about the volunteer jobs you would like to do; the sign-up sheet will circulate at the April meeting. The advertising leaflets for your car, and the signs to be signed out will also be available at the April meeting.

If any members have something garden-related to donate for the raffle please let one of the MALS know!!

>>>>>If anyone has any questions about the plant sale - May 12th 10:00 am to 1:00 pm --please contact Rita Marshall, Daphne Page or Doreen Dew. We will be happy to answer!



Pig Poo Proceedings

thanks to Kelly Robertson!

YES: there will be some!!!

While our much appreciated past supplier has retired, he has passed us on to his “descendant” who will DELIVER

30L BAGS FOR \$8 EACH (\$0.27/L) – IF WE ORDER MORE THAN 100 bags.

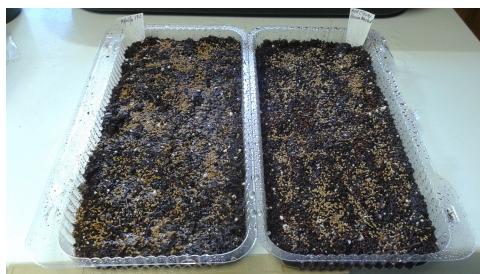
Last year's PP bags were 50 L for \$10 (\$0.20/L)... and those were HEAVY and somewhat aromatic when wet – and we had to truck out all the way to Langley to load and unload: great company but not a pleasant assignment... *ergo* this is not a bad deal!

Sign-up sheets will be available at the March meeting and delivery will be the day of, just before the April meeting. Rough calculation: if you ordered 3 last year, you will need 5 this year.

[This brings us to what to do with the lovely stuff]

“Grow Micro!”

ideas from Yvonne Kabata



This is what I do when I get impatient because it's too early to get started with my tomato plants (after all I can only check on my onion and leek seedlings so many times per day!!)

I had some mustard, alfalfa and red clover seeds left

from an old sprouting kit. I wasn't sure if they were still viable so instead of sprouting them in a jar (a bit finicky), I planted them in a thin layer of soil. It took 2 weeks for the microgreens to grow to this stage where I can start harvesting them with a pair of scissors.



[... and if you were paying attention last month at the VEGIMATES' *** brilliant*** presentation, you would know where to source the handy dandy containers. (*hint*: muffins!) DID YOU KNOW WE HAVE NEW MEMBERS THANKS TO THEM?]



This is just a quick reminder that there is still a wonderful assortment of West Coast Seeds available if you wish to grow them for the Plant Sale. Note the operative words "for the Plant Sale". Should a few fall off the back of the wheelbarrow and land in your garden, well, that happens. However, the general idea is to grow as many and as big as we can so the Plant Sale is pleasantly profitable for plentiful donations. West Coast Seeds donates them to us, we transform them into plants, the Plant Sale transforms them into profits, and those get transformed into donations to the community and that's transformed into general happiness.



"Fortunate are they to whom gardening is a joy."



The Famous LVGC Bus Tour....

IS BACK!!!!

We will have a sign up sheet at the March and April meetings. Diane Sekora and Doreen Marbry will keep track of sign-ups.

We will visit several private gardens and nurseries in the Fraser Valley, details are still to be determined.

The cost is currently estimated at \$20 per person – but fuel surcharges may shift that to \$25. Don't be surprised.

The bus will leave at **8.30 AM promptly** and return approximately 4.30 PM - could be later, depending on traffic or any delays encountered during the day.

Please remember to bring your lunch, a drink, wear comfortable shoes, and dress for variable weather. You may need sunscreen or bug spray.



thanks to Rosemarie Adams

Full itinerary and details of gardens to be visited will be handed to you when you board the bus.

Initially the trip is for members only. Please sign up and pay promptly to confirm your seat. Payment is due by no later than our May general meeting. After that date, any seat reservations not paid for, will be given to people on the wait-list or to non-members.

If you cannot attend the March or April meetings but wish to go on the trip, please contact either Diane or Doreen and they will add your name to the list.

This has proved to be a fun event in past years – a great opportunity to mix and mingle with your LVGC friends and neighbours – get on board !



Bright Spot(s) / Plant Exchange / Odds and Sods

1. Rosemarie writes:

"I am getting some flower boxes delivered today, and want to plant two of them up with ***Stella De Oro Daylilies***. Would prefer to plant them up before May, or I could wait for the plant sale, so if I have to wait, I will."

Does anyone have any to share, or know where to source these?

2.as discussed at the Exec:

This month's quest is the "***best labelling accoutrements***" (obviously with the Plant Sale in mind). Please bring your favourite labelling ***writing instrument*** and garden-resistant ***materials to write upon*** – for a "show and tell". People have such brilliant ideas and gadgets - - and we hope to learn from them

3. ...and next month' quest:

"whodunit?" – evil in the garden – critters, pests, bugs, diseases, fungi.....





"Gardeners really know how to dish the dirt"



Members' Garden Tour....

~~We are looking for absolutely perfect, manicured gardens, nothing less. Butchart gardens? Van Dusen?~~

Forget that. It will never happen. Let's try this one again.



We would love to come and visit YOUR garden – whatever state it's in. We would like to learn from you, exchange ideas, see what works, where... see also what doesn't 'works'...

Basically we all love our gardens – and we never have enough people willing to come and admire our beloved plantations. My offspring tries not to arrive at the house when I'm in the garden: the "Come, let me show you...!" is met by the inevitable eye-roll and "Aaw, mo-om!".

We promise you enthusiastic, admiring visitors, and only appreciative noises, ooohs! and aaaahs!

Please let the Exec put your garden on the (growing) list!!



DIVERSITY –  "the birds and the bees and the flowers and the  trees, and the stars up above..."

The Birds

from Judith Brook

Here is some information from a book entitled, *The Third Plate*, by Dan Barber

- There were once 150,000 species of birds.
- Of these, 139,500 were extinct over the course of 140 million years - an average of one species of bird lost every thousand years.
- Modern records show that the world has lost at least 80 species of birds in the past 400 years, one every five years.

<http://www.thethirdplate.com/>



Dan Barber, an award-winning chef, moves beyond "farm-to-table" to offer a revolutionary new way of eating. After more than a decade spent investigating farming communities around the world in pursuit of singular flavour, Barber finally concluded that—for the sake of our food, our health and the future of the land—America's cuisine required a radical transformation.

Drawing on the wisdom and experience of chefs, farmers and seed breeders around the world, Barber proposes a new definition for ethical and delicious eating.

Barber charts a bright path forward for eaters and chefs alike, daring everyone to imagine a future for our national cuisine that is as sustainable as it is delicious.

...and the bees

DEADLINE MARCH 19



Yvonne writes:

There is a call to action to save the bees. As a member of the Wilderness Committee, I recently received this request to *write a letter to policymakers* to enact a complete ban on neonicotinoids in Canada. I thought it very timely particularly after the inspiring presentation by Julia Common of Hives for Humanity. The information can be found here: https://www.wildernesscommittee.org/takeaction/write_wild_we_choose_future_bees_not_neonicotinoids

...and from Maria

There is also a petition going in the US - to tell the EPA to ban thiamethoxam spraying by Syngenta. Syngenta is a Swiss-based competitor of Monsanto. Their material too, kills bees. You can sign the petition here - it will ask you for a zip code. I use my husband's zip code from a strongly conservative area in up-state New York - 12302. Feel free to borrow it.: https://act.credoaction.com/sign/epa_bees_2018?t=2&akid=26759%2E9109195%2Ev4goqZ

Hiromi writes:

I came across some bee info for the public on one of the SFU web pages: http://www.sfu.ca/people/eelle/bee_info.html



... ..[and the mosquitos??]

... also from Maria

There is a research team at Stanford studying the distribution of mosquito species across the planet - to understand the distribution of mosquito-borne diseases, especially in the light of the recent Zika outbreak. With climate change, the mosquitos are moving! You can help the team track them by RECORDING that nasty whining sound with your cell phone - and sending it to the ABUZZ team. You have to register with them first! If you look at their map, there seems to be nobody on the West Coast. <https://web.stanford.edu/group/prakash-lab/cgi-bin/mosquitofreq/>

....and the flowers and the trees...

Judith found this graphic originating from the Rural Advancement Foundation International.

Basically as world agriculture has learned to feed many millions, we have become dependent on a relatively few species of commercially grown fruits, nuts vegetables. Volume has increased, while diversity has decreased. Badly!

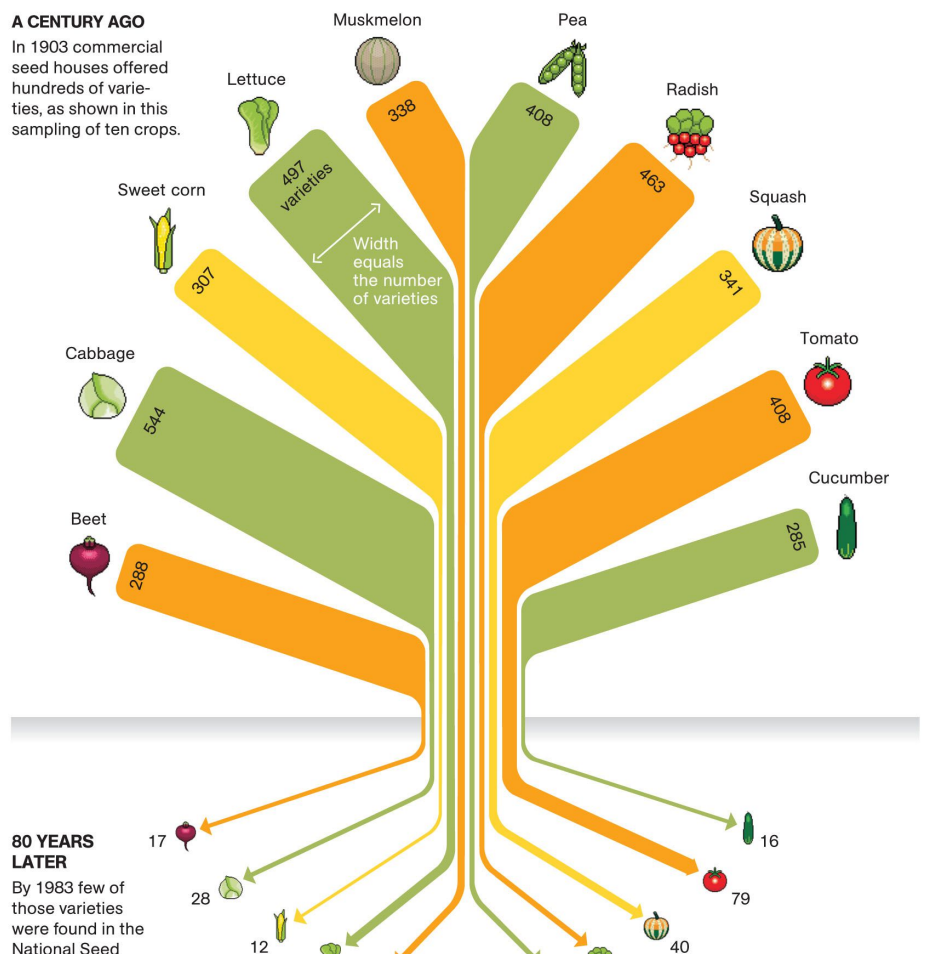
OUR DWINDLING FOOD VARIETY

As we've come to depend on a handful of commercial varieties of fruits and vegetables, thousands of heirloom varieties have disappeared. It's hard to know exactly how many have been lost over the past century, but a study conducted in 1983 by the Rural Advancement Foundation International gave a clue to the

scope of the problem. It compared USDA listings of seed varieties sold by commercial U.S. seed houses in 1903 with those in the U.S. National Seed Storage Laboratory in 1983. The survey, which included 66 crops, found that about 93 percent of the varieties had gone extinct. More up-to-date studies are needed.

A CENTURY AGO

In 1903 commercial seed houses offered hundreds of varieties, as shown in this sampling of ten crops.



EVENTS – tours and workshops at UBC Botanical Gardens

from Susan Huber

An assortment of workshops and tours are available to the public at the UBC Botanical gardens. The website is up for registration. Most of the tours are in MARCH – so hurry. Prices vary but range from \$7 for children to \$9 for adults for tours. The workshops are in the ~\$120 range, with concession prices a bit lower.

http://botanicalgarden.ubc.ca/news-events/events-activities/?utm_source=newsletter&utm_medium=email&utm_content=View%20all%20events%20and%20activities%20on%20our%20website.&utm_campaign=Garden%20enews%20Feb%2023%202018%20-%20programs%20update



EVENTS – (plant shows and sales!!)

Vancouver Orchid Society Show and Sale

March 24, & 25, 2018

VanDusen Botanical Garden

Floral Hall, 5251 Oak St, Vancouver, B.C.

The show is open to the public on Saturday – 9AM to 5 PM and Sunday 10AM to 5 PM

http://www.vancouverorchidsociety.ca/?page_id=530

Alpine Garden Club of BC

2018 Spring Plant Show and Plant Sale

Saturday April 7th, 2018 - 12 - 4 PM

Floral Hall, VanDusen Gardens,

37th & Oak Street, Vancouver

Free Admission

The Juried Show features exhibits in dozens of categories – many alpine, woodland and other rare species, as well as unique trough presentations and Bonsai.

The Sale includes not only alpine and woodland plants, but many more from our members' gardens and from some small BC nurseries – rhodos, trees, ground covers, perennials, and of course a great collection of seeds from our members around the world.

(Cash and cheques only please) <http://www.agc-bc.ca/events/Alpine-Garden-Club-Annual-Spring-Show-and-Sale>

Bradner Flower Show

April 13, 14, & 15

Bradner Hall, 5305 Bradner Rd. Abbotsford

Open daily from 10 AM – 5PM

Admission \$2

BLAST FROM THE PAST – Celebrating 90 years!
100s of daffodils on display; art, crafts, wine/beer tasting, music and gardening experts

Opening ceremonies, Friday, April 13 2PM with

Brian Minter

<https://daffodilfestivals.com/canada-british-columbia/bradner-flower-and-garden-show>

thanks to all contributors!

19TH Annual Friends of the Garden

Plant Sale

Park and Tilford

Saturday, April 28, 2018

10 AM – 1 PM

Rain or Shine

Cash Only Please

Our well-informed volunteers will tempt you with interesting and unusual plants well suited to our climate.

Master Gardeners will be available to answer your gardening questions.

Funds raised go towards enhancing our garden, a wonderful community amenity.

Annual Rhododendron and Companion Plants Sale

Saturday May 5th 2018

10:00am – 2:00pm

Park and Tilford Gardens

333 Brooksbank Ave. & Main street North Vancouver

- Species and Hybrid Rhododendrons
- Companion Plants
- Experts to answer your questions

www.rhodovanbc.org,

<http://www.rhodovanbc.org/showsale>

West Coast Bonsai Society Show & Sale

Saturday June 9 and Sunday June 10th, 2018

10 AM – 4 PM - Free Admission

Harry Jerome Rec Centre, 123 – 23rd Street,
North Vancouver

One of the finest collections of Bonsai in the Pacific Northwest cultivated by our Bonsai Artists, many of whom have studied under Bonsai Masters in California and Japan. Hands-on demonstrations of training/pruning trees; Plants, pots, books and soil for sale;

http://www.bcbonsaisociety.org/BC_Bonsai_Society/Welcome.html

**Fraser Pacific Rose Society
Annual Rose Show and Festival**

Saturday June 23rd and Sunday June 24th, 2018

Dogwood Pavilion on Winslow Avenue in Coquitlam
Admission is \$3.50 for adults; children accompanied by
an adult are free.

This is a juried two day rose show, which includes
over 50 judged floral art designs also.

Dogwood Pavilion is adjacent to two large rose
gardens, the Centennial rose garden and the Canadian
Heritage rose garden with over 1000 roses in full bloom.
Tours of the rose gardens will be given by experienced
rose society members every two hours all week end and

a free flower arranging demonstration will be offered
every afternoon.

The awards ceremony is held at 3:00 PM Sunday after
which hundreds of winning specimen blooms will be
available for sale for \$1.00 per stem. Over \$500.00 in cash
prizes will be given to floral art winners as well as
hundreds of ribbons and crystal prizes to the winners in
t h e r o s e c l a s s e s .

<http://www.fprosesociety.org/Annualroseshow.html>

The North Shore Dream vs the North Shore Reality ...



Rita Marshall's garden (not
this year!)

Hiromi's photo of
Wayne Smith's garden;

Sue Callahan's reality



the wretched white stuff ...

What I did during my summer holidays...

warm memories under the snow by Mari Issa

Remember those dreadful reports we had to write at school?

-“But Mrs. Williams, what should I write about?.... we did noooooothing!!... we just hung out!”

Not anymore: I found myself scurrying back and forth like one of Yvonne's
squirrels, doing stuff. Well, mostly weeding: it was a very good year for weeds. Just as I
had one corner of the garden nicely cleaned of the invaders, they would sprout in
profusion somewhere else. Got 'em. Back to the first lot, who had returned. How? I had
pulled them up by the roots.... The myth of Sisyphus - but in green. According to
Wikipedia:

“In Greek mythology Sisyphus or Sisyphos (_____, Sísuphos) was the king of



Ephyra (now known as *Corinth*). He was punished for his self-aggrandizing craftiness and deceitfulness by being forced to roll an immense boulder up a hill, only to watch it come back to hit him, only to repeat this for eternity."

That pretty well describes my garden. And I bet whichever of the gods meted out that punishment was definitely a gardener. I am sure the Greeks, and in their reflection, their gods, were gardeners because of all the acanthus leaves everywhere: "Bear's britches" in our vernacular, is way more prosaic than the sublime Corinthian columns – Corinthian, just like the source of the myth: I knew there had to be a plant connection!

While musing on a classical theme, I found another random garden Greek thing - the history of an invasive -



Iris was the daughter of Thaumas* (a sea god) and Elektra (an Oceanid, who cried drops of amber). In ancient Greece, Iris was considered the personification of the rainbow and the messenger of gods, linking, just like the rainbow, the earth to the sky. The plant was named after the goddess, due to the number colours its flowers have. Iris is also linked to the Underworld, as just before having been abducted by Pluto, Persephone was gathering irises from Attica. Irises, the well known "spring lilies" were used for the decoration of tombs, not only in ancient times, but in the Christian Orthodox epitaph.



Probably, like me, all you remember of your grade 3 ancient history is that the gods sat on Mount Olympus, being arbitrary and occasionally zapping some poor unfortunate with whom they were displeased; and, of course, "Doric, Ionic, Corinthian" column capitals (in situ). Being a good little student, I was thrilled when I rediscovered Corinthian bear's britches – everywhere! Not just on Greek column capitals, but all over European art and monuments - columns of all sorts, wallpapers of nobles, chamber pots, artistic decorations on doorknobs, garden fountains – everywhere. So here, for your artistic and gardening pleasure, are the acanthus leaves I did on my summer holidays. ...in the spirit of "Where's Waldo?" – YOU have to find the Acanthus leaves in each picture.

**Factoid about Thaumas: he also fathered the Harpies - that's probably why he was overthrown by Poseidon!*

