



THE LEAF

LYNN VALLEY GARDEN CLUB

Established 1943

September 2018

President's Message – Anna Marie D'Angelo

My yard has been giving autumn signals for the last few weeks – crispy leaves, annuals refusing to soak up more water, a rust-colored edge on blooms-- but I still can't believe that we are almost done with our hot, dry summer. The cheery flowers on my *black-eyed susans* and the fragrant white petals on my last *hosta* to bloom are part of the final act in my summer garden. Sigh.

It seems so long ago now, but our members' garden tour at the beginning of July drew a lot of people. The best guesstimate was 45 members. It's hard to know the number for sure as most bypassed the first meeting spot where we took a head count of less than two dozen. As we made our way to each address, more and more cars full of members kept pulling up. It was a delight to see everyone. Thanks to Susan Huber and Penny Le Couteur for all their work to make this event a success. Thanks also to Bogna Ross, Rosemarie Adams, Peter and Inga Steinebach, Anne Pentland and Sue Callahan for volunteering their lovely gardens for our perusal. Each yard was different from the next and wonderfully inspiring, each in its own way. Such a treat to see.

LVGC MEETINGS

3rd Thursday of each month (except July and August) at

St. STEPHEN'S Church
1360 E 24th Street
[see map](#)

Please note that meetings start promptly at 7:15 PM

SPEAKERS

Sep 20
ROB CALLAHAN
The Urban Beekeeper
Oct 18

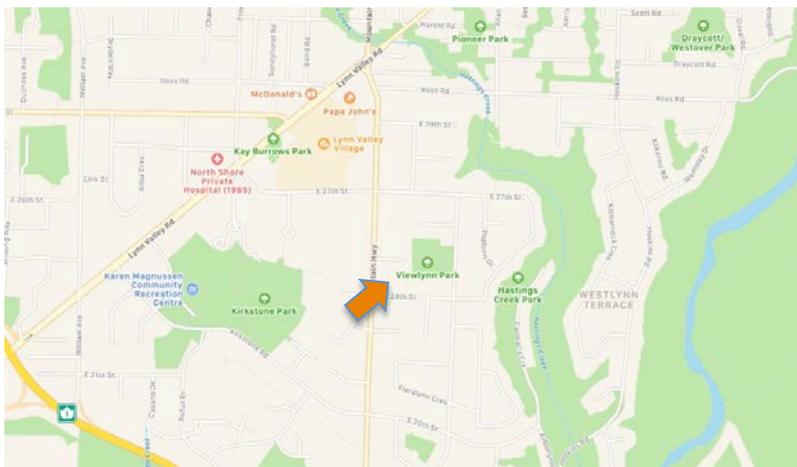
CHRISTINE ALLEN
Downsizing the Dream: from Killara Farm to Grand Folly

Mailing Address:

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

<http://www.lynnvalleygardenclub.org>

- Spetember LEAF photo credits to
Rita Marshall, Anna Marie D'Angelo,
Bruce Tennant, Hiromi Matsui,
Tom Davis, Judith Brook



lot entrance from the street. The hall building is adjacent to that part of the parking lot, which is the furthest from Mountain Highway The renos at St. Stephen's hall that were supposed to have been done in the summer were put off until October so we have booked Upper Lynn Elementary's Activity Room for the October meeting. Members will be familiar with the space as this is where we have hosted special speakers. Hopefully, the renos go as planned and we are back at St. Stephen's for our November meeting, but, if not, the Upper Lynn room is available to us. As always, we will keep you posted.

I will be contacting people who, on their membership forms, expressed an interest in being more active in the club. We are looking to fill positions for one Vice President, three Members-at-large, and one Membership. Please come and let me know if you are up for some excitement!

The big thing this month is we *will have our first meeting at our new space in St. Stephen's hall. The easiest car option is to turn into St. Stephen's Place and park through the third parking*

2018 Executive

President
Anna Marie D'Angelo xxx

Vice President
Hiromi Matsui xxx

Secretary
Jackie Morris xxx

Treasurer
Ginette Handfield xxx

Membership
Judy Sullivan xxx
Susan Huber xxx

Members at Large
Rita Marshall xxx
Daphne Page xxx
Doreen Dew xxx

MAL#4 for 2019 ?????

Committees

Newsletter Editor
Maria Issa xxx

Plant Table
Norma Buckland xxx

Hospitality
Carole Cobbett xxx
Susan Nicholls xxx
Maggie Davis xxx

Sunshine / Door Prizes
Shirley Lawson xxx

Website
Aline Burlone xxx

Executive Meetings

1st Wednesday of the month
Next Meeting: Sep 5 7:30 PM
Chez Anna Marie D'Angelo
xxx

Next Newsletter Deadline
October 10, 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
Tennant for the photo below



SPEAKER

ROB CALLAHAN --- Thursday, September 20, 2018
The Urban Beekeeper

Rob Callahan says, "As far as work goes, I'm an architect: post-secondary education took about nine years, resulting in a college diploma & three university degrees. This was followed by four years of internship leading to registration, and I have been registered for twenty-four years.

As for free time, I enjoy a wide range of activities: camping, photography, skiing, sketching, **GARDENING**, lawn bowling, **BONSAI** and, of course, bee keeping. The bee keeping started about five years ago, after several visits to friends in Burnaby who had a number of hives: I found them fascinating! A weekend course was taken and so it began...."



REPORTS

VP Report - Hiromi Matsui

Exciting speakers, on a range of interesting subjects are booked well into next year!! Thanks for all your ideas and submissions: they have been extremely helpful.

As Hiromi will be retiring from the VP spot at the end of this year, IT IS NOW SAFE to take the job on as she has done much of the work. Please indicate your interest to Hiromi or Anna Marie.

Treasurer's Report - Ginette Handfield

LVGC is doing very well indeed! The treasurer's financial projections indicate that we will be right on budget at the end of the year.

Bank: 12,277.68

Cash: 298.45

Total: 12,576.13

A group of members, together with the Treasurer, reviewed LVGC's past donations, as it was felt that \$200/recipient is just a drop in the bucket and doesn't really achieve LVGC's mission statement "**To impart knowledge and stimulate a love of gardening among members and within our community.**" As a result, the executive suggests that this year's donations (55% of Plant Sale profits) go to: Park & Tilford Gardens \$400; Lynn Valley Library \$200; Gerry's Garden \$400; The Edible Garden Project \$600; Wild Bird Trust of BC \$400; and our Scholarship through BC Council of Garden Clubs \$200. This distribution will be up for discussion and vote at the September general Meeting.

Membership Report - Judy Sullivan

The current membership stands at 117. As we will be in a much larger meeting place, new members and guests (\$3) are very welcome!! [Consider: 10 meetings @\$3=\$30; one annual membership \$20. What a great deal!]

Plant Table - Norma Buckland

(Do you have plants to share, or plants rescued from your summer-crisp garden? The Plant Table is looking for interesting fall-plantables.)

Hospitality - Carole Cobbett & Susan Nicholls & Maggie Davis

In case you were wondering, you may all rest assured, literally! We only serve DECAFFEINATED coffee and teas at club meetings. There is now a thermal carafe full of hot water for you: you can water-down our teas, make your own from home, or just drink the hot water!

Things are going to be a little different at St. Stephen's – so bear with us as we explore together. You will still get the usual delicious treats, just how they will be organized, remains to be determined. Having said that, as your hospitality team would also like to be able to listen to the Q&A with the speakers and not be shuffling teapots, they would appreciate some help at clean-up time.

MAL Report - Rita Marshall & Daphne Page & Doreen Dew

The Plant Sale will be wildly different this year (and BIG!!!!): new venue – new unknowns. While the MALS have a secret book that outlines all the Plant Sale tasks, and they have everything down to a fine art, yup: things will be somewhat different this year. That book will have to be modified.

Ergo the MALs could use some assistance, in the form of two committees:

1. **Advertising/marketing group** – to rethink how we will invite the world to our new location. If you have some creative ideas or suggestions – this is the group for you.
2. **Planning and layout** – pre-sale set-up; plant organization and stockpile, table layout, customer flow, checkout... if you are good at visualizing such things – this group needs you.

The beauty of this is that you don't have to commit to being a MAL, you don't even actually have to "execute" – you just get to propose ideas. How good is that? You won't be alone as the MALS will be happy to guide these groups because they know, from past experience, what works and what doesn't. This could be great fun!



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

- Aline Burlone

During the May meeting [and I forgot to put this in the June issue] Deborah Jones spoke about rain gardens. Did you know that only 2.5 percent of the water on earth is fresh water and that only about 1 percent of this fresh water is easily accessible with much of it trapped in glaciers and snowfields? The rest of the water on earth is saline and ocean-based. Rain gardens soak up precipitation, store it in the ground and slowly release the excess water to rivers, streams etc... They act as a miniature forest or wetland. When we develop landscapes water infiltration is reduced. For example on a natural landscape about 1% of the water runs off the ground, there is some evaporation and the rest is infiltrated in the ground. After an area is developed 40% of the water runs off the surface (roofs and pavements) using a drain system that connects to a network of underground pipes to a creek nearby. The runoff from the pavement picks up litter and pollutants which all end up in the creek. 80% of the plastic and oil pollution in the oceans comes from storm drain pollution.

Deborah provided handouts for ideas on building a rain garden, disconnecting downspouts to help slow peak flows and reduce stream erosion, home tips for healthy streams, a checklist for successful rain gardens, a list of rain gardens in Delta, and a list of successful garden plants for rain gardens. You can find them on our website on the past speaker by name or topic. (<http://lynnvalleygardenclub.org/guest-speakers/past-speakers-by-name/>)



LVGC is turning 75 next year (2019). It's time to celebrate. But how?

Ideas, anyone???



Lynn Valley Garden Club – Annual Members’ Garden Tour – July 8, 2018

2018 Members’ Garden Tour Coordinators would like to teach you the ropes for 2019!

The garden tour you had all been waiting for – the BIG event of the summer, was on Saturday, July 7, and it was absolutely brilliant!!!! The organization credits and kudos and thanks go to *Penny LeCouteur* and *Susan Huber* who coordinated the tour, figured out the route, and – let’s admit it – did the toughest of jobs which is twisting people’s arms to allow us to view their garden secrets and their secret gardens. The gardens were magnificent!!! [See pictures – and there were so many beautiful photos from so many people that I’m not sure how many I can squeeze in. - maria].



So, in their own words ...

- Penny LeCouteur and Susan Huber



The morning of July 7th 2018 dawned clear and a bit cloudy. The forecast was for possible showers so those garden club members who met on Institute Road at 9:30 AM no doubt hoped that the rain would hold off for the morning’s adventure – and it did. Although it seemed at first to be a smallish

group, many members joined us at the first garden having organized their own carpools and anxious to see the garden delights awaiting them. And it was delights as about 45 or so members found out.

The first garden was Bogna Ross’s Moodyville property – a 1912 house on a sloping lot that has been lovingly and imaginatively planted and tended. Everywhere one looked there was evidence of Bogna’s ability to combine plants so that colour, texture and shape delight the eye. Hostas, grasses, trees, shrubs, ferns and perennials abound. Bogna says she is constantly moving plants in order to find just the right place for her treasures and that she has made lots of mistakes over the years. An overheard remark from one visitor sums up what many of us felt; “If this is a mistake I should be making lots more of them.” When the City of North Vancouver recently removed evergreens growing near (and shading) an area of the front garden, Bogna moved many of her shade-lovers to other parts of the garden to make way for sun lovers ensuring that her garden conforms to the old definition of a garden as “an area of land where plants are in constant motion”.

Further up the hill, Ann Pentland’s garden on 19th Street off Grand Boulevard is a showcase for what can be achieved on a standard city sized lot. The front garden is a lush woodland



area with trees, ferns, hostas and every other type of shade-loving plant and also boasts a meandering “babbling brook”. I was particular taken by a winding ribbon of small lime-green hosta with clumps of black mondo grass intertwined. So much so that I have now tried to copy this in my garden. (Note to Ann - copying is said to be the most sincere form of flattery!) The back garden is so different with raised beds for vegetables and flowers, and fruit trees and berries – all enjoying the sunny southern exposure. Not content with the size of her lot, Ann expanded her garden to include her side boulevard, her neighbour’s boulevard and her own lane easement. On these ‘extra’ gardens she grows veggies for local food banks and invites the public to wander through and enjoy it.



And continuing up the hill we came to our third garden. Peter and Inga Steinebach have a very flat lot east of Mountain Highway. The front – manicured and attractive – looks like a standard well kept garden but it is the back garden that is the owners’ pride and joy and we could all see why. There is a Koi pond where colourful fish frolic amidst water lilies and other water plants protected from raccoons, herons and assorted marauders by wire and netting often hidden by flowers and shrubs. The garden is a peaceful oasis, with cheerful annuals spilling out of wheelbarrows, pots and hanging baskets. Bits of whimsy can be found in odd corners - an old bike, small statues, keepsakes. They all look as if they belong exactly where they are. A *datura*** plant had the biggest *datura* flowers I had ever seen – impressive!

Our fourth garden was even further up the hill – almost near the top, and west of Mountain Highway and uphill again finally to get to Rosemarie Adams’ garden. Many North Shore gardens are on a slope and this garden, where Rosemarie has lived for forty years, is a spectacular example of how attractive a steep garden can be. Like many of us, Rosemarie says her garden is a spring garden with abundant rhododendrons and azaleas at their height of blooming in May. She admits to being a plantaholic. (Aren’t we all? and what’s wrong with that?). There are many

Clematis, Hepatica, Hedychiums (gingers) and other assorted perennials tucked into odd corners or pots. Lots and lots of pots, hanging baskets and repurposed “stuff” – Rosemarie’s description of the old garden swing set that now holds her veggies and supports hanging pots of strawberries and cherry tomatoes. A small bonsai collection grows in all sorts of containers. The less hardy potted plants winter over in the



garage and when considering the large number of these “gems” I realized that moving them is an enormous labour, but obviously a labour of love. And, yes, Rosemarie does know the names of all her plants!

For our final garden we travelled west and slightly downhill to Sue and Rob Callahan’s



Hoskins Road retreat. And it is a retreat with the green belt behind the house giving privacy and a beautiful green view. The garden was re-landscaped a few years ago - by the



Callahans - with boulder retaining walls and plentiful large rhododendrons, azaleas, a flame tree, lilac, forsythia, peonies etc. There are bird feeders, nesting boxes, a bee hive and lots and lots of flowers especially blue and purple flowers for the bees. A calculated decision not have any lawn was made at the time because of the high probability of Chafer beetle infestation in the near future – wise move! And this being our fifth and last garden it was time to have our lunches under the shelter at the side deck. And we did get a little bit of rain at this time – not much and most people had already finished the tour and were enjoying the

fruit platters, veggie plates and goodies supplied by the club as well as the companionship of other members.

In all, it was a great way to spend a Saturday morning. Many thanks to our hosts at each garden. If you couldn’t make it this year, plan to come next year – always the first Saturday morning in July. And why not consider putting your garden on the tour? Noone expects perfection so if you have weeds, so what? – we all do. It is so interesting to see the huge variety of gardens in North Vancouver and to see the creativity and the love that goes into our members’ gardens.



*****Datura*** is a genus of nine species of poisonous vespertine [evening] flowering plants belonging to the family *Solanaceae*. They are commonly known as daturas, but also as devil's trumpets, moonflowers, jimsonweed, devil's weed, hell's bells, thorn-apple, and many more. *Datura* belongs to the classic "witches' weeds", along with deadly nightshade, henbane, and mandrake.

Most parts of the plants are toxic, and *datura* has a long history of use for causing delirious states and death. It was well known as an essential ingredient of potions and witches' brews. In India it has been referred to as an aphrodisiac. In little measures it was used in Ayurvedic medicine from ancient times. It is still used in rituals and prayers to Shiva.

Primarily in their seeds and flowers, all *Datura* plants contain tropane alkaloids [natural drugs that have physiological effects on humans] such as scopolamine [‘truth serum’, also good for motion sickness & nausea], hyosciamine [opioid analgesic, controls stomach pains] and atropine [counteracts organophosphate poisoning, drug used during surgery to control secretions]. [sources: Wikipedia and emedicinehealth]



Persistence of Pesticides

- from Aline Burlone

You may remember that at one of our meetings, there was a discussion about hay or straw we may use in our gardens – and whether they contain pesticides, and if they do, do the pesticides persist and then cause harm in our organic gardens. Here is the expert's answer:

“In British Columbia, hay is seldom sprayed with herbicides as it is considered a low quality crop. This results in a small chance that manure from cows or horses, that have eaten the hay, contains herbicide residues. If the hay does contain herbicides, depending on the conditions of where the manure is stored, it is likely that the herbicides would have been broken down quickly. Mushroom manure would be an alternative if herbicide residues are a concern.

Straw can come from any cereal crop. Herbicides are often sprayed after the crop has been harvested but before the remaining vegetation is collected for straw. This is called a burndown – where herbicides are applied to prevent weeds from coming up in the fall and winter. It may be difficult to determine what has been sprayed unless it is known exactly where the straw was from. This is because sellers gather straw from various sources.

Are MCPA and Dicamba persistent in straw?

“MCPA (2-methyl-4-chlorophenoxyacetic acid) is a phenoxy herbicide that has a very low persistence in soil. On average, it has a half-life** of 14 days to 1 month; however, it can vary depending on the conditions. It is rapidly degraded by microorganisms, sunlight, and moisture.

Dicamba is a benzoic acid and has a moderate persistence in soil. It has a half-life of 1 to 4 weeks in soil but will degrade faster with increasing temperatures, soil moisture, and acidic soil. It also does not bind to soil particles and is highly soluble in water. Overall, these two herbicides quickly degrade and do not persist in the soil for long periods of time compared to the herbicide, Picloram.

Can the straw used on my plants affect their emergence or health?

This is difficult to determine as it depends on the following factors:

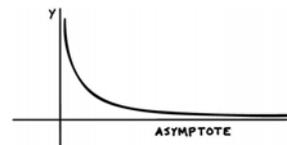
- The time between the herbicide spray and when the straw was harvested. Herbicides may be broken down before the straw was harvested.
- Conditions after the herbicides were sprayed. Sunlight, high temperatures, rain, and microorganisms all contribute to how fast or slow herbicides are broken down.
- The time the straw was stored after harvest. Storing in a dark, dry place would slow the breakdown.
- Recognizing symptoms of herbicide use. Many symptoms of herbicide use can also look like nutrient deficiency or other diseases.

Virginia Abbott

Regional Pesticide Officer

Product Safety, Tobacco Control & Pesticides Directorate / Regulatory Operations and Regions Branch Health Canada / Government of Canada virginia.abbott@canada.ca / Tel: 604-666-1081 / Fax: 604-658-8391

[**Half life: The time it takes for the item to be 50% effective/present/functional. This is true of drugs, pesticides, toxins, antibiotics – even vitamins, fertilizers and the like. Example: if a pesticide has a half life of 10 days, if the original amount was '8 units', then in 10 days there will be 4 functional units, in 20 days 2, in 30 days 1, in 40 days 0.5. You get the picture – it's asymptotic. It never really reaches zero. However, just like with any drug, there is a minimum effective dose below which it is functionally useless. Think of it as two armies. One army is "living creatures" the other is "pesticide units" – when there is just one "pesticide" left, there is just not enough of it left to harm the overwhelmingly many living creatures.]



“ΟΥΚ ΑΕΙ ΘΕΡΟΣ ΕΣΣΕΤΑΙ ΓΟΙΕΙΣΘΕ ΚΑΛΙΑΣ”
“It won't be summer always; reap while you can”
Hesiod, 7th cent BCE poet

We know this one as “Make hay while the sun shines!”

WILDERNESS COMMITTEE *call to action.*

Health Canada has proposed to ban two of the most toxic pesticides. It will have outstanding benefits for bee populations across Canada, many of which have been struggling to survive in a pesticide-filled environment. The pesticides in question are thiamethoxam and clothianidin, produced by Syngenta and Bayer respectively. Both are neonicotinoids, which are up to 10,000 times more toxic to bees than DDT. That's why we need the ban enacted as soon as possible. Health Canada has proposed for the ban to take five years to be completed, which is five years too long.



In case this link is broken, a hot link is in the email that brought you this Leaf. Click on it. Sign the petition - for all of us and our children and grandchildren. www.wildernesscommittee.org

HORNETS/WASPS *(we seem to have a 'bee' thing going this month)*

- Aline Burlone

Last year, SFU was looking for bald-faced hornet and yellow jacket nests. When I contacted them in the summer about a bald-faced hornet's nest, they told me that they had finished that study but were now doing a new study on the *Dolichovespula arenaria*, also known as the common aerial yellowjacket, sandhills hornet, and common yellow hornet. So if you know of any...



WANTED - We collect the *Dolichovespula arenaria*, (also known as the common aerial yellowjacket, sandhills hornet, and common yellow hornet) **nests** FREE of charge. These build nests above ground in bushes or on structures. They are different from regular wasps that build their nest in holes in the soil. *D. arenaria* is yellow and black whereas the other species *D. maculata*, the hornet, is black and white. *D. maculata* is more common here. Nests will be used for behavioural research and must be living and never sprayed with pesticide. If you have a nest, please contact us at sfuwasps@gmail.com or call our lab at (778)-782-5939.



- from Rita Marshall

Why Should You Care About Seed Diversity? Here are 7 Reasons Brian Barth in The Modern Farmer, June 28, 2018

According to research conducted by National Geographic, in 1903, there were 408 distinct tomato varieties sold by commercial seed companies in the United States. By 1983, the number had declined to 79. The loss was even more severe with other vegetables: cabbage varieties dropped from 544 to 28; lettuces from 497 to 36; and radishes from 463 to 27. All told, we lost 93 percent of vegetable varieties during this 80-year period.

In the meantime, a few of grain crops have come to dominate U.S. agriculture. Corn or soybeans are now planted on more than 50 percent of our

“Just 12 varieties of corn remain, compared to 307 at the turn of the 20th century.”

nation's arable acreage. About 90 percent of those acres are comprised of just a handful of genetically-engineered seeds varieties. In fact, there are just 12 varieties of corn remaining at the USDA's National Center for Genetic Resources Preservation in Fort Collins, Colorado, compared to the 307 available at the turn of the 20th century.

The decline of seed diversity is a result of the relentless effort to industrialize agriculture. While this approach has in many cases improved yields, it has not been without consequences. The good news is that today, hundreds of seed and crop preservation groups across the world are working to revive lost and endangered varieties. These seed activists believe the genetic diversity of crops to be one of humanity's greatest assets. Here's why.

1. Flavour Matters

Just ask the best chefs in the world. A Chinese 'Red Meat' radish is a different animal altogether when compared to a 'Spanish Black' radish. There are skinny 'Rat's Tail' radishes from India and 15-pound soccer ball-sized radishes from the Island of Sakurajima in Japan. The cornucopia of flavour found in the world's heritage varieties alone is reason enough to preserve them.

2. The Earth Is Diverse

We don't all plant in the same soil—some places are rich in iron and low in clay content; others are loamy, but low in zinc. The great diversity of crop varieties has developed for exactly this reason. Every nook of this planet has its own microclimate, its own unique growing conditions. Through a combination of natural selection and trial-and-error, farmers have developed varieties uniquely suited to their locale over the course of centuries.

3. The Future Is Uncertain

Due to climate change, the weather patterns farmers have come to know and rely on in a given location are no longer holding true. Pests and diseases are showing up in places where they were unknown just a few years ago and growing conditions are increasingly unpredictable around the world. But given the opportunity, genetic diversity holds the key to adaptability and resilience in agriculture.

4. Staying a Step Ahead of Pests and Disease

In modern agriculture, pests and disease are controlled largely with the use of synthetic chemicals, which kill off beneficial bugs along with the bad guys. The old-fashioned approach to pest control was to plant a diverse mix of crops. In any given year, critters might decimate some plants, while others would prove resistant. The prevalence of monocultures—planting of a single variety over

many acres—has contributed to the loss of natural, gene-based resistance.

5. Extending the Harvest

Just as every variety of radish, cucumber, or pepper tastes a bit different, each also ripens at a different pace. Early-, mid-, and late-season varieties are crucial for extending the harvest, especially for home gardeners and small farmers. If your entire crop ripens all at once, it's hard to eat (or sell) it all before it goes bad. Spreading out the abundance of the growing season is one of the principal reasons that diverse varieties have developed over time.

6. Spreading Out the Risk

Another important point follows directly from the previous: the more diverse your plantings, the less you stand to lose when something doesn't work out the way you hoped. This can have major economic consequences. Farmers who plant a single variety are extremely vulnerable if conditions—be it disease, pests, climatic factors, or market demand—aren't just right for that one variety to produce abundantly. For this reason, modern-day farmers are often dependent on government subsidies to bail them out when their crops fail.

7. Every Seed Has a Story to Tell

The stories of many modern seed varieties boil down to how a corporate scientist bred them for the traits

most likely to reap profits for their employer. Contrast that to the centuries-long stories of heirloom seeds, which are intertwined with the lives of those who cultivated them. The women who hid seeds of ancient African rice varieties in their hair as they were forced aboard slave ships, for example; or the tribes in New Mexico who recently revived 'Po'suwaegah' blue corn, a variety their ancestors made into a nutritious creamy beverage. The diverse foods of the planet, and the seeds they come from, are a priceless piece of our humanity.



Silver linings of a dry summer...

- Hiromi Matsui



Alas, my sweet peas did not flower this year, but I guess I should have paid more attention to them. However, once upon a time, there were 3 small bean plants at the LVGC Plant Sale. At the end of the sale, they were tired and drooping and were going 'out' when they were scooped up, taken home and planted. Two of the three plants survived and produced many delicious *purple* beans. So thank you to the kind person who grew these. They were delicious!

- Bruce Tennant

... had his usual bumper crop again this year - and yes, I am jealous as I had 3 shrivelled strawberries. But at least, I don't have a competition going with Tom Davis. [*vide infra*]



Assorted available:

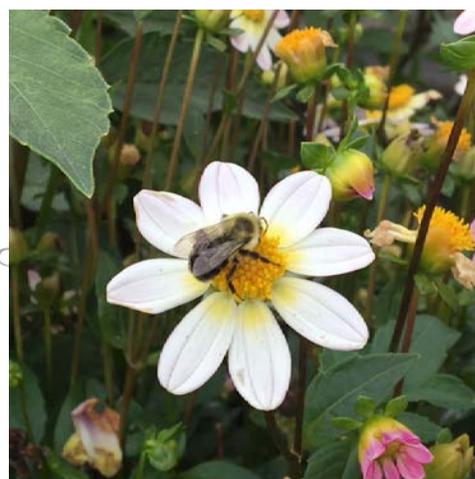
Electric Bike

According to Tom there is a slightly used electric bike available - hardly scratched, though current owner is somewhat worse for wear - see Bruce Tennant at the September meeting for details.

Plants

Judith Brook has plant offerings. So far, there be *crocosmia (montbretia)*, the orange kind beloved by hummingbirds; and multi-orange daylilies (*hemerocallis*)... but the list will grow as Judith organizes her garden.

[and since we seem to have this bee thing going... here are some pictures from Judith.]



Volunteer Opportunity

??????

Are there avid gardeners who could volunteer some time to fix up Lynn Valley Care Centre Lodge's derelict garden?? Alternately - any donations that could go there? Ideas, suggestions welcome: Anna Marie can give you the contact info.

How to Create a Container Water Garden by Alys Fowler
in *The Guardian, international edition*

- found by Doreen Dew

Japanese temple gardens are world-renowned for good reason, but although all that perfectly raked gravel and artful pruning can be incredibly moving, I'm not sure it transfers well to a different setting. Or, to put it another way, I had no desire to come home and recreate any of it. The street gardens of Japan, however, are another thing; I want every one of them. At any opportunity, by the front door, in a sliver of a front garden, outside a restaurant or corner shop, there's a gathering of pots, holding everything from herbs to miniature azalea, bonsai and houseplants out for the summer.

My favourites are the container water gardens, often no bigger than a bucket. Container ponds offer just what a large pond might - a slice of the sky and a mirrored surface to change the beat between plants - and yet can be squeezed into the smallest of spaces. I came home inspired. My mother donated a large iron cauldron-like thing, which, because it sits on top of the soil rather than sinks into it, reflects a floating sky among the foliage and introduces a very different sense of space.



Now I'm on the hunt for more, because one of my favourite gardens in Japan consisted of many container ponds grouped together to create something both playful and serene. Each contained just a single plant, an *Equisetum scirpoides*. This is a relative of mare's tail that requires boggy conditions and no more than an inch of water over the top of it. It grows to 20cm high, and is perfectly happy in a sunny or shady spot. A number contained miniature water lilies, and one, made of stone, had nothing in the water but the edges were covered in moss and the miniature spleenwort *Asplenium trichomanes*. As so often in Japanese gardens, it was hard to tell if this was nature's hand at work or the gardener's, but it was quite delightful.

There are a number of water lilies suitable for container ponds: *Nymphaea 'Pygmaea Alba'* is a lovely pure white form; 'Perry's Baby Red' is bright reddish pink; and 'Helva' is a double yellow form. All grow no more than 30cm wide and love the sun. Another choice for a sunny spot could be the beautiful kaffir lily, *Hesperantha coccinea* (formerly *Schizostylis coccinea*), which thrives in wet mud, be it a stream edge, bog garden or pot. If you only have a shady spot, the British native cotton grass, *Eriophorum angustifolium* has white cotton-wool seed heads over a grass-like foliage.



EVENTS

- forwarded by Rosemarie Adams

UBC Botanical Garden

TREASURED BULB SALE

September 22 11:00-3:00

6804 SW Marine Drive @ 16th Avenue

604-822-4529

botanicalgarden.ubc.ca/events

Garden favourites and specialty bulbs for all seasons available. Experts on-hand to answer questions and more! Check out the Shop in the Garden & Garden Centre and Greenheart Treewalk!

APPLE FESTIVAL 2018

Saturday October 13 & Sunday October 14

11:00 am - 4:00 pm

6804 SW Marine Drive @ 16th Avenue

botanicalgarden.ubc.ca/events for more information

A family event for all ages, the UBC Apple Festival celebrates one of BC's favourite fruits!

Enjoy the activities that include:
 Apples –heritage & conventional & Apple Trees for sale
 Apple Tasting Tent- taste up to 60 organic & conventional apples \$5
 Activities & Displays
 Food Fair & Crafts
 Entertainment

Admission is \$5 (cash only) for adults; children 12 and under free.*

Apple Festival admission includes Garden admission.

This fundraising event, organized by the Friends of the Garden, supports UBC Botanical Garden.

-forwarded by Anna Marie D'Angelo

2018 FALL GENERAL MEETING BC COUNCIL OF GARDEN CLUBS

OCTOBER 20, 2018

Firefighters Banquet & Conference Centre 6515 Bonsor Avenue

Burnaby, BC V5H 3E8

9:00 AM to 4:00 PM

GUEST SPEAKER: Karin England

Planner, Regional Parks, Central Area Office Parks, Planning and Environment

For tickets, see website

- from Rita Marshall

Loutet Fram is important to all of us – and for many reasons

Loutet Farm Gate Sales every Wednesday (2-6pm) and Saturday (10-2pm)



The mornings are crisp, and we're seeing a lot more morning dew on our crops. The cooler days also mean that arugula is back on the fresh sheet! The first cut is always the best so make sure you come early to enjoy our favourite peppery green. **Fresh Sheet** (Wed Sep 5, 2-6pm & Sat Sep 8, 10am-2pm) *[You may have missed this particular lot – but there will be more next week!]*

PRODUCE:

- Arugula
- Salad mix
- Head lettuce
- Lacinato Kale
- Scallions
- Leeks
- Cherry tomatoes
- Slicing tomatoes
- Bullhorn Peppers (they're sweet!)
- Pickling and slicing cucumbers
- Hakurei turnips
- Romanesco zucchinis
- Garlic
- Delicata squash
- Red Kuri squash
- Curly parsley
- Swiss chard
- Flowers

EMMALEE's Summer Reflection (copied from the Edible Garden Project)

“The days are getting shorter, the air is getting cooler and back to school is literally right around the corner. As I reflect on my summer, working as the education assistant with EGP, I can't stop thinking about just how MANY kids we had come visit the farm! It is truly a beautiful thing how many young members of the North Vancouver community get to experience and learn in a local farm setting. There is something so special about a child's excitement when tasting fresh picked kale or discovering that some flower petals are in fact edible! The garden creates a more inclusive classroom where children of all learning styles are given the opportunity to connect. The experiences they

have on the farm is how you develop a sense of care and connection to how we nourish ourselves, which I believe an essential part of raising future advocates for our food system and the environment.

Not only was this a summer of learning for the kids but for myself; leading some of my first farm lessons I gained a whole new level of respect for all the teachers out there. I never thought that I could get so intimidated speaking in front of a group kids—they ask big questions, want to tell their own stories and get easily distracted, all while you are trying to keep the focus on your lesson. They aren't kidding when they say one of the best way to learn is to teach!"

The "Compost Bin" (this time, literally)

- Maria Issa

So I noticed this sign (left) on the gas station in Lynn Valley - and felt that it was calling to me.



Meanwhile Bruce Tennant donated this tit-bit (right) and thought you might like it. It didn't make me blush even though I grew up in a convent... Though much later in life, I learned that convent girls were notorious... If you found this to be "too much" you were probably better educated than I.

Other:

over 3 weeks! And that does not include my offspring who moved home for 1 month as well. What has this to do with gardening? Well, one lot of long-term guests was vegetarian/vegan. Normally there is nothing wrong with that - I eat little meat as a matter of taste. They however, were aggressively vegetarian, did not really wish to hear about vitamin B, Fatty acid and essential amino acid deficiencies and how to supplement (I may have over done it - once a biochemist, always a biochemist, and I can't resist). Yet, they were picky. Grains and nuts and pasta were not their dietary mainstays. What



they did do was eat an inordinate amount of fruit and veggies-that-needed-peeling. (Why peel? - the skin is good too!) This resulted in a new definition of my garden's happiness: "my compost runneth over". With the unusual amount of input, the compost was fermenting merrily. My resident skunk was in smelly heaven and new burrows and tunnels appeared daily in the active pile. Rich and delicious, the pile produced quite a few unintentional new potatoes that had made a home there. Also a squash and some papaya seedlings and a host of volunteer tomato plants. So forget ~~dust to dust~~, it's **veg to veg!** What helped to break down the vegetarians' contributions was a huge container of "Rot It!" from Walmart. Definitely sped things up nicely. So here's the thing: I'm a lazy composter - I don't do things "by the book". I pile the veg in, toss some RotIt on it and some dirt - and let the critters rummage out what they will. Apparently, there are others like me out there. I found this on the Internet (see link in email).



THE ADD-AS-YOU-GO COMPOST PILE

If you are of the "Dump-and-Run" mentality, than this method of composting is just for you. Don't feel guilty - most people compost this way!

Okay, you want to do your part to recycle (compost) up to 35% of your kitchen and yard waste. But, if you are like most people, you want to do it quickly and then move on with your day. Take heart! The Add-as-You-Go method of composting is just your style. And most people use it.

Now, before you consider using this method, make sure you understand this one very important fact: Because you are choosing to add waste to your compost bin or pile gradually over time (as compared to the Batch Pile method in which you make a large pile of compost at one time), the organic material will decompose slowly over a long period of time. Why? The pile cannot adequately heat up enough because you keep adding to its volume, perhaps on a daily or weekly basis. For this reason this method of composting is also called Cold or Passive composting.

Have no fear, however. You will eventually get finished compost, but it will be a little slower in the making.

So do what I do - pile in the stuff, add activator, and Bobsyouruncle!