



THE LEAF

LYNN VALLEY GARDEN CLUB

Established 1943

September 2019

President's Message – Anna Marie D-Angelo

What am I going to do, fire me? That thought has been crossing my mind lately as I contemplate all the things I had wanted to get done in the yard before the weather turned. On reflection, but definitely not at the time, those chores probably could have been done: Removing the gravel that the patio guys spread over my cold compost piles and around my bay laurels for some unknown reason, will have to wait for next year. The fence is going to get another patch job until the spring and that rusty workbench in the shed hasn't caved in yet.

I really enjoyed seeing everyone at my home at the last stop on the members' garden tour in July. That tall herb growing in one of my wooden raised beds was tarragon. I



kept saying thyme and was corrected every time but was at a loss as to what it was. I used to use it in sauces for chicken dishes but I am almost a vegetarian now so I really should cut back growing what's-its-face. I am now sadly enjoying late summer blooms in my garden including Black-eyed Susans, the hosta with a beautiful aromatic white bloom, orange Chinese lanterns and white cyclamen that have popped up in odd



spots like they are mushrooms.

Lots will be happening at the September meeting. We will start off with the *75th anniversary slide presentation by Aline Burlone* complete with voice-overs from people you may recognize. The *75th anniversary table* will be set up by *Linda Howe* for one final time. The club's photo albums will be out and available for loan for those who want to go through them at home.

Rosemarie Adams has contacted *former long-term members* to join us to cut the *anniversary cake* before we start the business part of the meeting. We will be going over donations and budget for 2020 that we normally do in October. Our treasurer, Ginette Handfield is away in October so we are doing this a month early. The discussions and votes will still take place at the November AGM.

Because of the so many exciting things happening at this meeting, including our speaker Laura Caddy, we ask that members keep their *Bright Spots* to *one or two plants*. (Of course, you can show all the plants you want during the break with members around the table.)

Lastly, our nominating committee has worked hard all summer and filled the vacant executive and committee positions. Much thanks goes to nominating committee member extraordinaire Norma Austin—who is up for the spot as our next club president. The new executive positions will be up for vote at our AGM.

Looking forward to seeing new, old and all our cherished regular club members on (the third) Thursday.

LVGC MEETINGS

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

St. STEPHEN'S Church
1360 E 24th Street

Please note that meetings start promptly at 7:15 PM

SPEAKERS

Sep 19
LAURA CADDY
UBC Alpine Garden

Oct 17
ANA APOTHECARY
Medicinal Herbs: Growing and Using

Mailing Address:

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<http://www.lynnvalleygardenclub.org>

- September LEAF photo credits to
Norma Austin, Anna Marie D'Angelo,
Hiromi Matsui, Bruce Tennant,
Wayne Smith,

Executive 2019

President

Anna Marie D'Angelo
xxx

Vice President

Penny LeCouteur xxx

Secretary

Jackie Morris xxx

Treasurer

Ginette Handfield
xxx

Membership

Susan Huber xxx

Sue Callahan xxx

Members at Large

Daphne Page xxx

Doreen Dew xxx

Hiromi Matsui xxx

Linda Howe xxx

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: Oct 2, 7:30 PM

Chez ALINE BURLONE

Next Newsletter Deadline

October 10, 2019

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: Tom Davis, Linda
Howe, Carol Ferryman, Penny
LeCouteur, Hiromi Matsui, Bruce
Tennant

SPEAKER LAURA CADDY --- Thursday, September 19, 2019 UBC Alpine Garden

Laura Caddy grew up gardening in Alberta, and decided to turn her passion into a career by attending the Niagara Parks Commission School of Horticulture in Ontario. She was fortunate to be the Curator of the Patrick Seymour Alpine Garden at the University of Alberta (formerly Devonian) Botanic Garden for four years before joining the UBC Botanical Garden in her current position as Curator of the E.H. [Lohbrunner Alpine Garden](#). In her spare time, Laura volunteers as Editor of the *Alpine Garden Club of BC Bulletin*, and is an obsessive knitter.



REPORTS

VP Report - Penny LeCouteur

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.

Treasurer's Report - Ginette Handfield

LVGC's current financial position at the end of August is as follows:

Bank: 14,300.86

Cash: 450.25

Total: \$ 14,751.11

We will discuss and vote on the Club's donations for 2019 at the September general meeting. The executive recommends that we continue with our past practice of giving no less than 50% of the net Plant Sale proceeds. As a result of the superlative results of our Plant Sale last May, 50% represents a total of \$3500 (even at that level, the Club will still be in the black for the year). The executive also recommends that we continue to make donations that have an impact and fulfill our mission "**To impart knowledge and stimulate a love of gardening among members and within our community**". The proposed recipients are: Edible Garden Project \$1,000; Gerry's Garden \$700; Park & Tilford Friends of the Gardens \$600; Wild Bird Trust \$400; BCCGC Scholarships \$400; DNV Public Library \$200; and St. Stephen's Parish \$200.

Membership Report - Susan Huber and Sue Callahan

LVGC now has 145 members!! Over the summer months we welcomed five new members: Karpal A., Susan C., Catherine R., Lesley A., and Libby K. - Welcome and we hope you enjoy our 75th Anniversary celebrations.

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.)

FACTOID: Did you know that 'back in the day', the LVGC Hospitality Team used to phone around to ask people to provide home baking for the meetings?



Hospitality - Carole Cobbett & Susan Nicholls & Maggie Davis

The September meeting will include our official *75th Anniversary Celebration*. Your hospitality team has a treat for you [hint: baked, icing, candles... now guess!]. YOUR PART in this celebration is to WEAR YOUR ANNIVERSARY T-SHIRT and maybe remember to bring just one non-perishable item for the food bank or harvest project.

Oh, and *don't forget to bring your own mug* for tea or (decaf) coffee. We are trying not to use disposables of anything. So put that mug next to your purse and car keys.

MAL Report - Hiromi Matsui & Linda Howe & Daphne Page & Doreen Dew

The MALs are comfortably resting on their laurels - as they pulled off that incredibly successful Plant Sale. However, they do request that if you signed out some of the NICE YELLOW PLANT SALE SIGNS - BRING THEM BACK!!! Please and thank you - so we can have a repeat success next year.

Lynn Valley Garden Club Website - Aline Burlone

This is more for our influx of delightful new members: anything and everything you ever wanted to know but never dared to ask, (well, about LVGC...) is on the Lynn Valley Garden Club website: <http://lynnvalleygardenclub.org>. If you find some great links as you troll through your daily newsfeed, or if you subscribe somewhere and find an article that would be of interest to LVGC - please send it to Aline by whatever means.



LVGC is turning 75: it's time to celebrate!!

Yes - that means a PARTY at the September meeting.

There will be [did you guess?] and other treats to share with some long-time members who have 'retired' but will be coming back for this event - thanks to Rosemarie Adams who tracked them down and invited them. (Don't forget to ask them about their time with LVGC!)

There will be a special, ~15-min presentation, prepared by Aline Burlone: "LVGC - A Short History" (listen for voices you may recognize!) and

Linda Howe has created some albums with pictures from our past - these will be available for you to have a look at, one last time, after which they will go to the North Vancouver Archives.



****It's going to be quite a packed meeting so the Exec requests that if you bring plants for Bright Spots, please present a maximum of two of the most interesting, then share any others with the group during the break.****



LVGC Annual Members' Garden Tour – July 6, 2019

-Penny LeCouteur

On Saturday morning July 6th between 40 and 50 members gathered to visit the gardens on the annual Lynn Valley Garden Club Members' Tour. (We can't put an exact number for those attending as gardeners are notoriously individualistic and many form their own car pools and/or start or finish the tour at different points - but all agreed that it was a great day despite a sprinkling of rain at some stages.)

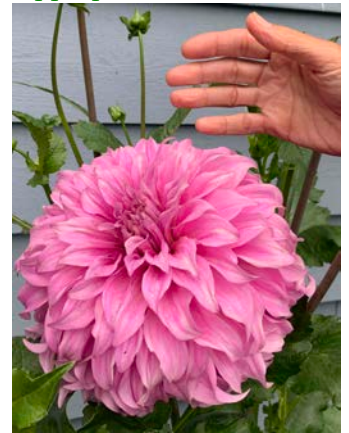
The first visit was to Loutet Farm. Yes we know it is not actually a "member's garden" but thought it would be a good place to include as it is part of our community. Nicole, the educational coordinator for the farm, gave a short introduction talk to interested members. Many of us were impressed with the very large amounts of produce that comes from what is really a fairly small area (about half an acre). The farm is a partnership of North Shore Neighbourhood House, City of North Vancouver and the University of B.C., and grows and sells all the food at Farm Gate Sales (Wednesdays May to Oct) as well as other sites. If you haven't already visited, it is worth the trip!



The second visit was to Gerry's Garden. Again not really a member's garden but a much visited and appreciated garden in our community. Starting in 2007, Gerry converted an old 1950s era landfill area into a wonderful garden. He now has help from a couple of volunteers one of whom, Howie - the lead volunteer - took us on a tour of the garden. A variety of plants, perennials, shrubs, trees, native species, and nesting habitats for some of our indigenous bees can be found between the trails and walkways. Gerry and his crew are presently creating a butterfly garden. Gerry's Garden relies on donations;

soil, plants and other appropriate articles are welcomed as well as the dollars necessary to keep such a garden healthy and viable.

At garden number three we were all in awe of Pat Holmes' green thumbs (and green fingers). Her English cottage style garden with its south facing back yard was filled with roses, clematis, iris, philadelphus and lots of bee- and bird-attracting plants. Hostas lurked underneath trees, the raspberries were prolific and the veggie garden tucked away at the rear of the property was in full production. Many of our members when asked if they would put their garden on the tour reply by saying "but my garden is a spring garden" as in May and June we all abound in spectacular rhododendrons, azaleas, magnolias, camellias etc. So,



yes, July may not be the most colourful month of the year in most North Shore gardens, but you wouldn't know it in Pat's garden. Flowers poked out from every possible space to make one glorious riot of colour and scent and yet the garden has the feeling of a quiet oasis.

Then it was onto number four - Anna Marie's garden. As Anna Marie tells it, her garden has undergone great changes since 1992 when she moved there. Cutting and clearing trees on a neighbouring lot changed the woodsy and private backyard to allow lots more sun, but also totally changed the drainage pattern resulting in the necessity for a two year project of digging and draining



and new plantings. The result is a very attractive combination of flowering shrubs, different trees and perennials as well as places to sit and enjoy the many beautiful spaces. Unfortunately we didn't sit outside to eat our lunches in these areas as we had hoped because it was now raining - but we did enjoy looking out to the garden from the inside of the house as we demolished the goodies and fruit provided by the club.

We would like to take this opportunity to thank Pat and Anna Marie for allowing us to visit their lovely

gardens. (And Loutet Farms and Gerry's Garden as well).

It was most appreciated by all of us. Perhaps YOU would be prepared to put your garden on the Members' Garden Tour in 2020? Your garden does not have to be perfect, not even near perfect. It is fun - and useful - to see different gardens in different stages of development and redevelopment. As Anna Marie says, her garden is still a work in progress - but then what garden isn't?



Veggimates' Vegetable of the Month: GARLIC

- Tom Davis

"Do not eat garlic or onions; for their smell will reveal that you are a peasant." - Cervantes/Don Quixote

Garlic is a species of onion, native to central Asia and northeastern Iran. It is one of the most easy to grow, useful and rewarding crops. Garlic contains compounds with potent medicinal properties, it is highly nutritious, low in calories, may combat illness by boosting the immune system, improves cholesterol levels, contains antioxidants and it is easy to include in your diet - as well as being delicious .

A first planting can be made from a seed company, garden centre, or a farmers' market - a local variety. Garlic from a supermarket may come from China, California, Mexico or elsewhere that may not find Canadian winters acceptable. Plant your garlic at the end of September through October before the first frost (around Nov 2 on the coast). Choose a sunny, well-drained fairly rich spot. Plant the cloves below the surface, in a row 6 to 8 inches apart (so you can hoe in inches apart in the rows. garlic does not like competition [hmmm: ergo the benefit from some compost wood ash. Watering is not time of year. Garlic can be a companion plant to any other vegetable except other members of the onion family.]. The plantings will need a light sprinkling of necessary because of the asparagus, beans or family.



Around the middle of develop flower-heads that are called 'scapes' and are frying or pickling. If left on for bulbils, miniature garlic energy away from the

every scape about 4 inches from the top of the plant. When the plants are 1/2 green and 1/2 brown, start pulling test bulbs to see if they are ready. Left too long in the ground, the skins will split exposing the bulbs. Dig at least 6 inches from the bulb to avoid damage. Remove the soil from them and let them dry in the sun for a few days. When they seem dry, cut off the roots and store in a cardboard box in a dry indoor area. Check after a week to make sure they are dry. Never store damaged bulbs: use them first! Damaged areas can develop mould that can spread.



"Garlic. Life stinks with it. Life stinks without it." - Deborah Morris

"Garlick maketh a man wynke, drynke, and stynke." - Thomas Nash (16th Century)

Unless you are one of those blessed people with an outdoor space and a vegetable garden and the opportunity to grow your own sprightly things [*Like Tom and the rest of us - so pity the poor Parisians*], chances are you only ever see heads of garlic **in dried form**, their ivory cloves enclosed in a papery husk. But I'm here to tell you that, as dried things usually go, those heads of garlic were once full of life and moisture, only freshly dug out from the ground in which they sprouted and grew.

In France, where we have a knack for naming things in a clever way, we call this **ail frais** (fresh garlic) or *ail nouveau* (new garlic), and it is a prized feature of springtime stalls, going for around 2€ a head (a little more if organic) in my *quartier*. This is not a particularly cheap price to pay for a single head of garlic (dried and therefore shelf-stable garlic is less costly for distributors to handle) but the flavour of fresh garlic cloves is **subtle and vibrant**, and a perfect match to the new crop of vegetables that typify the season – think asparagus, green peas, and thumb-sized potatoes.

Although the girth of these fresh heads of garlic is comparable to that of dried, they are in fact immature – if left to dry, they would shrink to a much smaller size – and the cloves themselves are pretty small, so the trick to getting your garlic money's worth is to use **the whole thing**, à la nose-to-tail.

The **stalk part** at the top I slice off, and use as I would a section of leek, sautéed with other vegetables, or in a soup or broth. I then break open the thick **ribbed skin** that encloses the cloves, and that part I slice thinly and use as I would an onion. Those two parts can be kept in an airtight container in the fridge for a few days before using, or minced and frozen.

Next, it is time to separate the cloves from one another: they are sheathed in a fleshy, waxy membrane, which I tear open to free the actual **cloves**, smooth-skinned and satiny, the tiniest ones no bigger than my smallest fingernails. I keep the cloves in a small ramekin in the fridge door, few days. I usually cut them into **translucent slices** with a not feel it appropriate to press treatment – and either oil, to be set aside and added use them raw in salads.



As for the membranes, I delicious **cream of garlic**. To simmer in a small pan, throw them as soon as the water the membranes cool and drain then **process** them with half (i.e. I weigh the amount of divide that weight by two, and measure that weight in olive oil), and salt to taste.

This produces a butter-coloured, mayonnaise-like **spread** that is quite handy to keep in the door of the fridge: you can add it to vinaigrettes and other salad dressings, blend it into a stir-fry of vegetables as a finishing touch, or dollop it onto a piece of fish or meat. It also works splendidly on canapés and other crostini, on its own or to support other ingredients.



These articles sent me down a rabbit hole because I remembered that in my 'neck of the woods' historically garlic was also hung around the neck to keep away vampires. Why? The lore must come from somewhere. Hey google!

Historical Perspective on the Use of Garlic, [Richard S. Rivlin](https://doi.org/10.1093/jn/131.3.951S), *The Journal of Nutrition*, Volume 131, Issue 3, March 2001, Pages 951S–954S, <https://doi.org/10.1093/jn/131.3.951S>

Abstract

The objective of this review is to examine briefly the medical uses of garlic throughout the ages and the role that it was considered to play in prevention and treatment of disease. Interest in the potential benefits of garlic has origins in antiquity and is one of the earliest documented examples of plants employed for treatment of disease and maintenance of health. Garlic was in use at the beginning of recorded history and was found in Egyptian pyramids and ancient Greek temples. There are Biblical references to garlic. Ancient medical texts from Egypt, Greece, Rome, China and India each prescribed medical applications for garlic. In many cultures, garlic was administered to provide strength and increase work capacity for laborers. Hippocrates, the revered physician, prescribed garlic for a variety of conditions. Garlic was given to the original Olympic athletes in Greece, as perhaps one of the earliest "performance enhancing" agents. It is of interest that cultures that developed without contact with one another came to similar conclusions about the efficacy of garlic. Modern science is tending to confirm many of the beliefs of

ancient cultures regarding garlic, defining mechanisms of action and exploring garlic's potential for disease prevention and treatment.

You now have the link – read the rest – it is fun. The only other thing I can tell you about garlic – is that garlic extract will inhibit platelet function – in other words, prevent thrombosis, blood clots, the causes of stroke and heart attacks. I had some summer students work on this and they had excellent *in vitro* data. So the moral of this story is: grow garlic, eat garlic, you may not smell all that good, but you will be healthy!



How to Keep Your Harvest Fresh: Kathryn Kholsa

Fine Gardening [I wrote to FG to obtain permission – they have not responded to date -ed]

– Kathryn Kholsa studied plant science at Cornell University and now operates a CSA farm near New Paltz, New York

How you store just-picked vegetables is as important to flavour as how you grow them

It was my first garden. All season I worked and worried that just as the familiar pot wouldn't boil, my garden wouldn't produce. But there they were, my first ripe tomatoes. They were smooth and firm, fitting perfectly in my soil-roughened hands. Cradling them affectionately, I whisked them to the kitchen and placed them – well, all but one – gently into the back of the refrigerator. I thought they would be safe there until the weekend when I could share them at a family gathering. But at the picnic when I proudly carved the soft, drippy spheres into small pieces and passed them around, no one was impressed. Baffled, I took a bite myself – they were mealy! What had I done?

Years later, I can laugh at the injury I caused my precious tomatoes during that first season. Post-harvest damage accounts for up to 50% of vegetable losses worldwide, and I suspect this figure isn't much different in most homes. But damage to fresh-picked produce is easy to avoid. Understanding the ins and outs of caring for vegetables once they leave the garden can spare you much heartache and even keep a bit of your garden alive well into the dark winter months.

Vegetables in the kitchen are as alive as they were in the garden, but they need a different kind of care. The hot sun and a good soaking with the hose no longer have any appeal, but the basics still apply – the temperature, water, and air around them affect their appearance and health.

1. To Chill or Not to Chill

To live, vegetables must make energy, even after they have been harvested. They constantly break down the carbohydrates, proteins, and fats they created with the help of the sun into simpler materials. Without roots, leaves, and soil, vegetables can't replenish these substances as they could in the garden. Through a process called respiration, these materials break down faster and faster as air temperature rises. Once the carbohydrates, proteins, and fats are gone, vegetables

die. So, the lower the temperature, the longer vegetables' food reserves last, and the longer they stay in good shape.

As a basic rule, cool your vegetables down as low as you can without injuring them. Under this rule, vegetables fall into two temperature categories: those you should store at temperatures just above freezing, as in a refrigerator, and those you should store at temperatures a bit higher. The chart below lists storage requirements for different vegetables. While kale, carrots, and beets like the cold, refrigerators can be terrifyingly frigid places to other vegetables. Full of chilly metal bars, these holding cells are debilitating prisons to beans and winter squash, and particularly to vegetables from tropical and subtropical areas of the world, like tomatoes, eggplants, and sweet potatoes. While freezing temperatures will certainly sabotage most crops, these vegetables feel chilling damage at temperatures well above freezing.

Chilling injury is a complex syndrome. The vegetable variety, length of exposure to chilling temperatures, length of exposure to warm temperatures after the chilling ones, and the growing conditions experienced in the garden all affect the extent of chilling injury. For example, some okra may be delicious coming from the fridge after two days, but by the end of the week will develop disgusting, wet sores. A pepper may shine straight from the fridge after two weeks, but leave it out on the counter for a few days and it will look like it's been pelted with miniature rot-causing meteors. Or a pepper left in the refrigerator for four weeks may pit without ever leaving the cold. Some unripe fruits that normally would ripen indoors, like sufficiently mature green tomatoes, may never ripen after being exposed to chilling temperatures for a few days. My first tomatoes turned mealy because of chilling injury.

Maintaining cool temperatures in a modern house is no easy feat, even in the basement. If your basement stays 60°F or below, you're very lucky. You have an

exceptional place to hold lots of things. Unfortunately, most heated basements these days are a dry 70°F, unsuitable for vegetable storage. Home refrigerators generally run between 35°F and 40°F, but since this varies greatly, it would be wise to use a small thermometer to check.

2. The Humidity Factor

Vegetables, just like all living creatures on earth, are made mostly of water. We know this from watching parched spinach wilt under the sun on a dry June afternoon. You should harvest vegetables early in the day, after the glistening morning dew drops have disappeared, but before the sun reaches its highest, hottest point. If you harvest that spinach limp, it never will recover.

Vegetables lose their turgidity, or state of being swollen with water, and wilt in the kitchen just as they do in that dry June garden. From the moment vegetables are harvested, they are cut off from their water source—their roots and the soil—and they lose water until they die. The evaporation of water vapour from the vegetable, a process called transpiration, is simple: water wants to move from an area of greater concentration to an area of lesser concentration. Since water is more concentrated in a vegetable than in the air, vegetables lose water. Transpiration also depends on the temperature and the amount of air movement. Normally, when a vegetable's water evaporates, a moist water vapour barrier forms around it, making less water want to evaporate. When there's a lot of air movement, the vapour barrier can't form, and water escapes from the vegetable like a barefoot gardener from a nettle patch.

You can control transpirational water loss by keeping an eye on the humidity, temperature, and amount of air movement. Wilted and shrivelled beets left in a dry fridge are a sorry sight. To keep them from withering away, increase humidity and reduce the temperature. Put harvested beets in a plastic bag or container. This raises the humidity, reduces air movement, and artificially strengthens the vegetables' vapour barrier. Your refrigerator's crisping drawer, basically a plastic box inside the fridge, attempts to decrease transpiration, but often fails because it is not well sealed. Place the contained beets in the fridge, and enjoy beautiful beets for months. To further increase your refrigerator's humidity, you can spritz the inside with a misting bottle.

This storage method also works well for broccoli, carrots, kale, parsnips, turnips, radishes, and most other refrigerator-tolerant vegetables. But be sure to remove any non-edible vegetable parts like carrot tops. These extra leaves just extend the evaporative surface, making vegetables wilt more.

Leafy greens like lettuces are particularly vulnerable to moisture loss and wilting. Wrap them

loosely with damp paper towelling and store them in a plastic bag to maintain humidity.

While most vegetables enjoy a relative humidity between 85% and 90%, others are ruined by moisture. High humidity forces onions and garlic to sprout, and makes winter squash and pumpkins rot. These crops like it somewhat drier; the normal humidity in a typical house is fine. Onions, garlic, shallots, winter squash, and pumpkins should be kept in a dark, cool room or cupboard.

3. Disease Is Always Lurking

Be wary of standing water for it is the perfect travel guide and locksmith for disease. Droplets carry bacteria and fungal spores from place to place and help them plant their feet, so to speak, in pores and wounds in a vegetable's skin. One droplet of water on a zucchini can lead to bacterial and fungal pits, oozes, and mush. So if you wash soil from your veggies before storage, make sure to dry them thoroughly. In general, it's better not to wash vegetables before storage. Instead, gently brush off soil after harvest and wash them as you eat them.

Wounding also equals disaster in vegetable care. Any injury is dangerous, be it a slight bruise from dropping a pepper or a surface scratch from a jagged edge in your harvesting basket. Wounded spots turn brown and welcome fungal infection, causing the injured vegetable to lose water faster than normal. Wounded tissues also generate ethylene gas, which may cause some vegetables to ripen and perish too soon. All in all, it's best to eat damaged vegetables quickly. And be careful not to keep them with perfect vegetables; if you discover any damaged ones after they've been stored, remove them.

4. Ethylene Gas Hastens Ripening

According to legend, long ago in eastern countries, fruits were taken into incense-filled temples to hasten ripening. We now know that the burning incense created ethylene gas, which ripened the fruits quickly and evenly. We have all heard about putting unripe tomatoes in a paper bag on a kitchen counter to quickly turn them as red as a parade of fire engines. This works because the bag traps the ethylene gas created naturally by the tomatoes. To ripen a tomato really fast, you can add to the paper bag an apple, banana, or cantaloupe, all of which give off lots of ethylene.

My grandmother used to pick all her green tomatoes at dusk the evening of the first predicted frost. She brought them into her basement, carefully piled into plastic grocery bags, and laid them out on a big wooden table. She left each one cradled with a cushion of free-moving air to prevent ethylene buildup. She noticed that the tomatoes lost more water this way, but these fruits ripened slowly, one by one, for months. The immature tomatoes never ripened, and some of

them rotted, but since she could see and remove the bad ones, the rest stayed in good shape, providing her with a steady supply.

If you plan on storing vegetables for a while, ethylene may become an enemy instead of a friend. Since ethylene build-up hastens the ripening of fruit-type vegetables, it also makes them quick to perish. Celery, cabbage, carrots, potatoes, onions, and leafy greens can be harmed by ethylene, too. If you plan to keep apples or cantaloupe in the fridge, seal them loosely in a separate bag or drawer to prevent harming your other produce. Keep a close eye on them, though, because sealed up, these fruits will ripen and expire more quickly.

5. Keep 'em in the Dark

Once harvested vegetables come indoors, light raises their temperature, causing increased respiration and moisture loss. So it's wise to keep all stored

vegetables in the dark. This is especially true for Belgian endive and potatoes. When exposed to light, they turn green from producing chlorophyll. As a result, Belgian endive becomes bitter, and potatoes create solanine, a chemical toxic to humans. Keep potatoes in a dark closet or basement, or cover them with a thick cloth. Store Belgian endive in the refrigerator.

When you bring fresh vegetables into your house, remember they are living beings at your mercy. You have the power to keep them in tip-top, garden-fresh shape or dash them into chill-injured, wilted, over-ripened, sprouting, rotted blobs. With an understanding of the basics, a little space, and a little time, your tomatoes will never disappoint you again.



The Saga of the Norfolk Pine

- Hiromi Matsui with input from Carol Ferryman

On February 13, 1972, Sylvia Braddick received a birthday present from a good friend: a one-foot Norfolk pine tree. She nurtured it, helped it survive 4 house moves and repotted it twice. Time passed. Now it was over 6 feet tall and Sylvia wanted to find a good home for it. Her friend, Carol Ferryman offered to ask the members of the Lynn Valley Garden Club to see the tree.

Hiromi had a friend pines, but alas, he said 'no drawing board and a call to arborist in North spoken at one of the LVGC around but could give no gods were with us and at the District of North horticulturalist, Trisha interested!

With bated breath, we alas she had gone on patiently some more, but for caring for flowers so we didn't give up chasing and follow-up and indeed the District was Norfolk Pine.

There were a few logistics to work out, like moving the tree from a balcony, down a flight of 20 stairs into the District truck, but with the help of two strong fellows, they did it! The tree was given lots of tender, loving care and repotted a third time before being placed near the entrance of the District Hall. Sometimes a good old (47) tree can find a good new home! [*and LVGC is on the DNV's mental map - could become useful - ed*].



who loved Norfolk thank you'. Back to the Ralph Nevill, the Vancouver who had meetings, agreed to ask guarantees. But the tree-Ralph Nevill found that Vancouver was a McCarthy who was

waited and waited but vacation. We waited summer is a busy time there was a pause, but hope. Carol did more confirmed that yes, interested in the

"The rabble who had joined the people were overcome by greed, and the Sons of Israel began to wail again, 'Who will give us meat to eat?' They said, 'Think of the fish we used to eat free in Egypt, the cucumbers, melons, leeks, onions and garlic! Here we are, wasting away, stripped of everything: there is nothing but manna for us to look at.'" *The Bible, Numbers 11: 4-6.*

THIS IS IMPORTANT – it's not often we suggest you sign petitions but please DO THIS ONE!!!

The Wilderness Committee says Old Growth forests are getting cut down at the rate of 34 soccer fields a day on Vancouver Island. We are all concerned about the rainforest being burned in Brazil but may forget there is old growth deforestation happening in B.C. at an alarming rate.

The Wilderness Committee asks that people sign this petition about this issue:

<https://www.wildernesscommittee.org/SaveOldGrowth> (if this link is garbled – see the links in the cover email)



Anyone want to grow more flowers and veggies? (or garlic?)

Melissa Wong wrote to LVGC, asking the following:

"I was wondering if anyone from the group would be interested in either using or maintaining my garden. I'm at Windsor Rd and Lonsdale. I'm happy to provide an annual budget and to leave it to the individual to do as needed."

If you are interested and want to know more, contact either Jackie Morris, of the Leaf, and we'll give you the contact information.



How to Attract Butterflies

- by Malia Wollan

New York Times Magazine June 4, 2019

"If you plant it, they will come," says Catherine Werner, sustainability director for the city of St. Louis, Mo., referring to the milkweed on which female monarch butterflies lay their eggs and the resulting caterpillars hatch and feed. Since 2014, Werner has led the Milkweeds for Monarchs program, which now includes a 30-acre pollinator pathway along the Mississippi River and more than 400 milkweed and nectar-flower gardens in backyards, front yards, schoolyards and rooftops across the city.

To appeal to monarchs and other butterflies, plant a nine-square-foot plot in a sunny location with a mix of nectar plants and milkweed, a wildflower. Use at least three different milkweed varieties native to your area (look for regional guides online). "Don't plant tropical milkweed," Werner says; it isn't native and can harbour monarch parasites. And to avoid disrupting the reproductive cycle of Western monarchs, don't plant any kind of milkweed if you live within five miles of the California coast.

Old-timers in St. Louis remember the sky being darkened by delicate orange and black wings. In more recent decades, though, the number of monarchs has plummeted by some 80 percent in the East and 99

percent in the West. Next year, the U.S. Fish & Wildlife Service is expected to decide whether to include the butterfly on the endangered species list. Entomologists think the decline in the Eastern monarch population, which flies through St. Louis on its annual migration thousands of miles from Mexico to Canada and back again, may be due in part to farmers' in the Midwest increasingly planting herbicide-tolerant corn and soybeans. The herbicides sprayed on these crops kill milkweed in agricultural regions, where female butterflies are especially prone to lay their eggs. "Don't use pesticides or any other chemicals if you're trying to attract butterflies," Werner says.

With as few as nine plants and an hour or so of spade work, you can grow a sanctuary. Werner planted milkweed plots in both her front yard and backyard; she recently counted more than 30 monarchs flying by the city's Gateway Arch in just five minutes; someone snapped photos of a monarch caterpillar on milkweed in front of city hall; and the number of butterfly gardens is already about double the program's goal. "You can make a real difference for these ethereal creatures," she says.



How to weed in a wildlife-friendly way: Alys Fowler – sourced by Linda Howe

The Guardian 29 Jun 2019 <https://www.theguardian.com/lifeandstyle/2019/jun/29/weed-wildlife-friendly-way>

A perfect weed-free plot offers little to our embattled insects. There is a gentler approach than pulling every unwanted plant.

I have watched and silently wept this spring as trees ready for nesting, forget-me-nots in full bloom, and buttercups about to burst forth have all been clipped and ripped, torn and shredded. And in their place? Nothing. Under the rules of good husbandry, this sort of pruning and weeding makes your plot look perfect and well-ordered, the soil pleasingly flat and tickled. But I am going to take my feminist rage at this word, husbandry, and rip it up like it has done to the wild things. Enough of this obsession with control and order.

Our world is in grave danger; the smallest beings that crawl and fly around this globe are disappearing. Yet there is a yawning gap between knowledge and practice, and it sits around one of the fundamental tenets of gardening: weeding. Between the nothing of bare earth and the next set of weeds is a hungry caterpillar, weary bee, or a sawfly larva with nothing to eat. There are no pointless insects; they all matter, as they are intricately interwoven into the food web.

We must ask ourselves every time we go to pull a plant that's in the wrong place: is this necessary? Is it really spoiling the view, is it truly about to take over its neighbours, or just occupying a little space that would otherwise be bare?

Some weeds are like people. Bindweed, brambles and buttercups tend to dominate the conversation,

though there's always something interesting in there. Brambles are a difficult type, but if you are a small bird they are fortresses against neighbourhood cats. Buttercups could be considered creeps, but there are plenty of pollinators that are grateful for a flower that stays open however dull the weather.

These sorts do need to be kept in check, to be dug up – and no one will argue that you shouldn't uproot bindweed the minute it appears. But perhaps the brambles, buttercups and dandelions could be allowed to flower first. An allotment with wild edges is not messy, it's alive; dandelions by the front door are cheery, particularly when they are being visited by a bumbling bee.

Here is how I now weed: I wait until the plant flowers. If it's taking over, I remove it; if it's occupying a spot I don't have anything for, I deadhead. There's an old saying for dock, nettles and thistles that is well worth heeding: "Cut in May, they grow again someday/ Cut in June, that will be too soon/ Cut in July and they're sure to die." Take a pernicious weed out when it is setting seed and it will be using all its resources to do that, so it lacks the ability to regenerate from its roots. It also means the insects get their fair share.



Why Plants Don't Die from Cancer

- sourced by Linda Howe

A very interesting article, by Stuart Thompson, a plant biochemist at the University of Westminster, explores the differences between animal cells and plant cells – and explains why plants survived better than animals after Chernobyl. The link to the whole article is in your cover email, but here is something to whet your appetite.

"Chernobyl has become a byword for catastrophe. The 1986 nuclear disaster, recently brought back into the public eye by the hugely popular TV show of the same name, caused thousands of cancers, turned a once populous area into a ghost city, and resulted in the setting up of an exclusion zone 2600km² in size.

But Chernobyl's exclusion zone isn't devoid of life. Wolves, boars and bears have returned to the lush forests surrounding the old nuclear plant. And when it comes to vegetation, all but the most vulnerable and exposed plant life never died in the first place, and even in the most radioactive areas of the zone, vegetation was recovering within three years.

Humans and other mammals and birds would have been killed many times over by the radiation that plants in the most contaminated areas received. So why is plant life so resilient to radiation and nuclear disaster?"

The answer to that question lies in how radiation affects DNA and the differences in how animals and plants grow and how they repair their DNA. Read on! <https://theconversation.com/why-plants-dont-die-from-cancer-119184>

ANNOUNCEMENTS

A NOTE FROM HOWIE:

"Social Media Films found out about Gerry and our project (Gerry's Garden) and became interested enough to make a lovely 5-minute film. They are making a series of vignettes in Canada about how gardens and gardening help people in different ways. Anyway, I thought I would pass this on to you folks – perhaps some of your members may enjoy it."

<https://vimeo.com/353397838> [A functional video link is in the cover email.-ed]

FROM LOUDET GARDENS

We may still be accepting new schools to participate in the magic of **garden-based education**. Email our Education Coordinator at schools@ediblegardenproject.com if your school is interested in participating, or if you want to volunteer with kids in the garden.

Alpine Garden Club of BC - FALL PLANT SALE
11 AM - 3 pm Saturday Sept 21, 2019 - At UBC Botanical Garden
6804 SW Marine Drive @ 16th Avenue
604-822-4529

The Alpine Garden Club of B.C. will be holding its annual Fall Plant Sale in conjunction with the Friends of the Garden **Treasured Bulb Sale** at the UBC Botanical Garden Reception Centre on Saturday, Sept. 21. The combined sale is an opportunity to find more interesting plants and bulbs at one location this autumn. Doors will be open to the public from 11am to 3 pm. For more information on Club go to Club website at www.agc-bc.ca
Garden favourites and specialty bulbs for all seasons available. Experts on-hand to answer questions and more!

APPLE FESTIVAL 2018

Saturday October 19 & Sunday October 20

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.

2018 FALL GENERAL MEETING BC COUNCIL OF GARDEN CLUBS

OCTOBER 26, 2018

Firefighters Banquet & Conference Centre 6515 Bonsor Avenue

Burnaby, BC V5H 3E8

9:00 AM to 4:00 PM

GUEST SPEAKER: Dr. Richard HEBDA

"Climate Change and its Implications for Gardeners"

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

[This is usually a great event - so if you want to attend on behalf of LVGC please talk to Anna Marie



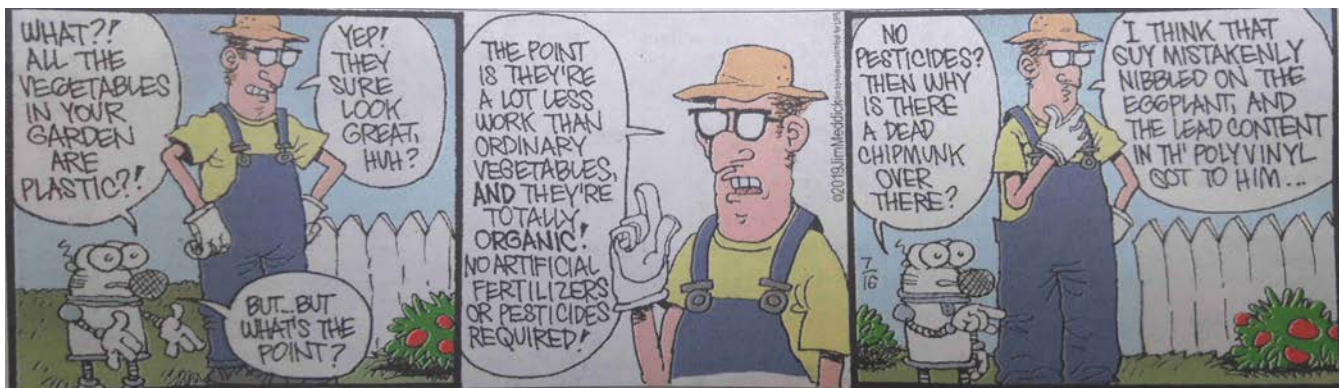
The "Compost Bin"

- Maria Issa

There is a suspicious mystery phone number - no name - that lands in the lynnvalleygardenclubnewsletter.ca email - and sends interesting pictures and captions like the following: "never plant your zucchinis near your manure pile". I was expecting mega monsters. Opened the picture - and lo and behold - scrawny zucchinis. Hm. Maybe overfeeding is why my vegetables are puny, definitely in the "micro" category. OK I'll fess up: my zucchinis haven't even flowered yet - 4 leaves TOTAL. I keep waiting and waiting.... Somehow I don't think it's the food.



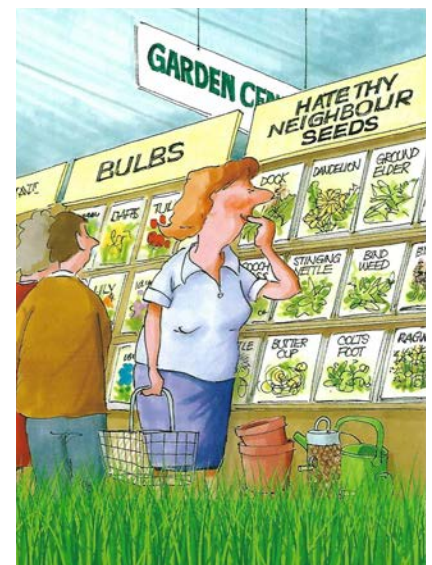
This phone number (not that I'm getting suspicious or anything) also sent the following, labeled "Tom in his garden".



Obviously not everyone has veggie problems like "Tom", Anonymous and I. There are some people who manage to grow enormous produce, enough to turn me positively chlorophyllic with jealousy. Just check out these beauties sent in by Wayne (left). Sigh.



The real Tom too, sent in his find - or should I say, Maggie's, as she gave it to him for a birthday (below). The "hate thy neighbor seeds" prompts me to another confession - I too, have been guilty of horticulturally executed warfare. My neighbours from hell, after trashing some heritage roses that I had asked to rescue, created a snooty Italianate garden complete with fountains, topiaries, and totally paved back yard - all on a Kitsilano 30 foot lot. Their joy was turning on the hose the moment I was in my garden and dousing



me; dumping their garbage cans in my alley and sweeping all their dirt into my entrance. They fed the crows with fish-guts - at 6 AM!

One morning, as I was having my coffee, I noticed a guy with a chain saw hacking at my tree. I asked him what he was doing. "The lady there," he pointed at the "N from H" house, "said that it's in her view and I'm to cut it down." After a loud discussion and several mentions of police, he desisted. That's when I started: morning glory seeds, grass, lamia, went under their 8 foot (!!!) fence. Himalayan blackberries mysteriously grew long and fast by their back gate. It was also a great spot for holly and ivy. Lots of ivy. This went on for a while. I was just gearing up and doing research on poisonous plants when, for some major by-law transgressions, the City went after them and soon thereafter they sold out and departed. I hadn't thought of them till this cartoon - which brought back all the plotting, the angst and the final relief.

So the moral of this story is: *Be a good neighbour and don't mess with gardeners!*

