



# THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

October 2021

## President's Message - Norma Austin

Dear Members,

I've said it before, and it bears repeating. It continues to amaze me how well things come together with the cooperation of a loose group of dedicated and hard-working people, all gardeners. The latest example is the fun gathering in Maria's garden last month. There were 42 of us, all smiles and chatter! We even got some club business done. Barb Downman and Doreen Marbry collected membership renewals and Lorraine Robson collected \$80.85 from the silent auction. After everyone had gone home and the tent was dismantled and back in its bag, the rain came with thunder and lightning. Talk about timing. A big "Thank you!" to Maria Issa for opening up her very special garden to the club.

There is one thing we have no control over, and that is the renovation of the church hall. The work has yet to begin. Covid restrictions are ever-changing.

In anticipation of the AGM in November, there is much club business to read in this newsletter. Plus the usual fun stuff, of course. Donna Wasylik has posted her proposed budget. The Donations Committee (Sue Callahan, Donna Wasylik, and Jacqueline D'Auria), have listed the proposed donations. Both these proposals have been accepted by the executive. Email the persons listed above if you have any questions. Or you can always contact me.

Rosemarie Adams and Sue Callahan, our Nominating Committee, have been working hard to fill executive positions that become vacant in January. *If they approach you, please say yes.* We need to ensure continuity. And - there is a great team in place waiting for you.

Canada Post has advised us that our LVGC mailing address will change on October 27, 2021. Mail will be redirected for a short time. Please change your own records and pass this information on as needed.

Our new address:  
Lynn Valley Garden Club  
Lynn Valley Post Office  
PO Box 16053  
North Vancouver, BC. V7J 3S9

As we put our gardens to sleep for the winter, I hope you all have a good rest and stay safe and warm in your homes.

Giving thanks for all that we have,  
Norma



LVGC MEETINGS  
Non-Pandemic: 3rd  
Thursday of each month  
(except July and August)  
non-pandemically at  
St. Stephen's Church  
1360 E 24<sup>th</sup> Street

Pandemic: ZOOM  
MEETINGS WILL START  
AT 7PM

**SPEAKERS**  
LORI WEIDENHAMMER

*Growing Plants from Seeds  
and Seed Collecting*  
October 21

Even though we have a  
NEW Mailing Address:  
Lynn Valley Garden Club  
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P.O. Box 16053  
North Vancouver,  
BC V7J 3S9



To limit unnecessary trips,  
we are picking up the mail  
*ad hoc*

PLEASE USE  
ELECTRONIC ACCESS  
Your emails are welcome!  
<http://www.lynnvalleygardenclub>

"If you have a garden and a library, you have everything you need." - Marcus Tullius Cicero



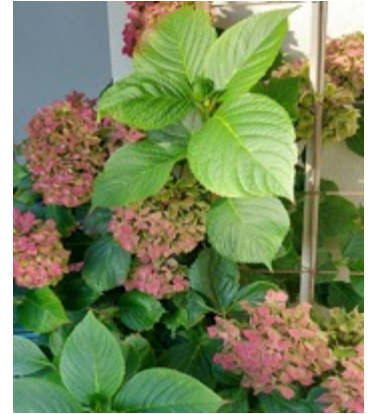
## *From the Nominating Committee: Lynn Valley Garden Club Executive for 2022 - from Rosemarie Adams and Sue Callahan*

The following members have kindly agreed to have their names put forward for election to LVGC 2022 Executive and Committees. These positions will be voted on at our upcoming Annual General Meeting in November. Our heartfelt thanks to these members.

As you can see, we are still missing volunteers for the positions of President and Vice-President. If you think you would be interested in taking on one of these positions please contact Sue Callahan or Rosemarie Adams.

Running our club is a group effort, there are many members willing to help you find your feet as you take on a new position, and continue to help out and share tasks. For the ongoing continuance of our club we need your help – please consider taking on a position.

<i>President:</i>	???
<i>VP</i>	???
Member at Large:	Brenda Reid
Member at Large:	Marilyn Bullock
Sunshine:	Rosamund Hughes
<i>Membership:</i>	???
Christmas Committee:	Rita Marshall



Being on the Executive is a great way to get to know some of your fellow garden club members. [- and a lot of fun!! - ed] How about letting your name stand for a position on the executive or a part of one of the committees? Remember – “Many hands make light work!”

## *From the Donations Committee - Jacquie D'Auria, Sue Callahan & Donna Wasyluk*

We want to acknowledge all the hard work of the MALS and everyone else who pulled together to make such a successful plant sale - including all those who divided up their plants, and went to the plant digs and dug, and all of those who were “nurses” and looked after the plants, and of course all the Veggie-mates who grow from seeds and allowed us who can't seem to get it to work - to benefit and have all the food ☺

The Donations Committee's proposal of how to distribute some of the money we earned this year, is **at the back of the Leaf in its own section**, right there, next to the Budget.



One of the potential recipients, the North Shore Hospice Garden, sent this lovely note:

“We were very excited to read your email and touched that we are being considered for a donation from Lynn Valley Garden Club.

We are very proud of the garden at NS Hospice - it provides our patients and their families with a beautiful space to gather and visit in those last few days/weeks of someone's life. Last summer, during the first round of Covid lockdown, the garden was, for many of our visitors, the only access they had to seeing their family members who were patients here. A few years ago, we enlarged the patio space to accommodate hospital beds, so that patients could be wheeled out in their beds to spend time in the garden. This experience provides so much psychological healing for patients and their family members.

We are also very lucky to have a small, dedicated group of volunteers who steward the garden and keep us advised of any issues that may arise. NS Hospice is owned and operated by Vancouver Coastal Health. VCH provides the operating funding (staffing, supplies) but are unable to provide funds towards the enrichment of the garden other than seasonal landscape services (lawn cutting mainly).

We rely on donations which go towards: purchasing shrubs, mulch, soil, bulbs and an annual maintenance by our preferred landscaper.”



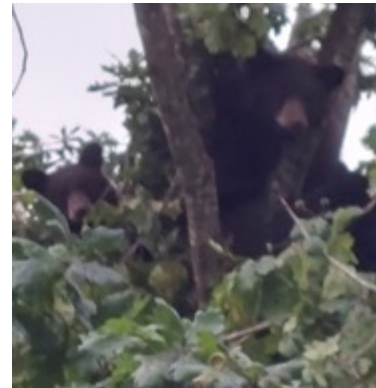
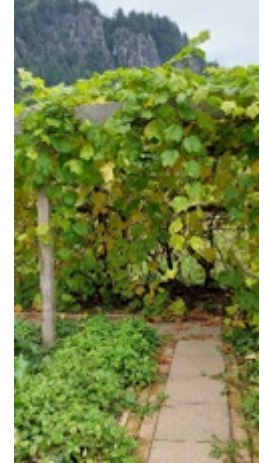




You may remember we had Sangeeta Thomas talk to us about the Earthwise Society in April 2021. Rob and I knew it for their location in South Delta (by Boundary Bay) – as they had lots of information about gardens for bees and we were just getting into bees (about 8/9 years ago). I was interested to hear all about the changes in the garden and farm so my ears perked up when I heard they had a location in Agassiz. We have been going out to the valley a lot with our trailer and we were out there again for an extra-long weekend over Thanksgiving.

On Saturday we went to Harrison we decided to check it out. Earthwise’s Agassiz site is located at 6031 Golf Road and is on the Circle Farm tour. We happened to time it right and met Patricia Fleming (Executive Director), who gave us a quick rundown on the property and where to go and warned us that there were bears around. She had just come in from picking some broccolini from the field and I bought a winter squash. There is a gorgeous looking farmhouse that dates from 1910 with a barn in the back. Earthwise have had the Agassiz site since 2015, and have been working hard to restore the riparian, wetland and old growth ecosystems.

They provide a map with trails that lead along the “Miami River” and let me tell you, the bears love this area. We clapped our hands and talked loudly, and we could hear them go splish splash in the creek. There was a momma bear and a cub, but usually there are two cubs, so we were on alert. We came upon ‘Hugh’s cabin’, still a little rough around the edges – but what a gorgeous spot! Draped with grape vines, and the beautiful mountains in the background. The heritage garden was full with raspberries, blueberries, and lots of fruit trees.



There is a total of 58 acres that go up the hills, so we weren’t going to walk it all but turned to go back up to see the barn and back to the truck. Something was off – the jays were really squawking, and something just wasn’t feeling right. Then we started hearing hissing, chattering, sort of growling and Rob said, “Oh, it’s a bear up in the tree...” and I said, “Oh no! It’s momma bear and three cubs!” So, we talked to momma and made a big circle – and man! – she was biiig (probably 750 lb) and so beautiful.

We made it back to the barn safely then had a useful chat with one of the volunteers who was getting the barn ready as an interpretive center that they hope to open next year. He told us about a cheese farm (!!!) down the road that is on the circle farm tour. We then met up again with Patricia in the parking lot and let her know about the two sets of bears we had seen. She was surprised to hear about the bears in the tree and

now knows to look up as well.

So, if you want a wonderful day’s outing, both Rob and I suggest that you go and check out the area. Happy Fall!!!



## *Santo Mignosa*

*– Barb Downman*

If you are ever heading east towards Deep Cove along Dollarton, near the end of your trip, keep your eyes peeled to the left and smile as you pass this wonderful topiary of Santo Mignosa, a ceramic artist and educator. The topiary really does look just like him and marks his house, now lived in by his family. You may wish to check out his website [<https://santomignosa.com>] – full of truly lovely pieces.

The Crafts Council of BC writes this about him: Mignosa began his formal art studies (Ceramics, Painting, Sculpture, Drawing) in 1954 at the Art Institute of Florence, Italy, after receiving a diploma in Painting in 1953. At that time, the Institute encouraged a sculptural approach to claywork so he began to build hollow forms in the manner of the Etruscans. In 1957, he studied wheel-throwing under the skilful hand and discerning eye of Olea Davis (former President of BC Potters Guild). He has been involved in ceramics as an artist and teacher ever since.



This article isn't supposed to scare you - rather it should reassure you. Yes, there are toxins in many of the plants that you probably have in your garden, but they are present in such very minute quantities that they are normally harmless. It is the old adage "*toxicity is dose-related*" that you should remember.

This was first expounded by Paracelsus, the 16th century Swiss physician, alchemist, and philosopher, but it seems to have been forgotten these days as we are bombarded with information about the toxicity of everything. But then, almost everything is toxic if you consume enough of it. As humans we are extremely well adapted to being able to eat a vast array of both plants and animals. Imagine what human society would be like if our sole sustenance was a special bamboo shoot (like pandas) or tips of a particular eucalyptus leaf (like koalas).

A good example of toxicity being dose-related is found in that staple of most of our gardens - rhubarb. We are advised not to eat rhubarb leaves as they are poisonous. However, it is fine to eat rhubarb stalks even though they also contain the same poison, a compound called **oxalic acid** which gives rhubarb its delightful tartness. (The name comes from the fact that it was first isolated from oxalis plants.) Oxalic acid can cause kidney failure if enough is ingested, but at the concentrations found in the rhubarb stalks, the enzymes in our bodies that help metabolise oxalic acid can cope perfectly well. It is only when too much oxalic acid is consumed that the body cannot manage. So go ahead and enjoy rhubarb crisps, and pies and jams.



Another very common plant in our gardens is *Digitalis purpurea* or foxglove. Most of you know that extracts of foxglove were used for centuries in herbal medicines to treat heart conditions. A group of drugs, eg **digoxin** and **digitalin**, are extracted from foxgloves and these "cardiac glycosides" were amongst the first modern therapeutics. Of course, they are now able to be given in a known dosage to control heart rate, atrial fibrillation, and other heart conditions. So don't try munching on foxglove leaves or roots as a cheap way to get a heart drug. All parts of the plant are toxic and other similar compounds that are even more toxic may be present. Symptoms of digitalis poisoning include blurred vision, nausea, vomiting, drooling, dilated pupils, weakness, headaches, collapse and even death.



Although the toxins can be absorbed through the skin, you are very, very unlikely to experience any problems from normal handling of foxglove plants in your garden. Remember Paracelsus - *toxicity is dose-related*.

Did you grow any potatoes this year? Did you know that potatoes contain **solanine**, the 17th most toxic substance in the world? Potatoes are members of the *Solanaceae* (or nightshade) plant family which includes other plants such as belladonna or deadly nightshade, tomatoes, and eggplant. Potatoes contain poisonous compounds called glycoalkaloids, in particular solanine. Solanine and other similar compounds, protect the potato plant from its predators and can be found in all parts of the plant although there is usually an increase in its concentration around the skin of the tuber and where there is green colouration. This is the basis for the old wives' tale of not eating the green parts of the potato. (*Side comment: why are there no old husbands' tales?*).

There is some truth to this old wives' tale although peeling away the green part will get rid of any high concentrations of solanine and you don't have to worry whether there is still some left as "*toxicity is dose-related*." The lethal amount for humans is about 42 mg per kg of body weight. So, if you weigh 80 kg you would have to consume about 3360 mg (3.3 g) of solanine to cause death. As the average potato has about 0.075 mg of solanine you would need to consume nearly 45,000 potatoes. In one sitting! Not exactly something to worry about although it is still a good idea not to eat green potatoes. In rare cases it could possibly cause cramps, diarrhea, and headaches.



There are toxic compounds in many, many other foods; cyanides in almonds, cashews and lima beans, hydrazines in raw mushrooms, benzo(a)pyrenes in barbecued or smoked meat, glycyrrhizic acid in licorice, estragole in basil, fennel, and tarragon, myristicin in parsley, nutmeg, carrots, and celery to name just a few.

Conversely, don't be put off by scary sounding chemical names:

(3R,4S,5S,6R)-6-(hydroxymethyl)oxane-2,3,4,5-tetrol is simply glucose.

(2R)-2-[(1S)-1,2-dihydroxyethyl]-3,4-dihydroxy-2H-furan-5-one is ascorbic acid, or vitamin C, which is made in nature from glucose.

And I had to look these names up!!!!

So, remember that yes there are dangerous toxins in plants in our gardens but you have to work very hard to be poisoned by them as "*Toxicity is dose-related*."



## *A Gardener's Primer to Mycorrhizae – Linda Chalker Scott* - Sent in by Lorraine Robson *Understanding How They Work and Learning How to Protect Them*

Mycorrhizae are symbiotic associations between many plants and the beneficial fungi that colonize their roots. Gardeners are often unaware of these relationships and may inadvertently injure or kill the beneficial fungi through common gardening activities. This publication will help home gardeners understand the benefits of mycorrhizae and explain how to enhance their presence in landscapes and gardens.

“Mycorrhizae are associations between some fungal species and the roots of many host plant species (Figure 1). The word ‘mycorrhizae’ reflects this partnership:

myco = fungus

rhizae = roots

These are primitive associations which developed hundreds of millions of years ago when vascular plants emerged on land. Originally, mycorrhizal relationships were thought to be unusual oddities. We now know that they are the rule, rather than the exception, especially in woody plants. Mycorrhizal fungi are divided into two categories: those whose



root-like hyphae surround and occasionally penetrate root tissues (ectomycorrhizae) and those whose hyphae always enter the root cells (endomycorrhizae). Ectomycorrhizae colonize the roots of many woody plant species and form an extensive hyphal network throughout mulch and topsoil layers. Because ectomycorrhizae are commonly found on tree and shrub roots and are the easiest for gardeners to see, this publication will use them as general examples.” [FYI ecto = outside; endo = inside. - ed]

The rest, because of copyright, you will have to read [here](#), but Lorraine says “This is a peer-reviewed article by Dr. Linda Chalker-Scott about how some common gardening practices can harm the vital network of mycorrhizae which help our plants take up nutrients from the soil and which practices can help them with footnotes, literature references and everything!”



## *HOSTA SWAPPER*

*Penny Le Couteur*

As some of you know, I have a few (more than a few? [I saw her list – it's well over 100! - ed]) hostas in my garden and some of them could do with dividing. So below is a list of hostas which I have available for a swap. I have coded them as (L) large, M (medium) or S (small) but if you want to really know more about them go to <https://hostalibrary.org/> where you can look up details of their size and growth and see photos.

Also below is a list of hostas I would like, so if you have any of these and want to do a swap for any of the ones I have available, just email me or phone. Even if the hosta you want to swap is not on my list, I may be interested - provided you know its name! And if what you want is not on the available list, let me know as I might have it.



**Hostas available:** Blue Shadows (M), Fragrant Blue (S - M), George Smith (L), Forbidden Fruit (M), Toy Soldier (S - M), Tokudama Flavocircinalis (M), Guacamole (M - L), Halcyon (M), Frances Williams (M - L), Pilgrim (S), Twilight (M), Bedazzled (S - M), Krossa Regal (M - L), Birchwood Parky's Gold (S - M), Pearl Lake (S - M), Golden Tiara (S - M), American Halo (L), Frosted Dimples (S), Blue Cadet (S - M), Hush Puppie (S).

**Hostas on My Wish List:** Fire Island, Pocketful of Sunshine, Goodness Gracious, June Fever, Rainbow's End, Wolverine, World Cup, Cool as a Cucumber, August Lily, Colour Festival, Magic Island, Strip Tease, Orange Marmalade, Sun Power, Niagara Falls, Love Pat, Zebra Stripes.

## *TRY THIS!!!* - sent in by Norma Ferguson

<https://treecanada.ca/reforestation-carbon-offsetting/grow-clean-air/carbon-calculator/>

This is an interesting....and thought provoking. Perhaps some of the members would find it interesting.



***In case you missed it:  
North Vancouver's biggest  
pumpkin.***

Bruce, Tom – somebody has upped the veggie ante!!! (Note the soft foam under this monster...). Jeff Pelletier (above) says, "We're trying to build the sport!"

Though Bruce didn't do badly – see below!



***"Another Day... Another Dig"***

Here's a sampling of the various responses I received:

"I wish I could join you, but I have a houseful of family all day today (and yesterday) and have to ride herd here."

- "Clinic doctor: Sorry I can't help you. You need to go to another clinic. You are the THIRD PERSON TODAY that I have seen with a splinter embedded under their fingernail!" (I wasn't even pruning ...just reaching down to put on gardening shoes next to an old wooden wall... I will have to pass on a blackberry pruning opportunity right now but hope it goes well for everyone...)
- "Off to curling tonight and then doing dragon boat racing tomorrow and whooping it up with part of the team in the West end on Saturday night - Sunday morning."
- "I'd love to be digging with you all, but I had my knee replaced so my digging will be set back until I'm back dancing."
- "Oh, Maria. You know that I'd love to join you, but my son and family will be in town this weekend, so I'll be occupied with 3 little granddaughters."

The reason I'm sharing this is because they engender in me an unending curiosity and a certain envy about the interesting lives led by my fellow LVGC members. I mean, don't they make you wonder??

***Plant Selection is Like a Funnel***

*-sent in by Linda Howe*

"Before we choose a plant—an actual, specified, particular plant—it's a shape, a color, a texture. It's of a particular height and width. It's suited to particular growing conditions. It's described, and its needs understood. By going through this process of understanding and describing a plant and the growing situation it's being slotted for, we're narrowing the plant possibilities from the whole wide horticultural world to a much smaller, more specific, set of choices that are suited for this one particular patch of earth." <https://www.egardengo.com/post/plant-selection-is-like-a-funnel>

This is a very interesting, useful article – and I would love to give credit to the author – but the person's name is nowhere to be found. Sorry.





*A Writer in the Garden*, by Eleanor Perényi; series: Modern Library Gardening

Normally, I don't recommend books to people as tastes differ and I have come to recognize that my taste is wildly eclectic, dangerously so. But this book – I think – would delight many of you. I came upon it as we were dismantling my uncle's library. He too, had eclectic tastes, in many languages, and as his children and grandchildren speak only English, I got to go through the non-English authors. In the middle of the Hungarian pile – surprise! – there was one in English, because the author's name was Hungarian. Not only the name – but the subject was interesting to me – and I hope, to you. Amazon has it also in a Kindle version.... not expensive – I'd happily pay triple the price. The synopsis is below.



*[from Wikipedia]* "Eleanor Perényi was the daughter of a US Navy officer, Ellis S. Stone and Grace Zaring Stone. [...] who lived with her husband, the Hungarian noble Baron Zsigmond Perényi and a huge but impoverished estate."

"Perényi is best known as the author of *Green Thoughts: A Writer in the Garden*, which drew on her work on her husband's rural estate near the present-day town of Vynohradiv, Ukraine (the former Nagyszőlős, Hungary). Her life there is further recorded in her 1946 memoir *More Was Lost*, which describes her marriage to her Hungarian noble husband and the impact of World War II on life in rural Hungary. Her other books include the Civil War novel *The Bright Sword* (1955) and a study of Franz Liszt."

"Unlike any other gardening book I know, with its old-world charm, its down-to-earth practicality, its whimsy and sophistication." –Brooke Astor, *The New York Times Book Review*

"A classic in the literature of the garden, **Green Thoughts** is a beautifully written and highly original collection of seventy-two essays, alphabetically arranged, on topics ranging from "Annuals" and "Artichokes" to "Weeds" and "Wildflowers." An amateur gardener for over thirty years, Eleanor Perényi

draws upon her wide-ranging knowledge of gardening lore to create a delightful, witty blend of how-to advice, informed opinion, historical insight, and philosophical musing. There are entries in praise of earthworms and in protest of rock gardens, a treatise on the sexual politics of tending plants, and a paean to the salubrious effect of gardening (see "Longevity"). Twenty years after its initial publication, *Green Thoughts* remains as much a joy to read as ever."

In the Foreword, Perényi writes "I have had only two gardens in my life. The first was a large rather mournful park in the style called *jardain anglais* on the Continent, attached to my husband's castle in Hungary. [...] No flowers had ever been grown for the house, nor was there question of a flowering plant being taken there in winter. It would have died of cold. [...] My efforts to change all this met with limited success. [...] Nevertheless, I managed to make the beginnings of a perennial garden and to plant a host of bulbs. But even as I did so, the first guns of WWII were booming on the other side of the mountains

at our backs, in Poland. I could hear them while I worked and the premonition I had then was fulfilled. I knew I wouldn't see my plantings come to maturity, and I didn't. [...] My second garden [...] is on the Connecticut coast. I took it up with reluctance, not because it was less grand than my Hungarian one, but because I am one of those unfortunates who when they lose something they love can't immediately replace it with a new model."

My uncle probably got the book because of the Hungarian author and the impoverished noble estate, as he too, had married such a spouse, in the same era.



**A Bonus – from Diane Sekora**



I had a bonus this year .... a flower bed (that I amended with all the soil from a black compost box) started sprouting lacy type leaves and long story short, the overripe cherry tomatoes that I tossed in the compost last season grew into about 20 tomato plants! The neighbours are happy as there are lots to share!

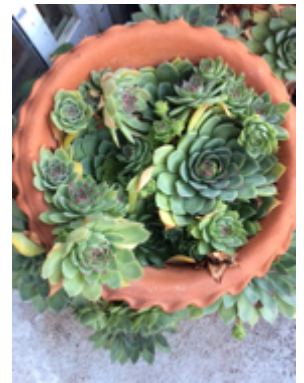


## *Houseplants for Health – sent in by Linda Howe*

“As we trolled the internet we came across over 73 million search related articles dedicated to the benefits that houseplants have on your health. The health benefits listed included mood improvement, reduced stress and anxiety and improved air quality resulting in less headaches and improved respiratory illnesses.

Not only are they healthy for us, but houseplants are visually stimulating, affordable and easy to take care of when choosing the right ones. In this article, we've compared several "top 10 best houseplants" articles and compiled a true list of the top 5 plants most recognized for their health benefits.”

<https://wildwood.express/blogs/houseplant-for-health/top-5-houseplants>



## *Winter Sowing of Native Plants - sent in by Linda How*

*- Heather McCargo, Wild Seed Project*

“What most people don’t realize is that all of our developed landscapes are severely depleted in natural processes – from that they’re lacking in the original native plants, and in our planted landscapes most of the plants in gardens now are clones. So they don’t have the wild traits, and they don’t reproduce because they’re often cultivars, which are selections sometimes chosen because they have particular traits that humans like, like dwarfism or mutated flowers that have bigger or multiple petals. Or they might be double forms, where they have no reproductive organs at all.

So we’ve lost those wild processes, and rewilding is the movement to restore both nature and the natural wild processes that plants, and all the creatures that are dependent on them, need. And so the word actually first appeared in the eighties in the conservation movement, and was focused on restoring the large carnivores. Like the case in Yellowstone is very famous because when they brought the wolves back that had been extinct, the wild landscape quickly became much more diverse and healthy, with a lot more life and native plants.”

Listen to the podcast and read the rest of this interesting article – here: <https://awaytogarden.com/winter-sowing-of-native-plants-with-heather-mccargo-of-wild-seed-project/>

## *The Triumph of Seeds - by Thor Hanson*

*- sent in by Linda Howe*

This is also a book recommendation: “We live in a world of seeds. From our morning toast to the cotton in our clothes, they are quite literally the stuff and staff of life, supporting diets, economies, and civilizations around the globe. Just as the search for nutmeg and the humble peppercorn drove the Age of Discovery, so did coffee beans help fuel the Enlightenment, and cottonseed help spark the Industrial Revolution. And from the Fall of Rome to the Arab Spring, the fate of nations continues to hinge on the seeds of a Middle Eastern grass known as wheat.

In nature and in culture, seeds are fundamental—objects of beauty, evolutionary wonder, and simple fascination. How many times has a child dropped the winged pip of a maple, marveling as it spirals its way down to the ground, or relished the way a gust of wind (or a stout breath) can send a dandelion’s feathery flotilla skyward? Yet despite their importance, seeds are often seen as a commonplace, their extraordinary natural and human histories overlooked. Thanks to Thor Hanson and this stunning new book, they can be overlooked no more.

---“The book opens with you trying to smash a seed with a hammer. Were you having a nervous breakdown, or what?” [Laughs]

---“I had chosen to study this fascinating rainforest tree in Central America, the *almendro* which is a keystone species there. It produces fruit that is like a single-seeded pod. Inside is this incredibly tough seed. The fruits are dispersed by bats, which pluck them and take them to a feeding roost, eat off this thin bit of flesh, then drop the seeds. Rodents and other creatures, like agoutis, then stash the seeds like squirrels.”

---“I’d collected a bunch of seeds and brought them back to my office in the university, but realized I couldn’t get the bloody things open. First, I tried with a chisel and a hammer. Eventually I was trying to drop heavy objects on the seed. But it was just this impenetrable, hard shell that wouldn’t show a scratch even when you whacked it.” [*\$14.99 on Indigo-ed*]

## ANNOUNCEMENTS AND OTHER GOINGS-ON

### *Herewith – the BC Council of Garden Clubs Newsletter*

- inspirationally named “The Bulletin” – OK, I suppose we can’t talk with “The Leaf” – but then they’ve been around as long as we have – since 1943. <https://bcgardenclubs.com/resources/newsletter/>

### Monrovia “*The Future of Gardening*”

- sent in by Linda Howe – who always finds incredibly interesting items for the Leaf. This is a recording you can watch and enjoy: <https://www.monrovia.com/be-inspired/garden-trends-webinar.html>

### *The Anonymous Art Show 2021 Call for Artists is currently open.*

The deadline for completing the online submission form is Sunday, October 3 at midnight (your artwork does not have to be completed until drop-off from October 8 to **October 23**, 2021). This group exhibition and fundraising event will include emerging and established artists working strictly on unframed 8” x 8” x 1½” canvas or wood panels. You still have a bit of time to generate your artwork: some LVGC members do beautiful plant and other art that has been featured in the Leaf – so this may be YOUR moment - and if you do generate a *magnum opus*, please share it with the rest of us!! Details here: <https://northvanarts.ca/events-exhibitions/anonymous-art-show-2021-call-for-artists/>



### *Join us at our Earthwise Agassiz Restore the Wild Open House!*

When was the last time you visited our beautiful Earthwise Agassiz location? This year, we are supporting Tourism Harrison’s “Season of the Wild” event by hosting an open house with a focus on habitat restoration and stewardship initiatives.

Earthwise Agassiz’s Restore the Wild Open House will be held on Oct 23, from 12-3 pm, and is a family-friendly community event that will introduce visitors to the 58-acre property’s many different ecosystems and habitats, small scale organic farm, and educational walking trails. We have been working hard to enhance the delicate salmon and riparian habitat along the river and remove invasive species, and we’d love to show you the progress we’ve made!



Participate in one of our guided tours and receive your choice of a free native plant, generously provided by Birch Grove Nursery, while supplies last. Other activities will include information booths, a farm stand where freshly harvested organic Earthwise produce can be purchased, and a native plant sale. For those who would like to sample some fresh, local food, Earthwise partner chef Derek Bothwell will be on hand cooking up some tasty culinary delights made with Earthwise-grown vegetables. We hope to see you there!



## Plant it Right - Linda Chalker Scott

Linda Chalker-Scott will be running a series of online presentations: Plant it Right! starting on October 19th. Linda, a Professor of Horticulture at Washington State University, is the pre-eminent champion of no-nonsense, science-based garden advice: about soil preparation, planting and post-planting care and this will be a wonderful opportunity to learn from her and to ask her advice. All the things you need to know to make your new plantings work! The presentations will be available as a course of eight monthly presentations and as individual sessions.

Garden Masterclass is a British garden and landscape education portal who are offering local Master Gardeners and garden clubs a 20% discount on the course, and on the individual presentations, with Discount Code: BC21 Find out more here: <https://www.gardenmasterclass.org/plant-it-right->



**Garden Masterclass - we are the future of garden media!**

- interviews & presentations - many free, plus webinars and live events

<https://www.gardenmasterclass.org>

Our pro bono Thursday Garden Chat is 18.00 London time,

<https://us02web.zoom.us/j/83781125288>



## Can Compost Help Change Capitalism? - BBC News -sent in by Sue Nicholl

This article/video may not be suitable for the newsletter as some members might be offended by some of the things this guy thinks should be composted! I'll leave it up to you if you include it or not. I thought it was funny though!

Ergo: caveat emptor!! <https://www.bbc.com/news/av/science-environment->

[58587691](https://www.bbc.com/news/av/science-environment-58587691)

## THE COMPOST BIN

- Maria Issa



Last month was tiringly busy with med school teaching and I



hardly had a chance to stick my nose, let alone my toes, into the garden. Thus, it was a surprise when Norma phoned me: "So, Maria, you can say 'no', but..." she started in, "can we use your garden for an out-door get-together?" That was how the 'walkabout' started. Whoever had had that scathingly brilliant idea, deserves extra brownie points.

It was wonderful to see so many of you – in 3D, with legs included. The only down-side was that NOBODY pulled any weeds. I had had great hopes. Next time, you won't get off so easily.

The next highlight was Bruce's, then Barb's finds of places to dig. Bruce's 400 block East 3<sup>rd</sup> Cascadia development was a land assembly that the dearly departing owners had stripped bare naked except for the blackberries. (And the garbage. It truly amazes me what people just leave sitting there – and walk away.... but that's a whole other philosophical and/or anthropological musing). In spite of everyone - including me - thinking that there was really nothing there to be had, on the first day Kathy, Ginette and I managed to sweat out enough plants to stuff our cars and depart with satisfied grins. I promptly flogged a carload of grasses. [for \$30 - Donna - note!] They were sold as soon as I got home as I had invited the poor, unwitting customers over for a glass of wine – all the way from Port Moody. Who says people don't buy grasses (when plied with drink)? Consequently, a second day was warranted – and Ginette and Penny and I extracted another few carloads – notably hostas - that Penny will be sending to hosta-fosters downhill, to plump them up for the Plant Sale. A buddy of Bruce's, a consultant for Cascadia, drifted by while we were extracting and cursing and offered us 'digging perks' of tea and home-made banana bread. The latter was particularly yummy – so here is the recipe.

1 1/4 cups flour  
1 tsp baking soda  
2 eggs  
1 cup white sugar  
1/2 cup vegetable oil  
2 bananas  
1 cup chocolate chips - optional  
1 cup roasted nuts (pecans or walnuts) - optional

Mix all ingredients together by hand (having some lumps of banana adds moisture) pour into a greased/buttered loaf tin. (I prefer a smaller loaf tin to make a taller loaf, or three mini tins to increase the crust to slice ratio favoured by many) Bake 375F in middle of oven for 50 to 60 minutes until knife withdraws clean of batter (there will always be melted chocolate streaks). With kids, I mix this in a large zip lock bag as they love squishing everything together by hand.



The in-between dig was down Dollarton way (ergo the topiary!). The owner is a friend of Barb's, who is having her front yard completely re-done, but wanted to have some of her plants saved from the backhoe. (Their back garden is a wonder – and suitable for a garden tour!). Barb and I dug lots of good stuff – and wondered where everyone was? It was such a prime dig – yet there seemed to be little interest. Then Rosamond appeared and dug up a storm, thank heavens. Hiromi came by with encouraging words and a snack. Then Jacquie appeared on



her way to somewhere, to drop off some welcome pots *en route* - so we promptly stuffed a rhodo into her car and re-routed her back home. The cavalry, alias the long-suffering husband, was also ordered out – as there was just too much greenery for the trunk-space available. Altogether a very satisfying dig – with lots of surprises for the plant sale – if I don't buy them first.



“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum and that as long as the sun still shines and people still can plan and plant, think and do, we can if we bother to try, find ways to provide for ourselves without diminishing the world.” – Michael Pollan



## Lynn Valley Garden Club - 2021 Donations

Donna Wasylik, Jacquie D'Auria, Sue Callahan

Club Mission: To impart knowledge and stimulate the love of gardening among members and within our community

### Club Mission

Organization	Amount	Non-Profit	Impart knowledge of Gardening	Impart love of Gardening	Our Community	Helping people learn the value of growing food/planting for pollinators
Greater Vancouver Regional Science Fair (Botany-related project)	\$300		√	√		√
THE SUNSET BUTTERFLYWAY (Kitty Castle) David Suzuki approved	\$300	√	√	√	√	√
DNV Public Library	\$200	√	√	√	√	
Edible Garden Education Project	\$1,650	√	√	√	√	√
Gerry's Garden (near Loutet Park)	\$300	√		√	√	
NS Hospice Garden (Lions Gate)	\$300	√		√	√	
Wild Bird Trust (Maplewood flats)	\$750	√	√		√	√
YWCA rooftop garden	\$200	√	√	√		√
<b>Total Donation</b>	<b>\$4,000</b>					

- Greater Vancouver Regional Science Fair - <https://gvrsc.ca/> to offer prize money for botany/sustainability/pollination/greentech projects
- THE SUNSET BUTTERFLYWAY (Kitty Castle) David Suzuki Approved <https://davidssuzuki.org/take-action/act-locally/butterflyway/north-vancouver/>
- DNV Public Library for horticulture and sustainable living books
- Edible Garden Education Project <http://ediblegardenproject.com/fed-up/> after the schools were closed last year due to covid they are back up and running. The schools/parents have to provide the planters and have to have a minimum of 3 classrooms that will partake. It costs \$500 per class. Queen Mary's is signed up for the first 3 months, really want to be doing, just trying to figure out how to raise the rest of monies. So you know - Edible Garden Education Project is also associated with Loutet farm, and there they grow lots of food, and normally would have a seed field, but we understand that they had to let it go last year
- Gerry's Garden (near Loutet Park) The caretakers of Gerry's Garden are the same Howard Abel/Frank Morton/Don Gagan. Gerry is still around and doing well - (102). They are planning on this year to do a new planting under the weeping plum tree and under the big willow tree, and planting winter pansies in the formal circle bed
- NS Hospice Garden (Lions Gate Hospital) Several members' families are utilizing this place. One of our members was telling us that is a great place and that some of the master gardeners

volunteer their time so it is always spectacular to help the families. Patients are able to be wheeled out in their hospital beds to enjoy the garden. They would use the monies towards purchasing shrubs, mulch, soil and bulbs.

- Wild Bird Trust administrating for Maplewood Conservation Area Fundraising project for 2021 is in part to create a native plant garden in the area just past the nursery toward Osprey point, this is in addition to an outdoor classroom, viewing area, etc. They also have an existing Butterfly garden on site designed to attract the Anise Swallowtail butterfly
- YWCA Rooftop Garden <https://ywcavan.org/blog/2021/09/ywca-rooftop-garden-help-keep-our-garden-flourishing> this year they grew 1600 pounds of food; helped provide food to downtown eastside (in 2020 they provided 39,000 meals)

## ***PROPOSED BUDGET 2022***

	2021 est.	2022	Budget based on March-December mtgs.
<b><u>Income</u></b>			
Membership	0	3000	150x20.00
Guests	0	50	
Plant table	20	50	
Plant sale	8101	5000	
Field trip	0	1000	ticket sales based on 50 participants @ \$20
<b><u>Total Revenue</u></b>		<b><u>9100</u></b>	
<b><u>Expenses</u></b>			
Bank charges	58	50	
BCCGC	282	282	
Christmas party	0	400	
Donations	4000	2500	
Door prizes & sunshine	463	350	
Equip lease or rental	0	0	
Field trip	0	1500	
Hospitality	0	770	monthly mtgs. & garden tour refresh.
Office	600	350	incl. 2 mo. Zoom & post box
Plant sale expenses	100	300	incl. hall rental for plant sale
Postage & printing	120	120	
Rental	0	480	6 mths + 4 mths prepaid
Soil Amendment	0	0	
Speaker Fees	2500	2500	
<b><u>Total Expenses</u></b>		<b><u>9602</u></b>	
Budget shortfall for 2022		\$ 502	