



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

January 2022

President's Message – Lorraine Robson

Happy New Year to you all! Some of you will have seen the online cartoon showing a worried person standing next to someone who is down on one knee digging with a trowel in the soil, watering can on one side and a box of seeds or bulbs on the other. The worried person asks,

"Aren't you terrified of what 2022 could be like? Everything is so messed up . . ."

The gardener replies, "I think it will bring flowers."

"Yes? Why?" asks the worried person.

The gardener answers calmly, "Because I'm planting flowers."

To me, this cartoon epitomizes the optimism and resiliency of gardeners. Who but a gardener would believe that a pointy lump in a papery tunic stuck in the ground could result in the satiny, overlapping petals of a tulip or the cheery trumpet of a daffodil come spring? And who but a gardener would trust that burying a tiny tan or brown seed in the soil, adding water and sunlight, would bring you a ripe, glossy tomato or a fragrant bouquet of sweet peas come summer? Every year it feels like magic when I see a small green tendril arise from a plump bean in the earth and watch as it rises and twines itself around its support on its way to flowering and producing more beans.

I feel much the same way when I observe the activities of our beloved Lynn Valley Garden Club. It's a special kind of magic that brings out the volunteers to serve on Committees and on the Executive, that prompts members to nurture seedlings and to divide, pot up, and share treasures from their gardens, and that inspires so many to pitch in for the set up and then the clean-up of our Plant Sale. As I write this message to you, my shoulder throbs from the COVID booster shot I received yesterday, so I can't help but be aware that we face many of the same challenges we have over the past two years. But I am grateful for the added protection from that booster, and I am grateful to our past President Norma Austin and retiring V-P Jacquie Morgan who did so much to keep our club going when we were faced with shutting down entirely. I know it hasn't been easy, but kudos to you both for not giving up and for continuing to find speakers for our monthly meetings.

I am also grateful to Doreen Marbry of Membership, Lori Herman as a Member at Large (MAL), and Susan Huber as Sunshine for being the kind of people who answer with "I can do that" when work needs doing. I will miss you at our meetings. I feel very fortunate knowing that these steady, experienced members continue into this year: Donna Wasylik as our Treasurer, Barb Downman as Membership, and Penny Le Couteur, Courtney Mitchell, and Ann McKinnon as MALs. Likewise, we are all lucky to have Aline Burlone continuing to update and maintain our website with her calm and cheerful manner and Maria Issa who edits and produces our newsletter, The Leaf, every month without fail and with much exuberance. During COVID times, we depend even more than usual on the excellent communication you both provide. Thank you to all of you for your contributions.

Many thanks, too, to the incoming members of the team who said "yes" when asked if they could help this year. I am grateful for Gillian Konst as Vice-President, Sarah Gray as Secretary, Marilyn Bullock and Brenda Reid as MALs, and Rosamond Hughes as Sunshine. Looking forward to getting to know you all better which is surely the best reward for volunteering to serve as President.

LVGC MEETINGS

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

Pandemic: ZOOM
MEETINGS WILL START
AT 7PM

SPEAKERS

SUSAN MULVIHILL
VEGETABLE GARDEN
PESTS
JANUARY 20, 7 PM

Even though we have a
NEW Mailing Address:
Lynn Valley Garden
Club
Lynn Valley Post Office
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!
lynnvalleygardenclub@gmail.com

Executive 2022

President

Lorraine Robson x

Vice President

Gillian Konst x

Secretary

Sarah-Jane Gray x

Treasurer

Donna Wasylik x

Membership

Barb Downman x

Members at Large (MAL)

Penny LeCouteur x

Ann McKinnon x

Courtney Mitchell x

Marilyn Bullock x

Brenda Reid x

Committees

Newsletter Editors

Maria Issa x

Margaret Campbell x

Plant Table

Norma Buckland x

Hospitality

Sharon Carabetta x

Susan Nicholls x

Daphne Page x

Sunshine / Door Prizes

Rosamond Hughes x

Website

Aline Burlone x

Executive Meetings

By Zoom, 1st Wednesday of each month, 7PM

Next Newsletter Deadline

Beginning of February

If you have material to delight your fellow members - please submit it via the time-honoured routes or email to

<mailto:lynnavalleygardenclubnewsletter@gmail.com>



Thanks to all who contributed to this edition: Rosemarie Adams, Judith Brook, Margaret Campbell, Sharon Carabetta, Barb Downman, Linda Howe, Alyssa Lefroy, Doreen Marbry, Rita Marshall, Linda Scshell, Diane Sekora, Wayne Smith,

If you are curious about what happens at our Executive meetings or interested in perhaps volunteering in one of the positions next year, please let me know if you'd like to attend one of our Zoom meetings as a non-voting guest. You would be very welcome.

Your 2022 Membership Cards will be arriving by mail within a few weeks. Please put them in your wallet and remember to ask for your 10% discount when shopping at Maple Leaf Gardens (both West and North Vancouver locations) and at any GardenWorks location.

Since we received positive feedback about using the Zoom breakout rooms for the Scavenger Hunt at the Christmas party (Maria's great idea!) and since many of us are missing the usual social interaction of our face-to-face meetings, we're going to try an activity I'm calling "Speed-Date a Gardener." After the speaker and brief reports from some of the Executive and Committees, I'll introduce the activity and you'll be offered a link to accept to be placed in a breakout room with another member. You might be with total strangers since we have several new members, or with old friends. The "match-making" will be random. You'll have 3 minutes to chat and get to know each other before moving on to your next "date." We'll try three rounds of 3 minutes each (or possibly a few more if people want to continue). If you're paired with an old friend, you might not need any prompts, but I challenge you to find out something new. If you're new to the club or shy, consider asking questions like:

- What's your favourite plant?
- Where do you garden? (We come from all over the North Shore.)
- How would you describe your garden?
- What's the most meaningful thing in your garden?
- What's new in your garden?
- What's blooming in your neighbourhood?
- What's one thing hardly anyone in the club knows about you?

I'm looking forward to seeing old friends and making some new ones. Would I rather be talking with you in person? Absolutely, but I know we can make the best of a tough situation. Because you're all gardeners, I know we'll have something in common – along with our optimism and resiliency! May we make magic together – not so much the romantic kind, but the kind that makes our garden club so special.

Best wishes to you all that 2022 will bring you peace, good health, and joy in the beauties of nature!

SPEAKER

SUSAN MULVIHILL

VEGETABLE GARDEN PESTS

Susan Mulvihill is passionate about growing vegetables! She is the longtime garden columnist for the Sunday edition of The Spokesman-Review in Spokane, Wash., and has been a Spokane County Master Gardener since 2002. Her popular new book, The Vegetable Garden Pest Handbook, was published in April 2021. Susan is also the co-author of the Northwest Gardener's Handbook. She has created and hosted over 300 how-to-garden videos, which can be found on her YouTube channel, Susan's in the Garden. Susan is also a member of the professional organization, Garden Communicators International. She and her husband, Bill, live on 5 acres, where they grow all sorts of edible crops in their large raised-bed garden. In 2017, and again in 2021, their garden was featured on the popular public television program, "Growing a Greener World" (episode 809 and 1202), hosted by Joe Lamp'1. Her website can be found at SusansintheGarden.com and contains resources for organic pest control along with many other guides designed to help gardeners be successful at gardening. In her "Vegetable Garden Pests" presentation, Susan will discuss cultural practices to keep plants healthy and better able to withstand pest problems, how to identify the bugs you encounter in your garden, and profile some commonly-found insects and strategies for dealing with them.



REPORTS

Vice President – Gillian Konst

(From the Exec Minutes) Gillian stated that Jacquie has provided her with great resources and information. Speakers are booked through April, and Gillian will be looking at booking speakers from May onwards.

Treasurer – Donna Wasylik

Lynn Valley Garden Club BUDGET vs ACTUAL – 2021/2022

	Budgeted	Actual Revenue
Income		
Membership	80.	20.00
Guests	30.	00.00
Plant Sale	4,000.	8,226.85
Plant Table	40.	20.00
Total Revenue	4,150.00	8,266.85
Expenses		
Office Supplies	500	721.39**
Hospitality	180	0
Plant Sale Expenses	not shown	91.49
Speakers	2,520	1,850.00
Door Prizes & Sunshine	430	463.42
Donations	2,000	4,000.00
Printing & Postage	180	309.30
Christmas Party	500	0
BCCGC	430	282.28
Bank Charges	50	54.71
Total Expenses	6,790	7,772.59 **



Rita's Holiday centrepiece

2021 Budget estimated a loss of \$2,640.

2021 Actual revenue and expense shows a net profit of \$494.26

2021 Office Supplies actual includes printing of cheques for \$193.75. Office Supplies also include post box rental and zoom mtg costs.

**Difference of \$181.65 compared to Balance Sheet is due to an Office Supplies expense which was prepaid in 2020 but was a 2021 expense

The reserve going in to 2022 is \$10,992.29

Lynn Valley Garden Club Balance Sheet 2021

Bank balance Jan. 1, 2021	\$10,156.83	BCCGC	282.28
Cash on hand	159.00	Donations	4,000.00
Total Balance Jan. 1, 2021	10,316.38	Door Prizes & Sunshine	463.42
Revenue		Office Supplies (+181.65 prepaid)	539.74
Membership Dues	20.00	Plant Sale Expenses	91.49
Plant Table	20.00	Postage & Printing	309.30
Plant Sale	8,226.85	Speakers Fees	1,850.00
Total Revenue	8,266.85	Total Expenses	7,590.94
Expenses		Bank Balance Dec. 31, 2021	10,892.29
Bank Charges	54.71	Cash on Hand	100.00
		Total Balance Dec. 31, 2021	10,992.29

Bank E-transfer:

We are pleased to offer e-transfer as an additional form of payment for club members. It is important that you state the reason for your transfer so that it can be applied to the appropriate income account: *ie* The Dig, Plant Sale, Membership, etc. Please keep in mind **that e-transfers for membership** must be made during the new membership year.

The email to use for e-transfer is: LVGC.Treasurer@gmail.com.

Membership – Barb Downman

Thank you to all those who renewed their membership. We now have 136 members confirmed for 2022. In addition, all of the people who were on the waitlist have been contacted and all have expressed interest in joining the club. These "future" members are currently in the process of completing their membership forms.

While final membership numbers are still in flux, it looks like we will have room for an additional 9 members before we reach our cap of 150. If you know someone who is interested in joining the club, please ask them to contact me.

Thanks to Doreen Marbry, new membership cards have been prepared for 2022. We had hoped to distribute these in person at some type of drop-in event. Unfortunately, due to the highly contagious Omicron variant we have decided the safest course of action is to mail the new cards. You should receive your new 2022 membership card by the end of January - just in time for some late winter plant shopping at Maple Leaf or Gardenworks. Hellebores are calling my namewhat plant is calling yours?

MEMBERS AT LARGE - Penny Le Couteur, Courtney Mitchell, Ann McKinnon, Marilyn Bullock, Brenda Reid

(from the Exec Minutes) Penny provided an overview. There was general agreement that last year's plant sale, using multiple sites, was highly successful overall. The MALs now know what the format would be and have a successful template for the multi-site venues. Consensus was that it would be good to go with the same hosts again, if possible, as attendees would know where to go. Suggestion that the number of sites for veggie sales could be 2, and for perennials/ornamentals 5 (down from 7 last year). Penny stated that the MALs would start to organize in March.

- **Agreement that the Plant Sale (perennial/ornamental) would be held on the Victoria Day long weekend, Saturday May 21. The Veggie Sale would be held one week earlier, Saturday May 14.**

Christmas Cards for the WISH Drop-in Centre Party – Jackie Morris and Courtney Mitchell

Courtney and Jackie thank all of you who contributed Christmas Cards for the WISH party. The cards were beautiful and just what has been snapped up in the past. And all of you carefully paired each with an envelope! If you have extra cards now, please save them up for us for next October or November.

Because of Covid we didn't get to go to the party, of course, which we were sorry about. It has always been a positive experience for us. We aren't even sure if they held a party, but we were assured that, if no party, the cards would be put out for anyone to choose as many as they wanted, as has been our policy for all the years our little table has been part of their party.

We hope all of you had a good Christmas whether in person or by Zoom or FaceTime and, that so far, 2022 is treating you kindly.



"Beyond the pop-culture world and the book world, beyond the news world and the world of resistance movements, there's a large and dedicated community of benign, forthright people who are in love with their gardens, with nature, and with all living things. They give me hope for the future. They make me want to sing!"

Barb Downman found this in a lovely book called "One Good thing" by M.A.C. Farrant (a resident of North Saanich on Vancouver Island). Available at North Vancouver District Library

In Memoriam

(From Alyssa Lefroy) **Patricia Elizabeth, née Parrish, April 22, 1953 - December 6, 2021.** After a courageous battle with cancer, Pat Lefroy sailed off into the sunset at home with her family by her side. She was a loving and devoted wife to Stephen, mother to Caitlin (Mark Payerl) and Alyssa, and proud Nana to Benjamin and Ryan Payerl.

Pat was a free spirit who often wore flowers in her hair and bold, one-of-a-kind jewelry. She had a bubbly personality, loved to laugh and tell stories, had a warm, infectious smile and effortlessly brightened any space with her joyful, vibrant spirit. Her big heart, positivity and gentle, generous nature were a gift to all who knew her, and she touched many lives.

After many wonderful years her calling as a Special Education high school students across the North woman of many interests and talents. thrift store treasure hunter, lifelong nature. She was actively involved in the friends and family and long walks by

There will be a celebration of life of flowers, please donate to a charity of supporting Arts & Culture in North Community Arts Council in her name.

Those of us at the Lynn Valley words over meeting coffee (while we will miss her greatly. This photo is exactly as I remember her. - ed



dedicated to raising her children, Pat found Assistant working with elementary and Vancouver School District. She was a She was a self-taught artist, avid reader, learner and **gardener** who loved being in community, enjoyed spending time with the water with her beloved dog Charlie.

in the late spring or early summer. In lieu personal significance to you or consider Vancouver through the North Vancouver

Garden Club who knew her, shared a few still could), or more recently, over email,



Diane Sekora writes "I just finished our sweet **Dorothy Symons**, a long time away. She often attended [club meetings] remember that she always had a smile suggested that I let you know so I paper." [Thank you ,Diane! - ed]

Dorothy Irene Symons 1925-2021 Born Always kind and friendly, she will be Down, Speers and Hampton families as and Britain. Special thanks to all the staff care of Dorothy. Celebration of Life...in donation to Lynn Valley United Church appreciated.



reading the N S NEWS and noticed that Lynn Valley Garden Club member, passed with her good friend Lillian Speers. I will and a kind word for others. Rosemarie included the short obituary from the

Dec. 18, 1925 to parents Ernest and Lucy. lovingly remembered by the Foster, well as her lifetime friends in Lynn Valley of Cedarview Lodge, for their wonderful the near future. In lieu of flowers, a or charity of your choice would be



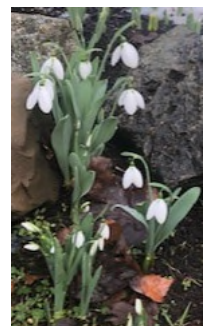
Winter and Summer

by Arthur Weir (sent in by Wayne Smith)



Come Winter, merry Winter,
Rejoice while yet you may,
For nearer, ever nearer,
Fair Summer draws each day,
And soon the tiny snowdrops
Shall waken from their sleep,
And, mossy banks from under,
The modest violets peep.

The apple trees shall scatter
Their buds at Summer's feet,
And with their fragrant odors
Make every zephyr sweet;
While Nature, of wild roses,
And lilies frail and white,
Shall make a wreath for Summer,
And crown her with delight.



Forth from the smiling heavens
Shall fall the gentle rain,
The earth shall feel her presence
And welcome her with grain;
The birds shall come and twitter,
And build amid the boughs,
So Winter, merry Winter,
While yet you may, carouse.

We love you, merry Winter,
You and the joys you bring,
And loud and long your praises
Throughout the world we sing;
But Summer, gentle Summer,
Comes shyly through the glade,
And draws all hearts to love her,
So fair is she arrayed.



Artist: Asako Eguchi

We love the merry sleighing,
The swinging snowshoe tramp,
While in the clear, cold heavens
The calm moon holds her lamp,

We love the breathless coasting.
The skating and the games
Played amid shouts of laughter,
Around the hearth-fire flames.

But Summer, winsome Summer,
Holds greater stores of bliss,
When all the land awakens,
And blossoms at her kiss;
We soon shall feel her presence,
And breathe her perfumed breath,
Then, Winter, dear old Winter,
We will not mourn your death.



For Veggie Growers

- sent in by Linda Howe

An interesting article on companion planting, written by Janet Loughrey, appeared recently in the newsletter *Garden Design*. **"HISTORY OF COMPANION PLANTING: THE THREE SISTERS"**

The concept of companion planting goes back hundreds of years. Indigenous Peoples planted corn, beans, and squash together, a symbiotic combination known as the Three Sisters.

Corn provides a natural trellis for climbing beans, while bean vines anchor the corn stalks, making them less prone to being blown over. Beans attract beneficial insects while boosting nitrogen levels in the soil, helping corn and squash to grow. The large leaves of squash suppress weeds and provide shade to cool the soil, slowing water evaporation. Tiny spines along the stems and leaves of squash deter predators and insect pests. At the end of the growing season, the spent plants are worked back into the soil to provide nutrients for the following year.

The concept can be applied widely, as the author explains:

"Many factors help plants to grow, including light, soil, water, and nutrients. What many gardeners overlook are the beneficial relationships that exist between plants, a growing method known as companion planting.

For example, one plant may deter garden pests that harm another species, while in return, that other species might enhance soil nutrients. Vegetables in particular see better yields, flavor, and pest and disease resistance when sited next to good neighbors. Conversely, certain combinations can result in poor performance.

Companion planting isn't an exact science. Some combinations work better than others; factors such as weather and regional differences can impact effectiveness. Understanding how plants, insects, and organisms work together can reduce or eliminate the need for inorganic remedies, increase your gardening successes, and influence your plant choices."

The article goes on to list vegetables alphabetically, and details the best – and worst – companions for each one. Here is what she writes about everyone's favourite, the tomato:

"TOMATOES

Companions: Asparagus, basil, borage, carrot, celery, chives, cucumber, garlic, lettuce, marigold, mint, onion, parsley. Asparagus repels nematodes that attack tomato plants. Basil improves tomato growth and deters pests such as flies and tomato hornworm. Borage improves growth and flavor and repels tomato hornworm.

Keep away from: Don't plant near dill or brassicas such as broccoli, Brussels sprouts, cabbage, and cauliflower, as they can stunt tomato growth. Keep away from corn, which attracts tomato hornworm.

Benefits of growing tomatoes: Plant tomatoes near asparagus to repel asparagus beetle.

Or if you wish to grow potatoes:

“POTATOES

Companions: Basil, beans, cabbage, chamomile, corn, horseradish, lettuce, marigold, parsley, peas, radish, spinach, thyme. Beans repel Colorado potato beetle. Horseradish increases disease resistance. Many herbs such as basil, chamomile, parsley, and thyme enhance potato flavor while attracting beneficial insects.

Keep away from: Cucumber, raspberry, and tomato attract harmful insects. Avoid planting near other vegetables in the nightshade family such as eggplant, pepper, and tomato to keep from spreading soil pathogens. Asparagus, carrot, fennel, onion, and turnip can stunt the growth of potatoes.

This is definitely an article worth reading – and probably keeping on hand for future growing seasons. You can find it at https://www.gardendesign.com/vegetables/companion-planting.html?utm_source=article-newsletter&utm_medium=email&utm_campaign=Companion-Planting-12-23-21

[However... consider the following]



Potato Wart

- sent in by Doreen Marbry

According to B.C.'s Ministry of Agriculture, Food and Fisheries,

“Potato wart, caused by the fungus *Synchytrium endobioticum*, is a serious disease of cultivated potato that has been detected worldwide, but generally with limited distribution due to stringent quarantine and regulatory measures. In Canada, it has been found in Newfoundland in home gardens since the early 1900s. Subsequently, it was detected in Prince Edward Island in 2000, 2012, 2014 and 2020, where it remains under regulatory control by the Canadian Food Inspection Agency (CFIA). Potato wart has never been detected in British Columbia (B.C.).”

However, I often hear people using store-bought potatoes that have grown shoots ... not a good idea, as they may not have been grown in BC. **We need to use BC-certified seed potatoes to plant our crops.** We don't need to have this pesky fungal disease here!

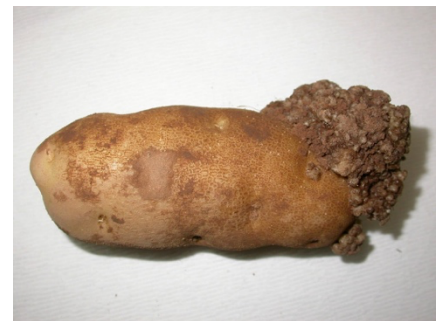
PREVENTION

Potato wart can be spread to new areas with infected seed potatoes, contaminated soil, contaminated tools and machinery, and manure from animals fed on infected potatoes. Plant only B.C. certified seed potatoes. Avoid using table stock for seed or importing seed from other areas for planting in B.C.

DISEASE CONFIRMATION AND REGULATORY ACTION

If the disease is suspected, please contact the local CFIA office or B.C. Ministry of Agriculture, Food and Fisheries, and submit suspected samples to the Ministry of Agriculture, Food and Fisheries - Plant Health Laboratory or to a federal (CFIA) plant diagnostic laboratory.

For photos of affected potatoes, take a look at the website <https://www2.gov.bc.ca/assets/gov/farming-natural-resources-and-industry/agriculture-and-seafood/animal-and-crops/plant-health/phu-potato-wartss.pdf>
Not a pretty sight!



Community Gardens

- contributed by Judith Brook

Community gardens may be just what we need. According to an article in *The Guardian*, “A two-year pilot study by the University of Sussex found that 34 volunteer urban growers in Brighton and Hove were able to harvest 1 kg of insect-pollinated fruit and vegetables per square metre in a season – which researchers said put their yields within the range of conventional farms.” And some people were harvesting a lot more than that – some harvested as much as 10 kg per square metre!

All the gardens were insect pollinated (bees accounting for 43% of the visits), and had very limited pesticide use. The study was launched as a result of fears over food insecurity after Brexit. It “demonstrated the value of urban food production and how it could be used to reduce food deserts by growing food ‘closer to where people are’ while also reducing food miles and transportation costs.”

We may not be facing Brexit, but given the extreme weather of 2021 and the disruption to our supply chains, maybe we should be wondering about food security too. Of course, we are already on the road to growing locally. Loutet Farms is a shining example on the North Shore, community gardens are spreading through the neighbourhoods, and our own Vegimates are leading the push to grow in our own backyards.

For further details about the U.K. pilot study: [City allotments could be as productive as conventional farms, research finds | Farming | The Guardian](#) For details about the Edible Garden Project on the North Shore: [Edible Garden Project | Grow, Share, Teach](#)



Pothole Gardens

- by Linda Schell

Have you noticed the sad state of our city streets as a result of this heavy winter weather? When will all the potholes get fixed? How many burst tires and toppled bicycles will be required to get the message across? Guerilla gardener alert! There is a way to get attention.

Fill those holes with soil and plant your favourite bright flowers in them!! Not only does the street suddenly



become more attractive, but the flowers grab the attention of pedestrians, drivers, and – hopefully – municipal officials.

Pothole flowers have been popping up in cities around the world, from Chicago to London. The tiny gardens don't last long, of course. Though their existence is fleeting, the people behind the protest believe that, however temporary, the miniature installations are serving their plant-y purpose and, ultimately, serving the public.

Although many people are on-board with the movement, some are concerned that the distracting pieces of public art may be dangerous to drivers. Still, as one anonymous individual notes, the unfilled potholes themselves also pose a threat. “Potholes ... have the potential to be death traps for bikers and cyclists and blow-outs to car wheels.”

For photos of round-the-world pothole garden efforts, check out <https://mymodernmet.com/pothole-flowers-protest-art/>



How to Use Grasses and Seed Heads for Winter Structure in Your Garden

- Linda Howe

How to use seed heads and grasses to hold the eye and maintain visual excitement at the lowest point of the year is the focus of **Clare Foster** in the December issue of **House and Garden**. She points out that “without the distraction of bright colour or new growth, a plant’s unique shape becomes the focus” and garden designers are increasingly interested in this. In winter, “each plant is distilled down to its essential structure ... and it is the interplay of these shapes that creates the visual drama.” In addition to the remarkable diversity of seed heads, “there are many benefits for wildlife, too, as flower seeds are an important source of food for birds, and the framework of the stems and seed heads provide habitats for many insects.” The article goes on to pick out five of the most interesting seed head plants, providing striking photographs. Take a look.

https://www.houseandgarden.co.uk/article/grass-seed-heads-winter-garden?utm_source=onsite-share&utm_medium=email&utm_campaign=onsite-share&utm_brand=houseandgarden

Native Plant Gardening

- Rita Marshall

Why garden with native plants? In addition to developing a garden that is beautiful and low maintenance, you can:

1. Attract wildlife
2. Help species at risk
3. Save time and money

The Fraser Valley Conservancy not only offers guidance on how to develop such a garden, it also provides a detailed list of recommended plants, their preferred growing conditions, and comments on their appropriateness for your garden.

When you get tired of mowing the lawn, it might be worth taking a look: <https://fraservalleyconservancy.ca/wp-content/uploads/2018/08/FVC-Native-Plants-guide-Aug-2018-web.pdf>.



[This website is really useful and also helped me identify a large number of the plants in my garden. – ed]



Fleurs de Villes

- Sharon Carabetta



When **Fleurs de Villes** came to Vancouver from December 10 – 19, it brought joy to many people, a bright and welcome alternative to the gloom of a COVID-plagued world. It offered a floral extravaganza, creating a Floral Trail along Robson Street and through the core of the city. Local florists paired with retailers and businesses to create 45 unique installations that celebrated the beauty of flowers and the ingenuity and talent of florists.

Fleurs de Villes is a Canadian-owned business, the result of many conversations, shared ideas, and trips abroad to flower shows and markets by Karen Marshall and Tina Barkley – two talented women with a keen eye on design who love flowers. They have created over 37 floral shows in the past five years – in 17 cities in several countries, celebrating the floral talent of over 400 florists. Their shows have been seen in Convent Garden in London, New York City, Toronto, Los Angeles, Miami, Chicago, Melbourne, Sydney, Montreal and more.

Fleurs de Villes first came to Vancouver in the summer of 2016, and will be with us again in June 2022. Its creators like to think that their displays of floral artistry bring happiness and inspiration everywhere they go. Read more at <https://www.fleursdevilles.com>.



Garden in a Truck

- Linda Schell



All you need is a green thumb and a vivid imagination!

Every year, the Japan Federation of Landscape Contractors hosts the **Kei Truck Garden Contest**, a quirky competition that turns tiny trucks into moveable gardens. The annual event attracts landscape artists from all over the country, inviting them to pair their knack for gardening with a need for speed.

The miniature Kei truck was originally designed to be part of Japan's construction and agriculture industries and was typically used to transport materials to and from work sites. Recently, however, the vehicle has recently been reimagined as the foundation for these enchanting pop-up gardens.

Flower Messengers: Why Not Lynn Valley?

- Linda Schell

With the opening of Japan House Sao Paulo in 2017, Japanese artist Azuma Makoto created an innovative work of floral art called The Flower Messenger. The goal of the exhibit was to introduce “all elements of genuine Japanese culture to the international community,” showing Japan’s reverence toward nature and interest in the ephemeral, and thus bringing a fleeting slice of Japanese culture to an unexpected, faraway place. The “exhibit” was composed of 30 functioning bikes overflowing with floral arrangements. Each bike was driven by a young individual with Japanese roots. As the fleet traveled from landmark to landmark, the “messengers” arbitrarily distributed flowers to pedestrians and passersby, adding an interactive – and undeniably heartwarming – element to the public performance piece.

If the Flower Messengers could take over the streets of São Paulo, would it work in Lynn Valley? Let’s think about this....



Banksy's NY Delivery Truck Turned Enchanting Garden Installation - Linda Schell



dimensional surprise. <https://mymodernmet.com/banksy-new-york-delivery-truck/>

If you're a Banksy fan, there's no other place you'd want to be right now than New York City. The elusive artist has started an entire show on the streets of New York called *Better Out Than In* which, if you didn't know, is a reference to a quote by impressionist Paul Cezanne, “All pictures painted inside, in the studio, will never be as good as those done outside.”

Banksy told the public about a New York City delivery truck that he's converted into a mobile garden complete with a rainbow, waterfall (with real water flowing into a pool), bridge and butterflies. From the front and sides, the white truck looks like a graffiti-tagged mess. Look at the back of the truck, however, and you'll be in for a sweet three-

Restoration of Hokkaido

- Judith Brook

In November 2021, an hour-long virtual presentation, hosted by the UBC School of Architecture and Landscape Architecture, discussed the restoration of Hokkaido. The presenter, Dan Pearson, is a British landscape architect and his book, *The Tokachi Millennium Forest*, beautifully describes the whole process of restoration and reconnection with people.

Hokkaido island was almost completely cleared in the 1800s to grow larch trees for wood (sound familiar?). However, Mitsushige Hayashi, a newspaper owner, had a strong desire to restore a huge section of this area back to its native habitat, while at the same time making it accessible for visitors to enjoy. He knew the traditional Japanese approach to gardening would not work in this setting, so he worked with Dan and with Fumiako Takano, a landscape architect who had trained in the U.S. Together they came up with a plan for creating the 240-hectare park.

The remarkable transformation of the area over the past 20 years was the subject of Brian Minter's column in December 2021. How the land changed when it left behind its single-species past and welcomed back its native trees, perennials, and wildflowers is a fascinating story.

Brian Minter: Restoration of Hokkaido is a tale worth telling (msn.com)

Rewilding and Rewiggling

- Judith Brook

The mayor of London, Sadiq Khan, says "The UK is one of the most nature-depleted countries in the world. In London, we need to take bold action to ensure we not only halt the decline of biodiversity in our natural environment but pave the way for growth and change." To this end, he has announced a "new rewilding fund, which will help restore the capital's precious wildlife sites, improve biodiversity and ensure all Londoners have a thriving web of nature on their doorstep. And as part of our green new deal, we're supporting young Londoners to gain the skills required for jobs that help secure a future for London's natural environment."

He is working with Ben Goldsmith – a member of the Department for Environment, Food and Rural Affairs (and the brother of Khan's former rival for the mayoral election Zac Goldsmith) to boost nature in the

capital, including making the royal parks wilder and encouraging people to plant green rooftops.

Ben Goldsmith said the plans would involve "more wild spaces, more scrub, river rewiggling and species reintroductions....

From green rooftops to pocket parks, nest boxes for peregrines and swifts, rewiggling streams, and reintroducing long lost native species, our plan is to weave wild nature back through the very fabric of our city."

The project has been assigned £600,000 in funding, and "further

fundraising will take place, with members of the new London rewilding roundtable group tasked with sourcing private donations."

Sadiq Khan leads ambitious plans to rewild Hyde Park | Rewilding | The Guardian



Make Amaryllis Flowers Last Longer by Maria Woodie

- sent in by Linda Howe



(I've had my amaryllis for years and years and although it is badly neglected, it sprouts some amazing, brilliant red blooms around Christmas every year... although it is starting to shift springward, probably as the photoperiod is finally catching up with it. This article suggests that there is a way to make them bloom more often. Yes, you guessed it: FEED them. But it's not all that simple – so read on here:

"Amaryllis flowers (*Hippeastrum*) are gorgeous, exotic plants that burst with luminous color. With their spectacular presentation, why not showcase their splendor by displaying them in your favorite vase? Your amaryllis flowers can actually last longer when cut and put in a vase." Go figure!

Paperwhites while forced for winter blooming, are usually thrown out into the compost, but this article shows how you can save them to bloom once again. <https://www.ruralsprout.com/save-paperwhite-bulbs/>



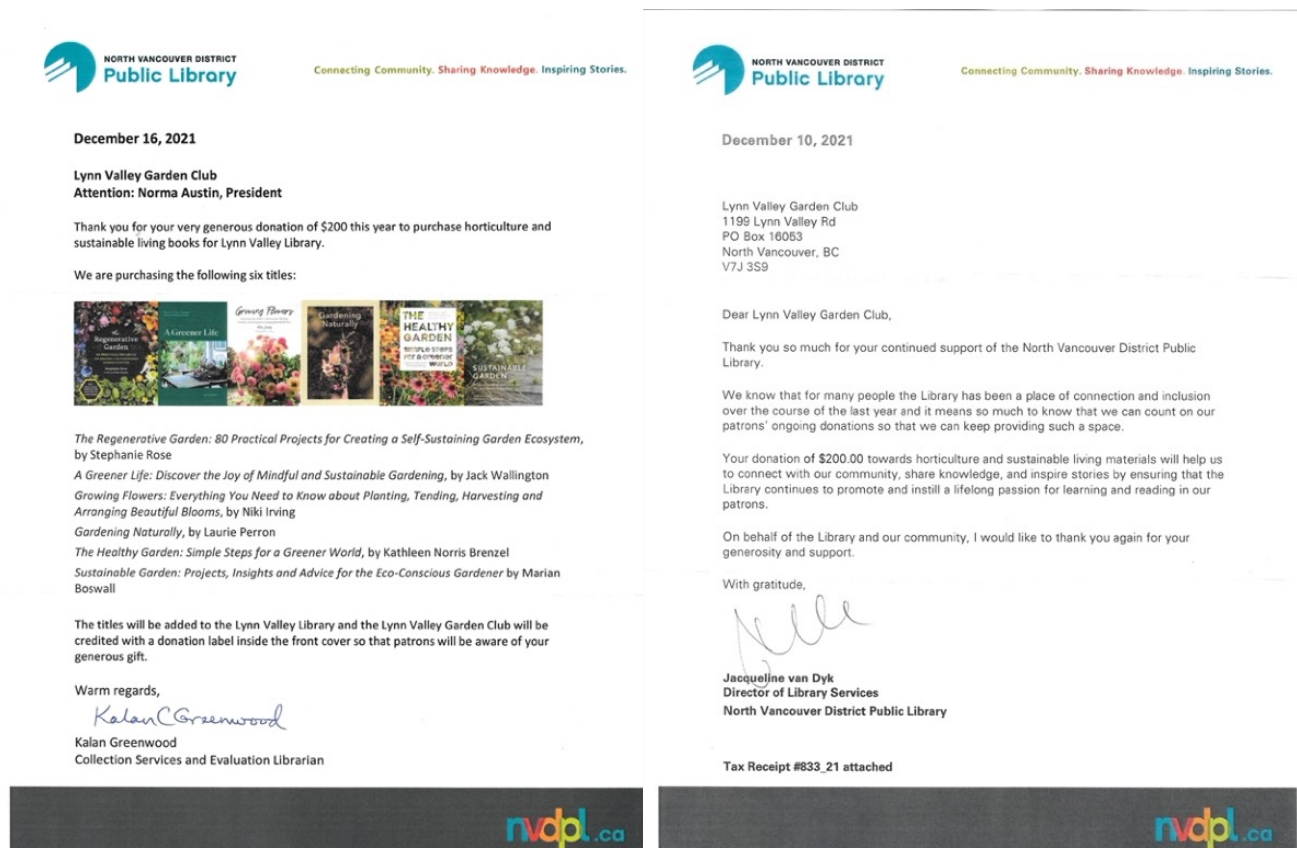
ANNOUNCEMENTS AND OTHER GOINGS-ON

We received a number of Thank You letters.

The first one was from Kitty Castle:

“Thank you to the Lynn Valley Garden Club very much for the generous cheque of \$300 for the **Sunset Butterflyway Project**. It is so encouraging. The money will be used for a mural on the fence opposite the plantings. We hope to get the mural done by the end of this summer. I plan to do a write-up for the **February Leaf** and I would be very happy to have the Club visit the Butterflyway this summer.” *[Kitty: you are sooooo on the hook! – ed]*

.... and from the Library



... and The Edible Garden Project:

“Dear Lynn Valley Garden Club,
Thank you so much for your generous support of the EGP. We are so grateful to your club for being such consistent supporters of our organization. I can't tell you how much it means to have community members who value our programming, especially our work in elementary schools. We are so glad to be back in schools again and we are looking forward to spring 2022. – The EGP team”

We also heard from the North Shore Hospice:

“To Norma and the members of the Lynn Valley Garden Club,

On behalf of the staff, patients and their families and volunteers at the North Shore Hospice, thank you for your generous donation of \$300 towards the care and enhancement of the garden at NS Hospice. We are very grateful for your support. – Best wishes, Jane Jordan.”

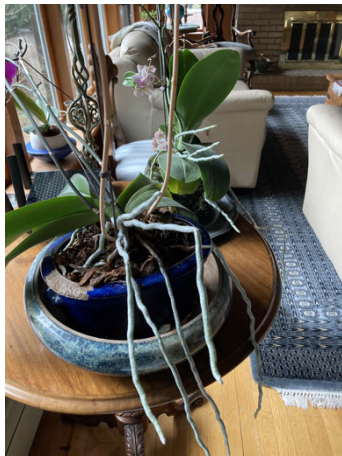
... and in case you are not yet excited about spring – these should get you in the mood:

There are FREE courses available now till Jan 31, through *Invasive Species Council of BC, the Plantwise for Consumers course* - only 10 minutes long ... <https://bcinvasives.xactlms.com/course-details?course=d1f491a404d6854880943e5c3cd9ca25&ref=catalogue&refid=af3303f852abeccd793068486a391626>

The UBC Botanical Garden's Newsletter – Here is the link. <https://botanicalgarden.ubc.ca/news-events/>

The BC Council of Garden Clubs Newsletter – Here is the link and someone should do a 'copyedit' on their webpage. <https://bcgardenclubs.com/wp-content/uploads/bulletins/2022/bulletin-22-01.pdf>

... now please sing this to get you out into the garden, trowel held high:



Tidings of Composting and Joy!

(To the tune of "God Rest Ye Merry Gentlemen")

God rest you merry gardeners,
Let nothing ye dismay,
For Spring is soon to come again
With lengthening of day!
The sun will warm the soil once more
And send Jack Frost away.
Oh, tidings of composting and joy!
Compost and joy!
Oh, tidings of composting and joy!



The Compost Bin – Maria Issa

The snow was finally washed away so I went into the garden and had a look around. “Harrumph!” I said to myself. “Talk about winter architectural statements of seedheads and grasses.... my garden is two-dimensional!” Yup: squashed. Flat. Brown and sort of like that dead lettuce in the fridge. I’ll need to wait another few days before even the most daring snowdrop dares to poke a nose out. Never mind – I’m doing indoor experiments. [Margaret Nakahara here is where you have to stop reading or you’ll laugh].

My neglected-ergo-happy orchids (the supermarket *Phalaenopsis* kind, nothing fancy) have been producing many fat, long, grey aerial roots. While the greenery and flower stalks definitely lean towards the light, the roots are negatively phototropic: they point away from the window. So methinks “if they are roots, they should grow plants” – they probably don’t, but one never knows until one tries – so I stuck the end of one aerial root into a pot of orchid medium. 2 months ago. Nothing. I will wait some more.

All the websites say that these roots help the epiphyte cling to a tree, absorb nutrients and water, photosynthesize and a host of other stuff. For all those functions, the poor *Phalaenopsis* are out of luck at my house. I’m going to have to call BS on that one... and offer an alternative hypothesis: I think they are more like the “snorkel roots” of mangroves that allow them to import oxygen and breathe in water-saturated substrates. Why do I think that? Because I’m probably drowning my poor orchids... so they desperately need snorkels. If mangroves have adapted some of their roots, the pneumatophores, to rise above the swampy surface, why can’t orchids? Maybe they are evolving on my living room table.

One thing for sure, while the root-in-the pot is not reproducing, the flower stem, on another plant, definitely is. Now what? I have a mini-orchid growing on the end of a flower stem. Maybe I should stick that little sprout in a pot of medium. That’s a bit mangrove-ish too, as mangroves are viviparous (bring forth live young), just like most mammals. Rather than producing dormant seeds like most plants, mangroves disperse propagules via water with varying degrees of embryonic development while the propagule is attached to the parent tree. Hmm. Like my orchid. I’ll keep you posted.