



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

September 2022

President's Message – Lorraine Robson



More than five decades of starting the school year in September, first as a student and then as a professor, mean that this month always feels like the start of a new year to me. This year it feels especially like a new beginning as we return to in-person meetings in our club's new home at Mt. Seymour United Church. We start new ventures full of hope and optimism for how they will turn out and this new beginning is the same. It will be what we make of it.

I hope you will enjoy the beautiful, clean, and comfortable space of the Sanctuary. When you sign in before the meeting and pick up your name tag, I hope you will greet Barb Downman warmly and know that she prepared it for you. I hope you will appreciate the efforts of our Hospitality

Committee of Sue Nicholls, Sharon Carabetta, and Daphne Page who have already checked out the kitchen facilities and begun planning to bring us tea, coffee, and goodies. (They assure me the tea and coffee are always decaffeinated! **Please bring your reusable mug.**) Likewise, I hope you will enjoy the door prizes that our Sunshine person, Rosamond Hughes, is preparing for us. She is packaging collections of various bulbs suitable for layering in a pot or in the ground for a sequence of bloom starting early in the "other" new year. I hope you win some bulbs! I hope you will value the contributions of Maria Issa and Margaret Campbell in keeping us informed and entertained through The Leaf, and of Aline Burlone in doing the same through our LVGC website. I hope you will enjoy the speakers lined up for us by Vice-President Gillian Konst, starting this month with our very own Penny LeCouteur giving a talk on poisonous plants.

Penny, of course, is one of our Members at Large (fondly known as MALs) who, along with Courtney Mitchell, Ann McKinnon, Marilyn Bullock, and Brenda Reid, helped organize our highly successful Plant Sale in May which, in turn, allows us to give back to the community through our donations to various non-profits and also to bring in the calibre of speakers we book. I hope you recognize what an important contribution they make along with all the members who contributed plants and their time at our Plant Sale. Likewise, I hope you recognize the careful work of our Treasurer, Donna Wasylik, who drafts our budget, tracks spending, and writes the cheques to pay speakers and reimburse everyone who makes purchases for the club. Last but not least, I hope you will appreciate the thorough work of our Secretary, Sarah Gray, in writing up the minutes of the Executive meetings and the General meetings so we have an accurate record of what has been decided each month.

I have enjoyed the cheerful camaraderie and smart suggestions of all these wonderful women as we've worked together in keeping the club running. Sadly, some of them are coming to the end of their two-year terms of service, so we will be looking for some new people to step up and contribute to the club. Starting in January 2023, we will need a new Treasurer, three new MALs, one or two new people on the Membership Committee, and possibly one or two new members on the Hospitality Committee. I hope each of you will

LVGC MEETINGS
3rd Thursday of each
month (except July and
August) currently at
**Mount Seymour United
Church**
1200 Parkgate Ave,
North Vancouver,
BC V7H 2X9
(604) 929-1336
*Meetings start promptly at
7:15 PM*

SPEAKER
DR. PENNY LECOUEUR
Toxin or Tonic?
September 15

We have managed to get rid of our PO Box as we get 99% junk mail. Consequently, if you need to contact anyone at LVGC please use email or phone! If you must send a thing – phone to get the address and send it to a VIP (list is on the next page)

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
1st Wednesday of each month,
7PM
October chez Maria

Next Newsletter Deadline
Beginning of OCTOBER
If you have material to delight
your fellow members - please
submit it via email to
lynnvalleygardenclubnewsletter
@gmail.com



Thanks to Leaf contributors:
Rosemarie Adams, Aline
Burlone, Rob Callahan, Barbara
Friskien, Linda Howe, Rita
Marshall, Lorraine Robson,
Wayne Smith

consider how you might help out in one of these roles. Yes, there's work to be done, but none of it is terribly difficult. Yes, it takes a contribution of time, but that is more than repaid with the team spirit of working together to figure things out and get things done. One of the best things about serving as club President is getting to know some of the amazing people we have in the club and forming new friendships. My role isn't glamorous (much more worker bee than queen bee really), but it has been more fun than I expected because of the others who are so willing to pitch in. Might you be one of them next year? I hope so. Perhaps this quote from author and journalist Richard Wagamese resonates with you, too: "This is how you change the world, the smallest circles first. . . . That humble energy, the kind that says, 'I will do what I can do right now in my own small way,' creates a ripple effect in the world." Please let me know if you're interested in taking on a role and helping to make a positive difference.

Looking forward, we have some *really* big rescue digs coming up this month and possibly in October where we really need all the volunteers we can get. Please join in! Those rescued plants go into our Plant Sale and help us give back to the community. (see below!)

Our AGM (Annual General Meeting) will be held on Thursday, November 17. Our Christmas party will be held on Thursday, December 8, so save the date! Please note that that is the **second** Thursday of the month since the church hall is not available on the third Thursday in December.

Looking back, it was lovely to see many of you at our combined Bus-less Field Trip and Members' Garden Tour in July. Thank you again to Donna Wasylik, Barb Downman, and Delphia Johnstone for opening their lovely gardens to us! Thank you as well to Nicole and Sam of the Wild Birds Trust for their interesting and informative tours at Maplewood Flats!

I hope to see you all again at our September 15 meeting. We've agreed to move forward cautiously, so we are encouraging everyone to wear masks inside and will be welcoming **members only** to our first meeting. Our new space is able to hold 300 people, so we have room to spread out if that makes you more comfortable. We cannot take food or drink or plants in soil into the Sanctuary because it is carpeted, but there is an adjoining lobby where we can enjoy them. We can bring in cuttings for Bright Spots. As we return to normal, I am mindful that it is a "careful normal". Despite taking all the precautions and being fully vaccinated and boosted, my own dear husband recently caught COVID. Though he feels more tired than usual, he is recovered and back to riding his bike up Mt. Seymour, but it reminds me that we need to do our best to take care of and protect each other. I hope you'll join me in that, too! Let's make this new year in LVGC the best we can together. We'll have some fun, enjoy the beauty of plants and gardens, and hopefully do a little good together, too. See you soon!



SPEAKER

DR. PENNY LECOUEUR

TOXIC OR TONIC?

Penny Le Couteur was born in New Zealand, has a Ph.D. in chemistry from the University of California at

Santa Barbara and was a founding faculty member at Capilano College (now Capilano University). She was as an advisor for curriculum development and pedagogy for several universities in Eastern Indonesia, wrote chemistry courses for B.C.'s Open University and was a co-author of a Canadian grade 12 chemistry textbook. Her 2003 popular science book "*Napoleon's Buttons: Seventeen Molecules that Changed History*" has been published in nine different languages and has sold over 160,000 copies.

Penny's talk for the Lynn Valley Garden Club this September is not solely about poisonous plants - although a number of these will be featured. The whats, whys and hows of toxicity along with examples of both natural and synthetic compounds will be discussed. A few chemical formulas are included as well as lots of colourful pictures.

There will be NO quiz at the end!



REPORTS

Vice President – Gillian Konst

Sadly, our remaining Science Fair kids remain elusive (it is the first week of school, etc.) Consequently, we will have our own Dr. LeCouteur give one of her famous talks while testing the new AV system. Good Luck, Penny! November will be the AGM, and December is the PARTY. Brian Minter will talk in February!

Treasurer's Report - Donna Wasylik

Bank Balance as of August 23	\$19,696.68
In Petty Cash	<u>\$ 100.00</u>
Total	\$19,796.68

The Plant Sale final numbers are pretty spectacular, pandemic notwithstanding.

Income including The Digs:	\$ 9734.05
Expenses:	<u>\$ 578.27</u>
Net proceeds:	\$9155.78

Expenses included soil, site supplies, signage, calculators, and North Shore News ad.

Membership Report – Barb Downman

Currently we are still at our constitutional maximum of 150, but there are 12 (and counting!) people on the waiting list... The Membership Registration form will appear in the October issue of *The Leaf*, so the registration process can be finished by the end of the year to give the waiting list people a chance... Consider yourselves advised. Again, this year, to encourage members to complete their registrations early, we are having a **Prize Draw** for those who manage to get their registration in by the November meeting. Details to follow in due time.

Website – Aline Burlone

The LVGC website is fully functional on the new https site. Aline also reported that she has a number of gardening magazines from Washington that were published in the 1940s and 1950s and have a surprising North Shore connection. She hopes to scan some of them to put on the website.



The Nominating Committee will be looking for some future members of the Executive: so don't be shy!
Volunteer early, before the rush!

They will need to find 3 MALs, 1 Treasurer and 1 Membership and maybe 2 Hospitality Team members

Actually, the Nominating Committee also needs warm bodies - be prepared for Lorraine's phonecall

(Think of it this way: it's your chance to get someone else to do the work)

The Up-coming DIGS

- Maria Issa

Intrepid diggers - this is your **warm-up** for the next one - just to make sure that your shovels are sharp, your identifying eyes are keen, your pots are empty, and your energy is ready to flow after the summer. I also hope you have strong backs - as I've "put mine out" and can't lift (and feel useless) so healthy diggers are a must for this one. We need at least two to dig, and the decrepit ones, such as myself, can pot up, label, organize and offer unwelcome suggestions.

The story - Kristin in West Vancouver - has an incredible, over-grown garden. The family wishes to place a hot-tub - exactly where there are useful plants: hosta, hydrangeas, small rhodos, astilbe, peony and other such. So those have been given to us.... if we extract them. It is not a large area - how big is a hot tub anyway? - so it's not lots, but nice. There might be some 'free muscle' in the form of her teenage son, but those (difficult) negotiations are ongoing.

PLEASE let me know if you can come - as I really can't handle this one by-myself.

BRIBE: I will supply Timmy's Donuts or if you are a serious pastry snob, then make another suggestion.

You'll need google for this one as it's a bit of a trek - but I figure once I'm in the car, it doesn't matter.



2. SATURDAY and SUNDAY SEPTEMBER 24 & 25 - and maybe the weekend after as there is LOTS.
10 AM until we give up....

This will be a MEGA-dig. Hope you are in great shape. Margaret's friend Taylor, and her husband Steven, have just moved into an incredible house - with an incredibly over-grown, jam-packed, everything-on-top-of-others, expensive garden. There are amazing plants and way too many of them. If you can name it, it's probably there, as well as a whole host of stuff I had to look up. There is a mini-rhodo hedge, to start - and tress, and ground covers and flowers and and and and oof.. Lots of stuff. [Sorry Penny, she is keeping the hostas], but everything else is up to be dug.

This will require a small army. PEOPLE WHO CAN IDENTIFY PLANTS from a few dry leaves, are especially welcome (Ann? Doreen? Rosemarie?). It may have to be a disassembly line: warm bodies each to dig, move, ID, label, pot, sort and stash in VAN. So at least 6 or 7 people. [Hmmm: folding chairs?]

YES: VAN. I will rent one from U-Haul as there will be too much for my little hatch-back and yours.

PLEASE let me know if you can come - this would kill me by myself.

BRIBE: I will supply Timmy's Donuts (or whatever) for this too - and Taylor has promised libations and cookies.

For both digs: yes, of course you can keep what you dug up (it doesn't all have to go in the van, it can go into your car) - provided you make a donation to LVGC. What you don't want to put into your garden, please keep and nurture till the plant sale. If you can't do that - then I'll store them. I expect that the contents of the van will land up at my place anyway.

3. Then I'm working on a development site in Moodyville - but no dates yet. ...and no, it hasn't all been leveled yet, to my surprise, there are a few pockets left.

Bright Spots

- Rosemarie Adams

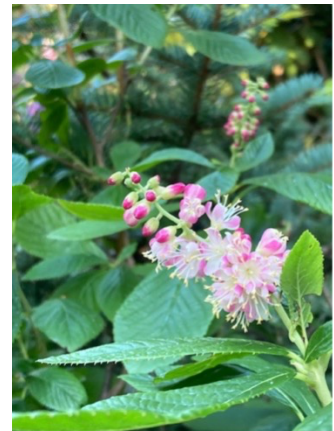


Lantana - I love this plant (except for its smell!) It is considered a summer annual, although I have occasionally been able to keep it over winter in an unheated greenhouse. Apparently in Australia it is a weed. It grows abundantly in warm Mediterranean countries. I have known some people bring it



into the house to over-winter as a houseplant. It comes in orange, red, yellow, pink and mauve with multi-colour flowers on one plant. Hummingbirds love them!

Clethra alnifolia, common name Summer sweet. Best in shade. It is just coming into bloom in my garden in late august. It is a compact shrub with a lovely, spicy fragrance. Birds love the seeds in fall.

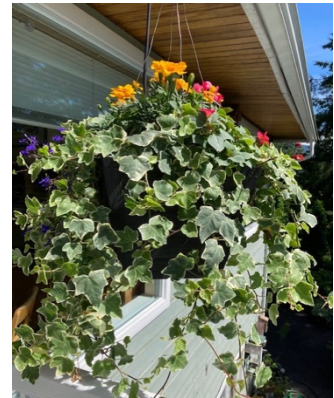


Everlasting Hanging Baskets

Couple of years ago I planted up some hanging baskets with variegated ivy and I have used them year-round ever since. The variegated ivy is smaller than, and not as invasive as the English Ivy, and in any event it is contained in my baskets hanging on my deck.



In early Spring I pop in a couple of "Supermarket" primulas for a nice splash of winter colour. Late Spring, I supplement the basket with some pansies and then add whatever annuals I like for summer. In Fall I go back to winter pansies, which are usually very hardy and can withstand frost and snow (they sometimes go limp under snow or cold, but usually spring back to life very quickly). These baskets are maybe not as colourful or floriferous as those the garden centre provides, but the ivy can take hot sun, or shade, is green year-round, and looks very lush.



It grows very easily from cuttings, so you can fill a basket with one small plant, and just a few annuals.

Some pretty hydrangeas in my garden

(From left) *Hydrangea* "Ayesha"
Hydrangea "Starburst"
Hydrangea macrophylla

Fundamentals of Xeriscape

- Linda Howe

As we encounter higher temperatures and drought conditions, dry landscaping strategies are becoming increasingly relevant. Many homeowners are abandoning their lawns and turning to landscapes that demand little water. This style of landscape also offers opportunities to try out exotics from South Africa, the Middle East and Australia which are naturally adapted to long dry seasons.

Modifying irrigation systems, soils, and mulches to support this style of gardening is also important. A helpful website is:

<https://www.landscapingnetwork.com/landscape-design/xeriscape.html>

As the website comments “Don’t assume that all xeriscapes look like a southwestern desert scene. Mediterranean species have long been used in European gardens, and these can lend a formal French style or a rural Tuscan feel while conserving water.” The website also offers a xeriscape plant list and a style guide, both helpful guides as we transition our gardens for water conservation.

The 5 basic components of xeriscape are 1. Plants, 2. Irrigation, 3. Soils, 4. Mulch, 5. Style.

Hemlock Looper Moth Caterpillars

- Rob Callahan

Now here’s something to watch out for!

These caterpillars seem to fall out of the bigger conifers, and when they land on a plant below, they can devour a leaf in just minutes. The picture below shows one of my small Rowanberry shrubs being demolished by a busy team. Each caterpillar was about 3/8” long (though I have seen past versions of these hungry little beasts reach over 1” long).

The hemlock looper moth is a native species that primarily feeds on western hemlock, Douglas fir, and western red cedar trees, but can also be seen on subalpine fir, amabilis fir, grand fir and spruce when populations are high.

According to the websites of both West and North Vancouver districts, the North Shore is experiencing a hemlock looper moth outbreak that started in 2019. Such outbreaks are normal every 11 to 15 years and



are expected to last three to four years. Hemlock looper moths are most noticeable in September and October, when the caterpillars turn into moths. Populations are dependent on weather and other environmental factors. It is unknown how higher temperatures caused by climate change will impact moth populations in the future. Trees that were already impacted by the hemlock looper moths have been further stressed by the extreme heat this summer and are very dry. We must all remain vigilant about the fire risk.

There are no practical measures that can be taken to control the hemlock looper moth outbreak while ensuring the protection of other insects, such as butterflies and other species of moths, which are important to our ecosystem. The outbreak must run its natural course.

Hemlock looper moths cannot make you sick, but residents living near forests should clean the filters of their home ventilation systems to ensure air intakes are functioning properly.

Trees are certainly being damaged by this infestation. Some trees that are less tolerant of being defoliated, western hemlock in particular, may succumb to the damage and there is evidence already of mortality occurring in the hardest hit areas. These dead trees should not be an immediate hazard as generally the trees were healthy prior to being defoliated and dying. It will require years of decay before trees become structurally weaker. However, trees that have pre-existing major structural defects and decay may have to be removed sooner if there is a nearby target at risk.

Plant Sale Memories

– Rosemarie Adams

[Is it too early to start talking about the Plant Sale? Never! This big event is always top of mind at LVGC!]

At the June meeting, Judith Brook reminded me of a conversation I had with a co-worker a few years ago. Went something like this:

Co-Worker: So what do you have planned for this weekend?

Rosemarie: My Garden Club has its plant sale, so I'll be busy sorting, pricing, selling.

Co-Worker: What do you mean, you sell plants?

Rosemarie: Yes!

Co-Worker: Where do you get the plants from?

Rosemarie: We grow some and dig others up from our gardens.

Co-Worker: And then you donate them to the Club to sell?

Rosemarie: Yes.

Co-Worker: Do you make a lot of money?

Rosemarie: Yes, last year we made over \$4,000 - (that was the proceeds then)

Co-Worker: Wow – that's a lot of money, what do you spend it on?

Rosemarie: We give it away.

Co-Worker: (Laughing) – Let me get this straight, you work hard to grow and dig up plants, then you spend all day selling them, then you give the money away?

Co-Worker departs, scratching his head!



From the BUS(less) Tour – Wayne Smith

Hard to image yesterday's freedom of being allowed to build a shack on the mudflats and live there for free. Remember these from the Bus-less Tour and wonderful walk at the Maplewood Mudflats?

Signs of an obsessive gardener:

- You buy plants without having the slightest idea where you'll plant them.
- You have more pictures of your plants than your grandchildren.
- For you, weeding is the ultimate relaxation.

Don't' Forget Your Foodbank Donation!

– Maria Issa

I know you remember my past requests – and “donations to the needy” sounds so distant and uncaring but the need is immediate and personal. Your gifts are needed by so many - locally the Food Bank and the Harvest Project need anything and everything that you can share. The North Shore is one of the most affluent areas of Canada – need I say more? In our time-honoured meeting tradition AS WE COME TOGETHER AGAIN AFTER A LONG TIME – PLEASE BRING A “FOOD BANK DONATION” TO THE MEETING. I will make sure it gets to its destination. A little for you, but for someone, it can be life-saving.

Lorraine's Legendary Garden Tour Recipes

[Since a number of us expressed delight at the Tour Treats – Lorraine has kindly collected and copied them. If you missed the Bus(less) Tour, you missed out on these deliciousnesses and I would suggest you try them at home, pronto!!! – Ed]

Lemon Tarts

This Lemon Curd recipe is from Susan Mendelson's cookbook *Mama Now Cooks Like This!*

Lemon Curd

1 1/4 cups white sugar
3/4 cup fresh lemon juice (4 -5 large lemons), strained through a sieve
4 whole eggs
4 egg yolks
14 Tbsp unsalted butter, softened
Whisk first four ingredients together in top of a double boiler over simmering water until mixture thickens enough to coat the back of a spoon. Remove top portion of double boiler and place on countertop (on a tea towel to hold it steady). Gradually whisk in butter, 1 Tbsp at a time, until incorporated. Transfer to a glass bowl. Cool to room temperature. Refrigerate covered up to 2 weeks. When cooled, drop by spoonfuls into the baked and cooled tart shells. Makes enough for 4 dozen small tarts.

Tart Shells

1/2 of Bert's Pie Pastry Recipe (The rest can be frozen for up to one month.)
Preheat oven to 400°F.
Roll out dough gently from centre to edges. Cut pastry to fit small tart shells and press gently into tart shells. Prick each shell with a fork. (If it's a hot day and dough is soft, place tray of unbaked tart shells in the fridge for 10 minutes to chill.) Bake on middle rack in preheated oven for 10 to 12 minutes until golden. (Place a cookie sheet on bottom rack to catch any oily drips to save cleaning your oven.)

Let cool on a rack before filling with lemon curd.



Bert's Pie Pastry Recipe

Bert's pastry recipe is the one my Mom taught me though I think she learned it from my Dad's mom, Sarah Robson, or from my Dad who was a wonderful baker. My Mom's nickname was "Bert". Before they were married, my Dad had an English employee who used to ask if Dad was going to see his "bird" tonight. Dad's pet name for her became "Bird" and we kids corrupted it to "Bert" years later.

(Makes top and bottom for two 9-inch pies or 3 topless pies)

1. Sift together:

- 4 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp salt
- 4 tbsp brown sugar

2. Blend 1 lb shortening into this using a pastry cutter or two knives.

3. Break 1 egg in a measuring cup. Beat slightly with a fork. Add 1 tbsp white vinegar and enough cold water to fill the same cup to 3/4 full.

4. Add liquid to flour mixture in four small "wells".

5. Mix in thoroughly but gently with a fork. Don't touch it with hands yet. If it's still a little crumbly, put it in the fridge for a few minutes.

6. Pat it together into 4 separate balls or disks. The balls for the pie tops can be slightly smaller than the bottoms. (Refrigerate or freeze at this stage if not needed yet.)

7. Roll out pastry from centre to edge on a lightly floured board with a lightly floured rolling pin.

8. Gently fold pastry over rolling pin and lift carefully into pie pan. Trim off edges with a sharp knife if you're baking a quiche without a top.



9. Add pie filling. If you're adding a top, fold the edges of the bottom over the edges of the top to seal the pie.
10. Cut slits in pie top to vent steam while baking.

Pie Pastry Principles

- Baking is chemistry, so exact measurements matter.
- Sift flour once before measuring, even if it says it is pre-sifted.
- Sift dry ingredients together thoroughly (3X) for best results. Incorporating as much air as possible keeps pastry flaky and tender.
- When adding wet ingredients to dry, mix them only till dough comes together and comes away from the sides of the bowl. Over-mixing toughens pastry.
- Handle pastry as little as possible to keep it tender.
- Use minimal extra flour on board and rolling pin when rolling out pastry to keep it tender. Too much flour toughens pastry.
- Roll pastry gently from centre to outer edge, not from edge to edge.
- Lift the roller rather than pushing it back and forth which stretches the dough and makes it tougher.
- If pastry tears, gently patch it together rather than re-rolling it.
- Use room temperature ingredients, especially eggs and butter.
- Do not soften butter in the microwave because that changes its molecular structure and you can't get it back. (I learned that one the hard way!)
- If the dough is too wet, chill it in the fridge to make it easier to handle.
- Chill dough wrapped in waxed paper to tenderize it and prevent it from shrinking during baking.
- Let dough warm up to nearly room temperature before rolling it out.
- Use unsalted butter in baking so you can control the degree of saltiness.
- Use a non-shiny pie pan for good browning.
- Always pre-heat the oven. The heat of the oven causes air to expand and butter or shortening to melt which creates the flaky layers of pastry.
- If it's a hot day or the kitchen is hot, chill the pastry again after you roll and place it in the pie pan before baking.

- Well-wrapped pie dough will keep for up to a week in the fridge or up to one month in the freezer.
- Thaw frozen dough overnight in the fridge before rolling out.

Shortbread Cookies

My Mom always made these at Christmas, so I do, too, but they're equally nice in summer.

1 cup butter, softened at room temperature

½ cup icing sugar

2 cups all-purpose flour

½ tsp salt

- Beat butter well, scraping down sides of bowl often so there are no lumps.
- Blend icing sugar into butter well.
- Sift flour and salt together.
- Combine butter and sugar mixture with flour and salt mixture, beating till dough comes together but not too hard or too long or it will toughen.
- Cover dough and chill for 1 hour.
- Preheat oven to 350°F.
- Line 2 baking sheets with parchment paper.
- Roll out dough on a lightly floured board, and cut into shapes with your favourite cookie cutters.
- Bake in a preheated oven for 10 minutes until golden brown.
- Makes 36 – 40 cookies.



Double Fudge Chocolate Cake -- from Susan Mendelson's *The Expo 86 Cookbook*

(I doubled this recipe to make two 9" x 13" x 2" layers for our Members' Garden Tour.)

2 eggs

1 cup sugar

2 Tbsp. butter, softened

1 cup light oil (like Canola)

½ cup cocoa powder, packed

½ cup buttermilk

1 tsp. vanilla extract

2 ¼ cups all-purpose flour

1 ½ tsp. baking soda

1 ½ tsp. baking powder

1 cup boiling water

½ cup chocolate chips

- Preheat oven to 350°F.

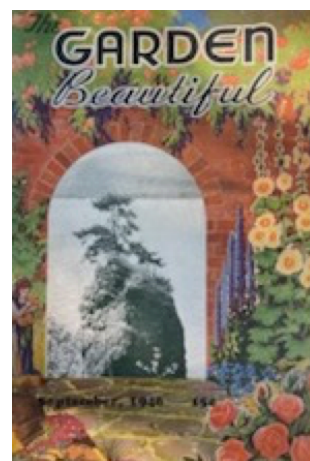
- Grease and flour two 8- or 9-inch round cake pans. (I use parchment paper and extra cocoa to flour the pans so I don't get yucky white bits on the chocolate cake.)
- In a large bowl, add wet ingredients (up to and including vanilla) one at a time in the order listed, beating after each addition.
- In a separate bowl, sift flour, baking soda and baking powder together, then add to the above and mix gently.
- Fold boiling water into the combined mixture.
- Add chocolate chips and mix in gently.
- Place mixture in prepared pans. Bake for 25 minutes.
- Let cool before icing with White Chocolate Icing. (Yield: 4 cups but increase by 50% if doubling cake)
- 1 ½ cups soft butter. Beat until smooth.
- ½ cup icing sugar, sifted: Gradually beat into butter.
- 8 oz. white chocolate, melted & slightly cooled Slowly add last two ingredients to above.
- ½ tsp vanilla



North Shore History

- Aline Burlone

I have had the good fortune to come across five issues of a publication called "The Garden Beautiful" dated 1946 and 1947. The editor was Sydney M. Oliver and the publishing office was located at 404 Queens Road West in North Vancouver which was apparently called the Turner House. I contacted the North Vancouver archives and they had not heard about it. There are a few copies at the Vancouver Public Library and the Museum of Vancouver also has copies. It was first published in October 1932, publication was suspended from September 1939 to March 1946 and resumed after that. There is no other information. I am wondering if any of our members might know anything about this publication - I would be interested in finding out more about it.



An example of the content of the publication is an article by J. Allbuury Clou in the November 1946 issue titled "Down the Garden path with a Blow Torch" that speaks about the use of a blow torch in eliminating weeds on paths and driveways. He says "The enquiries that I received about my methods and technique evince the liveliest interest. One lady asked, "How do you use a blow torch? Is it safe for a woman to use?" He mentioned that you can purchase a blow torch with an instruction tag on it and recommends reading the instructions carefully. He goes on to describe how to use the blow torch appropriately. His last comments are: "What was that? You prefer to use 2-4-D***? Tut-tut, you ARE going to miss a lot of fun."

*Note ***2-4-D is an herbicide that kills plants by changing the way certain cells grow.*



More signs of an obsessive gardener (there will be more until I run out)

- You think compost smells better than the most expensive perfume.
- You find yourself surreptitiously pulling weeds when you visit other people's garden.
- You sincerely believe that where there is green life, there is hope.
- You have more than 25 varieties of hostas ... and plan to buy more.
- You buy more beer to fill your slug traps than to pour down your own throat.
- When looking for a home, it's potential for gardening takes precedence over the qualities of the house



@Lakotaman1 – from twitter

The photo is of pre-colonization Glass Gem Corn, Indigenous to North America, regrown by a Cherokee farmer in Oklahoma. This particular corn is a mix of ancient Pawnee, Osage and Cherokee varieties.

‘In Cherokee mythology, Selu was the First Woman and goddess of the corn. Selu was killed by her twin sons, who feared her power; but with her dying instructions she taught them to plant and farm corn – so that her spirit was resurrected with each harvest.’

‘The Corn Mother, Corn Maiden, or Yellow Woman is the nourishment aspect of the Goddess and is most commonly associated with grain harvest. She is the Mother Goddess who nurtures those around her with food and is the conceptual representation of ‘what we will reap – we will sow.’

@manuelR12279926 replied ‘Most Native peoples have goddesses who are associated with corn. For example, the Aztecs had Chicomecoatl also known as Seven Serpents - she was their goddess of corn and good

harvests and was associated with fertility and agricultural abundance.’

ANNOUNCEMENTS AND OTHER GOINGS-ON

Mixing it up
EVOLVING GARDENS | 2023

Mark your calendars now for
Saturday January 21, 2023
9 to 4:30
Mary Winspear Centre, Sidney BC

**When the 100-mile diet will meet
the 100-mile conference!**

Five local speakers will offer possibilities for our changing climate:
Your garden is an ecosystem | Gord Baird
It all starts with the soil | Dr. Barbara Hawkins
Planting for resilience | Linda Petite
Foodscaping the future | Josh Wagler
New beginnings | Egan Davis

Find the details at mixingitup.org

1. *A Garden Getaway:* Victoria Master Gardeners are inviting us to attend their 2023 conference. What an opportunity for a great weekend escape!

2. *News from Loutet Farm*

Feeling the wheel of the year beginning to creak and turn at the farm, with the garlic rows getting their first layer of mulch to build up and nourish the soil for next season's growing, and seeing orange bursts of squash appear in the rows. We will be celebrating this turn to the Autumn Equinox at our Harvest Fest on

LOUTET FARM
HARVEST Fest
Tour our farm!

COME FOR:

- ☆ Local vendors & veggies
- ☆ Fun games
- ☆ Live music
- ☆ A Puppet show
- ☆ A zaniest veggie competition
- ☆ Farm tours & tasting given by donation
- ... and more!

SEPTEMBER 17th, 10am-2pm

the edible garden project
North Shore Neighbourhood House

September 17th, so be sure to mark your calendars for fun times!

Check out Loutet Farm September 9th newsletter because it mentions a number of *on line gardening classes* through the Lynn Valley Ecology Centre – the link is in the “September inks file” if this one doesn’t work.

<https://ediblegardenproject.com/>



THE COMPOST BIN

-Maria Issa



Dang but September came fast this year: maybe it was the infestation of relatives, or the endless hand-watering, or the weekly bear, or the daily cat-chase – but the summer just whizzed by. The veggies didn't even notice and consequently didn't produce a single tomato (Tom, you can gloat!) although we did feast on a lot of interesting lettuce and non-lettuce greenery – among them, purslane. You know the stuff – that succulent-looking weed that grows in the cracks of concrete and trampled-down soccer fields.... and my garden. Logically that would suggest that.... but we won't go there. Still, it's yummy, makes a nice crunchy addition to salads and deigns to grow for me.

There have been unexpected successes. There was a 5 x 5 ft monster rose that Hiromi and ?Lorraine or ?Ann had extracted from a dig. It was big with big thorns. I didn't manage to foist it upon any unsuspecting LVGC gardener – so I made a painful donation and kept it. Painful, because every time I went by it, it took a chunk out of my arms or legs: bloody thing! Vengeance! So I pruned it to within an inch of its life. Then I planted it where a hibiscus had pulled up its roots. Surprise. The rose sprouted leaves. Lots. Then it poured forth clusters and clusters of smallish bright red roses. It is a beauty. We seem to have forgiven each other.



From the same dig, there was an army of rudbeckia that refused to leave. Nobody was interested. Oh well: I tucked them in here and there, and now spots of yellow have appeared in the “back 40” in spite of not getting much water. The other orphans were the *Skimmia japonica*. Apparently – who knew? – *Skimmia* are dioecious – in other words they have 2 sexes. How to tell them apart? Not so easy, my friend. The one with the berries is female. The other one, the male, is less desirable (!!) because it just has nice leaves, but that's all. So, at a pre- or post-berry stage, the distinctions are not clear to them or to me. *Ergo* they are still available – and several! If they make it through the waterless summer, then the winter, they are heading for the Plant Sale. Feel free to rescue them.

What with the watering crisis, I'm slowly creating “bowls” around each of my shrubs to capture what little wetness precipitates. Xeriscaping at its lowest competence level – but one must start somewhere. Climate change is no longer a mirage on the desert – it is the desert. I keep catching myself signing every climate change-related petition that comes my way. I may be becoming an activist in my old age.

... and that was as far as I managed to get before the news of the Queen's death appeared on TV: not unexpected at 96, but still a huge loss. What a great lady! She will be missed. As for many, my favourite moments were her tea with Paddington Bear, and the “parachute jump” with James Bond. Her passing prompted a look at Buckingham Palace gardens – and the wonderful PBS production that you can find here: <https://www.pbs.org/show/queens-garden/> The Queen's Garden, that tours one through a year of the gardens. It is a magical place. What strikes me with British places, gardens, activities, TV shows, what-have-you, is their conscious and thoughtful *preservation*, of buildings, skills, plants, methods, crafts, arts *etc*. There is wisdom and respect there and a sense of history.

“With permission from Her Majesty the Queen, this documentary reveals a year in Buckingham Palace Gardens, exploring the history and biodiversity of this remarkable, hidden royal treasure in the center of London. This film uncovers a wonderland with a five-century history, an urban oasis of wildlife where the Queen has lived with her family, and a “living museum” where almost every plant (and many of the animals!) have a royal story to tell.”



“Gardeners, I think, dream bigger than emperors” – Mary Cantwell