



# THE LEAF

**THE LYNN VALLEY GARDEN CLUB**

*Established 1943*

*May 2023*

## **President's Message - Lorraine Robson**

By the time you read this issue of *The Leaf*, our huge Plant Sale will be over and done with for another year. The tables, signs, and price tags will be packed away while everyone who worked hard to make it happen will be breathing a sigh of relief – and perhaps looking for a glass of wine and a hot bath! This week, however, the MALs are all organized and ready to go but still pouring over the list of donated plants and figuring out which ones should go where. The site hosts are likely clearing space and primping their gardens in preparation for the crowds about to descend upon them. This week I will continue to shuttle my trays of tomatoes, peppers, borage, and marigolds between the grow-lights and the windows and gradually increase the length of time they spend outside each day to harden off before they are released to our customers. The weather has been cold and wet, except for the occasional random hot day, but it's looking promising for our set-up on Friday and the big Saturday sale. Fingers crossed!

For everything they've done to prepare and all their attention to detail, many thanks to our well-organized MALs: Brenda Reid, Marilyn Bullock, Linda Downs, and Jacque D'Auria. For their willingness to let the club sell plants from their gardens, great thanks to our generous site hosts: Kathy Stubbs, Maria Issa, Daphne Page, and Carol Ferryman. Thanks to Jackie Morris for coordinating the veggie and herb donations. And thank you to everyone who donated plants and volunteered to price and sell them! Often, it's the same core group of 40 to 50 people who are doing all the jobs that keep the club running, but I'm ever hopeful that more and more folks will join in. Pitching in to help is one of the best ways to make friends and really make the club your own.

If you weren't able to help at the Plant Sale, perhaps you'd like to join a committee to organize a bus/field trip this summer. So far no one has volunteered to help and unless you do, we won't have a bus/field trip this year.

Thank you very much to Rita Marshall and Donna Wasylik for volunteering to help me organize the Members' Garden Tour. Please save the date: **Saturday, July 8** so you can join us. We're meeting this week to plan, so I'll have more details to share with you at our General Meeting on May 18.

Our speaker this month is Tasha Murray of the Invasive Species Council of Metro Vancouver who will speak on Invasive Plants and Other Pests that Are Relevant to Gardening. I'm looking forward to an update on the Japanese Beetle which was first found downtown Vancouver Since then, monitoring and Beetles in Burnaby and movement control have been expanded. This for us all: if it arrives on the prohibited from holding



near False Creek in July 2017. traps have detected Japanese Port Coquitlam, so the restrictions or quarantine areas pest has important implications North Shore, we might be plant sales at all. So far, the

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 - MAY 18**

**TASHA MURRAY**

**INVASIVE PLANTS, AND  
OTHER PESTS THAT ARE  
RELEVANT TO GARDENS**

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!

## Executive 2023

### President

Lorraine Robson x

### Vice President

Judith Brook x

### Secretary

Sarah-Jane Gray x

### Treasurer

Jennifer Sydenham x

### Membership

Ann McKinnon x

Alison Parkinson x

### Members at Large (MAL)

Linda Downs x

Jacque D'Auria x

Marilyn Bullock x

Brenda Reid x

## Committees

### Plant Table

Cathy Rickey x

### Hospitality

Sharon Carabetta x

Susan Nicholls x

Daphne Page x

Miriam Scott x

Leneen Webb x

### Sunshine / Door Prizes

Rosamond Hughes x

### Website

Aline Burlone x

### Newsletter Editors

Maria Issa x

Margaret Campbell x

### Executive Meetings

June Executive meeting will be  
chez Linda Downs??



Newsletter items to  
[lynnvalleygardenclubnewsletter@gmail.com](mailto:lynnvalleygardenclubnewsletter@gmail.com)

### Thanks to this month's LEAF

**contributors:** Rosemarie Adams,  
Judith Brook, Sue Callahan, Rob  
Callahan, Margaret Capbell,  
Anna Marie D'Angelo, Taylor  
Hewstan, Antonia Issa, Rita  
Marshall, Alison Parkinson,  
Lorraine Robson

number of beetles is down, but the territory they are found in has increased. The adult beetles damage plants by skeletonizing the leaves while the beetle larvae live underground and feed exclusively on the roots of turf and grasses, thereby killing patches of lawn. The adults eat the leaves, flowers, and fruit of more than 300 species of plants including roses, blackberries, maple trees, grapes, and flowering fruit trees, as well as corn, beans, basil and tomatoes. It's a beautiful emerald green and bronze beetle with six tufts of white hairs running along each side of its abdomen. We all need to be able to identify them and know what to do about them, so I hope to see you at the meeting.

Thank you to Rosamond Hughes for her kind work as Sunshine. She has thoughtfully sent cards to our members at times of illness or loss and has purchased door prizes each month ever since we began meeting in person again. Starting in June, we welcome Hiromi Matsui who will take over from Rosamond as Sunshine. Remember that if you have new garden-related items that you can't use, you could donate them as door prizes for our meetings. The Plant Table in the lobby accepts plants, used gardening magazines and books, and other garden-related items. Please take home anything that hasn't sold rather than leaving it for Catherine Ricky who staffs the Plant Table. Thank you to Catherine for her good work and to the mystery donor for the beautiful pink *Streptocarpus* that was given to me after the April meeting. I will make a donation for it, but I'd love to say thank you in person, too, so please let me know if you brought it.

Many thanks to Penny LeCouteur and Courtney Mitchell for kindly agreeing to form the Nominating Committee to rustle up volunteers to serve on the Executive committee next year. We will need a **President, Vice-President, Secretary, two Members at Large (MALs), and a Membership officer**. You know, it would be really great if we didn't need to beg people to take on these roles or to spend a lot of time searching for you. None of the work is really hard. All of the roles have their peak times and occasional frustrating moments, but for the most part, working together is a lot of fun. Maybe you and a friend could volunteer together? If you don't yet know anyone else in the club, serving on the Executive is a great way to meet some good people.

Without the members who volunteer to fill these roles and others, the club would not exist. That was a real possibility in December of 2021 when we needed a President, Vice-President, Secretary, Sunshine, a Membership officer, and two more MALs. I had just completed a year as Sunshine and another as Secretary, so I wasn't really keen to sign on for another two years as President just then, but neither did I want to see the club fold. Our Constitution limits terms of service to four consecutive years, so I will be done at the end of the year. Is it your turn next? The Executive committee has been updating our job descriptions and we'll be posting them on our website when they are completed. Please let us know if you are interested in a particular position or if you have any questions about them. If you'd like to attend a meeting to see how we work, you'd be welcome. The Lynn Valley Garden Club has existed for 80 years. This is your opportunity to be one of the caretakers who keeps it going and starts new traditions. Will you say "Yes"?



## SPEAKER

TASHA MURRAY

### Invasive plants, and other pests that are relevant to gardens

Tasha holds a B.Sc. (Ecology & Environmental Biology) from Thompson River University and a M.S.T. (Masters of Science in Teaching) from Portland State University. Her research involved the assessment of student learning, environmental education



programs and science curricula, using a diversity of qualitative and quantitative research methods. Tasha has been involved in conservation in the Pacific Northwest for over fifteen years and has worked extensively to manage invasive plants. She previously worked as the coordinator of the Vancouver Aquarium's River Works program, an aquatic stewardship initiative focused on volunteer-based restoration projects. She has worked for the Invasive Species Council of Metro Vancouver since 2008. As their current Executive Director she leads the ISCMV team and her passions are the outreach & education program and running behind-the-scenes of the society.

Tasha lives in Burnaby with her family on a small acreage with a large garden, chickens and plenty of invasive plants to tackle. She also volunteers with the local elementary school PAC, UBC 4-H Community Club, Girl Guides of Canada and BlockWatch.



### ***Vice President – Judith Brook***

This is the much-anticipated next speaker before the summer hiatus. *[We won't remember the September speaker so I won't include it here – but Judith already has someone lined up. -m]*

June 15      **Ana Dushyna:** All Season Herbal (Apothecary) Garden

### ***Treasurer – Jennifer Sydenham***



Bank Balance as of February 28	\$14,325.90
In Petty Cash	<u>\$100.00</u>
Total	\$14,425.90

[Plus, according to that infamous “little bird” - we made another ~\$ 6.5K gross on the Pant Sale. Not bad, eh?]

<<< *Click on the arrow.*

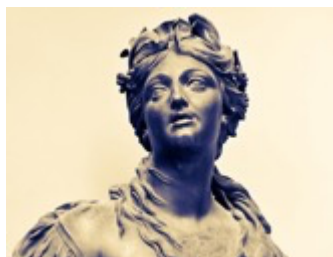
### ***Membership – Ann McKinnon & Alison Parkinson***

Please join me in welcoming Fran Watters to our membership and to the plant sale group of volunteers. You can add her contact information to the bottom of the membership list we published at the end of the March Leaf and the list will still be almost in alphabetical order. Note that the membership list is stripped out of the version of the *Leaf* posted on our website.



### ***MALS – Marilyn Bullock, Jacquie D’Auria, Linda Downs, Brenda Reid***

*After weeks of feverish activity and hard work, the MALS are in recovery mode, resting on their laurels\*. [Etymology of this expression, also related to the term “laureate” dates back to the Greeks and Romans who gave a crown, or wreath of ‘laurels’ to the person who did something significantly well; something that was a triumph. The leaves were from*



*the bay tree, Laurus nobilis, (note the Latin for ‘noble’ in the name, genitive case...) not the nasty, invasive English laurel we all love to hate.] Thus, our MALS are absolutely laureates. While ‘resting on one’s laurels’ does mean not doing much after past triumphs, in this case, the MALS have well earned their rest. -m*

*A Few Candid Plant Sale Pics*

*- Carol Ferryman and Audrey Beugger*





Luckily we have great photographers in the club who capture things like the look of anticipation on Marilyn's face, waiting for Peter to pay up; or "Charlotte the Shopper's" (*brlow*) satisfaction as she hauled away 5 (!! large boxwoods, or all the catch-up conversations. It was a delightful day!!!

Thanks to everyone who donated plants or put in hours of hard work before and during. Well done, everyone!



## Bright Spots

- Rosemarie Adams



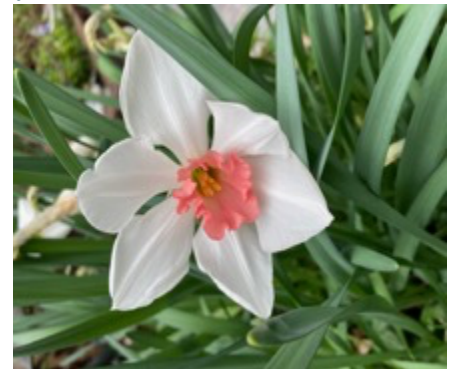
- Epimedium*
- Erythronium Pagoda*
- Narcissus jonquilla*
- Omphalodes Starry eyes*
- Spirea Bridal veil*



"When the world wearies and fails to satisfy, there is always the garden....." - Minnie Aumoier

## Daffodils

- Rosemarie Adams



Every year when the City of North Vancouver digs up its spring flower bulbs, many of them are donated to Silver Harbour Senior Centre where they are dried, cleaned and packed by volunteers. Silver Harbour then sells them off to the public. They are usually very lovely bulbs, some quite unusual. Every year, they usually go on sale usually in early summer - I'll try to find out when and let club

members know. *Daffodils always sell out fast.* Any remaining bulbs are offered for sale at Silver Harbour's Fall/Winter Fair - sometime in November, I think, but still in time to plant.

All these bulbs I purchased from Silver Harbour several years ago. They come back every year. Some have a lovely scent.

## Bruce Tennant

November 27, 1948 – April 14, 2023

*"I must go down to the seas again, to the lonely sea and the sky,  
And all I ask is a tall ship and a star to steer her by ..."*

This was one of Bruce's favourite poems. He loved the sea and joined the Royal Canadian Navy at a young age and he served for many years, eventually being appointed as squadron navigator for the NATO task force.

In 1980 he moved back to North Vancouver where he raised his five children.

Bruce received his love for gardening and his talent for it from his dad, so by the time he joined the garden club he was already hooked. He didn't have a lot of passion for flowers but was always more interested in growing vegetables. After finding a couple of kindred spirits, there was no holding him back. We fondly remember all the Friday mornings in winter and early spring, his dining table covered with our seed collections, everybody crouched over the tiny seeds carefully picking them out to be shared amongst us. We often laughed and thought if someone could see us, they would think we were in the drug dealing business ... Then it was time to start seedlings, and his upstairs bedroom was turned into a veritable greenhouse/grow-op. The overwintering geraniums and other 'flowers' had to be moved into the bathroom to make way for the tomato, pepper, cucumber, melon and other seedlings. We will never forget his joy over his first homegrown melon; he smiled like a kid in a candy store. He even engineered his own lighting system to give his seedlings the best advantage. Not that he was competitive or anything ... Every year we had to listen to the same comment: "Tom, why are you bothering to grow eggplant? It's not a vegetable; grow kohlrabi instead." Getting ready for the plant sale was such a thrill and he loved the event. It did not take long before the vegetable section of the plant sale grew bigger with every year.



Bruce leaves behind four of his five children and his beloved partner, Paula, who took such good care of him. She was a pillar not only to him but to us all during this difficult time.

*"...And all I ask is a merry yarn from a laughing fellow-rover,  
And quiet sleep and a sweet dream when the long trick's over."*

- John Masfield

In loving memory, your Vegimates.

- written by Yvonne Kabata and Tom Davis



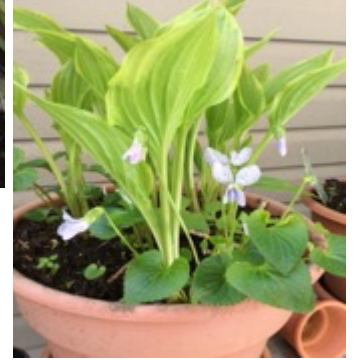
## Spring Flowers

- Rita Marshall



While we may have doubted it, it's here at last – Spring has Sprung!





The suggestion has been made that if we can't have plant sales due to the Japanese Beetle, then we could create a Word Naked Gardening Day calendar and sell that....

## *LVGC at the Greater Vancouver Regional Science Fairs*

*- Alison Parkinson*

The Lynn Valley Garden Club donated \$300 to be awarded to the best horticulture-type projects at the Greater Vancouver Regional Science Fair. On April 15th, at UBC, I was delighted to attend the Awards Ceremony.

This year, all three LVGC awards for the projects best supporting horticulture went to the Junior Section (elementary school age students). Stephanie Lee and Evan Thomas from Sir William Osler Elementary School shared an award for "A Sweet Way to Save", Annika Andersen from Burnaby North Secondary School won for "What Best Impedes the Growth of Himalayan Blackberries" and Fleur St-Amour from West Point Grey Academy collected for "Soil Erosion".

The students were very excited and the organisers said how much they appreciated LVGC donating the awards. I certainly recommend repeating this donation to encourage young people in their investigation of ways to improve plant cultivation. ...and here is a thank you letter from one of the students:

*Lynn Valley Garden Club Award appreciation letter (GVRSF 2023)*

My name is Stephanie Lee and I am a grade 7 student at Sir William Osler Elementary. I recently attended the Greater Vancouver Regional Science Fair and was a recipient of the Lynn Valley Garden Club Award. I am writing to express my thanks for your support of the award that was presented to my partner and I. I am incredibly grateful for your recognition of my work. I plan to put the award money towards pursuing more of my passions as I begin my first year of high school next September.

My project was an innovation of new irrigation systems to make the Brazilian sugarcane industry more sustainable through reducing water usage and waste, effectiveness, cost and applicability for farmers. It was awarded gold in the junior category.

Thank you very much for your time and support. It was a wonderful experience for me as a learner that inspired me to continue research in my topic.

Best regards,  
*Stephanie Lee*



## *Coping With the Changing Climate*

*- sent in by Judith Brook*

A recent *Guardian UK* news article discussed the challenges of gardening with changing climate and its effect on the Hampton Court Palace Garden Festival. Participants last year had to deal with fading flowers and plants, excessive heat and tough conditions. This year, the 2023 Festival Garden entries are using a desert gardening approach - *see* this link for some great inspiration. As our Vancouver-area summers face increasing drought conditions, we can learn and be inspired by these ideas!

The link takes forever to load - so a better bet is to Google the RHS shows and then find this one.  
<https://www.rhs.org.uk/shows-events/rhs-hampton-court-palace-garden-festival/gardens/2023/rhs-resilient-garden>





## Why We Garden

[If only those gang members knew about this, we'd have a much happier city - and maybe better landscaping along our highways? -mc]

[Personally, whenever I feel like committing murder, I first dig... a hole for plants. -m]

*Oh, That Smell....!*

(and oh, that spell... ing!)



Soil is an antidepressant

The smell of *mycobacterium vacii*, a microorganism found in soil, compost and leaf mold, lights up neurotransmitters that release **serotonin** (a mood-lifting hormone)

## The Bees' C's...

- sent in by Antonia Issa

There have been quite a few studies done on the hum of bees - in the musical key of C\*\*!! - and this hum is therapeutic. Apparently, the bees' hum recalibrates the resonance frequency of people with PTSD.... Have a quick look at this short video (also in May Links file): <https://www.instagram.com/reel/CrwUy4Dpxtc/?igshid=NjZiM2M3MzIxNA%3D%3D>  
\*\*For an instrument in equal temperament tuned to the A440 pitch standard widely adopted in 1939, middle C has a frequency around 261.63 Hz

## re:grow -- a Key to Regenerating Native Plants Sent in by Taylor Hewstan

*Fieldnotes* is the monthly newsletter of the World Wildlife Fund of Canada. Its April edition has a detailed article about the value of growing native plants.

"Native plants are species that have been growing in a particular region for millennia. They're well adapted to local conditions and have deep reciprocal relationships with the local ecosystem, including all of the microbes, insects, birds, mammals and other organisms (including people!) who are also native to the region. These species provide food and shelter to support healthy and resilient food webs.

However, since European settlement, humans have been removing native plants from entire landscapes, replacing them with buildings, croplands, roads, turfgrass, non-native ornamental plants and trees, and more. This loss and fragmentation of native plant habitats has, in turn, had an impact on local wildlife populations, including mammals, birds and insects. Fortunately, we can help reverse this trend by restoring these habitats.

Growing native plants is beneficial from a climate perspective, as well. Many native plants and tree species have long lifecycles and put down deep roots. They can help communities adapt to climate impacts like flooding by absorbing more water than non-native plants or surfaces like asphalt and can be highly effective at sequestering large amounts of carbon for long periods.

Last, but certainly not least for gardeners, native plants are easy to care for and beautiful to behold. They are hardy, bouncing back quickly after floods or

droughts. And they set the scene for fascinating wildlife encounters and pleasant times outdoors. With so many benefits, native plants are a perfect way for people like you to contribute to ecosystem restoration.

To facilitate this, the organization has established a new online how-to hub for growing native plants titled re:grow.

"With re:grow, we're mobilizing people to help restore Canada's complex ecosystems by planting native species in your own yards, container gardens and community spaces. And we'll support you along the way - from selecting the right seeds and plants to preparing soil and celebrating your first fruits, flowers and wildlife visitors. You'll learn about the local species that have supported wildlife in your region for thousands of years and master the skills needed to plant, grow and steward your new native-plant habitats.

Our action plan resources will help you get acquainted with your space and the plant and wildlife species native to your region, set project goals, and chart a path to success. The planting guide provides expert tips for getting your native plants, seeds, shrubs and trees off to a good start and keeping them healthy. And the seed garden project is a unique opportunity to produce your own native plant seeds, which you can use to expand your garden or share with others in your community.

There's also an easy-to-use interface and instructional videos. You can upload photos and share your completed actions with the re:grow community and on your social networks - or find and create groups to take and track

actions together. And we will continue adding new features and conservation actions as the site grows. (Yes, pun intended.)

While you're taking and recording your actions on re:grow, we want you to remember you aren't acting alone – you're contributing to our large-scale effort to **Regenerate Canada** by restoring wildlife habitats, reducing carbon emissions and making a difference for nature. Our conservation experts have been identifying achievable actions for individuals and groups that will make a genuine impact and produce results in a short amount of time. Crucially, logging our actions on re:grow provides a measurable way to track our collective effort to increase native plant life and support the birds, bees

and other wildlife that depend on the habitats you're creating.

Everyone across Canada is invited to join the re:generation! There's no experience needed – just a willingness to get your hands (literally) dirty and access to native plants, trees or seeds. Our flexible instructions make it easy to plan a re:grow project for any space – from a balcony or back garden to a schoolyard or field – and are suitable for individuals and households as well as classrooms, campuses, workplaces, neighbourhoods and other groups.

Come check it out and invite your fellow nature nurturers to **sign up for re:grow**

### *Squirrel Proof? Don't make me laugh!*

-

*Rosemarie Adams*



So much for the "Squirrel Proof" birdfeeder we purchased! I am now trying the "Slinky" routine... So far so good, but I know they will figure it out. Meanwhile I have a certain schadenfreude, watching them bounce up and down on the Slinky. If my birdfeeders seem somewhat out of shape, it's because the bears also enjoy the birdseed (even though we take them in at night). At \$50 plus a bag, I am serious about protecting my birdseed.



### *For What Else Can We Blame Mushrooms?*

- *Lorraine Robson*

It didn't all start when I ate an apple. It started when I ate a mushroom and got into a heavy conversation with a snake.



*Albrecht Durer*

[btw – where are everyone's photos of World Naked Gardening Day?]

### *When all your gardening is done...*

- *from Anna Marie D'Angelo*

...and you are bored, you can always find ways to make use of old objects, suggests Anna Marie D'Angelo. Those old gardening boots, for example, would make a great addition to that neglected corner....

*"At the bottom of freshly dug holes, I bury my problems alongside the waxen seeds."*

– Kelseyleigh Reber, **If I**

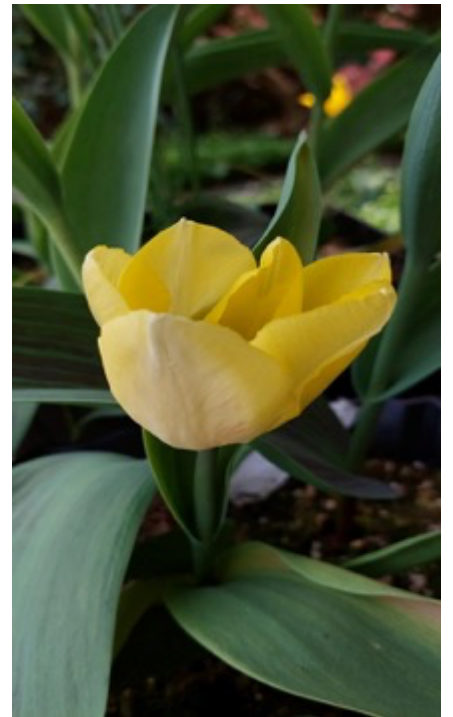
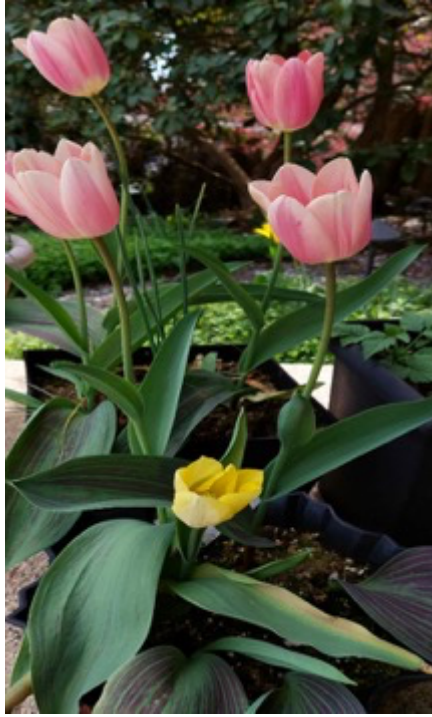
**Resist**



*Another splash of Bright Spots*

*Sue Callahan*

Rob and I were away for two weeks camping and came home to some real beauties: they were LVGC door prizes!



*Last seen investigating the Plant Sale offerings....*

*<< Rob Callahan*

*Full Bloom in Garry Oak Meadows*

*- Rosemarie Adams*

My son-in-law, Tim Raabe, sent me this glimpse of *Camas* and *Dodecatheon* adorning Playfair Park in Victoria. What a beautiful salute to Spring.



According to BC's official government website, the Japanese beetle -- *Popillia japonica* -- was found for the first time in B.C. in the False Creek area of Vancouver in 2017. *P. japonica* is an invasive, regulated pest that feeds on the roots of turf grass and foliage of more than 300 plant species including both food and landscape plants. If this pest spreads, it could cause damage to B.C.'s agricultural sector, as well as food and ornamental gardens and turf in lawns, parks, sports fields and golf courses.



more than 300 plant species, including roses, blueberries, and grapevines. The potential damage to urban landscapes and agricultural crops is significant compared to other pests like European chafer beetle.

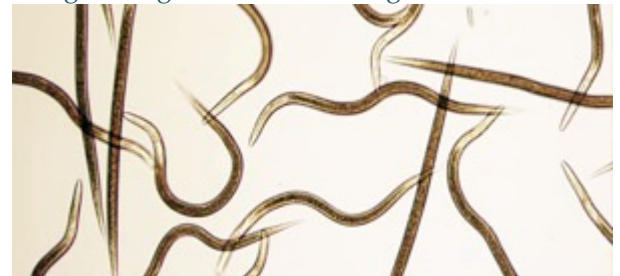
Beginning in April 18, the various municipalities with infected areas are spraying the larvicide Acelepryn onto the soil and turf of parks and public lands in affected areas. The larvicide is **not harmful** to you, your pets, other animals, or pollinators like bees and butterflies.

### What you can do to help

- Report sightings of *P. japonica* in British Columbia to the [Canadian Food Inspection Agency](#).
- Do not remove, relocate or interfere with *P. japonica* traps.
- Do not transport soil or plant parts out of the regulated area (as described under movement controls) without permission from the CFIA. You can also assist the CFIA by reporting all illegal movement of regulated materials.

### Nematode products for Japanese beetle

Products consisting of pathogenic nematodes are available. They are applied to the soil to control the grubs of the Japanese beetle. They are considered biological control agents (*Heterohabditis bacteriophora* is a predator of the beetles' larvae), rather than pesticides, and can be used on all crops. See more on the [West Coast Seeds website](#).



## ANNOUNCEMENTS AND OTHER GOINGS-ON

**PLEASE don't forget your non-perishable food item for the Harvest Project. Every little bit helps... if you only knew...!**

**A reminder** from Courtney M. that Covid is everywhere and lots of folks are getting it. Keep those masks on at group events and when with strangers. While Dr. Bonnie Henry has relaxed the **mandate** – the “have to” – she did not say precautions are not wise. We don't know who among us is more vulnerable... Masks are now a part of our elegant sartorial accoutrements.

### Newsletter from the BC Council of Garden Clubs

The May issue of *The Bulletin* offers an interesting variety of articles. The President wrote about planting Victory Gardens as a way of combatting rising food prices, the Mayne Island Garden Club sent in an article about their Japanese Memorial Garden; the Richmond Garden Club's discussion of a visit to Paulik Park focuses on the positive effect a garden can have

on mental health. The newsletter also displays the prize winners from the floral design contest and lists all the amazing donations received in support of the BCCGC's 80<sup>th</sup> Anniversary Scholarship Fund.

To read all about the many activities happening across the province, check out *The Bulletin* at <https://bcgardenclubs.com/resources/newsletter/>

## UBC Botanical Gardens

There is new stuff on the [website](#) – Biodiversity Days. Have a look. If this link doesn't work, try the “May links” file.



## Scones at Executive Meetings

- Aline Burlone

There are many reasons to join the LVGC Executive – and one of those is that they rotate executive meetings, and each member has a turn hosting. Luckily, hosts offer treats – they don't have to – but it turns out that star gardeners are also star bakers (yes, I do watch the Great British Baking Show). Aline is no exception: her lemon scones were to die for.... so she kindly shared the recipe. -m

### Blueberry Lemon Scones

In large bowl whisk together:

- 2 cups of flour
- 1/2 cup sugar
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 1 tbsp. finely grated lemon zest

Cut in 1/2 cup of cold butter in small pieces.

In a measuring cup stir together:

- 1/2 cup whipping cream
- 1 large egg
- 1 tsp. vanilla extract

Pour the wet mixture slowly into the dry mixture. Add 1 cup of fresh or frozen blueberries (or cranberries).

Turn the dough onto a floured surface and knead gently into a ball. Pat it into a 3/4 inch circle. Cut into 8 wedges, brush the top of each wedge with milk, and bake on a parchment lined pan. Bake in a 400 °F oven for 20 to 25 minutes.

Cool 10 minutes, then drizzle with icing

### Icing:

Whisk together 1/2 c icing sugar with 4 tsp lemon juice.



## THE COMPOST BIN

- MARIA ISSA

We all join clubs for a wild variety of reasons. I joined because I wanted to learn about plants – and because Penny twisted my rubber arm... So, at the meeting when Penny was elected President, I unwittingly stuck my hand up to volunteer to do the newsletter, as Irene Dudra had had enough. How tough could it be? Little did I know.

When the enormity of what I had stuck my neck out for actually dawned on me, I had a few moments of panic. “Oh sh\*t, what have I done?” I muttered under my breath. Bruce, sitting just behind me, overheard this. At the break, he trotted over and said, “You’ll be fine, just print everything I send you...” and he grinned. I didn't know this dude from Adam, so I wondered some more.

Good as his word, Bruce sent me stuff. I printed the stuff. From the stuff he sent, I eventually cottoned on that he was cheeky, had a well-developed sense of humour and liked to stir. Stir? I was up for that! I had no idea what the club's vibe was, nor what my deliverables were. I turned out some seriously boring pablum in the beginning. Thanks to Bruce's submissions and nudging, I dared to stray from the politely ordinary, and occasionally I even got a little more edgy, with time, gently adjusting my remit. At each meeting, I waited for Bruce's wink of approval. We dug each other's sense of whimsy. Slowly it became “a thing” – a meeting was only a good meeting if Bruce and I could exchange a few words or a wave, a line about veggies, and especially if he could get a dig in at Tom's produce. Their rivalry was legend: “Mine is bigger than yours!” was their slogan, and they both brought some BIG veggie Bright Spots to demonstrate. We all laughed and lapped it up! Yvonne, in there like a dirty shirt, aided and abetted as did Aline and Jackie M. The Vegimates were in session! They became their own brand of ‘force of nature’ with *Leaf* articles on a wide range of veg, classes on how to grow them and the inevitable “show and tell” to make us all jealous till we were green with envy. It was an era.

Bruce, keep digging - and know that you are sorely missed!