



# THE BULLETIN

BRITISH COLUMBIA COUNCIL OF  
GARDEN CLUBS

NOVEMBER 2023



# PRESIDENT'S MESSAGE

## LYNDA PASACRETA

### PLEASE FORWARD TO ALL OF YOUR CLUB MEMBERS

I arrived into this world in 1950, five years after World War 2 ended. Both my parents served in the Canadian Armed Forces.

My parents – especially my father who was in Holland during the time the Canadian Armed Forces rescued the Dutch people – suffered from, I suspect, PTSD all of their lives.

We are now witnessing some terrible conflicts in parts of Europe and the Middle East. Wars and turmoil in other parts of the world have never affected us as much as they do now.

My husband and I always attend our local Remembrance Day services because we are so grateful that we live in a country where our neighbours from all parts of the world fit in and enjoy the freedoms we have today because of what our soldiers have done for us in the past. We are very thankful that we have never had to fight in a war, nor have our children.

My husband and I volunteer in the beautiful perennial gardens in Paulik Park, a City of Richmond neighbourhood park.

We have approximately 60 volunteers – some from China, Hong Kong, Ukraine, Croatia, and other parts of the world. English is a second language that most of our volunteers have.

We truly enjoy being together and love celebrating our differences and our common love of being up to our elbows in dirt.

Regular visitors to the park are from different parts of the world also. We all feel joy for our common goal – creating beautiful gardens and protecting our wildlife.

Our thoughts are with all the people who are caught in these terrible conflicts. Our prayers go out to families and friends in Canada who are watching from afar and are wishing their families safety and a speedy ending to these atrocious wars.



Photo by Wikimedia Commons

## SCHOLARSHIP FUND NEWS

BY PATTY MOLNAR, SCHOLARSHIP FUND CHAIR

This late in the season, the Scholarship Fund continues to grow, albeit slowly. After a summer of ease and time-off when many club meetings were suspended, a few more donations have trickled in. We are hoping that with the renewed energy the fall brings, there will be even more donations.

We have not finished our 80 for 80 campaign celebrating the BC Council of Garden Clubs' 80th anniversary, so please help. There are now 205 clubs and community groups that belong to the council. If your group has not yet donated to our Scholarship Fund, please consider sending in something soon, before the end of the year. It doesn't even have to be from a group; individual donations are welcome, too. Let's keep that momentum going and grow the fund.

Looking at the historical yearly record of donations received, we are doing better than in 2021 or 2022 when we received \$7,850 and \$5,235, respectively. The numbers for the past 10 years are on the website. However, astonishingly enough, during the height of the Covid pandemic in 2020, donations were \$10,472, almost as high as this year (YTD 2023 \$10,530.) Can we make to \$11,000?

Next month we hope to hear from another student who was the lucky recipient of one of our scholarships. It is a busy time at school, finishing the fall term and completing various projects.



Photo by Wikimedia Commons



# Join our \$80 for 80 years celebration donation drive!

Join clubs across BC in celebrating the BCCGC's 80th anniversary and the Scholarship Fund by contributing \$80 in 2023. Over **\$10,530** has been collected to date!

## How to Donate to the BCCGC Scholarship Fund

If you wish to make a donation by cheque please send it to:

BC Council of Garden Clubs  
Scholarship Fund, c/o: BC Council  
of Garden Clubs

10952 McAdam Road

North Delta, BC, V4C 3E8

Please ensure that the cheques are made out to the "Vancity Community Foundation" and the memo field shows "BC Council of Garden Clubs." If the person or organization that the donation is from does not clearly show on the cheque, please include a brief note with the cheque indicating who the donation is from and a return address (so that an income tax receipt can be issued).

If you wish to donate online with a credit card:

Go to  
[www.vancitycommunityfoundation.ca](http://www.vancitycommunityfoundation.ca).

Click the "Funds" button on the top right side of the home page.

Locate the BC Council of Garden Clubs Scholarship Fund, either by scrolling through the list or searching "garden clubs" in the search bar.

Once on the BCCGC Scholarship Fund page, click "Give to this Fund" and complete the form.

OR

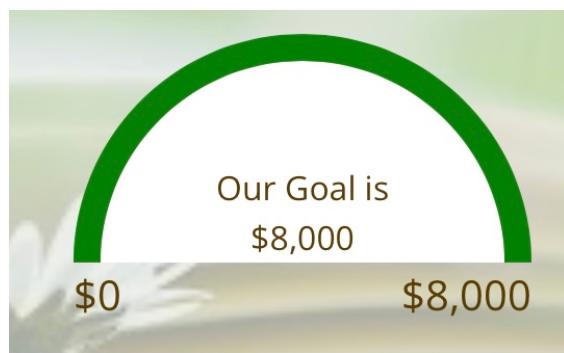
Go to [www.bcgardenclubs.com](http://www.bcgardenclubs.com).

Go to the "Scholarship Fund" on the top bar and click on the "Donate" page below.

Scroll down to the link to Vancity Community Foundation and click on it. This will take you to the BCCGC Scholarship Fund page.

Click on "Give to this Fund" and complete the form.

Thank You!



Let's keep it going!  
**Two months** left to  
blow our goal out of  
the water!!!!

## **CENTRAL/WEST CUBA GARDEN/CULTURE TOUR - FEB 24 TO MAR 5, 2024.**

Cuba1tours of Courtenay, BC has been doing a variety of safe, guided tours to Cuba since 1995. This is an opportunity to discover both the culture of the country as well as visit a variety of locations and gardens. All accommodations are at hotels and resorts.

Complete tour details are at [www.cuba1tours.com](http://www.cuba1tours.com) (click 'garden tours').



## **Herbal Gardens With Ana**



[herbalprograms@gmail.com](mailto:herbalprograms@gmail.com)

Programs available for  
group or individual booking

### **1. Explore the exciting world of herbal gardens with variety of ZOOM programs:**

- Growing and harvesting your own herbs.
- Easy to grow 4 season herbal garden.
- Tasty and beneficial culinary/medicinal plants.
- Fall is coming, medicinal berries full of vitamins.
- Autumn veggies as best source of nutrients for colder season.

### **2. Discover more with private herbal garden consultation (includes herbal audit)**

- Ana Dushyna is a botanical pharmacology specialist and certified landscaper, is actively engaged in native restoration projects, and lives in South Surrey.



#### OUTSTANDING ACHIEVEMENT AWARD

### *City of Castlegar British Columbia*

*Heritage Conservation*

Sponsored by:



*Susan Ellis*  
Susan R. Ellis  
NATIONAL CHAIR / PRÉSIDENTE  
Fort McMurray Wood Buffalo, Alberta



Photo by Wikimedia Commons

Growing Great Places Together  
Cultivons ensemble de beaux espaces

#### PRIX DE MÉRITE EXCEPTIONNEL

### Congratulations to the City of Castlegar!

They recently received national recognition at the Communities in Bloom National Symposium for the David Suzuki Butterflyway project. Darlene Kalawasky shared this award with us and is very active in the City of Castlegar, Communities in Bloom, Castlegar Garden Club, and as a ranger with the David Suzuki Foundation Butterflyway Rangers.

Kootenay Gallery Native Plant Gardens was redesigned in 2020 to create a habitat for butterflies under the leadership of Olga Hallborg, Castlegar Butterflyway Rangers. They actually reported spotting monarch butterflies returning to this area!

This project is ongoing, especially using goats in 2022 to eat away invasive plants. The goats loved the taste of vetch that was taking over their gardens.

For more information on this project, visit <https://kootenaynativeplants.ca/our-work/milkweed-for-monarchs/>.

# Growers Delight

## Granular Soil Activator

NEW ORGANIC HOUSE BLEND 4-2-2 with HUMIC

Growers Delight is a soil activator enriched with organically sourced materials. Along with NPK plus CA, also includes many other trace elements. Improves soil structure and activates the soil's fertility naturally.

Enriched with Calcium, Humic Acid, Nitrogen, Soluble Potash



OMRI Certified Organic

### Made in Canada

For more information:  
[info@organicdirtsupplements.ca](mailto:info@organicdirtsupplements.ca)  
or visit our website

### Perfect for:

- General row gardens
- Repotting plants
- Trees & shrubs
- Lawn maintenance & care

[www.organicdirtsupplements.ca](http://www.organicdirtsupplements.ca)

Growers Delight is now a member of COTA, the Canada Organic Trade Association. Check us out: <https://organicdirtsupplements.ca/>. Use code BCCG12 for special discounts.

### Did you know?

Approximately 70% of the earth's surface consists of oceans. Around 25% of the earth's surface is made up of mountains (where 85% of the world's species of birds, mammals, and amphibians live).

Here is the wake up call. **Soil** only accounts for 10% of the earth's surface. This precious natural resource has been removed by human interaction over time. All living things depend on soil to survive.

Here is where gardeners come in. Restore and save every bit of soil you have in your gardens. Do not throw out into your green bin. When weeding, knock soil back into your garden. Don't use chemicals as they can kill the important nutrients living in your soil.

Continually add mulch and compost to your soil to increase the amount of this precious stuff in our gardens. Add some Growers Delight anytime you transplant and plant new. We need to get all the fungi, bacteria, and mycorrhization flourishing in our soils.

Fall is upon us! Have you started preparations for your soil for next year? This is why you need good soil structure.

Much like humans, soil needs a delicate balance of nutrients to remain healthy. That's why, over time, if you're not seeing the results from previous years, your soil is depleted of nutrients.

Our company Growers Delight focuses on promoting healthy soil/plant symbiotic bacteria, along with stimulating mycorrhization, which helps increase phosphorus availability and helps accelerate microbial activity and soil quality. Growers Delight also assists greatly in the decomposition of crop residues.

By using our certified 100% organic soil activator, we've made one custom blend product for your one-stop shopping for all your gardening needs. No need for multiple fertilizer products.

Let's get a jump start on replacing all the nutrients you need for the next season of growing your flowers, vegetables, and fruit trees, or for lawn care.

<https://organicdirtsupplements.ca/>

## RED ADMIRAL BUTTERFLY

CINDY TATARYN, VANCOUVER MASTER GARDENERS

### Red Admiral, *Vanessa atalanta*

**Range:** The red admiral butterfly is widespread, common to rare depending on the year, and is found throughout BC.

The red admiral is at home in open woods, forest edges, mountain meadows, sunny fields, gardens, and parks, from the desert to the edge of the Arctic tundra. The males lurk in wait, darting out at the females. It is well habituated to gardens and is a prime consumer of nettles.

**Larval Food plants:** The red admiral larvae eat stinging nettles (*Urtica dioica*), hop vines (*Humulus*), thistle (*Cirsium* species), and wood nettle (*Laportea canadensis*).

**Adult Food Source:** The adult red admiral butterfly eats the juice of split fruit and members of the Compositae family and alfalfa, asters, beggar-ticks (*Bidens alba*), butterfly bush (*Buddleia davidii* and related species), butterfly weed or milkweed (*Asclepias tuberosa*), candytuft, fireweed, hebe, lilac (*Syringa* species and hybrids), mallows (*Malva* species), marigolds (*Tagetes*), mint (*Mentha* species), pentas (red or white, pink or purple), purple coneflower (*Echinacea* species), red clover (*Trifolium pratense*), sedum, sweet pepperbush, thistle (*Cirsium* species), wallflower, and zinnia (*Zinnia elegans*).

**Time of Flight:** The adult red admiral can be seen flying in BC from April to October.

**Life Cycle:** The adult red admiral migrate south to the USA and Mexico and come back to BC in the spring to lay eggs. The eggs are light green and barrel-shaped with vertical ribs.

Their offspring continue the migration north. This creates some years of abundance and vary rare other years. Some red admirals may overwinter in southern BC.

### Description:

**Larvae** – Larvae are hard to see because they create a protective leaf shelter to evade parasitoid wasps and flies. The instars fold nettle leaves downward into a ‘tent’ and feed from within. In forming the tent they usually cut the midrib of the leaf near the base and cut the leaf membrane on both sides of the midrib, so that the leaf droops downward, and then fold the leaf around the lower surface. They sometimes fold a large nettle leaf and pupate inside.

The first instars are greenish brown, with 10 rows of black hairs and with a black head. Mature larvae are highly variable, but their basic colouration is grey, greenish, cream, cocoa, or black. They have minute light spots on the darker background. All the colour forms have a lateral band of greenish yellow or creamy patches. There are seven rows of long branching spines, usually black but sometimes pale. Red admiral larvae have numerous stiff white hairs on their head. The red admiral larvae are black, spiny caterpillars with lateral white markings. Up to 30 mm.

**Adult** – Red admirals are in the group of butterflies known as painted ladies and was once known as the “red admirable.” They are large, dark brown to black butterflies with black upper wings marked with a red band across the wings and white spots on the tips of their wings. Males and females are very similar in appearance. They are strong, fast erratic fliers and are best approached when they are nectaring. 50-60 mm.

## RED ADMIRAL BUTTERFLY, CONT'D

### Native Plant:

Stinging Nettle (*Urtica dioica* ssp. *gracilis*)

Stinging nettle is one of the most important larval host plants for butterflies. It is a perennial with rhizome roots. It has stinging hairs. The plant grows from 1 to 3 metres tall.

The leaves are opposite, from narrow lance-shaped to oval or heart-shaped with coarsely saw-toothed edges.

The flowers are greenish, tiny, numerous in dense drooping clusters or spikes in the leaf axils, and at the stem tips. The male and female flowers are in separate spikes with the female flower spikes being uppermost.

The stinging nettle plant likes meadows, thickets, stream banks, deciduous woodlands, and open forest. It usually grows en masse in disturbed habitats, preferring moist rich soil. It is common, and abundant, from lowlands to subalpine elevations.

The stinging hairs are hollow and arise from a gland containing formic acid. As the hairs are broken, acid is secreted, causing an irritating rash on contact with the skin.

The leaves can be cooked and eaten as greens when young.

### Sources:

*Garden Bugs of British Columbia: Gardening to Attract, Repel and Control*, Elmquist, Fry, Macaulay (2008, Lone Pine Publishing).

*Butterflies and Butterfly Gardening in the Pacific Northwest*, Mary Kate Woodward (2005, Whitecap Books).

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*Plants of Coastal British Columbia including Washington, Oregon & Alaska*, Jim Pojar & Andy MacKinnon (2014, BC Ministry of Forests, Partners Publishing and Lone Pine).

*E-Fauna BC: Electronic Atlas of the Fauna of British Columbia* [efauna.bc.ca]. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, Brian Klinkenberg, 2020/2021.

*E-Flora BC: Electronic Atlas of the Plants of British Columbia* [eflora.bc.ca]. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, Brian Klinkenberg, 2020/2021.

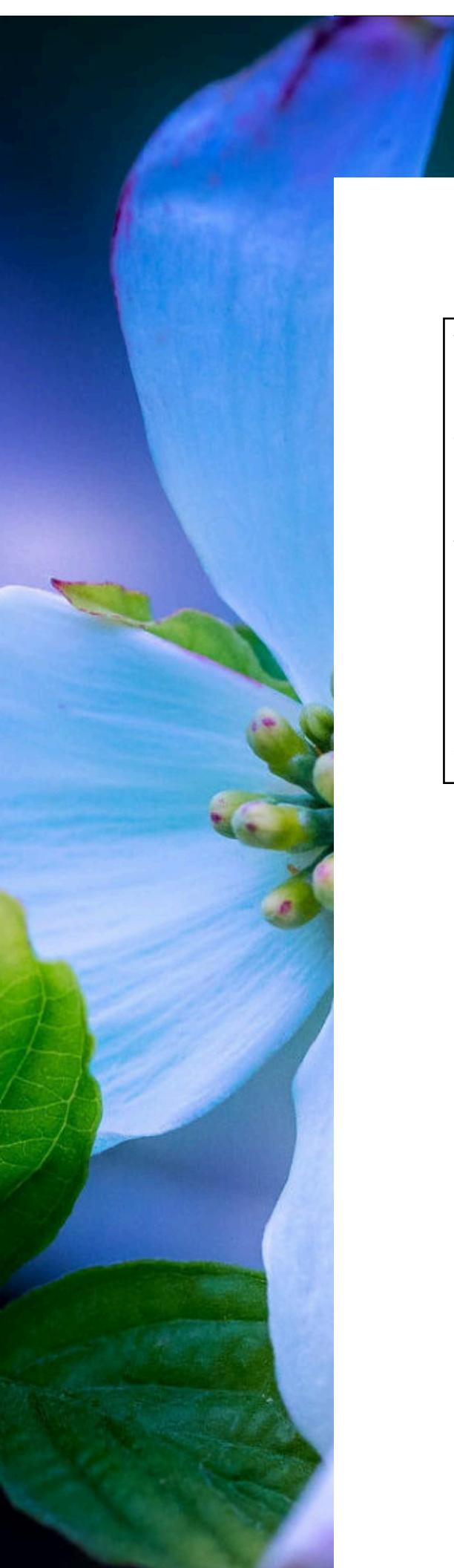
## RED ADMIRAL BUTTERFLY, CONT'D



Red admiral butterfly and stinging nettle.

Photos by Wikimedia Commons





# NEWSLETTER CONTRIBUTIONS

We would love to feature your club or community garden in the newsletter.

Tell us about some of the projects your club or community garden is involved in.

You are invited to submit an article at any time (please include photos and name of author). Photos should be high resolution and you should include the name of the photographer if possible. Articles should be in the range of 300–500 words. If you have an idea for a

longer piece, connect with the newsletter editor in advance to discuss your idea.

Articles are due on the 15th of the month preceding publication. If they are submitted after that date, they will be held for the next issue.

The **next due date is November 15 for December 1**. Submissions/inquiries:

[newsletter@bcgardenclubs.com](mailto:newsletter@bcgardenclubs.com)

Lynda Pasacreta, Editor

Pam Robertson, Copy Editor

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