



# THE LEAF



**THE LYNN VALLEY GARDEN CLUB**

**Established 1943**

**December 2023**

## President's Message - Lorraine Robson



As the year draws to a close, I can't help but think how much things have changed over the past two years. When I (rather reluctantly) agreed to be President, I spent the couple of weeks before Christmas in 2021 phoning and phoning until I had rounded up enough members to fill all the vacant positions on the Executive and Committees. We were still meeting only on Zoom because of pandemic restrictions and still having to juggle changing regulations about how many people could gather in one place even outdoors for our Plant Sale. While COVID is still with us, a series of vaccine boosters have provided most of us a good degree of protection, and we have a beautiful meeting place where we can gather in person. Indeed, Daniel Mosquin, our speaker after the AGM, remarked that he thought the Sanctuary at Mt Seymour United Church was just about the nicest garden club venue he has been to (and he speaks to many clubs).

I am delighted that Donna Wasylik has agreed to serve as our new President starting in 2024, so that last piece of the puzzle is in place! We can celebrate her election by acclamation at the Christmas party next week. Working along with Donna will be these members:

- Co-Vice Presidents: Penny LeCouteur and Daphne Page
- Co-Secretaries: Lynne Frith and Marilyn Bullock
- Treasurer: Jennifer Sydenham (1 year remaining)
- Membership Co-chairs: Ann McKinnon (1 year remaining) and Krystina Madej
- Members at Large: Sarah Gray, Tom Davis, Miriam Scott, and Jacquie D'Auria (1 year remaining)
- Newsletter Editors: Maria Issa with Margaret Campbell
- Plant Table: Catherine Rickey
- Hospitality: Sharon Carabetta, Bev Fraine, Brenda Reid
- Sunshine/ Door Prizes: Hiromi Matsui
- Website: Aline Burlone



Heartfelt thanks to all of you for stepping up and helping out to keep our club moving forward! While we have four **MALs**, **we could use one more**, and it would be great to have a **spare Hospitality team member** to fill in if one of the regulars is away. Please let me know if you can help.

At the AGM, one of our members mentioned that two of the recipient organizations for our donations were headquartered in Ontario and that she thought we should donate locally. I can confirm that both SeedChange and Second Harvest work extensively in BC, and I've asked them to direct our donations to Vancouver-area projects. In fact, SeedChange, through the Bauta Family Initiative on Canadian Seed Security program, helps support Farm Folk/City Folk who spoke to us on *Seed-Saving 101* in June. Their work also helped expand Seeds of Diversity's seed collection from 1,471 historically-significant seed samples in 2013 to over 7,000 by 2022.

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*

**NO SPEAKER!!!**  
**DECEMBER 14**  
**WE CELEBRATE THE HOLIDAYS - AND SHARE CHEER, FOOD AND MAKE GIFT BASKETS FOR SAGE HOUSE**

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

Krystina Madej x

### Members at Large (MAL)

Jacque D'Auria x

Marilyn Bullock x

Brenda Reid x

## Committees

### Plant Table

Cathy Rickey x

### Hospitality

Sharon Carabetta x

Sue Nicholls x

Miriam Scott x

### Sunshine / Door Prizes

Hiromi Matsui x

### Website

Aline Burlone x

### Newsletter Editors

Maria Issa x

Margaret Campbell x

### Executive Meetings

January 3 at 7:00 pm chez Marilyn Bullock

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



Thanks to this month's LEAF contributors: Rosemarie Adams, Doreen Dew, Taylor Hewstan, Alison Parkinson, Linda Schell, Wayne Smith



Second Harvest has a 5-star Charity Intelligence rating and was named one of the "Highest Rated Top 100 Charities in Canada". Their work of rescuing and redistributing surplus perishable healthy foods like produce, proteins, and dairy is unique, and they provide food to 651 not-for-profits in 114 communities in BC. They not only help feed more than 6.7 million meals a year to Canadians in need but, by preventing that food from being dumped in landfills, they also reduce greenhouse gas emissions equivalent to that of 3,050 cars taken off the road. Win-win.

Considering that we donate a lot more money than we used to (\$11,000 over the past two years), and given that the climate crisis is worsening and urgent, some of us would like to see LVGC expand our loosely defined sense of "our community" beyond the North Shore and Vancouver and broaden our selection criteria to include not-for-profit organizations engaged in projects which provide environmental benefits to reduce the negative impacts of climate change. While we can [and do! - Ed] continue to support non-profit organizations on the North Shore, with the amount of money we are able to raise, we have the potential to do so much more. While this is my last President's Message to you, I hope we will continue this conversation.

I sincerely thank each one of you who has faithfully completed your roles on the Executive and Committees over the past two years and to the general members who have uplifted me with kind words of support or appreciation. That has meant more to me than you can know.

Best wishes to you all that 2024 will bring you peace, good health, and joy in the beauties of nature! See you at the party on December 14!



## THE LVGC HOLIDAY PARTY December 14 - Mt. Seymour United Church 7:15 PM

So, for you Newbies - here's how it works:

**Day -7 to Day-1:** Do some last-minute shopping for stuff that can go into the hampers for Sage House. If you don't know what to get, just ask yourself what you would like in your stocking. Stuff it into your container - suggest a laundry basket because...



**Day -3 to Day 0:** Hare thee outside and gather gorgeous greenery, beautiful berries, bring them inside to dry off (I always forget this bit) and stuff them into said laundry basket. Add pruners, glue, tape, scissors, wire... the usual paraphernalia, but put some tape on them with your name on it. Also: brave the basement dust-bunnies and extract any holiday wrap, bits of ribbon, tinsel, what-have-you, to decorate the hampers with. Stuff all of this into the laundry basket.

**Day -2 to Day 0:** Have your moment of panic about what "finger food to share" you will generate. Then dive in and generate. This is the moment to showcase your culinary creativity. Yup: stuff it into the laundry basket - On top, for heaven's sakes! On top!

**Day 0:** Don't forget to stuff into the laundry basket - your cup, plate, eating utensils and A FEW THINGS FOR THE FOODBANK. You are armed and ready. Carpool with a friend and come and PARTY!



## REPORTS



### Membership – Krystina Madej & Ann McKinnon



Thank you to the 66 members who have already renewed their membership and we hope the rest of you will act soon. Remember you have until December 31, 2023 to renew your membership for 2024. After that date 'vacant' membership spaces will be offered to the people on the waitlist. Both new and lapsed members will be accepted on an equal basis until the member limit is reached.

The renewal form is included in this issue of the Leaf at the very back and as a separate attachment. We prefer that people email us the form and send the payment via e-transfer, as that speeds up the renewal process. We will also have a table to handle renewals at the Christmas party on December 14<sup>th</sup>. If you are renewing in person, it would be helpful if you would fill out the form online and bring the printed version, as that makes it easier to read.



#### *Tips for filling out the membership form and making the fee payment*

The Membership form emailed with the December Leaf is a fillable PDF so you should all be able to open it, save it with a meaningful name such as *your-name LVGC membership 2024*, and then fill it out. Please do the save first, as some of our testers had an empty file when they filled out the form first and then saved it. If you need more than two lines for speakers, feel free to include them in the email when you send us the form.

Send an email to [lvgc.membership@gmail.com](mailto:lvgc.membership@gmail.com) with a subject line such as *your-name 2024 Membership Form* and attach the membership file using the paperclip icon. If that proves too difficult, people have in the past taken a picture of the printed form and emailed that to us. It is not as tidy but works in a pinch.

**Remember** to send the payment by:

- E-transfer the \$20 membership fee to [LVGC.Treasurer@gmail.com](mailto:LVGC.Treasurer@gmail.com) and add the note *2024 Membership Fee*. Do not send the fee to the *membership* email address as we then have no way of depositing it.
- OR bringing a \$20 cheque made out to Lynn Valley Garden Club to the December 14<sup>th</sup> Christmas party. The cheque can be postdated to December 31, 2023.
- OR bringing \$20 in cash, although this is our least preferred option.



If doing your renewal online or at a meeting does not work for you, see the membership form for instructions as to where the form and payment can be posted. Feel free to contact us at [lvgc.membership@gmail.com](mailto:lvgc.membership@gmail.com) if you need help completing your renewal.



### A Leaf Editor's Message

*(While this is a repeat – it bears repeating).* **THANK YOU** to the regular and sometimes truly irregular contributors to *The Leaf*. Your missives are what make the newsletter fun, entertaining, educational, 'something for everyone' and – hopefully sufficient to rattle a few cages a bit. **NEW MEMBERS – YES YOU ABSOLUTELY SHOULD SEND IN WHATEVER PLANT-RELATED JOYS – or sorrows – YOU WISH TO SHARE!!** Keep sending the good stuff: unless it's truly egregious, it will be printed – and that's a promise. Psychological studies have shown that if something elicits an emotion, it is more likely to be laid down in the brain biochemically as a memory. So – send strong, exciting stuff: that is what social media uses as 'clickbait' so why shouldn't we? – and I wish to add: please feel free to write articles, opinion pieces, describe your discoveries, share your garden photos. We will admire your successes, commiserate with your failures as we are your admiring and supportive audience – we may laugh, but we will love you for it.



## BRIGHT SPOTS



### From Rosemarie Adams



Winter Jasmine - photo taken in November and usually blooms this time of year. Sprigs of it look nice in Christmas arrangements.

"Winter jasmine (*Jasminum nudiflorum*) is one of the earliest flowering plants to bloom, often in January. It has none of the characteristic scents of the family, but the cheery, buttery blooms help dispel winter gloom and bring encouragement to the cabin-fevered gardener. This decorative plant is quick to establish and winter jasmine care is a breeze.[...] Winter jasmine prefers well-drained soil in full sun. Learn how to grow winter jasmine and perk up your cold season garden."

(For more, see the LINK in the links file - ed)

Roses - still in bloom in December. "Some people grumble that roses have thorns; I am grateful that thorns have roses." - Alphonse Kerr, "A Tour Round My Garden" (1856)... and a similar Romanche proverb: "Rosas haun spinas, saun el'; Mias spinas haun rosas, che bel!".



*Bergenia* in full bloom - this doesn't usually bloom until February.

"Where to plant bergenias?"

- under trees and shrubs.
- in a dry, shady wall-side border.
- exposed locations, including seaside gardens.
- in dry gardens and gravel gardens.

*Camellia* - Couple of flowers already in bloom but spoiled by the rain. *Camellia* is a genus of flowering plants in the family *Theaceae*. They are found in tropical and subtropical areas in eastern and southern Asia, from the Himalayas east to Japan and Indonesia. There are more than 220 described species.

### From Doreen Dew



A few little beauties seen in Princess Park.



"All Fungi are edible.

Some fungi are only edible once."

— Terry Pratchett

### From Wayne Smith



I have small alive glories for you  
The green house has given up a precious  
few geraniums: and from the garden, *Skimmia*, with a leaf of *Oregon grape*





This giant variety of kale has finally stopped growing.

The summer flowerpots have been replanted with ferns

In hope that spring will be soon I covered the dahlia bed with leaves, a black tarp and two portable greenhouses.



Winter Blooms in the greenhouse Christmas *Fuchsias*?



Succulents in veggie baskets will need some frost protection.



These succulents cover a goldfish tank and can be seen from inside. Even the neighbour's cat came for a look.



If winter has taken all, there's always the forest and something to paint.



## Plant Music from Alison Parkinson



.... "Further to the discussion about plants making music, I'd like to add that I experienced a real live demonstration of this in North Vancouver this summer.

I really enjoy our local Art in the Garden event each summer and this year I was interested to see that the First Nations "Harmony Garden" was inviting visitors. I went with an open mind expecting it to be different from our conventional gardens and it was!

The music program entitled "*Audio art with bio-sonic synth*" was presented by two relaxed young men sitting under a tree with quite a setup of electronic equipment. They had electrodes attached to the

nearby tree leaves producing quiet sounds emitting from the speakers. At my request, they moved the electrodes to different plants to note the change in the faint sounds produced. I was quite astonished!" (How it's done - in links!!!)

[If anyone hears of something like this again, please let the rest of us know - I would most certainly be up for such a concert! Hey new VPs: how about inviting these guys to give us a concert? - ed]



## A Conversation with Linda Schell

Linda wrote: - "You might have heard about Floret Farms... (see link) a family run business in Mount Vernon WA. When our family had a home in the Skagit Valley in WA, I used to buy my sweet pea seeds from them. They sell flowers, seeds, hold workshops and give out scholarships.

This short film made by Floret is about a Ukrainian flower farmer who lives in Kharkiv under war time conditions. They grow amazing *clematis*. I remember how 'controversial' our donation to a Ukrainian refugee fund was several years ago. The war rages on, is pushed to the back of newscasts and to the back of our minds. People continue to survive through it.

This very short documentary [*"Gardening in a War Zone"* - 7 minutes - see link - it's great! - ed] gives a picture of one young woman who is living through it and trying to not only help her family survive, but to help sustain her emotionally and to make an effort to have some beauty left in her world."



I wrote back - "Most people were happy to be donating to Ukraine, and they have told me during the tea-breaks - but there are always a few who just want to give "locally"... WE have sufficient, methinks...."

My one question is: how were the seeds *etc.* allowed into Canada - or is this a US blog? But the US is also paranoid about plants coming in... I would love to order from her - on principle...."

Linda replied - "The clip of 7 minutes was good so I can't wait to see the release of the full documentary next week. Not sure that seeds from Ukraine would be allowed in here but surely Erin (of Floret) would not break U.S laws and be so open about it.

I only had her sweet pea seeds sent to my WA address. When we sold and moved here, I did not send for them as they are pretty pricey. My friend in Richmond might know as she grows a lot of flowers from seed and has used Floret for Zinnias. Come to think of it... Floret might be registered to send internationally..... or to receive as well, since it is her business to bring in new things to the U.S. We could inquire about bringing them into Canada from Ukraine but *clematis* are hard to grow from seed. I am thinking of ordering her e-book though. I have killed so many *clematis* in my lifetime. They seem to thrive in Kharkiv, so maybe there is hope for me to keep trying!"



"What is the saying about *clematis*?"



The old saying about *clematis* growth is, "The first year they sleep, the second year they creep, and the third year they leap." Growth may seem slow as the plant builds its root system, but once established, *clematis* are strong growers."



## From Rita Marshall

The Lynn Valley Garden Club is a gem in the community, donating funds to garden-related charities; and for members, there is the exchange of knowledge on gardening and the social connections made in this great community. To help run the club smoothly we ask each and every member to volunteer a minimum a few [TBD!] hours a year to help with the running of the club. A call out for a specific, simple tasks will be made. This is a small price to pay for hours of speakers, activities and outings. In order to continue all the things we do, we need your support. Please pile in, when asked! While many of the larger jobs are already taken care of – ooof! lucky you! – there is always something to be done. ... and in case you are worried that you will be asked to do something way beyond you, don't worry too much – please watch this helpful video in case you have volunteering worries (also see links file): <https://www.facebook.com/watch/?v=327975155316275>. The list below is not exhaustive as new opportunities arise.

Keep your sense of humor and keep gardening.



Executive  
Membership people  
Door prize shoppers  
Plant sale volunteers  
Garden tour organizers  
Garden tour hosts



IT folks at meetings  
Plant table folks  
Christmas and other party organizers  
Leaf contributors  
Bus trip organizers  
Donation committee people

Thank you to the many more people who are the everyday heroes of our club. Don't be afraid to join in, suggest a speaker, give a friend a ride.....[and watch that encouraging video! – Ed] Please make yourselves available for this wonderful volunteer driven organization.



## ANNOUNCEMENTS AND OTHER GOINGS-ON

*PLEASE don't forget to bring to the meeting your non-perishable food item for the Harvest Project. Every little bit helps... if you only knew...! They are so appreciative when I drop off our contributions because there is that 'little bit' that can be relied upon every month.*



### Thank you notes to LVGC

LVGC generates a lot of money that is given away to a range of good causes – (as you heard at the AGM). Here are some “thank you letters” from some of the recipient organizations.

“Greetings Ms. Robson and all members of the Lynn Valley Garden Club,

I just wanted to write you folks a quick note to let you know that we received your donation cheque for \$300.00 and that we are thrilled to be able to once again use the funds for purchasing materials for our gardening and sustainability collections.

We would like to cordially thank you for this generous donation as it's always nice to receive funds like this to use for our collections. All of our patrons really appreciate it as well.

I will write a follow up email in January to let you know which titles we have ordered for our collections with these funds. We intend to submit the orders in early January and have them available by early February 2024.

Thank you once again for thinking of us – Cheers – and in appreciation.

Walter Zicha Jr. [he, him, his]  
Head of Acquisitions and Collection Management  
North Vancouver City Library”



....and here is a second one!!!



Dear Lorraine,

Thank you so very much for your generous donation in support of the YWCA's Rooftop Garden! My colleague Kim, the YWCA Garden Coordinator and I would be happy to host a field trip of the YWCA rooftop garden next year. I think we could accommodate 50 people. I will put a reminder in my calendar to contact you in June when the garden is starting to fill out.

Thank you again and wishing your club a very Happy Holidays!  
Vanessa Wellington-Clark  
Donor Relations Manager  
YWCA Metro Vancouver | 535 Hornby Street, Vancouver, BC V6C 2E8



*And a third one.... [I had to transcribe this from a scanned doc - Ed]*

From the Lions Gate Hospital Foundation

Dear Lorraine,

Thank you so much for the Lynn Valley Garden Club's thoughtful donation to assist with garden care at the North Shore Hospice. Your club's gift and on-going support is [sic] greatly appreciated.

On behalf of the resident and families who will benefit from your generosity for years to come, we offer you our thanks for making every day count.

Wishing you peace, joy and good health this holiday season.  
Sincerely,  
Judy Savage, CFRE, President and CEO



## Others' Stuff

### Christmas Card Donations for the WISH Drop-In Centre Courtney Mitchell

If you have collected Christmas cards during the year or have extras, I will collect any card donations at the upcoming Christmas Party on December 14<sup>th</sup>. Christmas cards and other greeting cards will be donated after that date for use by women who access the WISH Drop-In Centre. They are always extremely thankful for the cards and share them with family and friends. Cards of all sorts are useful but preferred types include bright sparkly ones with animals, cute pictures, and especially ones with indigenous themes. If you have cards but cannot attend the party, you can call Courtney Mitchell at [redacted] to arrange pick up.

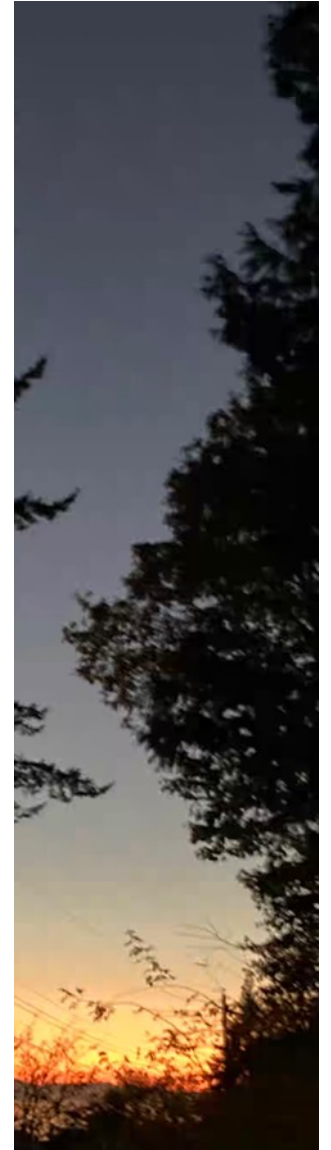
### The BC Council of Garden Clubs

- Krystina Madej

BC Council of Garden Clubs - Fall General Meeting - Saturday, October 28, 2023

The Fall General Meeting was held at the Bonsor Community Centre in Burnaby. Daniel Tetrault, Burnaby City Councillor and acting Mayor welcomed the delegates and garden club members. Photos can be seen on his [Facebook page](#). Lynda Pasacreta, President and MC for the day introduced the executive and speakers. Motions to accept the minutes of the last meeting and treasurer report, which was presented, were made and accepted. As delegate, I voted for these.

The report on the Scholarship fund showed over \$10,000 had been collected this year and an explanation of the categories of scholarship was provided. Clubs were encouraged to donate to the '\$80 for 80' current campaign (the





Council is 80 years old this year). The meeting consisted of three major activities (and lunch): a floral competition, three speakers, and the draw for prizes provided by each club. Before the group broke for lunch, the MC commented that the current cost of the meeting was \$68 per person and as only \$40 was charged they were going to rethink the lunch which was the major expense.

The first speaker was a graduate degree scholarship winner Meredith, a UBC Master's student. She presented her master's thesis "Hero of the Under-Bog: A master's thesis project about peat mosses, bog monsters, and factual fiction" She 1) talked about peat mosses and how bogs were created 2) showed maps of [Vancouver's peat bogs](#), used by realtors to share property issues in particular in East Vancouver around Kingsway, and showed photos of buckling sidewalks and streets and tilted homes, 3) shared her interest in changing the narrative about bogs and read from the book she'd written as part of her thesis.

The second speaker was Richard Hebda who had been the Curator of Botany and Earth History at the Royal BC Museum and is president of the [BC Iris Society](#). He presented on irises, identifying first where they fit into the [Tree of Life](#), and showed many, many photos of different kinds of irises including dwarf, bearded, and reblooming varieties. He explained the different soil and weather conditions, how to plant, how to fertilize and when to divide. He



asked for help with information on what irises gardeners planted in Northern BC and encouraged joining the Iris Society. The last speaker was Ian Lai, past executive director of Urban Bounty, which managed the majority of the community gardens in Richmond. Currently Manager, Feeding Futures, Richmond School District, he spoke about his journey down the Amazon River in 2022. He presented "Amazanga, Transitions - My Personal and Spiritual Journey Into Nature" that shared insights and photos of his [Ayahuasca retreat](#) in the Amazon basin in Ecuador. He was part of a small group of participants guided by master shamans in daily classes, meditation, breathwork, sharing circles, vegan food, and time for nature in between medicine healing ceremonies which used a blend of ayahuasca (a psychedelic) and tea.

The judge of the Floral Design competition provided informative commentary on each of the submissions and how they did or did not conform to the floral rules and regulations. Each submission was based on a theme and was awarded a ribbon.



The final activity was the raffle drive. Tickets were sold for the prizes provided by each club. I purchased a Mugo Pine in a 2 gal container as the contribution from Lynn Valley Garden Club and attached a card. None of the ten tickets I purchased won a prize but helped to make the total collected for the tickets \$600 that went to the scholarship fund.



## THINGS I DO IN MY SPARE TIME



Water Plants



Buy Plants



Research Plants



Talk Plants

## THE COMPOST BIN

MARIA ISSA

As a compulsive hunter of everything 'plant', whenever I find something really, really cool - I have to share it with you, you unsuspecting lot. So here they are, in some weird order that makes sense in my mind, even if not in yours.

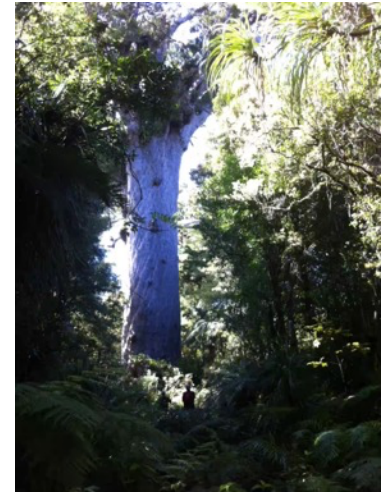
It's that time when your Christmas cactus should be blooming. Should. Except the recalcitrant thing keeps doing its thing at Easter, or worse yet, is completely off kilter and blooms at Thanksgiving. Well - there is now a way to tell when the little rebels will bloom [Cactus link]. The short version is: if it has scalloped leaves, that's Christmas, the Thanksgiving cactus has horn-like, pointy leaves, and the Easter cactus hardly has any scallops at all. You're welcome!

It's also time to think about your winter garden [winter garden link]. Every year around now, I think of Aline's article from years back, when she said "be a lazy

gardener" leave a nice mess and the garden will love you for it: the critters will have something eat, hide under... and things will compost and feed the soil. Win-win-win. Now is the time to plot your plot for next year – and a kitchen garden with visual impact is something I aspire to: the “kitchen garden link” had me drooling. ...and did you know that you can actually get your garden a “wildlife friendly” accreditation? Yup Yup Yup – if you have certain types of plants, water, (no poisons) *etc.* Check out the “wildlife friendly” links and the CANDIAN Wildlife Federation application form: my holiday project!



I'm sure you have all seen the living hedgerows in England, and “fedges” – fences and living willow hedges [Fedges link], *etc.* – well, a village in India one-ups them gloriously. They trained the roots of some big trees and pulled them across a small river – and have a growing bridge that just gets better and better. [Bridge link] Since we're talking trees – apparently the oldest tree in the world is in Tanzania and it's HUGE. I thought I had seen the biggest tree in the world in New Zealand when Penny took us to see this magnificent Kauri tree (*Agathis australis* – look at the tiny people) – but I think the Tanzanian one is equally impressive. [Tanzanian tree link]. Which brings us to the Great Green Wall (of trees, obviously!) being planted literally across the African continent – to reverse desertification, mend the climate, create a food source and provide green jobs. [Green wall link]. By 2030, the Wall aims to restore 100 million hectares of currently degraded land, sequester 250 million tonnes of carbon and create 10 million jobs in rural areas. (If only in BC we were planting at the same pace....)



Imagine that green wall singing: not only do plants ‘sing’ (See Alison’s story!!) we now know that they respond to music - OK: certain Hz – by increased growth. So let’s make another connection. Remember the concept of the **mycorrhizal connection among trees** described by UBC’s Suzanne Simard’s “Wood Wide Web” [see link!] – in her book “Finding the Mother Tree” (Amazon, paperback \$23). Now let’s think about mushrooms and fungi that we see – that are the fruiting bodies of the mycelia under the soil. Yup: mushrooms also respond to sound by growth. There is an incredible article in *The Oxford Scientist* about the relationship of music and mushrooms. (see link!).

“Fungi can respond to sound waves in one of two ways: *via* a biochemical or a transductive mechanism.



The biochemical response involves the release of compounds such as melatonin and indole which are produced in times of stress and injury. On the other hand, fungi can convert sound to electrical signals, in a manner similar to our ears, which can be used to regulate fungal growth and development.”

The article goes on to talk about how sound (at different frequencies) can inhibit or stimulate growth and consequently the fungal production of *eg* drugs that can be used in the treatment of human disease.



“Sound-treated fungi can provide us with new innovations to tackle the universal theme of unsustainability which underpins many of our global concerns. Historical neglect of this field of study has finally been followed by a long-overdue renaissance in our interest in fungi, with spores of ideas dispersing through the field to contribute to the proliferation of our own understanding.”

Maybe our ancestors and our Indigenous peoples understood more about this than we think. Paul Stamets, mycologist, puts it into a new perspective. [See mushroom music link] He describes how the (low frequency) sound waves we generate by celebrations, such as drumming, also stimulate mycelial growth and that, in turn, stimulates plant growth.

Last month we talked about plants’ responses to music or birds chirping at dawn, by opening their stomata.... So the world around us is affected by us – in ways that we had heretofore not considered. Thus every move we make – has consequences.... and when 8.1 BILLION (see link!) of us do things, we have a giant impact on the planet. We need to think about that. The planet is our responsibility and as growers of plants, we know that although nature is fragile, it is also resilient.

We have been given the privilege to do good not only in our own little corner of the world, but like the mycelia alive under the tarmac, spread our positive actions far and wide. (Read Person/Planet by Theodore Roszak, Amazon paperback \$32) Why? Because *we have*.

Most have not. We are the well-heeled 0.1%, and our debt to the planet is huge as we use most of its resources. As Roszak says, "The needs of the planet are the needs of the person. The rights of the person are the rights of the planet." This note from J. D. Liu says it best – see link – who writes to all of us “earth restorers”: “*We have been called to act for all who are alive and for future generations*”. May you live in peace and joy this holiday season.



Plants finally bloomed

