



THE LEAF

THE LYNN VALLEY GARDEN CLUB

Established 1943

April 2024

President's Message - Donna Wasyluk

Happy Spring Gardening everyone!

We have a lot going on in the club for the next few months. Please read the LEAF carefully for information on our upcoming events.

First of all, planning for the plant sale on May 11th at St. Clement's is in high gear! All plants that you are bringing in for the sale must be categorized, priced and positioned on the parking lot. We will have to borrow tables from members, and they must be picked up immediately after the sale and taken home. WE NEED LOTS OF VOLUNTEERS AND LOTS OF MUSCLE! Please ask family members to help.

On June 1st a field trip has been planned to Van Dusen Gardens. The cost to the members is \$10.00 (this includes a private guided tour of the gardens). A bus will take us to the gardens and the club will pay for this. If you sign up and then have to cancel, please make sure you tell Rita Marshall as soon as possible so that she can fill your seat with someone from the cancellation list.

On Thursday, **June 20** we will all meet at Loutet Farms for a guided tour. *There will be no meeting at MSUC that evening.* It is suggested that everyone bring a folding chair and thermos and sit in the adjacent park for a get together after the tour.

Judith Brook has brought forward information from the BC Climate Emergency Campaign and has suggested that the club consider being a signatory on a letter to the BC Government concerning the Campaign's proposed ten steps to mitigate climate change. We will be asking the members to vote on this at our next meeting. PLEASE SEE THE SEPARATE WRITEUP FOR FURTHER INFORMATION ON THE SIGNATORY MOTION.

Our plant table will start up again at the April meeting. It will be run on the honour system whereby you deposit your payment into the tin box provided.

Please contribute to the table and let's keep this going!

Thanks and see you on the 18th!



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 **7:00 PM**

SPEAKER

TAMARA LITKE
ECOLOGICAL GARDENING

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:
Lynnvalleygardenclubnewsletter@gmail.com



Executive 2024

President

Donna Wasylik .

Co-Vice Presidents

Penny LeCouteur .

Daphne Page .

Co-Secretaries

Marilyn Bullock .

Lynne Frith .

Treasurer

Jennifer Sydenham .

Membership Co-Chairs

Ann McKinnon .

Krystina Madej .

Members at Large (MALs)

Jacquie D'Auria .

Sarah-Jane Gray .

Miriam Scott .

Tom Davis .

Committees

Plant Table

Cath Rickey .

Hospitality

Sharon Carabetta .

Bev Fraine .

Brenda Reid .

Sunshine / Door Prizes

Hiromi Matsui .

Website

Aline Burlone .

Newsletter Editors

Maria Issa .

Margaret Campbell .

Executive Meetings

May Executive Meeting will be
chez Maria Issa



Newsletter items to
lynnvalleygardenclubnewsletter@gmail.com by April 10, 2024

Thanks to LEAF contributors:

Lynn Batt, Judith Brook, Rita
Marshall, Ann Pentland,
Lorraine Robson & Taylor
Hewstan

MARCH SPEAKER

Tamara Litke ECOLOGICAL GARDENING

Tamara Litke has a Master of Education in Sustainability and is a PhD Candidate for Ecology and Consciousness. She has worked on community gardens, school greenways and commercial projects. She is a board member of the Native Bee Society of BC, a Butterfly Ranger and a Master Gardener, focusing on sustainable plants that benefit biodiversity and support a healthy climate.

She would like everyone to learn about easy gardening practices that work with our own temperate rainforest habitat, and about plants that have adapted to our coastal climate. Beneficial groupings of local plants provide a waterwise, low maintenance garden that can create years of enjoyment. Trees, shrubs, ferns and flowers will be considered for their tolerance for sun, shade or wet garden areas. She will review the top ten plants, review location choices, and help you plan out the easiest garden possible. She will look at healthy habitats, best practices and the reasons why reintroducing indigenous species to your garden in our current climate is a smart choice. There will be something for all levels of gardener, and time for questions.

Don't forget: the meeting starts at 7:00 PM sharp!!



REPORTS

Co-Vice Presidents - Daphne Page and Penny LeCouteur

There is one more exciting speaker lined up before the SUMMER BREAK (July & August) and here is a sneak peek for the fall meetings:

May - Flower Arranging
June - NO SPEAKER but we meet at Loutet Gardens (more info later)
September - Brian Minter
October - Gardens for Health
November - Rhododendrons
January - Eagles

We are extremely lucky to have such an amazing line-up for the fall. Mark your calendars and plant to attend in person!

Treasurer - Jennifer Sydenham

The Club kitty currently contains \$15,344.00. Cool!

There is that in the glance of a flower which may at times control the greatest of creation's braggart lords. - John Muir

Membership – Ann McKinnon & Krystina Madej

We currently have 158 fully paid-up members and no waiting list. There are still a few people who said they would renew but have not done so in time to be on the roster. Your membership cards are available for pick-up at any in-person meeting – or please ask a friend to pick it up for you!

Co-Secretaries – Marilyn Bullock, Lynne Frith, and Web-guru – Aline Burlone

The March meeting had a limited ‘meeting component’, with the various (brilliant) tables and information, there is a link for meeting minutes that you can hunt up – see the April Links file – while perusing our very elegant and informative website.

MALs – Jacquie D’Auria, Tom Davis, Sarah-Jane Gray, Miriam Scott

PLANT SALE – update

It’s coming in 3 weeks!!

**May 11, 2024 10:30-4:00
St. Clement’s Church
3400 Institute Rd.,
North Vancouver**

We will have access to St. Clement’s Church Parking Lot from Friday, May 10 at noon for the rest of that day, to set up for our Plant Sale!

Please bring any promised **tables**, and the **Lots and Lots of Plants** you’ve been growing for the Sale! [IF YOU NEED POTS – contact Sharon Carabetta or Maria Issa!!] Some of you can choose to come later than 12 noon, *ie* 2, 3, or 4 PM, so it won’t be crowded with everyone arriving at the same time. Except those members bringing tables – we need those! – please arrive at 12, that’s great! The MALs will be arriving before 12, and will have supplies with them, such as markers, tags, signs, tape, *etc.* The area will be well manned all afternoon through the dinner hour. We have a Security Guard hired for the night.

Please bring ‘beer flats’ and ‘Costco boxes’ so people can haul their loot to the car.

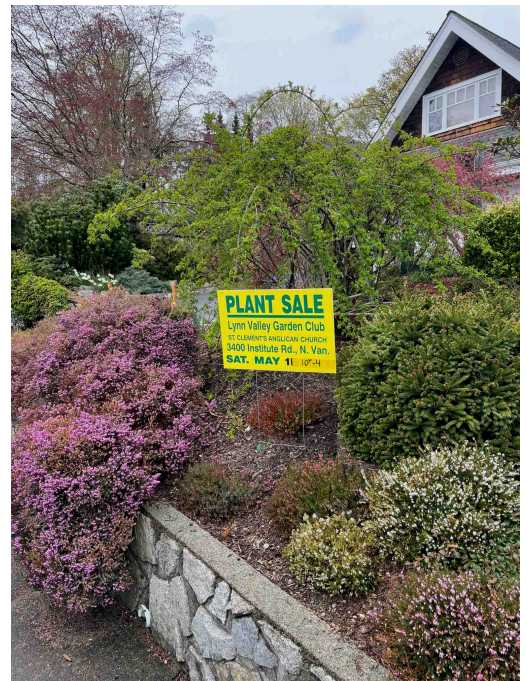
(Note - Having access to the parking lot from Friday noon will REPLACE PREVIOUS plans to drop off plants at Miriam’s and Sarah’s, (2 MALs). This new plan is great, as the plants will stay at the drop off site, (church parking lot) until they are sold...No need to move plants again!)

For the Sale, the plants may be displayed on tables, or perhaps on the ground, depending on the number of tables brought.

If you can please **label your plants: name, conditions, (sun, shade, watering) and colour if known.** The prices will be decided by our teams of pricers. Most have experience. So, for the new pricers, there’s always help available. The priced plants will be colour coded to correspond with price to help cashiers if there’s a question.

There will be a well-marked holding area to be used by customers who can’t carry all the plants they are buying, and need to put them down while shopping for more. 😊

There will be 3 designated checkout areas available. Each will be staffed by two cashiers. The sale is **cash only** - no credit cards. Each cashier area will have a small cash float to make change. The cash will be collected from time to time by our treasurer. If a lot of cash is taken in, it will be locked in a safe area until collected.



The **sale ends at 4:00 PM**. Any remaining unsold plants will be donated to Molly Nye House for their plant sale. Their proceeds are donated to Sage House. Our member, Marina B. will pick up and deliver the unsold plants.

Please pick up and take home any loaned tables, chairs, etc. immediately after the sale. When we leave, no one will be on location to watch articles left behind.

At the Monthly Meeting, this Thursday, the MALS will be at a table in the lobby before, at teatime, and following the meeting. We will have the volunteer sign-up sheets available. If you haven't signed up, please do...

Please help advertise the sale - signage, both Large Yellow and 8x12 printed will be available!

The large yellow- to be taken for display by those who have a lot of traffic passing their home.

They are numbered and need to be returned following the sale.

The small printed signs should be posted in stores, rec centers, libraries, public places. Please take and distribute to businesses in your neighborhood for display. If you need more of the signs, please print from the pdf file included with this *Leaf*.

You will see a few large yellow signs posted on District public property in some areas. We have a permit for this, and the permit number is on the back of these signs, as required.

Lastly, we want to thank all of you. We very much appreciate your help!!



BCCGC AGM – Hiromi Matsui & Maria Issa



Hiromi and I attended the BC Council of Garden Clubs' Annual General Meeting on April 6. Their meeting info can be found on the BCCGC website – see the April Links File. LVGC is a member because we get our insurance through them.

There was the usual voting/arm-twisting for people to join the Executive, which was followed by a report on donations to the scholarship fund (the detailed information is on the website – you just have to hunt a bit to find it). This was followed by a report from a student scholarship recipient who is at the University of the Fraser Valley's horticulture program. He was happy, enthusiastic – and for 10 minutes, soundless. We are not the only ones with zoom issues... Eventually the techies did their magic and we heard that he enjoyed the experimental part of the program: they look at arrange of climatic conditions and how those affect plant growth.

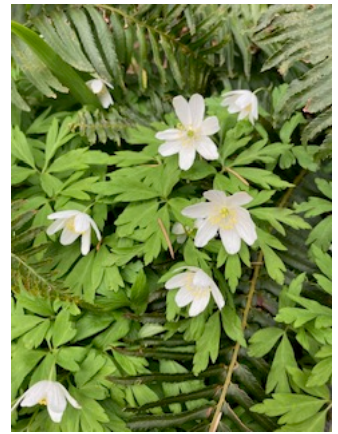
Some spectacular flower arrangements were presented and described by one of the judges and we learned that there are specific criteria for each type of design. *De gustibus non est disputandum*.

The featured speaker was Claude LeDoux, City of New Westminster former horticulture manager, who showed us how to grow vegetables, fruits, and pollinator-friendly flowers in our front and backyards. Most of his produce is grown for the Plant a Row – Grow a Row program to contribute to organizations like the Union Gospel Mission, helping to reduce food insecurity. He enjoys doing something different in his gardens by eliminating the straight row method and integrating fanciful and delightful plantings, pleasing to the eye. Claude kindly gave BCCGC permission to share his presentation. You can find the presentation on the website. He was a delightful speaker – one that we might enjoy inviting. I admit to liking his style: “plant, and ask for forgiveness afterwards” seems to be his motto. He encroaches on the boulevard, the neighbour, wherever he can slot a plant in. Good man. He was asked, “What if passing dogs pee on your edging parsley?” He answered, “That’s what soap and water are for!” Yup, good man!

Before lunch, there was a bit of time for organizations to talk about their projects: nearly every garden club takes on serious projects with parks, schools, hospitals, forests, donations near and far – some support entire university programs. I was impressed by the general VERY pro-sustainability, pro-‘reducing food insecurity’, pro-‘stopping climate change’ – a very positive, activist attitude from a shall we say, ‘seasoned’ group.

We mentioned our Plant Sale (some groups are having alternatives due to chafer beetle) and I talked about our ‘digs’ and how we rescue plants from properties slated for demolition. Yup – we got a round of applause!!! So I’m hoping other groups will take up the idea.

We did take some nice door-prizes but confess to not having bought prize tickets – I forgot my cash – so we sneaked out at that point.



ANNOUNCEMENTS - LVGC CLUB STUFF



- **REGULAR MEETINGS now commence at 7:00 PM sharp!!**

The “business” part of the meeting will be 30 minutes – so if you have items for the general populace, please let Donna know in good time for it to be put on the agenda. Please keep comments and announcements mercifully short.

BRIGHT SPOTS will be enjoyed at 7:30 in the foyer to facilitate interactions, questions, and tea and cookie consumption.

The SPEAKER will start at 8:00 PM sharp and will talk for 45 minutes; with questions for 15 minutes... after which, you will not be considered rude, if you get up and leave as it's past your bedtime.

- **PLANT TABLE AND SEED EXCHANGE**

We are reopening our new **Plant Table and Seed Exchange**. There won't be a member present at the table and we hope that everyone will abide by the honour system to pay for their purchases.

If you have a special plant, gardening book, magazine, tool or garden doodad that you'd like to donate to the table, simply put a price on it and all monies will be collected and added to the Club's income. Everything should be in new or near new condition and plants should be well potted up and appealing to members.

Seeds for the seed exchange should be labelled and dated. They can be left in the box.

If you have brought a plant for the table remember to check the table before you leave and TAKE YOUR UNSOLD PLANT HOME.

- **Please remember to BRING YOUR NON-PERISHABLE FOOD ITEM for the HARVEST PROJECT....**

and your own MUG for tea (*decaf, of course!*), ...and your 'something' for the **PLANT TABLE & SEED EXCHANGE**; and **CASH** if you want to buy something from the Plant Table (*no, we don't have a slate*).

- **Your LVGC Membership Card** is worth a fortune: Donna was at **Art's Nursery** this past weekend and **YES**, they give **10% off!!!!** Go crazy!
- **MOTION TO VOTE ON AT THE APRIL MEETING: The climate's health needs your help!**

MOTION: (proposed by Judith Brook, seconded by Maria Issa)

"That the Lynn Valley Garden Club be a signatory to the BC Climate Emergency Campaign"

DISCUSSION:

LVGC member Judith Brook has brought a request for the Lynn Valley Garden Club to be a signatory to the BC Climate Emergency Campaign – calling for ten actions from the BC government to confront the climate emergency, summarized below and on website bcclimateemergency.ca.

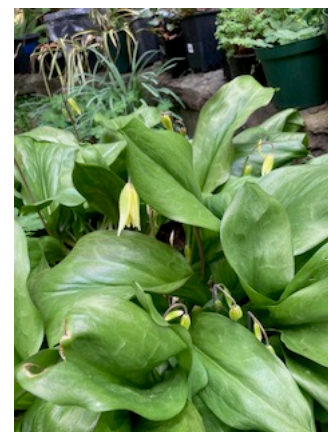
More than 570 diverse organizations have signed an open letter calling on the BC government to confront the climate emergency by implementing 10 urgent climate actions. (Actions below). These signatories include BC Association of Farmer's Markets and Vancouver Farmer's Markets.

Our signature implies quote "**We call on the BC government to recognize the urgency and alarm that people all over the province are feeling as the climate crisis directly impacts our communities and our health**".

Wording of the BC Climate Emergency Statement:

"We call on the BC government to recognize the urgency and alarm that people all over the province are feeling as the climate crisis directly impacts our communities and our health: deadly heatwaves, wildfires, drought, floods, crop failure, fisheries collapse, and costly evacuations and infrastructure damage. These climate-related impacts are unprecedented and intensifying. Indigenous peoples stand to be disproportionately impacted by climate events despite successfully taking care of the land since time immemorial.

The latest report from the Intergovernmental Panel on Climate Change is a 'code red' for humanity. The International Energy Agency has called on world governments to immediately stop investments in and approvals of new oil and gas



projects. The provincial government's CleanBC climate action plan is insufficient to limit warming to 1.5°C and will not keep British Columbians safe from the worst impacts of climate change.

We therefore urge the BC government to develop and implement a transformative climate emergency plan that recognizes the interconnected climate, ecological, and social crises; embeds equity, anti-racism, and social justice at its core; and upholds Indigenous Title and Rights, and Treaty Rights.



Ten actions:

1. Set binding climate pollution targets based on science and justice
2. Invest in a thriving, regenerative, zero emissions economy
3. Rapidly wind down all fossil fuel production and use
4. End fossil fuel subsidies and make polluters pay
5. Leave no one behind
6. Protect and restore nature
7. Invest in local, organic, regenerative agriculture and food systems
8. Accelerate the transition to zero emission transportation
9. Accelerate the transition to zero emission buildings
10. Track and report progress on these actions every year

Your Club Executive recommends that you vote IN FAVOUR of a motion for the LVGC to be a Signatory to the BC Climate Emergency Campaign.

- **PLANT SALE POSTERS**

...for your printing pleasure can be found at the end of this LEAF and also as a separate file so that you can print it and post it wherever you think it might get a lot of eyes on it. Or you can even hand them out to your unsuspecting friends and family.

- **PLANT SALE LAWN SIGNS**

...for artistic display where lots of people will see it (*vide supra in the MAL notice*) - will be available from the MALs at the April meeting so come EARLY, before 7 PM, to sign them out. (*Yes - as we want them back for adaptation next year*). Or you can contact the MALs....



- **THE GREAT LVGC BUS TRIP IS BACK - after several years of COVID hiatus!!! Thanks to Rita Marshall, we get to go to VanDusen Gardens on June 1. Here's the deal:**

June 1st, Saturday, Van Dusen Gardens Guided Tour, 9AM to 2 PM

Meet Mount Seymour United Church Parking Lot **9:00 AM**.

Please park outside the Mount Seymour United Church parking lot as they use this space on weekends.

Bus leaves a few minutes after 9:00 AM. (Bus is provided by LVGC)

YOU PAY the \$10.00 entrance at the Gardens, and this includes a 45 minute guided tour.

Lunch is optional: you buy your own at the cafeteria, or make reservations at restaurant, or bring your own picnic.

Return bus leaves at 2:00 PM. If you are not on the bus, it is assumed you made your own way home via transit or Uber.

Sign-up sheet at April meeting, first 54 people get to go. Club will pay the cost of the bus. The guided tour will be split into two groups, 27 people per group, rain or shine.

Sign-up sheet will require your name and phone number. Obviously, as there is limited room on the bus, it's "first signed up, first served"... Wait list will be available... last minute cancellations accepted,



- **VOLUNTEERING - A NOTE FROM RITA MARSHALL**

Hi Fellow Garden Club Members....

Don't be afraid to come forward with an idea for a speaker or an idea for an outing or an event. The Executive is a very supportive group and would love to hear from you. New ideas and activities enrich our experience and add value to our group, expand our knowledge and broaden our connections. Don't ever worry about lack of plant knowledge..... that is why you are here, and we all learn from each other. - Rita

- **BIG BEAR TOOLS CARRIES THE SWISS-MADE PRUNER SHARPENER (FOR \$30) - LORRAINE ROBSON**

The other ones I linked were less expensive, but this one has the advantage of being small and easy to handle. Perhaps the others are just as easy; I haven't tried them.

FELCO ISTAR Swiss Sharpener (bigbeartools.com) - link in April Links file

- **LIST OF NATIVE PLANT NURSERIES - LORRAINE ROBSON**

Lorraine writes "I requested this list from Nancy Shakelford, a mathematician working on habitat restoration and a prof at UVIC, who was a speaker at the Master Gardener Spring Seminar on Sunday. She has given permission for us to share it with our members."

This list is a 'read only' spreadsheet - accessible through a link in the April Links file. Normally, you should be able to access it by clicking on that link in the Links file... however... if you cannot access, then please contact the newsletter email - the one that sends you this newsletter - and Maria will help you through it, with some luck. Once you've accessed it, you can download it, if you so wish. This is the first time we are providing a locked list in this format - so be prepared for weirdnesses.



- **BC GARDENS TO VISIT - LYNN BATT**

This is an incredibly useful website that has collected a whole range of glorious gardens open to visitors. "Gardens BC is a "coalition of public gardens working together to promote visiting and experiencing British Columbia's diversity of gardens and garden experiences." The membership mix of Gardens BC reflects the widely varying nature of the garden experience in the province and provides an opportunity to examine the tourism industry sector approach to provide effective marketing and promotion for export-ready gardens and garden communities.

- **WORLD NAKED GARDENING DAY - MAY 5**

This is your second official notice to prepare to un-gird your loins and un-buckle your swash the first Sunday in May. *The Leaf* will publish all formal evidence of having participated. Photographs are awaited with bated breath.



Soil Amendments- Ann Pentland

Soil amendments are really only necessary if you have poor soil, or if you want to boost the fertility of your soil. A healthy soil has a rich community of organisms: microscopic bacteria, insects & earthworms that make the nutrients available to the plants & maintain plant health.

Organic matter: provides food for the microbes which release nutrients to the plants over time so that garden soils become more fertile every year that compost is added. OM improves the water holding capacity & aeration of the soil. Recent discoveries have found how much energy plants use to feed bacterial, fungi & other microbes in the soil. 20% of carbohydrates made by plants, leak into the surrounding soil making nutrients available back to the plants & protect the roots and plant from attack. Fungi also works in this way and forms a net around the roots that extend a long way from the plant often communicating with the nearby plants.

Organic matter is made up mostly of plant materials. It is most fertile once it is composted.

It is best to not disturb the soil too much ie. No double digging, as this destroys the soil structure ruining water pathways, etc.

COMPOST TYPES:

Homemade Compost: Use when dark & crumbly & well digested.

Commercial Compost: Composted fish and wood waste are good. Avoid bagged mushroom, steer & poultry composts as they are mostly straw or bedding.

Municipal Composts: the source of the materials are unknown, so could contain herbicides or weed seeds.

Worm Castings: help increase soil's water retention, improve aeration, introduce microbes, bacteria & fungi in the soil. It also feeds beneficial soil microorganisms that produce, store and gradually release nutrients to feed plants. Mix worm castings with soil when planting, and in seeding mixes. It has a neutral pH of 7.0 and won't burn plants. Of course it speeds up decomposition in the compost. Also Compost Tea.

Leaf Mold: Any kind of leaves (except Walnut) can be piled in a bin over winter & left to decompose. Or leave a deep

mulch of leaves on your garden beds. Tough leaves can be used on pathways or under shrubs. Leaving organic matter on top of the soil works faster than digging it in. The worms will do this job for you.



Plant Roots: Leave plant roots in situ to rot. You can plant around those roots without disturbing the soil structure too much. Much less work than dragging to the compost pile & back. Large roots like cabbage can be chopped around & the core removed, but leave all the other roots to rot.

Wood Chips: use only on pathways or under shrubs, not in the vegetable garden. They tend to use up the nitrogen in the soil to continue to decompose them.

Animal Manure: Fresh cow, chicken or pig manure should be well aged in a HOT compost pile before using. Fresh horse manure should be composted for at least 3 months. It may contain deworming medications & the bedding could have weed seeds or even Roundup if it is not organic straw. Best to buy bagged well-composted manure for the vegetable garden.

Green Manure: eg fall rye / clover grown for short time, can then be turned into the soil. Generally, this is not a great idea for the home gardener. It is hard to get the timing just right to turn it in and fall rye attracts wireworms.

Coffee Grounds: A good source of nitrogen, decompose easily, earthworms like them, and rats don't. These can be added to the compost pile or spread directly on the garden or around acid-loving plants like blueberries, just not too thickly.

Compost Starter: don't use as the native bacteria in your soils are better adapted to your conditions. You can leave a little of the well-rotted compost at the bottom of a new pile to inoculate it.

METHODS TO MAKE COMPOST:

Chop & drop: just leave the cut top growth of plants on the bed to decompose.

Sheet Mulching or Lasagna Gardening: Used for starting a new garden bed. Cover a grassy area with cardboard, newspaper & leaves in the fall, water it well. Uncover in the spring and plant.

Cold Composting: This is the most common method for home gardeners. Layer plant material, lawn clippings & kitchen scraps with twice as much dry leaves or shredded paper in a box or pile and leave it until needed. Take the top uncomposted layer off, use the well-rotted compost at the bottom. Start a new pile with the uncomposted materials. Don't put lime or wood ashes in the compost – they will inhibit the decomposing process. Only use "finished" compost that is earthy smelling, dark & crumbly to amend the garden. Unfinished compost can be used as a mulch on top of the soil.

Hot Composting: Is very labour-intensive, but this is the only way to compost fresh cow, poultry or pig manures. It also kills all the beneficial organisms in the soil.

HOW TO USE COMPOST:

Use well-rotted compost every year on a vegetable garden.

For a new garden with poor soil: turn in 4"

For an established garden: top with 1" annually

For potting soils and seedling mixes use screened compost.

Coarse, half-rotted compost can be a summer mulch.

Don't spread compost / manure in the fall as it will leach away during the winter rains.

FERTILIZERS:

Nitrogen (N): the most used element for rapid leafy plant growth & builds proteins, but must have plenty of organic matter in the soil to be available. Too much N leads to soft growth at the expense of fruit and root development.

Phosphorus (P): promotes flowering, fruiting & strong stems & roots. It doesn't move much in the soil and is not available unless there is plenty of organic matter in slightly acidic soils. There is usually plenty of P in our soils, but they are not always available to the plants, but be careful not to over fertilize with P as it interferes with the uptake of other nutrients. Better to maintain pH levels between 6.0-7.0 & increase organic matter.

Potassium (K): Makes sturdy plants, helps with disease resistance and heat & cold tolerance. Needed by root crops.

Calcium (Ca): regulates how plants respond to the climate. Deficiencies show as death of shoot tips, roots and fruit. Horticultural lime added to the soil lowers acidity & supplies calcium. Eggshells / oyster shells need to be ground to a powder to be effective.

Magnesium (Mg): is necessary for respiration & photosynthesis. Sandy soils can be deficient, but compost should be enough, and dolomite lime will raise pH and supply enough. This is not usually a problem with soils rich in compost. You can use dolomite lime every few years to make the soil less acidic to make magnesium available.





Sulfur (S): is important for proteins, vitamins and compounds that regulate growth, but is usually present enough with plenty of organic matter & complete organic fertilizers.

Silicon (Si): makes strong cells that resist disease & insect attack, help withstand heat & drought. No need to add as it is abundant in good healthy soils.

Micronutrients: are essential, but too high amount can be toxic and there should be enough in soils fed with compost & complete organic fertilizers. Kelp / seaweed meal can help, but you can easily toxify your soil by using individual micronutrients.

Fancy amendments: humic acid, compost starters, mycorrhizal fungal inoculants, *etc....* are just a waste of money

Lime: A neutral soil (6.5 to 6.8) is best for the bacteria that works our soils. Our gardens tend to be closer to 5.0 to 5.5 due to the high rainfall. Nutrients become more available in a neutral soil. Add lime in spring and check the pH levels every 3-5 years. It takes several years to change the soil pH. Do a Soil Test at a reputable Lab (not DIY kit), then add lime once a year as recommended. 1 pound of lime covers a square yard. Weigh a pound in a yogurt container and draw a line at the level.

Agricultural lime: is the cheapest, most effective as it also adds calcium.

Dolomite lime: also adds magnesium. Use it every few years, alternating with agricultural lime.

Potatoes & tomatoes are OK in an acidic soil, but beets, spinach, onions and other root crops don't thrive in an acidic soil. Soils with a neutral pH still need calcium, but this can be supplied by adding gypsum without changing the pH.

ORGANIC FERTILIZERS:

Supplements are necessary as fruits & veggies use more nutrients than the ordinary soil can provide. Read the labels and never use more than what is recommended. Consider fertilizers as a supplement to the main food source of mature compost and organic matter. Be sure there is more or equal N in the mix *eg* Gaia Green 4-4-4

Alfalfa Meal: 2.5-1-1 a good source of nitrogen.

Blood Meal: 12-0-0 is the highest source of nitrogen and can be used to boost green leafy crops at planting time or a light sprinkle can be added to the soil for heavy feeders and when sowing winter crops.

Bone Meal: 2-12-0 is high in phosphorus & has some calcium, but too much can be toxic and our soils usually have enough. It is very slow acting. We used to put bone meal in with bulbs, but that's not done any more as it interferes with the mycorrhizal fungal uptake of nutrients.

Kelp Meal: 1-0-2 contains a wide variety of naturally occurring plant nutrients & trace minerals essential to plant growth & productivity, but it is not necessary in the garden, only in soilless mixes *eg* potting soils.

Wood Ashes: are high in phosphorus. This can be sprinkled over the garden in the spring, but never put this in the compost as it inhibits the decay process. Wood ashes are also high in calcium & micronutrients and help make soils less acidic. You can use too much, so limit to 1 kg/sq m in a year. Sprinkle lightly on veggie gardens, but not around acidic loving plants (Blueberries).



Biochar: is rich in carbon and makes carbon available in the soil for thousands of years. It can reduce the need for fertilizer by making the elements more easily available to plants. It is especially good to enrich very poor soils and also helps speed the composting process by capturing the carbon content of the rotting materials. It is not commonly used in our gardens.

Rock Dust (rock phosphate): 30% phosphates & 48% calcium. It is slow release over years. Roses develop stronger root systems and more buds. In a veggie garden - there may be fewer pests, greater yields & richer flavour. Apply in early spring 1lb per 10sq feet. It is most accessible in acidic soils. It is also useful added to the compost. Overuse can lead to chlorosis in the plants and kill beneficial microorganisms and can lead to leaching & polluting water systems.

Seaweed Extracts: can add micronutrients, but are mostly unnecessary. DO NOT take seaweed from the beaches - it disturbs the ocean's biome.

Liquid fish fertilizer: is good to use during the growing season if plants look stunted or have yellow leaves.

Greensand: is a source of potassium and is often used in complete organic fertilizers.

Epsom Salts: can provide a quick source of magnesium to deficient plants, but can easily be overused.

SeaSoil: be sure you are buying just the compost without any additives (soil & peat). Then add amendments as you need. SeaSoil on its own will make too much foliage & not enough flowers & fruit.

MANAGING SOIL FERTILITY:

Whenever a bed is empty. Add 1" of compost, a complete organic fertilizer and lime as necessary and gently work it in. The subsident crops for that bed for the year will not likely need any more amendments unless the previous crop didn't

grow well. Use a liquid fertilizer to give a struggling crop a boost during the season if their leaves are looking pale. You won't need to use compost after a few years if you mulch the beds well every year. Don't add amendments in fall as they will be leached away in the winter rains.

Compost Tea: Put a shovelful of compost / horse manure / fish compost in a 5 gal bucket, fill it with water and let it steep for just one or two days when it turns dark brown. To use it, dilute it in water until it's like weak tea and water your plants every week or two as needed.

Plant-related Bits - Margaret Campbell & Maria Issa

It is truly amazing how many hours one can waste looking at Instagram. As we don't want to be the only sinners, we welcome you to join the party... [You can copy/paste these links - or go to the live links in the April Links file and just click on them. They - should - have the same numbers.]

1. National plant-buying day:

Isn't that EVERY day??

<https://www.instagram.com/reel/C2NHK3ZLSQg/?igsh=MTB0bmN5bTJtYmJwdA==>

2. Flowers are good for you:

Research has shown that lowers in your home increase kindness and compassion and simply make you happy....

<https://www.instagram.com/reel/C5EXhyRvwWw/?igsh=MTdpb3lndG5yeWJreA==>

3. NASA plant oxygen

NASA says we need at least one indoor plant for every 100 square feet of indoor space, so get buying now!

<https://www.instagram.com/reel/C3p922NrQbD/?igsh=MTJocWI0bWY0OHkzCA==>

4. Houseplants

Then there are those people who need MORE houseplants... and who can blame them?

https://www.instagram.com/reel/C2VTAJ4v_EO/?igsh=MTVrZTJhaDBibnBkeA==

Houseplants: Look at me the wrong way and I will die! 😞

Plants in the wild:



5. Foodscaping

If only every yard had a vege garden with fruit trees and we all shared

<https://www.instagram.com/p/C5YVOTIIN72L/?igsh=ZmM5eDFwb2syN3J6>

6. School farm

Some schools are starting to have a few raised beds where kids can learn how to grow plants, but imagine how much further we could go with that!

https://www.instagram.com/reel/C30R_BhJkPZ/?igsh=MW03N2ZncGlxZ3ozOQ==

7. Mycorrhiza

Scoffers decry the idea of Mother Trees and other kinds of links in nature, but the network really is there and really is effective.

<https://www.instagram.com/p/C4I3AVUtbx7/?igsh=MTdkanBIOGIwM3k1aw==>

8. Swamp carnivores

No - not those horrid reptiles... these are the coolest plants ever!

<https://www.instagram.com/reel/C4q-DTWOOrOg/?igsh=MXg1N3h5NjczGY5dQ==>

9. Swamp fertilizer

This is a much better use of 'swamp' - especially as my compost bin gets flooded... so let's use ever drop!

<https://www.instagram.com/reel/C5hY4F5yG3m/?igsh=eDQ4OWV3bnY1cTdr>

10. Tick repelling plants

Ever had to deal with a tick? There are plants that can help.

<https://www.instagram.com/reel/C5GbhfXuIRS/?igsh=d3drMG5jenZ2N29>

11. Ivy soap

This is a good thing as the wretched ivy is invasive - so if you're already cutting it down, make something useful out of it!

<https://www.instagram.com/reel/C2aLCY5KW9g/?igsh=MW12ZTR5MWQ4am9oaQ==>

12. Pruning forsythias

It's almost time! You only have 2 weeks after those bright flowers fade.

<https://www.instagram.com/reel/C4WXSqrOfd4/?igsh=MWJhanN4eXBibGc1NA==>

13. Daffodils

There are some interesting factoids in this post -always learning!

<https://www.instagram.com/reel/C4SWHpnKtzV/?igsh=MTBmNTB2YWNycmwwaw==>

14. Pruning and propagating rosemary

Is rosemary everyone's favourite herb? Here's how to ensure your supply lasts and lasts...

<https://www.instagram.com/reel/C4ismclK07I/?igsh=ZGpxMnY0enRza240>

15. Three Sisters planting

I am trying this this year – as I said I would a number of Compost Bins ago. His is just a more elegant description.

<https://www.instagram.com/reel/C40uyliLuxP/?igsh=Mnd2bTZzY3BjY29l>

16. Attenborough on bees

Now here's something I didn't know about bees and flowers....

<https://www.instagram.com/reel/C2T5KkouF8A/?igsh=MTB5Nm53aWRjzb3OQ==>

17. Bee and Pollen

As the post says, it is impossible NOT to pass this on – especially after Attenborough.

<https://www.instagram.com/p/C4TB1kdIPUF/?igsh=MTVtN3p3cnkxdG1wNQ==>

18. TED talk on gardening

Now, grab a cup of coffee and take some time out to listen to this.

<https://www.instagram.com/reel/C5EhVXEutMR/?igsh=NDlzYjZd2h2YzF1>

19. Bold gardening

And follow it up with details on how to make your garden shine.

<https://www.instagram.com/reel/C5JJXGpqzWl/?igsh=ZnRpcGhjNDZlNzI2>

20. Forest Bathing

This is a Japanese concept that we can do every day – but if you can't the following should provide a semblance.

<https://www.instagram.com/reel/C2vMt0UvdSR/?igsh=MWY3dnhscHFjcTRqNg==>



21. Ancient Magnolias

Magnolias are one of the oldest plants in the universe and they have lots to teach us.

<https://www.instagram.com/reel/C5TqNIDMitE/?igsh=MWdwNmd3ZjNkNHYxZQ==>

22. Pulpit tree

This astonishing yew is one of the 7 wonders of Wales. It has offered sermons since the 1700s.

<https://www.instagram.com/reel/C4-Bjf0t-T3/?igsh=MTNmaGlwcG9uaGN2Mg==>

23. Cook pines

These trees lean by 8.55 degrees towards the equator, no matter where they grow in the world.

https://www.instagram.com/p/C5F-_n7vdtS/?igsh=amN1YzFuZ2kzYmh5

24. Big Baobab

Ok – I think these trees are super weird – and amazing and I need to touch one... they are on my bucket list.

<https://www.instagram.com/reel/C5BnEoALJNl/?igsh=MW42eThlNm9vbXEzZw==>

25. Incredible tree

Trees are amazing – and this one takes the cake!

<https://www.instagram.com/reel/C5AnBP3vmqf/?igsh=b3hneDY3M2Mzanhn>

26. The value of one tree

Yet another incredible product of nature- the only thing that bothers me – is then why do we cut them down?

<https://www.instagram.com/reel/C5AnBP3vmqf/?igsh=b3hneDY3M2Mzanhn>

27. Old olive tree

Imagine the history this old tree has seen, the stories it could tell.

<https://www.instagram.com/p/C4scaoml6wA/?igsh=MWlwYThiYWFtY2Rtbw==>

28. One more BIG tree

I couldn't resist one more as this one is just glorious!

<https://www.instagram.com/p/C48L7o2rqE6/?igsh=d3VsdnlkZjk2ODFw>

29. Wisteria tunnel

This is an amazing, 102 meter living tunnel – can you just imagine it in bloom? It is in the Campos de Cima da Serra wine region of Brazil (The description is in Portuguese, but Google can translate it for you).

<https://www.instagram.com/reel/C5hY4F5yG3m/?igsh=eDQ4OWV3bnY1cTdr>

30. Unfolding tropical

These time-lapses are incredible and a lovely note to finish upon.

<https://www.instagram.com/reel/C4syB-crpCQ/?igsh=bHRvYXl4a2l5Y3Jn>



OTHER PEOPLE'S STUFF:

Loutet Farm Compost Sale: April 17, 24, May 1; 2 PM – 4 PM

Compost Sale!



*West Vancouver Garden Club
Plant: May 4, 10 AM -2PM
GLENEAGLES COMMUNITY
CENTRE
6262 Marine Dr, West Vancouver, BC
V7W 2S5
CASH ONLY – and they have a White*

BC SPCA Plant, Craft & Bake Sale: April 20, 21; 10 AM to 4 PM

Loutet Farm Seedling Sale: May 4, 10 AM to 4 PM



Seedling Sale & Market Kick Off



Elephant Table!!

WEST VANCOUVER GARDEN CLUB PLANT SALE

SATURDAY MAY 4TH, 2024

10:00 am – 2:00 pm (rain or shine)

Cash Only

Annuals Perennials
Herbs Shrubs

White Elephant table (pots, books, planters, etc.)

GLENEAGLES COMMUNITY CENTRE
6262 Marine Dr, West Vancouver, BC V7W 2S5



Spring Gardening Workshops: March 16 - June 15

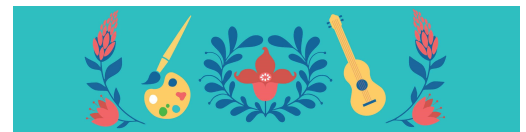
Learn gardening techniques suitable for BC's coastal environments. This program is a partnership between the Edible Garden Project and the District of North Vancouver. By donation. Location: check location of each event prior to registration. One is bound to catch your interest.

See the list in the March Links file.

Adult & Teen Public Programs (ecologycentre.ca)

Arts In The Garden: May 25, May 26

They need volunteers so sign up on the link in the April Links file – or check out their website.



ARTS IN THE GARDEN CALL FOR VOLUNTEERS

SATURDAY AND SUNDAY, MAY 25 & 26
10:30-4:30PM
RAIN OR SHINE!

Private and community gardens serve as the backdrop for this annual event, with visual artists, musicians, and performers showcasing their art practices between the flowers, pathways, lawns, and patios of the outdoor spaces, allowing audiences to experience the arts while connecting with nature.

Volunteers will be assigned a garden and help set and attend to the event. Volunteers will be the first point of contact for visitors and responsible for sharing information, collecting admissions, handing out promotional material, and gathering surveys.

Note: Garden hosts will provide a table and chair for you at the garden entrance.

[Sign up with your availability here](#)

'...luscious woodbine,
With sweet musk-roses and with eglantine:
There sleeps Titania sometime of the night,
Lull'd in these flowers with dances and delight.

-A Midsummer Night's Dream, William Shakespeare

Questions? Contact our Administrative Coordinator, [Gwenyth Chao](mailto:Gwenyth.Chao)
Email: Gwenyth@northvanarts.ca Phone: 604-988-6844

COMPOST BIN - Maria Issa

On my bookshelf, there is a big, fat, dictionary-sized book full of “Old Hungarian Sayings” – and as an old Hungarian, I say many of them. Hungarian sayings have evolved over our many years of history, (first officially recorded just after the 4th century), and reflect our cultural history... One of those sayings is “*Jó pap holtig tanul*” – and since statistically, you probably don’t speak Hungarian, as there are only about 10.3 million of us, *vs* the current world population, nearing 7.9 Billion of you - so I’ll translate: “*A good priest learns till his dying day*”. Somewhere in there, during Medieval times, in Europe, priests were the only educated people. I’m sure that that is probably true of clergy of all religions, the world-over. It is something I aspire to: always learning new things. This is why LVGC is such a joy. Sunday’s DIG was no exception.



Yes, we had our first DIG of the year, thanks to a contact made by Donna, our President. I phoned Louise, the dig-owner, to request a convenient time, and with Penny, went over to scout out the possibilities. It was an unassuming little garden, with “hardly anything in it” according to Louise – but once we looked closer, there was a LOT – much more than we expected. [*Learned lesson 1: there is always more than you think!*]

The APB went out and volunteers popped out of the winter woodwork... Karen, Sharon, Marina, Penny and I attacked those flower beds like there was no tomorrow. THERE IS – not ‘tomorrow’, but next Sunday, April 21! [*Lesson 2: trust LVGC – they will show up and dig like machines!*] We dug and potted and dug and potted – initially elegantly, later things just fell into the pots, willy-nilly. The number of pots grew and grew. Luckily Sharon had brought literally a truckload of pots (and wouldn’t her husband be surprised if they return with stuff in them?). [*Lesson 3: pots multiply in the dark – but even then, there are never enough!*].

Once we had warmed up, we sportily attacked the 20-year-old mini azaleas (of which there are 4, colours unknown). The smallest was about a 3x3x3 - foot sphere, and they got bigger – with the biggest an impressive 5 ft diameter... The first 3 came out with record-speed – 20 minutes for all 3! The big one was recalcitrant and 3 of us heaved and hauled to get its root ball onto a tarp and into Sharon’s incredible pickup truck. [*Lesson 4: root-balls are heavier than you think!*] They will need some serious pruning as the under branches were crackly, and we did break a few in the struggle. What was amazing, though, is that four of us managed to lift this monster of a bush into the truck – amid much laughter. Then, for good measure, threw in the other 3! [*Lesson 5: never under-estimate what four laughing ladies can lift!*].

Finally, we filled all 4 car trunks – rear seat down! – with pots, and sailed into the sunset. [*Lesson 6: an amazing amount of work can get done when fun people get together and laugh as they work!*].

We got: azaleas, rudbeckia, lychnis, peony, iris, aquilegia, narcissus, tulips, Solomon’s seal, euonymus, creeping jenny, lily of the valley, snowdrops, daylilies. We will go back for many more tulips – once they’re done – more daffodils and some really big stuff: pieris, roses, mini-rhodo – but nothing mini about it! – Oregon grape – and two 5 ft rhodos, which we may leave till the fall – depending on what ‘talent’ is available, as they will be heavy!

Thank you to the energetic, enthusiastic, laughing dig team – and to Donna for finding us this opportunity. The Plant Sale will have several 100 more plants!

With that, I leave you with another Old Hungarian Saying “*Sok jó ember kis helyen is elfér*” – “*Many good people can fit into a small space*” – and we have just learned *Lesson 7: Old Hungarian Sayings are also true of plants!*



If I counted flowers for every time I thought of you; I could walk through my garden forever. – Alfred Lord Tennyson

Your mind is like a garden, and your thoughts are the seeds; the harvest can be either weeds or flowers. – William Wordsworth

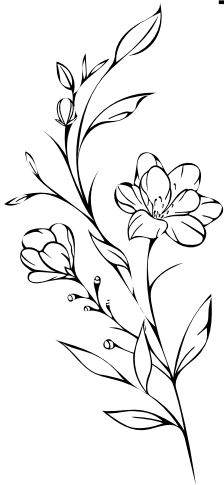
Flowers are always there for those who choose to see them. – Henri Matisse





LYNN VALLEY
GARDEN CLUB

PLANT



SALE

**SATURDAY, MAY 11TH
10:30AM-4:00PM**

- VEGETABLES, HERBS, PERENNIALS, SHRUBS
- 1000S OF PLANTS FROM MEMBERS GARDENS FOR SUN & SHADE
- CASH ONLY
- 50% OF PROCEEDS GO TO CHARITABLE GARDENING PROJECTS

**LOCATED AT: ST CLEMENT'S CHURCH
PARKING LOT
3400 INSTITUTE ROAD, NORTH VANCOUVER**

