



# THE LEAF

**THE LYNN VALLEY GARDEN CLUB**

**Established 1943**

**March 2025**

## **President's Message – Donna Wasylik**

Dear Members,

As I am writing this message, the sun is shining!! We haven't seen it for several days and we need it for our planted seeds. I don't use grow lights; just hope for the best in my little greenhouse. Are you growing seeds as well, either in the basement, garden shed or greenhouse? For our plant sale this year the MALS are depending on an abundance of product, either started from seed or divided from your gardens. Let's make it the **BEST SALE EVER** by having lots of plants to sell.

The club has three field trips organized for late spring and early summer. Each outing will need individually organized carpooling. We will not be renting a school bus this year. We can list members who are willing to drive and passengers who need rides and their phone numbers and members can contact each other. Sign-up sheets will be at the April meeting. If we don't have enough interest in the outings, they will be cancelled so I strongly suggest being at the **April 24th meeting**. **PLEASE NOTE that the meeting is not on April 17th due to the church needing that date.**

The proposed field trips are listed here. Bookings have been made for:

**May 31** – Field trip to **Nitobe Gardens, UBC Rose Garden** for your own picnic lunch, then on to **UBC Botanical Gardens** (tour included). After that possibly a visit to Southlands Nursery. Cost of tour at UBC Botanical Garden and entrance to Nitobe will be covered by the club. It is expected that members will help with the gas and parking costs of their driver.

**June 19** – Tour of **YWCA Rooftop Garden** at 535 Hornby Street just west of Waterfront Station and in first block of Hornby Street. The garden produces more than 1,500 lb of food each year and every morsel goes directly into homemade meals served at YWCA Crabtree Corner Community Centre in the downtown East Side and to YWCA child care centres. The tour is booked for 1:30 p.m. and is free of charge. Make your way over there and afterwards if we want, we can stop for refreshments at any of several cafes along the way.

**July 5** – A garden tour beginning in Lynn Valley at the **garden of Dr. Elizabeth Elle**, a biodiversity professor at Simon Fraser University, then on to Marilyn Bullock's garden where you will eat your own picnic lunch and have refreshments and dessert supplied by the club. After lunch we will visit the **Hydroponics Project on the Tseil-Waututh First Nation** lands on Dollarton Highway. This project is currently harvesting 500 heads of lettuce a week and it serves the First Nations. Suzanne Fielden of Earthbites Society will host our tour. The final stop will be the **Wildbird Trust at the Maplewood Mud Flats** where we will have a short 30 minute tour and visit the native plant nursery on site. Carpooling is expected for this event.

Please show your interest in these proposed events at the April meeting so that we can

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**  
**JASON CROUCH**  
**FRASER VALLEY ROSE**  
**FARM**  
**MARCH 20**

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:



[Lynnvalleygardenclubne  
wsletter@gmail.com](mailto:Lynnvalleygardenclubnewsletter@gmail.com)

## Executive 2025

### President

Donna Wasylik .

### Co-Vice Presidents

Penny LeCouteur .

Daphne Page .

### Co-Secretaries

Marilyn Bullock .

### Treasurer

Sarah-Jane Gray .

### Membership Chair

Jennifer Sydenham .

### Members at Large (MALs)

Miriam Scott

Tom Davis

Doreen Dew

Stefanie Rezanoff

Daphne Page

## Committees

### Plant Table

Maggie Davis

### Hospitality

Sharon Carabetta

Bev Fraine

Brenda Reid

### Sunshine / Door Prizes

Jacque D'Auria

### Website

Aline Burlone

### Newsletter Editors

Maria Issa

Margaret Campbell

## Executive Meetings

April 2 Executive meeting will be  
chez Jacque D'Auria

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



## Thanks to LEAF contributors:

Cathy Brisebois, Anna Marie  
D'Angelo, Norma Ferguson, Rita  
Marshall, Courtney Mitchell,  
Jackie Morris, Sue Nicholls,  
Stefanie Rezanoff, Julie Rudd

go forward with the organization.

Attendance at our monthly meetings has been flagging in the past few years. In 2018 and 2019, at St. Stephen's Church in Lynn Valley, the average attendance at a monthly meeting was 63 members, with a low of 51 and a high of 91 over those two years. At Mt. Seymour United Church we are lucky to get 35 members in the church and about 15 on Zoom. We are also suffering from a lack of volunteers, which makes it that much harder on the executive who try to fill positions and offer more programs. Volunteers from the club used to come forward for the Nominations Committee, Field Trips Committee and Christmas Party Committee. Now we are scrambling to try to fill those roles. We know that members are unhappy with the Mt. Seymour venue, but it has been the best (only?) alternative so far. Returning to St. Stephen's is not an option in the foreseeable future.

To that end, a wonderful group of Lynn Valley Club members have been busy searching for a new meeting venue closer to Lynn Valley. They have found a venue which has great potential and will be presenting their findings at the March 20 general meeting. *[For delicious details, see below!! - ed]* A vote will then be put forward to assess the desire to move to this new location. **Again, I encourage all members to come out to the meeting on March 20 to vote on this venue.** I personally think it is the best option for the club and hopefully the move will improve our attendance numbers and generate more enthusiasm and volunteerism within the club.

I hope to see you on March 20.

*Donna Wasylik, President*

PS: Keep those monthly donations to the Harvest Project coming in and remember our plant/seed table for donations.



## SPEAKER

### JASON CROUCH - ROSES

We're Jason and Lisa, and about a dozen years ago we took the plunge and bought a small acreage on Nicomen Island. Money was tight at the time, the girls were young, the learning curve was steep, and the property needed some major TLC. It was hard to see at first, but even in those tough early years we were forming the impression of what Fraser Valley Rose Farm could be. Although we had to hold our day jobs to make ends meet, make no mistake: from the time we sold our first plants from a folding table at the farmers market, we were no longer a part of the "9 to 5" work force. It took me nearly another decade to hand in my resignation, and now I'm so excited to invite the world to our little farm.

*Please note - Jason and Lisa will be bringing roses to sell! Come prepared!*

## REPORTS

### Co-Vice Presidents - Daphne Page and Penny LeCouteur

There are exciting speakers lined up for the coming months:

**April** - District of North Vancouver Fire and Rescue Services: Firesafe for our Community and Gardens:  
**May** - Flower Arranging

**May** - Linda Gilkeson: "Where have all the insects gone?"

## Treasurer – Sarah Jane Gray

The Club kitty currently contains \$12, 530.52 + COH \$119.00 = \$12,649.52 - Cool!

## Membership – Jennifer Sydenham

Currently, there are 139 paid-up members of whom 9 are new. 31 members have lapsed or not renewed.

The membership list is at the end of this *Leaf*. Please take a minute to check your own information and **let us know if there are any errors** by emailing Membership at [lvgc.membership@gmail.com](mailto:lvgc.membership@gmail.com). We've tried to clarify which of the phone numbers some of you provided are cell phones as that is particularly helpful to know during the plant sale. Also, if your contact information changes during the year, do let us know.

**Please remember that this list should only be used for garden club purposes and not shared outside the membership.**

## MALs - Jacquie D'Auria, Tom Davis, Miriam Scott

*The great LVGC Plant Sale is relying on you! Grow more plants!*

### PLANTS

This year we plan to have a *Point-of-Sale option* as well as *cash*, so we expect to sell out faster than usual! This means that we *need more plants* to sell than ever before. So please start or continue to divide plants from your gardens and grow seeds for selling.

### SOIL

We are organizing a soil delivery for you to use for all these plants you are donating. THE SOIL WILL BE ARRIVING ON WEDNESDAY, MARCH 19, AROUND 10 AM. If you show up \_\_\_\_\_, after about 11 AM – you can cart away the good stuff – if you bring your own container and shovel. Please don't leave a mess for Jackie and Jim and cover the soil back up or the rain won't wash our investment down the mountain.

### POTS

There will be pots available by the soil and you can donate more for others to use. [But if you bring some, you will have to take them away, if they are left over]. There will also be some strong plastic dog food bags [Hey, what about cat food and kitty litter bags?] you can use to carry things home in.

### WHAT YOU CAN DO

You can help by:

- ☐ Dividing plants
- ☐ Growing plants from seed
- ☐ Loan long tables
- ☐ Loan tarps
- ☐ Loan canopies or large umbrellas with bases – we are expecting any kind of weather on the day□□
- ☐ Take lawn signs on Thursday March 20th – these are limited to just those people who can put them in strategic locations that are really visible to the general public
- ☐ Donations for the raffle
- ☐ Donations for the White Garden-Elephant stall – do you have any interesting items and weird and wonderful tools to donate? [Perfect: clean out that shed!]

## Secretary – Marilyn Bullock and Web-guru – Aline Burlone

As promised, the minutes of the February general meeting are posted on the LVGC website – but it's not obvious or easily findable for the world at large: you lucky members have the direct hyperlink to the minutes in the *March Links* file. Happy hunting.





*Venue Committee - Doreen Dew, Daphne Page, Judith Brook, Doreen Marbry and Jackie Morris.*

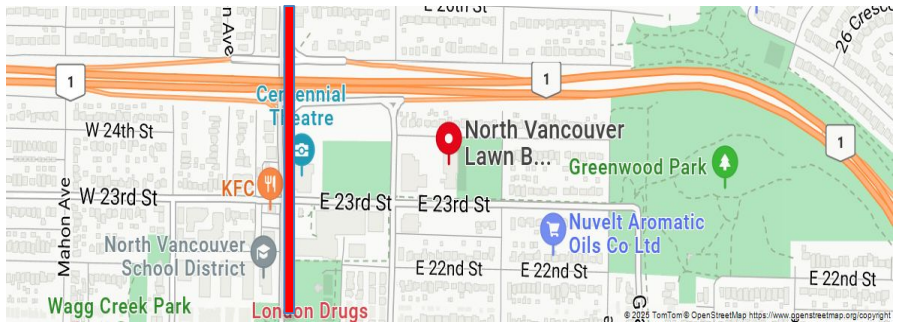
### **We found a new Meeting Room for LVGC !!**

Club members have been looking for a new meeting room on and off since we moved into Mt. Seymour United Church. The current committee consists of Doreen Dew, Daphne Page, Judith Brook, Doreen Marbry and Jackie Morris.

We have searched from the Capilano River to Deep Cove, south to north. Maybe we have missed somewhere suitable, but we think not. Attached are the criteria we used, which is in the left column of the chart comparing Mt. Seymour and our proposed venue, though not necessarily in priority order. There were very few venues that met out basic requirements: 3rd Thursday evenings, long term rental, size of room / number of seats allowed in room, acoustics, kitchen, parking, cost. None of the places offered storage and only one could offer the possibility of holding the plant sale.



So where is it? We recommend, supported by a unanimous vote of the executive, that the LVGC move to the **North Vancouver Lawn Bowling Club's Clubhouse**. It is on 249 E. 24th Street, North Vancouver. It is very central and easily accessed by the majority of the membership. A map is attached. The red line is Lonsdale. It is in the second block east of Lonsdale and has the whole east end of the block between 23rd and 24th. Entrance is on 24th. We could go on and on about how perfect this room is for us: we can even open the doors and have our Tea Break on the patio!



You can see the many advantages on the chart (below) as well as the attached pictures. This building is only 1½ years old, purpose-built to be a clubhouse, and fairly anonymous looking. The entrance is on the far side of the part jutting out of the right. You can see a hint of the diagonal parking (46 diagonal parking spots directly outside the building, and on the streets, there is lots more parking. Three pictures are of the Clubhouse room (Penny in red, Maria greenish) and one is of the kitchen. Maria says, "as the venue is relatively new, the "tech infrastructure" is well in place: there are HDMI computer ports, screen, projector and sound system built in, for local presentations. Wireless WIFI is available to Zoom out."

You may ask, "We are Lynn Valley Garden Club, why not a meeting room in Lynn Valley?" We did look - extensively! Before we were alerted to the NVLBC Clubhouse, we were seriously looking at the only Lynn Valley option: Lynn Valley United Church on Mountain Hwy, just 2 blocks north of the junction of Lynn Valley Rd and Mtn Hwy. The "room" was 2 rooms that could be divided by a screen -- only 587 sq ft combined (compared to 1570 sq ft at the Clubhouse.) Tea-time and bright spots and other tables would have had to be in the entry, which is next to the kitchen but only a glass wall away from where the choir practices each 3rd Thursday evening. (Does that bring back memories?) They wanted the same rent, \$75/hour.

As you can see in the chart, Mt. Seymour is charging us \$120/meeting. The NVLBC Clubhouse will be charging \$225/meeting, a difference of \$105/meeting. The executive is of the opinion that the extra could come from the club savings (a treat for us!). A new budget will be presented next fall and there could be several options to cover the increased rent.

The venue committee is very excited about this opportunity and hope you are too. We could be moving to the Clubhouse as soon as September, if you agree to move.

We hope many more of you will attend the meetings at Mt Seymour in March IN PERSON or by Zoom to vote on this (as well as to volunteer for the Plant Sale and learn the latest on roses) and April (for last minute Plant Sale info, sign



up for the club events, and to learn to protect your homes from wildfires). In May the presenter is by Zoom. Between May 31 and July 5 there are three [fabulous!!!] club activities that you can sign up for.



	Mt Seymour United Church	N Van Lawn Bowling Clubhouse
available 3rd Thursday nights	yes, 6:30 to 9:30	yes, 6:30 to 9:30
square footage	cavernous	1570 sq. ft
seats	300?	100
location	near Parkgate Mall	central - 2 blocks east of Lonsdale on E 24th
wi-fi, screen; AV	yes, but many issues	yes, 1 1/2 years old
can we hear each other?	speaker, if directly into mic; each other, no; Zoom, ??	we will be able to hear each other without a mic; Zoom people, expect much better
kitchen	yes	yes, partly open to room; Hosp Committee can hear meeting
use of tea/coffee containers	no	yes; less for Hospitality Comm to bring
storage	yes	no
tea and goodies in room	no	yes
bring plants in room	no	yes
chairs	pews	yes, on roller trolleys; need set-up committee; all stack at end
tables	yes, in storage room	yes, move where we want
parking	yes	yes
wheelchair accessible	yes	yes
bright room	no	yes, windows on 3 walls
hold plant sale	no	no
hold major speaker event	yes	yes, given past numbers
cost per 3 hr meeting	\$120 (3 h @ \$40/hr)	\$225 (3 h @ \$75/hr)

**Motion:** We, the committee, move that the Lynn Valley Garden Club change its meeting location to the Clubhouse of the North Vancouver Lawn Bowling Club, starting with the September 2025 meeting; with the executive to negotiate the details of the rental contract.

*"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."*  
- ALBERT EINSTEIN



## BRIGHT SPOTS



These are Rosemarie's photos of *Hepatica* from *The Leaf*, March 2024. We have all loved Rosemarie and her vast knowledge of plants as well as her legendary green thumb: always something unusual and interesting would show up for Bright Spots. As Rosemarie left us this past Saturday, together, we need to take up the Bright Spots mantle in her honour to show and learn about amazing plants.

Therefore, this is an open **invitation to everyone - to bring your most unusual, interesting Bright Spots** (maximum 3 per person) to present - so that we can send our telepathic flowers after her. There will be a "duplicates/domino" - so I will be handing out treats to people who bring unmatched Bright Spots offerings.

To commemorate Rosemarie's many friendships and her long list of contributions to the Lynn Valley Garden Club, there will be a 'memory book' in the foyer that you are all welcome to write into. If you are not a 'spur of the moment' kind of person, you could bring a note and just slip it between the pages. This is 'in lieu of' flowers - as her family are all allergic to flowers (go figure?). As well, you are welcome to make a donation to the North Shore Hospice in her name.



### The RHS Hunt for Missing Daffodils

Join us in the search for three daffodils that are either at risk or thought to be extinct in the UK, but maybe they are still extant in the New World: Daffodils 'Mrs. R. O. Backhouse', 'Mrs. William Copeland' and 'Sussex Bonfire'.

Locating these daffodils will help us aid their survival, better understand our gardening heritage, and even enable preservation of genetic material that could be valuable for future breeding of daffodils in the face of a changing climate. Search 'RHS Daffodil Diaries' for more information on how to get involved! The information is in the March 2025 Links file.

### The Travelling Globe Cedars - Cathy Brisebois & Maria Issa

One day, a wonderful woman, who was moving to Nanaimo, asked whether the LVGC could 'rescue' some plants from her garden - and offered them to us for the plant sale. We did and it was fun. *[Many of those plants are potted up and hanging out at Maria's house, waiting for the plant sale]*. Sometime later, she asked if we could help her with extracting her favourite Rhodos, so that they too, could move to Nanaimo. The Rhodos made the move. We became friendly over this interaction but as Nanaimo is a long swim away, it was going to be a long-distance friendship.

Imagine the surprise, when one day there was a message, "My new garden is being reorganized. There are three globe cedars I want rid of - do you want them?" "Hell, yes!!!" came the instant answer. In anticipation of their arrival, the cedars were auctioned off to the LVGC membership - and Cathy B. was the lucky winner. The transfer was arranged, the ferry-ride planned, excitement was in the air.



Then winter hit. The plant transfer date was rapidly approaching as the temperature dropped and blankets of snow covered the landscape. We all were worried about the little plants - not a good time to dig them out - if digging were possible with the ground frozen; not good to be naked-root in the cold; nigh impossible to re-plant under the snow. The dig date was delayed. We waited. And waited. The snow finally melted, the sun came out, the ground thawed, the ferries were running - and the little green cedars arrived *via* the back of the jeep. But they did not come alone: other lovely plants - heather, alyssum, primroses, daisies, Japanese anemone, and some yet-to-be-identified perennials also arrived by the bagful. Yippppppee! These too, are potted up, awaiting the plant sale. *[Thank you, Louise!]*

The little cedars finally made it to Cathy's house and are living their best life in their new home.



## Saguaro Cacti – Courtney Mitchell

On a recent trip to visit family, we stayed at a unique B&B located northwest of Tucson, Arizona and adjacent to the Saguaro National Park. Our room and porch looked east toward a rock formation with a south facing slope covered in saguaros and other cacti. Below the peak was a gently sloping area (called a *bajada*, see photo below) that was prime habitat for Saguaro cacti. Elevation controls their distribution as saguaros are sensitive to frost and cold temperatures. They thrive on south facing where the ground freezes less frequently and precipitation flows/trickles downslope. Saguaros are found in the Sonoran Desert ranging from southern Arizona southwards into Mexico.

We were fascinated by these huge columnar cacti. Saguaros (*Carnegiea gigantea*) are very large tree-like cacti that may take up to 50 years to grow to 1 m in height. Mature Saguaros may reach 16 m in height; many grow recognizable “arms” called spears, which do not sprout until the cactus is 75-100 years old. Saguaros may live for 150-200 years. Their rate of growth depends on water availability and those near Tucson grow faster than those in dryer areas to the west. Saguaros can absorb great amounts of water when it rains in order to withstand droughts. Their circumference expands greatly as they absorb water and then slowly shrinks in periods of drought. They transpire only at night which helps limit their use of water. They develop an extensive root structure including a tap root.



Our B&B host was once a volunteer at the Arizona Sonora Desert Museum. <https://www.desertmuseum.org/> As a contractor, he once rescued 438 young Saguaro cacti from a construction site and transplanted them onto his 20 acre property adjacent to Saguaro National Park. I was amazed and inquired how successful he was. Apparently, very! The trick was to locate and mark the North direction on each cactus and then orient it in precisely the same position when replanting it. The saguaro surfaces are sensitive to light exposure, so they need to retain their original orientation to the sun to thrive. They also require sufficient support until their new root system develops. Only one of his transplants was not successful!

The interior of saguaros have a skeleton of woody ribs that were used by indigenous peoples for building material. Our host used these ribs as the underlayer of our porch roof. Saguaro spines are very sharp and may grow to 7 cm. They do not have barbs, which makes them relatively easy to extract if you have the misfortune to be stabbed. However, on our hikes the saguaro spines were the least of our worries, as cholla cacti were a much greater threat to our comfort.

Saguaros provide habitat and food for various bats, reptiles, birds and insects. The flowers open at night and are an important food source, especially for bats and birds, because they bloom at the hottest and driest time of year. While the flowers last only about 24 hours, they bloom in succession. The fruits that follow provide important nutrition for both animals and Indigenous peoples.

Seeds may take root if they receive sufficient moisture and shade. Young Saguaros require a tree or shrub for shelter from both the sun and cold temperatures. The *palo verde* tree is a frequent nurse tree. This relationship works well as these trees live for a maximum of 100 years and by that time the little Saguaros are capable of surviving on their own without shelter.

If you are in the Tucson area the best places to learn about local flora and indigenous culture is at the Arizona Sonora Desert Museum. <https://www.desertmuseum.org/> and the Tohono Chul Park, a botanical garden that aims to connect people with the nature and culture of the area. <https://tohonochul.org/>. The Saguaro National Park <https://www.nps.gov/sagu/index.htm> has two informative visitors center sand numerous trails for hiking and enjoying the region.



## Microplastics impair Photosynthesis – threatening the World Food Supply -

[See March Links file – copied from @Bioscoolya’s post on Instagram]

Proceedings of the National Academy of Sciences (PNAS) highlights how microplastic pollution is affecting plants and algae. Researchers analyzed thousands of data points and found that exposure to these tiny plastic particles reduces photosynthesis – the process plants use to create energy – by around 7% to 12%. This happens because microplastics lower the amount of chlorophyll, the pigment that helps plants absorb sunlight.



As a result, major food crops like wheat and rice could see a yearly decline of 4% to 13%, which translates to a loss of 109 to 360 million tons of food. Similarly, plant life in oceans and freshwater systems could decrease by up to 7%, leading to a drop in seafood availability. However, reducing microplastic pollution can help. If global microplastic levels decrease by 13%, the negative impact on photosynthesis could be reduced by 30%, potentially saving millions of tons of crops and seafood each year.

These findings emphasize the urgent need to cut plastic pollution to protect global food security and ecosystems. "A global estimate of multi-ecosystem photosynthesis losses under microplastic pollution," published in the Proceedings of the National Academy of Sciences (PNAS). *See link to the PNAS article in March Links.*

## ***Weird plants found via buying Canadian – Maria Issa***

So, like all of you – I hope – I’m reading labels and madly sourcing Canadian. Veggies and groceries – because they are inherently short-term, are easy to get locally. Even toilet paper.... (memories of Covid) ... But toothpaste, shampoo, deodorant, dishwashing and laundry detergent and the like... that is a tall order as everything is J&J, P&G, Unilever or some other pervasive US brand.

With fervent Canadian zeal, elbows up, I attacked the internet and in true hunter/gatherer fashion – hunted and gathered. Here are my finds – and they are tried and tested!

1. **Laundry and dishwashing detergent** – and they also make a great toilet cleaner: *TruEarth* - <https://tru.earth/> Canadian owned, Canadian made and the founders all live in BC. Their products are great for the environment as these are laundry or toilet strips – no water, no plastic. The dishwashing powder is compressed into little lozenges. Their wool laundry balls are great – the cats wait for the dryer to be opened so they can pilfer them.
2. **Toothpaste and deodorant** – *Nelson Naturals* - <https://nelsonnaturals.com/collections/store-products> Again, a BC company. They make plastic-free, no waste toothpaste – it tastes ‘different’ but one’s teeth feel really smooth – I picked the activated charcoal dipping stuff. Their deodorant is particularly nice – but you do have to use your finger to wipe it on although they also have a stick in a cardboard tube. Smells delicious – not like a funeral chapel. What’s interesting is that there is less product – so it seems like it’s expensive for the volume received – but I use much, much less, so it lasts just as long... and what goes down the drain is not something I feel guilty about.
3. **Shampoo, conditioner and body wash** – from *Everist* <https://helloeverist.com/> OK, they are not from BC, but Ontario – so there is the transportation footprint – but it’s a women-owned company – and there are now a number of studies that have shown that women-owned companies ‘work’ better, are better managed and their workers are happier. Their shampoo and conditioner and body wash are delicious – work well and feel and smell super. Same deal as above – not much volume but it’s concentrated.

**So where is the weird plant you promised?**

**Here: KONJAC.**

I was looking into what’s in Everist’s products, why they are so good (all plant-based!!) and then I found this – a strange sponge-looking thing for scrubbing one’s self. I bought one – thinking it looked cool. It arrived. Looked and felt like a pumice stone and I was a bit put off – but then I tried it. IT WAS WEIRD. It’s made of Konjac. I had to look it up: what the hell is konjac? <https://www.medicalnewstoday.com/articles/319979>

Medical News Today – “Konjac plays a role in traditional Japanese and Chinese medicine. Possible health benefits of konjac include managing diabetes, preventing constipation, improving skin health, and more.

Konjac is a plant that manufacturers use to make high fiber dietary supplements, jellies, and flour.

[But we are not meant to eat that scrubby!]

The Latin name for the konjac plant is *Amorphophallus*. [The name is a bit off-putting but evocative.]

People also refer to it as konjaku, elephant yam, devil’s tongue, snake palm, and voodoo lily. [Curiouser and curiouser.]

The konjac plant has a starchy corm high in a type of dietary fiber called glucomannan. Manufacturers use this part of the plant as a dietary supplement and in the production of high fiber flour





and jellies. [Many interesting Japanese and Chinese transparent noodles and wobbly jelly desserts are made of konjac.]

Eating glucomannan can reduce Type 2 diabetes symptoms, manage weight loss and constipation, stabilize cholesterol, speed wound healing – and finally that scrubby! – improve skin health and reduce acne when used on skin.

It is WEIRD – when wetted, the pumice-like scrubby turns into a strange jelly-like sponge that feels really good in an indescribable sort of way. If you’ve ever held a sea cucumber – hard but soft but rubbery – that’s what it feels like. If you haven’t – you haven’t lived! Try it for the fun of it!

So happy shopping Canadian - you will discover all sorts of new things!

### *Sue Nicholls writes:*

“After listening to February’s speaker, Lucretia, talk about using urine in her garden, I came across this article about urine being used on a bigger scale in farming.”

<https://www.bbc.com/future/article/20250227-the-vermont-farmers-using-urine-to-grow-their-crops>

### *Julie Rudd writes:*



This gentleman finds melodies in mushrooms. “With his plant-based compositions, biologist-turned-musician Tarun Nayar wants to change how we engage with nature. Nayar is not your traditional musician—he’s a fungi whisperer. By connecting cables from his custom-built modular synthesizers to mushrooms, fruits, and leaves, he transforms their natural bioelectric signals into captivating sounds. During his performances, he works with focused precision, adjusting the knobs and buttons to fine-tune the rhythmic and peculiar sounds that are created.”

To read more in Atlas Obscura, follow the link in the March Links file.



**80% of native bees die from early yard cleanup.**

**Wait 6 weeks and save 1000s of pollinators!**



## **ANNOUNCEMENTS**

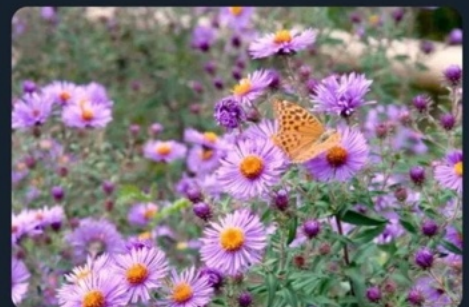
### **World Naked Gardening Day – May 4**

This is your **first 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 your having participated in World Naked Gardening Day. Photographs are awaited with bated breath. BTW if you doubt that such a thing exists – doubt not – the official link is in the March Links file. Honest. I’m not making this up.

### **Harvest Project**

With life as we know it, and the economy going to hell in handbasket – people who, before, were on the edge of a financial cliff, are dropping off, one by one. The Harvest Project provides support and sustenance to local people who find themselves in a bind. **PLEASE DON'T FORGET TO BRING A NON\_PERISHABLE ITEM** to the meeting. Every can counts: it’s the difference between something in the tummy or going hungry.

If you want butterflies in September, plant asters in the spring. While other flowers fade, asters keep blooming, fueling migrating monarchs and supporting native bees until the first frost.



"There, but for the grace of God, go I." Julie kindly drives your gifts to the Harvest Project office.... and they are very happy to receive every little bit. Here is a thank-you letter they sent.

Dear Lynn Valley Garden Club,

On behalf of all of us at The harvest Project, I want to take a moment to sincerely thank you for your efforts in organizing the food drive [at Xmas].

It is truly inspiring to the community come together to help extend a hand up to our neighbours in need. Please extend our gratitude to everyone who contributed their time, donations and support.

Let me know if you ever want to come to our facility for a tour to learn more about how we support our community.

Thank you again for your kindness and generosity.

Rose Conway, Community Engagement Coordinator



### *Rita Marshall writes:*

I was at the Dollarama on Main Street North Vancouver and picked up some **summer bulbs, from Holland**. They had Liatris, Iris and a few others, **8 bulbs for \$2.75** the cheapest I've seen.

### *Anna Marie D'Angelo writes:*

Metro Vancouver through DNV is **charging extra for a third organics bin**-over \$50 per year. I am turning mine in as I try to compost everything from the yard now and rarely put out three organic bins. Thought members may want to know about this. Here and in the March Links file - where to contact DNV: <https://www.dnv.org/your-home-property/order-more-carts-or-request-larger-or-smaller-carts>

### *Looking for an allotment or a microplot to grow veggies??*

My favourite blueberry farmer is offering 1300 sq ft (1/32 of an acre) plots on his farm. \$50/month - 1 year contract. The plots are near Costco in Abbotsford. Email Gagan, a really helpful guy. [gagan@instaberry.ca](mailto:gagan@instaberry.ca) Hurry - plots are limited.

### *Loutet Farm- Edible Garden Project - soil and seedling sale - May 3, 10 AM to 1 PM*

You will have to hunt this up yourselves as the website is incredibly slow and my patience gave out.

### *Robert Dash Photography - West Vancouver Art Gallery*

Entitled "Food, Planet, Future"- Friday, February 14 - Sunday, March 30.

"If we care about nature and the health of our planet, we must pay attention to where our everyday food comes from. Farming practices are among the most destructive activities on the planet, contributing significantly to environmental crises. However, these same practices have the potential to help restore our planet. Robert Dash's work explores this subject in the book *Food Planet Future* and as part of this exhibition." - for further details see March Links file.

### *BC Council of Garden Clubs Spring Event& AGM Saturday, April 5, 2025, 10am to 3pm*

Donna Wasylik and Barb Downman are going to represent our club. Does anyone else wish to join them? The registration link is in the March Links file.

### *Fight Against Big Biomass Fuels - Monday April 7, 5-8 PM ET on Zoom*

The biomass industry is burning trees for electricity and falsely calling it a 'clean energy solution'. Burning wood and wood chips has devastating health impacts for people living close to the plants - and it is destroying forests.

Registration link here and in the March Links file. <https://www.eventbrite.com/e/break-big-biomass-a-national-call-to-action-tickets-1224983260909?aff=SE>

### *Fleurs de Villes - May 23 - June 1*

For details see the March Links file.



*Judith Brook writes:*

### *Darts Hill Gardens, Surrey - Two-Garden Day Out - \$12 per person.*

The Darts Hill volunteer guides have learned the history and features of both locations.

Tour Schedule for the Darts Hill and Glades Day Out

- 9:45 am — Arrive at Darts Hill Garden (1633 170 Street).
- 10:00 am — Guided tour of the horticultural highlights of Darts Hill Garden.
- 12:00 pm — Picnic lunch in the upper meadow (bring your own lunch).
- 1:00 pm — Drive six minutes to Glades Woodland Garden (457 172 Street) for a tour of the mature rhododendrons.
- 2:30 pm — Easy return to the freeway. To book a tour or for more information, please contact [info@dartshill.ca](mailto:info@dartshill.ca) or visit the webpage: [dartshill.ca/visit-the-garden/#tour](http://dartshill.ca/visit-the-garden/#tour). More details can be found at [dartshill.ca/wp-content/uploads/2022/04/Info-for-Book-a-Tour.pdf](http://dartshill.ca/wp-content/uploads/2022/04/Info-for-Book-a-Tour.pdf).



### *COMPOST BIN - and our new Binner: Stefanie Rezanoff*

The pressure of economic uncertainty—tariffs, trade tensions, and dear DJT’s signature brand of whiplash-inducing unpredictability—has me on edge. I move through the day with the news as my constant companion, bouncing between CBC, PBS, CNN, and back again, drawn to the glow of an oncoming train wreck. It’s not healthy, but I can’t seem to look away.

Last Saturday, I decided to channel this angst into action. Armed with “buy local” resolve, I did the weekly grocery shop, determined to sidestep anything made in the US. With barcode-scanning apps at the ready, I joined fellow shoppers in a game of “Spot the Canadian Product.” Some choices were easy; others, not so much. I ended up with produce from South Africa, Greece, and Chile—so, a bit of a fail on the local front, but the intent was there. I wasn’t alone. Many people were scrutinizing labels. ‘Made in Canada’; ‘Product of Canada’, 3/5 on ‘Buy Beaver’... Surprisingly, the bill was only marginally higher than usual—though I suspect that won’t last. Still, I’ll stick with it, for as long as this economic chaos drags on. It could be a very long—and very expensive—four years. **Thank goodness for the garden.**



Amid this increasingly vicious game of tariff tag, there are some silver linings. Canadian pride is swelling. And while it’s easy to roll our eyes at our southern neighbours’ sometimes ... shall we say ... *spirited* nationalism, a little extra (polite) patriotism on our end is great. I’d love to get my hands on an *actual* (not from Amazon) Molson I. AM. CANADIAN. T-shirt, but they’re nowhere to be found. Those lucky enough to own those originals are wearing them with a bit of a strut. Even I—not a die-hard hockey fan—found a deep sense of satisfaction watching Connor McDavid’s winning goal. And more than a few of my neighbours have planted Canadian flags in their yards. These are all good things (Stewart, Martha, n.d.).

Good humor is essential, too. Enter a small Canadian café that recently made international headlines with the creation of the *Trump Sandwich*.

It’s described as “*having white bread, full of baloney, with Russian dressing and a small pickle*” (The Economic Times, March 12, 2025). Deliciously savage.

Then there’s another maybe not so unexpected bonus: seed sales are booming! The *Vancouver Sun* recently reported that more of us are planning to get our produce straight from our backyards and community gardens this year, and we’re buying our seeds from local companies. Eco Seeds alone has seen a 96% increase in sales—a promising sign that Canadians are embracing a homegrown solution to rising food costs.

In these uncertain times, small victories matter. Finding solace in nature, growing our own food, and embracing a little extra national pride—these are the consolations I’ve observed so far. Hopefully, there will be more. And with any luck, we’ll emerge from Trump’s tariff tantrums stronger, more self-sufficient, and maybe even a little prouder than before.

Elbows up, ladies! (And Tom and any other gentlemen.)