



THE LEAF

THE LYNN VALLEY GARDEN CLUB *Established 1943* *February 2026*

President's Message - Hiromi Matsui

READY, STEADY... grow!

February is a month of anticipation for gardeners. We are already blessed with snowdrops popping out of the ground in big clumps, and crocuses starting to bloom. Thanks to the generosity of a member, I had a Winter Aconite in blossom well before the snowdrops. There is excitement in the air!

The Lynn Valley Garden Club is a vibrant community hub for many people in North Vancouver. Thanks to the knowledge and enthusiasm of people like the late Rosemarie Adams, I have several groups of cyclamen growing in my garden, providing delight at unexpected times of the year. Yes, some are already in blossom



now. Rosemarie also organized a special book order on *A Guide to Cyclamen* put out by the Cyclamen Society in Britain. Their website: www.cyclamen.org [see the hot link in the February LINKS file]

The Club usually orders soil in the early spring so that people can start to seed, dig, plant and divide plants for the Plant Sale in May. Doreen Dew, our lead MAL, is working on arrangements to order soil, so get your shovels and buckets ready for action! We will send out an email with details where you can pick up the soil soon. We are especially looking for veggie-growers who can grow seedlings for the Plant Sale - so if you have a veg-thumb: this is your moment!

We are fortunate that so many members have already volunteered to help out with all that makes the club 'go round and we are grateful for your support!!

I'm also grateful to have learned so many things about gardening from fellow members of the Lynn

Valley Garden Club. Thank you for sharing so much! ---Hiromi

LVGC MEETINGS
3rd Thursday of each
month (except July
and August)

At

**North Vancouver Lawn
Bowling Club,
249 East 24th Street,
North Vancouver**
*Meetings start promptly at
7:00 PM*

**SPEAKER:
JANE SHERROTT**

"Developing and
Maintaining Ecologically-
vibrant Alternatives to
Traditional Grass
Lawns".

If you need to contact
anyone at LVGC please
use email or phone!

**PLEASE USE
ELECTRONIC ACCESS**

Your emails are welcome:
General:
lynnvalleygardenclub@gmail.com
THE LEAF
LVGCnewsletter@gmail.com

Executive 2026

CO-PRESIDENTS

Hiroshi Matsui .
Maria Issa .

VICE PRESIDENT

Tana Bullock .

SECRETARY

Judy Sullivan .

TREASURER

Sarah-Jane Gray .

MEMBERSHIP & MEMBER TABLE

Jennifer Sydenham .

Nancy Behnsen .

Karen O'Neill .

MEMBERS AT LARGE (MALS)

Doreen Dew* .

.Daphne Page .

Stefanie Rezanoff .

Committees

PLANT TABLE

Maggie Davis .

HOSPITALITY

Bev Fraine .

Shelley Elgar .

Diana Hanley .

Leneen Webb .

Rosamond Hughes .

MaryAnn McKay .

SUNSHINE/DOOR PRIZES

Jacquie D'Auria .

WEBSITE

Laurie Smith .

NEWSLETTER

Maria Issa .

Stefanie Rezanoff .

Miriam Scott .

Laurie Smith .

SOCIAL COMMITTEE

Gillian Konst .

SET-UP

Lynn Frith .

Evelyn Davidson .

DONATIONS

Fran Watters* .

Carol Bell .

Eddie Rustemeyer* .

Courtney Mitchell .

Executive Meetings

March Executive Meeting *chez*

Hiroshi Matsui Strathcona Rd,

Deep Cove.

Newsletter items to

lvgcnewsletter@gmail.com by

March 2, 2026

Thanks to LEAF contributors,

Rita Marshall



SPEAKER

Jane Sherrott

"DEVELOPING AND MAINTAINING ECOLOGICALLY-VIBRANT ALTERNATIVES TO TRADITIONAL GRASS LAWNS".

Jane Sherrott is a hobby gardener on the North Shore who enjoys volunteering in community garden projects. Journeying away from large lawn areas that consumed too much time, water and fertilizer, Jane learned how we can manage traditional grass lawns in a more environmentally-friendly manner before she tore out her lawns and replaced them with tough, flowering groundcovers. Jane will share some of the insights she has developed about ecologically-friendly lawn maintenance practices and how to create an easy-care, non-grass lawn area that brings insects, birds, butterflies and other wildlife into a garden in abundance.



REPORTS

Vice President - Tana Bullock

[...is working hard to find us some exciting speakers! If you know of a good speaker and can facilitate a contact - by making an introduction or a direct connection - people just don't respond to emails these days! - that would be greatly appreciated!!]

To look into the crystal ball of speakers, please check out the LVGC website to get a glimpse of your future edu-tainment.

Treasurer - Sarah-Jane Gray

The LVGC's finances are healthy - our bank balance was sitting at \$14,630 at the time of the Executive meeting.

MALS - Doreen Dew, , Daphne Page and Stefanie Rezanoff & one more

The MALS are actively prepping the famous LVGC PLANT SALE to be held on Saturday, May 9th, 2026. Doreen Dew is the MAL Lead - so please direct all your questions, comments, suggestions to her.

To facilitate your contributions to the famous LVGC PLANT SALE - the club will be ordering **SOIL** to put into your plant sale pots - so that your garden doesn't end up looking like Swiss cheese. Some people bring so many plants, that their gardens would be barren rock if they had to fill all their pots with garden soil. The soil will be suitable for starting veggies and flowers from seed - so do please plant and nurture veggie seeds. Veggie seedlings are always in great demand!!!

The arrival and location of the SOIL will be sent around by email - so keep an eye out. You will need to take your own buckets/bags/containers to put the soil into and your own

shovel to put the soil into the bucket with. If you have spare flowerpots, you can drop a FEW by the soil but this is not the moment to clean your garden shed. A FEW pots – a FEW!!! – a FEW. Also, for your potting-up pleasure – Doreen and the MALs have LOTS of plant labels. Ask them for some.

The MALs plan to have a variety of fun things at the sale – an “Invasive species display”, “Herbs table”, Art Barker’s Honey will be for sale, a fabulous raffle organized by Stefanie, and even a Master Gardeners’ table – to name a few. These are just to whet your appetite.... there will be more exiting information coming!

[I sincerely hope Daphne hosts another ‘garden white elephant’ department – I got the best, most hideous garden statues ever! - m]



WHAT THERE WILL NOT BE:

NO pre-buying/setting aside on the Friday – if you are lusting after a certain plant, and can’t be at the sale, organize someone to buy it for you. So NO hiding the pots behind some bushes! Just don’t.

NO ‘half-price’ after a certain time – the prices are low enough already/ priced to sell – so don’t assume they will drop even more. They won’t.

NO free plants for anyone. This is meant to be a SALE and a fund-raiser for the club. If you want free plants, chat up your fellow club-members to split theirs. They will.

NO exceptions. No discussion. This year, we are practising ‘tough love’.

HOWEVER Because the MALs are truly nice and understand – if you are dying to have free plants – and who isn’t? – the MALs will organize a Plant Swap /Sale in June or September, so that we can bring our rare /special plants just for our members!!!

LAWN SIGNS will be available in April. You will need to sign them out and bring them back.

Membership – Jennifer Sydenham

Thanks to all of you who told your friends, family, neighbours, and even total strangers (!) that the Lynn Valley Garden Club was an interesting and fun group of people – consequently we are currently at 132 members – of whom 11 are new.

PLEASE MAKE THE NEW MEMBERS FEEL WELCOME!!!

There is also a list of 29 lapsed members – IF THIS IS YOU – this is your last Leaf. We won’t bother you in March.

Please pick up your membership card from the Membership Table as you come into the meeting. If you are unable to attend meetings, you may wish to ask a friend to collect it for you. This card is worth its weight in gold: you get 10% off at most (nice) nurseries if you show it at the cashier.



ROSEMARIE’S BRIGHT SPOTS

[Alias: what’s blooming now. EVERYONE is invited to contribute to this column – please send 100KB (low res!!) photos of your ‘find’ with the name of the plant, some interesting facts about it, something about why you have it or how come it’s blooming in your garden; or some other edifying anecdote to share. It doesn’t have to be long – a few sentences. This section is named in memory of Rosemarie Adams who always had the most interesting plants to talk about – she was a walking encyclopaedia.]

Rosemarie wrote this a couple of years ago – and it is still a great idea!!

“Those cages sold for tomatoes make excellent supports for many other plants. I buy the biggest I can find and cut them down into two, three or four different sizes to accommodate different heights and shapes of plants. I especially like to use them for “enclosing” clumps of bulbs, pushing them deep into the soil at first, and gradually pulling them up as the bulbs grow. Once the bulbs have finished blooming and dried out, I push the frames deep into the soil, exposing them only about two inches. This lets me know where I have bulbs planted, so I don’t replant in that space. You can get cages in some lovely colours now, to complement your plants, and I have found that Walmart usually has a good selection at a reasonable price.”

The Queen’s Tears – Maria Issa

The unassuming grassy leaves were labelled ‘Billbergia’ and the rest of the pencilled note had sort of washed off. It was sitting on a table at Kathy’s house, later on the Sunday, after one of the Covid ‘distributed’ plant sales. Since I had no idea

what a *Billbergia* was and had never heard of it – I promptly coveted it: it had to be cool as the label was in Hiromi’s handwriting. I had just brought over my plant sale leftovers – and was eyeing what still had to be dealt with. Since I was about to have new-found room in my car – always a dangerous prospect! – I started the ‘maybe I’m allowed a few more plants’ mental dance.

I snatched up the little grassy guy and plunked it next to some other leftovers: some succulents (because I always kill them, so they need regular replenishing), Hostas, as one can never have too many, Hellebores – ditto, and **another plant that I have yet to identify** but it now also has permanent residence in my living room. Here is a photo of the latter – If you know what it is PLEASE TELL ME. It just grows and grows and grows and does nothing else. But now there are two of them doing that.



But, back to the *Billbergia*: it just sat and ‘grassed’ for years but – who knows why – this year it decided to flower. It really has the most lovely, peculiar multi-coloured

flowers. I’m quite entranced – so here it is to share with you. Now if only the other weird plant would only do something....

Queen’s tears bromeliad (*Billbergia nutans*) is a rainbow-colored tropical plant that produces upright clumps of trumpet-shaped, grayish green leaves. Arching stems bear pink bracts and lime green petals rimmed in royal blue. Each long-lasting flower displays a long yellow stamen. Also known as friendship plant, Queen’s tears bromeliads multiply readily and are easily propagated for sharing.

Native to South America, Queen’s tears is an epiphytic plant that grows primarily on trees but is also found growing on forest floors. It absorbs most of its moisture and nutrients through the flowers and leaves and not from the shallow roots. To grow queen’s tears indoors, plant it in a container filled



with potting mix formulated for bromeliads or orchids. If you want to propagate queen’s tears for sharing, separate an offshoot from a mature plant with a sterile knife or razor blade. Plant the offshoot in its own pot. For best results, the offshoot should be at least one-third the height of the parent plant. Place the plant in bright, indirect light throughout most of the year, but move it into light shade during the summer.

Queen’s tears bromeliads are relatively drought tolerant. Water frequently during the summer, providing just enough to keep the soil slightly moist but never drenched. Like most bromeliads, you can also fill upward-facing cups with water. Water sparingly throughout winter, early spring, and autumn – just enough to keep the soil from becoming bone dry. Mist the foliage lightly every few days. Queen’s tears bromeliads



require warm temperatures of 65 to 80 degrees F. (18-27 C.) during the summer months and slightly cooler temperatures of 60 to 75 degrees F. (16-24 C.) throughout the remainder of the year. Add a water-soluble fertilizer to the irrigation water once every other week during the summer. Fertilize the plant only once per month during the remainder of the year. Queen’s tears bromeliads

usually flower in spring, but stubborn plants can be prompted to bloom by adding a healthy pinch of Epsom salts to the water one time in early spring.

If you want a piece, let me know.

Our speaker this month, Jane Sherrott, wrote the following article for us a couple of years ago and I had been hunting for it because it provides excellent information. Found it for you!



As Seed Starting Time Nears - Jane Sherrott

I love many of the small seed growers who have made a strong commitment to grow seeds in an ecologically sensitive manner. The seeds they sell differ markedly from the seeds we can buy in the nurseries, so they are a way to try something new and they also perfectly match our home growing conditions.

SatinfLOWER Nurseries, outside Victoria, <https://satinfLOWER.ca/>

Satinflower sells seed for a wide range of PNW native plants. Many of their seeds are for annual and perennial plants that grow in our PNW Gary Oak Meadows which are excellent plants for a sunny garden spot. (If you haven't seen these plants, UBC Botanical Garden has a glorious Gary Oak Meadow planting). They grow seed with no synthetic fertilizers, no pesticides and no supplementary watering. We enjoyed Kristen's talk on planting a meadow and the course the nursery offers on this topic is immensely popular.

We can sprinkle BC native annual or perennial seeds into our gardens in fall, winter into early February to get their needed chill to germinate. Here is a group of our annual PNW wildflowers for continuous bloom from March to September:

Northwest Meadowsapes, Port Townsend, <https://northwestmeadowsapes.com/>

Like other growers, **NW Meadowsapes** also grow their own seed or buy seed from small, local farms so we get perfect regionally-adapted seed. They excel at producing seed mixes for a wide range of different garden conditions so if you want a seed mix for a wet site, the shade, inhospitable conditions, that deer won't eat, for example, they have excellent ones.

POLLINATOR MIXES

A-Z



DEER DEFENSE SEED MIX



NATIVE POLLINATOR SEED MIX



NEARLY NATIVE BEE LAWN SEED MIX



NORTHWEST PRAIRIE MIX

Of note is their lawn alternatives mix - in my opinion, none of the others on the market match theirs - and when we read the glossy UK gardening

magazines and see mention of the addition of **rattle**¹ to control grass in meadows, **NW Meadowsapes** is the only seed supplier I know for this. They also work with and supply seed to groups like the Gates Foundations and local Indigenous communities to preserve and celebrate our native plant heritage. They are a woman- and minority-owned business.

PLANTS FOR TOUGH AND HARSH LOCATIONS

Popular



GLOBE GILIA SEEDS (GILIA CAPITATA)
\$6.50



WESTERN YARROW SEEDS (ACHILLEA MILLEFOLIUM)



ROEMER'S FESCUE SEEDS (FESTUCA IDAHOENSIS SSP.)



BICOLOR LUPINE SEEDS (LUPINUS BICOLOR)

Adaptive Seeds, Sweet Home, Oregon, <https://www.adaptiveseeds.com/seed-tag/new-returning/>

Like Linda Gilkeson, Sharon Hanna is one of Vancouver's most knowledgeable and progressive gardening voices so I always listen for her suggestions. Her favourite seed supplier for vegetables is Adaptive Seeds and one glance at their website will show us why - they sell seed grown by farmers across Oregon and Washington. These farmers are the new class of breeders who cross our best old varieties to find something exceptional - zucchini that is delicious when small or

¹ Yellow Rattle or Hay Rattle (*Rhinanthus minor*) is partly a parasitic species that draws some of its nutrients through the roots of grasses and is frequently used to increase biodiversity in wildflower meadows. Its parasitic nature suppresses the growth rate of grass, which in turn can make conditions more receptive for the establishment of other wildflower species. Used correctly it can reduce grass growth very successfully and once established can often spread to other areas within the meadow.

large, colorful vegetables with high phytochemical levels like pink popcorn or purple peas, winter vegetables that stand up to our more intense winter rains, and vegetable cultivars with unique flavour profiles. Click through their list of seed growers like *Wisper Hollow* and *Moon Dog* to learn about how much dedication goes into breeding these new cultivars the old-fashioned way.

Because we don't have the heat or long growing season of southern areas, Vancouver gardeners have been challenged to get some vegetables like large heirloom tomatoes, melons, and sweet potatoes to ripen and develop full flavours.



pink popcorn 'Southerland' 'Coral Fountain' celosia black popcorn 'Golden Pippin' squash

Adaptive Seeds' breeders work to introduce quicker ripening (therefore also longer-yielding) so the new cultivars so on my list this year is a *'Farthest North Galia'* melon that matures honey-sweet in 65 days. I've ordered lemon-flavoured bergamot and pink celosia for pink tea, *'Coral Fountain' amaranth* that stays upright all winter to provide abundant seed for birds, and because my over-wintering kale is completely battered, Sharon's recommendation for kale, *'Southerland'* is a perennial 3' kale with tender, tender leaves from Scotland where it "grows well in the worst maritime winter weather with freezing sleet and 70 mph winds." Our summers are hotter and drier these days so **Adaptive Seeds** provides information on vegetable cultivars and methods for "dry farming". (I grow tomatoes dry farmed and they have astonishing flavour.)

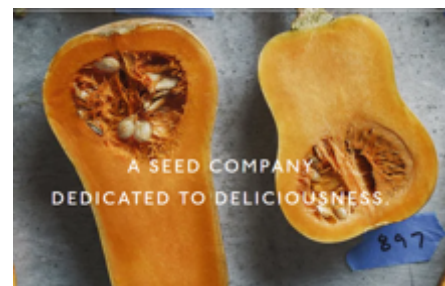
Full Circle Seeds, Sooke



The pictures say it all! And they have four pages of tomato seed!

Row 7 Seeds, <https://www.row7seeds.com/>

Yes, "dedicated to deliciousness" was the chefs' and plant breeders' goal when they collaborated to set up Row 7 Seeds. They sell only a few varieties and some of their varieties have generated considerable excitement and even resulted in a city-wide 'Badger Flame' week. 'Badger Flame' beets are (extremely) delicious raw and 'Midnight Roma' tomatoes burst with flavour and are fabulous in salads, cooked on flatbread and are good to dry or make into jam.





'Badger Flame'



'Midnight Roma'



Growth trial notes

Salt Spring Seeds is one of our oldest local seed growers and arguably the most progressive. Dan Jason grows and preserves seed from over 600 heirloom

varieties. Always on to something new to regenerate soil and boost ecosystem vitality, many of us first heard about organic practices and concepts of regional adaptation of seeds, heirloom varieties, loss of genetic diversity, seed security, "power of pulses" (soybeans, lentils, chick peas favas), Monsanto concerns, low-input growing, and medicinal herbs from Dan. They sell seed for my favourite tomato 'Pink Boar'. (My husband shouted "wow" when he first tried it!) Their farm is a glorious celebration of ecological health and biodiversity.



SEED STORIES



'Purple Peacock' Broccoli



White Australian Wheat



Amaranth



Purple-podded Pea



'Pink Boar'

For plant nerds like me, the stories behind some of the new vegetable cultivars are fun and fascinating. This is not the Monsanto and company seeds, but those that come from small, dedicated breeders who may spend more than ten years to bring a new tomato to market. And what a tomato it will be! The tomato that set off the tomato-breeding frenzy was 'Green Zebra' bred by Tom Wagner in Washington state. This green and yellow stripey tomato with lemon-flavours was popularized by Alice Waters at her Berkeley Chez Panisse restaurant. Stripey tomatoes like 'Pink Boar' and 'Berkeley Tie Die' followed with flavours described with adjectives that are usually reserved for wines. Black tomatoes had a judge at a Portland tomato expo stand up and shout "this is the best tomato I've ever eaten."

Though there are GM tomatoes being bred by the ag

"Rich, smooth and savory with earthy tones"

'Black Beauty'

"the best tomato I've ever eaten"

"rich, highly aromatic"

'Brad's Atomic Grape' *

"a burgundy wine finish"

'Indigo Apple'

chem industry (they are bred to be spurless so machines can pick them, to tolerate salt to expand growing regions, for example), these other new tomatoes are bred the old-fashioned way crossing and saving seeds for vegetables with new and unusual traits through multiple generations. The juicy black tomatoes we traditionally saw like 'Black Krim' are long season growers so we are challenged to get ripe fruit with full flavour development in our Vancouver gardens, but we can grow the newer, faster-ripening 'Indigo Rose' bred from the traditional Crimean black tomatoes.

If you haven't grown some of these new cultivars, you are in for a treat because they have distinctly different flavours. There are some new orange tomatoes that boast "superior to all" and offer juiciness and tropical fruit or peachy flavours. Perhaps consider a rainy-day Google search on the new plant breeders - you will come upon **Dirty Girl Farms**, **Wild Boar Farms**, tomato taste competitions, and a bit of a kooky, though serious, world with growers who are working to fight the dominance of the ag chem companies over the seed field to preserve old genes and to bring us fabulous new cultivars.

Black Tomatoes- the famous 'Indigo Rose'

Bred from



2 Delicious Russian heirloom varieties, 80-90 days,



2 Wild tomatoes from Andes and Galapagos Islands

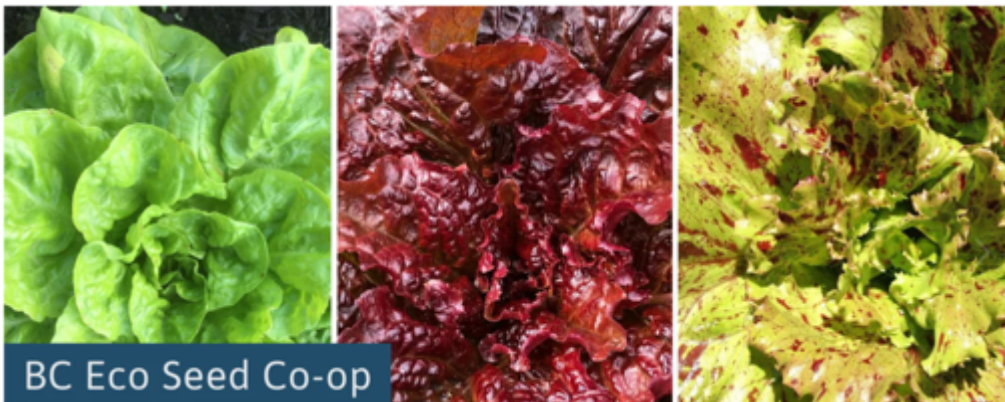


'Indigo Rose'
"superb smoky sweetness"



Classic black tomato flavor- sweet, rich, smoky and complex. Juicy. High in anthocyanins like blueberries.

Ease in Seed Choosing



BC Eco Seed Co-op

almost overwhelming selection of seeds. Their seed is sold through VanDusen Garden's Seedy Saturday, UBC Botanical Garden's shop, a few nurseries and can be ordered online.

If you are interested in finding other BC seed suppliers, Farm Folk City Folk has a list on their website <https://farmfolkcityfolk.ca/find-seeds/bc-seed-suppliers/>

BC Eco Seed Co-op Seeds goal is to provide "100% BC-grown, ecologically-grown, open-pollinated, regionally-selected, genetic engineering-free seed." A number of small farms grow seed for them that so they can sell a wide range of seeds. Their cultivars are all proven winners in our area which is helpful for new vegetable growers who face an



"Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders." - Henry David Thoreau



"But he who dares not grasp the thorn
Should never crave the rose."
—Anne Bronte

ANNOUNCEMENTS – OURS

[If you have something to share with the group – whether it be a 'good buy' or a good idea, or information, not necessarily plant-related – this is YOUR spot: the Club's in-house exchange of anything and everything.]

First – the usual reminders:



"I flew miles for those dandelions...
You mowed them all."

1. SIGN IN – pick up your name-tag – and if you haven't already, your membership card.
2. Please help – and get your own chair – eyeball the room, and line it up in sort of a line, with an aisle down the middle. Remember how you had to do it at school?
3. Don't forget your CUP if you want a hot (probably decaf) drink at the meeting.
4. PLEASE bring something for the Harvest Project. We have so much – so that a can or two won't make even a dint for us – but it could mean so much for someone else... so be generous.
5. If you think you have "lapsed" but still wish to be a member – please contact LVGC.membership@gmail.com as time is running out. This is your last Leaf. The membership form is attached to this newsletter.
6. Please send items for *THE LEAF*: this is YOUR newsletter – so everything is welcome. If you see a great article somewhere – please provide a SYNOPSIS or your recommendation as to why you think it's worth reading, and a hyperlink. Copyright being what it is, we can't reprint articles in their entirety without permission. You could always try requesting permission...
7. *THE LEAF* is looking for collaborators. You can do a little, or a lot. Up to you. The 'desiderata' descriptions are in a separate file in the cover letter to this month's newsletter.
8. **We are looking for one more person to attend the BC Council of Garden Clubs' Spring AGM. Someone has kindly offered to represent LVGC's vote, but we always send two people... so let the Exec know if you are interested. [Send = LVGC pays for it... so that's an incentive! If there are lot of you jumping on this opportunity, we'll draw a name from a hat. May need a hat.]**
9. Does anyone have *Mollie Nye Rhubarb*??? Doreen Dew would like some... (to grow – not cooked!) [I tried to look this up but couldn't find it. THIS IS POTENTIALLY COOLHYPER-LOCAL INFO – so please let the *THE LEAF* know what is special about it, where to get it, what is the history.]
10. Artem Korniev of **Qfix** (our in-house techie) is available for cellphone/computer/tablet/internet repair. Guaranteed to get the gremlins out: "Ukrainians never give up". See *Links* file for Instagram site. We are famous! You can see the LVGC AGM on one of his posts!

We received a lovely thank you letter from Lisa Hubbard, Executive Director of the North Shore Neighbourhood House. She writes, "On behalf of the North Shore Neighbourhood House, thank you for your kind donation to go towards our food program. For over 86 years, our organization has responded to our communities' emerging and diverse needs and has worked hard to support people in our community that may be experiencing hardship or adversity, and this has been even more prevalent in the last few years. Your gift makes a big impact on our organization and how we can respond to the needs of this community. Your continued support as a donor is so appreciated."

Sometimes we forget how lucky we are. As the saying goes, "There, but for the grace of God, go I" – so these letters bring home the reality of our harsh and changing world. We can – and do! – so much good with the money we raise through the Plant Sale. Half of what we make is given to groups such as the North Shore Neighbourhood House. **Well done, LVGC!! Thank you for all you do** – and check out this short video in the links file: "How lucky".



ANNOUNCEMENTS – THEIRS

[Please contribute to this section if you know of good lectures, courses, sales, information that you deem would be of interest to the Club.]

FEB 23- 7:00 – 8:00 on ZOOM

The Comox Valley Horticultural Society - Monthly Speaker Series – JANIS MATSON – urban trees
More info on registration on their website: <https://comoxvalleyhortsociety.ca>

FEB 28, 2026 10:00 AM - 3:45 PM \$60

Vancouver Hardy Plant Study Day – HR MacMillan Planetarium: <https://www.vancouverhardyplant.org/>
Speakers and Topics:

Jennifer Jewell from Butte County, California, NPR Radio Host: "Cultivating Place: The Power of Gardeners"

LVGC Tech Support proudly provided by Q Fix 778-866-8783 Artem Korniev

“The Earth in our Hands”

Linda Chalker-Scott from Puyallup, Washington, The Garden Professors “Gardening Zombies” Myths That Will Not Die”

Claire Wright, Vancouver BC and the Cotswolds “Gardening is a Verb: Creating our garden in the Cotswolds”

Registration includes home-baked treats for the morning coffee break

There are no nearby restaurants, so bring a bag lunch

MAR 8 DEADLINE

“My name is Becky and I'm the Volunteer Engagement Coordinator at the Vancouver Botanical Gardens Association. I'm reaching out because **we're recruiting new Garden Guides at VanDusen and I think your members may be interested in the role.** It's an opportunity to interpret the Garden to the public and to share local and international plants with visitors from around the world. Anyone who is interested in applying can learn more and sign up by completing an application form here:

<https://app.betterimpact.com/PublicOrganization/5757625f-27eb-4d6c-9df5-ff3182c978da/Activity/49b4a4eb-9aba-417f-9b32-a36d6dcbc30d/1>

[Guaranteed link kin the LINKS file]

The deadline to apply is March 8th. There are four mandatory in-person training sessions on Saturdays March 28th, April 11th, April 18th and April 25th from 9:30am - 3:30pm.

Questions: btinsley@vandusen.org

MAR 28, 2026 9:00 AM - 3:30 PM \$65

Vancouver Master Gardeners - Spring Seminar 2026 - Cultivate Joy - <https://mgabc.org/vancouver/>

Speakers and Topics:

Gardening as a Practice of Belonging – **David Tracey**

Restoring and Sustaining Soil Health – **Jo Tobias**

Foodscaping: How to Grow More Food in Less Space – **Erin Berkyto**

Cracks & Crevices: The Art of Rock and Crevice Gardening – **Paul Spriggs**

PlantWise – Supporting Responsible Gardening – **Megan Blackmore**

APR 25, 2026 10:00 AM – 3:00 PM

The BC Council of Garden Clubs has its spring meeting and AGM Burnaby – usually at the Bonsor Community Centre 6550 Bonsor Ave. Registration is not open yet so price unavailable.



The Compost Bin – Maria Issa

[Everyone is invited to contribute to this column: it is meant to be an opinion, editorial, educational, observational, entertaining opportunity to connect dots, get a new perspective on plants, or have plants provide a new perspective on something familiar. Anything goes, as long as you wrote it and it can be fact-checked: references and links are appreciated.]

While “not everything is a rose” [See the January Compost Bin] and Shakespeare concurs “What’s in a name? That which we call a rose/By any other name would smell as sweet” – roses are still a BIG THING especially if you did/did not receive some on Valentine’s Day. Personally, I prefer chocolates – but ‘red roses = love’ and that’s just the way it is in our crass modern icon-heavy culture. It has to be roses if one is romantically inclined.

When did this madness start – and who the ‘ell was St Valentine, anyway? I had never heard of the dude before coming to North America – so I looked him up. According to both *The New York Times* and History.com, the holiday's origin might stem from the ancient pagan festival of Lupercalia, which predated Christianity. Similar to the modern Valentine's Day holiday, the Roman festival was celebrated in the middle of February and involved feasting and pairing off partners. However, *unlike* Valentine's Day, it was a bit of a raucous celebration filled with debauchery, blood, and sacrifice.





Then things moved to the Catholic Church and the gruesomeness continued - at least three different saints named Valentine or Valentinus were martyred in the third century A.D. all were beheaded during Claudius II's reign on Feb.14 - different years! - so it became their 'holy day' in the Catholic Church.

As the Romans, and the people they ruled slowly converted to Christianity, the Church wanted to convert the debauchery of Lupercalia to something more acceptable - it became St. Valentine's feast day.

Then there was silence upon this subject for some centuries.

Valentine's Day's transformation into a holiday about romantic love can be attributed to Chaucer. Apparently, there was nothing linking romantic tradition to St. Valentine's Day until Chaucer wrote his 14th-century work "*The Parlement of Foules*", a poem about birds choosing their mates on "Seynt Valentynes day." Then William Shakespeare followed up with popularizing the holiday's romantic associations.

By the mid-18th century, it was routine to exchange small tokens and notes on Valentine's Day. In the 19th century, the Industrial Revolution made printed Valentine's Day cards the hot new thing that Hallmark cashed in on a century later. The explosion of love continued in the 19th century with the creation of the first heart-shaped box of chocolates at the hands of Richard Cadbury and another commercial holiday to sell more stuff was born: Santa Claus created by Coca Cola, and Valentines Day consolidated by Cadbury. The florists did not demur - apparently, they make their annual profits in February.

Having arrived at this point - I formally withdraw my preference for chocolates and request alcohol. Before this commercialized rabbit hole, I was convinced that the Victorian Language of Flowers was a major contributor to red roses and love. So, in the spirit of "*Bah, humbug!*", I will now provide you with a short story, somewhat like "it was dark and stormy night": The code is at the end.



Heather, then dandelion, then a poppy - was a goldenrod and heliotrope and evergreen. Palm leaf. Expectation was honeysuckle, everlastings. Instead, it was foxglove, just candytuft - a brier. Buttercup and Oak leaf provided calla. It was then marigold, and fern. Fate sent five-leaved clover: camellia did not lead to oxalis and hyacinth - instead, 'twas lotus and moss then cypress.

O my Luve's like a red, red
rose,
That's newly sprung in
June:
O my Luve's like the
melodie,
That's sweetly play'd in
tune.

As fair art thou, my bonie
lass,
So deep in luve am I;
And I will luve thee still,
my dear,
Till a' the seas gang dry.

Till a' the seas gang dry, my
dear,
And the rocks melt wi' the
sun;
And I will luve thee still,
my dear,
While the sands o' life shall
run.

And fare-thee-weel, my
only Luve !
And fare-thee-weel, a
while!
And I will come again, my
Luve,
Tho' 'twere ten thousand
mile!

- **Robbie Burns**

Aspen leaf: Fear
Brier: Insult
Buttercup: Wealth
Calla: Pride
Camellia: Illness
Candytuft: Indifference
Cornflower: Heaven
Cowslip: Youthful beauty
Cypress: Death
Daffodil: Unrequited love
Daisy: Simplicity
Dandelion: Coquetry
Evergreen: Hope
Everlastings: Undying affection
Fern: Forsaken

Five-leaved clover: Bad luck
Four-leaved clover: Good luck
Foxglove: Insincerity
Goldenrod: Encouragement
Heather: Loneliness
Heliotrope: Devotion
Honeysuckle: Fidelity
Hyacinth: Sorrow
Ivy: Trustfulness
Laurel: Fame
Lilac: Fastidiousness
Lotus: Forgetfulness
Marigold: Contempt
Moss or dry twig: Old age
Myrtle: Wedded bliss

Narcissus: Vanity
Oak leaf: Power
Orange blossom: Marriage
Oxalis: Pangs of regret
Palm leaf: Conquest
Pansy: Loving thoughts
Poppy: A tryst at evening
Rosemary: Remembrance
Rue: Repentance
Scarlet geranium: A kiss
Snowdrop: A friend in need
Stinging nettle: Rudeness
Tuberose: Bereavement
Tulip: Boldness
Violet: Modesty
Yellow rose: Jealousy



Lynn Valley Garden Club Membership Form

January 1, 2026 - December 31, 2026

Membership for 2026 Renew New

Member Information

Last Name _____

First Name _____

Cell Phone _____ Home Phone _____

Email _____
(to receive newsletter and club communications)

Address _____

City _____ Postal Code _____

Membership Fee For 2026:\$20 E-transfer Cheque Cash

- Fill out and email completed membership form to lvgc.membership@gmail.com
- **PREFERRED:** E-transfer \$ to LVGC.Treasurer@gmail.com. Add note: **2026 Membership Fee**
- **OR** bring membership form and cheque to first club meeting **OR** mail to:
LVGC Membership, Jennifer Sydenham, 465 Saville Crescent, North Vancouver V7N 3A9
- Make cheque out to **Lynn Valley Garden Club**. Cash is accepted but least preferred.
- **Deadline: Must be received by Dec. 31, 2025 in order to maintain your membership status.**

Member Directory *(distributed to and for use by members only for club communication)*

Permission to use phone number in Club Directory Yes No

Permission to use email in Club Directory Yes No

Can you help to operate our amazing club?:

Help with a committee Yes Committee _____

Serve on the executive Yes Position _____

Committees: Plant Table, Hospitality, Sunshine (Door Prizes), Website, Newsletter, Donations
Executive Positions: President, Vice-President, Secretary, Treasurer, Membership, MALS Members-at-Large (MALS run the Plant Sale).

I'd like to suggest speakers and garden topics _____
