

Links - March 2026

General Meeting Minutes

January

<https://lynnvalleygardenclub.org/wp-content/uploads/2026/03/GeneralMtgMinutes-2026-01-15.pdf>

February

<https://lynnvalleygardenclub.org/wp-content/uploads/2026/03/GeneralMtgMinutes-2026-02-19.pdf>

Qfix on Instagram

<https://www.instagram.com/qfix.service/>

BC Council of Garden Clubs- The Bulletin - March 2026

<https://bcgardenclubs.com/wp-content/uploads/bulletins/2026/bulletin-2026-03.pdf>

Edible Garden Project Blog - lots of good info here

<https://ediblegardenproject.com/blog/>

The caterpillar video - from Lind Gilkeson

<https://youtu.be/QL1zrSUFuvM?si=z-gehSPI1wM3Z9d7>

The David Suzuki Foundation

<https://davidsuzuki.org/take-action/>

The Mental Health Help Line link - 988

<https://988.ca/>

The Denman Island Garden Tour

<https://denmanconservancy.org/>

The Bradner Flower Show

facebook.com/bradnerhall or <https://www.bradnerhall.ca/events.html>

COMPOST BIN

Antidiabetic materials in mango leaves

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6681213/>

Antidiabetic effect of guava leaves

<https://pmc.ncbi.nlm.nih.gov/articles/PMC2831039/>

Plant sentience

<https://regenerationinternational.org/2025/04/20/plant-sentience-changes-everything/>

Gardening tips & tricks

RHS - gardening jobs for March

<https://www.instagram.com/p/DVYFGyNDFZG/?igsh=aHhrc3JyY25iYzRu>

How to prune climbing roses

<https://www.instagram.com/reel/DVPY6CPAUI1/?igsh=MXA4djcxdWNvbXky>

Prune roses now!!

<https://www.instagram.com/p/DU6pRzOD3q0/?igsh=MTBzcnMwZG45dXd2dQ%3D%3D>

<https://www.instagram.com/reel/DUKoleWjmlI/?igsh=cno0N2IreXh1OGtx>

DO NOT PRUNE stone fruit

<https://www.instagram.com/reel/DVONQTCDNwN/?igsh=OGN4Z2UxbHZ1ZXo4>

Pruning peach trees

<https://www.instagram.com/reel/DU1dtqXCc8q/?igsh=MXM4emxqbHFvZXg5cA%3D%3D>

Rethinking compost use

<https://www.instagram.com/reel/DU5y1UiiIjO/?igsh=MWp3d2ZjcJucWJmZg%3D%3D>

Soaking seeds before planting - different seeds - different lengths of time!

<https://www.instagram.com/reel/DUE8UjQEYJM/?igsh=MWNjYXczeTd3eG13>

Trick for tiny seeds - eg carrots

<https://www.instagram.com/reel/DTGU-oJAaaN/?igsh=aTNpNzI2N2Y0NmRr>

Pot type matters!!!

<https://www.instagram.com/p/DVhIjR9k5Ep/?igsh=MWwyZ2NmYjka3didQ%3D%3D>

Growing veggies in pots - how big a pot do I need?

<https://www.instagram.com/p/DVgfAjWj8B2/?igsh=bXJkMTJzdmZsbnJm>

Herbs to grow together - in pots

https://www.instagram.com/p/DVWUOGqj_oJ/?igsh=bHNwc3N1YjVoejqx

Herbs to grow together

<https://www.instagram.com/p/DUrlnUTE2T5/?igsh=dnFkdHVsmGtqbHV4>

Companion planting - POSTER

<https://www.instagram.com/p/DVCJ8Rik-9r/?igsh=MTg5a3p2YWWjdmlhYg%3D%3D>

Veggies that share root space

<https://www.instagram.com/reel/DU1h8awD6Cp/?igsh=b3FzZnAxNGV5c3Jz>

Tomato bodyguards

<https://www.instagram.com/reel/DUx4plxje0y/?igsh=MXIxZzdudHpzeTB1MA%3D%3D>

Growing tomatoes

<https://www.instagram.com/reel/DUqYOj3DJnl/?igsh=MWZqNzd1cTlkeWhwcA%3D%3D>

Veggies need nasturtiums

<https://www.instagram.com/reel/DUzKCMZjqk6/?igsh=MWdnZWdveDJvcjE0bw%3D%3D>

Veggie planting hacks

<https://www.instagram.com/reel/DVQ4S43Ezxr/?igsh=cDQ1YWU2Y2pnbzh4>

What to plant under tomatoes

<https://www.instagram.com/p/DU--LcgVL/?igsh=MjR2M3hxcjk3YnBw>

Common edible garden weeds - some are superfoods!

<https://www.instagram.com/p/DVMGVHVD7MR/?igsh=b296em15a2MycTFs>

Non-toxic weed killer that doesn't persist in the ecosystem. Home Made!

<https://www.instagram.com/reel/DVY1ERHDDlp/?igsh=ejQydzRudXoxMDFy>

Non-toxic aphid killer

<https://www.instagram.com/reel/DUzGWJHkdOu/?igsh=MTVmN2MwcXNveXRkOA%3D%3D>

Less floppy, more flowery plants - the Chelsea Chop

<https://www.instagram.com/reel/DVWKJNYgQqC/?igsh=MXRyNXUxNWx2OWsyncQ%3D%3D>

Trellises planters, containers & tools

Elegant home-made trellis for beans, climbers, delphiniums etc.

<https://www.instagram.com/reel/DVQfQcFCNT2/?igsh=dmR1Mnc2cWpsZ25o>

How to fill a raised bed with LESS SOIL

<https://www.instagram.com/p/DU8xp7bAbWZ/?igsh=b3FhZGVrazZrcjQw>

BIG strawberry planter - a cool idea

<https://www.instagram.com/reel/DVGPJPhiE53/?igsh=ajd4OWNkbnM1bmhh>

Container potatoes, stacked!

<https://www.instagram.com/reel/DVFF8vECtST/?igsh=YXhmOGJieGQ0aDUx>

Cardboard flower pots that disintegrate

<https://www.instagram.com/reel/DUt25mrkg-9/?igsh=MWo1emh4NjJrbTBtdA==>

Weird containers for small spaces

https://www.instagram.com/reel/DU6yM0SEk_G/?igsh=N3B0c3VsZGNxNTJi

Container to hang pots - clever!!

<https://www.instagram.com/reel/DUqtC1piCf3/?igsh=YzA1ZWttY2lwbzNx>

More weird containers

<https://www.instagram.com/reel/DU7TJrgE37h/?igsh=dzM1Mmh2c2ZnMDM0>

Awesome garden tool

<https://www.instagram.com/reel/DF23cqSKSAC/?igsh=MWM3MmZ5MDVjaTI4aw%3D%3D>

Quick and easy way to fill a container

<https://www.instagram.com/reel/DVOLxcRjMuT/?igsh=eWR4ejQyNzB2bndw>

Phenology - when to plant or prune according to nature

https://www.instagram.com/p/DVJXw_3IXjL/?igsh=MWk4NTBybW1taGlnbg%3D%3D

Clever & cheap composter

<https://www.instagram.com/reel/DVFKZkMgT3a/?igsh=NHpqa2Z1eDViNGs5>

Chop & Drop is definitely 'in'

<https://www.instagram.com/reel/DVDlrzLjHQZ/?igsh=MXhvcWJ6bjU0enJveg%3D%3D>

Planting flowers - not just seeds

<https://www.instagram.com/reel/DU9JvaFCAdM/?igsh=emprcG5icGNIM2N6>

Plants that thrive in spite of us

https://www.instagram.com/p/DVCxcz_k-MZ/?igsh=NGlwODVtbTh5aXo%3D

Plants that thrive on coffee grounds

<https://www.instagram.com/p/DU9DXzIAaSd/?igsh=MTM4enlpbnlwb2Uzbg%3D%3D>

Nice and easy trellis

https://www.instagram.com/reel/DU_OBR_jGwM/?igsh=eTBvaGFhY2hIYmR0

Another clever trellis

<https://www.instagram.com/reel/DUyvjz1FdEE/?igsh=MXNtN2sxYTRtMW52Zg%3D%3D>

Easy cucumber trellis

<https://www.instagram.com/reel/DUWa2BQjf-D/?igsh=MTE5dHYxejNyNm9nYg%3D%3D>

Cucumber teepee - not what i expected!

<https://www.instagram.com/reel/DTuoroGihVd/?igsh=MWFueGNzcd4cm93aw%3D%3D>

Flower parasol - also works for veg!

<https://www.instagram.com/reel/DU5M5ZMgsna/?igsh=MXg3cWJ2OWZwNGtyaQ%3D%3D>

Best gardening gadget - a shoe rack

<https://www.instagram.com/reel/DUIfiXzDeXQ/?igsh=NG8wOXg2cHJ5cXk%3D>

Easy way to plant bulbs

<https://www.instagram.com/reel/DU68R3vjbsx/?igsh=YW1tNGMxdGJyYnZh>

Planting a hedge

<https://www.instagram.com/reel/DUyJrxfmjF/?igsh=MW45MXJoMHRmeDd3cQ%3D%3D>

Specific plant info

Alstromelia

<https://www.instagram.com/reel/DU6L9XBDjPt/?igsh=MXJxamM2c2ZydnI0bQ%3D%3D>

Cashew - these are weird!

<https://www.instagram.com/reel/DU0kLMYjNDD/?igsh=MWZ1NmV0bzh0a2N6OQ%3D%3D>

Narcissus

<https://www.instagram.com/reel/DVT4cNijfBC/?igsh=MXV4ZG05MTMwc3dmNw%3D%3D>

RHS Daffodils

https://www.instagram.com/reel/DU0Z_PIDAwS/?igsh=dXVobGlicG5xaTR5

Corn - this is a video!!

<https://www.instagram.com/reel/DU6C2c2DJJJ/?igsh=MW54MGF2a2trMm8xdw%3D%3D>

Epimedium

<https://www.instagram.com/reel/DU6LxrrjWn1/?igsh=MXlwajliYTU0ZzhzZg%3D%3D>

Hawthorn

<https://www.instagram.com/p/DVI86IADCP2/?igsh=MXNrZ256dm5IMGt2cw%3D%3D>

Dandelions as medicine

<https://www.instagram.com/reel/DVDVI4oDB9F/?igsh=ejB3ZDJ6Ynl0ZTA4>

More on dandelions

<https://www.instagram.com/reel/DVEEdbYjIHS/?igsh=ZWJoOTlianZ4Nnpv>

Hellebores

<https://www.instagram.com/reel/DVAupMSjUw7/?igsh=MTNxdzVvazlsanpiNg%3D%3D>
<https://www.instagram.com/reel/DU8Vx3zDJ6L/?igsh=MXZsMWlyOGU1ZmJsMg%3D%3D>

Jade plants

<https://www.instagram.com/reel/DUqLSscCpCu/?igsh=ZGt0cGFzczF4ZDZo>

Mullein

<https://www.instagram.com/reel/DU1h8awD6Cp/?igsh=b3FzZnAxNGV5c3Jz>

Mangoes - how to sprout:mine worked!!

https://www.instagram.com/reel/DUf_MYTDA8P/?igsh=em8xeWVqY3Y0aThy

Planting peonies

<https://www.instagram.com/reel/DU9z9gVDMQt/?igsh=MWkxNG56NWlnZXRxMA%3D%3D>

Cloves

<https://www.instagram.com/reel/DU-tDL6DNEg/?igsh=MXQ4bTJsaWYwcmdoNg%3D%3D>

Kudzu is a vegetable!!

<https://www.instagram.com/reel/DU68R3vjbsx/?igsh=YW1tNGMxdGJyYnZh>

Purslane is a vegetable

<https://www.instagram.com/reel/DUPNAv7k6c-/?igsh=MTE4MnpiNWxiZHNteA%3D%3D>

Witch hazel

<https://www.instagram.com/reel/DUva52gjFI7/?igsh=MXA5YWlsbmZwZHkwMQ%3D%3D>

Taxus

<https://www.instagram.com/p/DVBOm6gDHdN/?igsh=dThxM2E3NTVkd2Z2>

General

Thinking plants

<https://www.instagram.com/reel/DR8KazZEpAK/?igsh=MXg3aXN3MHcwaXB3OQ%3D%3D>

Women who have changed our perceptions of trees

https://www.instagram.com/p/DUnRwveD8be/?img_index=5&igsh=a2twenM4djVldXM4

How gardening helps with stress

<https://www.instagram.com/reel/DVWK6GwjK6A/?igsh=ZjE2MnZxZTF4YTRh>

Planting in clay soil

<https://www.instagram.com/reel/DUyZJ1zDxAo/?igsh=MTlqbnFsOGs3OHAcw%3D%3D>

Geosmin - streptomycetes

<https://www.instagram.com/reel/DU3GfSYD7r5/?igsh=MTE0NzJhZ2hjbmV4cg%3D%3D>

The botanist who beat Darwin by 1000 years

<https://www.instagram.com/reel/DUy2sTElGw/?igsh=YWp3dGx1MzJicjZz>

Art at Kew

<https://www.instagram.com/reel/DUdGml2irc9/?igsh=YTJyOThteDNsN2V2>

The Chelsea Flower Show

<https://www.instagram.com/p/DVTCcBRDEXo/?igsh=MW01bG5qaWx4aWdoag%3D%3D>

Oranged tea - what a great idea!!

<https://www.instagram.com/reel/DUbbeyYEvMG/?igsh=MTRwNGx5NXRqMTBoZw%3D%3D>

Healing with garden herbs

https://www.instagram.com/reel/DU3cpx2k_fl/?igsh=MmN2bnBiZHVxb2N3

Garden design

https://www.instagram.com/p/DUcOO8GFfBI/?img_index=13&igsh=MWpudGc5emNqOXVicw%3D%3D

Sustainability - green cities and related, politics

How to grow plants in storm drainage

<https://www.instagram.com/p/DVEiig2kzR8/?igsh=OWUyMmx4aWt3MHVj>

Excellent garden shed design

<https://www.instagram.com/reel/DVRNJQrD1-0/?igsh=eTd4ZzR0M3ZkMnVu>

Thatched roofs are cool

<https://www.instagram.com/reel/DVRabjICK-b/?igsh=a2JrYmlsZ2puNDgz>

Restoring habitat and ecosystems in the urban desert

<https://www.instagram.com/reel/DVGZpzTDIJF/?igsh=NTI3eWw3aDRyeHhi>

Wetland plants vs mosquitos

<https://www.instagram.com/p/DUwmzR8Eq42/?igsh=cnJsdHVpeHY1M3Fy>

Liquid trees

<https://www.instagram.com/reel/DUTFy0Ik6PE/?igsh=MmNxcjQ4ZGxreDBx>

Pollution-eating fungus

<https://www.instagram.com/reel/DUwW3FFkz7u/?igsh=OXZkZ3Zjb3hrMHhk>

Thoughtful politics

<https://www.instagram.com/reel/DUwW3FFkz7u/?igsh=OXZkZ3Zjb3hrMHhk>

Flower arrangements

Purple

<https://www.instagram.com/reel/DU0g-rSjf5G/?igsh=MXBoZXhqMDk3dzh1cQ%3D%3D>

White

https://www.instagram.com/reel/DU3cpx2k_fl/?igsh=MmN2bnBiZHVxb2N3

Orange

<https://www.instagram.com/reel/DUdSYUxjVZV/?igsh=MXR4ejVzb2Rmem41Zg%3D%3D>

Amazing plant-related

Purple wood

<https://www.instagram.com/reel/DUqLSScCpCu/?igsh=ZGt0cGFzczF4ZDZo>

Very thorny plant

<https://www.instagram.com/reel/DUwB2JhD90e/?igsh=YngwbDJ4MTQwbHBq>

Ancient seed grown again after 32000 years

<https://www.instagram.com/p/DVWQba4jTr3/?igsh=OGJpamtoY2h1OHp5>

A mere 2000-year old seed

https://www.instagram.com/reel/DVSM06BDK_n/?igsh=MTByZ2I2cG5ka2U2OA%3D%3D

A tree that eats metal

<https://www.instagram.com/reel/DTuoroGihVd/?igsh=MWFueGNzczd4cm93aw%3D%3D>

Lotus silk

<https://www.instagram.com/reel/DT3oMD3FH4f/?igsh=Y2toaDBpdHBpanZI>

Double tree

<https://www.instagram.com/p/DVEoxIHieXa/?igsh=YzI5Ym0ybDN4cWlw>

Many colours of corn

<https://www.instagram.com/reel/DUyNjqtCBtT/?igsh=MTVrejJjamIpejlyOQ%3D%3D>

Orange watermelon

<https://www.instagram.com/reel/DU1VHgLEQ8a/?igsh=ZDFmMGcyajcxMWJv>

Alaskan mega-veggies

<https://www.instagram.com/reel/DVXzFwcD235/?igsh=c2M1azQxaXVqbTho>

Namibian lilies in the

lake <https://www.instagram.com/reel/DVWVH1ujLEY/?igsh=MTRwNHdvYzhIN2F2Yg%3D%3D>

Weird plant - parasol lily

<https://www.instagram.com/reel/DVSfdz2jNb3/?igsh=MWtveThnZ2Q5Mmlx>

Your gardening tools...

<https://www.instagram.com/reel/DVQC9BLDaUs/?igsh=MWhyeTNjOG40bnRsZg%3D%3D>

Trained bamboo

<https://www.instagram.com/reel/DU73WAmkwol/?igsh=YTcxYWhka3kwbmF5>

Critters

Frog - this is hilarious!!

<https://mail.google.com/mail/u/1/#inbox/FMfcgzQfCDPZfFTTmGkgnVdmVThmcTMS>

Mason bees in action

<https://www.instagram.com/reel/DUy2fseDUcK/?igsh=MXdhcGtnM3phbjcdg%3D%3D>