



# THE LEAF

**THE LYNN VALLEY GARDEN CLUB**

*Established 1943*

*May 2026*

## **President's Message - Hiromi Matsui**

**OUR PLANT SALE: A COMMUNITY EVENT!!!**

Our 2026 Lynn Valley Club Plant Sale was a huge success because of the generosity and hard work of many people in our community.

Kudos to members who donated so many plants, large and small, carefully potted and presented. The variety of plants from bonsai to specialty tomato plants was wonderful. Thank you to all of you who contributed treasures like the organic black currant plants, the hostas, trees and shrubs. Jackie and Jim Morris hauled an entire trailer full of vegetable seedlings (many beautiful tomatoes) which were eagerly scooped up by bargain hunters.

Doreen Dew (the lady wearing the hat with bright flowers) and her team of MALS worked long and hard to organize the raffle, the sale of local honey and a special Mothers' Day table. The lovely flowering rhodies were the result of the heroic effort of Maria Issa who also transported the rebar sculptures from Silver Harbour. And three of those sculptures were sold, as well as the giant rose bush with the giant thorns, and even the big chokecherry bush!



There were lots of people working behind the scenes like Barb Downman who led the pricing team; Bev Fraine, who managed the refreshments for members, and Karen O'Neill who worked on clean up and delivery over and above any job description. Miriam and Brenda kept the credit purchases moving smoothly while Gillian and company managed the cash sales. And keeping the financials running smoothly was Sarah Grey.

Next month, in lieu of a general meeting, we will have a Garden Party at Maria's home, more details to come soon.

THANK YOU ALL for a great effort.

*---Hiromi*

*P.S. These gorgeous blooms are from my tree peony - and bring great happiness.*

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

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

**SPEAKER:**  
**DEREK CHURCHILL**  
*The Fundamentals of  
Pruning*

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](mailto:lynnvalleygardenclub@gmail.com)  
THE LEAF  
[LVGCnewsletter@gmail.com](mailto:LVGCnewsletter@gmail.com)

## Executive 2026

### CO-PRESIDENTS

Hiromi 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 Rezansoff .

Anonymous

### Committees

#### PLANT TABLE

Maggie Davis .

#### HOSPITALITY

Bev Fraine .

Shelley Elgar .

Diana Hanley .

Lenene Webb .

Rosamond Hughes .

MaryAnn McKay .

#### SUNSHINE/DOOR PRIZES

Jacquie D'Auria .

#### WEBSITE

Laurie Smith .

#### NEWSLETTER

Maria Issa .

Stefanie Rezansoff .

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

May Executive Meeting *chez*

Sarah Grey

Newsletter items to

[lvgcnewsletter@gmail.com](mailto:lvgcnewsletter@gmail.com) by

May 14, 2026

### Thanks to LEAF contributors,

Taylor Hewstan, Pat Holmes,

Rita Marshall, Andrew Massil,

Karen O'Neill, Judy Sullivan



## SPEAKER

*Derek Churchill*

### *THE FUNDAMENTALS OF PRUNING*

Derek Churchill will speak on a topic that is part of every gardener's life: pruning. His presentation covers the fundamentals of pruning, including why we prune, the types of pruning cuts, timing considerations, and understanding plant growth responses. From there, he will discuss common pruning mistakes and wrap up with a practical case study to tie everything together.

A bit about Derek's background:

- Over 20 years of experience in landscape horticulture
- Red Seal Landscape Horticulturist
- Former ISA Certified Arborist with Tree Risk Assessment Qualifications
- More than five years teaching in landscape horticulture apprenticeship programs (Burnaby Community & Continuing Education and UBC Botanical Garden)
- He has been invited to speak at the BC Home and Garden Show, Vancouver Master Gardener Association, UBC Botanical Garden - Horticulture Training Program and Douglas College Urban Forestry Event



## REPORTS



### *Vice President - Tana Bullock*

Instead of having a speaker at the June meeting - your Executive decided to do something completely different.

On June 18, at the regular hour - there will be a Garden Party - with which to wind up a successful and fun year. This will NOT BE AT THE LAWN BOWLING CLUB - so for details, see the Invitation below.

### *Treasurer - Sarah-Jane Gray*

The LVGC's finances are healthy - our bank balance was sitting at \$10,425 just BEFORE the Plant Sale. How much \$\$\$ did we make (gross) on the sale? You will have to guess - and record your guess on the spreadsheet - here:

[https://docs.google.com/spreadsheets/d/1bxVhPaFeg8OkIn0fyX9BPebj8Jj5FAZ99GObXjHBOeE/edit?usp=drive\\_link](https://docs.google.com/spreadsheets/d/1bxVhPaFeg8OkIn0fyX9BPebj8Jj5FAZ99GObXjHBOeE/edit?usp=drive_link)

On the same spreadsheet, you can also guess how many plants we sold. Needless to say, the person with the best guess will get a PRIZE!

### *Membership - Jennifer Sydenham*

The Lynn Valley Garden Club is an interesting and fun group of people - and this was quite evident at the Plant Sale!! - consequently we are currently at **147** members. PLEASE MAKE THE NEW MEMBERS FEEL WELCOME!!!

As we encourage our members to get to know each other, we will have another weird and wonderful game during the break at the May meeting. Be prepared, psychologically!!

## Secretary - Judy Sullivan & Webguru - Laurie Smith

[Elegant] Minutes of what transpired at the April General Meeting can be found on the LVGC website - <https://lynnvalleygardenclub.org/>. Look on the HOME page and scroll down a bit and hunt for LATEST NEWS. There, all will be revealed to you. Or, you can just click the link. [1]

## MALS - Doreen Dew, Daphne Page and Stefanie Rezansoff and Anonymous



A lot of planning went into this sale. The exhausted MALS are sitting on their laurels\* (more about this later) and recovering from a monumental Plant Sale. From all those non-members I had a chance to chat with - the unanimous opinion was that the Sale was sensational - great plants, beautifully organized, super plant variety,

exceptional veggies [whaaat? 'Banana legs'?] - and yippee: honey? And Mothers' Day table - and Master Gardeners... wow! Basically, many people came just to hang out and chat and enjoy the fun - while our members

WORKED! They hauled plants, they labelled, priced... they gave information, took money, helped with plant selection, 'fed the hungry and caffeinated the flagging', swept, organized, pinched fingers in tables, hauled heavy metal. Some worked in spite of being under the weather while others squeezed in a shift between major family commitments, some came early to help, others went home late... everyone went above and beyond.

So - to add to the fun, there is a contest to see how much money the sale made - and how many plants we actually sold. Remember that every plant sold - was someone's labour of love - not just by growing gorgeous veggie seedlings, but digging up and sharing a prized possession, or rescuing plants from gardens-to-vanish. Each plant has a story.

If you haven't done so - please place your guesses/bets through the link at the top of the LINKS file. You can change them till the day before the June meeting - when the MALS will announce the winner. (Judging from the numbers so far - you are all vastly under-estimating....!)

The PRIZES for the best guesses are:

1. An hour of free gardening from *Allium Scapes Ltd.*'s Allison and Michael. (They are Audrey B's offsprings - who have started their own landscaping company - and rumour has it, do an excellent job.)
2. Your own, personal PAVLOVA - made for you by Penny. (In case you don't know - Penny is the 'Queen of Pavlovas'). Oh yummm!!

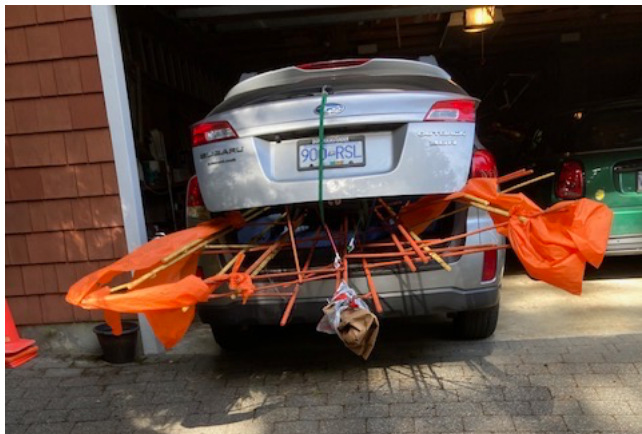
Here are some of Andrew M.'s pictures of the Sale -



The set-up was lovely – even the old signs reappeared (could someone tell me where from, and where they live? They are seriously historical!! – what a phenomenal find!) Yes, there were plenty of hostas... maybe one or two left *chez* Doreen?



As you can see, “well attended” is an understatement... it was crowded! The red sashes were a great idea – LVGC members were easy to spot.



The veggies basically sold out!! Jackie wrote, “Thank you for the great team [at] the Veggies, Herbs and Fruits. We seemed to sell even the smallest and weakest and got people to try something new. By the 2 PM mark we had only a dozen or so left. Gillian took a tiny thornless blackberry seedling and a tiny Brandywine tomato seedling home to nurture, and I took the remaining straggly bits home to compost.”

Rumor has it, the holding area was very active – and I noticed that Courtney M put people’s cell numbers on the labels of the ‘personal collections’... The need for that became evident later, when at 1:30-ish Laurie got antsy and started phoning the miscreants who left, but didn’t reclaim their plants. Within minutes, with a big grin, she announced, “Well, she’s not coming back for her plants, but don’t worry, I’ve sold them all already!”

The honey too, vanished in short order – and even the metal monsters found some good, and some reluctant homes. (Lord help me... there was one husband who was none too pleased when I arrived home with the leftovers artistically packed by Krystina.)

me... there was one husband who was none too pleased when I arrived home with the leftovers artistically packed by Krystina.)

## ROSEMARIE'S BRIGHT SPOTS

[Alias: what's blooming now. EVERYONE is requested 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 hands; 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.]

Rita Marshall sent us these spring beauties. The first two – easy, peasy! - rhodo and chives – but the third one had me stumped.



The Plantnet app provided me with *Cerastium tomentosum* – Snow-in-summer. Wikipedia says, “*Cerastium* is a genus of annual, winter annual, or perennial flowering plants belonging to the family Caryophyllaceae. They are commonly called mouse-ear chickweeds found nearly worldwide but with the greatest concentration in

the northern temperate regions. *Cerastium* species are used as food plants by the larvae of some Lepidoptera species including *Coleophora chalcogrammella*. [Those with butterfly gardens, take note!]

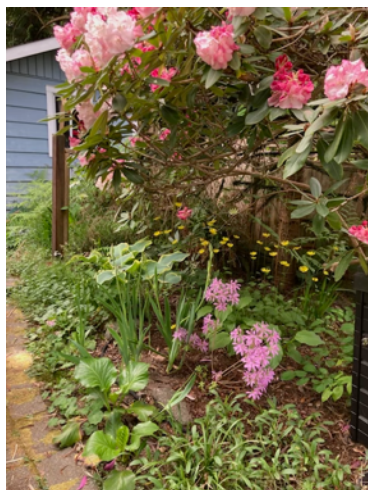
Pat Holmes wrote “Pasque flower, *Kalmia* almost ready to pop beside a Doublefile viburnum, a very happy new azalea and rose Mutabilis. Quite a few years ago we were on a bus trip to UBC botanical gardens and these tiny \$10 Mutabilis were in the little store - I didn't grab them then, but discussed it with Anna Marie and she went back to get them later that week. Rosemarie organized that trip I think, it was a great day.”



Pasqueflower is the common name for “*Pulsatilla*: a genus that contains about 40 species of herbaceous perennial plants native to meadows and prairies of North America, Europe, and Asia. Common names also include wind flower, prairie crocus, Easter flower, and meadow anemone. Several species are valued ornamentals because of their finely-dissected leaves, solitary bell-shaped flowers, and plumed seed heads. The showy part of the flower consists of sepals, not petals.”

*Kalmia* are native to North America (mainly in the eastern half of the continent) and Cuba and grow in acidic soils. *Kalmia* was named by Linnaeus to

honour his friend the botanist Pehr Kalm, who collected it in eastern North



America during the mid-18th century. The flowers are white, pink or purple, in corymbs of 10–50, reminiscent of *Rhododendron* flowers but flatter. The fruit is a five-lobed capsule, which splits to release the numerous small seeds. The foliage contains grayanotoxins, a group of closely related neurotoxins with sheep being particularly prone to poisoning, hence the name lambkill used for some of the species. *Kalmia* species are used as food plants by the larvae of some lepidopteran species including *Coleophora kalmiella* which feeds exclusively on *Kalmia*.



The *Viburnum plicatum tomentosum* is native to North America but is preferentially hardy only to zone 5. It likes acidic soils, and deep watering.

Under the glorious pink Rhodie, sits the small azalea (from ‘The great Rhodo Round-up), *Rhododendron stenopetalum* ‘Pink Spider’, a native of Honshu, Japan.

The rose mutabilis – or *Rosa x odorata* var ‘Mutabilis’ – is also known as China Rose – lives up to its name as it is mutable, changing – the Gardenia site writes: the flowers open warm buff-yellow, change to copper-pink, before turning crimson. [...] Vigorous and almost thornless, this Chinese rose blooms from summer till fall. It may pause a while, then start to bloom again.



## World Naked Gardening Day was May 2 ☺

... and I forgot to remind you to take pictures and send them in as evidence - so your submissions will be accepted for the June edition of *THE LEAF*!

In the interest of having at least some edgy content to keep you reading, please attend to the following, provided by Andrew M.

## Fertilizing Plants with Urine – Larry Hodgson – *The Laidback Gardener, 2020*



“This tree looks like it could use a shot of nitrogen!”

**Request from a reader:** “I think you should write about using urine in the garden as fertilizer. I’ve been doing it for several years now and it gives really good results. I even used it to resuscitate an old rose bush

that had been vegetating for years. Now it’s 6 ft (2 m) tall and blooming again.

I started using it after seeing a TV report on Africans who collect urine from public toilets, dilute it, then water the fields with that rather than buying chemical fertilizers from BASF or Monsanto they can’t really afford! And it’s so simple: I just pee into my watering can, then fill [it up] with rainwater. That way, I’m conserving drinking water and not applying chemical fertilizers to my gardens that will end up polluting the water table.

How about it? You’ve written about just about everything else!”

**Answer:** Yes, I have. But I have to confess something: I’ve been avoiding the issue.

Yes, I know about the virtues of human urine in the garden, but the yuck factor just ... overwhelms me. What can I say, but that I’m squeamish? I keep telling myself I’m being priggish and that my readers deserve to know about this. Several times I’ve even set a date to write about it, but always found another good idea at the last minute. Well, there it was yet again on my agenda. So, this time I’m doing it.

So, in a few words: urine makes an excellent fertilizer. Indeed, one of the very best ones.

It’s instantly available for plants to soak up and it’s particularly rich in nitrogen, the mineral most often deficient in soils. The ratio of minerals actually varies according to a whole range of factors, including the “provider”’s diet, but, for

a Westerner with standard eating habits, you could estimate an NPK ratio of 11:1:2, that is 11% nitrogen, 1% phosphorus and 2% potassium. That’s as good as many commercial fertilizers! And it’s a complete fertilizer: urine also contains all the trace elements (iron, boron, zinc, etc.) that plants need, but almost no heavy metals.

However, on the down side, urine is so rich in salts (especially sodium) that the standard recommendation is to dilute it in 10 to 15 parts of water. (20 parts for seedlings.) Also, not to apply it to any particular garden space more often than once every 2 or 3 weeks: You’ll all seen [sic] the damage dog pee can do to a lawn due to excess salt, right? Well, you wouldn’t want to have the same problem in your garden!

*What About the Stink?*

There won’t be any, not if you use it fresh. Fresh urine is essentially odorless (unless you’ve just eaten asparagus: more about that here) or you have a urinary tract infection (in which case, see a doctor). [This microbiologist agrees – urine is STERILE on exit. – m] But if you leave urine sitting around, bacteria start breaking down the odorless urea into ammonia and that smells. Once in the ground (and dilute to boot), soil microbes will prevent any smell.

*Peeing in the Compost*

Alternatively, urine can be used in your compost bin where its high nitrogen content will stimulate faster decomposition. It isn’t even necessary to dilute urine when you apply it to compost. Send the menfolk out and they can apply it directly!

*Is Urine Safe?*

Urine is considered sterile when it leaves the body, so using fresh urine is not a problem. [see - I told you so!] When it’s stored, that’s a different story. However, there are pros and cons about the use of stored urine. I’ll let you look into that yourself, but be forewarned, even scientific opinions vary widely.

Can you apply urine to edible plants (vegetables, herbs, etc.)? Sure! The recommendation is to apply it to the soil at the base of the plants, not to the foliage. Also, it's best to stop fertilizing with urine 3 to 4 weeks before harvest.

But what if you are taking medication or know you have a UTI (urinary tract infection)? Again, opinions vary. Some experts say not to worry, that the drug residues and microbes the urine might contain will degrade on contact with the soil which is, after all, full of greedy microbes. But other experts recommend against using urine in the garden if you are on medications or know you have a UTI. So, who to believe?

Personally, I would tend to err on the side of caution in this case and to avoid the use of urine if you're taking medications or have a UTI.

Will I personally be using urine in my own gardens? No, but at least I have a good excuse now: I seem to be taking a whole host of medicines due to my doddering old age. Just a few years ago, though, I could logically have done it... but I never dared to. Yep, I confess: the yuck factor held me back. [See the link in the May 2026 Links file]

So, be braver than me and save the planet one pee at a time.

[I found an Alibaba site that sells the above gnome for \$4 each – but there is a minimum of 30 that one has to buy – anyone interested?]

## The Tulip Festival



Miles and miles of tulips – as far as the eye can see – with glorious colours to take one's breath away. (Andrew M – photos)



## 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:

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 ready – BUT DON'T START ANYTHING UNTIL THE SET-UP CREW ARRIVE – they photograph the room 'before' so we can return it to that state 'after' so please don't mess with their system. Once they have immortalized the situation, have at it! So please let the Set-up team do their job before everyone starts coming in. Our club rents space from the Lawn Bowling Club from 6:30 to 9:30 pm. Arriving earlier or later is outside the limits of our rental agreement and we might have to pay more for the extra time. We don't want to wear out our welcome!
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.

### 6 Flowers Butterflies Actually Need (Not Just Visit)

<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>Temporary visitor</p>	<p><b>Host Plant</b> (Complete Lifecycle)</p> <p>Resident population</p>	<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>Decoratory visitor</p>	<p><b>Parsley Family</b> (Complete Lifecycle)</p> <p>Resident population</p>
<b>Milkweed (Monarchs)</b>		<b>Parsley Family (Black Swallowtails)</b>	
<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>No breeding activity</p>	<p><b>Host Plant</b> (Complete Lifecycle)</p> <p>Resident population</p>	<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>Cultivated asters</p>	<p><b>Host Plant</b> (Complete Lifecycle)</p> <p>Resident population</p>
<b>Violets (Fritillaries)</b>		<b>Asters (Pearl Crescents)</b>	
<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>Generic on native</p>	<p><b>Host Plant</b> (Complete Lifecycle)</p> <p>Resident population</p>	<p><b>Nectar Only</b> (Visits But Can't Breed)</p> <p>Generic on native</p>	<p><b>Host Plant</b> (Complete Lifecycle)</p> <p>Resident population</p>
<b>Spicebush (Spicebush Swallowtails)</b>		<b>Passionflower (Fritillaries)</b>	

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

5. 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...
6. 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*". (Over 20 people in the club have used his services.)
7. A **WHITE UMBRELLA** was left behind two meetings ago. **Hiromi has it.**
8. A **BLUE PLASTIC DRINKING BOTTLE** with built in straw was left at the Plant Sale. **Maria has it.**
9. **The Rhodo Round-up! (cont'd)** - Finally, everyone collected the Rhodos that they ordered, except some who changed their minds. I managed to flog those – but was a bit grumpy about it. Ross STILL HASN'T SENT THE &^%\$# INVOICE in spite of 2 reminders – so you will be billed for the plants – eventually. Sorry it is taking this long – but it is beyond my magic.
10. **DIG Sequelae** – if any plants or bits and bobs from the digs ended up in your garden – and they didn't make it to this year's sale - and probably won't next year either.... please do consider making an appropriate donation to the Club. The plants and bits and bobs were donated to the Club – so you need to 'buy' them from the Club. An e-transfer to [lvgc.treasurer@gmail.com](mailto:lvgc.treasurer@gmail.com) will do the trick. Hope that makes sense.



## THE FIRST ANNUAL LVGC GARDEN CLUB SUMMER GARDEN PARTY – June 18



Yes, we're having one! Why? Because we all want to spend time together and meet our new members without having to rush, to discuss our successes: the Plant Sale, the outings, the great speakers we've had *etc.* Soooooo, your brilliant Executive decided that we need to have some non-work, non-meeting social time. The solution was obvious – a GARDEN PARTY.... and since we rarely get to dress up nowadays or put on our gloves and pearls – here's your opportunity to bring out your flowery frock, the flowery bonnet – maybe add a few fresh flowers – and come and .... not sure what yet: drink tea? Eat crustless cucumber sandwiches? Scones and clotted cream? (Can't do croquet as I don't have a lawn, sorry!) Suggestions, ideas, help, plotting and planning – all input welcome! We can just hang loose – or organize games? Let us know your pleasure!

*You are cordially invited to*

*The LVGC Summer Garden Party*

*Thursday, June 18, 7-9 PM*

*4210 St. Mary's Avenue, North Vancouver*

*Bring Treats to Share*

*Floral Attire: frock or hat or boutonniere*



*"I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together." -- Queen Elizabeth II*

## 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.]

### **Report on the BC Council of Garden Clubs – Donna Wasylik**

**Annual General Meeting- April 25, 2026**

Krystina M. and I had the pleasure of attending the recent BCCGC Annual General Meeting. President Lynda Pasacreta hosted the meeting and announced that she would be staying on for another year as President. The Vice President, Treasurer and Communications Coordinator also offered to continue their roles. One new member was nominated and voted on to the Scholarship Fund Committee as the Chair of that Committee is retiring.

After the voting and short coffee break the Scholarship Committee gave a report and explained the procedures involved in allocating scholarship funds.

The morning speaker, Sage Kosa, a past scholarship recipient and Vancouver-based horticulturist, landscape designer and founder of Kindred Gardens, gave an interesting talk entitled “Garden of Life: Habitat Creation in Our Growing Spaces”.

WHO CAN WE FEED? This is not about humans and veggies; it’s about what insects, bees and butterflies can feed from our gardens. She showed many photos of her work, changing established lawn to areas of native plants

and pollinators. LANDSCAPE FABRIC IS THE DEVIL! She hates it and hopes people don’t use it.

After a delicious salad and sandwich lunch we enjoyed a presentation by Dana Cromie entitled “Education of a Plantaholic – How I came to learn about plants and gardening.”

This man is a true collector and showed us photos of some very unusual plants, collected on many world trips, although I’m not sure how he brought them home.... He said his home garden is 2,000 square feet and he has some 500 pots of exotic florals.

Our afternoon culminated in the draw for plants and garden paraphernalia. Our club donation of a Japanese spider azalea was certainly one of the more coveted prizes but there were many interesting items. The meeting was well organized and well timed. The food was delicious, unlimited coffee and tea. The speakers were very entertaining and their delivery was excellent. Our club paid for our registration and for our draw contribution. All in all, it was a great day and I would encourage each of our members to take advantage of the opportunity to attend in the future.

**May 23 11 AM - 2 PM CYAN’s Annual Plant Sale** (and eclectic plant nerd convention).

Bring your own box. Twice a year, we hold a sale of some of our inventory and that of a few other specialty growers.

**3488 Celtic Ave, Vancouver. [11]**

*>>>This may be the sale to find some really interesting plants!!*

**GRIN- June 6 – World Green Roof Day!! & Tues. May 26 (4:30-6:00): World Green Roof Day at Marine Gateway**

With mid-summer approaching, that means our favourite day of the year is coming soon. Yes: June 6th is World Green Roof Day! This newsletter provides information about our May 26 green roof tour, and how to prepare for World Green Roof Day on June 6, among other things. Since FIFA is scheduled to run from 13 June to 7 July in Vancouver, we’ll be keeping a low profile until our urban agriculture tour. Please share this with anyone who might like to GRIN with us!

*See the link in the May 2026 Links file.*

**JUNE 13 & 14 The 2026 Denman Island Home & Garden Tour will take place Saturday, June 13, and Sunday, June 14**

Get ready to spend a day or a weekend immersed in the beauty and creativity of Denman Island's unique homes and gardens. [12]

**What’s new for 2026**

Our team has selected 12 properties, each spectacular in its own way. Together, they showcase Islanders’ creative vision, craftsmanship, and hard work.

Treat your eyes to the elegant lines and tranquility of a formal garden. Savour the abundance of a working farm, an award-winning vineyard, and a new cidery where 750 apple trees are setting down roots.

From mossy hollows to rocky ridgetops; from formal to funky, agricultural to artistic, and cozy to contemporary – the tour spans an astonishing range of moods and modes. 🐾

**Check out Salt Spring Seeds...**

They have a new website and some interesting offerings. – check the link.

## THE COMPOST BIN – Maria Issa

The post Plant Sale crash had me “resting on my laurels”. Resting on one’s laurels has the connotation of having once done something, one is now sitting and not doing much else, but relying on past accomplishments as a claim for glory. In my case, it is second-hand glory at that. The MALs and volunteers did all the work. But I rest.

Still, I questioned myself – “What is the source of this expression?” Obviously, I knew the basics – that the Romans crowned VIPs, and by extension, their accomplishments with a laurel wreath. We’ve all seen the myriad examples of Roman statues with herbaceous headgear. We know that the expression “laureate”, as in baccalaureate, and Nobel laureate, and ‘crowning achievement’ all hark back to this plantish practice. But WHY? And why the ‘laurel’?

First of all, let’s make it clear: this is not the laurel-hedge, cherry laurel (*Prunus laurocerasus*) that is everywhere in Vancouver, that I detest with a passion – and is on the Metro Vancouver invasive trees list. The Romans were perspicacious: their ‘laurel’ was the Bay tree (*Laurus nobilis* – even the name sounds distinguished!), the culinary laurel best in stews.



The laurel plant originates around the Mediterranean and its leaves were used in a range of cuisines. Bay leaves also had a long tradition of being used to treat human ailments. Dating from Roman times, bay leaves were applied to snake bites and ingested as an emetic, or as a cold remedy. The Greeks, on the other hand used *Laurus nobilis*, as a remedy for rashes from other plants and boiled it down for antiseptic and first aid applications.

But the use of crowns crafted from laurel sprigs emerged for different reasons. According to Dr. Joel Christensen at Brandeis, the bay plant was actually “linked to Apollo – the chief Greek god. While “laurus” is the Romans’ word for the cultivated plant, the idea of being crowned or wreathed with laurel likely came first from the Greeks. They associated this plant, which they called “daphne,” (not the wonderfully fragrant *Daphne odora*) with ritual purification and divine inspiration.

Worshippers of the god Apollo held the laurel tree to be sacred, as the location of the god’s oracular statements. In some traditions, the Pythia – the priestess who pronounced oracles at Delphi, one of the most sacred sites in the early Greek world – would chew laurel leaves, potentially to hallucinogenic effect, before delivering a prophecy.

The origin story of Apollo’s love for the laurel tree is more menacing. In the Roman poet Ovid’s “Metamorphoses,” Eros – Cupid to the Romans – sought to punish Apollo for mocking him, so he made him become infatuated with a young female nymph, Daphne. She fled his repeated – and violent – advances, and begged her father, a river god, for help. He transformed his daughter into the laurel tree. Daphne avoided Apollo in her human form, but she could not escape becoming his sacred property.”

While this story explains the laurel as Apollo’s sacred plant, its medicinal or imagined mind-altering effects may be better explanations for the tree’s association with Apollo, a god of medicine, prophecy and poetic arts.

Besides the ‘laurel’, the Romans left us with a range of plants and their associations. In Roman mythology Flora was the goddess of flowers, spring, and blossoming plants. She had her own priest, known as the flamen Floralis, and was honored every year during Floralia, a six-day festival from April 28 to May 3. The celebration involved garlands, public games, and floral decorations across temples and homes. Her Greek counterpart, Chloris, was a nymph of flowers transformed into a deity by Zephyrus, the west wind.



Roman poets and authors often linked specific flowers to gods and myths. Besides the laurel of Apollo and Daphne, roses were tied to Venus and Adonis, symbolizing love and sacrifice – and this was seriously co-opted by the Valentine’s Day industry... Violets represented modesty and mourning, said to spring from Venus’s tears. Ephemeral, like Eliza’s violets in *My Fair Lady*.

These associations appear across Roman frescoes, mosaics, and sculpture, revealing how deeply floral imagery shaped religious and aesthetic life. The presence of these motifs in Pompeii’s preserved gardens and domestic murals shows that flowers were not only for beauty but also for spiritual expression.



For more on Roman flowers and their symbolism, see the link in the My2026 Links file.