

June 2024  
Volume 13 No. 6

**NEXT MEETING:**

June 20<sup>th</sup>  
Pot Luck Social

**Things to Remember for the Summer:**

1. Enjoy your time in the garden, talk to those plants as they need a smile, too.
2. Share a plant or some news about one with a neighbour.
3. Take a picture or two to share with our members.
4. Consider setting a date to hold your garden "Open" for members of our club.



**From Our President . . .**

The weed assortment we are calling our lawn has been mowed and, from a distance, looks quite acceptable. When left to grow for any extended time, the plants begin to reveal their characteristics. Grass seed heads rising more than a foot above ground level wave in the wind. Buttercup flowers form a cheerful mat and various clovers attract bees and bunnies.



At this stage it would take superhuman effort, watering and money to get the uniform green carpet once so treasured. Learning the names of weeds and being able to identify and control the invasive species is a daunting task. Perhaps the hardy volunteers should be valued for their ability to survive the challenges brought on by our changing weather patterns; but the urge to tame and manicure the rampant growth persists. The only volunteer to help prune has been a deer. I offer thanks to the pollinators for providing a rationale for the wild appearance.

Just now, as I was ready to go outside for some clean-up duties and crop harvesting, rain pelted down and the wind tossed everything in wild gusts. Because many recent days have presented several weather systems, it is the lucky gardener who can dash out and accomplish small tasks without being soaked or blown away.

I am assuming the birds have been deterred from getting to the strawberries and peas that were carefully netted, but probably the same netting will entangle me! Perhaps I will also cut a peony bloom for the table while I have the chance.

What luxury and privilege we have to be able to garden, enjoy the beauty and bounty. Maybe I'll also pull out one weed!

“ It is a regrettable truth that the better the quality of the soil, the bigger and more prolific the weeds.” Anon.

Everybody talks about the weather but nobody does anything about it. Charles Dudley Warner 1829-1900

**Carol H.**

## MAY MEETING

### Minutes of the May 18<sup>th</sup>, 2024 Ladysmith Saltair Garden Club.

The meeting was held at the Eagles Hall in Ladysmith with 50 members attending , and 12 drop-ins which are included in the count. The doors opened at 6:15 pm for set up. Cathy Watts was greeter for the evening, Cindy and Dave Power looked after the “Little Sales Table” and Linda Whitten was in charge of the seed exchange.

#### Carol Henderson opened the meeting at 6:55 pm

Carol did a quick review of the plant sale. She extended a huge gratitude to all members whom were contributors and members that helped make the plant sale a success. All helped; from Jim and Carmen for letting the club use the green house for Starla’s tomato plants, making up the Mother’s Day baskets at their place. Also, all the trucking and handling of the plant items at the hall. Linda Whitten had 112 dahlias she brought in for the sale and Starla had close to 60 tomato plants. And then of course to all who were in charge of set up, clean up, cashiers, counting and making up the colour coded popsicles sticks. A huge thanks to all for another successful plant sale.

- ➔ In September’s meeting, we will be looking for nominations for executive positions. The election will be at October’s meeting. If you know of a good candidate, please obtain their permission to nominate them or if you would like to put your name forward for a position please do this at September’s meeting.
- ➔ The September meeting’s theme in will be: Preserving, Using and Sharing our Local Harvest. Member Interactive - Bring in a sample and speak about your harvest sharing. And if you don’t have anything to share that is also fine. The samples will be our snacks at tea time. Lynne Fletcher will be collating any recipes and asking members to forward the recipe to her.
- ➔ We will need more greeters that evening as it we be set up differently and payments will be made as is the first meeting 2024-2025 year. The “Little Sales Table” will be looked after by Diana Gould. Members whom offered to help collect membership dues are: Lynne Fletcher, Carmen Dolinyk, Dianne Daniel, Trixie Neufeld and Starla Parkin. Hoping that some members use the preferred way of paying by e-transfer gmail: [LSGCmembership@gmail.com](mailto:LSGCmembership@gmail.com)
- ➔ Ladysmith Secondary School is having an Appreciation breakfast and Award Ceremony on June 25th at 9 am and have extended an invitation to our garden club for members to attend. Gail Wiseman-Reed and Linda Stephenson will attend this ceremony.

#### Speaker: Dorothee Kieser - MY FAVOURITE VEGETABLES AND HOW TO GROW THEM

- ✔ April introduced Dorothee to the members.

Dorothee embraced gardening after her retirement as fishery biologist. She maintains her own large garden. Being a Certified Master Gardener, she teaches practical gardening through hands-on sessions. She regularly volunteers at the Nanaimo Community Garden. Here are some of the items she touched on in her discussion on how to plan and grow your vegetable garden.

## MAY MEETING

Her topics were on summer- winter vegetable gardens. So in your plans for gardening your goal should be based on how much do you want to grow and the space you have to do this. February is a good time to start planning your garden.

Things to think about are: crop succession, timing, the varieties and spacing. You can work on crop succession as what you plant in early spring, ie: lettuce, snap peas . Buy quality seeds or transplants. Using organic fertilizer is a benefit. Using egg shells (calcium) after you have put them through a coffee grinder works wonders on tomato plants.

Her discussion included the different vegetables to grow such as peppers , leeks, peas, lettuce crops, orach (like spinach), pac choi ( plant in early spring), potatoes (need to be heavily mulched and harvest all potatoes in the fall). Tomatoes such as black cherry and gardeners delight are some good varieties. The yellow tomatoes have less acid in them than the red one and the tomatillos are great for a good salsa. Tomatoes in a hanging basket on the deck works perfectly, and you could have an abundance of tomatoes. Some of the winter vegetables would be your broccoli and endives. Squash come in a huge variety and many do store for a long time. Beets can stay in your garden usually until the first frost and then you would have to dig them up. She did mention some of her other favourite vegetables that she planted and used. It is all up to an individual and what they like!

At this point of the discussion, Carol asked if there were question members would like to ask Dorothee.

Carol thanked Dorothee for her very inspiring session on vegetable growing.

### Tea and snack time

This gives members a chance to mingle and socialize. At this point Dorothee had some of her seedling vegetables members could purchase at tea time.

Thanks to Christine VanderRee, Shannon Crowards and Margot Allen for their delicious goodies they brought in. And to Barb and Mi for setting it all up.

### Carol Henderson reconvened the meeting

#### Committees:

#### Plant Sale: Jim

Jim and Carmen were instrumental in all of the aspects of the plant sale. Jim had doors open at 8 am for members to start setting up and then helped the purchasers in the line up, with some chair as doors didn't open for the public until 9 am.

Joanne looked did an outstanding job again looking after the raffle and hoping someone will take help again next year and maybe take over this job.

#### Treasurers Report: Starla Parkin

The plant sale brought in \$3,014.75. The account has in it right now \$14,389.00. Profit/Loss \$9,080.00. Next year we will provide the \$500.00 scholarship award. The hall rental fee is around \$80.00 monthly and the speaker's fee for next year will now be \$150.00.

## MAY MEETING

Discussed was putting some money into a GIC account. Put \$7,281.12 into a basic high interest savings account and keep \$4,000.00 in chequing account and keep the \$150 float.

### Garden Tours : Pam Fraser

See Pam if you are interested in some pond plants. She has some from her pond which she is getting rid of.

She also mentioned that if you haven't gone on one of the garden tours you should really try to go to one as is quite the experience. The Ladysmith Rotary Club tour is on Sunday, May 26th, from 10 am to 4:00 pm. It is a self guided tour and tickets can be purchased at outlets listed on website. Pam did have some tickets for this also.

### Queens Park: Joanne Armstrong

Joanne and Jennifer look after this and they are usually there on Thursday mornings from 10 to noon. If any member wants to come out and help it would be great.

### Snippets: Lynne Fletcher

Lynne mentioned that she will have one more newsletter go out in June. Through the summer members were asked if they have something they would like to share from their gardens to take a pic and include a brief outline and send it to Lynne. Her e-mail address will be in next newsletter. She will also be collecting recipes for the harvest sharing in September.

The Potluck this year will be again at Jim and Carmens. The date for this is June 20<sup>th</sup> and there will be more information coming out on this.

Meeting adjourned at 9:10 pm.

*Submitted by* Trixie Neufeld, Secretary

### **From the LSGC Pot Luck Social . . .**



MAY MEETING



Great Food,  
Interesting company!  
And many Thanks  
to our hosts,  
Jim & Carmen!

*Thanks to  
Marianne Hsieh for  
sharing these pictures.*

## NOTICES

### Ladysmith Saltair Garden Club

#### Upcoming Program & Events 2024

September 19, 2024

Preserving, Using & Sharing our  
Local Harvest (member interactive)

October 17, 2024

Annual Member Plant Auction

November 21, 2024

Gladden Your Porch !  
Seasonal Wreaths, Pots, & Swags.  
Pat Spezowka

December 19, 2024

Christmas Party

January 16, 2025

Invasive Plants  
Jarratt Hunter

February 20, 2025

Protecting Our Trees in Changing Times  
Bartlett Tree Service

March 20, 2025

Xeriscaping & Drought Tolerant Plants  
Zac Kregosky

April 17, 2025

Gardening For Your Site & the Seasons  
with thought for ease of maintenance & care  
Barrie Agar

May 17, 2025

Feeding the Soil: Composting,  
Vermiculture, & Liquid Fertilizer  
Malcolm Ho You

June 2025

Annual Year End Potluck

#### Advice from Helen Chestnut:

“...my father showed me his method of transplanting...he called it *puddling*. Into the prepared soil he made a series of hollows, their size depending on the extent of the transplants’ roots. Into each hole he carefully snuggled a transplant, arranging enough soil around the roots to partially stabilize the plant before applying a gentle flow of transplanting solution around the roots. Once the liquid had drained, the roots were covered and the transplant was firmed in to the soil.” She mentions a dilute blend of liquid fish and seaweed fertilizers for that transplanting solution, and that she rarely loses a plant.

#### Advice from Bernie at Dinter:

“For most aphid infestations, spraying them off with a jet steam of water is a safe and effective way of decreasing the colony size. The water stream will break the aphid off from its inserted mouth part, a process which it cannot survive. Insecticidal soap is an effective spray as long as it is sprayed when the aphids are present on the plant. Before applying any sprays, have a close look for ladybug larvae (note, these look much different from adult ladybugs!). If even a few ladybug larvae are present, they will clear an aphid infestation within a few days.” “Intersperse plants that attract aphid predators in your garden and watch the ecosystem take care of aphids for you. Examples are alyssum, cilantro and dill. (allow to go to flower).”

Ladybug  
Larvae



## POLLINATORS

### COMMON INSECT POLLINATORS

The Nanaimo & Area Land Trust (NALT) has recently published a new field guide that will be of interest to your club members. This is a photographic guide to common insect pollinators in this region and was produced by Lynda Stevens, a local nature and wildlife photographer and member of our Pollinator Stewardship Committee.

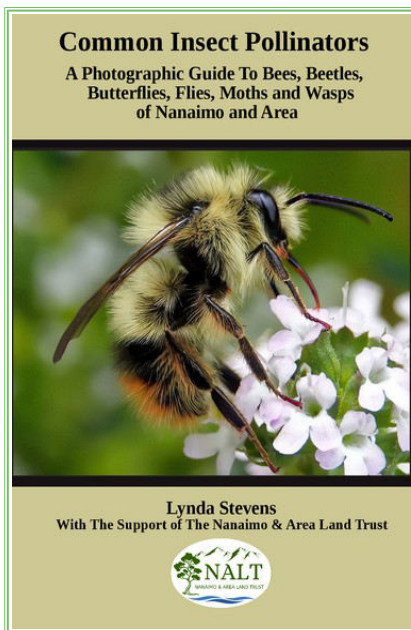
The guide contains 200 of Lynda's photos of bees, beetles, butterflies, moths, flies, and wasps along with the main features needed to identify them.

All proceeds from the sale of the guide will support NALT pollinator stewardship and habitat enhancement. Information on how to purchase the field guide is included on the poster. Please don't hesitate to contact our office if you would like more information.

#### **Linda Brooymans**

*Stewardship Manager*

*Nanaimo & Area Land Trust*



This guide introduces common insect pollinators that could be seen visiting local flowers, both wild and cultivated. It is aimed at gardeners and floral enthusiasts who have no previous experience in identifying insects. Many of the selected species can be seen across central and south-east Vancouver Island as well as the Nanaimo area.

Identification of these pollinators is presented with:

- An overview of basic insect anatomy
- 200 large, clear colour photographs
- A brief description of each pollinator group highlighting the main features needed for identification
- A mention of the size of the pollinator and the peak months during which it would be commonly seen.

If you enjoy flowers, and have always wanted to know more about the bees and other pollinators visiting them, then this guide is for you.

**Purchase at the NALT - \$20**  
(please call ahead for pick up)  
250.714.1990

**Purchase online - \$25**  
(includes shipping cost in Canada)  
[nalt.bc.ca/shop](http://nalt.bc.ca/shop)

## RECIPES

### Sherri's Salsa

- 12 cups chopped tomatoes (I use a variety, including heirloom tomatoes!)
- 2 green peppers, chopped small
- 1 banana pepper, chopped small
- 2 red peppers, chopped small
- 2 yellow peppers, chopped small
- 12 jalapeno peppers, (with seeds for hot, remove seeds for mild) chopped small
- 2 chili peppers, chopped small
- 3 onions, chopped small
- 2-4 tbsp crushed garlic
- 2 cans tomato paste
- 1 cup vinegar
- 4 tbsp fresh lime juice
- 2 tsp paprika
- 4 tbsp sugar
- 4 tbsp fresh parsley
- 2 tbsp oregano
- 4 tbsp cilantro

1. Blend the jalapeños, chilli peppers, onions, and garlic in a food processor. Combine all ingredients in a large pot and add the blended onion/pepper mix.
2. Cook on medium for one hour, stirring occasionally. If canning the salsa, process in a boiling water bath for 20 minutes.

Makes 8 - 500ml jars of salsa!

*Thanks to Sherri Schnabel*

My banana cake flopped -  
too dense and too dry.  
But I served it a piece a day to the  
gray jays . . .  
with rave reviews.  
Remember – it all depends on who  
the critics are . . .

*[dailyonegoodthing.blogspot.com](http://dailyonegoodthing.blogspot.com)*

### Southwest Salad with Chipotle Ranch Dressing

#### Salad:

- 1 ½ lbs. Romaine lettuce
- 10 ½ oz. Red peppers (diced)
- 6 ¼ oz. Black beans (drained & rinsed)
- 10 ½ oz. Grape tomatoes
- 4 ½ oz. Toasted corn nuts

#### Chipotle ranch dressing

- 1 ¼ cup Sour cream
- 2 Tbsp + 2 tsp Mayonnaise
- ½ cup Buttermilk
- 1 Tbsp Cider vinegar
- 2 oz. Chipotle peppers
- 2 tsp Lemon juice
- 2 tsp Liquid honey
- 1 clove Garlic (peeled and minced)
- pinch of Salt
- 1 tsp Fresh oregano
- 1 tsp Fresh dill weed
- 1 tsp Fresh parsley
- Salt & Pepper to taste

1. Wash lettuce, red peppers, black beans & tomatoes. Chop lettuce & peppers.
2. In a large bowl, lay out dried lettuce. Sprinkle peppers, beans, tomatoes & corn nuts on top.
3. Prepare dressing – combine all ingredients, mix until smooth. Drizzle over salad. *Note: dressing can be refrigerated for up to 7 days.*

*Thanks to Butchart Gardens*





## GROWING BEANS

### How To Care For Beans

Beans only need about one inch of water a week to grow well. If your garden doesn't get enough rain, you must water, and this is the most essential summer gardening chore for many people.

#### *Seven Watering Fundamentals:*

- 1) Avoid frequent, light waterings, such as splashing a little water on the beans to make them happy. The reverse is true for plants – they need to be deeply watered to a depth of four to six inches. This thorough soaking encourages the roots to seek water deep in the soil, and a deep root system helps them survive hot, dry weather a lot better.
- 2) Don't water by the calendar, but when the plants need it. Check on how the plants look, the condition of the soil on the surface and four to five inches down. If plants look wilted on a hot afternoon - that's okay; they'll probably perk up overnight. If the plants look wilted in the morning, they need watering.
- 3) A good mulch will save water, protect the soil from the sun's heat, keep the roots of the plants cooler and reduce evaporation.
- 4) Water early in the day if you sprinkle or hose from above, so that the leaves have time to dry. Leaves left wet overnight invite diseases.
- 5) With drip irrigation or soaker hoses, which deliver water at the soil surface, you can water in the late afternoon, evening or even at night.
- 6) Avoid watering during the middle of the day as evaporation losses are highest then.
- 7) Don't overwater. The soil can only hold so much water.

#### *Fertilizing Basics*

Beans are "light feeders", so they only need a light dose of fertilizer mixed into the top two to three inches of soil on planting day or the day before. A commercial fertilizer such as 5-10-10, used at three or four per 100 square feet is sufficient for most garden soils. You can use the equivalent amount of well-rotted manure, compost, bonemeal and cottonseed meal.

The numbers on the fertilizer bags indicate by weight what percentages of each of the three most important nutrients - nitrogen (N), phosphorus (P) and potassium (K) - are present in the mixture. Although the percentages may vary, the order is always the same: N, P and K. For instance, 5-10-10, which is good for beans, indicates the fertilizer contains 5% nitrogen, 10% phosphorus and 10% potassium. Nitrogen promotes healthy green leaves and stems, and you don't need much of it for beans. If you have too much, the plant will spend more time making leaves and less time making beans. Phosphorus promotes strong roots and potassium conditions the whole plant, helping it to bear fruit and resist disease.



## FAVOURITE PLANTS

### Roses & Clematis

Most clematis are climbers by nature, and because they are not self-supporting, they will happily wander up any nearby plant or support. Clematis and climbing roses can grow together up a light post, doorway, or garden wall, providing a lush vertical display of flowers as they bloom.

Before pairing clematis and roses, you should know about the characteristics of each.

Clematis are either large-flowered hybrids or small-flowered species and their hybrids. Most are suited to USDA Hardiness zones 3 through 9, although a few adapt to zone 10. Large-flowered hybrids have tough roots and large, rarely scented flowers, and can suffer from wilt, a fungal disease specific to clematis. Small-flowered clematis tend to have fibrous roots and a profusion of smaller flowers, which may be scented; they are rarely affected by wilt. Both groups include varieties that flower early, midseason, and late, and their pruning needs differ.

Climbing, shrub, and ground cover roses can be matched with clematis. Climbing roses can flower repeatedly, producing single or double blooms that are typically scented, and they require little pruning once established. Most climbing roses need to be tied to a support, such as a trellis, pole, or wall. Shrub roses can stand alone and are typically hardy and low maintenance. Ground cover roses are hardy, disease resistant, and low growing.

It is possible to match almost every clematis with a rose, but the beauty of the pairing lies in the size, color, scent, and timing of their respective blooms.

This article has more information about matching types of clematis to roses:

[garden.org/learn/articles/view/737/Roses-and-Clematis/](https://garden.org/learn/articles/view/737/Roses-and-Clematis/)

### Coleus

Coleus can be used in your gardens, containers, patio gardens, flower arrangements or even as a houseplant. The leaves can be lacy, ruffled, smooth, twisted, solid colors, have contrasting edges, or a kaleidoscope of colors,

Coleus (*Solenostemon scutellarioides*) have a tough constitution but are easy to grow.

They're often called Painted Nettle are actually a member of the mint family.

Most coleus plants should be grown in bright, indirect light or in partial shade. The intensity of the light they receive has a direct impact on the intensity of the foliage color. Many will survive in full sun, but the foliage color is increased when grown in partial shade.

Wait until the minimum outdoor temperature is 50° Fahrenheit before planting outside and be sure that they have good drainage. If the soil is allowed to dry out, the foliage will start to wilt. They'll like a monthly feeding of all-purpose fertilizer.

When the plants are about 6 inches tall, begin pinching back the tips which promote lateral side growth and make a bushier plant. Keep the flower buds pinched off to prolong the life of the plant (once a coleus goes to seed its life cycle is over).

Coleus are easy to grow from seed and often different colors of plants will grow from one packet of seeds. They are also simple to propagate from cuttings.



## NOTICE BOARD

### Dinter Nurseries

#### Thorny Beauties: Rose Care and More

Saturday, July 20<sup>th</sup> from 10:00 to 11:00 am  
Informative seminar on roses including classes of roses, their characteristics and uses, roses that grow well in the Cowichan Valley, pruning, pests and diseases and when to dig up a rose and say goodbye.

Cost: \$10 + GST Register in advance.

#### Grafting Workshop - Chip Budding

Saturday, July 27<sup>th</sup> from 10:00 to 11:30 am  
Barrie Agar, retired Head Gardener of Royal Roads, leads a specialty workshop on the chip budding grafting technique. This technique is one of the easier forms of grafting, often used for fruit tree and rose propagation.

You will have an opportunity to practice the chip budding technique and leave with a chip grafted apple rootstock. Materials & apple scion wood will be provided.

Cost: \$30 + GST. Registration in advance is required as space is limited to 9 people.

#### Drought Tolerant Gardening

Saturday, August 10<sup>th</sup> from 10:00 to 11:00 am  
Join Bernie Dinter to learn how to create a healthy and resilient garden in a changing climate. Cost: \$10 + GST. Registration in advance is required as space is limited.



### Milner Gardens

#### Fairy Houses

Thursday, June 20<sup>th</sup> to Sunday, June 23<sup>rd</sup>  
11:00am to 4:30pm with viewing til 5:00pm

Cost: \$14/Adult, \$8/Youth, Children free

Fairy Houses have appeared

throughout the gardens in honour of Veronica

Milner's belief in

Fairies....Once a

year during the

summer solstice

the Milner Fairy

Houses become visible to the human eye.



### Central Vancouver Island Orchid Society

Sunday, June 23<sup>rd</sup> from 11:00 am to 2:00 pm  
Our monthly meeting is held at the Royal Canadian Legion Mount Benson Branch, 1630 E Wellington Road, Nanaimo.

### The Nanaimo Gladiolus and Dahlia Society

Tuesday, June 4<sup>th</sup> at 7:00 pm  
St. Philip Anglican Church Hall,  
1797 Cedar Road, Cedar.

Monthly meeting.

Info: contact Vern Stephens at 250-755-141  
or Claire Crowe at 604-813-8518.

### Open Gardens ??

Would you consider opening your garden this year? Meeting at Open Gardens gives members the opportunity to learn from other gardens and gives members time to visit and get to know each other.