

November 2024
Volume 13 No. 9

NEXT MEETING:

November 21st
7:00 pm

Things to Remember for the Meeting:

1. Bring one or more **plants** potted up for our Plant Table, if you so choose. Small tools are welcome, too.
2. Bring your cup or mug for our break time treat tasting!
3. If you have not renewed your membership, bring your cheque book.



Our President . . . November 2024

With the bulk of the leaves having fallen from the deciduous trees or having been forced off by strong winds, the Fall clean-up continues in earnest. Decisions have to be made around which areas would benefit from mulch, what type of mulch and how deep. Other looming tasks present themselves and some relief is felt when the experts advise delaying some jobs until February or even Spring. Pruning, it seems, is an art form and science as well as requiring the correct tools and a certain athletic ability. One has to decide how tidy they ‘need’ the garden to be as many plants continue to put on a colourful show without collapsing. On the whole, outside forces are in charge and the gardener tries to keep up.

Hard to believe we were wishing for rain just a few weeks ago. Now the torrents are encouraging the growth of every weed seedling, promising a huge crop in the Spring if not culled soon. On the bright side, this can be the best time to move shrubs and trees. Remaining in the garden are a few delights and surprises as some tiny cyclamen, violas and the penstemon bloom and a few roses are still flowering.

Meanwhile, the freezer, preserving jars and vegetable storage bins hold the garden produce which can be enjoyed in the coming months.

Delayed gratification awaits those planting bulbs for next year’s beauty.

It is a greater act of faith to plant a bulb than to plant a tree.

Clare Leighton (1901-89)

As we watch the creation of a wreath at our November meeting, we will appreciate the tradition of bringing the evergreen boughs to our homes to brighten the duller days.

Enjoy the changes the season brings and we will look forward to celebrating together in December.



Carol

OCTOBER MEETING

LADYSMITH SALTAIR GARDEN CLUB

MINUTES FOR OCTOBER 17, 2024 GARDEN MEETING

The meeting was held at the Eagles Hall in Ladysmith with 31 members attending , with 1 drop-in in the count. The doors opened at 6:15 pm for set up. The greeters for the evening were Eva Vincent and April Johnston.

Carol Henderson opened the meeting at 7:00 pm

She welcomed all members and gave a brief outline of whom would be running the election and auction for the evening. Jim and April will be our auctioneers for the sale and Linda H. will officiate the election. Carol mentioned that April Johnston will step down from being our vice-president. She has done a fabulous job for the club but has other commitments. April will also be our “garden visit” coordinator; asking and interviewing members to see if they would agree to having the club for a garden tour. The time for an open garden would be about two hours.

Carol then asked if the new members that have joined our club would like to introduce themselves. We had Kym, Catherine, April, Tamara and Elaine come forward. Welcome to our club ladies!

Carol thanked all members and volunteers for their dedication to the club. There is a volunteer position list posted for members to check out to see if they are interested in any of the postings.

Election for 2024-2025 year and officiating this is Linda Stephenson

Linda spoke on how the election would be run and then proceeded in going through each position. She started with the president. Asking Carol Henderson if she would stand for this position. Carol announced she would let her name stand and then Linda continued asking members if there were any other nominations and there were not.

Linda went through this for our vice-president and April Johnston said she would not stand. There was a nomination for Carmen Dolinsek to be our new vice-president. Carmen accepted the position.

Linda went through these steps for secretary and treasurer. Both Trixie Neufeld and Starla Parkin said they would stand for this year. No other nominations for the two positions.

Executive FOR 2024 will be:

Carol Henderson – *President*

Carmen Dolinsek – *Vice-President*

Starla Parkin – *Treasurer*

Trixie Neufeld – *Secretary*

Alternate for the position for *Treasurer*: Aty Bourne

Alternate Secretary: Margot Allen

Membership is looked after by Bennye Miller and Michele Catley is alternate.

OCTOBER MEETING

Coffee/Tea Time

We took a break at this time for the goodie time.

Thanks again to Barb and Mi for setting this all up and to April and Trixie for bringing in the goodies.

Plant Sale

Jim and April started the auction of plants and articles. Benny was at hand to help out and run the plants to members.

Members were to keep track on paper of what they purchased and at the end of the evening payments will be received by Starla and Carmen at the back table.

Jim and April kept it all going very well and the bids came in for all various plants from small to large. All was sold, even a pair of lady's boots! It was an entertaining sale and members went home with their purchases.

A few items mentioned for next meeting is that Starla will be our presenter and she will demonstrate how to create a Front Door Swag/Wreath demo. Goodies will be brought in by Diana G. and Sandy K. We will have our "Little Sales Table set up and April our new member will look after this as Margot and Cathy will be away. Greeter is Yvonne L.

Meeting adjourned at 8:50 pm.

Bulbs That Resist Voles

After planting all those lovely bulbs last Autumn, it very frustrating to see that many do not sprout lovely flowers in the Spring. It might be that they were nibbled by mice or voles during the winter. Researchers at Cornell University tested 30 different bulbs to see which ones those pests would likely eat. They fed bulbs mixed with applesauce to mice and voles in a lab, and found that they loved all tulips. If they were really hungry, they would also eat hyacinth, crocus, allium, scilla and Dutch iris bulbs. But they avoided daffodils, camassias, chinodoxa, mucaris, fritillaria and snowdrops.

If you suspect that you have mice or voles living in your garden, it might be wise to choose bulbs that they do not like to snack on, or ones that they avoid. You could also try planting your susceptible bulbs in a cage or with lots of crushed oyster shells in their hole.



HUGELKULTUR

Hugelkultur Raised Beds

Hugelkultur, a German word that means "Hill Culture", expands on this idea by including a mound of wood from fallen trees into the mix. By placing the wood down first and then covering it with sheet mulching, you end up with a very dense pile of organic matter that will continue to break down for years to come. This mimics the natural succession that occurs in a forest, where trees fall and nobody cleans them up. As they begin to rot, they act as a sponge, holding water and releasing nutrients and organic matter to the top layer.

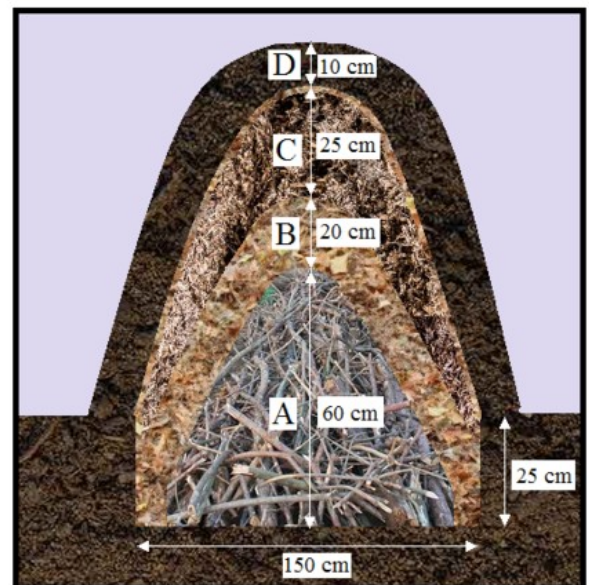
The first thing to do is go out into the woods and find as many downed and partially rotted logs as possible and bring them to your garden. Lay them straight on the ground and arranged them into the pattern for your bed. Next gather lots of rich soil and fully rotted material and pack them between the logs and filling as many crevices as possible. Following that, gather from your garden, or from neighbours, several loads of freshly cut grass clippings and covered the bed with a generous layer.

The nice thing about burying logs like this is that they will release fertility over a long span of time. The downside, however, is that during the initial "breaking down" period, the wood gobbles up any available nitrogen around it. The solution to this problem is to spend the first little while growing only plants that have minimal nitrogen requirements, like potatoes, onions, other root crops and legumes. Legumes in particular are very useful for getting a hugelkultur bed started, as they will take nitrogen from the air and "fix" it into the soil in a form that is available to plants. This drastically speeds up the process of getting the bed ready for your real crops.

While you are waiting for the bed to get past the initial phase of settling down, try starting a tray of cowpeas inoculated with the appropriate rhizobium inoculant. When they are up and growing, plant them into the bed to help add more nitrogen.

By the next season, your bed will be ready to plant some herbs and onions, and some perennials.

As the wood decays over the years, pockets in the bed open up. Continuing to fill these holes with compost and organic matter is a maintenance chore, but in time the bed will be completely settled and will not need this kind of ongoing work. By reaching in and feeling around, it is very clear that the logs are rotting quite nicely. The expectation is that with each growing season this bed will continue to improve, sinking down as the logs continue to decay and getting richer and richer with fluffy humus and beneficial soil bacteria.



A = wood with soil, B = leaves, C = compost,
D = garden soil covered with mulch

Picture from Wikipedia Commons

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
for Nov. 21st meetings.

- * Doors open at 6:15 to set up tables & chairs
- * Meeting starts at 7:00 sharp !



IT'S A NEW YEAR

Our **Garden Club** year begins in September, and runs to June 2025, so this is the perfect time to renew you membership!
Our Membership Table will be set up, ready and waiting for you along the back wall.

THANK YOU to
Our Volunteers for the upcoming
November meeting:

Greeters: Yvonne L.

*Treats: Sandy R.
Haydi E.*

THANK YOU

Thanks to Barb and Mi for preparing the Coffee and Tea for our breaks.
Please remember to bring your mug (or cup) for the break.

Mark Your Calendar . . .

Be sure to reserve Thursday, December 19th for our Christmas Potluck !
There will be a Gift exchange, and a chance to bring and show your Christmas Centrepiece.

NOTICE BOARD

Central Vancouver Island Orchid Society

Monthly Meeting

Sunday, November 24 from 11:00 to 2:00pm
Royal Canadian Legion, Mount Benson Branch, 1630 E. Wellington Road, Nanaimo.
Members and guests are welcome at our monthly meetings that feature expert international and local speakers, opportunities for members to sell plants to one another, an orchid mix sales table, a raffle of plants, refreshments and a chance to meet fellow orchid growers.

Gardening in a Changing Climate:

Adapting to Droughts, Heat Waves, Cold Snaps and Other Extremes

Tuesday, December 3rd 7:00 to 9:00 pm
Live via ZOOM

Join renowned gardening expert **Linda Gilkeson** for this special webinar discussing how to plan and plant drought-tolerant gardens in the Pacific Northwest. This is a Pay What You Can Event.

Register at:

<https://revenue-can.keela.co/linda-gilkeson-webinar-registration-dec24>

Dinter Nursery

Christmas Open House & Makers Market

Saturday, Nov. 23rd from 10:00am to 3:00pm
2055 Phipps Road, Duncan, BC
Enjoy a stroll amidst the Christmas trees with twinkling lights and good cheer! Every customer will receive a Christmas gift of one 4 inch poinsettia with any in-store purchase (limit 1 per family; while supplies last). We will also have door prizes as well as local live & cut Christmas trees and wreaths!



NOTICES

Ladysmith Saltair Garden Club **Upcoming Program & Events 2024-2025**

November 21, 2024

Gladden Your Porch !
Seasonal Wreaths & Centrepieces.
Starla Parkin

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
& for Ease of Maintenance
Barrie Agar

May 10, 2025

Annual Plant Sale
Aggie Hall

May 15, 2025

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

June 2025

Annual Year End Potluck

WELCOME to Our NEW MEMBERS . .



Catherine Collier

Lesley Oliver

Jane Nares

Kim Whitefield

A Tip from Helen Chesnut . . .

Of the four **Dwarf Basils** that I grew this year, a variety called Greg, from William Dam Seeds, was the most compact, nicely shaped, and long-lasting. It was still producing useable foliage when the others had begun to blacken and shrivel in less than cozily warm temperatures.

Seeds for spicy Globe, one of the older varieties, are available from Ontario Seed Company (OSC) and Renee's Garden in California. Brother Nature Seeds in Victoria lists Sweet Dwarf Greek basil. Richters herbs in Ontario usually lists Green Globe.



*Dwarf Basil
Spicy Globe*

gardenangelist

*an evangelist for gardening who loves
gardening and wants others to love it,*

Carol J. Michel

RECIPES FROM OUR MEMBERS

Zucchini Chocolate Cake

- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. salt
- ¼ cup cocoa
- 3 medium eggs
- 2 cups sugar
- ½ cup oil
- ¾ cup buttermilk
- 2 cups shredded, unpeeled zucchini (1 or 2 medium)
- 1 cup coarsely chopped walnuts or pecans
- 1 tsp. vanilla
- 1 tsp. grated orange rind

Orange Glaze:

- 1 cup sifted icing sugar
- 5 tsp. orange juice
- 1 tsp. grated orange rind
- 1 tsp. bubbling hot melted butter or margarine

1. Stir together flour, baking powder, soda, spices, salt and cocoa; set aside.
2. In a large bowl of the mixer beat eggs until very light. Gradually beat in sugar until mixture is fluffy and pale ivory colour. Slowly beat in oil.
3. Stir in flour mixture, a third at a time, alternately with buttermilk and zucchini. Blend lightly but thoroughly. Stir in nuts, vanilla and orange peel.
4. Turn into a greased 13 x 9 x 3 inch pan. Bake at 350°F for 50 to 60 minutes, or until pick inserted in centre comes out clean. Cool in pan on rack for 10 minutes.
5. While still warm spread on Orange Glaze made by blending together glaze ingredients. Makes 16 servings. ***Jillian Kendrat***

Lavender Shortbread

- 1 ½ cups butter (room temperature)
 - 2/3 cup sugar
 - 2 Tbsp. chopped lavender florets
 - 1 Tbsp. chopped fresh mint
 - 2 1/3 cups flour
 - ½ cup corn starch
 - ¼ tsp. Salt
1. Cream butter & sugar. Add lavender & mint. Mix until light & fluffy, about 3 minutes. Add flour corn starch & salt. Beat until combined.
 2. Divide dough in half, flatten into squares and wrap in plastic. Chill until firm.
 3. On a floured board, roll or pat out each square to a thickness of 3/8 inch squares or rounds. Transfer to baking sheets that are covered with parchment or brown paper. Space them on inch apart, & prick each cookie with tines of a fork.
 4. Bake 20 to 25 minutes at 325°F until pale golden. Do not allow the cookies to brown.
 5. Cool slightly, transfer to a rack, sprinkle with lavender powdered sugar if you wish. Store in sealed containers.

Note: Lavender powdered sugar is made by putting a few lavender flowers in a sealed pint jar of powdered sugar for a day or two before using.



(Editor's note- I missed the member's name for this recipe)

MEMBERSHIP

TIME TO RENEW

Our Annual membership fees are valid from September to August.

Membership Fees

Individuals - \$25.00

Family - \$40.00 includes 2 adults, children under the age of 19,
or students living in the same household

We encourage you to use our e-transfer option as to avoid lineups.

Payment Options

1. Pay online via E-transfer to: LSGCmembership@gmail.com
Please submit an online membership form.
2. Pay with cash in person at a meeting.
Please fill out a printable membership form to bring with you.
3. Pay by cheque to Ladysmith Saltair Garden Club .
Please fill out a printable membership form and bring with
your cheque.

Please go to our website <https://www.ladysmithsaltairgc.com/membership.html>
for more information

We're looking forward to seeing you again !

A Reminder . . .

As you sort out the seeds left over from
this year's garden and your stash/box/bag,
please put aside the extras.

Could you package them up and bring
them along to our next meeting to
donate to the LSGC Seed Basket ?

You may find a few new envelopes in
our basket to try out in your garden.



GARDEN TIPS

Preparing Winter Vegetables for the Cold Weather

Stake any tall plants like Brussels sprouts and purple sprouting broccoli that could fall over in heavy winds. Clear the plants of discoloured foliage and mulch them with fluffy leaves or chopped straw. Clean root vegetable plots and mulch with a five-cm layer of garden soil to protect the carrot, beet, parsnip and winter radish root tops against frost damage.

Have old floating row covers, tarps or sheets of plastic available for covering winter vegetables if heavy frosts are predicted. Pile leaves or straw around the plants first, if possible.

Autumn Pruning for Roses

Leave the main pruning of bush roses until late winter, ideally as growth buds show the first signs of swelling. Restrict pruning in the fall to shortening over-long canes prone to being whipped about and damaged or broken in winter winds.

Among climbing roses there are two main types. Ramblers and climbing old roses that flower only once, most commonly in June, are pruned after flowering, in July. They flower mainly on the previous season's growth. Pruning consists of removing some of the oldest (thickest) canes and shortening remaining canes enough to keep the plant in bounds.

I prune my repeat-flowering modern climbers in late autumn, starting with the removal of the oldest canes. I arrange and secure the remaining canes to the support in a fan shape, as close to the horizontal as possible for best flowering, and shorten them to fit the support. Side shoots off these main canes are shortened to leave just two or three buds.

By December, remove all rose leaves still clinging to the plants. Clean up well under and around the plants, mulch early in the spring.

Non-Blooming Perennials

A lack of bloom can often indicate that the clumps need dividing, which can be done in early fall or early spring. At this point, I'd wait until spring, ideally just as the first new sprouts begin to appear. Select for replanting the youngest parts of a clump from around the outside edge and compost the old centre. Drought and soil depletion can also be involved in lack of bloom, though these also result in generally poor plant growth. It's useful to cultivate lightly around perennials as they begin re-growing in late winter or early spring, and then lay a nourishing compost around the stems.

...Thanks to Helen Chesnut



Corn Dolls

Tis but a thing of straw' they say,
yet even straw can sturdy be
Plaited into a doll like me.
And in the days of long ago
To help the seeds once more to grow
I was an offering to the gods.
A very simple way indeed
Of asking them to intercede
That barn and granary o'erflow
At harvest time, with fruit and corn
To fill again Amalthea's horn.

Minnie Lambert 1957

After the last sheaf was harvested, it was used to make a 'corn dolly' to be carried home on the last load from the field. Next year, it would be planted in the first furrow on Plough Monday, to ensure another good harvest.

RECIPES FROM OUR MEMBERS

The Best Apple Butter Recipe

5.5 lbs. (2.5 kg) soft, sweet apples (about 13)
(Golden Delicious, McIntosh or Gala)

1 cup brown sugar

$\frac{3}{4}$ cup granulated sugar

1 Tbsp. cinnamon

$\frac{1}{4}$ tsp. salt

$\frac{1}{8}$ tsp. cloves

$\frac{1}{2}$ tsp. vanilla

1. Core apples and slice into small pieces (about $\frac{1}{4}$ in.), do not need to peel them.
2. Place apples in basin of large slow cooker.
3. Stir together sugar, brown sugar, and spices til well combined. Pout over the apple pieces and stir well.
4. Place lid on crockpot and cook on low heat for 10 hours.
5. Use an Immersion blender to puree the apples until smooth, then add the vanilla. The apples can be pureed in a blender, in small batches, too.
6. Cook uncovered on low heat for 2 more hours, stirring occasionally.

7. Store in the refrigerator in an airtight container where it will keep about 2 weeks. Apple butter can be frozen for up to two months.

Angela Davies



Apple Cider Vinegar

Apples (as many as you wish)
Water

1. Clean a large glass container for the amount of apple that you use. Wash the apples with only water, and chop roughly into the container up to half to $\frac{3}{4}$ full.
2. Add water to cover apples – keep track of amount used.
3. Add 1 Tbsp. Sugar per cup of water used and stir to dissolve.
4. Cover the container with a lint free, breathable material (for example coffee filter, tea towel or pillowcase).
5. Place your container in a cool, dark place. Stir every day for 2 weeks, to prevent mold from forming. During this time, the liquid may become cloudy, small bubbles will appear, yellow or white sediment may appear and the aroma will become more noticeable.
6. After two weeks, some of the apples should sink and the liquid will be cloudy. Strain the liquid into a bowl.
7. Return this liquid to a clean glass container to continue the fermentation. Cover with breathable material, store in a cool, dark place and wait.
8. After a month, check on how the bacteria have been working to convert the sugars int vinegar. The type of apples and the conditions will affect the process. (A thin, whitish layer of scoby may form – this is normal).
9. Try a little of the liquid, and if it's to your taste, bottle it. If now, leave it and test every month til it's just right for you !



Rescue Recipe