



LSGC Snippets

October 2023
Volume 12 No. 5

NEXT MEETING:

October 19st
at 7:00 in the
Eagles Hall

Things to Remember

1. Your tea cup for the break.
2. A plant (or two, three, or more), or a garden item for the Auction table.
3. HOLD those Library books that you borrowed for the November meeting.
4. Cash and a pen, to take part in the Auction!



IT'S 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

Payment Options:

1. Pay with Cash in person at a meeting.
Please fill out a printable membership form to bring with you.
2. Pay by cheque to Ladysmith Saltair Garden Club .
Please fill out a printable membership form, and bring it with your cheque.
3. Pay online via E-transfer: LSGCmembership@gmail.com.
Please submit an online membership form. ([Clixk Here](#))

We're looking forward to seeing you again !

Flowers = happiness.

Thank you **Starla Parken** for not only teaching us how to make fresh floral bouquets but for also bringing enough plant material so that everyone at the garden club meeting could make their own bouquet.

Mine is still beautiful several days later.

Much appreciated.

Pam



MINUTES

Ladysmith Saltair Garden Club Club Meeting Minutes Held Thursday September 21, 2023

The meeting was at the Eagles Hall in Ladysmith with 44 members attending , 1 drop- in and 3 new members who joined. Doors opened at 6:15 pm for, set-up, updating membership, socializing and browsing at the Little Sales Table, and Tiny Library.

6:50 pm Carol called the meeting to order

- Carol welcomed all to the meeting. She had a sign up board which went around to volunteer to bring in goodies for the next months. Bennye and Carol brought the treats for this month and were delicious with the grapes and plums that April and Gail brought.

- Discussed were nominations for executive positions which will be voted on in October's meeting. Pam will run the election. Also looking for volunteers for helping with Little Sales Table, Queens Park and trips/outings. If any member has suggestions or ideas about topics they would like to see presented please come forward with your ideas. And the name of a presenter would be an asset.

7:00 pm Speaker: Starla Parkin on Growing Flowers for Bouquets

April welcomed our own member and entrepreneur Starla Parkin. She has many talents and tonight she will speak and demonstrate to members what to include in your bouquets and how to do the arrangement. A bouquet can change the whole whole vibe and atmosphere of a room. For your bouquet think of the colour, smell and texture and what meaning you want it to bring in. For your basic arrangements you try to follow this 3-2-1. 3 – Base, 2-Fillers and 1 – the feature. There is a term called “Conditioning” and this is to harden up your bouquets for long lasting. Put the bouquet in water and then for awhile in a dark place preferably overnight. This will reduce the shock to your flowers arrangement.

Then came the fun part, we all were asked to come up and make a bouquet from the wide selection of variety of flowers and greenery. We were shown how to wrap the flowers, tying them with a cotton string instead of using elastics. All environmentally safe for the earth. All went home with a beautiful arrangement, thanks to Starla and her gardens.

-After this we took our break. A good time to check out the Little Sales Table, Library and a chance to catch up with other members.

-Marianne gave us a powerpoint demonstration; how to go on line and do your e-transfer if you prefer. Or check out the website at ladysmithsaltairgc.com . The e-mail address for the Ladysmith Saltair Garden Club e-transfer is LSGCmembership@gmail.com

-Carol had received a thank you card from the recipient of the bursary given out in the spring. The young lady's name is Ella Hildebrandt. She read the card to us and Ella gave us an update on her studies at Vancouver Island University and how the bursary will benefit her.

-Thanks so much to Jennifer , Michele and Joanne for doing the upkeep on the Queens Park and museum gardens. A huge task, and if you would like to help they usually meet on Thursday morning.

...Continued on page 3...

MINUTES

Time frame is from about mid April to mid November (weather permitting) Let them know if you would like to pitch in.

-Just a reminder that next month will be our plant auction. Pam and Jennifer will be the auctioneers for the evening So remember bring in some of your treasures from your garden. If you know the name please put a label on the container. If you are able to help this evening, it would be appreciated.

-Carol will not be attending the next meeting as she will have just had her knee surgery. April will facilitate the October's meeting. Wishing Carol a speedy recovery.

-Thanks again to Barb and Mi for looking after the refreshments in the kitchen. Always nice to have that cup or tea or coffee and of course the treats.

-Meeting adjourned at 8:45 pm

MOMENTS FROM OUR SEPTEMBER MEETING



Jillian's Bouquet



MOMENTS FROM OUR SEPTEMBER MEETING



With Thanks to **Yvonne Lewis** for sending these pictures from our flower arranging at our September meeting.

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
for our meetings.



- * Oct. 19th meeting:
- * Doors open at 6:15 to set up,
- * Tea will be ready at 6:30
- * Auction begins at 7:00

October Meeting: Members' Plant Auction

Remember to bring:

- * Plants to donate in the auction - potted and labelled
- * CASH (small bills & coins) so that you can bid on plants
- * Paper & Pen to keep your tally
- * A box to collect the plants that you buy
- * Your best 'auction bidding voice'

THANK YOU

to the members who have volunteered
to bring Snacks to our October Meeting:

Jennifer Forrest
Pam Fraser



THANK YOU

to our volunteers who have stepped
forward to run our Auction:



Jennifer Forrest
Pam Fraser
Yvonne Lewis
Joanne Armstrong

NOTICE BOARD

Vancouver Island Master Gardeners

Mason Bee Seminar

Saturday, October 21 from Noon to 3:00 pm
Gardenworks Saanich, 4290 Blenkinsop Rd,
Victoria

Join Tom Leahy for a fun, and informative
seminar on how to clean up and prep your Mason
Bees for winter hibernation.

Free to attend but space is limited. Register at:
www.gardenworks.ca/activities/130/mason-bee-seminar-with-tom-leahy

Growing Perennial Vegetables

October 28 from 10:00 am to Noon
Compost Education Centre, 1216 N Park St,
Victoria

Learn about the wide variety of perennial
vegetables you can grow in the Pacific Northwest.
Explore how to propagate perennial veg and
incorporate them in your edible landscape.

Cost: \$30 Register at:

www.eventbrite.ca/e/growing-perennial-vegetables-tickets-465418036877

Van Dusen Botanical Gardens

Intro to Pacific Northwest Mushrooms

Tuesday, October 17 from 6:30 to 8:30pm
Jeremy Collison the founder of [Salish Sea](http://SalishSeaMushrooms.com)

[Mushrooms](http://SalishSeaMushrooms.com), based in Seattle, presents an
introduction to mushroom foraging, including

the basics of how
mushrooms work, why
they are critical to healthy
ecosystems, where to find
them, the basics of
identification, and some
common poisonous
species.

Info: learn@vandusen.org

Online via Zoom. Cost \$30

Register Online (see Courses).



GETTING READY

It's That Time Again

As the weather slowly shifts to winter mode, it's time to prepare our gardens for the changes coming.

- ▶ Some suggestions for the Landscape:
 - Pile mulch over roots of roses, azaleas, rhododendrons, and berries after a hard frost for winter protection, usually best done late month.
- ▶ Avoid cutting back ornamental grasses, Black-Eyed Susan, and other plants with late-season seed heads—leave for birds!
- ▶ Clean annual flower beds to suppress future pest problems: remove plant material (do not add to compost); mulch with manure or garden compost to feed soil and suppress weeds.
- ▶ Check landscape plants for problems; don't treat unless pest or disease is identified
- ▶ Seed and feed lawns by October 15th so young grass can harden off before winter. The cool air will allow root systems to grow dense and strong. Keep seeds moist.
- ▶ Call a professional to winterize your irrigation system.

For your Edible Garden:

- ▶ Plant this month: garlic (bulbs), fava beans, overwintering onions, shallots
- ▶ Sow cover crop seeds in empty garden beds to protect the soil through winter.
- ▶ Dig and divide rhubarb every 4 years, then mulch with manure or compost.
- ▶ with manure or compost.
- ▶ Prune out dead fruiting canes in raspberries; train and prune primo canes.
- ▶ Spray apple and stone fruit trees at leaf fall (dormant spray) to prevent diseases. Dispose of windfall apples (may harbor apple maggot or codling moth larvae). Rake and destroy diseased leaves (apple, cherry, rose).
- ▶ Save seeds from summer vegetable/flower garden. Dry, date, label, and store in cool, dry spot for future planting or sharing.

Some pruning tips:

- ◆ If done blooming, cut roses back to chest height to reduce damage from winds (prune more in February).
- ◆ Thin shrubs and trees only as needed (dead or damaged parts). Heavy pruning may result in new growth that won't harden off before winter.
- ◆ Remove branches from trees and shrubs and branches that may cause damage from wind or snow and ice.
- ◆ Clean, sharpen, and oil tools and equipment before storing for winter.

Preparing for Spring:

- Place fuchsia hanging pots where they won't freeze; don't cut back until spring.
- Replant summer flowerpots with winter pansies/violas and ornamental cabbage/kale.
- Plant woody shrubs, trees, herbaceous perennials, and spring-flowering bulbs: tulips, daffodils, crocus, hyacinths, etc.

... Thanks to Gail Wiswman-Reed

CORRESPONDENCE



Note received from Ella Hillbrecht,
the recipient of the Ladysmith
Saltair Garden Club Bursary
this last June.

Dear Carol Henderson,

I am writing as a recipient of the Ladysmith-Saltair Garden Club Bursary and I wanted to let you know I truly appreciate the financial support you have provided me for continuing education.

I will be starting at Vancouver Island University this fall and your bursary will allow me to focus more on my studies. Since I sent my application I have been volunteering with VIU bird banding, I have currently banded 12 birds ranging from Lincoln's Sparrow, yellow warbler to cedar Waxwings. I've learnt so much about the native species and the environment that affects them. I hope to volunteer more with them over the summer and begin extracting birds from the capture nets.

I am starting at Vancouver Island Whale Watch as a marine naturalist. I plan to monitor the species sighted and send the gathered information to whale conservation initiatives like KETA coastal conservation and The Center for Whale Research. I am looking forward to educating myself through university (earning my Bsc in biology and DVS) I also hope to earn a masters limited (under 60GT) or Chief Mate 150gt domestic. Thank you again for making this possible.

Ella Hillbrecht

Looking for a way to save apples for crisps or apple sauce in the winter?

1. Wash, quarter, peel and slice apples, throwing them into a bowl of salted water as you go (about 1 tsp. salt per 8-10 cups water in a large bowl).
2. Drain the apples in a large colander and spread on cookie sheets in single layer. Freeze until solid, then remove and place in ziplock bags, pushing out the air, and store in your freezer section.

... mennonitegirlscancook.ca/

**Emotional support
pumpkin says...**



**Yes, you do need
that pumpkin pillow,
that spooky
Halloween blanket
and all of those new
fall kitchen towels.**

LINGONBERRIES

Lingonberry An Alternative to the Cranberry

The lingonberry is a 12- to 18-inch-high evergreen shrub native to northern temperate, boreal and arctic regions of Europe and North America. It enjoys moist, acidic soils, and has an inherent cold-hardiness, once covered with insulating snow.

The glossy, dark green leaves are 1/8- to 1/2-inch long and usually tinged red when new. This shrub is pretty enough for ornamental use as a small-scale ground cover or informal border.

Plant them in a sunny spot with good air circulation and drainage. Set the plants as deeply as they grew in the pots, and about 12 inches apart in rows spaced about 36 inches apart. Water them thoroughly to settle the soil about the roots, adding a two or three inch deep mulch of sawdust, chopped straw or peat moss to smother any young weeds.



Lingonberries require little fertilizer, just a small handful of a complete fertilizer, such as 5-10-10, applied in a circle around the plant in the early spring.

These fruits are tart. Make them into jam for a roast turkey, or into lingonberry syrup (a Swedish tradition) for pancakes. Use them also in any recipe that calls for cranberries. Lingonberries are very rich in vitamin C - Scandinavians and native tribes of northern Canada use the fruit as a cold remedy. The simplest preparation is lingonberry sauce: 3 cups washed fruits, 1 1/4 cups sugar and 1 cup water. Boil 10 minutes; skim and cool.

The wild North American species of lingonberry, *Vaccinium vitis-idaea* var. *minus* (also called the mountain cranberry) is a low-growing plant that blooms only in the spring; the European and Asian native, *V. v. var. majus*, is a slightly taller shrub with larger leaves and flowers. It blooms twice each season, it's the type more commonly found at nurseries.

Small, pinkish white, lily-of-the-valley-like blossoms open in tight clusters near the tips of one-year-old shoots, and the berries form later. Lingonberries are self-pollinating, but cross-pollination produces larger fruits that ripen earlier. Plants need two to three years to begin bearing good crops. Bumblebees are the best natural pollinators.



Lingonberries are slightly smaller than cranberries but otherwise can be cooked the same way. Pick the firm, deep red fruits and refrigerate; sound fruit will keep for up to three weeks. They can also be washed, drained and frozen for use later in the season. These tart berries can be made into jam for a roast turkey, or into lingonberry syrup (a Swedish tradition) for pancakes. You can also use them in any recipe that calls for cranberries. Lingonberries are very rich in vitamin C - Scandinavians and native tribes of northern Canada use the fruit as a cold remedy. The simplest preparation is lingonberry sauce: 3 cups washed fruits, 1 1/4 cups sugar and 1 cup water. Boil 10 minutes; skim and cool. Enjoy!

Ladysmith Saltair Garden Club**Upcoming Program & Events 23/24**

October 19, 2023

Member Plant Auction.

November 16, 2023

Bonsai.

Phil Crouch

January 18, 2024

Healthy Soils.

Tamara Dinter.

February 15, 2024

Growing Tomatoes.

Colen Henson.

March 20, 2024

Care of Rhodos.

Chris Southwick.

April 18, 2024

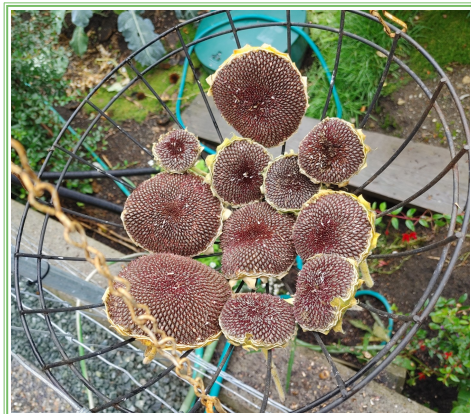
Hanging Baskets.

Alex Limberis.

May 16, 2024

My Favourite Vegetables & How to
Grow Them.

Dorothee Kieser.



***A Tip for
Drying
those large
Sunflower
Heads-
An empty
hanging
plant
basket!***

Thanks to Haydi Eisner

Pumpkin Scones

2 1/4 cups (560 mL) all-purpose flour

2 tsp (10 mL) baking powder

1/4 tsp (1 mL) baking soda

1/2 tsp (2.5 mL) salt

1 tsp (5 mL) cinnamon

1/4 cup (60 mL) light brown sugar

3 tbsp (45 mL) sugar

1/2 cup (125 mL) unsalted butter cold and
diced into 1/2 inch pieces

1/2 cup (125 mL) pumpkin puree chilled

3 1/2 tbsp (52.5 mL) buttermilk

1 large egg

1 tbsp (15 mL) honey

1 tbsp (15 mL) half-and-half cream

1. Preheat oven to 425 F. In a large bowl, whisk together flour, baking powder, salt, baking soda, cinnamon, light brown sugar and granulated sugar until well-blended.

Cut in butter with a pastry cutter. The mixture should resemble a coarse meal. Create a well in the centre.

2. In a bowl, whisk together chilled pumpkin puree, buttermilk, egg and honey. Pour mixture into well in the flour mixture, using a wooden spoon to incorporate, then knead in bowl, or on work surface, by hand several times to bring mixture together.

3. Pat and shape dough into an 8-inch round. Slice into eight equal wedges. Brush tops of scones with 1 tbsp half-and-half cream and sprinkle sugar on top of each scone. Bake for 13-15 minutes, until golden brown.

Makes 8 scones



The trees are about to show how lovely it is to let things go . . .

steve crane blogspot

PUMPKINS

Pumpkin: A Versatile, Nutritious Vegetable

Pumpkin's bright orange color is a clue to its high beta-carotene content, a carotenoid that converts into vitamin A when eaten. Vitamin A is essential for eye health, bone growth, regulating the immune system, and fighting infections. Your eyes are also helped out by the high lutein and zeaxanthin content. A one-cup serving has just 49 calories, 2 grams of protein, and 12 grams of carbohydrates, and rich in minerals, including potassium, copper, manganese, zinc, selenium, iron, and magnesium.

Pumpkins in the kitchen.

Remember that pumpkins are closely related to winter squash, so can be used in similar ways : roasted, boiled, steamed, microwaved, or grilled. Serve cooked pumpkin with salt, pepper, and a bit of butter or olive oil. Or mix peeled and diced pumpkin with other vegetables, such as onions, red peppers, and carrots, then roast. Another option is to toss pumpkin cubes into soups, stews, or chili.

Try cutting pumpkin into cut into wedges or slices, sprinkling with herbs and spices and baking. Favorite flavorings include sage, thyme, rosemary, parsley, oregano, marjoram, ginger, cumin, turmeric, chili powder, curry powder, cinnamon, cloves, and mustard.

Pureed pumpkin, either homemade or store bought, can be used in pancakes, waffles, muffins, and quick breads, or as the base for pumpkin soup.

Choosing a Pumpkin

Native to North America (cultivated for about 9,000 years), pumpkins are members of the Cucurbita genus. Most varieties are variations on Cucurbita maxima, but some are more closely related to other species, including C. moschata. The larger forms tend toward having stringy flesh, so these are best used for jack o' lanterns. Smaller types, often called sugar or pie pumpkins are preferred for eating. Varieties in this category include New England Pie, Orange Smoothie, Small Sugar, Autumn Gold, Baby Bear, and Chucky. Try the baby types like Jack Be Little, Baby Boo, or Wee-B-Little.



Baby Bear Pumpkin



RougeVif D' Etampes
Pumpkin

Heirloom types come in a variety of shapes and colors. Among these are Rouge Vif D' Etampes (also known as the Cinderella), tan-skinned Long Island Cheese, slate-grey Jarrahdale, and the orange hubbard-like Red October, the blue-green, bubbled-skin Marina Di Chioggia, or the Japanese pumpkin known as Kabocha.



Marina Di Chioggia

PUMPKINS

Seeds, the Pumpkin Bonus

In addition to the nutrient-rich flesh, the seeds of pumpkins are an excellent source of protein plus a wide range of vitamins, most notably vitamin K, and minerals, including copper, iron, magnesium, manganese, phosphorus, selenium, and zinc. Pumpkin seeds are a part of traditional Mexican cooking, where the flat, dark green hulled seeds are known as pepitas.

The seeds that are removed fresh from a pumpkin are surrounded by a white hull. To prepare these for eating, rinse the seeds and place on a towel or baking sheet to dry for several hours or overnight. Preheat the oven to 275o F. Cover a baking sheet with parchment, spread the dried seeds on the sheet in a single layer, and bake the seeds for 45 to 55 minutes, until brown and slightly crispy, stirring every 15 minutes. Cool before eating or storing in an airtight container.

If you don't like the white hulls, try the hull-less seeds from pumpkin varieties like Kakai, Snack Jack, or Lady Godiva.

Growing Your Own Pumpkins

One deterrents to growing your own pumpkins is that they require a great deal of space and they are susceptible to beetles, bugs, and borers, plus diseases. If space is an issue, consider a variety called Chucky, a productive variety bearing 2- to 3-pound orange pumpkins on semi-bush vines, or Speckled Hound, also considered a semi-bush type, with 3- to 6-pound fruits that are orange with blue-green markings. To foil pests and diseases, it helps to keep floating row covers over the plants until they begin flowering.



Speckled Hound Pumpkin

Pumpkins grow best in full sun and need excellent draining soil enriched with compost. Plan a long growing season, as most need about 100 days to mature. Place two or three plants in each hill, spaced 6 to 8 feet apart. Mulch to control weeds and maintain even moisture and irrigate if there is a drought. Harvest pumpkins when the skin can't be punctured with a fingernail. Unless frost threatens, don't harvest until the vine dies. Before storing pumpkins, cure them in a warm, well-ventilated room for a week or two, then store in a dry, well-ventilated area at 50 to 60 degrees F.

. . . and yet more pumpkins, squashes, fun . .

