



LSGC Snippets

October 2024
Volume 13 No. 8

NEXT MEETING:

October 17th
Plant Auction !

Things to Remember for the Meeting:

1. Bring one or more **plants** potted up for our auction, if you so choose. Small tools are welcome, too.
2. Bring a **pen or pencil, and paper** to write up your auction Tally Sheet, and **coins or small bills** to bid on the plants! You will also need a **box** to carry your purchases home.
3. If you have not renewed your **membership**, bring your cheque book.
4. Bring your cup or mug for our break time treat tasting!

From Our President . . .

Having had a full Thanksgiving Dinner and the pleasure of company, I am again struck by the good fortune that so many of us enjoy. Some of us actually moan due to eating too much at a festive meal! It is a well founded fact that many people cannot afford basic food. For others, our vegetable and fruit production exceeds our needs. By good fortune, some members of our garden club have spearheaded the Food Rescue group associated with the Ladysmith Resource Centre. It was a pleasure to have a few of the efficient, careful and caring members come to our garden to harvest excess grapes. The Food Bank will distribute the rescued harvest.

By all accounts, this has been a bumper year for apples which can be stored, juiced, dried, made into chutneys, butters, jellies or sauce. We can't forget the sumptuous desserts. I have a few bags of chopped and frozen apples in the freezer waiting for a decision or need. Following our September meeting, many of us went away with more information on Using and Sharing the Harvest. Enjoy the fruits of your labours in the coming months.

With the days becoming shorter and cooler, "putting the garden to bed" has become less onerous as we learn more about the needs of overwintering beneficial insects, the enriching, protective power of fallen leaves and increased understanding of "the right plant in the right place". I do need a magic wand to wave at all the aspects of the garden needing attention NOW!

"A garden is a thing of beauty and a job forever." (taken from a coaster).

A garden space is a luxury and most gardeners are generous in sharing their time, experience, and questions. We are blessed to have so many club members sharing the rich tapestry of gardening knowledge and volunteering for the many roles within the club structure.

Let's keep that momentum going and growing!



SEPTEMBER MEETING

LADYSMITH SALTAIR GARDEN CLUB

MINUTES FOR SEPTEMBER 19, 2024 GARDEN MEETING

The meeting was held at the Eagles Hall in Ladysmith with 34 members attending , with 3 drop-ins in the count. The doors opened at 5:30 pm for an early set-up as this was the first “Harvest Meeting” for our club.

Members got busy preparing the numbered tables for the food and goodies.

The greeters for the evening were Joanne Armstrong and Haydi Eisner who helped guide members to drop off their items at the appropriate table, sign in and renew their membership.

There was also a sign-in on an excel spread sheet made up by Linda Stephenson if you wanted to speak on the item you brought in. The Little Sales Table was manned by Margot A. and Cathy W. They have volunteered to look after this sales table for the upcoming meetings. There was a basket made up from Lynne that recipes could be put in or otherwise be e-mailed to Lynne for the Snippets.

Carol Henderson opened the meeting at 7:10 pm

She welcomed all members and new comers to our first meeting of the year. She introduced Linda Stephenson who will be the host for the harvest part of the meeting.

A big thanks to her for all her help and commitment to this evening. Also a big thanks to the members coming out tonight and contributing to the first harvest meeting . It is an amazing feat to get this all together and we did have some pivotal members away tonight.

A reminder to members that October 17th is our **Member Plant Auction**, so when you are cleaning up your gardens before the October meeting please pot up cuttings or transplants and bring them into the next meeting for the auction. Labels are appreciated. Pam Fraser has offered to be the auctioneer for the evening, but due to other commitments for Pam this role will be assumed by April and Jim.

There are will also be the executive election this evening. Please put your name or anyone that you think would be interested in a position forward. Nominations needed are for *President*, *Vice President*, *Secretary* and *Treasurer*. April Johnston has mentioned that she will not stand for vice president for this year. Carmen Dolinsek has said she would have her name put forward for this position.

There are also various volunteer positions to be filled: membership, media, speaker committee, coffee and tea, Queens Park, trips, library, plant sale. There will be a chart at the next meeting to fill out if you are interested. It seems all members are quite generous in their willingness to help out.

Linda Stephenson now takes over the meeting – “Using and Sharing the Harvest”

Linda thanked members for bringing all the food, flowers, fruit and vegetables in. There was a huge variety of all! Lots of varieties of apples, tomatoes, cucumbers and this huge and perfect celery which Sandra brought in. She had some to sample with some cheese with the food items.

SEPTEMBER MEETING

Linda now called members forward to speak a bit on their contribution. April started up the session and spoke of her contribution an Apple Pie Square . She made this with her Honey Crisp apples. Also items discussed was the zucchini cake, chocolate zucchini, zucchini loaf, a variety of different tomatoes, relishes, chutney, lavender shortbread, celery with cheese and squash au gratin.

Then there were all the different vegetables and fruits on the opposite table. Shannon who does the Fruit Rescue brought in a basket of fruit and vegetables. She mentioned that this program looks after picking the fruit and vegetables from people who donate to this program. Then it will be offered to various organizations such as foodbank, etc. There were beautiful flower arrangements brought in by Starla and Christine. Starla also had made up a herb salt (a ratio of different herbs and salt 2 to 1) which she then puts in a dehydrator. She had brought in a sample.

Coffee/Tea Time

This was a time that members could sample the various food items and view displays of vegetables, garden items and flowers.

Thanks to Barb and Mi for preparing the coffee and tea. This break went a little longer as people were mingling and enjoying the fall harvest of goodies and so much to sample.

Carol Henderson reconvened the meeting

She asked for the greeters for next month. April and Eva put their names forward.

Goodies will be brought in by April and Trixie.

Little Sales Table: Cathy and Margo.

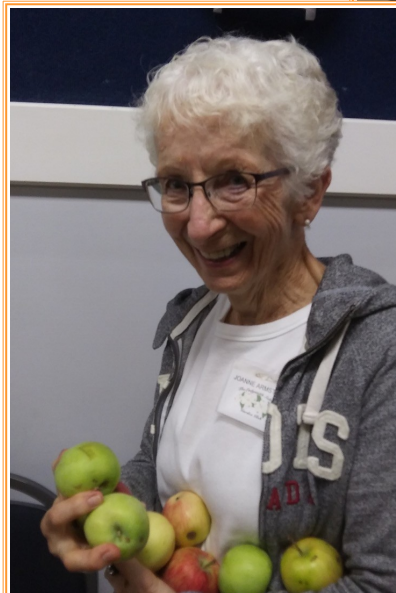
Committees:

-Treasurers Report:

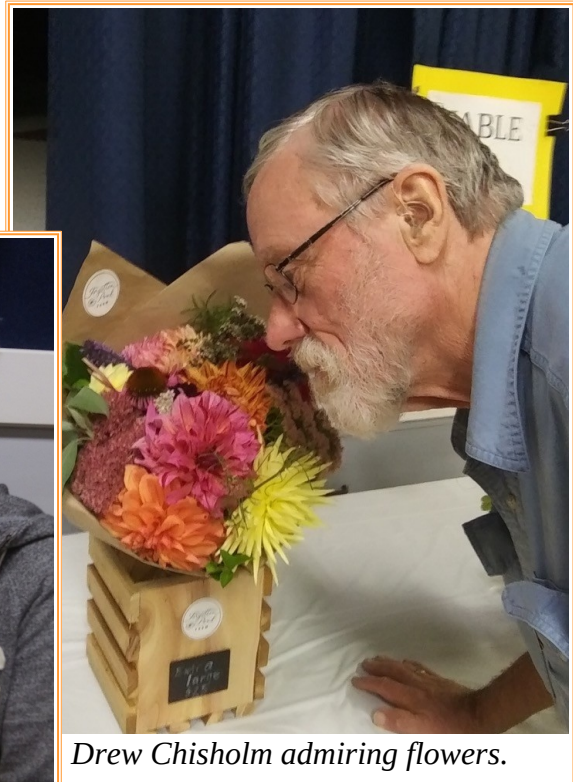
Starla Parkin

Starla gave a brief report on the status of the account.

She did mention that the speaker's payment for this year will now be \$150.00 and then the bursary payout will be \$500.00. \$5,800.00 is in the account for September 2024 barring expenses.



Joanne Armstrong with an arm of apples!



Drew Chisholm admiring flowers.

Thanks to **Pam Fraser** for these pictures from our October meeting.

Meeting adjourned at 8:50 pm

SEPTEMBER MEETING



Harvest feast



Little Sales Table



Shannon with apple products



Shannon and Jeanette

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
for Oct. 17th meetings.



- * Doors open at 6:15 to set up tables & chairs
- * Doors open at 6:30 for members to bring in their Plants
- * 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 your 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
October meeting:

*Greeters: April
Eva
Treats: April
Trixie*

THANKS 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.



RECIPES WELCOME
Drop a copy of your recipe in the basket at our meeting, or email:
clfletcher@protonmail.com

NOTICE BOARD

FALL INTO GARDENING:

“Planning for the Future”

Sunday, October 27th from 10:00am to 3:30pm

MARS (*Mount Arrowsmith Rhododendron Society*), NRS (*Nanaimo Rhododendron Society*), and VIMGA (*Vancouver Island Master Gardeners Association*)

are pleased to offer a day of education and enjoyment with internationally recognized gardening experts.

Tickets: \$25 or \$30 at the door.

Qualicum Beach Civic Centre –
747 Jones St. Qualicum Beach

For information on how to register please go to this link: [Fall in to Gardening](#).

Speakers:

Jeff de Jong: “A Garden Revival – Design for a Sustainable Landscape.”

Steve Hootman: “Interesting New Rhododendron Species for Changing Gardens”.

Nancy Moore: “Creating Microclimates and Appropriate Tree Selection for Small Gardens”.

Daniel Mosquin: “Using Science to Inform Gardening Decisions”

Butchart Gardens

Greenhouse Tours Return

Discover what happens behind the scenes at The Butchart Gardens on one of our exclusive Greenhouse Tours on weekends in November. An expert gardener will guide your tour and answer questions.

Reservations for November 2, 3, 9, and 10 tours will be open on Monday, October 7 at 9:00am.

Reservations for the November 16, 17, 23, and 24 tours will be open on Thursday, October 10 at 9:00am.

NOTICES

Ladysmith Saltair Garden Club

Upcoming Program & Events 2024-2025

October 17, 2024

Annual Member Plant Auction

November 21, 2024

Gladden Your Porch !

Seasonal Wreaths, Pots, & Swags.

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

Dinter Nurseries

Mason Bee House Cleaning Workshop

Sunday, October 20th at 1:00 pm

Learn how to clean your mason bee houses that have been outside for the season. We will learn how to identify any pests and parasites that we encounter, how to clean the cocoons properly and scrub the house, leaving it ready for the spring. We will also learn how to store the cocoons safely over the winter, discuss any trouble shooting and how to release the bees again in spring.

You are welcome to bring your own mason bee house with you for hands-on cleaning instruction. More Info: check the Event page.

Cost: \$10 + GST. Please contact us to register.

WHAT KIND IS THIS ??

Is there a delicious apple in your yard and you have no idea what variety it is?

We can help! Drop in between 12:00 pm and 4:00 pm on Saturday, October 19th and ask to speak with our fruit identification expert!

For the best chance of successful identification of your mystery apple tree, please follow the guidelines listed on our website before bringing in your sample.

NOTICE OF ELECTION

An Election for our Club's Executive positions will be held at the October 17th meeting.

Nominations are needed for:

President

Vice-President

Secretary

Treasurer



RECIPES FROM OUR MEMBERS

Homemade Roasted Tomato Basil Soup

For the roasted tomatoes:

- 3 pounds roma or plum tomatoes, cut in half
- 8 cloves garlic, peeled
- 3 tablespoons olive oil
- Freshly ground salt and pepper

For the caramelized onions:

- ½ tablespoon olive oil
- 2 yellow onions, thinly sliced

Additions to the soup:

- ½ cup packed basil leaves
- ½ teaspoon dried oregano
- 1-2 cups water or vegetarian broth, depending on how thick you want the soup
- Freshly ground salt and pepper, to taste

Optional add ins:

- Light/Regular coconut milk for a creamy soup
- Whole dairy milk/heavy cream - creamy texture
- Parmesan cheese,
- A tablespoon or two of butter

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper. Place tomatoes & garlic cloves on sheet & drizzle with olive oil. Season with salt and pepper. Roast 40-45 minutes.
2. To make the caramelized onions: Add 1/2 tablespoon olive oil to a pot, place over medium heat. Add onion slices & stir to coat. Cook, stirring occasionally. Check onions every 5-10 minutes til they're completely caramelized. (~ 20 minutes)
3. Once tomatoes are roasted, cool for 10 minutes, then add to a food processor or high powered blender & blend until smooth. Add basil and caramelized onions and blend again. (Alternatively place tomatoes in the large pot with onions & use an immersion blender.
4. After blending, transfer back to pot on medium low heat & add in oregano, vegetarian broth, salt & pepper. Then add in any additional add-ons you want & allow tomato soup to simmer 10 minutes. To serve, garnish with parmesan cheese & serve with grilled cheese, if desired. Serves 4.

Thanks to Pam Fraser



Zucchini Tart with Garden Fresh Veggies

- 1 sheet defrosted puff pastry
- 1 cup ricotta cheese
- 1/8 cup chopped, fresh mixed herbs (Sage, thyme, basil or parsley)
- 2 med zucchinis (or squash) peeled in strips with a potato peeler
- 1 egg for egg wash on crust *optional*

1. Roll out the defrosted puff pastry on parchment lined cookie sheet
2. Spread the ricotta over the puff pastry sheet, leaving the edges clean (like a pizza crust)
3. Sprinkle 3/4 of the chopped herb mix on the cheese & layer the zucchini strips on top of the cheese, (you can do a pattern)
4. Paint the edges of the pastry with egg wash
5. Bake at 400° for 15 min.
6. Let cool when it comes out of the oven, sprinkle remaining herbs, salt and pepper on top



With Thanks to Carol Henderson

CHEESE BALL

- Grate cheddar cheese (med. or sharp) = 2 cups.
- Grate quarter to half of medium size onion (using the same grater).
- Fine grate at least half a jalapeno & add.
- Ad a dollop (¾ tsp.) of minced garlic & 2 large dollops of mayo (not miracle whip).
- Mix & refrigerate.
- Use less mayo for dryer, more for moister ball.



Thanks to Sandy Kelly

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 from your garden and stash/box/bag, 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

LINGONBERRIES

The lingonberry is a 12 to 18 inch high evergreen shrub native to northern temperate, boreal and arctic regions of Europe and North America. As well as being cold-hardy, once covered with insulating snow, it survives northern winters. It's one of the few fruits that grow successfully in cold climates.

Lingonberry plants spread by underground runners. The glossy, dark green leaves are 1/8 to 1/2 inch long and usually tinged red when new. This shrub is handsome enough for ornamental use, or as a small-scale ground cover or informal edging around larger acid-soil plantings. It is also attractive in containers.



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 that blooms twice each season. Small, pinkish white, lily-of-the-valley-like blossoms open in tight clusters near the tips of one-year-old shoots and make an attractive display in borders. The first bloom may be nipped by a late frost, but the second crop is usually the largest.

Bumblebees are the best natural lingonberry pollinators. These plants need two to three years to begin bearing good crops, and should be planted in a sunny spot with good air circulation and soil drainage.



They will grow best when up to about seven pounds of peat moss is added to each 100 square feet of row when they're set out. Place them about 12 inches apart in rows spaced about 36 inches apart. Weeds are the single biggest pest of small lingonberry plants., and best prevented by a two to three inch deep mulch of sawdust, pine needles, chopped straw or peat moss. Mulched plants produce stronger growth and up to quadruple the yields of unmulched plants.

Lingonberries require little fertilizer. A small handful of a complete fertilizer, such as 5-10-10, applied in a circle around a plant in the early spring, is sufficient. Except for the removal of dead and damaged shoots every spring, lingonberries require no pruning.

Lingonberries are slightly smaller than cranberries but look and are cooked the same. Flavor, however, is distinct.



Pancakes covered with lingonberry syrup are a Swedish tradition. 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.

RECIPES FROM OUR MEMBERS

SPAGETTI SQUASH O-GRATIN

1 spaghetti squash – coat with oil, salt & Pepper, then bake at 375° for 45 to 60 min.

Cool, then scoop insides into a big bowl

Add: 1 tbsp. Minced onion flakes

1 tsp. Garlic powder

1 tbsp. Italian seasoning

½ cup mozzarella cheese

½ cup cheddar

¼ cup parmesan cheese

¾ cup plain Greek yogurt

4 pieces of bacon –

cooked & chopped



Mix well, then scoop back into shell, or into a loaf pan. Sprinkle with parsley, and a bit of bacon.

Broil or bake at 400° til heated & top is browned.

Thanks to Trixie Newfeld.

OREGON GRAPE JAM

9 cups oregon grapes

1 quart water

5 – 6 cups sugar

2 tbsp. Brandy



1. Combine grapes & water to cover. Boil 10 min.
2. Crush & boil another 10 min.
3. Press through a meatal seive/screen.
4. For 5 to 6 cups puree, add equal parts sugar.
5. Heat over medium, stirring steadily
6. Boil til it 'sheets' on back of a spoon, or test a small bowl in fridge for set.
7. Add brandy.
8. Process jars in water bath for 5 min.

Thanks to Christine VanderRee

ZUCCHINI ALMOND CAKE

Dry Ingredients:

3 cups flour

2 tsp. Baking powder

1 tsp. Baking soda

½ tsp. Salt

Wet Ingredients:

4 eggs

½ to 2 cups
sugar

1 ¼ cups oil

1 tsp almond
extract



Zucchini – 2 cups grated

Almonds – 1 cup ground or flaked

1. Blend wet into dry ingredients. Stir in zucchini & almonds.

2. Bake in a greased, floured tube pan at 350° for 1 hour & 15 min. (Check after 1 hour).

Thanks to Shannon Croweth

APPLESAUCE COOKIES

1 cup applesauce

1 cup sugar

½ cup margarine

1 egg

1 1/3 cup flour

2/3 cup granola

1 tsp. Baking powder

1 tsp. Baking soda

½ tsp. cinnamon

¼ tsp. Salt

½ cup raisins

½ cup caramel chips (or nuts)



1. Mix first 4 ingredients til fluffy.
2. Add dry ingredients, mix.
3. Fold in chips or nuts.
4. Drop by spoonful onto greased cookie sheet. Leave 1 in. between cookies.
5. Bake at 365° for 8 – 10 min.
6. Remove from oven, check colour. For soft cookie, leave on sheet for 5 min., then transfer to cooling rack. For crispy cookies, turn off oven & put sheet back in for ~ 1 hour., til they are crunchy.

Thanks to Shannon Crowards (Rescue Recipe)