



LSGC Snippets

September 2023
Volume 12 No. 4

A note from the president :

NEXT MEETING:

September 21st
at 7:00 in the
Eagles Hall

Just as Autumn is being officially announced, it is difficult to predict the weather conditions that await us as gardeners. So many planting charts have been based on long standing patterns but we wonder if protecting winter crop seedlings from the sun and continued hand watering might be important even as we enter the typically cooler months. "Be prepared for anything" seems to be the norm now. But some things are more certain...

Things to Remember

1. Your tea cup for the break.
2. A plant, garden item or posies for the Sale Table.
3. That Library book that you borrowed for the summer.
4. A story from your summer travels!

Already, a lot of planning has been done for the upcoming LS Garden Club year. Our dynamic Speaker Committee has laid down and confirmed the presenters for the 2022- 2023 year and have arranged for printed bookmarks displaying the itinerary. However, there can be unforeseen cancellations. If any members are able to recommend a speaker who can be added to the resource list, please share that information (or join the committee).

Behind the scenes, our communications group have been busy digitally: demonstrating determination and creativity in their efforts to upgrade the website, Facebook and banking. Still, there is no replacement for meeting each other in person. Our meeting notice is faithfully sent out to paid-up members. The spontaneous sharing of ideas, experiences, plant knowledge, duties and friendship is unbeatable. **Thanks to everyone for their willingness to chip in. Many hands really do make light work.**

The election of officers is scheduled next month. Nominations will be received during the September meeting. The various volunteer lists will also be available for sign up at both the September and October meetings.

Let's keep the momentum of our GROWING club going. Meet and greet others as we all learn and enjoy the time together.

Happy Thanksgiving!

Carol



MINUTES

Ladysmith Saltair Garden Club Club Meeting Minutes Held Thursday May 18, 2023

The meeting was at the Eagles Hall in Ladysmith with 37 members attending and 3 drop-ins . Doors opened at 6:15 pm for, set-up, updating membership, socializing and browsing at the Little Sales Table, and Tiny Library. Herbal tea was available.

7:00 pm: Carol called the meeting to order

Carol welcomed all to the meeting. And a big thanks to all for the amazing team effort on the plant sale on May 13. Jim did an amazing job, from carting heavy plants in to the organizing of this sale and set up. There was 10 trucks that came in to unload. Carol put up a sheet at the meeting for feedback of the sale.

Speaker: Karlin Creed on “Healing Powers of Gardening”

Carol introduced and welcomed Karlin to the meeting. Karlin kept us all immersed in the healing powers of gardening. She started the meeting off with sounds of the birds in the early morning on her property in North Cowichan and of then the sounds of birds from her aunt’s place in New Zealand.

Her photography of her episodes in her garden with the insects and birds and nature was quite truly remarkable. The work of gardens is endless and to take the time to immerse yourself in this is truly rewarding. Thank you to Karlin to discussing her mental health through her through her photography, gardens and meditation.

Shannon Crowards, an outreach worker (431-556-4949) for Poverty Reduction through the Ladysmith Resources Centre Association invites Garden Club members to share excess garden produce with volunteer pickers and food recovery centres. If you can help out with this the resource centre will provide volunteers to help out with the picking.

Treasurer Report: (Starla Parkin)

The plant sale came in with a gross total of \$3,628.45. This is up from last year where the total was \$3,183.50 . Thank you to everyone for the hard work and time put into the plant sale! Starla had an overview of the income and expenses and after bearing next year expenses the profit is \$9,071.07

Thanks goes to Joanne and Gail for the goodies they brought in. All very delicious, quite the treats. Also a big thanks to Barb and Mi for setting this all up and having the tea and coffee ready to enjoy.

Judge for Giant Sunflower contest. The Lions Club looking for anyone in the club is interested in doing the judging for this even in late September Joanne did this last year. Please let Carol know if you would be interested.

It has been discussed and the minutes of the meeting will be in the Snippets.

Website: the web address is: Ladysmithsaltairgc.com. Take a look and thanks to Marianne and her nephew, Kipp for this.

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MINUTES

Carol and Marianne will discuss the expenses pertained and what would be a reasonable amount owing to Kipp.

This is the last meeting of the year. In September it will resume on September 23. At this time there will be an election for executive positions and an opportunity to volunteer for various committees.

Next October's meeting will be a plant auction for our own club members.

Thanks to Malcolm for the beautiful arrangement of flowers from his garden for the door prize tonight. He also has Iris tubers that he shared with members for their birthday month.

Some events coming up and to take a note of if interested:

Saturday- May 27 - Malcolm is having a garden tour at his place.

Thursday- June 15 - LS Garden Club Pot Luck at Jim and Carmen's

Saturday- July 15 - A garden tour of Saltair Station House. Gail Irwin owner has extended this invitation.

There will be more information on the potluck and the Station House coming.

Meeting was adjourned at 8:

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 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 !



CLUB NEWS

Volunteers Needed

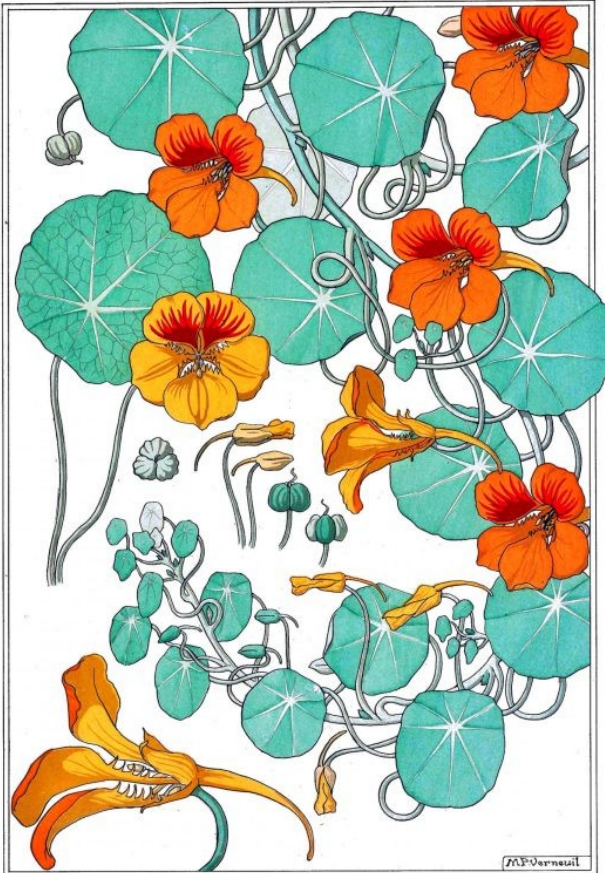
for Set Up & Clean Up
for our meetings.

- * Sept. 21stst meeting:
- * Doors open at 6:15 to set up,
- * Tea will be ready at 6:30
- * Meeting begins at 7:00



SPEAKER for September Meeting:

Growing Flowers for Bouquets
Starla Parkin



NASTURTIUM

CAPUCINE

Die KAPUZINERKREFFE

Pl. 40.

NOTICE BOARD

Vancouver Island Master Gardeners Online Workshops

September 23 : **Really Important Tiny Lives**
Soil supports plant life and it is vital to life on earth! In this workshop we'll dig deeper with into the biology of soil: the soil food web, and the myriad benefits that soil microbes have in the soil ecosystem and in turn our food system.
FREE course via Zoom, register online at:
www.vimga.org/events/

September 30: **Embracing the Wild: Native Plant Workshop**

In person in Victoria or Online
An introductory workshop about gardening with drought-resistant native plants.
FREE course via Zoom, register online at:
www.vimga.org/events/

UBC Apple Festival

October 14 & 15, 11:00 am to 4:00 pm
Learn about the diversity of apples to tasting rare and unusual varieties.
Admission this year is online only. Festival admission and Tasting Tent tickets are required for all guests 8 years old and up.
Festival admission includes access to UBC Botanical Garden.
Register Online.

Van Dusen Botanical Gardens

Naturalist's Journal: Botanical Drawing
Wednesday, October 4 to Wednesday, October 18 from 11:00am to 1:00pm
Improve your drawing skills to become a better artist for journaling, teaching, or pure enjoyment. Identify plants by recording their character using the elements of art: line, shape, form and colour, to develop your unique illustrations of plant life.
Online via Zoom. Cost \$100
Register Online (see Courses).

HARVEST TIME

How to Grow and Care for Swiss Chards

Chard, also called Swiss chard, is a favorite green of many gardeners because it grows well in both cool and warm weather. This ability to grow through the summer sets it apart from most greens, and should put chard at the top of your planting list! It's delicious served steamed or stir-fried, while young, small leaves are tender enough to add to salads. Chard is a good choice for container growing, especially the decorative varieties with colored stalks.

Chard is actually a bottomless beet. Although a member of the beet family, it doesn't develop bulbous roots. However, like beets, the large, fleshy stalks and broad, crisp leaves are packed with minerals. Chard comes in different colors. Varieties such as 'Lucullus' and 'Fordhook Giant' are green with white stems. 'Rhubarb' and 'Ruby Red' have bright red stems and reddish-green leaves. And 'Bright Lights' is like a sunset in your garden, with stems ranging from yellow to intense orange to fuchsia, purple, pink and white, with crinkly green leaves. All varieties of chard are good from a nutritional standpoint, being high in vitamin A.

Select a site with full sun to light shade and well-drained soil. Prepare the garden bed by using a garden fork or tiller to loosen the soil to a depth of 12 to 15 inches, then mix in a 2- to 4-inch layer of compost.

Sow chard seeds directly in the garden 2-3 weeks before the expected last spring frost date. If you really enjoy chard, make two plantings: one in early spring and another one in mid, or late summer. Gardeners in cool summer areas can make successive sowings throughout the summer. Sow seeds 1/2 inch deep in rows about 15 inches wide, scattering the seeds an inch or so apart. Thin the plants to four to five inches apart, then to 10 inches, using the second thinning as young greens.

Make sure soil moisture stays consistent and give plants a side-dressing of fish emulsion or a complete organic fertilizer every 4-6 weeks.

Chard is ready for picking when the leaves are about 6 inches tall. Harvest the outer leaves, using a sharp knife to cut the stems off at the base. Floating row covers will help prolong fall harvest by giving the plants some frost protection.

garden.org/



OPEN GARDEN



GARDEN TOUR
Saturday, July 15th
The garden of Gail Irwin.



Fig Leaf Tea

Fig leaf tea, made from the leaves of our common fig tree, tastes something like mild green tea- grassy and with a hint of coconut or vanilla. It has a sweet, woody fragrance.

When harvesting the leaves (and also when harvesting figs), it's a good idea to wear gloves. You may be allergic to the milky white sap that oozes from cut fig leaves and cut unripe figs, this sap can cause a skin rash.

To prepare the tea, triple wash the leaves, then dry them in the oven at a very low temperature of 200°F for 30 minutes, until they turn crisp. Next, crush the dried leaves with my hands. (Alternatively, dehydrate the leaves in a food dehydrator.) Then, heat a kettle of water, and fill an infuser with about a tablespoon's worth, enough to brew a cup. Set the infuser into your cup, fill with hot water, and brew for about 5 minutes. Add sweetener if desired.

The dried fig leaves store well in a glass jar, thirty-five fig leaves rendered the equivalent of about 20 tea bags.

Tea can be made with fresh leaves as well. Wash the fig leaves thoroughly to remove any dirt or debris, then pat them dry with a clean towel. Trim off any stems or damaged parts of the leaves. In a medium-sized pot, bring 4 cups of water to a boil. Once the water is boiling, carefully add the washed fig leaves to the pot.

Reduce the heat to low and let the leaves simmer for about 10 minutes.

After simmering, remove the pot from the heat and strain the tea to remove the fig leaves, using a fine-mesh strainer or a tea infuser.

Pour the tea into cups or mugs and serve hot, or pour your tea over ice cubes with a slice of lemon or a sweetener.

Fig leaf tea is believed to help with digestion, as it contains natural enzymes and fiber. The tea is also thought to have anti-inflammatory properties that can soothe an irritated digestive tract.

But note: Some people may be allergic to fig leaves or compounds present in the tea.

Symptoms can include itching, rashes, or difficulty breathing. Stop consumption and consult a healthcare professional if you suspect an allergic reaction.

Also Note: Fig leaf tea may interact with certain medications, such as blood thinners, blood pressure medications, or diabetes medications. Consult your healthcare provider before consuming fig leaf tea if you are on medication.

As well: There is insufficient information regarding the safety of fig leaf tea during pregnancy and breastfeeding. It is best to avoid consuming fig leaf tea during these periods.



Ladysmith Saltair Garden Club

Upcoming Program & Events 23/24

September 2023

Growing Flowers for Bouquets.
Starla Parkin.

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.

Doors open at 6:15 for set up, visiting,
& browsing our library
& little plant sale table over
a warm cup of tea

Refrigerator Pickled String Beans

1/2 lb string beans, trimmed (16 oz.) to fit
in a medium jar
1/2 cup white vinegar
1/2 cup water
1 garlic cloves, smashed
1/2 tsp yellow mustard seeds
1/4 tsp whole peppercorns
1 tsp sugar
1/4 tsp Kosher salt
1 bay leaf
dash red pepper flakes
1-2 sprigs fresh dill



- 1) Place string beans upright in a glass jar. Trim any ends that reach the top of the jar. Add in dill sprigs
- 2) Combine all other ingredients in a microwave-safe bowl. Microwave for 90 seconds. Stir. Microwave for another 90 sec.
- 3) Pour mixture into jar, leaving ½ inch of space at the top. After you pour in the brine, if the jar's not full, add water and vinegar (50/50) until it is. Screw on the lid.
- 4) Let cool to room temperature. Shake to distribute seeds and spices. Refrigerate.
- 5) Pickles are ready after four days, and will last a month in the fridge.



WATERING ADVICE

All the Ways We Water the Garden:

Strategic and smart watering practices taken from UBC Botanical Garden

While checking around to find out what different gardens are doing to manage their water resources, I found this article on the UBC Botanical Garden site. It had some very good advice about handling the watering for differing garden sites and conditions. Much more helpful than the usual “water first thing in the morning, or in the evening to save water” prescriptions that many articles hand off.

They asked the manager for each section of their vast gardens to describe the conditions that each garden presented, and the types of equipment and the timing that they used to water the plants and trees. Often, they seem to use combinations of tools, such as soaker hoses, tall head showers, hoses and underground systems, choosing the type of tool to fit the use of each space, and the requirements of the plants that live there.

They summed up the key ideas this way:

Front Entrance for the Gardens:

(parking spaces and sidewalks, turf and wildflower gardens)

- * If you’re going to the effort of dragging out hoses, water deeply and less often.
- * Soaker hoses are an efficient and economical option for homeowners



Garry Oak & Woodland Garden:

(Similar to western rain-shadow ecosystem, blooms in spring then goes dormant)

- * In summer, water in the early hours of the morning
- * Be strategic and adjust your irrigation for earlier or later start times during the season
- * Consider switching to micro-irrigation – water savings are enormous



Alpine Garden:

(Hydrophobic soils and rocks repel water)

- *Use a priming cycle – moisten the soil for a short time, then use a longer cycle for a second run when the soil can absorb it.

WATERING ADVICE / ROSE HIP TEA

David C. Lam Asian Garden:

(Oldest area, with plants nestled among second growth conifers, irrigation system cobbled together over 30 years)

- * Do a cost-benefit analysis on whether a well-planned out, centralized system or multiple irrigation systems will be more efficient
- * Set your sprinklers above the highest permanent groundcover
- * Consider the spaces in your garden where there are obstructions and the dry spots behind them



I've learned (from many garden tours) that each private garden is a unique and beautiful place. Perhaps some of these ideas will work in the different areas of your garden.

More info : botanicalgarden.ubc.ca

Rose Hip Tea

We do not eat rose hips fresh off the bush, they're not sweet, and have seeds inside covered in tiny hairs that will irritate your skin and digestive system. But they are worth taking time to gather, as they're an amazing source of vitamin C (may have 8-25 times that of citrus).

The best time to harvest for the best flavour is right after the first frost. Pick the ones that are firm and show no green. Take care to only use hips from bushes you know haven't been sprayed with pesticides or herbicides.

You can dry the rose hips whole for tea, but if you are planning to cook with them or make jelly, it's essential to remove the seeds and hairs. To do this, cut off the flower end, slice each rose hip in half, carefully scoop out the seeds.

Be sure to wear gloves, and rinse them thoroughly to ensure all the seeds and hairs are gone. Rinse the hips, dry them and spread in a single layer on a cookie sheet in a dark spot to dry down for one to two weeks. A dehydrator would work as well, or just put them in an oven on low for 6-8 hours.

To make the rose hip tea, add one tablespoon of dried hips per cup of boiling water and steep for 10 minutes or more. Remove the hips before serving.

