



LSGC Snippets

September 2024
Volume 13 No. 7

NEXT MEETING:

September 19th
Harvest Sharing

Things to Remember for the Meeting:

1. Bring food item veggie, fruit, preserves tool or machine, to share, if you so choose.
2. Bring a plant for the Sale Table.
3. If you have not renewed your membership, bring your cheque book.
4. Bring your cup or mug for our break time tasting!



From Our President . . .

Suddenly, cooler days with some rain have marked the slowing down of action in the garden in terms of plant growth and subsequently fewer “should do” tasks for the gardeners. Without rain or drip irrigation, many of us were hand watering and bemoaning the state of our gardens. Despite adverse conditions, many fruits and vegetables yielded bumper crops. Our peach tree bore well and, unlike the apples, had with no earwig intrusion. A glut of snap peas and beans appeared and many meals included homegrown produce. After a few days away we were greeted by enormous zucchini from a plant started by an avid Garden Club member. The tomato plants that got a slow start are heavy with fruit and are being processed or consumed daily; many tomatoes and berries are eaten before they get into the house. Sharing the bounty with neighbours, along with good recipes and growing hints is a bonus. All this makes it hard to believe we could soon be shopping for imported ‘fresh’ produce. With our first September meeting covering Using and Sharing the Harvest all in attendance should all go away with even more know-how, inspiration and maybe a purchase or two!



Our Club Year runs from September to May with a June pot luck. Thanks go out to our imaginative and informed Programme Committee who have a full slate prepared for the upcoming months. Each paid-up member will receive a Bookmark with the meeting line-up printed on the back. Feel free to offer suggestions should you know of a good speaker or mention a topic you would like to have addressed in the future. As with all the positions in the club, additional volunteers are essential as back-ups, replacements or assistants . To date we have been blessed with generous, reliable, and competent members following through in every regard. The range of knowledge, skills, expertise and commitment is inspiring. Truly a situation to celebrate with **Thanksgiving**. Enjoy the Season !

“Everyone must take time to watch the leaves turn.”

Elizabeth Lawrence (1904-1985)



SEPTEMBER MEETING

Using & Sharing the Harvest

Gardeners seem to be all about celebrating, participating in,
and sharing the delights and bounty of the earth . . .
and what diverse ways there are to do this!

We want our opening Sept 2024 meeting to be just that . . .
a celebration and sharing of the favourite ways you use or share
the harvest! This could be anything from how you prepare and serve
fresh garden or farm produce, or preserve and conserve it as in pickles,
sauces, salsas, jams, jellies, juices or dried herbs and fruits;
your favourite baking or desserts from berries and your teas
or vinaigrettes or edible flowers etc for salads;
your flower bouquets and other decor for home and
porches; the seeds you might have saved to grow your
favourite plants again the next year and trade with others.

Or . . .

The myriad of ways the harvest gives joy!

We invite you to share your ideas, procedures, or
special equipment used, as we did in our January 2023
'*My Favourite Things*' interactive. And this time we want to
integrate our whole evening around the harvest idea so we
also invite you to bring:

- 1) some harvest bounty for a smorgasbord table for break,
(we will label these with your name);
- 2) your harvest recipes for upcoming Snippets newsletters
(or online collection?) (Lynne will be ready to receive these
electronically or as a printed copy at the meeting);
- 3) preserves, produce, bouquets, wreaths etc. for the little sale table or
the snack table decor; or
- 4) favourite seeds you've saved for our seed exchange
if you have some to share.

Let's enjoy a harvest fiesta together!

Sandy, Gail, & Bennye
LSGC Programming

HARVEST MEETING

On **Thursday, Sept. 19th**, when you enter the Eagles Hall, you will notice that the room has been set up in a very different way, so that we can hold our Sharing The Harvest Event.

Question – Now what do I do as I come in to the meeting:

1. **At the door**, one of our Greeters (Haydi or Joanne) will direct you to the correct table for your item for sharing – the tables around the outside of the room will be numbered.
 - #1 – for flowers and crafts
 - #2 – for non-food items, such as tools, and equipment
 - #3 & #4 – for food items that you would like to share with our members (after you've had a chance to tell our members all about them)
 - #5 – for any plants for sale
 - #7 & #8 – for other food items, such as vegetables, fruits, preserves
2. After placing your item, please head for the **Sign-In table** at the back to pick up your name tag, and to fill out the Noteboard if you wish to tell our members about your item.
(Note: it's your option to bring an item to show, it's not required!)
3. If you haven't had a chance to send in your **Membership Dues** for this new year, there will be a Membership table at the back of the room to sort that out.
4. Now it time to **pick your chair** in the circle, and catch your breath.
This would be a good time to fill out the small Index Card that lists any ingredients in the food item that you had planned to share (and place it back on the table with your item).
5. When our meeting starts, you will be able to grab your item from its table , and tell us all about it. You may choose to stand at the front of the room, or at your chair, whichever feels the best for you.



COVER CROP CHART

When to Direct Sow Cover Crops:

Preseed, PS:

Sow in early spring. Cut and incorporate to break down in the soil a few weeks before planting the garden

Barley	PS	PH	FS
Buckwheat	PS		
Crimson Clover	PS	FS	IC

Post Harvest, PH:

Sow after the crops are harvested to overwinter, providing winter soil cover and soil building plant material to incorporate in the spring

Fall Rye	PS	PH	
Hairy Vetch	PH		

Full Season, FS:

Grow year-round to restore fertility in a fallow spot.

Ryegrass, annual	PS	PH	
Spring Field Peas	PS	PH	

Intercrop, IC:

Sow alongside vegetable crops to grow through the planting season.

Yellow Clover	FS	IC	
White Clover	FS	IC	

Winter Wheat PH

Note: The optimal soil temperatures for these seeds to sprout are mainly from 10° to 20° C. Crimson clover likes warmer soils, about 21°C.

These seeds are valuable as:

Soil builders: Barley Crimson Clover
 Fall Rye Hairy Vetch
 Winter Wheat
 Spring Field Peas

Seed Depth for Planting:

1" – 1 ½" Barley Buckwheat
 Fall rye Ryegrass, annual
 Winter Wheat

¼" Crimson Clover
 Yellow Clover
 White Clover
 Hairy Vetch

1" – 2 ½" Spring Field Peas

Nitrogen Fixers: Crimson Clover
 White Clover
 Hairy Vetch
 Spring Field Peas

Weed Suppression: Barley Buckwheat
 Fall Rye Hairy Vetch
 Ryegrass, annual
 Spring Field Peas

The seed size will dictate the amount of seed needed.

Beneficial Insects: Buckwheat
 Crimson, Yellow Clover
 White Clover
 Spring Field Peas

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
for Sept. 19th meetings.



- * Doors open at 5:30 to set up tables & chairs
- * Doors open at 6:00 to set up Membership Table
- * Doors open at 6:30 for members to bring in their Sharing Item
- * 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.

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

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.

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 click on 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"

BC Council of Garden Clubs Fall General Meeting October 26, 2024

Bonsor Recreation Complex
6550 Bonsor Ave, Burnaby
10 am to 3 pm



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.

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

& 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

Kids Workshop - make a tropical planter!

Friday, September 20th at 3:00 pm

Join indoor plant expert Mollie for a fun workshop aimed at kids age 5 to 12.

Registration in advance is required as space is limited. Contact us to register.

Fall Bulb Seminar with Bernie

Saturday, September 21st at 10:00 am

Join Bernie for a deep dive into fall bulbs for spring colour. Fall bulbs bring surprise and colour to the garden as they break dormancy in early spring. They are adapted to our dry climate by going dormant for the summer.

Cost \$10 & GST. Registration in advance.

View Royal Garden Club

Join us in Celebrating

75 Years

Guest Speakers



Jeff de Jong

UVIC Instructor of
Landscape Design



Gary Lewis

Phoenix Perennials
Author of
The Complete Book of Ground Covers

OCTOBER 5, 2024

2:00 – 4:30 PM

VICTORIA SCOTTISH COMMUNITY CENTRE

1803 ADMIRALS ROAD

See Eventbrite for more information
Registration \$25.00



RECIPES

Tomato Raisins

To save those small cherry tomatoes, try turning them into 'raisins'.

1. Cut them in half, place in a bowl and sprinkle with Olive oil, a touch of salt and pepper, basil, and if you like, a bit of garlic powder.
2. Spread the pieces out on a metal pizza pan, and place them out in the sun to dry. Cover with a net tent to protect them.
3. When they have dried down, store in a jar til ready to use. They're perfect for topping pizza, buns, or just for a snack!



Thanks to
Haydi Eisner



Minion Deviled Eggs

Get out your food colouring, and some olives, and your creativity !

Zucchini Pizza Boats

- 4 medium courgettes/zucchini
- 1 tbsp. olive oil
- 75g diced chorizo
- 2 cloves garlic, crushed
- 335g cherry tomatoes, halved
- 1 tbsp. tomato purée
- 1 tsp dried mixed herbs
- 150g ball mozzarella, torn into small pieces
- 28g fresh basil, roughly torn

1. Preheat the oven to **200°C/fan 180°C/gas mark 6**. Halve the courgettes lengthways. Scoop out the seeds using a teaspoon and roughly chop them. Place the courgette halves on a roasting tray, brush with the oil and bake for 12-15 minutes, until just soft.
2. Add the diced chorizo to a medium saucepan on medium heat and cook for 3-4 minutes, until golden and the oil has started to release. Add the garlic, cook for 1 minute. Add the courgette seeds, tomatoes, tomato purée & dried herbs with seasoning. Simmer for 5 minutes with the lid on, until the tomatoes have softened and burst slightly. Remove the lid, cook for a further 5 minutes til thickened. Stir through half the basil.
3. Preheat your grill to the highest setting. Divide the tomato mixture between the roasted courgettes & top with the mozzarella. Place under the grill for 3-4 minutes, til the mozzarella is melted and golden. Top with the remaining basil & divide between 4 plates to serve.

thelowcarbdiabetic.blogspot.com



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 !



The hum of
bees is the voice
of the garden.

Elizabeth Lawrence

FROM THE GARDEN

TOO MANY TOMATOES ?

While fresh tomatoes from the garden are a joy, when they arrive in large numbers, this gardener needs a back-up plan.

Taking the advice from a site that I often read, mennonitegirlscancook.ca, I stash them in my freezer. Here's how:

1. Wash them
2. Package them in a plastic bag
3. Throw them into the freezer

Now let the busy months of the year pass by and in January there will be time to deal with those frozen tomatoes.

4. Take them out
5. Do not thaw them as they are difficult to cut.
6. Throw them into a sterile sink with hot water. The peels will peel off very easily.
7. Cut them into the desired size.
8. Make your favorite salsa, spaghetti, soup or chili sauce.

It's that easy.



Don't berate yourself for any problems, and don't let yourself get into the habit of thinking every imperfection is a disaster. One of the gardeners I admire the most was a lady I overheard over 10 years ago who, after a rough start to her sweet peas, had pulled them up. "This year just wasn't meant to be," she told her friend, "but I'll try again next year."

Ben Probert 'Garden advice'

Advice from Bernie at Dinter Nurseries:

Customer FAQ: How do I know when to harvest my winter squash?

The best way to see if your winter squash are ready for harvest is to take a close look at the stem. If the stem is hard and woody, the squash is ready for harvest. You can test the hardness by pressing your fingernail into the stem and seeing if it makes a mark. If there is no mark, you can harvest, and if there is a mark, it should stay on the vine.

After harvest, squash should be cured for up to 10 days before storing in a warm, dry space. Here, we have placed our squash in a greenhouse, but a sunny windowsill would work well too. The curing process allows excess moisture to evaporate from the squash skin, hardening it to better protect the inner flesh and increase its storage life.



"Annuals are often thought of as pollinator 'deserts,' but a new study suggests choosing the right varieties can give annual flowers a role in nourishing bees and other pollinating insects in home gardens... Researchers at Michigan State University 'observed pollinators visiting 25 different varieties, or cultivars, of the six most popular annual flower species in the United States, finding significant variation in apparent pollinator attractiveness between cultivars, even within the same flower species. Two begonia cultivars, "Cocktail Brandy" and "Ambassador Rose Blush," and the impatiens cultivar "Accent Coral" drew in the most pollinating insects among all those tested. ... from the *Journal of Economic Entomology*."

GARDEN LORE

PURSLANE



Have you noticed this low growing plant in your garden – it is sometimes mistaken for a weed. It's a tidy, small-leafed plant that is actually a common herb, one that is renowned for its medicinal benefits. Its scientific name, *Portulaca oleracea*, literally means “herbal purslane” and describes the plant’s edible and medicinal properties. It grows naturally in Northern Africa, Europe, the Middle East, Southern Asia, Indonesia, and Australia. In many countries, purslane is still eaten for its medicinal benefits, as it’s one of the healthiest plants out there and is full of vitamins and minerals. It can be used as a garnish or in salads and adds a fresh, sour taste to many dishes.

Looking at the nutrients in this small herb, about 93% of the plant is just good old H₂O. The remaining 7% is full vitamins, minerals and a healthy fat. 100 grams of purslane contains only 16 calories. You will also find Vitamin A, Vitamin C, and small amounts of vitamin E, B₁, B₂, and B₃. Added to these vitamins, you’ll find small amounts of Magnesium, Manganese, Potassium, Iron and Calcium. Purslane is rich in Omega-3 fatty acids, in fact it contains more fatty acids than any other leafy green vegetable.

Contributed by Haydi Eisner

CONTROLLING LEAFMINERS

Though many different insects are known as leafminers, the most common are the larvae of tiny black flies. They tunnel between the upper and lower layers of leaf tissue creating visible random trails, or mines, in the process. Adult flies lay eggs on the undersides of leaves. After hatching, larvae tunnel into leaves to feed, gaining some protection from predators there. They are pests of beets, chard, lettuce, peppers, potatoes, and spinach, as well as numerous ornamental plants.



Protect leafy vegetable crops with a lightweight row cover. Pick off and destroy infested leaves. Encourage natural parasites that attack leafminers by not spraying pesticides.



The frogs that were peeping a thousand shrill
Wherever the ground was low and wet,
The minute they heard my step went still
To watch me and see what I came to get.

— *Robert Frost*