

Armstrong & District



Welcome! While we are observing the current health guidelines to reduce the spread of COVID, we will not be holding meetings in person until further notice. This newsletter shows that we can still share our stories and love of gardening!

Executive 2021

President:

Glenn Gytenbeek

Vice-President:

VACANT

Secretary (Interim):

Carolyn Farris

Treasurer:

Judi Cogan

Membership:

VACANT

Newsletter Editors:

Heather Freeman

Directors:

Judi Cogan

Heather Freeman

VACANT

Brenda Hobbs

Mary Jackson

VACANT

Judy Wilde

In this issue:

- P. 2 Update from the President and Editors
- P. 3 Kudos to the Executive
- P. 4—6 Photos Highlights of the Year
- P. 7 Christmas Plants and Flowers
- P. 8—9 Do you know your Apples?
- P. 10 December Garden Tasks
- P. 11 Recipe of the Month
- P. 12 Newsletter Support Needed
- P. 13 Sources for Gardening Information
- P. 14 Seasonal Humour
- P. 15 Community Giving
- P. 16 Garden Club Website/Facebook
- P. 17 Events & Announcements



Meet our new Editor,
Heather Freeman



Greetings from the President and Editors:

Good day everyone: A huge thank you to Paul Peacock, who in the past years was our treasurer, Vice President, and membership Director.

A humongous thank you to Mary Jackson, Heather Hayes, Sue Lendrum, for all the monthly newsletters and everything else these past years. Your contributions are appreciated.

To the rest of the executive, many thanks for the input, ideas and efforts in 2021.

I sincerely hope the club will start meeting regularly early in 2022.

It would be great to get social again, while prepping for the plant sale in May.

As we currently have no new Directors or volunteers for the Club, last year's executive and board will continue the best we can until we start meeting in person.

I wish everyone a merry Christmas season, all the best for 2022.

Hope to see everybody soon.



Glenn



Greetings from Co-Editor Heather Hayes:

I've enjoyed working on the newsletter these past years. I miss all the garden club members and can't wait until we can get together. I hope that they enjoyed reading our take on gardening information.

And from Co-Editor Mary Jackson:

The newsletter has been a labour of love—it's a way to celebrate our members, what we've accomplished together and the love of gardening that connects us. Wishing everyone a Merry Christmas and best wishes for a safe and happy New Year!



Kudos to the Executive:



October Exec. Meeting: Judi C, Carolyn, Glenn, Mary, Judy W., Heather F., Brenda

Photo Highlights of the Year:

A huge thank you to Brenda H., Judi C., Judy W., Heather F., Paul P., Mary P., for their fine work maintaining the petunias in the city planters.

Next year we're going to look at some new colour combinations!



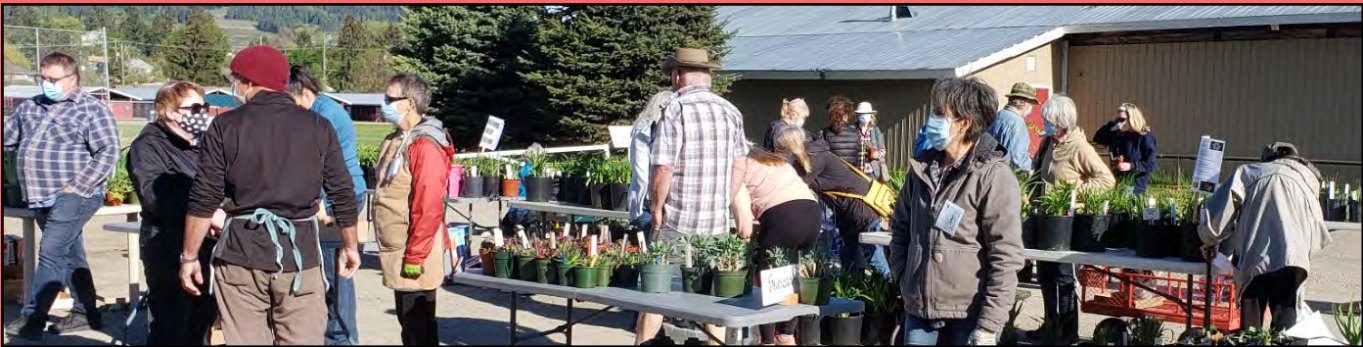
And there were potting get-togethers prior to the plant sale.



Photo Highlights of the Year:



Photo Highlights of the Year:



Christmas Plants and Flowers:Source: <https://www.gardeningknowhow.com>

The Christmas holiday is a time for beauty and good cheer and nothing helps bring beauty and good cheer like beautiful flowers for Christmas. There are a few standard Christmas plants and flowers that you may like for your home this holiday.

Care of Christmas Plants

Surprisingly, many holiday plants are tropical plants. This means that the care of these Christmas plants is more like caring for a houseplant than a plant meant for the cold and snow. All of the Christmas plant types listed below should be treated as tender plants and should not be left where cold drafts could blow on them.

Poinsettia – Perhaps the most recognizable flower for Christmas is the [poinsettia](#)^[1]. Originally sold with bright red and green leaves (the “flowers” are actually leaves on the plant), poinsettias today are sold in a wide variety of colors and patterns. They naturally grow in a range of colors from white to pink to red with solid or speckled leaves, but sellers now dye or paint them many other colors and may even add sparkles.

Amaryllis – [Amaryllis](#)^[2] is another popular holiday plant. Tall and graceful, this holiday flower bulb can make a statement as a centerpiece on the table and its trumpet like huge flowers look like they are harking the Christmas holidays. Typically, the red varieties of amaryllis are sold for the holidays, but they come in colors ranging from red to white to pink to orange and petals that are solid, striped, or speckled in all of these colors.

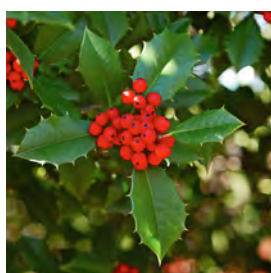
Christmas Cactus – The [Christmas cactus](#)^[3] is so named because it is thought to naturally bloom at Christmas time. If you own this holiday plant for many years, you will actually find it prefers to bloom closer to Thanksgiving. Regardless, these lovely cacti have lush flowers that hang down like lovely Christmas ornaments from the ends of the leaves of the plant.

Rosemary – While the [rosemary plant](#)^[4] is a lesser known holiday plant, it is making a comeback in stores by being sold as a holiday plant. A few centuries ago, rosemary was a part of the Nativity story in that Baby Jesus’ clothes were dried on a rosemary bush. Christians then believed that smelling rosemary at Christmas brought good luck. Today, [rosemary](#)^[5] is sold as a Christmas plant pruned in the form of a Christmas tree.

Holly – [Holly](#)^[6] is not typically sold as a live plant at Christmas, but the bright red berries of female holly bushes against its dark green pointed leaves are a popular decoration at Christmas. Surprisingly, while holly is a traditional Christmas plant, its origins date back to the Druids, who thought the plant represented everlasting life. Christians adopted the plant as a symbol of Jesus’ promise of everlasting life.

Mistletoe – Another holiday plant used as décor more than a live plant, this common Christmas decoration also dates back to the Druids. But, unlike holly, the Christian church did not adopt [mistletoe](#)^[7] as a tradition, but rather frowned on it. Despite being forbidden as a decoration at one point in time in the Christian church, this holiday plant is still commonly seen. Originally a symbol of fertility, now it is simply a sneaky way for boys to get kisses from girls.

Christmas Tree – No list of Christmas plants would be complete without mentioning the centerpiece of any Christmas celebrating house.



Left—Amaryllis Centre: Holly Right—Mistletoe

Do you know your apples? Source: <https://www.homefortheharvest.com/types-of-apples/>

Here are **10 common types of apples** often sold at supermarkets and grocery stores. These are varieties are grown and enjoyed all around the world!

Gala Apples are one of the most popular all-round apples in the world! These pretty apples discovered in New Zealand have a red and yellow peel with a sweet flavor and a nice crispy texture. More galas are grown in the USA than any other type of apple! Gala apples are very versatile, and can be eaten fresh, used to make fresh applesauce, or baked into apple pie.

Red Delicious Apples are the classic deep red American apple. They have a very mild flavor that's a little bit sweet. Some grocery store Red Delicious apples can be a bit dry, but they're better when tree-ripened. They're not the most tasty apple, but they sure are gorgeous in a fruit bowl or on a festive wreath.

Honeycrisp Apples are outstanding large green-yellow apples with bright yellow stripes. They're known for their incredibly tasty sweet-tart flavor and uniquely-crisp, yet juicy texture. Bred by the University of Minnesota, Honeycrisp apples are one of the best-tasting apple varieties. They're most often eaten fresh or saved for your favorite holiday apple treats.

Fuji Apples are incredibly sweet pink apples with delicate yellow stripes down the peel. Developed in Japan, this type of apple has a complex sweet flavor and juicy, crisp flesh. Fuji are great apples for eating fresh year-round, as they're widely grown in apple-growing regions around the world.

Granny Smith Apples are big, shiny green apples with a sour, acidic taste. While some fruits can develop some sweetness if left on the tree well into autumn (especially in their native Australia), most are picked while still bright green and wonderfully tart. Granny Smith apples are perfect for dipping in sweet caramel sauce or as one of the best apples for apple pie.

Golden Delicious apples are a supermarket-standard American apple with a lovely sweet taste and a crisp texture. A properly-ripe Golden Delicious is a golden-yellow color (not an unripe green). They do store well, and are available year-round from orchards worldwide. Like the Gala apple descended from it, the Golden Delicious apple is a perfect multi-purpose apple for eating fresh, in cooked recipes, and in baked apple desserts.

Jonagold Apples are big red apples with cheery golden freckles down the peel. Developed at Cornell University, Jonagold apples have a solid well-balanced sweet-tart flavor and a nice crispy crunch when they're freshly picked. While these apples are wonderful to eat right off the tree, they're one of the best for using in baked apple dishes like pie or cobbler. You can also dry them into apple chips or make yummy apple butter.

Braeburn Apples are flavorful sweet-tart apples with a hint of spice and crisp texture. Discovered in New Zealand, they have yellow-red striped peel that's very pretty. The Braeburn is an excellent apple to eat fresh for those who like a more flavorful apple. They're also wonderful in pies and cooked recipes, as they tend to hold their texture without becoming dry.

McIntosh Apples are tart, soft apples with a bright green and red peel and bright white flesh. These Canadian heritage apples are great to eat fresh soon after picking, but they can become quite soft in storage. McIntosh apples are known as one of the best apples for applesauce, and are sometimes used in a mix of different types of apples for a well-rounded apple pie filling.

Do you know your apples? Source: <https://www.homefortheharvest.com/types-of-apples/>

Crispin Apples (Mutsu variety) are large green apples with a delicious sweet flavor. Bred in Japan, they have a bit of appley tartness, but are otherwise quite sweet and almost honey-like. These apples have a very crisp texture and a wonderful juicy bite. Crispin/Mutsu apples are versatile, and are excellent to eat fresh or use in cooked recipes or baking.

"The 2020 top five produced apple varieties are: 1) Gala 2) Red Delicious 3) Honeycrisp 4) Granny Smith and 5) Fuji. The top 3 varieties (Gala, Red Delicious and Honeycrisp) comprise 48 percent of all production. The top five varieties (adding Granny Smith and Fuji) comprise 67 percent." [Apple Production, Exports Up for 2019 Crop, US Apple Association Press Release](#)

Types of Apples

ONLYFOODS

Red



Red Delicious



Gala



Honeycrisp



Empire



Cortland



Fuji



Paula Red



Ambrosia



Rockit



Cripps Pink cv.



Bailey



McIntosh



Rome



Braeburn



Jonathan



Cameo

Green



Granny Smith



Crispin



Rhode Island Greening



Shizuka

Yellow



Jonagold



Golden Delicious



Ginger Gold



Opal

December Garden Tasks:Source: <https://www.almanac.com/gardening/tips/BC/Armstrong/12>

- Keep up with yard maintenance. Remove any leaves, withered stalks, and winter weeds, and mulch your flower beds. Take the time now to save a lot of work later.
- Check perennials again and cut back overgrowth to encourage new growth.
- Check your stored fruit, vegetables, and flower bulbs; remove any rotting ones.
- Keep watering your plants throughout the winter to prevent them from drying out.
- Check your lawn and plants for any problems and treat them when necessary.
- Avoid heavy mulching around the bases of trees and shrubs, as the mulch provides cover for small rodents.
- Check for rodent damage around bases of trees and shrubs. Use traps and bait as needed.
- Monitor your houseplants to make sure that they are getting adequate water and nutrients.
- To avoid damage, do not let snow pile up on your shrubs and tree branches.
- Be careful when using salt to remove ice on driveways and walkways; the salt can damage lawns and perennial beds. Sand is a better substitute for salt.
- Protect new landscape plants from the wind; use stakes or windbreaks as needed.
- During heavy rain, check your yard for any drainage problems. Consider any upgrades to your water systems, such as drip irrigation.
- Do you have a woodstove or keep a fire? You can use wood ashes to raise your soil's pH if you need it. (Don't use if pH is greater than 7.0.)
- Buying a Christmas tree? Keep it fresh by sawing off the bottom 2 inches and check the water often, as it consumes a tremendous amount in the first 48 hours!
- If you have poinsettias, keep them away from cold windows and place in sunlight. Fertilize with a houseplant fertilizer.
- Start thinking about your lessons learned from the past gardening season as you think about next year!



Recipe of the Month: Thanks to Sue L.

Banana Crumb Cake

Banana Topping- 1/2 c firmly packed brown sugar
 2 tsp cornstarch
 1/2 c water
 2 T butter or margarine
 2 bananas, sliced

Combine brown sugar and cornstarch in a heavy small saucepan. Stirring constantly over medium high heat, gradually add water. Bring mixture to a boil, cook about 1 minute or until it thickens. Add butter. Stir til melted. Remove from heat. Stir in banana slices, set aside.

Crumb Mixture- 1 c flour
 2/3 c firmly packed brown sugar
 3/4 t. ground cinnamon
 1/2 c chilled butter or margarine

Combine flour, brown sugar, and cinnamon in a medium bowl. With a pastry blender or 2 forks, cut in butter until mixture resembles coarse crumbs: set aside.

Cake - 3/4 c butter or margarine, softened
 1 1/4 c of sugar
 2 eggs; beat until well blended.
 2 t vanilla
 2 c flour
 1 t baking powder
 1/2 t baking soda
 3/4 c buttermilk



Preheat oven to 350 degrees. Cream butter and sugar in a large bowl until fluffy. Add eggs, beat until smooth. Stir in vanilla. In a medium bowl combine flour, baking powder, and baking soda. Alternately add dry ingredients and buttermilk to creamed mixture, beat until well blended.

Caramel Mocha

1 can (14 ounces) sweetened condensed milk
 1 container (12 ounces) caramel ice cream topping
 1/2 c chocolate flavored syrup
 2 1/2 quarts of hot strong coffee (like espresso roast)



In dutch oven, combine sweetened condensed milk, caramel topping, and chocolate syrup. Stirring constantly, cook over medium-low heat about 8 minutes or until mixture is well blended and hot. Add coffee; stir until blended. Serve hot. Yields 12 cups.

Strawberry Fizz

3 packages (10ozs each) frozen sweetened sliced strawberries
 3 cartons (8ozs each) strawberry yogurt
 2 T sugar
 4 cans (12ozs each) chilled soft drink



Process strawberries while frozen, add yogurt, and sugar into processor until smooth. Spoon into punch bowl and stir in soft drink. Serve immediately. Yields 16 cups

MERRY CHRISTMAS!!

Newsletter Support Needed:

The ADGC newsletter is designed to share knowledge, events, and activities. If members can provide information on one of the topics below for a month or two or more, then many hands make light work!

The Newsletter will resume in March 2022. Contact Heather F. to lend a hand (HeatherLFreeman@gmail.com).

Topic	Assigned to:	Looking for volunteers;
Meeting Minutes	Secretary	
President/Exec. Report	President	
Membership Update	Membership Co-ordinator	
Monthly Garden Tasks		
Flower of the Month		
Recipe of the Month		
Feature Article—seasonally relevant		
Sell, Swap, Trade or Giveaways	All club members can participate	
Photos/story of recent garden tour or activity or work party	Garden Tour co-ordinator or lead	
Parlour Show Results and photos	Parlour Show Co-ordinator	
Updates on plant sale and work parties	Plant Sale Co-ordinator	
Questions and Answers	All members can pose a questions.	
Garden member stories	All club members are encourage to participate	
Upcoming Events and Announcements	Drawn from Executive Meeting Notes	
Craft		

Sources for Gardening Information:

Here are sources for gardening information you may wish to explore:

Canada's
Local Gardener

<https://www.localgardener.net/>

Reliable advice for the Canadian gardener
Click and Subscribe – in print or digital formats!

LOCAL GARDENER MAGAZINE ONLINE STORE TO NEAT THINGS PHOTO ALBUM
CONTACT US FRIENDS AND PARTNER
LOCAL GARDENER DIGITAL MAGAZINE TWO OLDE DAWGS DIY VIDEOS CANADA'S LOCAL GARDENER PODCAST



<https://www.finegardening.com/>

Another source of tips, techniques and design insight.



The BC Council of Garden Clubs represents 200 garden clubs, allotment and community gardens in BC. The Council hosts an Annual General Meeting in the Spring and Fall. This provides an opportunity for member clubs to meet and exchange information, and listen to great speakers on a number of topics relating to horticulture.

Visit: <https://bcgardenclubs.com/>

And don't forget to check the newsletters of the garden clubs in our area, which are full of great information!



[https://](https://www.farmersalmanac.com/)

www.farmersalmanac.com/

Available on-line and in print, the BC Farmer's Almanac is a great source of gardening information.



Gardener's Idea Book

Visit Proven Winners to get a free copy of their [Gardener's Idea Book](#). It is an annual publication you can receive for three years at a time (after that, if you still would like the subscription, just renew it on the website). It's filled with gorgeous photos along with tips and ideas for creating beautiful spaces with various plants and flowers. You'll find ideas for unique gardens and ways to use plants in trouble areas, like sloped landscape.

Johnny's Selected Seeds

In addition to browsing beautiful full-color images of award-winning vegetables, herbs, flowers, and more, [Johnny's Selected Seeds catalog](#) has helpful information. [Mother Earth News](#) names it as one of the top [garden catalogs](#) because of its detailed growing instructions and helpful tips, and it's also a top pick according to the [Press Herald](#). Just visit the website and fill out your personal information and grower profile to receive your free copy, which will be mailed to your home.

GardeningBC.com

Events Web Links Articles Brian Minter Classified Ads

<http://www.gardeningbc.com/>

Lots of BC related gardening information!

<https://okanaganxeriscape.org/>

The Okanagan Xeriscape Association (OXA) provides xeriscape information in our region through workshops, classroom education, public xeriscape demonstrations, web libraries, and a searchable on-line plant database.



Respected Gardening Expertise. The Gardener is a source for gardening information pertinent to all Canadian growing zones - from Zone 2 to Zone 6. 4 issues a year/ \$ 25 annual subscription



Some Seasonal humour:



2021 Community Giving:



Highland Park Breakfast



Communities in Bloom



Armstrong Food Bank



AES Breakfast program



Good Food Box - Armstrong



Glad Tidings Breakfast Program (PVSS)



Len Wood Breakfast Program



Community Garden

The *** NEW ***ADGC Website: <https://armstronggardenclub.com/>

Have you visited the ADGC Website?



Mary Jane

Thanks to the efforts of ADGC members Mary J. and Mary Jane the club now has an amazing website:

(<https://armstronggardenclub.com/>)

It tells people about our club, what we do, how to join and the ways we support our community.

Forward any comments or ideas to the editors.

CLUB NEWS



BC Council of Garden Clubs: Fall General Meeting

Sep 24, 2021
Fall General Meeting October 30, 2021.
Registration details to follow. See the BC Council of Garden Clubs website, here:
<https://bcgardenclubs.com/events/bc-council-of-garden-clubs-fall-general-meeting/>

[READ MORE](#)



September 2021 Newsletter

Sep 20, 2021
Here is the September 2021 Newsletter of the Armstrong & District Garden Club. Thank you to our club newsletter editors Heather Hayes and Mary Jackson. The September edition of the newsletter includes: Update from Glenn/Upcoming get-together/Proposed community...

[READ MORE](#)



June 2021 Newsletter

Sep 20, 2021
Here is the June 2021 Newsletter of the Armstrong & District Garden Club. Thank you to our club newsletter editors Heather Hayes and Mary Jackson. The June edition of the newsletter includes: Photos from petunia planting along PV Boulevard/Available volunteer...

[READ MORE](#)

Community Involvement



ADGC Heather donating to Len Wood School – Armstrong Garden Club
Heather Presenting Garden Club Donation To Principal Denise Brown Of Len Wood School



Armstrong BC – Planters on Pleasant Valley Boulevard
Petunia Planters on Pleasant Valley Boulevard



Collecting Plants for the Sale
Collecting Plants For The Plant Sale Community Fundraiser



ADGC recognized by Communities in Bloom – Armstrong Garden Club
Recognition From Communities in Bloom

LEARN, GROW, & HAVE FUN!



Community Involvement

The club is active in the community, supporting local charity organizations through our Annual Plant Sale and helping to beautify the community with work parties such as the petunia planters on PV Blvd.

[SEE UPCOMING COMMUNITY EVENTS →](#)



Monthly Meetings

The club meets monthly to discuss upcoming events, plan the Annual Plant Sale, and share gardening tips and ideas.

[MORE ABOUT OUR MEETINGS →](#)



Welcome! I'm Mary Jane Duford. I've built a handful of gardens over the last few years and have totally fallen in love with gardening. My gardening blog, Home for the Harvest, has grown alongside my indoor and outdoor gardens. Welcome to my online abode :)

ADGC FACEBOOK PAGE: Have you visited or "liked" our club's Facebook page? Special thanks to Ken Barr who regularly adds interesting information and events to the page!
Visit: <https://www.facebook.com/ArmstrongandDistrictGardenClub/>

Upcoming Events:

A reminder to garden club members to **pot up some plants** for next year's plant sale while you are doing your fall clean-up.

Think of volunteering for the positions that are available in the club.

Check your email for upcoming meeting information.

ADGC members are now eligible to receive between 10% and 15% off regularly priced garden centre plants. Show your ADGC membership badge to the cashiers prior to sale.

**THANK YOU!**

Thank you to this month's newsletter contributors— Sue L., Heather H., Glenn, and Mary J.

About ADGC:

The Armstrong and District Garden Club was established in 1927 and is an active, fun group with over 30 members. The club supports the community through donations, student bursaries, planting along PV Boulevard, and supporting initiatives such as Communities in Bloom.

