

SEEDERS AND WEEDERS NEWSLETTER FEBRUARY 2025



Armstrong & District Garden Club

WEBSITE <https://armstronggardenclub.com>
FACEBOOK Ken Barr

EXECUTIVE

President – Heather Hayes, 250-546-4969 triple-h@telus.net

Vice president - Vacant

Secretary – Mary Jackson

Treasurer – Paul Peacock

Membership Secretary - Chris Williams

Past President – Carolyn Farris

Director – Sue Wiebe

Director at large – Linda Meraw

Newsletter Editor – Dianne Lockton

Website Manager - Mary Jane Duford

Sunshine - Dianne Lockton and Heather Hayes

GENERAL MEETING

First Tuesday of the month, 6:30 pm, September to June (except January) in St James Anglican Church Hall, Armstrong.

Next meeting 6:30 pm March 4, 2025.

GUEST SPEAKER

Our speaker this month was Candace Charest, assistant manager for Home Hardware, Shepherd's Outdoor Living. She spoke to our club about some of the gardening products available in the Shepherd's Outdoor Living section.

These include:

Mason bee houses

Bat boxes

Safer's soap spray is available again with a change from a white to green label

Horticulture oil

Jack's fertilizers containing micro nutrients

New this year are:

Pine Brush Butterfly houses and feeders

Digital soil test kits for measuring PH and moisture levels

Wilt-Pruf anti-desiccant spray

Corona brand long handled pruning tools

There is a good selection of seeds on new 4 sided display racks instead of the former 3 sided racks.

A free gardening class instructed by Jen (agrologist with Home Hardware) will be held March 8. Phone the store at (250) 546-3002 to register or for more information.



MEETING MINUTES

ARMSTRONG AND DISTRICT GARDEN CLUB **Meeting Minutes for TUESDAY, February 4, 2025, 7:00 PM** **ODDFELLOW'S HALL, ARMSTRONG**

16 members in attendance

1. Call to Order – President Heather Hayes called the meeting to order at 8:10 p.m.
2. Approval of Agenda – Move to approve the agenda by Linda and Sue.
3. Approval of Previous Minutes
Move to approve the minutes of November 2024 by Suzie and Chris.
4. President's Report
Heather would like to make this year fun and grow the club. Heather and Chris are identifying potential Armstrong gardens to tour. Debbie, former owner of Blue Mountain, has also offered tours of her yard and her neighbour's yard in Salmon Arm. We'll be hosting the garden sale again in May. Heather also proposed craft nights in spring and fall, where we will make something we can take home e.g. Christmas swag.
5. Secretary's Report Correspondence
No correspondence to report. Mary is working with Carolyn to transfer email lists and access etc.
6. Treasurer's Report
Paul advised that our finances are in good shape.
Action: Paul to arrange signing authority for Heather, Mary and himself.
Move to receive the Finance report by Glenn and Sue.
7. Old Business - none
8. New Business
 - a. Goal for the Year: *To have an active and involved Garden Club Membership.*
 - b. Meeting Location – St. James Anglican Church Hall, 2315 Patterson Avenue.
The hall has a kitchen and there is parking in the rear.
Meeting Time – The members present voted on possible meeting times and the majority favoured 6:30 p.m.
Action: Mary Jane to update website and Ken Barr to update Facebook.
 - c. Volunteer Opportunities – Armstrong Library Seed Filing, Growing Garden at AES
If members are interested in volunteering, call Heather for contact information.
 - d. Speaker Suggestions
A number of speaker suggestions were offered:
Blue Mountain owner (Heather to contact)
Pruning company from Vernon (suggested by Sue Rook)
Master Gardener Instructor (suggested by Dianne Lockton)

- e. Club Positions looking for volunteers
The Vice-President position is open. There are also opportunities for members to serve as Directors. Contact Heather if you are interested.
 - f. Additional suggestions for a garden tour
Members suggested a garden tour of the former club member Lori. There is also a beautiful double lot garden by Lion's Park. Club members to forward addresses to Heather.
 - g. Garden Sale Preparations
A reminder to plant extra seeds for the garden sale.
Vegetable and house plants were especially popular last year.
9. Adjourn – The meeting adjourned at 8:35 p.m.

Task List for 2025

Meeting Date	Door Prizes	Goodies/Tea/Coffee
March 4	Rea S.	Rea S.
April 1	Glenn	Sue W.
May 6		Jackie W.
June 3		Sue R.
Sept 2		Carolyn F.
October 7		
November 4		
December 2		

If you are able to volunteer for any of the highlighted dates/tasks, please contact Heather or Mary.

*"Winter is the time for reflection, for dreaming and planning the garden of your dreams."
–Unknown*

GARDENING INFORMATION

Indoor Gardening

Food security has become a popular discussion. Many people grow a small garden in containers outdoors during spring and summer and now are considering containers indoors during the winter months. The following Microgreens information is from WestCoast Seeds.

Microgreens, like sprouts, are crunchy, flavourful, and packed with nutrition, but are grown in soil or other media. Unlike sprouts, timing is more flexible, which means seeds that by their nature take longer to germinate, can be used. This includes basil, mint, carrots, beets, amaranth, and many others. The range of flavours and colours is nearly limitless. They can be used in salads and sandwiches, or simply to add an exotic garnish to other dishes.

Microgreens are produced by densely planting seeds in soil and harvesting them as their first leaf, or leaf pair, opens. But microgreens grow in soil, so there is no urgency. The list of possible food plants to grow as microgreens is nearly endless—everything from amaranth to sunflowers, chia to basil, Brussels sprouts to Swiss chard.

More information on suitable seeds for growing indoors as well as growing instructions can be found at <https://www.westcoastseeds.com>

SEED SWAP DATES:

Shuswap Seed Swap	March 1	Splatsin Centre, Enderby
	10:00 – 3:00	
Penticton Seedy Saturday	March 1	Okanagan College 583 Duncan Ave
	10:00 – 2:00	
Sicamous Seed Swap	March 8	Sicamous Library 446 Main St
	11:00 – 2:00	
Kamloops Seedy Saturday	March 8	140 Laburnum St
	10:00 – 2:00	
Kelowna Seedy Sunday	March 9	Parkinson Rec Centre
	10:00 – 3:00	1800 Parkinson Way

More locations can be found on the Seeds of Diversity website

<https://www.seeds.ca>

As this is our first newsletter since November, I am including the December executive report from our past president Carolyn Farris. Included as well are photos taken at the December 2024 club social.

EXECUTIVE REPORT – December 2024

Hope you all had a good holiday and wishing you and yours a happy, healthy 2025.

Please note that we do not meet in January, as it is too close to the New Year celebrations so see you all on Tuesday, February 4 at the regular time of 7:00 PM to kick off another year of the Garden Club activities. Candice from Shepherd's will be speaking on what is new for 2025.

I would like to personally thank all the volunteers from this year who made it possible for the Garden Club to continue operating. It was great to have you step up and take on things. Also a huge thank you to Glen Gytenbeck who kept the club functioning during COVID and got us back to regular meetings.

I ask everyone to support the incoming executive and thank them for taking on the responsibilities to keep the club functioning:

President: Heather Hayes

Vice President: open

Secretary – Mary Jackson

Treasurer – Paul Peacock

Directors at Large – Sue Wiebe

Membership Chair – Christine Williams

Newsletter – Dianne Lockton

Speaker Coordinator – Heather Freeman

Past President – Carolyn Farris

Carolyn

DECEMBER 3, 2024 CLUB SOCIAL



MARK YOUR CALENDARS

Next meeting: Note – **the change of time and venue**

6:30 pm March 4, 2025

St James Anglican Church Hall

Member Discounts

Members of the Armstrong & District Garden Club receive discounts at a number of local garden centres:

Shepherd's Home Hardware Outdoor Living in Armstrong: 15% Discount on Regularly-Priced Garden Plants

Blue Mountain Nursery in Armstrong: 10% Discount on all products

Swan Lake Market and Garden in Spallumcheen: 10% Discount on all products

Nicholas Alexander Nursery in Vernon:
10%-15% Discount on Regularly- Priced Garden Plants

Show your membership card at the till before the cashier rings up the total and kindly request your membership discount.