

SEEDERS AND WEEDERS NEWSLETTER JUNE 4, 2024



Armstrong & District Garden Club

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EXECUTIVE

President - Carolyn Farris, 250-546-6083; cfarris@telus.net

Vice president - Vacant

Secretary – Mary Jackson and Yvonne Moore

Treasurer - Sue Wiebe

Membership Secretary - Chris Williams

Past President - Glenn Gytenbeek 250-546-9891; gcgardenedge@telus.net

Directors - Heather Freeman, Paul Peacock

Newsletter Editor – Dianne Lockton

Website Manager - Mary Jane Duford

Sunshine - Dianne Lockton and Heather Hayes

Door Prizes - Sue Rook

GENERAL MEETING

First Tuesday of the month, 7 pm, September to June in Odd Fellows Hall, Armstrong except January.

EXECUTIVE MEETING – 6 PM before General Meeting

Next meeting 7 pm September 3, 2024.

EXECUTIVE REPORT

Thank you to all who brought items for the Grow and Share. Despite the wind and rain there were some lovely entries. A big thank you to Heather Hayes for judging and then sharing tips for entering items into competitions. We encourage everyone to consider entering the IPE. Entry lists and forms are online at armstrongipe.com.

Make sure you plan to attend the Summer Potluck at 5:30 PM on Thursday, July 25 at Linda Meraw's on Becker Street. Bring your own dishes, cutlery and a dish to serve eight people. The club will be providing tea/coffee and fruit punch. Lots of good food and good fellowship to enjoy.

We will resume regular meetings in September so mark your calendar for Sep 3 at 7:00 PM at the Oddfellow's Hall. Have a great summer with lots of fun gardening.

The Executive

ARMSTRONG & DISTRICT GARDEN CLUB

GENERAL MEETING MINUTES

JUNE 4, 2024 ODDFELLOWS HALL

President Carolyn Farris called the meeting to order at 7:00 PM with 20 members present. Agenda was approved by Sue Rook. All in favour. May minutes were approved by Dianne Lockton. All in favour.

Correspondence

A thank you card was received from Sarah Borger who was the recipient of the Garden Club Bursary. Sarah will be attending as a student of Environmental Engineering.

Treasurer's report

Sue Wiebe presented the Treasurers report. The club is in a good financial position and will look at community donations in the future.

The garden club purchased petunias at a cost of \$535.50 which is \$100 more than last year. These flowers were planted in the containers along the railway tracks. The annual plant sale netted \$2816.50. There was some discussion about the process to set up for the plant sale and a suggestion was made to put together a binder of that process so that anyone new would have an outline of duties. Paul Peacock moved to approve the Treasurers report. All in favour.

Glen reported that the planters have been completed. Yvonne Moore will care for the planters the week of September 29. All other spots have been filled to care for the planters.

The summer pot luck will be held on July 25 at 2870 Becker Street. Bring your own chairs, dishes and cutlery. Refreshments will be provided by the club and the event will start at 5:30.

Plant sale

Very positive feedback from members concerning the running of this event. Some suggestions for next year include providing membership forms, double check the donations for invasive species, make the bags of soil more visible perhaps at the cash out table. Consider up selling by workers.

Potential speakers for future meetings include saving seeds and a talk on bees.

Positions required for the coming year include Vice President and Treasurer. The current President will stay on if there is nobody interested in taking that position and if there is a vice president.

The curling club is hosting a volunteer fair on Saturday September 14 from 10-2. Contact Paul Peacock if you are interested in helping out.

It was decided at the Executive meeting that door prizes would be discontinued due to the high cost of buying plants. If members have any plants they would like to donate these can be brought in to be given as door prizes.

The members introduced themselves to the group and gave a short history of their involvement in the Garden Club.

Thank you to the members who provided the refreshments

Heather Hayes was the judge for the flower arrangements that were presented. There were 24 entries in total and 1st in show was a Peony, 2nd was a geranium and 3rd was an African Violet. Heather gave a talk on how present these arrangements.

1. No leaves should show below the water
2. Check the garden for that perfect flower
3. Pick the exhibit the night before not in the heat of the day. Get into water as soon as they are cut by putting into a bucket of water
4. Use packages of floral preservatives or equivalent product

Meeting was adjourned at 8:15

June 4, 2024 Grow and Share

1st



2nd



3rd



May 28, 2024 Pleasant Valley Blvd. petunias planted by ADGC volunteers



May 15, 2024

Garden club members planted flowers at Pleasant Valley Manor. The staff was very appreciative of the help we gave them. Some residents were able to assist and others watched while the beautiful flowers brightened the day.



GARDENING INFORMATION

We usually don't think of our flower gardens as being a source of food but many of the common flowers are edible.

The following information is sourced from a book titled:

Edible Flowers from Garden to Palate

By Cathy Wilkinson Barash

Some of the most common and easily grown edible flowers in our gardens are:

Calendula	Pansy
Chives	Rose
Daylily	Sage
Mint	Signet Marigold
Nasturtium	Squash Blossoms

Ten Rules of Edible Flowers:

Eat flowers only when you are positive they are edible.

Just because it is served with food does not mean a flower is edible.

Eat only flowers that have been grown organically.

Do not eat flowers from florists, nurseries, or garden centers.

If you have hay fever, asthma, or allergies, do not eat flowers.

Do not eat flowers picked from the side of the road. They are contaminated from car emissions.

Remove pistils and stamens from flowers before eating. Eat only the petals.

Not all flowers are edible. Some are poisonous.

There are many varieties of any one flower. Flowers taste different when grown in different locations.

Introduce flowers into your diet the way you would new foods to a baby – one at a time in small quantities.

Pick flowers in the cool of the day, preferably in early morning after the dew has evaporated. Choose flowers that are at their peak.

Always sample a flower before using it for cooking. Examine the flower, looking for insects that might badly affect the taste test. There is nothing that says you have to like every flower.

There are several ways to preserve flowers. Freezing, which is the best way of preserving vegetables, does not work for most flowers as they are too fragile (daylilies are an exception). Flowers or petals can be successfully frozen in ice cubes to enliven drinks any time of the year. Drying works well for some but flavour is somewhat altered. Candying is time consuming but will preserve sweet flowers and petals for a long time. Flowers can also be preserved by making flower butter, sugar, oil, vinegar, and syrup.

When drying pick flowers early in the day. Hang by the stems in a warm, dark area with good air circulation. Individual flowers can be placed in a single layer on fine mesh. Let them dry in a warm, dark, dust free area. Once flowers are dry store them whole, crumbled or pulverized in air tight glass containers. Store in a cool, dark place. In recipes calling for fresh flowers, substitute half the amount if using dried.

Some recipes to try:

CALENDULA RICE

4 cups water

1/8 tsp salt

1/2 cup finely chopped onion

2 chicken bouillon cubes

1/2 cup finely chopped calendula petals

2 cups long grain rice

In medium saucepan bring water to boil. Add all ingredients and stir.

Reduce heat, cover and simmer 20 minutes.



STUFFED SQUASH FLOWERS

½ cup mozzarella cheese cut in short strips
6 sun dried tomatoes drained and cut in short strips
1 tablespoon capers
Squash flowers, stems and stamens removed
Olive oil for frying

Mix together first 3 ingredients in a bowl. Stuff mixture into squash flowers. Dip flowers into batter and fry until golden on both sides.

Batter: (enough for about 8 – 10 flowers)

1 cup flour salt and pepper to taste
1 tsp baking powder beer
2 eggs

Mix dry ingredients together. Beat eggs in a separate bowl. Add dry mixture to eggs. Stir and add enough beer to make the mixture the consistency of pancake batter.

If you prefer to have without the batter another recipe calls for squash flowers stuffed with feta cheese, sliced olives, diced fresh tomato and basil. Sauté for 2 or 3 minutes.



MARK YOUR CALENDARS

Summer potluck July 25 5:30

Next meeting September 3 7:00

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
- 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. Let us know if you have any difficulties getting the discount.