

SEEDERS AND WEEDERS NEWSLETTER

May 2025



Armstrong & District Garden Club

WEBSITE <https://armstronggardenclub.com>

FACEBOOK Ken Barr

EXECUTIVE

President – Heather Hayes 250 546-4969

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 June 3, 2025

GUEST SPEAKER

Our speaker this month was Mary Jackson.

Mary is a long time member and present secretary of our garden club. She grew and sold cut flowers for approximately ten years. She developed an interest in growing and drying flowers for floral arrangements.

Why do dried flowers?

- Drying flowers is the ultimate way to bring summer beauty inside.
- used for home décor and gifts
- lasts longer than fresh bouquets

10 Dried Flower Uses

- Wreaths.
- Bouquets.
- Unique Home Décor
- Shadow Box, and Framed Flowers.
- Topiary.
- Fragrant Sachets, and Potpourri.

- Teas, Cooking, and Cake Decorations.
- Herbal Medicine, and Natural Cosmetics.
- Candle and Paper Making
- Natural Home Cleaning Projects.

HOW to dry flowers?

When to pick flowers

-pick flowers that are almost fully opened when they are at their peak

Steps to dry flowers:

1. Pick flowers in their prime, just before they are fully opened. Keep stems long and remove foliage from the bottom of the main stems.
2. Gather them together in bunches and tie them with string.
3. Choose an area where the flowers are protected from light. For example, put up a screen or put them in a dark place such as in a cupboard, a shed, or barn.
4. Ensure the area has exceptional air circulation and low humidity.
5. Hang them upside down. Put paper bag under poppy seed heads. Cut and hand nigella seed heads while they are green.
6. Another option, in areas that have naturally low humidity, place paper bags around the bunches. Certainly, this can help preserve flower color and shape even more.

Tips to dry flowers:

- **Darkness to retain color.** Regardless of the chosen method for drying flowers, they need to be in a dark place for protection. The flowers' delicate colors will be faded by any source of light.
- **Dryness to preserve the flowers.** Of course, this is obvious, but sometimes easier said than done. In humid locations, flowers may not dry evenly. Importantly, this can lead to mold problems. It may be necessary to introduce fans or a dehumidifier to the drying area.

Ways to dry flowers:

- Many dried flowers are simply hung in a dry and dark area. It doesn't require any special equipment. Just a little space and time.
- For the dried flower enthusiast, there are products such as silica gel for preserving and drying flowers. This is a delicate procedure but can preserve complex flowers such as dahlias. This is an amazing technique for retaining color as well.
- Pressed flowers are so beautiful. Additionally, there is special equipment specifically made for this purpose. Most of us have probably pressed flowers or leaves in books, which might be a great place to start.

Tips for Pressing Flowers Successfully

To press flowers, choose a heavy book or a flower press, and place blooms between sheets of parchment paper. Ensure the flowers are not overlapping for an even press. Stack more books on top for added weight and leave them undisturbed for 2-4 weeks. Once dried, carefully remove the flowers and store them in a cool, dry place until ready to use.

Caring for Dried Flowers: Ensuring Longevity

To prolong the beauty of dried flowers, keep them out of direct sunlight to prevent color fading. Dust them gently with a soft brush or cloth to maintain their appearance. Avoid placing them in humid areas, as moisture can cause deterioration. With a little care, your dried floral creations can remain stunning for years to come.

Best flowers for drying?

- strawflower – *xerochrysum bracteatum*
- statice (*limonium sinuatum*)
- globe amaranth (*gomphrena globosa*)
- poppies – *papaver* (mostly seed heads)
- roses -*Rosa* (petals, rosebuds and whole dried flowers)
- yarrow (*Achillea filipendulina*)
- calendula (*Calendula officinalis*)
- pinks (*Dianthus*)

- purple coneflower (*Echinacea purpurea*)
- Lavender (*Lavandula angustifolia*) – used in teas, baking, cosmetics, sachets/potpourri
- sage (*salvia*)
- Stonecrop (*Sedum*)
- globe thistle (*Echinops*)
- sea holly (*Eryngium*)
- ornamental grasses (pampas grass, feather reed grass, fountain grass) wheat, millet/oat
- astilbe
- bunny tail grass
- celosia
- cornflowers
- gypsophila
- larkspur
- nigella (using pods)
- hydrangea
- eucalyptus (*Eucalyptus* spp.)



**ARMSTRONG AND DISTRICT
GARDEN CLUB**
Minutes for TUESDAY, May 6, 2025
6:30 PM St. James Church Hall,
Armstrong

21 members; 1 guest in attendance

1. Call to Order

Heather called the meeting to order at 7:18 p.m. and welcomed new member Aviva.

2. Approval of Agenda – 1ST by Carolyn; 2nd by Suzie.

3. Approval of Previous Minutes -1st by Jackie; 2nd by Suzie.

4. Correspondence –

Notice of O’Keefe Plant Sale on May 24 and 25 from 10 a.m. to 4 p.m.
Enderby Garden Club Newsletter

5. Treasurer’s Report –

Heather reviewed the club’s financial status. We continue to have a healthy balance.

Move to receive the Finance report. 1st by Carolyn; 2nd by Sue R. CARRIED.

6. Old Business

i) Petunia Planting

Glenn advised that the plants were ready to pick-up on May 15 and can be planted May 15 or 16th. This year they cost \$ 800. Thanks to the Chamber's contribution of \$ 350, the club will only have to pay \$ 500. We have set a limit of \$ 400 on flowers in the future.

Erin and Sue R. volunteered to help with maintenance, so the schedule is complete.

Thanks to volunteers Erin and Aviva who will help pick up the plants.

ii) Plant Sale –

We reviewed the plans for the plant sale. Set-up will begin at 6:00 a.m., with the sale starting at 8:30 a.m. All hands on deck!

Master Gardeners and Fire Smart reps will be attending.

A member will post on the Community Forum and/or Rant/Rave Armstrong.

Mary has added the event to the Morning Star, Castanet, InfoTel and Vernon Matters.

We will have more than 5 tents – some on standby if needed. Chris will pick up Chamber tents on Friday.

Tables – with several bringing more tables, we should have enough for auction etc.

Wheelbarrows/wagons – Jackie, Aviva, Gene and Glenn

Bring your plants sorted into perennial, annual, herbs, vegetables, house plants, succulents etc.

Cashiers: Jackie and Mary

Plant Holding Area: Chris/Rea

Signage for Soil” Jackie

Silent Auction: Chris. There will be two tables – one for new and one for slightly used items. Except for specific higher valued items, the cost will be what the buyer wants to donate.

Sue R. – boxes

Carolyn – rope and tables. Carolyn also has about 8 bags of Black Diamond available.

Gene – cart, stanchions, Black Diamond Soil (\$5) for 120 bags.

Heather - pricing

Sue W. reviewed labelling. On a venetian blind, or something similar, write in pencil the name of the plan, Sun/Shade preference, watering preference, colour of flower, height and width.

Thanks to Aviva who will help Heather load her plants.

7. New Business

- i) IPE support – The Club agreed to support the vegetable and flower divisions at the IPE.
- ii) Community Garden – Rea advised that Glad Tidings were going to expand their beds but suggested we wait until the beds were in place before sponsoring plots.
- iii) PV Manor – PV Manor have asked for help in planting their gardens and pots. After discussion, garden members selected May 22 and will meet at 9:30 on the Patton side of the Manor with gear in hand (garden gloves, trowel and water).
- iv) Summer Potluck – The club discussed a September timeframe, when the weather is more pleasant to be outside. Members were asked to consider hosting.

8. Adjourn

Heather adjourned the meeting at 8:20 p.m.

GARDENING INFORMATION

The club's May plant sale was successful again due to many of our members donating plants, volunteering their time for set up, assisting customers and cleaning up after closing. Thank you for all of your work.

The hostas (photo #2 below) were quite popular at the sale. I have found a couple of websites that provide some good information about them.

The first is the Kamloops Art Knapp site. There is a dropdown menu with a choice called Plant Finder. It shows 59 varieties of hostas (as well as other plants). The smallest is called Blue Mouse Ears (4 inches in height, zone 2). The tallest is Humpback Whale (36 inches in height, zone 3). <https://artknappkamloops.ca>

The other website is called The Spruce. <https://thespruce.com>

It provides information on planting, growing conditions, common issues, pruning, propagating and overall care. There is also a list of some of the popular varieties.

The following pictures were taken at the sale. It was a busy place.







MARK YOUR CALENDARS

Next meeting: 6:30 pm June 3, 2025 St James Anglican Church Hall

Planting at Pleasant Valley Manor 9:30 am May 22, 2025

O'Keefe plant sale May 24 & 25, 2025

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 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 member discount.