

SEEDERS AND WEEDERS
NEWSLETTER
NOVEMBER 5, 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

EXECUTIVE REPORT

Thanks to all who turned out for the November meeting. We have an almost full slate for the executive led by Heather Hayes as President. We are still looking for a vice-president. Paul led us in a garden game because our speaker was unfortunately ill. We have booked him again for the March meeting so will get to hear all about bees.

Mark your calendars for December 3 at 6:00 PM (note the time change) for our Appetizer and Dessert Social. Please bring plates, cutlery and a cup along with a plate of appies or a dessert. Spouses, significant others or a friend are welcome. Let them meet the other members and maybe decide to join. Tea, coffee and punch will be provided. It is a great time to enjoy good food, conversation and wish everyone a good holiday season.

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 to kick off another year of the Garden Club activities. Candice 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.

Carolyn

Glen, Carolyn, Sue W, Chris, Heather F and Paul

GENERAL MEETING MINUTES

Armstrong and District Garden Club Minutes of Tuesday, November 5, 2024 Meeting

Armstrong Oddfellow's Hall

15 members in attendance

1. President Carolyn called the meeting to order at 7:15 p.m. As there was no speaker we moved to the agenda, preceded by Paul leading us in a word challenge. Great fun!

a. Approval of Agenda. Motion by Mary, CARRIED.

2. Approval of Minutes of September and October 2024. Motion by Heather, CARRIED.

3. Correspondence: The Club received correspondence from Mary Jane Duford, Armstrong Elementary School Garden Project Coordinator advising that the school will be building a school garden.

4. Treasurer's Report – Sue Wiebe advised that we are still in a healthy financial position. Motion by Sue Rook to accept the report. CARRIED.

5. Old Business – December Appetizer and Dessert Social will be held Tuesday, December 3 **at 6 pm**. Note the earlier than normal time. Members were encouraged to bring dishes.

6. New Business – Membership fees (\$ 15 per person) will be collected beginning in December. Those without their membership paid by March will no longer receive Club news.

7. Elections:

The following individuals put their names forward for the positions noted. All the individuals were acclaimed.

President: Heather Hayes

Vice President: none

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

8. Adjournment and Next Meeting

There will be no meeting in January. The Social will be held in December with the next meeting on Tuesday, February 4, 2025.

Thank you to members who provided the refreshments.

GARDENING INFORMATION

HOW TO STORE CARROTS

Whether you've harvested a bumper crop or picked a bunch of [carrots](#) from your local market, storing them properly means you can enjoy their crisp, earthy goodness well into the cooler months. Let's walk through the ins and outs of carrot storage, so you can keep them as fresh and nutritious as the day they were picked.

The crux of the matter when storing carrots is keeping them moist and cool. Thick-cored varieties are particularly suited for longer storage times, whether you're keeping them in the ground, in a root cellar, refrigerating, or freezing them.

Our [Napoli Organic F1](#) is a sweet selection for your fall harvest, especially after a light frost. In milder winters, these carrots can be left in the ground for continual harvesting. The [Yellowstone Organic](#) offers a pop of colour and is sublime when roasted. For top-notch storage, consider [Bolero F1](#), which keeps its crunch in the cellar or fridge for months on end.

Storing Carrots in the Refrigerator

To maintain freshness, store carrots in a cool, dry environment. Begin by removing the greens, which can draw moisture from the roots. Avoid washing the carrots immediately; instead, let them dry and cure slightly in an airy space. Once dry, seal them in zip-top bags and place in the crisper of your fridge. This method keeps most carrot varieties fresh for over 10 days with minimal nutrient loss.

For varieties like [Bolero F1](#), which are excellent for extended storage, repeat the initial steps, then line a vegetable crisper with paper towels to absorb moisture. Regularly check and replace the paper towels to ensure the carrots stay dry, prolonging freshness for three months or more.

Storing Carrots in the Freezer

Carrots, like many veggies, have enzymes that start to affect their colour, texture, and nutrient content soon after being picked. Thankfully, we can nip this in the bud with blanching. This quick dip into steamy waters or a rolling boil followed by an ice-cold bath stops these enzymes dead in their tracks, locking in those fresh-from-the-garden qualities.

When it's time to freeze, whether you're handling petite baby carrots or larger ones cut into even chunks, they'll need a hot water plunge. For every pound of carrots, have a gallon of water at a rolling boil ready. After they've had their five-minute spa in the boiling water and the bubbles return, rescue them with a strainer or slotted spoon, and give them an invigorating plunge into ice water. This isn't just a stop to the cooking—it's a full refresh, ensuring the texture remains top-notch. If your carrots are diced or julienned, they'll only need two minutes in the boiling water before their ice bath.

Once they're chill to the touch, spread them out for a thorough dry-off on a clean kitchen towel. Now, for the freeze: bigger pieces do well with tray-packing—spread them out, freeze, then bag them up. Smaller bits are perfect for dry-packing straight into a freezer bag. The key is to squeeze out as much air as you can before sealing. Remember to label your bags with the date and what's inside.

Follow these steps, and you'll have crisp, garden-fresh carrots ready for thawing and adding to your favourite dishes for eight to twelve whole months.

Storing Carrots in a Root Cellar

Root cellars are the unsung heroes of vegetable storage, providing a naturally cool and damp space where carrots and other root crops can be stored for months. This age-old method is akin to placing your vegetables in nature's own refrigerator, where they enter a state of restful hibernation, emerging as fresh as when they were first harvested.

In the absence of a traditional root cellar, a similar environment can be created in a garage, shed, or even a covered spot in your garden. These makeshift cellars can act as a sanctuary for your carrots, beets, parsnips, and other root vegetables. To replicate the ideal conditions, aim for a relative humidity of 90% to 95% and temperatures between 0.5 – 4.5°C (33 – 40°F). With this setup, your vegetables will maintain their garden-fresh taste and texture, ready for your culinary use throughout the winter.

Storing Carrots in Sand

Sand storage is another practical method, especially if the ideal root cellar conditions are met. In a crate or box, layer two inches of sand at the bottom, place a single layer of carrots, cover with another inch of sand, and repeat until the container is full. A bit of moisture on the top layer will help keep the sand and carrots from drying out, without adding excess humidity to the environment.

Important: When preparing carrots for storage in a root cellar or sand, it's best to leave them in as natural a state as possible. Trim the tops, but keep the fine roots and a bit of soil attached, which acts as a natural barrier and helps preserve the carrots throughout their storage.

As the days grow shorter and the air chills, take heart in knowing your carrot harvest will carry you through. With a little care and the right storage, those vibrant roots will remain a beacon of your garden's bounty. So, keep your spirits and spades high — thanks to your efforts, there'll be plenty of crunch to go around.

Source: West Coast Seeds www.westcoastseeds.com



MARK YOUR CALENDARS

Winter social: December 3, 2024 6:00 PM

Next meeting : February 4, 2025 7:00 P.M.

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.