

Armstrong & District Garden Club



Welcome! While we are staying close to home and reducing the spread of COVID—19, 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! And enjoy gardening in our own yards!

Executive 2020

President:

Glenn Gytenbeek

Vice-President:

Paul Peacock

Secretary:

Ken Barr

Treasurer:

Judi Cogan

Membership:

Paul Peacock

Newsletter Editors:

Heather Hayes &
Mary Jackson

Directors:

Judi Cogan
Heather Freeman
Heather Hayes
Brenda Hobbs
Mary Jackson
Sue Lendrum
Dianne Richards
Judy Wilde

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See the photos from our recent plant sale on pages 5 to 10.
Find out how you can get a pirate for your home!



An Update from our Editors:

This is the last issue of the newsletter until the spring of 2021. Why, you might ask? Well, there is less to report on, now that our annual activities have been more or less been completed.

Holding socials during the Christmas season are a big unknown right now, but we'll keep you posted, nonetheless.

This isn't an ideal situation and we miss getting together in person, but staying safe and reducing the spread of Covid—19 requires us all to change our routines.



From Heather:

I would just like to tell our members I miss seeing their faces and talking about our gardens. Hopefully the new year will allow us all to meet again . Wishing you all a happy and healthy Christmas and hope everyone is enjoying the bountiful harvest from their gardens.

From Mary:

As the garden season comes to a close, it's a perfect time for reflection and planning for the coming year. As is often said, "This too will pass." Stay safe and healthy!



Our most recent executive meeting: Judi, Glenn, Ken, Heather F., Dianne R., Judy W. in Glenn's garden.

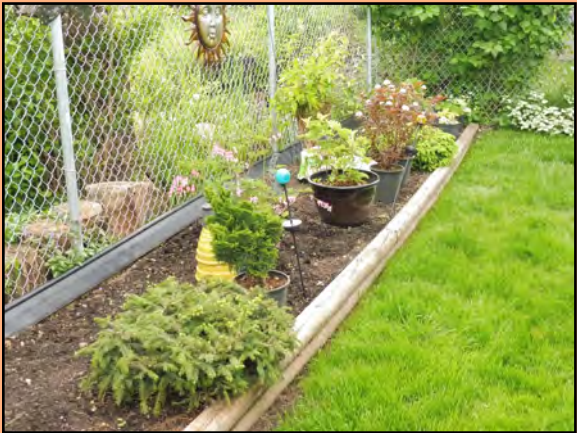
Garden Make-over: Courtesy of Judi C.

Here’s Judi’s story of the garden make-over that she’s been working on this spring and summer:

The garden here was a mess of old (and I do mean old - probably original 27 years ago!) and really awful plants like false spirea, virginia creeper, peony and bleeding hearts. And then there were the hostas. Some were as big as me - just ask Sue L. what the roots were like. I don't have any pictures of that mess.

In March I started removing everything. There was a layer of landscaping stone, then fabric and the roots growing under there from the false spirea were unreal. Also lots of roots from neighboring trees that had been cut down a few years ago. Lots of work to get those out. There was a nice bulb garden but it took up way too much space so I dug it all out too. I replanted some of the bulbs and kept some for the plant sale. The soil was pretty good so that was nice.

There were some birds nest spruce and an Alberta spruce that had been recently planted but would grow way too big for the site so I removed them as well.

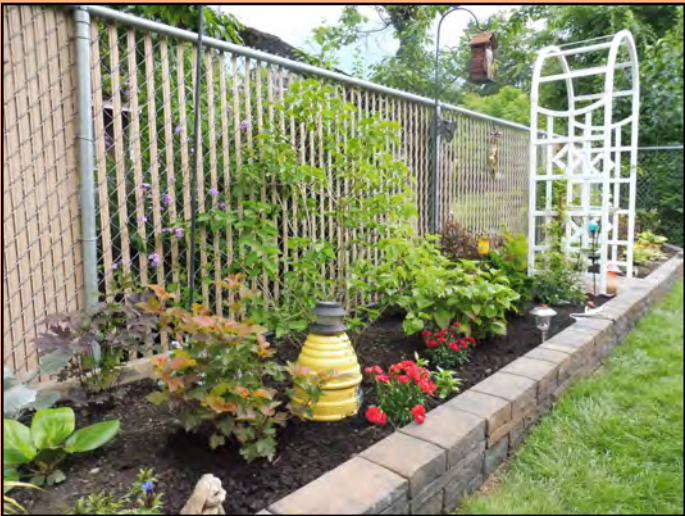


The garden is a real mixture of shade, sun/shade and hot sun so I had to do my homework regarding where to plant the new stuff. I put in a trellis about halfway down and I have a Honeysuckle on one side and a Kiwi on the other with some stone underneath and a bird bath.

In the shade area there are hostas, ferns, ginger, brunnera, heuchera, rodgersia, aralia, sweet woodroffe and a few other ground-covers.

In the sun/shade area there is an assortment of shrubs - oak leaf hydrangea, lilac, miniature rose and several ninebarks of the smaller variety.

In the sun area there are clematis, garlardia, day lily, monkshood, aralia, asiatic lily, black eyed susan, bluebeard shrub, echinacea, asclepias and some annual dianthus for good colour.



Garden Make-over contd.: Courtesy of Judi C.

Here’s Judi’s continuing story of the garden make-over that she’s been working on this spring and summer:

And to finish it off I took out all the old landscape ties and built a nice stone wall around it. And now of course I'm in such a pickle that I can't even get out to weed it or deadhead.....☺. Some of my neighbors will help I think but it's just been too hot. Judi



Fall Crocus

August 29 Mini Plant Sale:

Hello everyone:

Thank you to all the volunteers who took part in last Saturday's plant sale.

- Thank you to:
- the donors of plants
 - diggers of plants
 - deliverers of plants
 - potters of plants
 - stomers of plants
 - sale advertisers
 - pickup, delivery and return of tables and stuff people
 - set-up crew on Saturday morning
 - supporters who spent the entire morning on site helping to sell plants
 - crafty folk who made crafts to sell
 - organizers and managers of the silent auction....

It took a team effort to make the sale the success it was!!

Awesome work team! Thanks for the time you all put in!!

Our bank account is healthieras a result of everyone's effort.

A job well done. Thanks again.

Glenn



**A special thank you to the
Armstrong Farmers'
Market for the use of their
space for the plant sale.**



Five new members were recruited to join the club from among the plant sale attendees. For \$15 a year, a membership provides lots of gardening information, socials, speakers and comradery. We hope we can meet some of our new members in person soon!



Set-Up and Preparing for the sale:





Selling our plants, crafts and getting silent auction bids:



Selling our plants, crafts and getting silent auction bids:



Celebrating a successful sale!



Congratulations Team!



Thank you from Bursary Recipient:



Hello, my name is Stephanie Ullrich, and I am honored to be the recipient of the Armstrong and district garden Club bursary. This financial assistance will go towards my college books and tuition. Due to the current Covid crisis, I plan on attending college in the fall of 2021. Thank you again for your generous support.

With gratitude,
Stephanie Ullrich



Pot up Plants during your Fall garden clean-up:

In anticipation of a plant sale next May, we hope that our members will pot up some extra plants or divide some plants this fall and hold them over. Here's a useful reference tool:

https://garden.lovetoknow.com/wiki/How_to_Transplant_Divided_Plants_and_Flowers_in_the_Fall

Christmas Gift Idea:



If you're looking for a Christmas gift, consider gifting a handcrafted cedar birdhouse. Proceeds go to the Armstrong Garden Club.

The birdhouses are between \$60 and \$ 70 each, based on size. A hinged bottom allows for easy cleaning.

Call or email Heather (250-546-4969) or triple-h@telus.net to reserve your birdhouse.

Recipe: Courtesy of Sue L.

Hope you enjoy this one. I usually add some cinnamon to the main cake. Sue L.

Blueberry Crumble Cake

Topping

- 2/3 cup AP flour
- 1/3 cup packed brown sugar
- 1/4 tsp salt
- 5 Tbsp unsalted butter, melted
- 2 Tbsp Sliced almonds (optional)

Cake

- 1 1/2 cups AP flour
- 2 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup unsalted butter, softened
- 1 1/2 cups blueberries



- 1 cup sugar
- 2 eggs
- 1/2 cup sour cream
- 1 tsp vanilla

Preheat oven to 350F. Mist 9 inch spring form pan with cooking spray. Line bottom with parchment; set aside.

Topping: In bowl, stir together flour, brown sugar and salt. Using fork, mix in butter until moistened. Toss in almonds if using; set aside.

Cake: In bowl, whisk together flour, baking powder and salt. In large bowl, using electric mixer, beat butter with sugar on medium speed until fluffy. Beat in eggs, 1 at a time: beat in sour cream and vanilla. Stir in flour mixture in two additions just until combined.

Scrape into prepared pan, smoothing top: sprinkle with blueberries, sprinkle topping over top.

Bake until cake tester inserted in centre comes out clean, 40 to 45 minutes. Let cool 10 minutes then remove from spring form to a rack to cool. Serve with more berries and whipped crème.

Recipe(s): Chocolate Zucchini Brownies (Courtesy of Heather F.)

Chocolate Zucchini Brownies

2 eggs	
1 tbsp vanilla	[15 ml]
¾ c brown sugar [lightly packed]	[180 ml]
¼ c unsweetened apple sauce	[60 ml]
1 c whole wheat flour	[250 ml]
½ c cocoa	[125 ml]
1 ½ tsp baking soda	[7 ml]
¼ tsp salt	[1 ml]
2 cups grated zucchini	[500 ml]
1 c semi-sweet chocolate chips	[250 ml]
¾ c chopped walnuts [optional]	[180 ml]



Preheat oven to 350 degrees F. [175 degrees C.] Grease an 8 inch X 8 inch pan.

Mix together the eggs, vanilla, brown sugar and applesauce; let sit for 5 minutes to allow sugar to dissolve.

In a separate bowl, mix the flour, cocoa, baking soda and salt.

Add the dry ingredients to the wet; gently stir until just combined.

Fold in the zucchini, chocolate chips and walnuts; pour the batter into the pan.

Bake 30 to 35 minutes or until brownies set. The center of the brownies should be slightly springy, yet firm to the touch.

Cool on a wire rack before slicing. Will keep in an airtight container at room temperature for 4 to 5 days and also freezes well.

Yield: 16 squares



Craft # 1: Courtesy of Dianne R. (<https://leafandclay.co/blogs/blog/mini-succulent-arrangements-in-unconventional->

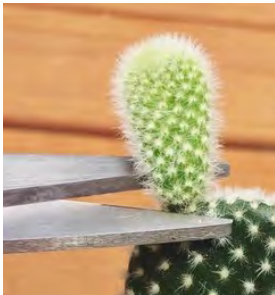
I quite frequently am asked about how I make my mini succulent arrangements: what type of succulent to use, how often to water, what about drainage holes, when to put it in a more conventional pot, etc. I thought I'd take the opportunity to write a short How-To so that I can hopefully shed some light on the process. For this project, I will be using shells, hot sauce bottle lids, a package that held Scentys wax, and a cork from a wine bottle to make my mini succulent creations!

WHAT YOU'LL NEED:

- Succulent/cacti dirt
- Scissors
- Large tweezers
- An eyedropper
- Mini pots of your choice
- Succulent cuttings
- Hoffman "Western Desert Sand"

STEP ONE: TAKE YOUR SUCCULENT CUTTINGS

Taking a succulent cutting is simple if you do it properly! It is best to use scissors to get a clean cut of the plant. As pictured below with the cactus, it is best to cut it as close as you can to where it is growing out of the larger part of the plant. With the sedum or similar succulents, it is best to cut it as close as you can to where it is sprouting out of the dirt. If you are new to mini creations, I would recommend using any kind of sedum or hen and chicks!



STEP TWO: PREPARE YOUR UNCONVENTIONAL POTS FOR PLANTING

A very frequently asked question I receive on Instagram is if the items I use for small creations have drainage holes. Typically, none of them do. Because of this, I like to use "Western Desert Sand" by Hoffman. It can be found right [here](#), or in local plant stores or places such as the Home Depot. This sand is amazing, because it sucks up moisture and is great for drainage! I would recommend placing it in the bottom of your mini planters as the first layer, as pictured below.

Next, you can take your succulent/cactus dirt and lightly place it into your mini pot. I have been using "Organic Cacti and Succulent Soil Mix" also by Hoffman, and I really like it! Do not pack the soil into the pots quite yet! This will be a later step.



Craft # 1 contd.: (<https://leafandclay.co/blogs/blog/mini-succulent-arrangements-in-unconventional-pots>)

STEP THREE: PREPARE YOUR SUCCULENT CUTTINGS

It is now time to plant your succulent cuttings! You may need to pluck some of the smaller leaves off of the lower stem of the succulent. Then it should be very simple to carefully stick them into the soil.

If you are using cacti, this is where the large tweezers can be very handy! Carefully pick the cactus cutting up with the tweezers and place it into the soil. After your cuttings are in the soil, secure them by adding more soil around the edges and lightly pack it down with your finger. The end of the tweezers can also work very well to pack the soil in tightly! You can touch the top of the plants to see if they feel secure in the pot. There should be little movement if secure.



STEP FOUR: WATER YOUR MINI CREATION

Next you can use your eyedropper to water your mini creation! I would recommend watering two times a week with about six to ten drops per plant. If your leaves look dry then try adding an extra day of water. If they start to look mushy then cut back on watering to only one day a week. I have a large majority of my mini creations on the west windowsills of my home and they seem to love it! Just make sure if you use a pot that doesn't weigh much not to leave your window open on a windy day because it will likely get blown over. I have been asked when it is time to put the plant in a larger pot and it is pretty much the same as a larger plant. If you can no longer see the dirt around the succulent or it has grown out of the pot, just replant in a larger pot!

Here are some photos of some of my recent mini creations! If you are looking for unique objects to use for planters, I would recommend antique stores or consignment shops. Goodwill is also a great place to find inexpensive fun planters! If you have any further questions feel free to message me on my Instagram (@alliegrows_succulents) or leave a message in the comment section below!

I hope you enjoy your mini creations!

All Images by Allie DeVore



Craft # 3: Courtesy of Dianne R.**DIY Pinecone Flowers With Stems****SUPPLIES NEEDED:**

- pinecones
- long wooden skewers (mine were 12 inches)
- hot glue
- a 3/16 inch drill bit
- paint supplies (optional)
- a vase (about 6 inches tall)
- floral foam

Directions:

1. Start off by drilling a shallow hole in the bottom of each pinecone. You just need it deep enough to secure the wooden skewer with hot glue.
2. Paint the pinecones in the colors of your choice. I chose to paint only the tips of my pinecones because I think it looks more rustic and natural.
3. Once the paint has dried, place a generous amount of hot glue into the pre-drilled holes and then immediately place the flat side of your skewers inside. I held each skewer in place for about 20 seconds before moving on to the next to ensure that it dried in place.
4. If you plan on arranging these in a vase, I recommend placing a piece of floral foam onto the bottom of your vase to keep your pinecone flowers in place.
5. Start by placing a full length pinecone stem directly into the middle of the foam, and then trim the rest of the skewers as needed to create a natural looking arrangement. I also added in some faux white berry filler once I was finished. I think it makes a big difference!

Garden Questions and Answers:

Editors’ Note: *This new feature is being added as an aid to our garden club members. Feel free to submit your garden questions to the Editors, who will source the answer(s).*

Question from new member Tammy Nedelec:

“Good morning. I am new to the area and have blackberries and are not familiar with their care. Are they like raspberries? They are way out of control not sure if I should clip back. Thank you.”

Answer:

Most gardeners can grow blackberries, but those in colder areas will have to think about blackberry bush winter care. All blackberry bushes require pruning during the cold season and, if your temperatures dip below freezing, you’ll also want to learn how to protect blackberry plants in winter. For more information about care for blackberry bushes in winter, read on.

Pruning Blackberries in Winter

You can’t just forget about blackberry bushes in winter. They require care. You need to cut back your blackberries during the cold season. Pruning blackberries in winter is part of blackberry bush winter care. Before you begin snipping blackberry bushes in winter, you need to identify which canes on your plants are first year canes (primocanes). These are the canes that have not yet borne fruit. If you have erect canes (canes that stand up on their own), prune your canes in late winter. Remove all of the weaker canes of each plant, leaving only the three or four strongest canes standing. When you are pruning blackberries in winter, cut back long, trailing branches on your erect canes to 12 to 18 inches. Follow the same pruning procedure if you have trailing canes. These are the brambles that lie on the ground unless you tie them to a stake. Prune trailing blackberries in winter in the same way as the erect canes only act in the very beginning of winter, not the very end.

Winterizing blackberries is different for trailing types and erect types of berry bushes. For trailing canes, remove them from their stakes after you have pruned them. Lay them on the ground and tuck them in for the winter with a thick layer of mulch. Erect canes are hardier (survive cold better) than trailing ones and require less protection. If you expect chill winds, construct a windbreak to protect them.

Read more at Gardening Know How: Blackberry Bushes In Winter – How To Protect Blackberry Plants <https://www.gardeningknowhow.com/edible/fruits/blackberries/blackberry-bushes-in-winter.htm>



Flower of the Month: Garden PhloxSource: www.preannualpleasures.net

Phlox is a genus of 67 species of perennial and annual plants in the family Polemoniaceae. They are found mostly in North America in diverse habitats from alpine tundra to open woodland and prairie. Some flower in spring, others in summer and fall. Flowers may be pale blue, violet, pink, bright red, and white

Why grow Phlox?

Phlox are not only favorite perennials; they have been favorites in American gardens for well over 100 years. It's not hard to see why. They are long blooming, hardy and long-lived, easy of culture, often fragrant and never need staking. They come in a range of heights from two to five feet, and produce huge billows of bloom in mid-late summer, in a range of colors from pure white to red, with nearly every shade of pink, lavender, salmon and purple in between. They grow happily in most parts of the country and, properly planted and sited, they are largely pest and disease free, and provide decades of effortless bloom.

Phlox doesn't like drought and should be watered during dry spells or whenever you see the foliage begin to wilt. Ideally, phlox should receive about an **inch of water per week** during the growing season. To keep the foliage healthy, water at the root zone rather than overhead.

Powdery Mildew can be a problem – plant resistant varieties and ensure that the plant has good air circulation and does not dry out.

BY HEIGHT, THE SHORTEST AND TALLEST PHLOX:

Short Phlox, 3 ft or under: Amethyst Pearl, Anne, Aureole, Bambini Desire, Blushing Shortwood, Delilah, Fairest One, the Fashionably Early series, the Flame Series, Jr. Dance, Jr. Dream, Jr. Surprise, Little Boy, Little Princess, Miss Lingard, Miss Mary, Natascha, Omega, Red Riding Hood, Shorty White.

Tall Phlox, 4-5 ft: Bright Eyes, Cabot Pink, David, David's Lavender, Delta Snow, D.H. Forbes, Fairy's Petticoat, Hot September Pink, Midsummer White, Miss Holland, Miss Universe, Mt. Fujiyama, Pink Bud, Salmon Beauty, Sherbert Cocktail, Sir John Falstaff, Spitfire, White Admiral, Widar.

Very Tall Phlox, to 5 ft or more: Caspian, Hesperis, Kirmeslander, Mile High Pink, Old Cellarhole, Robert Poore, Russian Violet

Flower of the Month: Courtesy of Heather H.



Beautiful Phlox colors for your garden I have most of these in my garden and love them

Zone 5 Garden Tasks—OctoberSource: <https://www.farmers almanac.ca>

- Continue to harvest and store your fruit and vegetables for the winter. Dig and store potatoes in a dark location.
- Ripen green tomatoes indoors or in a paper bag.
- Harvest and store apples in a cool place at about 40 degrees, not on the counter.
- Plant garlic. It will overwinter and be ready to harvest next summer. See our Garlic page.
- October is still a good time to plant trees and shrubs.
- If you have empty garden spots, cover with leaves, manure, or compost. Or, plant winter cover crops such as rye grass or clover. All will enrich the soil and keep weeds away.
- If you wish to convert yard space to garden beds, use newspaper or cardboard covered by mulch; by spring, all weeds will have died.
- Dig up and repot herb plants to bring them inside for the winter; keep them in a sunny place.
- Trim or stake your bushy perennial plants to avoid any wind damage.
- Apply a layer of mulch around your roses, azaleas, rhododendrons, and berry plants for winter protection.
- Protect grafted roses. Before the ground freezes, mound soil about 12 inches in and around canes, making sure graft is completely covered.
- Clean up your annual flower beds. Remove any diseased plants to help prevent any insects from overwintering in your garden. Hardy or “own-root” roses don’t need special protection.
- Clean up your lawn of any leaves and fallen fruit and vegetables to discourage pests and diseases from your lawn and gardens.
- Save seeds from your favorite vegetable, fruit, and flower plants
- Reduce the water supply for houseplants to help harden them off for winter.
- Dig out geraniums if you are overwintering.
- Mow your lawn a little shorter than usual to help prevent snow mold. You can apply a lawn fertilizer formulated for fall now.
- Cover compost piles with black plastic to keep rain from making them too soggy.
- Keep watering your evergreens; this helps them to keep from drying out during the winter.
- Shut off your water and drain systems. Put away your hose and equipment.

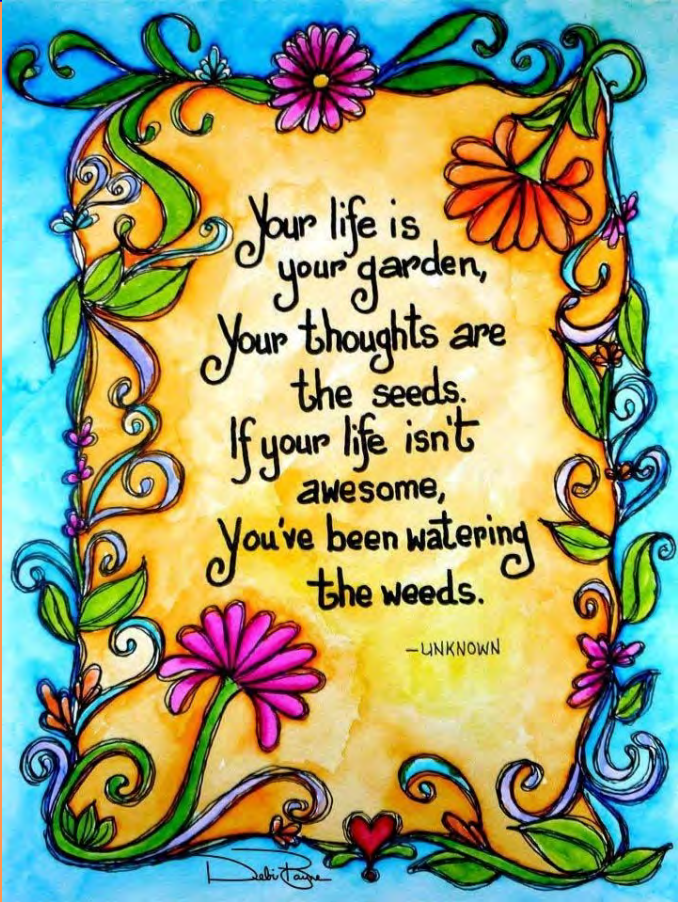


Upcoming Events:

The SIHA October 2020 meeting has been cancelled.

No scheduled Garden Club meetings until further notice.

So stay well and healthy!



About ADGC:

The Armstrong and District Garden Club was established in 1927 and is an active, fun group with over 60 members. The club supports the community through donations, student bursaries, planting along PV Boulevard, and supporting initiatives such as Communities in Bloom.



Garden Exec: Front Row: Brenda, Glenn, Judi and Heather Back Row: Mary, Heather, Ken, Judy, Dianne and Paul Absent: Sue L.