

Armstrong & District Garden Club



Welcome! While we are observing the current health guidelines to reduce the spread of COVID, 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 2021

President:

Glenn Gytenbeek

Vice-President:

Paul Peacock

Secretary (Interim):

Carolyn Farris

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
Judy Wilde

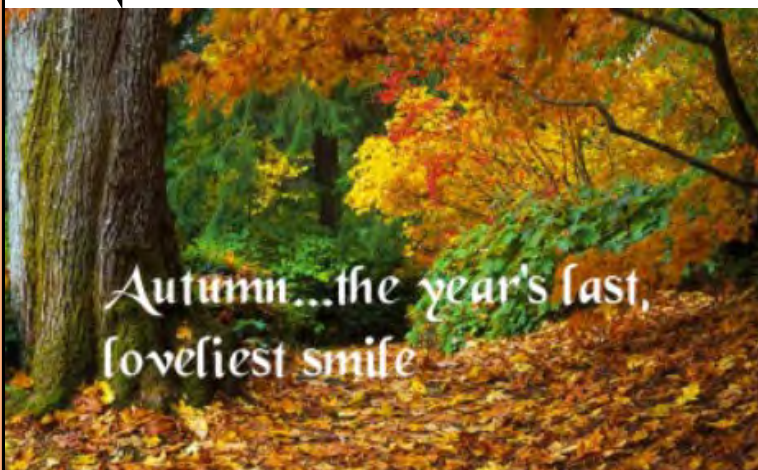
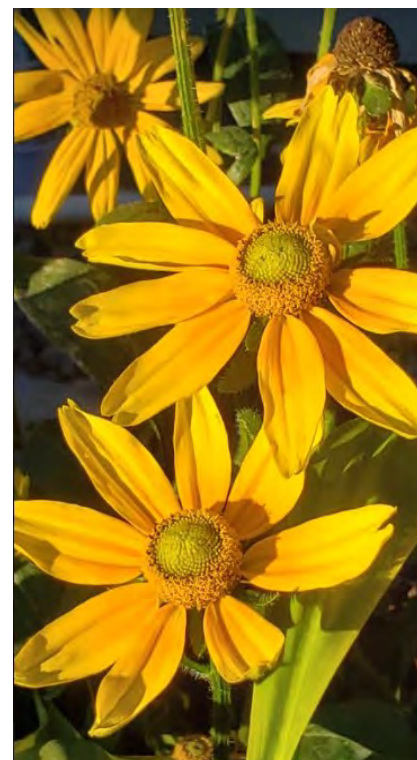
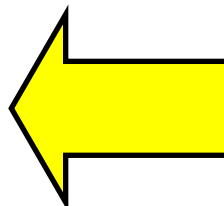
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Call For Nominations:



If you are interested in the position of Vice-President or in being a Director of the Garden Club, please submit your name to President Glenn by November 15.



Autumn...the year's last,
loveliest smile

Update from the President:

So fall is in full swing, the temperature has cooled and I am now enjoying maximum time in the garden doing some heavy lifting, moving large rocks around the front boulevard. The construction on the front street is nearly done and the landscaping needed to change, I will start dividing a variety of our existing plants and start planting soon. The neighbors think I'm nuts—they are probably right - but I'm having fun...

The city planter petunias showed excellently this year, thanks to the bi-monthly care by: Brenda H., Judi C., Judy W., Heather F., Paul P., Mary P., Connie L., Yvonne M. Many hands made light work for everyone. Thanks again—we hope to do it again next year.

Please consider volunteering for one of our positions available in the garden club we need all hands on deck to keep the club viable.

Glenn

A reminder to garden club members to pot up some plants for next year's plant sale while you are doing your fall clean-up.

**Volunteer Positions Available**

You're needed! There are a number of roles that help our club function and provide fun and educational outings for members.

Please consider volunteering for one of the following positions:

- newsletter editor
- Sunshine person sending thank you cards, get well cards etc..
- garden tour co-ordinator
- meeting speaker organizer
- door greeter at meetings

Contact Glenn for more information or to volunteer: 250- 546-9891.



Executive Meeting Update:

While we’re not holding regular meetings, the executive is continuing to maintain club functions and perform club business.

One of the topics discussed at the September 8 Executive meeting was the distribution of surplus club funds to support community programs in areas related to gardening and community beautification, food production and supply, and to support youth studying agriculture and environmental fields.

The Club is in great financial shape and the Executive believes that we have funds to carry the club over the next year in addition to donating up to \$4,000 to support our community.

Last month, we circulated this proposal to our membership and did not receive any comments or concerns. Accordingly, the executive moved to make community donations as follows:

Armstrong Food Bank	\$500
Good Food Box - Armstrong	\$400
Community Garden	\$250
Communities in Bloom	\$250
Glad Tidings Breakfast Program (PVSS)	\$400
AES Breakfast program	\$400
Highland Park Breakfast Program	\$400
Len Wood Breakfast Program	\$400
Bursary x 2	<u>\$1000</u>
Total	<u>\$4000</u>

Funds will be distributed to community groups in the coming weeks.



October Exec. Meeting: Judi C, Carolyn, Glenn, Mary, Judy W., Heather F., Brenda

The *** NEW ***ADGC Website: <https://armstronggardenclub.com/>

WHAT WE DO:

LEARN, GROW, & HAVE FUN!



Community Involvement

The club is active in the community, supporting local charity organizations through our Annual Plant Sale and helping to beautify the community with work parties such as the petunia planters on PV Blvd.

[SEE UPCOMING COMMUNITY EVENTS →](#)



Monthly Meetings

The club meets monthly to discuss upcoming events, plan the Annual Plant Sale, and share gardening tips and ideas.

[MORE ABOUT OUR MEETINGS →](#)




Mary Jane

Thanks to the efforts of ADGC members Mary J. and Mary Jane the club now has an amazing website:

(<https://armstronggardenclub.com/>)

It tells people about our club, what we do, how to join and the ways we support our community.

Be sure to visit the website and if you have comments or ideas, forward them to the editors.

CLUB NEWS



BC Council of Garden Clubs: Fall General Meeting

Sep 24, 2021
Fall General Meeting October 30, 2021.
Registration details to follow. See the BC Council of Garden Clubs website, here:
<https://bcgardenclubs.com/events/bc-council-of-garden-clubs-fall-general-meeting/>

[READ MORE](#)



September 2021 Newsletter

Sep 26, 2021
Here is the September 2021 Newsletter of the Armstrong & District Garden Club. Thank you to our club newsletter editors Heather Hayes and Mary Jackson. The September edition of the newsletter includes: Update from Glenn/Upcoming get-together/Proposed community...

[READ MORE](#)



June 2021 Newsletter

Sep 26, 2021
Here is the June 2021 Newsletter of the Armstrong & District Garden Club. Thank you to our club newsletter editors Heather Hayes and Mary Jackson. The June edition of the newsletter includes: Photos from petunia planting along PV Boulevard/Available volunteer...

[READ MORE](#)

Community Involvement



ADGC Heather donating to Len Wood School – Armstrong Garden Club
Heather Presenting Garden Club Donation To Principal Denise Brown Of Len Wood School



Armstrong BC – Planters on Pleasant Valley Boulevard
Petunia Planters on Pleasant Valley Boulevard



Collecting Plants for the sale
Collecting Plants For The Plant Sale Community Fundraiser



ADGC recognized by Communities in Bloom – Armstrong Garden Club
Recognition From Communities In Bloom

HOW TO JOIN

It's easy to join the Armstrong & District Garden Club!

1. Fill out the membership form ([get your copy here](#))
2. Send the membership form to the club secretary Carolyn Farris at cfarrisadgg21@gmail.com
3. Send cheque for annual dues of \$15 to the club treasurer Judi Cogan at #37—153 Salmon Arm Drive, Enderby, BC V0E 1V1

Annual Garden Club membership dues are due at the beginning of each calendar year. Dues are generally mailed to the treasurer (see address above) or given to the treasurer at a monthly meeting. Membership of \$15 a year per individual provides access to meetings, tours and social events. Members receive the club's monthly newsletter, along with those of other area clubs. A garden club membership also entitles the member to discounts at local gardening centers and nurseries (see the [Resources page](#) for more details).

The Armstrong and District Garden Club meets once a month on the first Tuesday of the month (February to June and September to December). Meetings are held at the Odd Fellows Hall ([3005 Wood Avenue, Armstrong, BC](#)) beginning at 7:00 pm.

Currently, there are no meetings scheduled due to COVID-19. Guests are welcome to attend the meetings when they are held.

The Best Pumpkins for Pumpkin Pie: (excerpts from Mary Jane Duford's blog, *Home for the Harvest*)

The best pumpkin pie demands the best pumpkin purée – and the best pumpkin purée needs the absolute best gourmet pumpkins.

The best pumpkins for pie are heirloom culinary varieties with dense, sweet flesh that's not watery or stringy. Some of the best pumpkin for making pumpkin pie include Fairytale Pumpkins, Jarrahdale Pumpkins, Dickinson Pumpkins, Long Pie Pumpkins, and Red Kuri Squash. Skip the carving/Jack-O-Lantern types and opt for an heirloom cultivar chosen for its cooked flavor and texture. Even the attractively-named "Sugar Pie Pumpkin" pales in comparison to the varieties below when baked in pies.:

Visit this link to learn all about the best types of pumpkins for making gourmet pumpkin pie:

<https://www.homefortheharvest.com/best-pumpkins-for-pie/>

The key is to go for the unique-looking heirlooms, not the bright orange Jack-o-Lantern types:



A note about Pumpkins vs. Squash:

All pumpkins are squash, but not all squash are referred to as "pumpkins". The winter squash we call "pumpkins" in casual terms are simply those winter squash that tend to have round shapes and ribs down the side. Some varieties are sold as "squash" and others are sold as "pumpkin" (depending on local tradition), but they are all part of the *Cucurbita* botanical genus. Lots of pumpkins are species *Cucurbita pepo*, but some are *Cucurbita maxima* or *Cucurbita moschata*. In terms of the best pumpkins for making pie filling, most are *Cucurbita maxima* or *Cucurbita moschata* due to the thicker, more flavorful flesh.



Welcome! I'm Mary Jane Duford. I've built a handful of gardens over the last few years and have totally fallen in love with gardening. My gardening blog, Home for the Harvest, has grown alongside my indoor and outdoor gardens. Welcome to my online abode :)

My Garden by Heather F.

What a summer!!

Harvests of fruits and vegetables are usually boundless in quantity or at least middling in my experience. Definitely not no shows!

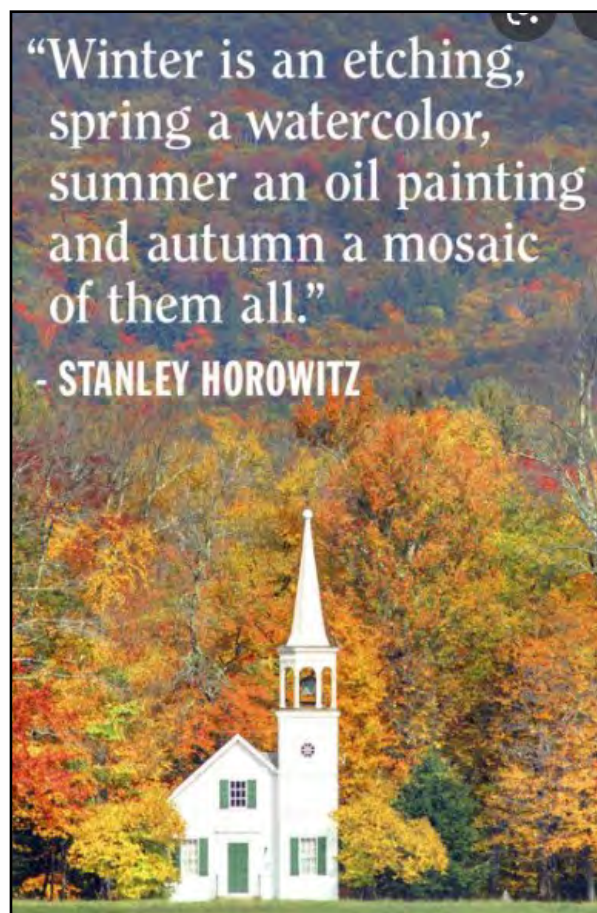
What a year for gardening!

Ancient ideas about plants and use: Emperor Charlemagne recommended planting sempervivum (hens and chicks) on roofs to ward off lightning and witchcraft.

Source: The Gardener. Spring 2001



Quince



“Winter is an etching,
spring a watercolor,
summer an oil painting
and autumn a mosaic
of them all.”

- STANLEY HOROWITZ



Garden Tasks for October: (Source: Farmer's Almanac)

- **Potted plants** need to be re-potted especially the tropicals in outdoor containers. Add new potting mix and increase the pot by one size to keep them happy all winter. This will be the last feeding until March. Make sure to check for any critters and pests before bringing anything inside, and consider applying an insecticidal soap to the soil after re-potting so it leaches down into the new pot.
- **Lawns** are hungry as well. October is the time for your second application of fertilizer with a “winterizer” type on the label, one with an NPK (nitrogen/phosphorous/potassium) of around 28-0-14. New lawns, after you have cut them three times, can be treated for weeds, and yes, you are feeding the weeds too, so just be patient.
- **Bulbs.** It's also time to plant those spring-blooming bulbs. Pay attention to the planting depth as listed on the packages. Dividing perennials is a great way to make your beds fuller and, if you have too many of one thing, seek out another neighborhood gardener and swap — another great way to extend those beds, and make new garden buddies.
- **Pest Control.** This is the time when grubs are hatching, and moles are getting active. With moles, you also most likely have voles, another garden pest. Remember: moles are the meat-eaters, where voles are the vegetarians. Treating for grubs now will eliminate future root destruction by the voles.
- **Vegetable Plants.** Keep pulling up the summer veggies as they ripen, and make room for fall crops as they die off. Composting those “spent” plants will help your success next spring.
- **Frosts.** Some areas have had some early frosts and freezes, even snow (hello, Montana!). If you still have tender plants in the ground producing for you be prepared to cover them on those nights you have a hard freeze. Usually, if you water them, and cover in the evening, the humidity inside will prevent frost burn on the leaves. See our average frost dates.
- **Gardening your soil** is a must. After pulling out all the spent plants, add some amendments such as compost or manure along with mulched leaves and grass clippings. Let it all “cook” over the winter. And if you need to plant a cover crop, now is the time. A favorite is clover, as it helps correct any nitrogen issues.
Mulch. As leaves start falling, simply mulch them in place—the composting leaf litter will benefit your soil greatly. As leaves start to accumulate, and bagging is a must, use those shredded leaves in your beds, which gives you free soil and nutrients!
- **Pruning.** October is good for pruning most deciduous trees (trees whose leaves fall off). After the leaves have dropped, pruning is easier, because you can see the “skeleton” of the tree, and they are in a dormancy period. Wait on the Crape Myrtles until March, and roses until February. Evergreens can be pruned now, and most folks feed them lightly after pruning, as well as in the late winter (around March). Camelias, Daphne, Sarcococca, and any other winter bloomers, should wait until after bloom, but you can feed them now, to give them a boost.

In The Shed

- **Garden tool maintenance** is a must. Sanding, sharpening, and oiling will preserve your tools for many seasons. Make sure to dip tools in a bleach/water solution (one-part bleach to three parts water) if you had fungus issues, otherwise, you will still have those issues next season. Let them dry, then spray with oil. Which oil to use? Boiled linseed oil, tung oil, motor oil, lamp oil, or cooking oil. Boiled linseed and tung oil are probably the best choices, but you can use whatever you have available.
- **Power equipment.** It's important to get those tools cleaned up and oil and filters changed, blades sharpened, add fuel additives, check pull chords, tires, lights, etc., before putting them away. When the seed catalogs start hitting the mailbox in February, you won't have time to worry about your tools!

Other Maintenance Tasks

October is also a good time to check on your winter prep home maintenance, as well. Caulking, testing the heat systems, roofing repairs, checking gutters, pruning limbs away from doors and windows, testing and servicing generators, repairing cracks in sidewalks and driveways, just to name a few.

The great thing about getting these fall chores done early is it allows you to get out and enjoy the autumn leaves and any warmer temperatures of an Indian Summer.

Local Scenes:



Plant of the Month: Asters *(Symphyotrichum spp. (formerly Aster))*

Asters are easy to grow perennial plants that take care of themselves all summer long. Their vigorous blooms appear later in the season, right when other flowers begin to fade. A sure fire way of adding great fall color for years to come, Asters' gorgeous flowers will stay true and strong until hard frosts set in. Aster is a popular and dependable food source for Monarch butterflies, who rely on the nectar of late-season blooms to fuel their fall migration. Asters vary in their hardiness, and enjoy full or part sun.

Aster in Greek means "star". They are in the daisy family and are notable for their starburst arrangement of bright petals, which most often surround a yellow center. The flowers are small but numerous, giving the plants the look of being "nothing but color" when in full bloom.

More Information on growing at : <https://www.almanac.com/plant/asters>



Zones: 3-10; varies depending on species and cultivar.

Flower color: Colors are diverse, ranging from white and pastel blues and pinks, to hybrids of deep scarlet and purple.

Bloom time: August through October; varies depending on species and cultivar.

Height/spread: Most range from 1 to 4 feet in height, with some growing as tall as 5 or 6 feet and some staying as small as 6 inches. Their width typically ranges from 1 to 3 feet.

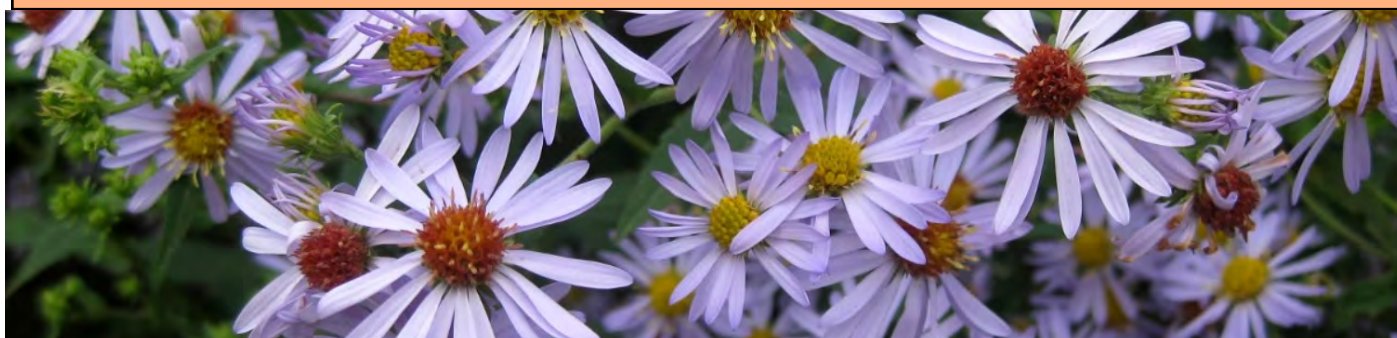
Types: According to the Chicago Botanic Garden, there are approximately 250 types, many of which are native to North America.

Here is a list of the most common garden asters:

- New England (*Symphyotrichum novae-angliae*)
- New York (*Symphyotrichum novi-belgii*)
- Aromatic (*Symphyotrichum oblongifolium*)
- Heath (*Symphyotrichum ericoides*)
- Smooth (*Symphyotrichum leave*)
- Calico (*Symphyotrichum lateriflorum*)
- Wood (*Eurybia divaricata*)

Gardening is the art that uses
flowers and plants as paint,
and the soil and sky as canvas.

~Elizabeth Murray



Sell, Swap, Trade or Give Away's:

The editors saw another garden club add this feature to their newsletter and thought it was a great idea.

What gardener doesn't want to share their favorites or trade a plant for another one?

Please send the editors a note (malgar@telus.net) if you have a plant to swap, donate or sell and we'll include it in the next newsletter.

House Plant

\$ 5 donation to garden club.

Contact Colleen at 250 546-9891.



Jade Plant

\$ 20 donation to garden club.

Contact Colleen at 250 546-9891.



Recipe of the Month: (Courtesy of Sue L.)

Apple Fritter Bread

Here's a fall bread you won't be able to get enough of. The hardened sour cream icing on top really makes this apple fritter bread taste like the fried donut you know and love.

Prep: 20 mins
Bake: 1 hr
Stand: 10 mins
Cool: 1 hr
Total: 2 hrs 30 mins
Servings: 10



Ingredients

1 tart cooking apple, such as Granny Smith, peeled, cored, and finely chopped (1 1/4 cups)
1/4 cup packed brown sugar
1 teaspoon ground cinnamon
1 1/2 cups all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup granulated sugar
1/2 cup butter, softened
2 eggs, lightly beaten
1/2 cup milk
1 teaspoon vanilla
1 recipe Sour Cream Icing (below)

Directions

Step 1

Preheat oven to 350°F. Grease an 8x4-inch loaf pan. In a medium bowl combine the apples, brown sugar, and cinnamon. In another medium bowl combine the flour, baking powder, and salt.

Step 2

In mixing bowl beat sugar and butter until combined. Beat in eggs, one at a time. Beat in milk and vanilla. Add flour mixture; stir just until combined. Pour half of the batter into the prepared loaf pan. Add half of the apple mixture. Spread remaining batter over the apples in pan. Top with remaining apple mixture. Lightly pat apples into batter. Use a table knife to swirl apples into batter.

Step 3

Bake about 1 hour or until a toothpick inserted in the center comes out clean. Cover with foil the last 10 minutes to prevent overbrowning, if necessary. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on a wire rack. Drizzle with Sour Cream Icing before slicing and serving.

Sour Cream Icing

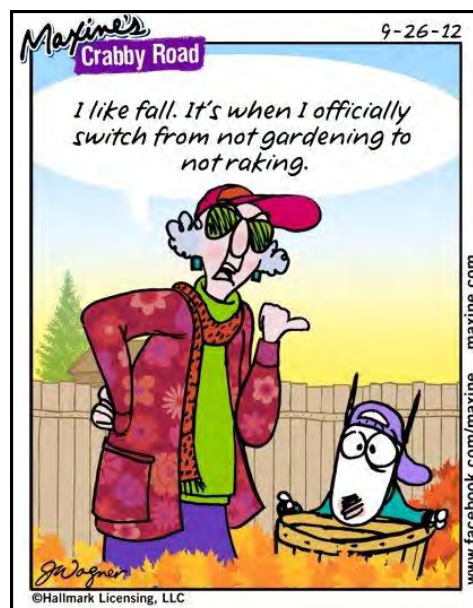
In a small bowl combine 3 Tbsp. sour cream, 1/2 tsp. vanilla, and 3/4 cup powdered sugar. If necessary, beat in enough milk, 1 tsp. at a time, until drizzling consistency.

To Store:

Quick breads store well. In fact, they slice even better the next day. Store cooled bread in an airtight container at room temperature up to 3 days.

Nutrition Facts

Per Serving: 294 calories; fat 8g; cholesterol 56mg; saturated fat 5g; carbohydrates 52g; mono fat 2g; poly fat 1g; insoluble fiber 1g; sugars 37g; protein 4g; vitamin a 294.9IU; vitamin c 0.1mg; thiamin 0.2mg; riboflavin 0.2mg; niacin equivalents 1.2mg; folate 40.5mcg; vitamin b12 0.2mcg; sodium 227mg; potassium 84mg; calcium 91mg; iron 1.2mg.



ADGC FACEBOOK PAGE: Have you visited or "liked" our club's Facebook page? Special thanks to Ken Barr who regularly adds interesting information and events to the page!
Visit: <https://www.facebook.com/ArmstrongandDistrictGardenClub/>

Halloween Craft ideas:

Whether it's a front door feature, garden display or a table setting, fall offers lots of opportunities for adding that seasonal element to your decorating! Here are some DIY ideas:



Upcoming Events:

A reminder to garden club members to **pot up some plants** for next year's plant sale while you are doing your fall clean-up.

Check your email for upcoming meeting information.

In the meantime, be **kind, be calm and be safe!**

ADGC members are now eligible to receive between 10% and 15% off regularly priced garden centre plants. Show your ADGC membership badge to the cashiers prior to sale.

**THANK YOU!**

Thank you to this month's newsletter contributors— Heather F., Sue L., Glenn, Mary Jane D., Carolyn F., and Mary J.

**About ADGC:**

The Armstrong and District Garden Club was established in 1927 and is an active, fun group with over 30 members. The club supports the community through donations, student bursaries, planting along PV Boulevard, and supporting initiatives such as Communities in Bloom.

