

SEEDERS AND WEEDERS NEWSLETTER

October 6, 2026



Armstrong & District Garden Club

WEBSITE: <https://armstronggardenclub.com>

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 at large – Glen Gytenbeek

Speaker coordinator – Suzie Sims

Tour Coordinator - Vacant

Newsletter Editor – Dianne Lockton

Facebook – Ken Barr

Website Manager - Mary Jane Duford

Sunshine - Dianne Lockton and Heather Hayes

Door Prizes – Sue Rook

GUEST SPEAKER

The speaker for our October meeting was Debbie Morris, former owner of Blue Mountain Nursery.

The subject was:

How to Keep Your Flower Beds Blooming All Season Long

Start now to plan for next year.

Add compost or manure to flower beds. Both will decompose in the ground over winter.

Remove leaves or plants that might have had disease.

If you can't get this done in fall, doing it in spring will work as well.

First:

Plant spring bulbs in fall for early blooms next spring. Leave enough space among them so that early spring plants can be planted between them next year.

Daffodils, tulips, crocuses, hyacinths etc. should be planted deep so they don't freeze in winter.

Next:

Primula and pansies are the first bloomers to put out. These will bloom until you are ready to put your first annuals out after frost.

Pansies are a beautiful spring bloomer but they can fade in summer heat. Try planting them near a little shade (not full shade) by a rose bush or big planter pot. Fertilizer helps keep them blooming.

Before you decide what and where to plant annual bloomers consider the following: Height, Width, Colour

Most annuals grow larger than the tag says. Give them space to grow properly.

Arrange the tallest in the middle of a round bed or the back of a straight bed. Mid-size next and lowest at the edges.

The amount and location of sun and shade should be considered when deciding on a location for plants. As the season progresses the sun moves around. It can make extreme hot spots that you weren't expecting.

- Sun Beds
 - need mulch for water conservation
 - need to be watered often
 - need more fertilizer because of extra watering
- Shade Beds
 - need mulch
 - less water
 - still need fertilizer

Dahlias, canna lilies, spreading pansies and any spreading plants can be planted in pots to keep them from taking over. Debbie does this in her own yard and places the pots among plants that are growing in the ground. She can move the pots around as the sun moves during the summer. By keeping the pots on the ground, it helps to maintain moisture.

Remember to fertilize your plants to keep them healthy. In the July and August heat everything needs more water and fertilizer. A light solution of Triple 20 or Miracle Grow needs to be done at least once a week. Granular slow release works well if you will be away.

Pests to watch for:

- Aphids
 - love sun plants
 - can multiply quickly
 - there are Safer's products but spray often
- Slugs
 - love shade plants
 - Safer's or other green products offer slug bait.
The bait should be placed near the stem under the leaves. This needs to be done a few times during the season.

Crowding of plants makes it harder to see insects.

Powdery mildew often hits during hot and steamy weather.

- Pull off badly infected leaves.
- Can spread from one plant to another

-Spray a Safer's product several times

Deadheading flowers:

Most annuals will bloom spring to fall.

Cut spent flowers off below the seed pod. Just pulling the flower off will leave the seed and not produce a new flower. Geranium is an example.

Petunias need to be trimmed often. Cutting ends of the stems will push food back to the main plant to help produce new stems. Cutting around the plant 3 stems one week and 2 – 4 the next week will provide continuous blooms.

Try adding greenery to your flower beds. Rosemary, parsley, basil, and bell peppers can add different greens and fragrance.

Other greenery to try:

Dracaena – give it space

Annual decorative grasses: Stokes Seeds sell them for very reasonable prices.
All these grow from seed.
Lemon grass, Pony tails, Red rooster,
Amazon mist, Blue dart

When deciding what colours to include when planting remember that white, yellow and orange blooms make plants with blue, red, purple and light colours pop. Bright brings out dark and makes everything show better.

Debbie suggests planting Sunpatiens . They are annuals and come in a variety of colours and mixed foliage. They bloom continuously until freeze up. They grow quite large so require space.

Marigolds are reliable annuals. They bloom all season and come in a variety of sizes and colours. They need to be deadheaded to keep blooming. Watch for slugs.

Annual Purple Fountain grasses are gorgeous and will have feathery plumes until freeze up.

In the fall, when annuals are looking tired plant some fall Mums. They are not perennials but often come back in the spring.

Perennials

Stella D'oro Daylilies are constant bloomers. They are bright yellow so are good contrast to darker colours.

Fall crocuses are beautiful for fall colour. They are mostly pink and purple.

Fall asters are a beautiful purple and some are pink. They are tall and bloom profusely until freeze up.

Perennial beds

When planting perennials you really need to give them room to grow.

Crowding means in a year or two there will be a mess. It will be hard to weed and keep clean (especially hard to keep grass out). Overcrowding also develops breeding grounds for insects and mildew.

Lots of perennials need to be divided as well, so having them too close to other plants means disturbing roots.

Pruning spent blooms will stop them from spreading everywhere. It also means they will often bloom again in the same season.

Watch for perennials that spread too easily. Remove them from the bed or they can overrun and kill other perennials. Two of these are Creeping Jenny and Lamium.

Mint is also a huge spreader. Plant mint in a pot and watch that the roots don't spread through the drainage holes at the bottom. Keep the blooms off as well.

Some flowers that are good for cutting and placing in a vase:

Dahlias	Hosta leaves
Asters	Zinnias
Cosmos	Sunflowers
Celosia	Echinacea
Allium	

Roses:

A note on growing roses.

Debbie plants hers in nursery containers. She overwinters them by putting them on the ground by the trees and covering them with lots of leaves. She waters them well before freeze up and usually has 100% success.

Mulch:

All of her flower beds are mulched with bark mulch which is topped up every year. It is easier to weed. Much less watering is needed. The mulch breaks down and feeds the soil.

A little extra care and sometimes replacing a spent plant can keep your flower beds looking fresh and blooming all season long.

GENERAL MEETING

First Tuesday of the month, 6:30 pm, September to June (except January) in St James Anglican Church Hall, Armstrong.

Next meeting : November 3 , 2026 6:30 pm

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MINUTES



ARMSTRONG AND DISTRICT GARDEN CLUB Minutes for TUESDAY, October 6, 2026, 6:30 PM

St. James Church Hall, ARMSTRONG

19 members in attendance.

1. Call to Order - Paul called the meeting to order at 6:35 p.m.
2. Approval of Agenda
Chris W. moved to approve the agenda. - Carried
3. Approval of Previous Minutes
Jacquie moved to approve the minutes of September 8, 2026, as circulated in the newsletter.
4. Treasurer's Report
Paul advised that the club remains to have a healthy bank balance.
Two donations have yet to be cashed.
5. Correspondence
Mary advised that no correspondence had been received.
6. New Business

a) Elections for Club Positions

In advance of November elections, members were asked to consider taking on, or sharing a club position. Jacquie W. offered to be Plant Sale Coordinator. Chris T. offered to stand for Vice-President.

The following positions will be voted on at November's meeting:

President:

Vice President:

Secretary: Mary will stay for another year unless someone steps forward

Treasurer: Paul has offered to stay for 2027

Newsletter: Dianne would like to step down or at least have another person to share the task

Membership: Chris has offered to stay for 2027

Tour Coordinator:

Speaker Coordinator:

Plant Sale Coordinator(s):

100th Year Activities:

b) 100th Year Activities and Celebrations

Paul reviewed the activities planned for the 100th year anniversary of the club, which will occur in 2027.

The Club plans to revamp the museum/art gallery garden with new plantings, a new irrigation system along with annuals and perennials. Members will be invited to sign up to assist with the project as well as the maintenance of the garden.

The Club plans to host a summer event and invite former garden club members. The event will tentatively be held in June at the Memorial Park gazebo.

c) Christmas Social – Tuesday, December 1

The Christmas social will be held on the first Tuesday of December, in lieu of a regular meeting. Members are asked to bring a dish that will feed six and bring their own cutlery and plates. Guests are always welcome.

7. Adjourn - Rea moved to adjourn the meeting at 7:55 p.m.

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GARDENING INFORMATION

PREPARING THE GARDEN FOR WINTER

In the fall clean up leaves from roses and stems or leaves from plants that are showing disease such as mildew. Put them in the garbage not compost.

Ground cover:

- Stems and leaves from vegetables can be left on the ground over winter or shredded and composted.
- Leaves and stems chopped with a lawnmower or chipper are a good source of winter cover.
- Hay can also be used to spread over the garden as cover and compost.
- Fall rye can be planted as cover crop and turned under in spring before garden planting.

Fall is a good time to:

- rehabilitate a lawn by fertilizing and sowing grass seed in bare patches.
- plant garlic
- sow spinach seed for spring crop
- plant bulbs for spring blooming
- clean tools before storing

Source: Master Gardener Association of BC: fact sheets



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 in Spallumcheen: See notes under Section 7 in the minutes of April 7th meeting

Show your membership card at the till before the cashier rings up the total and kindly request your member discount.

MARK YOUR CALENDARS

Next Meeting: Tuesday November 3, 2026 6:30 pm