

# 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 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  
Dianne Richards  
Judy Wilde

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Have you paid your 2021 dues?  
See page 2 for membership benefits...

## An Update for our Members:

### Benefits of Membership:

Membership in the ADGC provides a variety of benefits:

- ◆ Access to gardening fellowship and information through tours, speakers, and conversations with other members;
- ◆ Opportunities to increase knowledge of gardening through demonstrations, parlour shows and speakers;
- ◆ Access to newsletters from ADGC and other area clubs;
- ◆ Access to our Facebook page and gardening articles;
- ◆ Opportunities to help our community through our fundraising efforts; and
- ◆ Discounts at Garden Centers—Shepherds Hardware (15%) and Blue Mountain Nursery (10%) when you discreetly show your membership card. This benefit does not apply to family or friends.

Members who have not paid their dues by the end of April will be removed from the newsletter and club membership lists.

### Membership Dues:

Membership dues of \$15 per person for the 2021 year are now due.

You can pay one of two ways:

- 1) Send your cheque to our Treasurer, Judi Cogan at # 37—153 Salmon Arm Drive, Enderby, BC V0E 1V1; or
- 2) Drop your cheque or cash off to our President Glenn at 3760 Sage Avenue, Armstrong.



**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/>

**A Plant Sale Update for our Members:**

The Executive have decided to proceed with a scaled down version of our annual Plant Sale on May 8. We will have two pallets of Black Diamond Soil on hand and some unique and hardy lilies that were donated to the club by Bob Raymond.

As we do not know if COVID will affect our plant sale, we will keep you posted.

Date: May 8

Time: 8 to 1 pm

Location: Armstrong Farmer's Market in IPE grounds

**What we need:**

- Volunteers to set up and take down
- Volunteers to help deliver soil to customers
- Wagons and wheelbarrows to transport plants and soil
- Volunteers to respond to customer inquiries
- Volunteers to place signage, greet guests and ensure social distancing

**PLEASE SIGN UP WITH PRESIDENT GLENN ASAP!!**

If you have plants to donate, contact Glenn at 250 546-9891 or email [gcgardenedge@telus.net](mailto:gcgardenedge@telus.net).



## Pleasant Valley Boulevard Planting: Volunteers Needed!

Each year, ADGC purchases and plants flowers in the concrete planters along Pleasant Valley Boulevard in Armstrong. This year is no exception, with the order of wave petunias placed with Blue Mountain Nursery.

Once the plants are larger, and the weather warmer, a work party of members adds the colourful plants to the garden beds. The City of Armstrong prepares the planters and provides drip irrigation to the plants throughout the growing season.

The planting normally occurs in mid-May and fertilizer is applied at the same time. A call goes out to a small group of volunteers at this time, consistent with the safety rules of the railway.

### How can I help?

In order to ensure that the plants are thriving, ADGC would like volunteers to check on the petunias in two week intervals. Each week, will require one visit of about one hour in total.

The task involves weeding the planters, removing old blooms, checking that the plants are deeply seated, ensuring that the sprinklers are working and not blocked and removing any Virginia creeper on the concrete planter that may be inhibiting the plants from growing.

If there are any concerns, the volunteer would then contact President Glenn (250 546-9891) who would then follow-up with our City contacts.

**If you are able to provide maintenance for a two week period, email President Glenn (gcgardenedge@telus.net) with your first and second choice of dates. See highlighted areas below:**

Here's the schedule:

May 16—29	<input type="checkbox"/>	Sept. 1—15	<input type="checkbox"/>
June 1—15	Brenda	Sept. 16—30	<input type="checkbox"/>
June 16—31	<input type="checkbox"/>	Oct. 1—15	<input type="checkbox"/>
July 1—15	Judy and Betty	Oct. 16—31	<input type="checkbox"/>
July 16—31	<input type="checkbox"/>		
August 1—15	<input type="checkbox"/>		
August 16—31	<input type="checkbox"/>		



## A Plant Sale Update for our Members:

Common milkweed [*Asclepiade*] is anything but common! Although a rather non-descript plant with tiny pale pink or orange flower clusters, broad thick leaves with hairy undersides on 60 to 120 cm (2 to 4 feet) stems; it is the main source of nourishment for the monarch butterfly.

Monarch butterflies are amazing. Distinct as caterpillars with white, yellow and black bands ringing their bodies, at metamorphoses they become showy butterflies with orange and black wings bordered with white spots. While the majority never live past the caterpillar stage and have a short life feeding on milkweed; the few that do diverge into one of two paths – that of a short lived butterfly with a lifespan of days spent eating locally wherever they may be in continental USA and southern Canada. Then there are the few, living up to 7 months and flying up to 80 kilometers a day, across the continent from southern Canada through the U.S.A. to Mexico, relying on milkweed during the long journey of over 3000 km to their destination in Mexico. While these butterflies are often viewed as one of Nature's wonders to us; in Mexico they have a deeper meaning as millions return on November 1st and 2nd, the Day of the Dead, and are part of the tradition that they are the living spirits of loved ones who have died.



Monarch Butterfly Life Cycle– From egg to butterfly Source: Maryland Dept. Natural Resources



I have not had much luck that I am aware of, in encouraging the monarchs to visit my garden although I have a few milkweed plants. However, being an optimist, I recently purchased yet another package of tiny milkweed seeds at a local gardening shop and hope that this will be the year I will be graced with a visit of the Monarch!

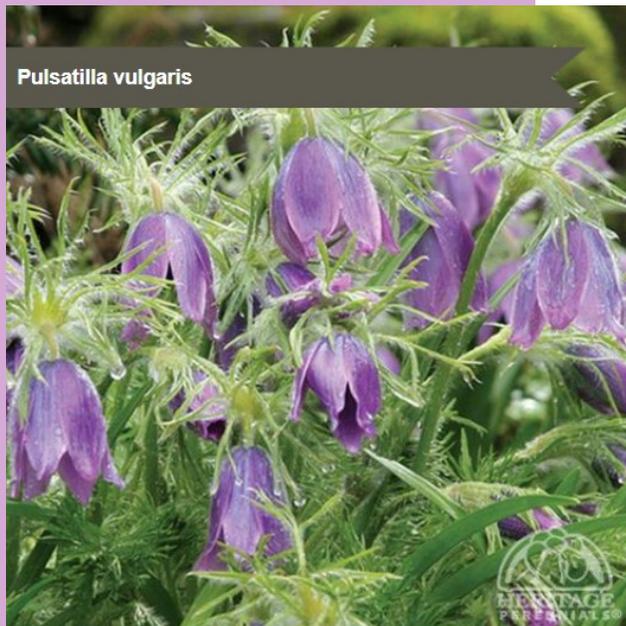
*A tagged male monarch (*Danaus plexippus*), released by Donald A. Davis (Canada) at Presqu'île Provincial Park near Brighton, Ontario, Canada on 10 September 1988 was recaptured on 8 April 1989 in Austin, Texas, USA. It is assumed that this butterfly spent the winter in Mexico as it would not have been able to survive freezing winter temperatures in Texas. Hence, this butterfly travelled at least 4,635 km (2,880 miles) – a distance obtained by measuring a line from the release site to the overwintering sites and back north again to Austin, Texas, USA. However, the actual distance travelled could be double this figure.*

**Flower of the Month: Pasque Flower**

*Pulsatilla vulgaris* (Pasque Flower) blooms in early to mid-spring with a showy display of flowers.

These perennial wildflowers cover themselves with feathery seedheads that hold on the plant for many weeks of ornamental interest.

Sun-loving Pasque Flowers are superb companion plants for spring-blooming bulbs, such as Tulips, Crocus and Daffodils.



***Pulsatilla vulgaris***

Pasque-flower

USDA Zone: 2-9

Plant number: 1.450.300

(Formerly *Anemone pulsatilla*) This spring-flowering species produces crocus-like flowers covered in soft down, in shades of lilac to violet-purple. The attractive seed heads that follow are soft feathery tufts or plumes. Scatter these around, to encourage self-seeding to occur. A wonderful rock garden plant, with a long season of interest. Also useful for border edging or wildflower meadows, and plants will often naturalize in a delightful way. Drought tolerant, once established. Plants may be divided in early fall, if desired.

**Further details for *Pulsatilla vulgaris***

Optimal Growing Conditions

Appearance and Characteristics

**Sun Exposure**

Full Sun or Partial Shade

**Soil Type**

Normal or Sandy or Clay

**Soil pH**

Neutral or Alkaline or Acid

**Soil Moisture**

Dry

**Care Level**

Easy

**Flower Colour**

Mauve/Lilac Mixed Purple

**Blooming Time**

Early Spring Mid Spring Late Spring

**Foliage Color**

Deep Green

**Plant Uses & Characteristics**

Accent: Good Texture/Form Alpine & Rock Attracts Butterflies Border Containers Cut Flower Deer Resistant Drought Tolerant Edging Massed Woodland

**Flower Head Size**

Medium

**Height**

15-30 cm 6-12 inches

**Spread**

20-30 cm 8-12 inches

**Foot Traffic**

None

**Growth Rate**

Medium

## Garden Tasks for April:

### Things to do in Early April

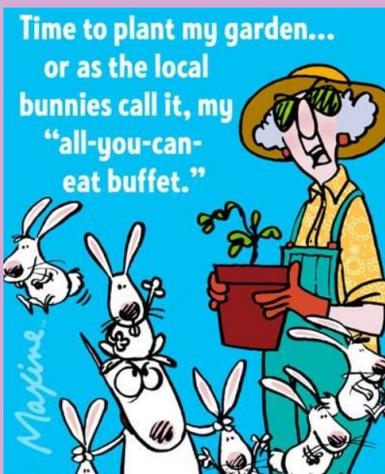
- Pressure-wash patio, walls, and paths to remove dirt and algae. Repaint fences and trellises when temperatures are above 40 degrees.
- Prepare your containers. Clean used pots with one part bleach to nine parts water and rinse thoroughly. Be sure the pots you plan to use have drainage holes in the sides or bottom. If not, drill them now.
- If you have not set out your birdhouses yet, do it now. Choose a sunny location facing away from wind currents. Do not cluster birdhouses together in the landscape; most birds are territorial creatures.
- If you haven't done your spring cleanup yet and the weather allows it, do it now. Remove winter protection (evergreen boughs, mulch, etc.) gradually as growth appears, but be prepared to protect tender plants in case of a sudden April frost.
- Look for sprouting Convallaria (Lily of the Valley) pips, emerging shoots of hostas, and other emerging perennial plants. You should see them start to emerge soon if they haven't already.
- If the ground is no longer frozen, you can begin to make soil amendments and fertilize perennials with a balanced 10-10-10 fertilizer. Never add more than the directions on the back of the package advise.

### Things to do in Mid-April

- Thin, divide, and transplant overcrowded perennials, herbs, and groundcovers. Daylilies, irises, hostas, ornamental grasses, and other perennials can be divided when they reach 2" to 3" in height.
- Pull weeds as soon as they begin to appear. Weeds are smaller and easier to pull during the rainy season. Be careful not to disturb perennials coming up in the garden. If you're not sure if something is a weed, let it grow until you're sure.

### Things to do in Late April

- Cut woody perennials such as Buddleia (Butterfly Bush) and Caryopteris (Blue Mist Shrub) back to 6" to 8" from the ground.
- Begin to harden-off pots of the things you grew from seed earlier this spring. Put them outside for a few hours every day in a shady but bright location and bring them in at night. Gradually introduce them to more sunlight. Do this for at least one week before planting them in the garden.
- Stay on top of the weather forecast for your area and be ready to protect plants from sudden frost using row cover material or mulch.



## Planting Chart for South Central BC:



## Vegetable Planting Chart

SOUTH CENTRAL BRITISH COLUMBIA

**LEGEND**    \*\*\*\*\* Start Indoors    — Direct-sow    \*\*\* Transplant    ( ) Cover    (x) Transplant & Cover

Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth						—						
Artichoke		*****			**							
Arugula			—	—	—	—						
Asparagus		*****				***						
Broad beans			—	—	—	—			—			
Soya beans						—						
Beans, bush & pole					—	—	—					
Beets					—	—	—					
Broccoli				*****	—	—	—					
Broccoli, overwinter					—	—	—					
Brussels sprouts					*****		**					
Cabbage				*****	—	—	—					
Cabbage, overwinter							—	—				
Carrots					—	—	—					
Cauliflower				*****	**							
Cauliflower, overwinter						**	**					
Celery/Celeriac				*****	—	—	**					
Corn						—				—		
Corn salad				—	—					—		
Cucumbers					**	—						
Eggplant				*****		(**)						
Endive/Radicchio					—	—	—					
Fennel				*****	—	—	—					
Garlic									—	—		
Kale & Collards				—	—	—	—					
Kohlrabi					—	—						
Leeks			*****		**							
Lettuce				*****	—	—	—		(**)			
Melons					**	***				(**)		
Onions, sweet			*****		**							
Onions, storage			*****		**							
Onions, overwinter							—					
Onions scallions				—	—	—	—					
Pac choi & choi sum				( )	—	—	—					
Parsley		*****			—	—						
Parsnips				—	—	—	—					
Peas				—	—	—	—					
Peppers			*****			(**)						
Quinoa						—						
Radish				( )	—	—	—			—		
Rutabaga						—	—					
Spinach				( )	—	—	—	—				
Squash					*****	—	—					
Swiss chard				—	—	—	—					
Tomatoes			*****		(**)							
Turnips				—	—	—	—					

Frost Dates: Kamloops    May 4 - Oct. 8    (156 days)    Kelowna    May 1 - Oct. 5    (156 days)  
 Vernon    April 29 - Oct. 4    (155 days)    Nelson    May 4 - Oct 13    (159 days)

1-888-804-8820 • www.westcoastseeds.com

Retail Store: 4930A Elliott Street, Ladner, BC, Canada, V4K 2Y1  
 Warehouse: 5300 34B Avenue, Delta, BC, V4L 2P1

**Garden Stakes for sale: Courtesy of: Heather H.**

Heather H. has been busy this past winter, making unique and fun garden stakes. She is selling them for \$ 4 a stake, with proceeds given to the Garden Club.



## Recipe: Crumb Crust Lemon Cake

Courtesy of Sue L.

## Ingredients

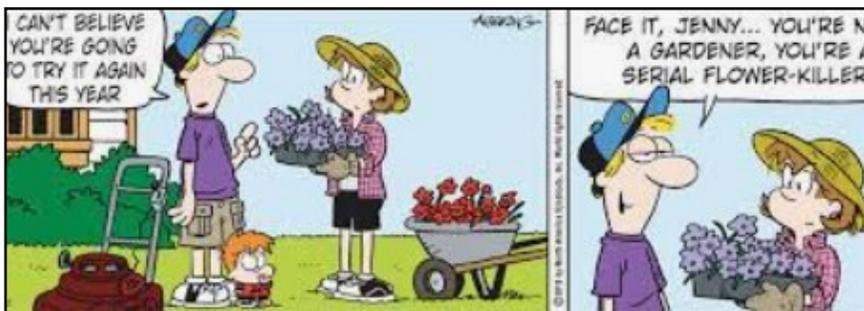
- 3/4 cup brown sugar (180 mL)
- 1 tsp lemon rind, grated (5 mL)
- 1 1/3 cups flour (330 mL)
- 1/2 tsp salt (2 mL)
- 1/2 cup butter 125 mL
- 1/2 tsp allspice (2 mL)
- 1/2 tsp baking soda (2 mL)
- 1 egg
- 1/2 cup plain yogurt (125 mL)
- 1 tbsp lemon juice (15 mL)

## Glaze:

- 1/2 cup icing sugar (125 mL)
- 1/3 tbsp lemon juice (15 mL)
- 1/4 cup chopped walnuts (60 mL)

## Directions

1. Preheat oven to 350°F.
2. Grease 8" x 8" square cake pan.
3. Combine brown sugar, lemon rind, flour, salt, and allspice.
4. Cut in butter with a pastry fork or blender until mixture resembles coarse crumbs.
5. Press 1 cup of crumb mixture into prepared cake pan. Set aside.
6. To the remaining crumb mixture, add baking soda, egg, yogurt and lemon juice.
7. Stir until ingredients are thoroughly combined. Spoon this mixture over base.
8. Bake for 30 – 35 minutes. Cool.
9. Combine icing sugar and lemon juice. Glaze cake and sprinkle with walnuts.



## Upcoming Events:

No scheduled Garden Club meetings until further notice.  
Keep May 8th open on your calendar for the ADGC Plant Sale.  
Stay distant and healthy!



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




ADGC members are eligible for 10% off their purchase at Blue Mountain Nursery. Show your membership badge.

**THANK YOU!**  
 Thank you to this month's newsletter contributors—  
 Heather F., Dianne R., Sue L., and Mary P.

Membership fees for ADGC are now **OVER**due.  
 A membership costs just \$15 per year and we need your support, as it keeps our club vibrant and strong!

## 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.