

SEEDERS AND WEEDERS  
NEWSLETTER  
FEBRUARY 2024

## Armstrong & District Garden Club

### CONTACTS:

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FACEBOOK Ken Barr

### EXECUTIVE

President - Carolyn Farris, 250-546-6083; [cfarris@telus.net](mailto:cfarris@telus.net)

Vice president – Vacant

Secretary – Vacant

Treasurer - Sue Wiebe

Membership Secretary - Chris Williams

Past President - Glenn Gytenbeek 250-546-9891;

[gcgardenedge@telus.net](mailto:gcgardenedge@telus.net)

Newsletter Editor – Dianne Lockton

Website Manager - Mary Jane Duford

Directors - Heather Freeman, Paul Peacock

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

Next meeting 7 pm March 5, 2024.

## EXECUTIVE REPORT

Happy New Year to everyone. Thanks to those who came out on a snowy, wet evening to start our 2024 meeting year. We enjoyed an informative and interactive speaker talking on how to start plants from seeds. Next month our speaker will be talking about invasive species and how they impact our gardens.

Just a gentle reminder that your club membership fee of \$15.00 is now due.

We are looking for volunteers to help with the Plant Sale. Please contact Sue Wiebe if you want to help.

Once it is time for the boulevard planters to be filled, Glen will be looking for help. This year we are planting purple and yellow petunias.

Mary Jackson has agreed to record the minutes.

We are still looking for a vice-president and directors.

Thank you to Janet C. and Nicole for goodies and tea.

## GUEST SPEAKER

Trent Hardman spoke about “Starting Your Plants From Seed”.

Trent started in high school growing plants of every size and description in his parents’ basement. He continues to push his limits by growing plants that normally do not grow in our climate.

The following are some of the tips Trent shared.

When growing seeds gardeners will need to decide if they want annuals or perennials. Some are planted in spring and some in fall, with every plant being different. Most seeds start to sprout after a cold period

(cold stratification). Others require fire to sprout. Another way seeds sprout is through scarification. Animals cause this in nature by eating the seed. Gardeners can do this by using sandpaper on the seed.

Containers for growing seed do not need to be expensive.

Household items such as food container dishes can be used. A small tray and cover can be found at most garden centres for \$10.00.

Skewers placed in pots wrapped with Saran Wrap can be used for seed starting. Plants like humidity.

Always plant more than you need.

Soil mix can be bought from nurseries. You will need to compare the seeds being started to a soil mix that each type of plant requires.

Cold stratifying needs an organic mix ( pumice, perlite and spaghnum moss).

Some mould eating bugs (used to clean terrariums and found in pet stores.) can be used in the starting trays. They eat the mould so there are no longer issues with it.

Starting seeds indoors expands the range of what can be grown and harvested.

Grow lights are needed and the suggestion is to keep the light within 6 to 8 inches of the seedlings.

They require a lot of light and it will need to be adjusted as they grow. LED lights are best to use as the bulbs last and are cheaper to use. Trent uses full spectrum LED's.

Starting seeds indoors is very worthwhile. Plant more than you need. Experiment with leggy or more challenging plants for transplanting.

You can determine when it is an optimum time to transplant. Leggy plants can be replanted deeply and will then start producing better.

Plants can grow and fruit in the house. Many will need to be pollinated. Makeup or paint brushes work well to distribute the pollen so that the plants will set fruit.

Seeds stored cool and dry will last for many years. Larger seeds will diminish much faster. Cacti and small seeds will grow for many years. Collect seeds but be aware of which are heritage seeds and which are not. Store your seeds in a cool dry place. An old fridge often works well to store seeds.

Sprout as many varieties of each type of plant as possible. It will help to keep at least some plants healthy. Aim for a large diversity of plants which have a better chance of success. One example is to try twelve varieties of lettuce and then pick those that work best in your garden.

Trent has an extensive collection of unique and exotic plants, especially perennials which he sells from his website <https://www.fangsandfoliage.ca/> .

He also has a Facebook page under development.

## GARDENING INFORMATION

February and March are popular times for gardeners to buy their seeds. Local stores and nurseries are a good source as are seed swaps and seed libraries.

The following is a list of events and locations in our area.

Shuswap Seed Swap -March 2 10:00 am to 3:00 pm  
Splatsin Community Centre 3775 Old Vernon Road,  
Enderby

Seedy Saturday - March 9 10:00 am to 2:00 pm Mount  
Paul Community Food Centre 140 Laburnum St., Kamloops

Seedy Sunday - March 10 10:00 am to 3:00 pm Parkinson  
Recreation Centre 1800 Parkinson Way, Kelowna

Seed Libraries are an interesting way to exchange seeds. The Okanagan Regional Library has some located throughout the Okanagan. Gardeners can borrow seeds in spring with the understanding that they will save some of the seeds produced in the fall and donate them back to the library. They are not required to be library members.

Some of the locations are: Armstrong, Enderby, Falkland,  
Vernon and Rutland

Seeds of Diversity has a website with an abundance of information about seeds and where to order them in Canada.

Their website is [www.seeds.ca](http://www.seeds.ca)

Viability Of Seeds – average number of years seeds can be saved

Vegetable   Years   Vegetable   Years

Asparagus   3   Leek   1

Bean   3   Lettuce   5

Beet   4   Onion   1

Broccoli   5   Parsley   2

Brussels sprout   5   Parsnip   1

Cabbage   5   Pea   3

Carrot   3   Pepper   4

Cauliflower   5   Pumpkin   4

Celery   5   Radish   5

Corn   1   Spinach   5

Cucumber   5   Tomato   4

Eggplant   5   Watermelon   5

(sources: Master Gardeners Association and seed savers.org)

Have some gardening fun with kids/grandkids:

### Rooting Scarlet Runner Bean

This project is an easy and interesting one showing what happens under the soil.

Materials needed:

Large clear plastic glass

Potting soil

Scarlet runner bean seed

Make some drainage holes in the bottom of the container.

Fill it with soil almost to the top (leave about  $\frac{1}{2}$  inch).

Plant the bean seed one to two inches deep along one side of the container so that it can be seen. Water well.

Check on the project often to be sure the soil is not dry or overwatered

( children like to water!).

The seed should take from 7 to 14 days to show growth and this can all be viewed through the container. An extensive root will start to wind through the soil showing how much plant activity occurs underground.

The container will not be large enough for the plant to survive and flower. The project can end at that point or you can try to carefully remove the plant and transplant to a spot in the garden where it can climb and produce beautiful flowers and large beans.

**Armstrong and District Garden Club - General Meeting Minutes  
Tuesday, February 6, 2024, Oddfellow's Hall, Armstrong**

14 members were in attendance.

1. Call to Order  
Carolyn Farris called the meeting to order at 8:15 p.m.
2. Approval of Agenda  
Nicole moved that the agenda be approved. Carried.
3. Approval of November Minutes  
Linda moved that the minutes be approved. Carried.
4. Correspondence - None.
5. Treasurer's Report  
Sue W. reported on our financials. We are starting this year with close to the same time last year. Funds have been donated to the Good Food Box (\$200),



Glad Tidings Church (\$ 600) and the Armstrong Food Bank (\$ 300.) We have renewed our membership in the Chamber and the BC Garden Clubs. In response to a question, we maintain a reserve in our account each year.

Nicole moved that the financial report be approved. Carried.

6. Old Business

a. Gingerbread Contest – thanks to Heather Freeman and Brenda Hobbs for making our entry to the contest!

b. Planters – Glenn has ordered our planters this year – purple and yellow flowers are featured. This project will be affected by PV reconstruction so this is our last year.

c. Plant Sale – Sue W. is leading the plant sale and is looking for volunteers. Donna, Chris and Glenn are currently on the Committee. The sale will be held on May 11, the day before Mother’s Day.

d. Potential Fundraiser – Garden Tour for Charity. This fundraiser is being put onto hold until the club has sufficient members to manage it.

e. Meeting date/time – The Executive review possible dates and times but are recommending that we keep the same meeting time and day.

7. New Business

a. We still need volunteers for the Director, Vice-President and Secretary positions.

8. Adjournment and Next Meeting

The Executive will meet at 6:00 p.m. before the general meeting.

**Next Meeting: Tuesday, March 5, 2024 at 7:00 p.m.**

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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