

Over The Garden Wall

Issue #2

February, 2018

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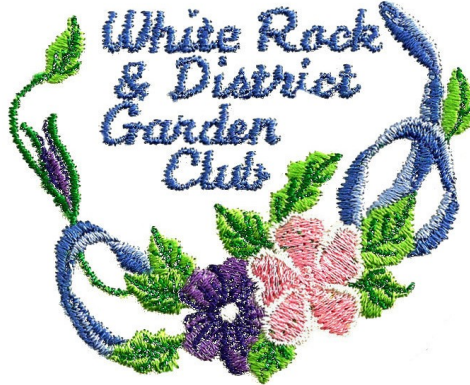
President's Message

No Need To Shovel It

What a dreary month it has been! So much rain and so many grey days, it makes me jealous of our lucky club members who have escaped part of it for sunny spots like Palm Springs and Hawaii. But at least it stays green all year here, unlike Ontario where I spent most of my life, and we don't have to shovel rain! My white hellebore's I photographed last month are even happier now, with a mass of blooms, and the various bulbs are poking through the soggy soil, so there is hope yet. And I do have a vacation to look forward to at the end of February to the east coast of Australia where it will be late summer, but still averaging 25 degrees.

Information

I have been spending a lot of my time on my computer checking out websites showing me the various sites I should visit on my trip. It is so amazing how you can find out anything you want to know by "Googling" it. I have become quite reliant on it, for everything from a recipes for squash soup to use up the last of my fall garden bounty, to how to do diamond-tufting on a head board for my son, to what caravan parks to stay at in Australia. I'm sure I'm not alone in this, particularly for gardening. There are so many videos on U-tube showing how to plant potatoes and how to trim your rhodos. But it is still nice to see and hear and someone demonstrating these things live, like Mary Openshaw teaching us all about about



propagation at the February club meeting. We will have the benefit of being able to ask questions and hearing about her experiences with different plants. I love my "Google" but I love joining my club member friends in learning and discussing just as much. I look forward to seeing you at our

meeting this month and enjoying the talk by Mary Openshaw. See you there!

Melanie Rantucci, President

Upcoming Outings

Bradner Flower Show

Bradner Hall 5305
Bradner Rd,
Abbotsford **April 13, 2018 (carpooling).**
Sign up sheet at the next meeting. See attached poster.

Vandusen Festival of Lights

December 2018 - date will be announced later
Margrit Elmiger-Isert, Program

Upcoming Speakers

February

Successful Propagation Tips by **Mary Openshaw.**

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March

Create a Summer Bulb Spectacular by **Wendy Leroux** (Botanus, 2 presenters).

Margrit Elmiger-Isert, Program

Plants Plus

Hearts + Flowers

February is Valentine month. Donate gently



used silk flowers, jewellery boxes, teddy bears, giftware, as well as winter arrangements and seeds. We'll also be selling books from our library and "Valentine" jewellery.

Mary Openshaw, Plant Show

Winners

Name Tag Draw

Heike Czisch was the winner of the plant of the month, a lemon swirl dracaena. Dracaena plant care involves keeping the soil of houseplant dracaena moist, but never soggy. Drooping or yellowing leaves indicates over-watering or poor drainage. Learning how to care for a dracaena includes finding well-draining soil in which to grow your houseplant dracaena. Appropriate fertilization is also a part of how to care for a dracaena. Feed every two weeks in spring and summer with a balanced houseplant fertilizer. Reduce fertilization to once a month during fall. When growing a dracaena plant, stop feeding during winter months, as the plant benefits from a period of dormancy. When growing a dracaena plant, locate it in brightly filtered light, such as through a sheer curtain in front of a sunny window. Room temperatures of 60-70 F. (15-21 C.) are best during the day, with night temperatures about 10 degrees cooler. However, the dracaena is forgiving of temperatures, as long as they are not too cold.

Iris Peacosh, Member

50/50 Raffle

Marilyn Gillan won \$42 in the 50/50. Quilted place mats donated by our honorary member, **Sharon Brierley**, was won by **John Davidson**. Books donated by **Reg Sutton**, were won by **Linda Martin** and **Donna Lawson**. Notice all the winners are on the exec so just another perk when you volunteer.

Marilyn Gillan, Raffle

Juicy Bits

Grow Your Own Food

From Mercola.com, January, 2018

What many fail to realize is that your health ultimately depends on the health of the soil because it is the vehicle through which vegetables and fruits can become nutrient-dense. When soils are depleted of nutrients, the foods grown in them will be deficient in critical minerals and phytonutrients. Unfortunately, that's the state of a large portion of the Earth's soils today. Despite many years of adding chemical fertilizers, most soils remain depleted of nutrients.

Soil health is maintained and maximized by the microorganisms living in the soil, such as bacteria, fungi and protozoa. Far from being scourges to be avoided, microorganisms are an essential necessity for optimal plant growth. It is the cooperation between these microorganisms, the soil's biome and the plants' roots — called rhizosphere — that enable the plant to absorb nutrients from the soil in which it's grown. The 2011 film *Back To Eden* underscores the premise that nature is self-sustaining.

At the end of the growing season, when left alone, the ground becomes covered with leaves and organic materials that turn into lush compost, adding nutrients back to the soil. This top layer of organic material also shields the soil and helps retain moisture. By imitating nature and simply covering his garden with wood chips, the movie's gardener Paul Gautschi finds he does not need to water his garden and yet it

continually yields plenty of large, well-formed, delicious fruits, berries and vegetables. While you could purchase wood chips from a garden store, I suggest you contact a local tree service instead. They usually have far larger and less expensive options they need to get rid of anyway so, like me, you may be able to get a big load at a minimal cost. It will take some time and a number of phone calls but you will typically be pleased with the results. After successfully using wood chips in my own garden and yard, I agree they are a crucial part of the equation for creating healthy soil to produce healthy plants. They not only eliminate the need for fertilizer and mineral supplements, but also reduce the need for watering and weeding.

Submitted by John Davidson, Newsletter

Going Organic Can Reduce Your Pesticide Exposure

From Mercola.com, January, 2018

Eating nonorganic GE foods (the prime candidates for Roundup spraying) is associated with higher glyphosate levels in your body. A study of close to 4,500 people in the U.S. also found that those who "often or always" ate organic had about 65 percent lower levels of pesticide residues compared to those who ate the least amount of organic produce. So choosing organic foods as much as possible is an important way to lower your exposure to pesticides and, in fact, avoiding pesticides is the No. 1 reason why people go organic. Not only do these chemicals pose a direct risk to human health, including to developing babies, but they also threaten the Earth as we know it. Glyphosate residues of 653 parts per billion (ppb) have even been detected in some honey samples — an amount that's more than 10 times the European limit of 50 ppb. Bees, as pollinators, travel from plant to plant. With grasslands being increasingly converted into GE corn and soybean fields where glyphosate and other pesticides are amply sprayed, it's easy for them to become contaminated and then

transfer that contamination to their honey. Research published in the journal Nature Communications has similarly revealed that pollen collected next to corn fields is contaminated with up to 32 different pesticides. At this point, the effects of these chemical exposures on bees and other pollinators is unknown, but common sense would indicate that they can't be good. So remember that you are actually "voting" for less pesticides and herbicides with every organic and grass fed food and consumer product you buy. In addition, it doesn't have to be "all or nothing" — going 100 percent organic is ideal, but every organic purchase you make helps.

If you must choose between which products to purchase organic, I recommend prioritizing organic animal foods and then using the Environmental Working Group's (EWG) "Dirty Dozen" list for produce, which are among the most heavily contaminated with pesticides and therefore the most important plant foods to buy organic. As of 2017, these include:

Strawberries	Spinach
Nectarines	Apples
Peaches	Pears
Cherries	Grapes
Celery	Tomatoes
Potatoes	Sweet bell peppers

For the nonorganic produce you consume, washing with a solution of baking soda may help to remove some of the pesticides on the surface of the fruit or vegetable, although it won't remove chemical residues that have penetrated beyond the peel.

Peeling is another option to reduce pesticide residue, but this also means you're removing the healthy compounds contained in the peel (and there can still be residues that have penetrated into the produce flesh). For these reasons, the best way to avoid pesticide residues in your food is to choose those that haven't been exposed to them to begin with, i.e., go organic.

Submitted by John Davidson, Newsletter

Sprouts Are a Nutrient-Dense Food Easily Grown in Small Spaces

From Mercola.com, January, 2018

If you are new to gardening and unsure about where to start, consider sprouts. Sprouts are an easy-to-grow, but often overlooked, superfood with a superior nutritional profile. You can grow sprouts even if you don't have an outdoor garden, and you should consider them if you live in an apartment or condo where space is limited. (For more tips on growing food in small spaces, Alex Mitchell's book, "The Edible Balcony: Growing Fresh Food in Small Spaces," is an excellent resource.)

A powerhouse of nutrition, sprouts may contain up to 30 times the nutrition of organic vegetables grown in your garden, and they enable your body to extract more vitamins, minerals, amino acids and essential fats from the foods you eat. During sprouting, minerals such as calcium and magnesium bind to protein, making them more bioavailable. Furthermore, the quality of the fiber and protein content of most beans, grains, nuts and seeds improves when sprouted.

Sprouting also helps reduce toxic lectins, the sugar-binding plant proteins known to attach to your cell membranes, which are often a hidden source of weight gain and ill health. The content of vitamins and essential fatty acids also increases dramatically during the sprouting process. In addition to the benefits already mentioned, sprouts have been shown to:

- Defend against free radical damage due to the antioxidants, enzymes, vitamins and minerals they contain
- Inhibit abnormal cell growth due to being abundantly rich in oxygen (bacteria and viruses generally cannot survive in an oxygen-rich environment)
- Protect your body against disease, including cancer, due to their alkalizing effects (many tumors are acidic)
- Support cell regeneration

I grow sunflower sprouts in trays because they provide some of the highest quality vegetables you can eat. Sprouted sunflower seeds also contain an abundance of chlorophyll, which will help detoxify your blood and liver. Beyond their superior nutritional benefits, sprouts are inexpensive to grow and can be added to salads, sandwiches, smoothies and vegetable juices.

Submitted by John Davidson, Newsletter

Marketplace

Corporate Ads



Phone: 604.596.9201
Fax: 604.596.9240
Address: 4391 King George Blvd
Surrey, BC, V3Z 0L2

PO Box 175, Milner, BC V0X 1T0
(Location: 7024 Glover Road, Langley)
Phone: 604-888-4491 • Fax 604-532-1009
sales@cedarrim.com • www.cedarrim.com

John Davidson, Newsletter

Next Meeting

February 13th, at 2pm

Doors Open at 1pm

Cranley Place Hall, 2141 Cranley Drive, Surrey.



Happy Valentine