



THE BULLETIN

BRITISH COLUMBIA COUNCIL OF
GARDEN CLUBS

MAY 2023

PRESIDENT'S MESSAGE

LYNDA PASACRETA

PLEASE FORWARD TO ALL OF YOUR CLUB MEMBERS

Continuing the topic of planet-friendly gardening, it is nice to remind ourselves what we gardeners do to help our environment and our own health.

I have been thinking about victory gardens lately. Victory gardens were widely planted during the First World War and again when World War II broke out.

Victory gardens helped to prevent food shortages and freed up commercial crops and transport trucks for supporting the soldiers.

Planting victory gardens was also a great morale booster because folks found a way to help out back home with the war effort.

During the wars, victory gardens were grown in home gardens, parks, church gardens, playgrounds, public lands, and even in window boxes and front door containers.

With our climate changing and causing some challenges for our environment, planting a victory garden seems like a great way we can contribute to growing and eating locally, minimizing our carbon footprint, and helping to save

our pollinators and wildlife by providing food and shelter.

The idea of growing our own victory gardens now is very timely in so many ways. With the huge increase in food costs recently, we can stretch our food budget by growing our own food. We can also control chemical use on our food, and even help those folks in our community who need access to fresh vegetables and fruits.

Community gardens have become so important as more and more people are living in small spaces. Community garden organizations often offer workshops. Many garden nurseries are also offering assistance on planting in small spaces.

So no matter what size garden you have, let's all plant a victory garden this year!

Rooftop garden maintained by Richmond Garden Club.
www.richmondgardenclub.ca



SCHOLARSHIP FUND NEWS

BY ANITA IRANI, SCHOLARSHIP FUND COMMITTEE

We are pleased to introduce our 2022 BC Council of Garden Clubs award recipients from Pacific Horticulture College:

Excellence in Design:

- Bethany Couture
- Shawn Hildebrand
- Bethany Holzer

Overall Excellence:

- Kerry Van Kooy

Bethany Holzer writes:

“I fell in love with the flora of the Pacific Northwest after moving to BC from my hometown, Melbourne, Australia. This love I found for the plants of BC encouraged me to follow my passion and become a horticulture technician. Since graduating, I have been working along side an incredibly passionate and motivated woman who is inspiring me to grow as a horticulturist.

My goal is to eventually start my own design and install business, but until then, my plan is to keep on learning.”

In addition to continuing her educational journey, Bethany will use the funds to purchase design tools such as a beam compass.

Congratulations to all our award recipients!



“As a recipient of one of the scholarships, I can say with certainty that this is a great cause to give to!”
kindred.gardens,
Instagram

\$80 for 80 years scholarship fund donation drive. Donate today!



Join our \$80 for 80 years celebration donation drive! 🎉

Join clubs across BC in celebrating the BCCGC's 80th anniversary and the Scholarship Fund by contributing \$80 in 2023. Over \$5,000 has been collected to date!

How to Donate to the BCCGC Scholarship Fund

If you wish to make a donation by cheque please send it to:

BC Council of Garden Clubs
Scholarship Fund, c/o: BC Council
of Garden Clubs

10952 McAdam Road

North Delta, BC, V4C 3E8

Please ensure that the cheques are made out to the "Vancity Community Foundation" and the memo field shows "BC Council of Garden Clubs." If the person or organization that the donation is from does not clearly show on the cheque, please include a brief note with the cheque indicating who the donation is from and a return address (so that an income tax receipt can be issued).

If you wish to donate online with a credit card:

Go to

www.vancitycommunityfoundation.ca.

Click the "Funds" button on the top right side of the home page.

Locate the BC Council of Garden Clubs Scholarship Fund, either by scrolling through the list or searching "garden clubs" in the search bar.

Once on the BCCGC Scholarship Fund page, click "Give to this Fund" and complete the form.

OR

Go to www.bcgardenclubs.com.

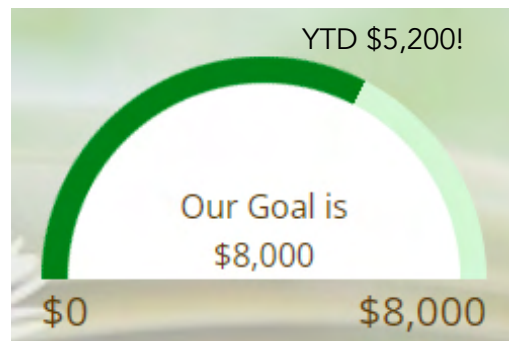
Go to the "Scholarship Fund" on the top bar and click on the "Donate" page below.

Scroll down to the link to Vancity Community Foundation and click on it. This will take you to the BCCGC Scholarship Fund page.

Click on "Give to this Fund" and complete the form.

Thank You!

"Such a great cause! I was one of the recipients of this scholarship in 2017. I am so happy to be able to contribute to this now so more students can benefit."
Megan.blackmore,
Instagram



BC COUNCIL OF GARDEN CLUBS PRIZE DONATIONS

LORNA CLOUTIER, NEW WESTMINSTER HORTICULTURAL SOCIETY

Club or Vendor	Donation
South Surrey Garden Club	\$25 gift certificate for Art Knapp
Vancouver Dahlia Society	Dahlias in container
Burnaby Rhodo & Garden Society	2 Fiskar's garden tools - secateur & weeding
Growers Delight	Granular soil activator
Growers Delight	3 Water bottles (each a separate prize)
North Surrey Horticultural Society	Painted pots, gloves, & hand cream
South Delta Garden Club	Various summer bulbs & cookies
New Westminster Horticultural Society	Matching bone china mug, notebook, & tea
Valley Fuchsia & Geranium Club	Begonias & gloves
BC Floral Art	Lee Valley gift certificate
Dogwood Garden Club	Hellebore
Squamish Gardeners	Basket of maple syrup, heather plant, & honey
Langley Garden Club	Bottle of wine
Floral Artists of the Fraser Valley	Garden tool basket
Fraser South Rhodo Society	2 books on rhododendrons
Pitt Meadows Garden Club	Blueberry bush
Vancouver Rose Society	Rose bush, membership, gloves, & handbook
Fraser Pacific Rose Society	Rose gloves
Jim Bensley	Shirt & book
Marie Bensley	2 books
David Douglas Botanical Garden	Herb tags & hangers, cucumber starter
West Vancouver Garden Club	Trowel & gloves
South Burnaby Garden Club	Bird feeder & bath
PoCo Garden Club	Anthurium plant
White Rock Garden Club	3 garden tools
Vancouver Master Gardeners	Bird feeder
Richmond Garden Club	Spring planter & Paulik Park calendar

BC COUNCIL OF GARDEN CLUBS PRIZE DONATIONS, CONT'D

LORNA CLOUTIER, NEW WESTMINSTER HORTICULTURAL SOCIETY

Vancouver Orchid Society	2 books
Fraser Valley Orchid Society	Book & norfolk pine (used as 2 prizes)
Lorna Herchenson	Begonias & gloves
Pandora Park Community Garden	Starter kit of seeds
Gibsons Garden Club	Mason bee house, book
Clayton Park Community Garden	\$50 Home Depot gift card
Shade Garden Society	Fern
Dunbar Garden Club	\$25 gift certificate for Hunter Garden Centre
Total raised in draw	\$793

Thank you to New Westminster Horticultural Society for donating time and people to manage the prize donations at our annual general meeting each year. All funds collected are donated to the BC Council of Garden Clubs Scholarship Fund. ❤️

\$80 for 80 years scholarship fund donation drive
Donate today!

Thank you also to our participating vendors, Front Yard Farms, Growers Delight, My Father's Garden, and Kelpman. The vendors contributed an additional \$100 to our scholarship fund! 🙏



Photo: Phil Knight, philtography.ca

**FLORAL DESIGN SHOW WINNERS
BC COUNCIL OF GARDEN CLUBS AGM
APRIL 1, 2023**

"Honourable Mention" Sandra Froese



"Best in Show" Ann Peters, BC Floral Art Society

FLORAL DESIGN SHOW ENTRIES, APRIL 1, 2023



Thank you Pam Robertson for taking photos. The judge loved the entries but would like to see many more designs next year!

**MAYNE ISLAND GARDEN CLUB
JAPANESE MEMORIAL GARDEN TOUR
JULIE SCHUECK, CHAIR**

The Mayne Island Garden Club was established in 1992 and has about 35 active members. We are a general interest club that meets monthly, enjoying presentations by gardening experts and going on field trips. Each spring we create and sell potted baskets, and each November we hold a wreath-making workshop, both very popular events!

Our event this April was a tour of the Mayne Island Japanese Memorial Garden, led by local expert Michael Kilpatrick. Although it was a blustery and cold day, the 20 people who attended were delighted to hear about the history of Japanese garden design. We learned how the design of Japanese gardens was influenced by the time period when Japan was closed to foreigners (1603-1867). We learned the origin of the traditional torii gate, of which the garden has two. And we learned how this garden is more of an informal version of a 'stroll garden.'

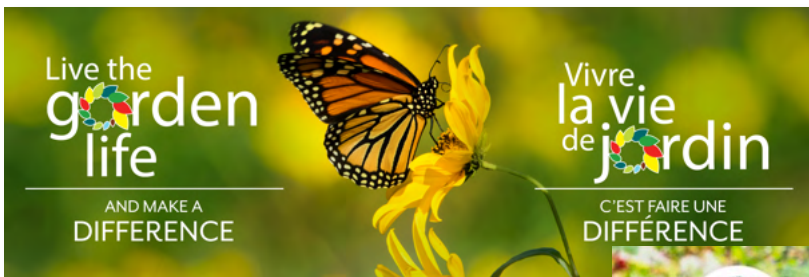
The concept of a Mayne Island Japanese Memorial Garden began in 1987 when the Mayne Island Parks and Recreation Commission proposed to commemorate the Japanese who had settled, worked, and contributed so much to the Island between 1900 and 1942. (In 1942, like elsewhere in the province, the Japanese of Mayne Island were forced to leave their homes and were interned elsewhere.) Work began on a 3-acre property in Dinner Bay Park with the planting of cherry trees donated by the Nagata and Otzuki families. Work ceased for a while but began again in earnest in 1999, with a group of

volunteers under the leadership of Don Herbert. A pond was dug (mostly to deal with the terrible drainage issue), paths were laid, small bridges were built, and many donated plants, shrubs, and trees were planted. By 2002, the garden was looking wonderful and a plaque recognizing the Japanese families was unveiled by the Lieutenant-Governor of BC, with some of those family members in attendance! More recently, the garden has been visited by delegations from the Japanese government.

The Japanese Memorial Garden is nurtured by a group of volunteers who meet weekly, literally getting down on their hands and knees to keep the garden beautiful. Visitors enjoy the garden year-round, inspired by the many transitions between open and enclosed spaces, by those areas where you just have to stop and enjoy the view across to the other side, and by the ever-changing colours and sounds. On our tour, the garden was a place of tranquility and beauty, with drifts of daffodils, *muscari* and hellebores, cherry blossoms, lovely pink and white camellias, vibrant red rhododendrons and a stunning magnolia blooming high above the other trees and made more beautiful with its backdrop of dark green conifers (one of those 'stop and look at the view' moments). If you visit Mayne Island, be sure to visit the Japanese Memorial Garden. And like our garden club members did, be sure to pause as you stroll through the garden so you can enjoy the sights and the sounds of this magical place.



Photos by: Julie Schueck, Chair, Mayne Island Garden Club



GARDENING FOR A HEALTHY MIND

LYNDA PASACRETA, RICHMOND GARDEN CLUB

Last year a fellow Richmond Garden Club member and I led a large group on a tour of Paulik Park, the most secret garden in Richmond. The group consisted of a majority of people just starting out their careers, some just about ready to step out of the workforce and some in between.

As everyone gathered in the park, there appeared to be a lack of engagement, just polite acquiescence of their circumstance and several stifled yawns.

Our introduction included a historical review of the gardens we were standing in and the forest around us, which dates back to the early 1930s. Body language was changing in the group. These folks were leaning in, gazing around them, heads turning at the sounds of nature surrounding them.

We took a stroll through the 1.5 acres of perennial flower beds. As leaders of the tour, our passion for the park and our immediate evidence of calm and peacefulness began to mirror on everyone's faces.

Research has shown that gardening has a positive effect on our mental health. For the many hours we volunteers spend in the park kneeling amongst all things green, we can attest to that statement.

Some of the ways gardening seems to be healing, helps us overcome anxiety, and lifts our spirits include the following:

- Taking care of plants gives us a sense of responsibility. This is a great way to teach children how to look after and respect other living things. It helps us develop an appreciation of the magic of nature.

- Gardening allows us to be nurturers. Plants don't give a fig who is tending them; whether you are five or seventy-five, male, female, nature is a great equalizer. For those with mental health problems to be able to transform a garden can help boost self-esteem.
- Gardening helps remind us that we are not the centre of the universe. Self-absorption can lead to depression. Focusing on the great outdoors—even pared down to a little patio area—can encourage us to be less insular.
- Gardening can help us to relax and breathe. Sigmund Freud once stated that flowers are restful to look at. They have no emotions of conflict. Gardening allows us to tap into the carefree part of ourselves with no deadlines, money worries or bosses to worry about. The rhythmic nature of the many tasks associated with gardening, such as weeding, trimming, digging, and planting, allows thoughts to ebb and flow throughout all of our movements.
- And finally, working in nature releases our happy hormones. It is obvious that gardening is great exercise but understanding that is also extremely beneficial for our minds is important to overall health. Science shows that when you are deeply immersed in gardening, levels of serotonin and dopamine (hormones that make us feel so good) rise and the level of cortisol (a hormone related to stress) is lowered.

By the end of our 30 minutes together, we found a work-tired, noticeably stressed group of people wandering right into the garden beds, gazing up into the almost 100-year-old stately trees, stopping to watch the plethora of swallowtail butterflies busy being butterflies, and touching and feeling the nature all around them. My partner and I silently said to ourselves, “Nailed it!” We gave them a half an hour of healing and they understood what was happening to them.

Stop by the most beautiful park in the City of Richmond and breathe.



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Growers Delight is now a member of COTA, the Canada Organic Trade Association. **Check us out:** <https://organicdirtsupplements.ca/>. Use code BCCG12 for special discounts.

NEW BC COUNCIL OF GARDEN CLUBS MEMBER INNISFREE FARM, ROYSTON, BC

Innisfree Farm is an internationally registered botanical garden and herbal farm near Courtenay on Vancouver Island. They have an extensive collection of medicinal plants, culinary herbs, vegetables, and berries. Innisfree Farm is home to Gardens Without Borders, with a focus on horticultural therapy.

For more information visit www.innisfreefarm.ca.

Welcome to the BC Council of Garden Clubs!



IWGS SYMPOSIUM

VANCOUVER, B.C., CANADA



SAVE
THE DATE

23-27
AUGUST
2023



FOR MORE INFORMATION VISIT
IWGS.ORG



ANISE SWALLOWTAIL, *PAPILIO ZELICAON*

BY CINDY TATARYN, VANCOUVER MASTER GARDENERS

Range: The anise swallowtail is found locally and is considered common. It is rarely seen in Greater Vancouver except in parts of the Delta foreshore area where it is common. It is widespread throughout the rest of our area. It frequents open meadows and gardens in May and June, plus July to September in some areas. It is a strong flyer and an excellent pollinator. The anise swallowtail is one of the most common swallowtails in southern BC.

The anise swallowtail butterfly can be found from sea level to 4270 metres. It is most commonly found in the springtime in foothill areas and vacant city lots where wild anise or fennel plants are found.

Anise swallowtails inhabit forest edges, stream banks, beach tops, hilltops, open rocky knolls, and moderately dry grasslands, and subalpine meadows both on the coast and in the interior. Males are frequently found hill-topping (mate-location behaviour, flying up to hill-tops for days on end to attract a mate).

Larval Food Plants: The larvae can be found in the wild eating cow parsnip (*Heracleum*), seaside angelica (*Angelica*), water parsley, fennel, dill, and Lomatium (desert-parsley). The larvae are often found in the home garden on dill, fennel, and carrots.

The anise swallowtail larvae can also be found on anise, Queen Anne's Lace (*Daucus carota*), cherries (*Prunus* species), parsley (*Petroselinum crispum*), and various wild umbellifers (members of the carrot family, the *Umbelliferae*).

Adult Food Source: The adult anise swallowtail feeds on the nectar of aster, lantana (*Lantana camara*), lilacs, wild anise, fennel, impatiens (preferring red and orange), salvia (preferring the red varieties), mint (*Mentha* species), thistle (*Cirsium* species), and zinnia (*Zinnia elegans*), and other garden flowers.

Time of Flight: May to June and July to September

Life Cycle: The pale yellow spherical-shaped eggs change colour as they mature and a red ring develops around their middle. The eggs hatch in about a week, and the larvae spend the summer feeding.

In late summer, mature larvae find a suitable pupation site in leaf litter beneath the host plant. They pupate and overwinter as chrysalids, emerging as adults the following spring. The pupae are long and cylindrical, and tapered at one end. The pupal colour is very variable, ranging from dark brown through green to green yellow.

The female anise swallowtail will lay eggs on the host leaves and may mate more than once.

Description:

Larva – The larvae start out looking like bird droppings in the first to third instar stages. They are black with a white splotch on their back. The second and third instar develop orange spots on the sides. Later instars are mostly green and have alternating black and green rings around their body with either yellow or orange spots in the black rings.

Adult – Anise swallowtail wings are yellow with quite a bit of black along the front edge. They have several blue dots just above the edge of the back wings and one red/orange and yellow dot above the 'tail.' This dot has a black dot in the centre, which is used to distinguish the anise swallowtail from other species. They have a black body with a little bit of yellow down each side of its head. It is up to 8 centimetres.

Native Plant: Cow parsnip (*Heracleum lanatum*)

Cow parsnip is a very large hairy perennial with a taproot or a cluster of fleshy fibrous roots, one to three metres tall, with a strong pungent odour when mature. The stems are single and hollow. The leaves are large compound and divided into three large wide segments each coarsely toothed and palmately lobed. It is woolly-hairy at least when young.

ANISE SWALLOWTAIL, CONT'D

The flowers are white, small and numerous, in a large flat-topped terminal umbrella-like cluster with one to four secondary umbels from side shoots with involucre bracts.

Cow parsnip likes stream banks, moist slopes and clearings, marshes and meadows, thickets, avalanche tracks, and roadsides. It is common from sea level to subalpine elevations.

CAUTION: This plant is easily confused with **giant hogweed** (*Heracleum mantegazzianum*) which causes acute phototoxicity, severe skin rashes, and persistent skin blisters after handling and should never be touched. Municipalities call in professionals wearing hazmat suits to eradicate this plant and the soil around it.

Sources:

Garden Bugs of British Columbia, Gardening to Attract, Repel and Control, by Janice Elmhirst, Ken Fry & Doug Macaulay (2008, Lone Pine Publishing).

Butterflies and Butterfly Gardening in the Pacific Northwest, by Mary Kate Woodward (2005, Whitecap Books).

The Butterfly Garden: Creating Beautiful Gardens to Attract Butterflies, by Jerry Sedenko (1991, Villard Books).

Butterfly Gardening: Creating a Butterfly Haven in Your Garden, by Thomas C. Emmel, (1997, Cavendish Books).

Plants of Coastal British Columbia including Washington, Oregon & Alaska, by Jim Pojar & Andy Mackinnon (2014, BC Ministry of Forests, Partners Publishing and Lone Pine Publishing).

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<https://linnet.geog.ubc.ca/efauna>

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Anise Swallowtail

Source: Wikipedia
Commons



Cow Parsnip

Source: Wikipedia
Commons

PULMONARIA, PERFECT FOR SPRING POLLINATORS

WILMA NEDEREND, VANCOUVER MASTER GARDENERS

The name *Pulmonaria* is derived from Latin *plum* meaning lung. It was once believed by medieval herbalists to be an effective remedy for treating lung diseases because the spotted plant leaves resembled diseased lungs.

Common name: Common lungwort

Type: Herbaceous perennial

Family: Boraginaceae

Zone hardiness: 3 to 8 depending on the variety

Height: 0.2 to 0.4 m

Spread: 0.3 to 0.6 m

Bloom time: March to May

Flower colour: White, pink aging to rose-violet, maturing to blue.

Uses:

Forms a low spreading ground cover. Effective in part shade areas of woodland or shade gardens, border areas, rock gardens, or as a path edging. Interesting substitute for hostas.

This nectar rich, early spring perennial is one of the first to bloom and attracts pollinators, especially bees. Pollinators need early blooming plants to provide food after hibernation or northern migrations.

Soil: Easily grown in cool, rich, moist but well-drained soil. Lungwort is highly sensitive to soil pH. The shift in flower colour from pink to blue is because the plant's pH levels shift as the growing season progresses.

Sun: Part shade to full shade; best in part shade. Performs well in the shade of large trees. It can tolerate quite a bit of bright light in the early spring.

Water: Medium. Plants need a moderate amount of moisture and struggle in soil that is too dry to too wet. Water whenever the soil begins to dry out due to lack of rainfall and/or particularly hot weather.

Maintenance: Low. Overall, caring for these plants is straightforward. Make sure they have adequate water and shade. Feed them annually.

Flower: Showy. Blue, pink, and white. Funnel-shaped, five-petaled flowers (3/4" long), bloom in forked clusters in mid-spring atop sparsely leaved flowering stems arising above the foliage.

Leaf: Colourful. Leaves are often prominently spotted in pale green due to the presence of foliage air pockets, which cool the lower leaf surface, masking the presence of chlorophyll. The ornamental leaves are a feature during the growing season.

Tolerate: Deer, heavy shade, black walnut.

Cannot tolerate: Hot, dry locations: full sun causes leaves to scorch or wilt. Wet poorly drained soils.

Common pests and plant diseases: Lungwort does not have any notable pest or disease problems but can be prone to powdery mildew and slug damage, which results in abnormal and damaged foliage.

Common varieties: Most lungwort varieties sold for garden use are cultivars of hybrids created by crossbreeding key species, especially *P. saccharata*, *P. angustifolia*, and *P. longifolia*. New cultivars appear regularly, and some current favourites include:

- 'Blue Ensign': An early bloomer with cobalt-blue flowers and solid dark green leaves.
- 'Raspberry Splash': Dramatic clusters of raspberry pink and soft lavender flowers, with dark green leaves spotted with silver.
- 'Majeste': Pinkish flowers that gradually turn blue-violet. Leaves are long and lance-shaped, silver grey with green margins.
- 'Excalibur': A clump former with silver leaves and long-lasting violet-blue flowers.
- 'Spilled Milk': Pink transitioning to blue flowers. Young leaves are tinged purple, changing to white as they age.
- 'Roy Davidson': Dark green leaves with silver-white spots. The flowers are pale blue.
- 'Sissinghurst White': Long, speckled leaves with pale pink buds that open to pure white blossoms.

PULMONARIA, PERFECT FOR SPRING POLLINATORS, CONT'D

Sources:

1. <https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=359968#AllImages>
2. <https://plantdatabase.kpu.ca/Plant/pule>
3. <https://www.thespruce.com/pulmonaria-1402859>
4. <https://www.gardensillustrated.com/plants/pulmonaria-how-to-grow/>



Photos: Richmond Garden Club Photo Committee



NEWSLETTER CONTRIBUTIONS

We would love to feature your club or community garden in the newsletter.

Tell us about some of the projects your club or community garden is involved in.

You are invited to submit an article at any time (please include photos and name of author). Photos should be high resolution and you should include the name of the photographer if possible. Articles should be in the range of 300 - 500 words. If you have an idea for a

longer piece, connect with the newsletter editor in advance to discuss your idea.

Articles are due on the 15th of the month preceding publication. If they are submitted after that date, they will be held for the next issue.

The **next due date is May 15 for June 1**. Submissions/inquiries: newsletter@bcgardenclubs.com

Lynda Pasacreta, Editor

Pam Robertson, Copy Editor

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