



# MILL BAY GARDEN CLUB NEWSLETTER

Website: [www.millbaygardenclub.com](http://www.millbaygardenclub.com) Email: [mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)

**FEBRUARY 2014**

**Next Meeting**  
**February 25, 2014**



**February Brag Table Theme:**

## **FEBRUARY FOLLIES**

With plant and flower identification and commentary provided by Ali Morris, the Brag Table is a great part of our monthly meetings. It's a fun and interactive way to share what's going on in your garden without having 150 club members trying to find parking outside of your house. The bonus is a prize awarded randomly to one of the monthly participants in this program. If you've never participated, give it a fling, be it flower, vegetable or fungus

The February meeting of the Mill Bay Garden Club will take place on Tuesday, February 25th at 7 PM at the Mill Bay Community League Hall - 1001 Shawnigan Mill Bay Road.

The doors open at 6:30 pm to provide you with the opportunity to check out the Club library and plant sale table, buy your raffle tickets, put your exhibits on the brag table and socialize. This is a great little garden club that is very social.

**FEBRUARY SPEAKER:**

**Robin Sturley**

**Of Edible Earth Seeds**

**Topic: Starting Seeds**

**February Kitchen Duties:**

**Dianne Regan**

**1 litre of 2% milk:**

Tracy Carson

**Cookies/ Goodies:**

Margo Johnston, Sharon Martin

**Kitchen Helpers:**

Anela Witherspoon, Shelagh John

**Set up / Clean Up:**

Anyone who is able, please help with set up/cleanup. Thank You!

**Remember to bring your mug!**



**DON'T  
FORGET!  
BRING YOUR  
MUG FOR THE BREAK**





## Vice-President's Report

### Joy Story

#### This Month's Speaker: Robin Sturley, Edible Earth Seeds

Robin is an example of a modern day hero. She's a young farmer.

Robin's company, Edible Earth Seeds specializes in growing vegetables, herbs and flowers that are heirloom varieties. At this

month's meeting Robin will demonstrate how to start seeds.

*Edible Earth Seeds offers vibrant, untreated, regionally-adapted seeds grown using organic practices in the Cowichan Valley on Vancouver Island. We are committed to ensuring bio-regional food sovereignty through the stewardship of heirloom and traditional vegetable, herb and flower varieties. Cowichan Valley Seed Company.*

**Website:** <http://edibleearthseeds.com/>

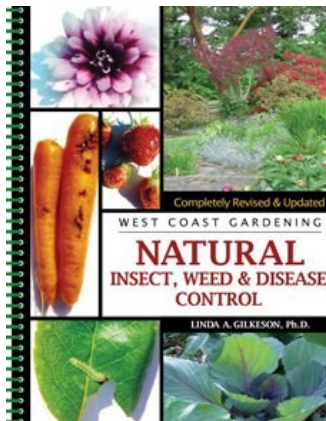
#### Last Month's Speaker: Linda Gilkeson

##### Notes taken by Joy Story:

When dealing with Bugs in the Garden here are some suggestions:

- Choose insect resistant plants when possible.
- Don't bring home problems. Look over the plants carefully for insect eggs on the leaves and remove the pot to look at the roots
- Don't Panic.
- Before you begin any procedure, identify the problem correctly. Most problems with plants is not insect damage. Often an injury doesn't show up until much later.
- People usually spray an aphid colony at the exact time when the predator has moved in.

To read more: <http://growfoodwithjoy.blogspot.ca/>





## Flower and Garden Show Silent Auction

The Flower and Garden Show Committee is working on a **silent auction** for the show. Last year, \$1500 of the proceeds from the flower and garden show went to the Mill Bay Food Bank - We hope to make a fair contribution to the food bank again this year.

Anyone who would like to volunteer on the committee or even during the event on June 13 and 14, please contact Monika .

Donations are welcome for the **silent auction**. We have a lot of talent in the garden club. Thank you to those who contributed last year. Please let us know if you would be interested again or if you would like to be a first time contributor.

Contact Monika . Thank you!

## Garden Club Annual Plant Sale

### Elaine Scott - Plant Sale Chair

Your Plant Sale Committee would like to remind you that the annual Mill Bay Garden Club Plant Sale will take place during the Community Flower and Garden Show at the Cobble Hill Farmer's Institute Hall on Saturday June 14, 2014. The money that the Club makes from the plant sale helps to support our contributions to projects ongoing in our Community. Our Club is a very community minded club and, therefore, the plant sale is important to us.

As you are cleaning up your garden this spring, please remember to pot up plants for the sale. If each of us only gave five plants each (and many members give far more than that) just imagine the variety and number of plants we would have for the sale. We would kindly ask that you refrain from donating invasive plants and the Committee does have the prerogative to remove, from the sale, those plants that it considers to be invasive. It is important that we continue to be good stewards of our environment.

If you would like to help with the plant sale please contact Elaine



**Mill Bay Garden Club  
General Meeting Minutes  
Tuesday January 28, 2014**

**President - Cliff Stainsby**

- 7 p.m. Call to order
- Motion to accept minutes of November's meeting:
  - Moved by Kerry Davis
  - Seconded by Pip Woodcock
  - Carried
- Volunteers are required to source items for Silent Auction at Community Flower & Garden Show. Vendors are required to provide an auction item. Please contact Heather Gibbins
- Location is being sought for AGM. We are looking for someone to host and provide use of their yard and kitchen. Please contact Cliff Stainsby
- Thank you to set up crew.
- Looking for volunteers at Seedy Saturday, March 8<sup>th</sup> @ Cobble Hill Agricultural Hall. Please contact Cliff Stainsby
- Cowichan Valley Rhododendron Society has produced a brochure/book to celebrate their 25<sup>th</sup> anniversary. To purchase go to [www.cowichan.rhodos.ca](http://www.cowichan.rhodos.ca)
- 2014 liability insurance has been paid.
- Heather Jenkins and Janice Rose are producing a Mill Bay Garden Club brochure for hand out at shows etc.
- Christmas party comments from members:
  - Gift handout in middle of hall, not at end for audio purposes
  - Christmas music playing during dinner
  - November date to miss conflicting school events scheduled in December

**Vice President – Joy Story**

- February's speaker will be Robin Sturley on saving, collecting seeds.

She has started her own seed company.

- Looking for instructors for mini workshops at the Community Flower & Garden Show. Each workshop should run approx. 20 minutes and be hands on. Workshops so far:
  - Elaine = heathers
  - Barb = drought tolerant plants
  - Joy = container gardeningDianne McNair suggested having a kids workshop where they can plant seeds.

**Treasurer – Gale McIntyre**

- \$2184.75 bank balance
- Motion to accept Financial Report:
  - Moved by Bill Herring
  - Second by Janice Rose
  - Carried

**Membership – Arlene Dench**

- 1 renewals
- 5 new members
- Motion to accept Membership Report:
  - Moved by Dianne
  - Seconded by Ian Kennedy
  - Carried

**Facebook – Pauline Dueck**

- More items being posted on the Mill Bay Garden Club facebook page as we get closer to shows.

**Library – Janice Rose**

- Addy Levine donated a book on Orchids.
- There are new books on mushrooms as well as a brochure on edible mushrooms on the West Coast.
- Please return borrowed books to next meeting or call Janice.

**Plant Sales – Heather Jenkins**

- Looking for donations of plants to sell.

Minutes continued on next page

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## Facebook

NEW address for the MBGC Facebook page for the newsletter:

[www.facebook.com/millbaygardenclub](http://www.facebook.com/millbaygardenclub)



## Cards by Mary Gale

If you know of someone in the club who is sick, or in hospital, or is dying, please let Mary Gale know and she will send a card on behalf of the Mill Bay Garden Club.

## Library Report

### Janice Rose

Your Friendly Librarian

Just a reminder that the MBGC subscribes to Fine Gardening, a magazine with up to date and interesting articles on the latest and most interesting new thoughts about design ideas, flowers and edibles. Come and check out all of our collection of magazines, books and DVDs.

## Upcoming Events:

### Grow Your Own Food with JOY Organic Gardening Classes

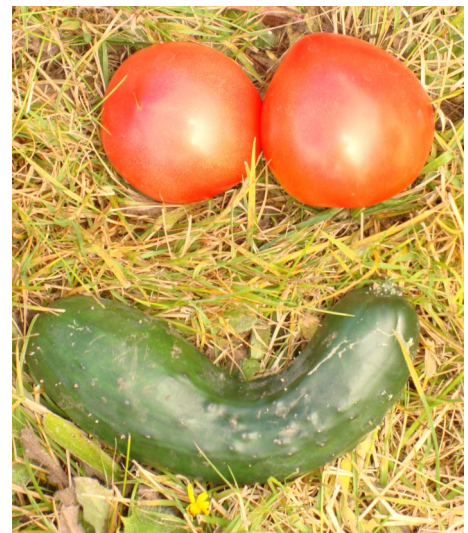
3 Part Course, Thursdays March 13, 20, 27, Mill Bay, BC

6:30 – 8:30 pm, \$20.00 class.

250-743-1352

For more information regarding classes, go to:

[www.growfoodnetwork.com](http://www.growfoodnetwork.com)



## VANCOUVER ISLAND HEATHER SOCIETY SPRING HEATHER SALE.

**SATURDAY, MARCH 29, 2014**

To give you a start with the heather and heaths in your garden, plan to attend the annual Vancouver Island Heather Society's spring sale on Saturday March 29 at the Cobble Hill Farmer's Institute Hall. The sale will begin at 10:00 AM and last until noon or until sold out. Experienced buyers will advise you that even though there will be over 1400 plants for sale, it is essential to get to the hall prior to the sale starting in order to get the best selection. We always have unusual varieties on hand. In addition, starter kits consisting of ten plants and a planting diagram will be available. Members of the Society will be on hand to help you make your choices as will members of the Victoria Master Gardener Association to answer your gardening questions.

For more information contact Elaine Scott



Cobble Hill's 14th annual  
**Seedy Saturday**

Saturday 8th March from 10 am to 3 pm

Cobble Hill Hall, 3550 Watson Avenue,  
in the heart of Cobble Hill Village

Celebrate our '100 Mile Spring' with  
organic & heritage seeds  
plant starts for food & flowers  
bulbs & tubers, figs & ferns  
mason bees & their houses  
winter veggies & edible sprout seeds  
garden furniture & gardeners' bodycare  
permaculture & master gardeners  
seed exchange & kiddies' plant fun

**FREE** entry for all • good food by the Womens' Institute  
presented by the Shawnigan Cobble Hill Farmers' Institute  
for information please call 250-743-7305 or 250-734-8036

our thanks to Cowichan Press

## **More Info on Cobble Hill's Seedy Saturday:**

The 14th annual Cobble Hill Seedy Saturday invites you to help us celebrate our '100 Mile spring' with everything a gardener could need - or want! Over 30 vendors will offer a full range of organic and heritage seeds, plant starts, flower and fruit shrubs and bulbs - and mason bees to fertilize them - native grasses and ferns, edible sprout seeds and even organic salves and mineral soaks for sore gardeners' bods!

The most obscure and esoteric plant questions can always be answered by our knowledgeable Master Gardeners, while the permaculture people have all kinds of ideas about how you can make your garden more sustainable and interesting. Everyone is always itching to share their plant lore, and Mums and Dads can unleash the kids on the children's' activities while they visit with friends, take advantage of free seeds at the seed exchange table, and load up those cloth bags with wee envelopes of summer's garden joy.

We are open until 3:00, so you can enjoy a delicious light lunch or snack, care of our own Women's Institute, and soak up enough inspiration to propel you into the garden! This extremely popular community event is sponsored by the Shawnigan Cobble Hill Farmers Institute, which celebrated its 100th anniversary a few years ago and continues to blossom from deep roots in our bucolic Cowichan agricultural tradition.

Date: Saturday, March 8th 2014, 10 am - 3 pm

Location: Cobble Hill Hall, 3550 Watson Avenue, Cobble Hill Village

For more information: call [250-743-7305](tel:250-743-7305) or [250-743-8036](tel:250-743-8036)

Admission: free for everyone

Wheelchair accessible & free parking

## **MILL BAY PLANTAHOLICS PLANT SALE**

**SATURDAY, APRIL 26, 2014**

Barb Kohlman, Sharon Martin, Ali Morris and Elaine Scott are at it again. Their annual plant sale will be held on Saturday, April 26 from 9am to 2 pm at 2836 Oceanside Lane, Mill Bay (east off Trans Canada Highway at Kilmalu, south on Church Way, east on Welch Road and south on Oceanside Lane). This year the proceeds from the sale will be divided between two programs. The first is the Malawi Girls on the Move program and the money will provide a scholarship for Agnes Chazeza to complete her second year of secondary school education. Agnes is a young Malawian women who is supported by Malawi Girls on the Move. The second program that will be supported by the proceeds from the sale is the Somenos Transition House which is a program of the Cowichan Women Against Violence Society. So come to the Mill Bay Plantaholics Plant Sale on April 26 and support two very important programs through the purchase of healthy interesting plants for your garden. For more information contact Elaine Scott



# Hellebore Sunday



**Sunday March 2<sup>nd</sup>**

**Sale** 12- 3 pm

of unusual cultivars & the information to  
grow them!

**Gardens at HCP**

505 Quayle Road 250-479-6162

[www.hcp.ca](http://www.hcp.ca)

## Cowichan Green Community Workshops:

### Fruit Tree Care Workshop - February 22

Fruit tree care is critical to good production in your orchard, whether it consists of 5 trees or 500 trees. Join ISA Certified Arborist Todd Gesshe for this 4 hour workshop on basic tree biology, fruit tree health, philosophy of pruning, and hands-on pruning procedures.

**Date:** Saturday, February 22, 2014

**Time:** 9:30am-1:30pm

**Location:** CGC's office - 360 Duncan Street, Duncan, BC

**Cost:** \$40 for general public; \$35 for CGC members (pre-registration required)

**Contact:** Nora Arajs - [250-748-8506](tel:250-748-8506) or [nora@cowichangreencommunity.org](mailto:nora@cowichangreencommunity.org)

**Registration:** Class is limited to 25 students. Please register at the Garden Pantry Thrift Store located at 360 Duncan Street.

**Instructor:** As an ISA Certified Arborist and professional urban forester, Todd spends much of his time among the trees. Having gained extensive experience as a professional tree-climber and pruning specialist, he is eager to share his knowledge of proper tree-care and urban forestry.

### Introduction to Horticultural Therapy - March 1

The innate connection between people and plants is captured and applied in the practice of Horticultural Therapy (HT). Anyone working with special populations may be interested in how to use horticulture to create a safe and accessible environment and how to create strategy for achievement that meets the participant's unique needs, passions, and talents.

From an historical perspective to supportive contemporary research, we take an overall look at HT program models and the supports offered by HT professional organizations. Barriers can isolate participants from full community interaction. We will learn how your HT program can facilitate positive participant contribution to community and how community can support your HT program.

**Date:** Saturday, March 1, 2014

**Time:** 9:00am-12:00pm

**Location:** CGC's office - 360 Duncan Street, Duncan, BC

**Cost:** \$40 for general public; \$35 for CGC members (pre-registration required)

**Contact:** Nora Arajs - [250-748-8506](tel:250-748-8506) or [nora@cowichangreencommunity.org](mailto:nora@cowichangreencommunity.org)

**Registration:** Class is limited to 25 students. Please register at the Garden Pantry Thrift Store located at 360 Duncan Street.

**Instructor:** Christine Pollard has worked in the field of Horticultural Therapy for over 20 years with a variety of populations in vocational, employment, and recreational programs.

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(Continued from page 10)

## More than Honey Film Night - March 6

**Eye Opener Educational films** presents '**More Than Honey**', a must-see film for all who care about humanity and our dependent relationship with bees. This compelling and beautifully shot film reveals the bees' inner world and leads us to see their survival as our own survival.

Join us at this community screening and and discussion: March 6th, 7pm Duncan United Church, 246 Ingram St. Duncan. Admission is free or by donation.

This specially-imported film is being co-presented by the following concerned organizations: Eye Opener Educational Films, Duncan United Church Social Justice Committee, Cowichan Green Community, and the Cowichan Land Trust.

**Date:** Thursday, March 6, 2014

**Time:** Doors at 6:30pm; Event starts at 7:00pm

**Location:** Duncan United Church, 246 Ingram Street, Duncan, BC

**Tickets:** By Donation

**Contact:** Tracy @ [cowichan.friends@gmail.com](mailto:cowichan.friends@gmail.com) or [778 455 0437](tel:7784550437)

## Duncan Seedy Sunday - March 30

Exhibitor and vendor registration for the Duncan Seedy Sunday is now open! This year's Seedy event will take place on **Sunday, March 30, 2014** at the Cowichan Tribes Si'em Lelum Gymnasium ([5574 River Road, Duncan, BC](#)) from **10am-2pm**. Admission to this event is \$2.00. Children 13 years and under enter for free.

To register for this event online, [click here](#). If you'd like to register in person, feel free to drop by our office ([360 Duncan Street, Duncan, BC](#)) between Tuesday and Friday from 10am-4:30pm.

Stay tuned for more event details including this year's roster of Seedy Sunday workshops.

## **HCP Continuing Education:**

The Backyard Orchard

Saturdays: Feb. 22nd March 1st, 8th, 15th

Spring Maintenance

Sunday February 23rd 1 pm - 4 pm

For more information on these two workshops go to <http://hcp.ca/gardens/community-education/>

## Register for Study Weekend before it's too late!



Tickets for Study Weekend are going fast; more than half are already gone, the party's almost sold out and the classes are filling up. Don't miss out,

[register online today.](#)

### Hardy Plant Study Weekend

#### "Married to Your Garden: How to Save the Relationship"

June 20-23 at the Bellevue Hilton

Don't miss these entertaining Study Weekend lectures:

*"Treat It Mean and Keep It Keen: Making Your Garden Love You Back"* and *"The Invisible Garden"*, two talks by Irish writer Frank Ronan, named England's garden columnist of the year

*"Couples Therapy for the Fun and Fabulous!"*

with Annie Hayes, owner of world famous Annie's Annuals & Perennials

*"Do You Suffer From a Fear of Plant Commitment?"*

with Billy Goodnick, award-winning (and hilarious) LA garden designer

*"Hollywood Marriages: Celebrities and the Gardens & Homes That Possess Them"* with Debra Prinzing, award-winning author of seven books

*"Separate Beds"* with Ciscoe Morris and Mary Flewelling Morris, Seattle's most popular gardening personality and his talented wife, together on stage at last

*"Plants 24/7/365 and Still Smiling"*

with Sue Milliken and Kelly Dodson, the plant-obsessed owners of amazing Far Reaches Farm in Port Townsend

*"The Perils and Pleasures of a Life of Reading"* with Nancy Pearl, legendary Seattle librarian and a regular on NPR's Morning Edition

*"The Joy of Gartending"* with Beth Evans-Ramos

Friday, June 20, 2 - 4:00 pm, Class fee: \$40

Gardening plus bartending equals mixology merriment as participants learn how to make cocktails from the garden. Sip refreshing, sparkling herbal water with bitters and make your own tincture, bitters and elixir to take home.

*"The iPhone Gardener: Seeing, picturing & sharing garden magic on your smart phone"*

with David Perry, Friday, June 20, 2 - 5 :00 pm, Class fee: \$45

The cameras within smart phones these days are miniature wonders. Learn simple tricks to unlock their amazing potential and discover which apps offer the most zing for \$1.99.

Register at: Northwest Perennial Alliance <http://www.northwestperennialalliance.org/>