



# MILL BAY GARDEN CLUB NEWSLETTER

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

## OCTOBER 2015

### Next Meeting

**October 28, 2015**

The October meeting of the Mill Bay Garden Club will take place on Tuesday, October 28th at 7:00 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, plant sale table, buy raffle tickets, put exhibits on the brag table, listen to interesting guest speakers, and socialize.

### October Speaker:

**Don Genova**

**Freelance Food and Travel  
Journalist**

**Topic: "Local Food Artisans & the  
Importance of Supporting Local  
Food"**



**DON'T FORGET!**

**BRING YOUR MUG FOR  
THE BREAK!**



### October Brag Table Theme:

**FALL FIESTA**

With plant and flower identification and commentary provided by Barb Kohlman, 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.

### September Kitchen Duties:

**Mary-Ellen Deuling**

1 litre of 2% milk:

*Shelagh John*

Cookies/Goodies:

*Megan O'Hara; Bev Davy; Judeen Hendrickson*

Kitchen Helpers:

*Gill Keir*

Set up/Clean Up:

*Pat Stevens; Kelly Slade; Barb & Bernie Juurlink*



## President's Report

### Pip Woodcock

To quote John Keats in his poem *Ode to Autumn*, his first line: "Season of mists and mellow fruitfulness" brings a thrill to my gardening soul, as I love this time of year.

Before getting out to start the Fall clean up I can spend a long time looking out of the window watching the morning mist coming and going over Cowichan Bay. With the scritch, scratch of my rake as I clear up the fallen maple leaves my mind also turns to Beatrix Potter's Mr. Macgregor working away in his garden while Peter Rabbit munches on the luscious vegetables. I always get a great feeling making use of these natural materials as mulch when I put my garden to bed for the winter. I imagine everyone is still enjoying the summer bounty of their gardens so having the celebrated 'foodie' Don Genova as our speaker this month is very apt.

Enjoy this mellow season and I look forward to seeing you at our meeting on Tuesday, October 28th at 6:30pm for a 7:00pm start.

Pip Woodcock.



## Vice-President's Report

### Mary Vandenberg

Our guest speaker for October is Don Genova, a BC-based award-winning freelance food and travel journalist. He also teaches cooking classes, and courses at UBC in food and travel writing and blogging. His last radio column with CBC Victoria was called 'Food Matters', and delved into the world of sustainable eating in British Columbia. His first book, a BC-best seller, "Food Artisans of Vancouver Island and the Gulf Islands", was published in April 2014 by TouchWood Editions.



Don earned a Masters of Food Culture from the University of Gastronomic Sciences in Italy in 2007. He also holds a Bachelor of Environmental Studies from the University of Waterloo and is an Honours Graduate of the Humber College Radio Broadcasting Program.

Don's Blog: [http://  
blog.dongenova.com](http://blog.dongenova.com)



## Library Report

Our friendly librarian, Janice Rose, is travelling this month enjoying the warmth and beauty of Turkey and Greece. Cliff Stainsby will (graciously) cover the librarian duties while Janice is away.



## Raffle Report

### Carmel Haley

Dear Members,  
Welcome back! It was so nice to see all your familiar faces again. We are looking forward to another fun and informative club year.

We strive to keep our raffle table interesting. Although we do get some great donations from local business, **the best prizes come from you**, our members.

If you have something you think your fellow members would find appealing, such as the fruits of your labour, from your garden or farm, it would be greatly appreciated.

Please contact: Bobbie [rmburns@shaw.ca](mailto:rmburns@shaw.ca) or Carmel [carmelhaley@gmail.com](mailto:carmelhaley@gmail.com), or bring the item with you to the next meeting.

We appreciate your support :)

***THANK YOU to these businesses for helping make our September raffle table a big success.***



## Flower & Garden Show Report

### Bernie Juurlink

As Committee Chair for the 2016 Flower & Garden Show (May 27/28, 2016) I encourage members to start thinking about volunteering for this committee now. The committee gets down to serious business in early January - many positions are needed for this successful and popular community event. Chat with me at our monthly meeting, or contact me to learn how you can participate - thank you.

## Social Media Report

**Pauline Dueck**

If you use Facebook, don't forget to check us out and "LIKE" us at [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 please let Mary Gale know and she will send a card on behalf of the Mill Bay Garden Club.

## Gardening Tips

for October – November 2015

by

**Barb Kohlman, Master Gardener**



- ◇ **How about spreading about a 1" layer of compost over your lawn? Slow release nutrients that will be broken down over the season for a healthy spring start.**
- ◇ **We have had little rain. Make sure your plants are going into winter well-watered.**
- ◇ **Create new compost piles from the material you have removed from your garden – the smaller the pieces the faster they will break down. Perhaps run your lawn mower over leaves for this result.**
- ◇ **Lift your dahlias. Maybe!!!! Ours seem OK over the winter because they are in a well-drained bed. Probably depends on this and also on how cold this winter will be.**
- ◇ **Move containerized plants to a sheltered place to protect them from freezing temperatures and/or excessive rain.**
- ◇ **Finish planting conifers and spring blooming bulbs by mid-November.**
- ◇ **Spread Dolmitic lime around the root zones of lime-loving lilacs, mock orange and *Deutzia* and perhaps even your empty veggie beds.**
- ◇ **Mulch once the ground has cooled off. I like to use 2" or so of compost.**

*Cheers barb k*



**Mark your calendars!**  
**TUESDAY DECEMBER 8th, 2015**  
**MBGC CHRISTMAS**  
**POTLUCK !**

This year the Christmas Party is on December 8th at the Mill Bay Community League Hall. Doors open at 5:30 to allow time to set up your table and potluck item. Dinner begins at 6:00 pm. There will be more information in the November Newsletter. Bring your family, they are all welcome!

**IT'S MEMBERSHIP RENEWAL TIME**

Membership is very reasonably priced at \$10 per year. Your dues go toward running the club, paying for speakers and the donation to local charities at the end of the year. Another bonus of membership is receiving the newsletter and notifications of upcoming events. **Cash only, please.**

**NOTE: membership dues MUST be paid by the January monthly meeting or we will not be able to continue providing the Newsletter and Event notifications to you .... :-)**

**GO GREEN !**

Purchase a permanent MBGC name tag (green background, white letters) from Arlene Dench at the Membership Table for a one-time price of \$10 (cash only, please).

These name tags can be ordered from Arlene at anytime during the club year.



Mill Bay Garden Club  
**General Meeting Minutes**  
**Tuesday September 22, 2015**

**President – Pip Woodcock**

- 7 p.m. Call to order.
- Acceptance of agenda.
- Motion to accept minutes for June meeting.
  - Moved by Dianne
  - Seconded by Norman
- Welcome to Louise from Dinter Nursery who brought bulbs for purchase.
- Signup sheet for kitchen duty and set up crew circulated.
- Thank you messages have been received from Providence Farm, Somenos Transition House and Cowichan Valley Hospice for donations from Mill Bay Garden Club.

**Vice President – Mary Vandenberg**

- Tonight's speaker is Barb Kohlman on bulbs.

**Treasurer – Marie Cook**

- \$855.29 balance.

**Newsletter – Cori-Lee Fisher**

- Sent first newsletter out to the membership.
- "Figs" was the topic of the most recent Mill Bay Garden Club article in the South Cowichan News. These articles will also be published in our newsletter.

**Membership – Cliff Stainsby for Arlene Dench**

- 4 new members.
- Let us know if your contact information has changed.

**Library – Janice Rose**

- If there is a book you would like, let Janice know and she will order it.
- Lots of books to borrow, sign them out then return them at next meeting.

**Plant Sales – Monika Morgan**

- Sharon is helping Monika tonight.
- Canna lily donated by Martin from Providence Farm.

**Kitchen – Mary Ellen Dueling**

- Signup sheet circulated for volunteers for kitchen and set up duties.

**Historian – Mary Gale**

Get well cards sent to Mary Herring and Don McDowell. Don is at Cowichan District Hospital awaiting assignment to

a nursing home after suffering a stroke earlier this year.

- If you know of anyone who is ill, please let Mary know so she can send them a card.

**Facebook – Pauline Dueck**

- Send Pauline your garden photos and she will post them on Facebook.

**Past President – Cliff Stainsby**

- Cliff is filling in for Arlene Dench-Membership this evening.

**Community Flower & Garden Show – Bernie Juurlink**

- \$5,272.62 balance after donating \$1,500 to CMS Foodbank (Cobble Hill/Mill Bay/Shawnigan Lake foodbank). This same amount was given in 2014.
- Committee members were invited to the presentation of the cheque to CMS Foodbank and a photo of the presentation was published in the August 15<sup>th</sup> edition of the Echo newspaper.
- Corporate sponsors were thanked in July 3<sup>rd</sup> edition of the Citizen Newspaper.
- \$700 has been approved for donation to a Community Garden.
- May 28, 2016 is the date for the next show. An earlier date was chosen as vendors say June is too late.
- Looking for committee members.
  - Janice Rose – Treasurer
  - Barb – Public Relations
  - Angie – Volunteers
- Proceeds from 2014 = \$5,076.92
- Proceeds from 2015 = \$5,030.45 Cost to run the show = \$4,000
- The silent auction funds the show.
- Attendance down 21% in 2015 as compared with 2014.

**Members Forum**

- Martin – Providence Farm Nursery Manager
  - Looking for volunteers for nursery duties – collecting seeds, potting plants, weeding, etc.
  - 50% off sale of plants.
- Elaine Scott
  - Thank you Martin – Providence Farm for donating plants to Mill Bay Plantaholics plant sale which supports Malowi girls education.
  - St. Edward's Church garage sale Saturday October 3, 9 – 1:30. There will be games for children, hot dogs, hamburgers and pies.

*(cont'd next page)*

### **Brag Table – Elaine Scott**

- Theme – September Sedum
- Peony tree seeds, plant them in situ, first year root growth, second year one leaf produced, 5-7 years before it flowers.
- Cyclamen are woodland plants.

### **Q & A – Bill Herring**

- Plant garlic mid-October. Space individual cloves and plant just below surface of soil.
- Weed now – “one year of seeds equals seven years of weeding.”
- Plant winter lettuce on a mound or a ridge to provide drainage. If temperatures drop to freezing levels the roots won't be frozen. Make cloches from plastic fruit juice jugs by cutting bottom off and leaving tops off.
- Place green tomatoes in a drawer with a red apple or banana. The ethylene gas produced will ripen the tomatoes. Or hang plants upside down in a cool, dry place to ripen.
- Fig trees – prune to shape. For more figs, plant the tree “mean” by placing bricks in the ground around it to force the roots to work harder. Less energy goes to the foliage, leaving more energy for fig production.

### **Coffee Break**

#### **Raffle – Carmel Haley & Bobbi Burns**

- Raffle items have been donated by Thrifty Foods, Dinter Nursery, Lynn's Little Elf Garden Centre and Shar-Kare.

#### **Speaker – Barb Kohman – Bulbs**

- Put bone meal in holes 3 times depth of bulb. Plant in sun. Mark the spot.
- Demonstration layering bulbs in a pot using Sunshine Mix #4 soil which contains fertilizer.
- Bulbs don't like to touch each other when planted with the exception of snowdrop and crocus bulbs.
- Tulips/hyacinth/alliums/crocus/snowdrops. Place pot beside front door for continuous colour and fragrance. Feed with liquid fish fertilizer.
- Mulch on top or plant Johnny Jump Ups for colour now before bulbs start blooming next spring.

Meeting adjourned 9 pm

## **Cowichan Women Against Violence Society Gala Fundraiser !**

**Saturday, November 7th -- 6 PM**  
**Mellor Hall, Cowichan Exhibition**  
**Grounds, Duncan, BC**  
**Tickets \$125 each**  
**\*\* Four Course Gourmet Meal \*\***  
**Silent & Live Auction \*\* 50/50 draw**  
**\*\*Dance to local band Rainbow**  
**Steel \*\***

**Proceeds to help raise funds for the Cowichan Women Against Violence Society to build safe, affordable housing for women and children leaving abusive situations.**

**More info and tickets online at [www.cwav.org](http://www.cwav.org) or phone 250 748-7000**

# TURMERIC

Article by Julie Wilson

**“Let food be thy medicine and medicine be thy food.” – Hippocrates**

We’ve all heard about super foods like ginger and turmeric; both are amazing rhizomes with many health benefits.

Turmeric contains Curcumin, a substance with powerful anti-inflammatory and antioxidant properties, with studies confirming its many health benefits from inflammation to Arthritis, Cancer and Alzheimer’s. As a main health food for my family, purchasing turmeric root proved to be very expensive. Being an avid gardener who grows a great deal of my family’s food, I wondered what I needed to do to grow turmeric; surprisingly it was much easier than I had imagined. I now have three large container pots full of this miraculous root.

To grow turmeric coming to plant and can nine or warmer. climate colder ahead of the



you need patience as this one takes its time harvest (about 250 days). It’s a tropical only be grown outdoors if you live in zones Your plants won’t be able to tolerate any than 18C for six to eight months. You’ll be game if you have a greenhouse; however, you’ll be container-growing indoors, for the most part, in the Cowichan Valley. Start with organic turmeric root, which can be purchased locally at organic grocers. Once you have a fresh rhizome, all you need to do is plant it in a 12” pot. Cut apart the branches or fingers and start more than one plant if you wish. The easiest way to get it to sprout is to just bury the root under two inches of loose potting soil. Turn any buds on the root so they are facing upwards. Keep it damp, but not sopping wet or the root may rot. In a month or so, you should see sprouts coming up; it has lovely tropical foliage. Eventually, the plant will start to turn yellow and the leaves will start to dry out. That’s when your turmeric is ready to dig up.

Fresh turmeric is best when slightly cooked to release the Curcumin. Uses for turmeric include: curries, smoothies, or you can also try it in your tea. Careful when handling as it does stain easily.





## November Workshop

**Vancouver Island Master Gardeners Association** invites you to hear Gwen Steele, from the Okanagan, who will be presenting a 5 hour workshop on "*The Seven Principles of Xeriscape*".

**Date:** Sunday, November 8<sup>th</sup>

**Time:** 11:00am to 4:30pm (starts promptly!)

**Place:** 6000 Oliver Road, Nanaimo

**Cost:** \$20 per person (same workshop in Okanagan is \$50/person)

**Contact:** Irene Toulouse [toulousei@shaw.ca](mailto:toulousei@shaw.ca) to register. **Space is Limited!!**

**Other:** Bring your own bag lunch and mug for complimentary tea and coffee

With this hot dry summer and predictions of more to come, xeriscape has become a hot topic with many local gardeners.

**Xeriscape:** "often incorrectly spelled zero-scaping or xeroscaping, is landscaping and gardening that reduces or eliminates the need for supplemental water from irrigation"

## Volunteers Needed!

### Providence Farm Nursery

Martin, the manager at Providence Farm Nursery is looking for enthusiastic club members to help in the following ways...



- Forage the Providence Farm property for native and heritage seed varieties and to take cuttings to start in the greenhouse
- Seed a variety of plant material in the greenhouse depending on the time of year
- Assist with regular greenhouse tasks of watering, fertilizing and weeding

If interested, please contact Martin at:  
250-710-5429 or [greenhouse@providence.bc.ca](mailto:greenhouse@providence.bc.ca)

## 50% off Plant Sale!

The Greenhouse at Providence Farm still has potted plants for sale that they would like to see go to a good home. Mostly consists of herbaceous perennials (eg., heurchera, sedum, no woody stems)

Greenhouse Hours: Mon - Fri 10am - 4pm

Store Hours: Tues - Sun 10am - 5pm