



MILL BAY GARDEN CLUB NEWSLETTER

Website: www.millbaygardenclub.com

Email: mbgcnewsletter@gmail.com

Next Meeting:

Date: **Tues, October 23rd, 2018**

Time: **7pm (Doors open 6:30pm)**

Place: **Mill Bay Community League Hall (1001 Shawnigan Mill Bay Rd)**

Activities:

Business Meeting; Members' Forum; Gardening Q&A; Library; Raffle; Plant Sales; Guest Speaker; Socializing!



October Speaker:

Linda Gilkeson

Planning Your 12 Month Food Garden

See page 3 for details

October Brag Table Theme:

Oktoberfest: Anything in a Stein

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. The bonus is a prize awarded randomly to one of the monthly participants. If you've never participated, give it a fling, be it flower, vegetable or fungus!



Inside...

- President's Report p 2
- This Month's Speaker p 3
- Executive/Committee Reports p 3-4
- News etc p 5
- Garden Recipe p 6
- Barb's Gardening Tips p 7
- Upcoming Events p 8-9
- Fran Benton's Column p 10
- March mtg minutes p 11-12

Kitchen Helpers:

1 litre of 2% milk: Gwen Redcliffe

Cookies/Snacks: Norman Redcliffe, Dot Garbet, Noreen Carver

Kitchen Helpers: Diane Peters, Glad Roth, Celine Eggleston

Set-up/clean up*: Barb Kohlman, Louise Ketilson, Barb Jensen, Randy Bouchard

** please arrive by 6:30.*



***DON'T FORGET!
bring your mug
for coffee/tea!***

President's Report

Donna Kaiser

What a wonderful stretch of gardening weather! Dividing plants and planting bulbs has kept me busy this last little while, with great satisfaction. It is hard to come in from the outdoors and get down to writing this report....

I would like to welcome all the new members that joined our club in September. I'm sure you will enjoy the club as much as we do. Thanks as well to all for the warm welcome I received for my inaugural meeting. We're off to a great start!

This month's executive and committee meeting was small in numbers, but large in ideas and discussion. The raffle timing was discussed in detail and Cori Lee will explain the new process at our next general meeting. JoAnn will be ready to accept membership fees that have not yet been paid, and you will also be able to order name tags from Marie.

The Members' Forum gives members a chance to share information on events that might be of interest to club members. There is a short time set aside for this, so if you have something that you would like to promote, please send me an e-mail (donnakaiser46@gmail.com) or see me before the meeting.

Our indefatigable Sunshine Lady Mary Gale has sadly broken her ankle. We can't expect her to pen her own sunshine card, so please join me in wishing her well and a very speedy recovery. Members are invited to return the favour to Mary by bringing a get well card to the meeting. Cards will be collected and delivered to Mary very soon. Alternatively, you are invited to send Mary a card in the post.

Enjoy your garden in its fall glory. Looking forward to seeing you at our next meeting on Oct. 23rd

“Sunshine Mary”

Our esteemed Life Member Mary Gale, has for a very many years, been sending cards and kind words to those members who are experiencing illness or loss. She does this on behalf of the Mill Bay Garden Club, bringing a spot of sunshine into what is often a stressful time for a club member.

Sadly, Mary is out of commission this month, having broken her ankle. If you would like to send—and I'm sure Mary would like to receive—a get well card, please bring it along to the general meeting on October 23rd, and we will see it gets delivered to her.

If you would prefer to send Mary a card in the post, contact the newsletter at mbgcnewsletter@gmail.com for Mary's address, or ask Janice Rose or Nick Jenkins at Tuesday's meeting.



October's Speaker:

Linda Gilkeson on

“Planning Your 12 Month Food Garden”

Abstract:

Did you know you can harvest over 30 kinds of fresh vegetables from your garden all winter? To do that you need to choose the right varieties and plant them at the right time. Be ready for next year's gardening season by learning what to grow, when to plant and how to fit overwintering crops into your summer plantings to harvest the most from your garden all year round.

Committee Reports

Plant Table

Thank you all for all the great donations last month-especially the harvest of produce.

We have some New Zealand Flax potted up. I will bring a couple for those that have a greenhouse (not necessarily heated.) We also still have some ginkgoes if anyone is still interested. Surprise us with your donations. If you have empty buckets please bring along so we can replenish them with more alpaca manure. Thank you!

*Your friendly plant sales team,
Monika Morgan & Sharon Martin*

Membership

Welcome to our new members and to those who have renewed their membership after a short break: Sheila Beattie, Pat Clark, Barb Jensen, Carol Minchin, Carol Mores, Lynn Pearce, and Eleanor White. Thank you to the more than 50 members for your patience in standing in line at the beginning of our September meeting in order to pay \$10 to renew your membership.

To those of you who haven't yet renewed, you can do so from 6:30 to 7pm or during the break midway through our October meeting on Tuesday, October 23.

JoAnn Mulhern

Committee Reports (Cont'd)

Notes from the Library

Christmas has come early to the MBGC. We have been the recipient of an amazing donation of the most exquisite and superb gardening books. Corrine Tocker, a Shawnigan Lake gardener has donated 14 boxes to our collection. There are books on garden design, pest management, perennials, ground covers, trees, shade gardening to name a few. Over the next year you will have the opportunity to view this astonishing addition to our ever expanding library.

Come and check out the library at our October meeting.

*Your friendly librarian,
Janice Rose*

Raffle Table Report

Lots of fun and interest at our first raffle of the year during September's meeting! My thanks to:

- Monika Morgan for her donation of a robust bell pepper plant that she grew from seed
- Barbara Juurlink for her lovely flower arrangement
- Donna Kennedy for the yummy bag of home grown apples

My appreciation also to Tracy Morris for helping me with ticket sales during coffee break.

Any donations to the raffle of either new or hand-crafted items are most appreciated. This can include "crafts" such as baking, jams, etc or coupons for same. Watch for a raffle donation from member Ann Baty – you'll have to come to October's meeting to find out what it is!

Remember to bring your loonies: tickets are 3 for a dollar and can be placed against any one of three raffle prizes, and will then automatically be included in the draw for the Grand Prize.

Looking forward to seeing everyone on Tues Oct 23rd!

Cori-Lee Fisher

Social Media

If you use Facebook, don't forget to check us out and "LIKE" us at:

www.facebook.com/millbaygardenclub

*Pauline Dueck
Facebook Coordinator*



All the News That's Fit (That Fits)

CFLA Fundraiser Garden Tour Seeks Help

From Tina Short, Garden Tour Coordinator, Cowichan Family Life Association. The fundraiser garden tour takes place on Sunday May 12, 2019.

"I need someone to call people that have helped in the past. I need someone to help with organizing the Tea and getting companies that have donated supplies for bakers in the past, people to contact previous people who have donated items for the raffle, bakers, people to contact the previous ticket outlets to ensure that they will be selling tickets for us again. We need someone with social media experience to help promote the event. We need to find someone who is willing to design and create a new website for CFLA. We need someone who is a good writer to write a news release. The list is huge lol. Oh and I need someone who is good with Publisher that can do the tickets. Someone who is good a designing posters etc."



Mixing It Up

A reminder of this wonderful event - the Victoria Master Gardeners Association's **Mixing It Up in the Urban Garden day-long event "Beauty and the Beast"** takes place at the Mary Minspear Centre in Sidney on 2 February 2019 from 9am—4pm. Early bird registration is now over - the cost is \$100.

Cost includes delicious food at lunch and breaks, and free parking.

As of October 18, there were only 26 tickets left. Registration details here:
<http://www.karelo.com/register.php?BID=641&BT=10&PrivEv=18106>

Feasting from the Garden!

Anyone got apples? No member recipes came in this time, but here's a tried and true apple cake recipe from John Bishop's *Fresh*. If you'd like to contribute a recipe, send it along to mbgcnewsletter@gmail.com!

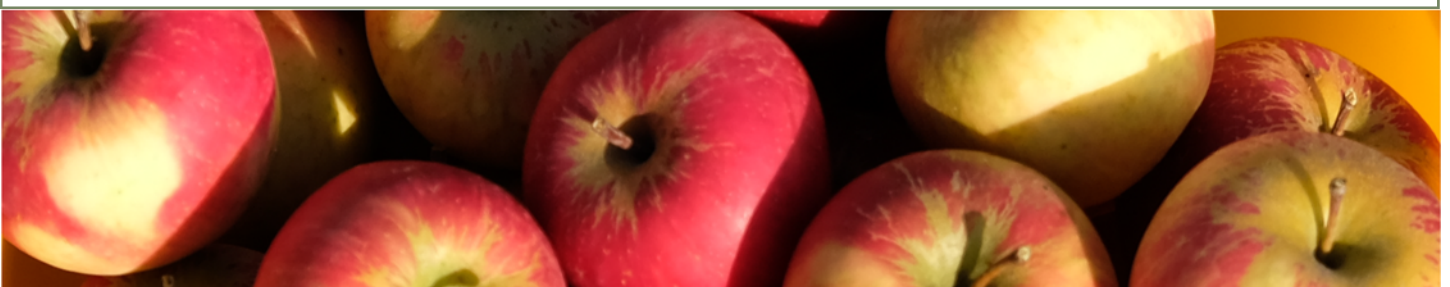
John Bishop's Apple Cinnamon Cake

Just as delicious when made with pears, this cake is excellent all by itself, eaten out of your hand. It will fill your home with the intoxicating smell of cinnamon and apples (or pears) as it bakes. The cake is easiest to slice when cool, but it is possible to slice it warm if you just can't wait! Serve with whipped cream or ice cream. Serves 10.

- 1 c granulated sugar
- 1/2 c brown sugar
- 1/2 c butter, softened
- 1 tsp vanilla extract
- 1/4 c cream cheese
- 1/2 c mascarpone cheese
- 2 large eggs
- 1-1/2 c all-purpose flour
- 1-1/2 tsp baking powder
- 1/4 tsp salt
- 3 c peeled and diced apples
- 1/4 c granulated sugar
- 2 tsp ground cinnamon

1. Preheat the oven to 350 deg F. Grease a 9-inch springform pan and lightly dust with flour.
2. Place the 1 cup of granulated sugar, brown sugar, butter, vanilla extract, cream cheese and mascarpone in the bowl of an electric mixer. Beat well until blended. Add eggs, one at a time, and mix well.
3. In a large bowl, combine flour, baking powder and salt. Add the cheese mixture to the flour mixture and stir until just combined.
4. Place apples in another large bowl. In a small bowl, combine the 1/4 cup of granulated sugar and cinnamon and mix well. Add 2 Tbsp of the cinnamon sugar to the apples. Reserve any extra cinnamon sugar for the topping. Toss the apples to coat with sugar, then stir the apple mixture into the batter.
5. Pour the batter into the springform pan and sprinkle the top with the remaining cinnamon sugar. Bake for 1 hour, or until the cake pulls away from the sides of the pan. Cool the cake on a rack until serving.

This cake is best served in generous pieces. Place on individual plates or eat by hand.



10 Tips for October Gardening by Barb Kohlman

I picked these tips off the web:

1. In vegetable garden beds, be sure to remove old plants, as well as any foliage that has fallen on the soil. Better yet leave the roots of many of your old vegetables to hold the soil and offer nutrients for next spring. Only really need to remove foliage if you think there may be a disease problem.
2. Do a final weeding, and mulch the bed with straw, grass clippings, or chopped leaves. These mulch's can be turned into the soil next spring to help fertilize next year's crops.
3. Collect and store flower bulbs—such as gladiolus, freesia, calla, and canna bulbs—after their tops have frozen. And dahlias.
4. Mow the lawn one last time. Spread corn gluten meal if you have problems with crab grass. A corn milling byproduct, corn gluten meal inhibits the root growth of crabgrass (and all other) seedlings. Unable to develop roots, the crabgrass seedlings die. Corn gluten meal is approximately 10 percent nitrogen by weight, thus making it a natural “weed and feed” product.
5. Collect leaves to shred (with a shredder or mower) and compost. Or lay on all exposed soil to protect from heavy winter rain compaction, erosion and winter weeds.
6. Before you put away your mower, drain gasoline and take it to the shop for any repairs and to have the blade sharpened. Sharp blades give clean cuts and therefor less damage to your grass.
7. Cut back tender roses to 10 to 12 inches and remove all foliage so insects and diseases can't winter over.
8. Cover tender, hybrid roses with leaves or straw to protect against winter temperature changes. I'm not much of a rose grower. Do we need to do this in our island climate?
9. Bring in pots that can't take a freeze — terra-cotta, ceramic, many plastic pots.
10. Clean and oil garden tools before storing for winter

Bonus Tips:

- Dig up geraniums and bring them indoors for the winter.
- Plant spring bulbs up until ground freezes.
- If you are planning on making new garden beds, or expanding current ones, do it now so they are ready to plant in spring.
- Continue harvesting any fall veggies. You can cover hardier veggies like Brussels sprouts with row covers to extend their season.
- I am adding mulch to the edges of my beds and in areas where nothing is planted to protect the soil. Wait to do regular beds till the soil has cooled to avoid keeping it unnaturally warm.

Cheers — barb k

Upcoming Events

- On the off chance you missed it a few pages back, the Victoria Master Gardeners Association's "Mixing It Up" event takes place in February 2019. Cost is \$100 and only 26 tickets are left
- **Victoria Chrysanthemum Society Regular Meeting Sat 27 October, 2pm**
1647 Chandler - contact vcociety@yahoo.ca for details
- **Annual Rare Bulb and Plant Auction. Mon 29 October, 7pm**
Hosted by Victoria Lily Society. 6:30 - 7:30 Wine & Cheese / Plant Viewing. Couvelier Pavilion, Horticulture Centre of the Pacific, 505 Quayle Road.
- **Cactus & Succulent Society. Wed 31 October, 7:30pm**
4725 Falaise - contact victoriacactusociety@gmail.com for details
- **Victoria Dahlia Society. Thu 1 November, 7:30pm**
The Victorian, 4000 Douglas. Tuber Auction & Election - contact vdspublicity@shaw.ca for details
- **Victoria Rhododendron Society. Mon 5 November, 7:30pm**
505 Quayle Road. Jeff deJong, Topic TBA. Contact victoriarhododendron@gmail.com for details

Upcoming Tour - Butchart Gardens Greenhouse Operations

- Invitation to **Behind the Scenes Look at The Butchart Gardens Greenhouse Operations.** With 26 greenhouses covering 0.8 hectares, Butchart's gardeners are busy year-round, growing material for seasonal displays. Three tours specially organized for VHS Members introduce topics including plant propagation and pest management. Friday tours begin at 2:00 pm sharp; maximum of 15 people per tour. **Dates: 2 November/9 November/16 November.**
PAID ADMISSION or VALID 12-MONTH PASS to The Butchart Gardens is required to participate. Choose a date, and sign-up by emailing Alimay McNeil (ammcneil@shaw.ca) or Mariev Wade (wademariev@yahoo.ca). Then get out your walking shoes and prepare to discover the 'down to earth' magic creating the Capital Region's world-class garden.

...Continued on next page

Upcoming Events

... Continued from previous page

Horticulture Centre of the Pacific Events (sign up at hcp.ca)

- **MASON BEE MAINTENANCE. Sun 28 October, 1-3pm**
With Tom Leahy. Learn how to overwinter cocoons. \$20/\$25
- **HYPERTUFA. Sat 3 November, 10am-1pm**
With Paul Spriggs. Make a rock garden style hypertufa trough \$65/\$70
- **MINIATURES & SMALL-SCALE BASKETRY. Sun 4 November, 9:30am-4:30pm**
With Joan Carrigan. Make 2 projects: bark basket & linen thread pouch. \$120/\$140
- **WILD FOOD & NUTRITION. Sun 4 November, 1–4 pm**
With Latifa Pelletier-Ahmed Many wild plants are edible—why are they good for you?
\$35/\$40
- **WORKING WITH LIVE WILLOW. Sat 10 November, 9am-3pm**
With Andrew Kent. Learn to grow LIVING fence! Bring lunch & work clothes. \$60/\$70
- **HERBS FOR WOMEN’S HEALTH. Sat 10 November, 10am-1pm**
With Lily Fawn. Learn about herbs that nourish our bodies. \$60/\$70



Glorious Fungus Time by Fran Benton

Last year I started a project to take a picture of every kind of mushroom I found in my garden. I stuck with it until some fossil hunting distracted me. Then I decided to document every type of fossil I have. Then I got confused and gave up.

This year has thrown me a gorgeous surprise! The biggest mushroom I have ever seen appeared at the corner of a raised bed. This guy was a monster and was identified by Dustin, the Mill Bay Garden Club's official mushroom man. Dustin says this brute of a fungus is called The Prince. Now I thought that was a recently departed rock star but hey, it's a mushroom too!



Doing some online research revealed that The Prince is officially *Agaricus Augustus*. For those of you who enjoy details it's in the Basidiomycetes group- now I ask you, who would not want to be in that social group?

The Prince is found mostly in the Pacific Northwest and curiously does not grow under trees in forests but prefers slightly disturbed areas – like my raised bed! I think most people know that mushrooms are the fruiting body of an extensive underground fungal network

known as the mycelium. Picking mushrooms does not hurt the mycelium any more that picking apples damages the tree. The Prince is edible according to the books. I know quite a few people who forage for wild mushrooms with great success. I like to forage for Chanterelles but that's as far as I trust myself. I notice that foraging at the local grocery store also yields good results!

The spores of a big mushroom like this make really interesting colour prints on paper. If you snap the cap off a mushroom and put it gill side down on the paper it will release its spores. They will reflect the pattern of the mushroom's underside. You may notice that some mushrooms have gills, some have pores and some have veins.

It also helps to identify mushrooms by taking a peep under their cap. Some will have a veil (like prince) and some have a ring of fungal tissue around their stem. All these things can help you identify your garden mushrooms.



Mill Bay Garden Club

General Meeting Minutes Tuesday, September 25 2018

Call to Order: 7:06 pm

Acceptance of May 2018 Minutes

- Moved Cliff Stainsby
- Seconded Norm Redcliffe
- All in favour, Carried

President's Report: Donna Kaiser

- Welcome to everyone, especially new members.
- Thanks to the kitchen folks for set up, coffee, and treats

VP Report: Bernie Juurlink

- Speakers update: Bernie suggested speaker ideas and handed around a list for suggestions

Treasurer Report: Marie Cooke

- We have \$339.85 and \$1,500 in bursary account. Nametags are available. \$8 plastic and \$11 magnetic.

COMMITTEE REPORTS

Membership: Jo-Ann Mulhern

- We have 44 renewed members and 7 new members.

Sunshine: Mary Gale

- Mary sent out 9 cards, 3 members died.

Raffle: Cori-Lee Fisher

- We have 5 things to raffle: flowers, plants, alpaca gold and fruit. 3 tickets for a dollar.

Plant Sales: Monika Morgan

- Lots of stuff, including fruit and vegetables.

Kitchen: Pat Spezowka

- Please sign up for goodies for next meetings.

...Continued on next page

Library: Janice Rose

- Lots of books, especially mushrooms, Donna's cookbook, and new magazines.

Past President: Ajay Oppelaar

- Pip would like everyone to know she was not on the executive before she became the president.

MEMBERS FORUM

- Norm talks about dahlias. Will bring some to next meeting
- Elaine Scott Thank you all for 1 gallon pots. Mixing it up conference February 2, there are only 50 tickets left.

Q&A with Ajay Oppelaar

- How do you overwinter begonias? - Tuberos ones just dry and store. Throw fibrous ones away and replace next year.
- Deer ate all the Shasta daisies – Ajay says they are eating for moisture not necessarily plant preference.
- Mary says the deer have eaten her marigolds.
- Bob Duncan has an online video about pruning fruit trees especially figs.
- There was extensive discussion about tomato bottom end rot. One treatment was magnesium early on to prevent this problem. Irregular watering also causes this problem.

Brag Table: Barb Kohlman

- A lot of bragging occurred!

Coffee Break

Raffle

Speaker: Dr Shannon Berch on "Mycorrhizas in our Gardens: What they do for us and what we can do for them"

Adjourn: 9:16 pm