



# MILL BAY GARDEN CLUB NEWSLETTER

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

Email: [mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)

## Next Meeting:

Date: **Tues, October 25th, 2022**

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

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

### Activities:

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



## October Speaker:

**Dustin Carlson on  
Landscape Design**

*See page 3 for details*

## October Brag Table Theme:

### **October Delights**

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!



## **A little ray of sunshine...**

Club member and Librarian Janice Rose has stepped into the shoes filled for so many years by Mary Gale. Janice will send cards to members experiencing illness or loss on behalf of the Club, bringing a spot of sunshine into a stressful time for a club member.

If you know of someone in the Club who is sick, in hospital, or has lost a loved one, please let Janice know and she will send a card on our behalf.



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## President's Report

Gill Keir

The September general meeting was attended and enjoyed by approximately 60 members! It had a happy atmosphere and it was a pleasure catching up with each other. This month's meeting will also be in-person and masks are still required. As the days draw in, the hall might be chilly if we keep the doors open. The hall's heat pump only recirculates the air, doesn't exchange it. Please come and enjoy the goodies provided by the

Executive, but bring your own drink.

I am impressed with the persistence of my lovely dahlias (bought from Redcliffes a couple of years ago), zinnias, and roses, as they keep blooming even though they live with very little water. I am not consistent with the watering can. My fruit trees and evergreens are on their own. We all have to adjust to water scarcity.

*Gill*



### October 25, 2022, Mill Bay Garden Club Agenda (Tentative)

- 1) 7:00 p.m.: Club Business
  - a) Approval of the agenda
  - b) Approval of the minutes of September 2022 Club general meeting
  - c) President's Report – Gill Keir
    - c.1) Christmas Party
  - d) Executive Committee reports
    - d.1) Pop Up Sale - Pat Spezowka
  - e) Virtual Brag Table
  - f) Garden-related Questions with our Master Gardeners
  - g) Questions for the Executive?
  - h) Adjournment
- 2) 8:00 p.m. Speaker: **Dustin Carlson on Landscape Design**

## October's Speaker (Tuesday, October 25):

### Dustin Carlson on Landscape Design

The speaker for the 25th will be MBGC member extraordinaire Dustin Carlson. From Dustin:

*Fellow Mill Bay Garden Club Members, it is my pleasure to present to you my thoughts, opinions and general musings regarding the principles of landscape design.*

*Landscaping is synonymous with onerous. As such, before you plan to begin, one must begin to plan. Plan to take the consistent variables innate in a unique terrain to terraform it into a better place. No heavy lifting required on your part as I, Dustin Carlson, will be your sherpa, guiding you to a better land.*

*See you Tuesday!*

*Dustin Carlson*

*CountrywideOrnaments.com*



### \* IN PERSON MEETINGS ARE BACK! \*

After 28 months online, last month the Mill Bay Garden Club resumed in-person meetings at the Mill Bay Community League Hall. Our first meeting in over two years was very well attended by around 60 members.

For the time being, to keep everyone safe, we continue to ask attendees to be **fully vaccinated**, and to wear their **masks** while inside the hall. Fully vaccinated means both initial shots and all available booster shots.

We look forward to seeing you again!

## Committee Reports

### Notes from the Library

Many, many thanks to Bernie Juurlink who has donated *Braiding Sweetgrass* by Robin Wall Kimmerer, a distinguished professor of Environmental and Forest Biology. This book weaves Indigenous knowledge and the teachings of plants with Western Scientific Knowledge. It's a must read for any gardener.

This book definitely compliments our MBGC book *Finding The Mother Tree* by Suzanne Simard. Both will make excellent winter reading.

Please remember to return all those books taken out before March 2020! All requests for new book are most welcome!

*Your friendly librarian,  
Janice Rose*

### Plant Sales

Hello to all new and returning members of the Mill Bay Garden Club. It was lovely to meet you all in person at our September meeting. And Carrie and I were pleased to see the bounty of plants donated for our first plant sale table. Thank you so much, we were able to raise almost \$200.00 with your generous contributions.

As mentioned in the last newsletter, it is a good time, with this wonderful weather, to go through your garden and do a recap of what worked well and what needs a bit of change. Keep us in mind if you decide to dig up and divide plants or haul out the duds to make room for new additions. We would appreciate any extras. Remember to put your plants in pots and label with name and colour, if known.

We will be setting up our plant sale table inside the meeting hall this time and hope to start the sale at 6:15 pm. Barb Juurlink still has 3 of the Brown Turkey fig trees and there are some echeveria succulents as well.

We look forward to seeing you at the October meeting and thanks again for making our first plant sale table a success.

*Kathleen and Carrie*



## Committee Reports (continued)

### Memorial Garden

On Thursday, Oct 6, an intrepid band of volunteers met to tidy up the garden at the Mill Bay Hall where we meet. The regular volunteers (Janice R, Barb and Bernie J, Pauline D, and moi) were happy to welcome a brand new club member who turned out to help. Thanks Terri Richert! The six of us got the job done in record time and the garden looks great again. Hopefully that will be it until the spring. Thanks everyone!

*Katherine Miller*  
*Garden committee lead*

### Membership

Thanks to everyone that has renewed their 2022/23 membership and welcome to our 5 new members.

At this September's executive meeting we made the decision that all the people on our list will receive our newsletter until the end of December 2022. After that only members in good standing will be on the newsletter list.

We will be taking renewals before the meeting and during coffee break again next week.

*Pat Spezowka*  
*Membership*



Photos this page by Ann Baty  
From *Mosaïcultures Quebec 2022*

### There was once... the Earth

A story told by 6 million  
flowers



## Pop Up Sale Coming

The Christmas Pop-Up Sale is popping up again this year. Our work bee will be on November 23 & 24 and the sale will be held at Pat & Alex Spezowka's home again from December 1-4.

Please keep us in mind if you trim your evergreens later this November. We can use all those trimmings for our creations.

We also need ribbons, bobbles and bangles to decorate the wreaths so if your Christmas decoration collection needs downsizing we will be happy to give them a new home. All sale monies, after expenses, go to the club and really help with our donations to the community.

*Monika and Pat*



## Gardening Tips for October by Barb Kohlman

*We are supposed to get rain this weekend !!!!!!!!!!!*

In regard to this:

- I am going over to clean up my veggie garden/pick the last of the tomatoes that have been fine, no mould because of the dry weather/ pick all my squash---the plants are all dried up so no more growth/ and now would be a good time to get your garlic planted. And that is my veggie knowledge limit!!!!!!!!
- My roses are still blooming, but don't let them start to harbour disease when the rain comes. They should be pruned quite hard to winter over. NOT the climbers---those can be thinned -full branch to the ground – if needed.
- Hostas are yellowing---so can be cut off at the bottom of the leaves if you feel they are unsightly---this also helps to lesson the number of slugs that will winter over. But if you want "mulch" leaves are a choice as they break down nicely.
- Rhodos are developing their flowers for next year so DON'T prune now---prune after flowering.
- My Azaleas—a yellow species are blooming again!!!!!!!!!! Not sure why, perhaps one of you can tell me at the next meeting.
- I leave my grasses for winter interest, and ferns for how long they look decent, then I would cut off the deciduous ones as they get ratty.
- And I have stopped feeding my goldfish.



*Cheers for this month — Barb Kohlman*

## Feasting from the Garden!

Wondering what to do with all the fruits (and the veggies!) of your labour? This season, the MBGC Newsletter is restoring a short-lived feature from a couple of years ago. We aim to include a club member's favourite recipe every issue, and this time we have a recipe from Pat Spezowka. Find Pat's recipe for Winter Vegetable Salad with Butternut Squash on page 8.

If you'd like to contribute, send your recipe to [mbgcnewsletter@gmail.com](mailto:mbgcnewsletter@gmail.com)!

## Upcoming Events

- The **Nanaimo Rhododendron Society** is co-hosting a one day **"2022 Fall into Gardening"** session on **Sunday 23 October** from 10am to 3pm at the Qualicum Beach Civic Centre, 747 Jones Avenue, Qualicum Beach. The theme is "Coping With Climate Instability in Your Garden". Poster attached at the end of the newsletter.
- **Horticulture Centre of the Pacific** is holding a Harvest Festival on **Saturday 29 October**, from 9am to 3pm at 505 Quayle Road in Saanich. Call 250-479-6162 or visit <https://hcp.ca> for details. Poster attached at the end of the newsletter.
- **Mid Island Floral Art Club** meets on **Thursday 10 November** at 2:00, St Stephen's church hall 150 Village Way, Qualicum Beach. This month we are having a member lead us in a "wreath making workshop." Guests \$6.00 New members welcome Info: Joanne 250-767-8969 or [mifaclub2000@gmail.com](mailto:mifaclub2000@gmail.com).
- Registration is open for the Victoria Master Gardeners' Mixing it up - Evolving Gardens 2023. The event will be held at the Mary Winspear Centre in Sidney on Saturday 21 January, from 9am to 4:30pm. Early bird registration ends 30 November. Early bird \$80 / Regular \$100. Poster attached at the end of the newsletter.

## Winter Vegetable Salad with Butternut Squash, Brussels Sprouts, and Beets

SERVINGS 6 people CALORIES PER SERVING 526 kcal

### Ingredients

#### Roasted Brussels Sprouts

- 3 cups raw Brussels sprouts
- 2 tablespoons olive oil
- salt to taste

#### Roasted Butternut Squash

- 4 cups butternut squash (uncooked, 1-inch cubes)
- 2 tablespoons olive oil
- salt to taste

#### Other Salad Ingredients

- 2 beets
- 2 cups pecan halves
- 1 cup dried cranberries
- **Balsamic Glaze**
- **Use High-Quality Aged Balsamic Vinegar Made in Italy**

• Just use it as is. And, you don't need to use much

#### • How to Roast Brussels Sprouts

1. Preheat oven to 375 F. Line the baking sheet with parchment paper.
2. Trim ends of Brussels sprouts and remove yellow leaves. Slice all Brussels sprouts in half.
3. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine.
4. Place Brussels sprouts onto a parchment paper-lined baking sheet, cut side down, and roast in the oven at 375 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.

#### How to Roast Butternut Squash

1. Preheat oven to 375 F. Line the baking sheet with parchment paper.
2. In a medium bowl, combine cubed butternut squash (peeled and seeded), 2 tablespoons of olive oil, and salt, and toss to combine.
3. Spread butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking until softened but a bit firm.

#### How to Cook Beets

1. Add 2 beets to a medium-size saucepan filled with water. Bring to boil. Boil the beets on medium heat, half-covered (allowing some heat to escape), for about 20 minutes. Remove from heat.
2. Using a large spoon or a ladle, carefully remove beets from hot water. Let them cool. When completely cooled, peel the beets and then dice them into small cubes.

#### How to Toast Pecans

1. Preheat the oven to 350 F. Line a baking sheet with parchment paper. Spread pecans in a single layer.
2. Toast the pecans for about 5 to 10 minutes in the preheated oven at 350 F until they get darker in color.
3. **Note:** Pecans burn really fast, so make sure to check the nuts after 5 minutes and frequently afterward.

#### Assembly

1. In a large bowl, toss together roasted Brussels sprouts, roasted butternut squash, diced cooked beets, toasted pecans, and dried cranberries.
2. Drizzle with the balsamic glaze.







## GENERAL MEETING MINUTES

7:00 pm, September 27, 2022

This was an "in person" event held at Mill Bay Community League Hall.

The meeting was called to order by President Gill Keir at 7:02 PM.

Approval of Agenda was moved by Norman Redcliffe; seconded by Al Mikalishen

Approval of the minutes of May 24 was moved by Pip Woodcock; seconded by Fran Benton.

### Committee Reports:

- Membership: Pat Spezowka reported five new members tonight.
- Treasurer & Web Site: Gord Hamilton said the bank accounts were looking healthy. Membership fees will stay at \$10. Any excess money is donated to local organizations in need.
- Raffle: Stephanie Taylor has three prizes tonight. All ticket money goes to fund books.
- Memorial Gardens: Katherine Miller passed a list asking for volunteers to work on the Memorial Gardens. The work parties will be needed once or twice each year.
- Library: Be sure to sign out any books you wish to borrow and when you bring them back cross off your name. Please be aware that the books are organized by subject so if you are looking at one be sure to return it to the exact place where you found it.
- Janice Rose will also be the sunshine person so please let her know of any illness or anyone needing a card.
- Bursary: Ann Baty reported that a donation was made to a student in June to fund environmental studies. This year there was interest from both Kelsey and Cowichan High for the \$500.00 bursary.
- Facebook: Pauline Dueck manages our Facebook so if you are on Social Media please check it out.
- Plants: Kathleen Mercer said that there are a number of donated plants on the table tonight including fig trees. Thank you to everyone. Tonight we have made \$120.00 so far. Please take home any unsold plants at the end of the evening since we have no storage.
- Newsletter: David Byrnes had nothing to report.
- Vice President: Richard Nelson. He will be tonight's speaker. He is having trouble finding speakers so any suggestions would be welcome.
- President: Gill Keir announced that the kitchen position is vacant. We would like a volunteer. Pat Spezowka has created instructions for the role of the Kitchen person which will make it easier.
- The membership was asked for comments on our mask and vaccination policy. The consensus was that we continue as we are and that the executive will be the ones to revisit the topic and decide.

*minutes continued next page*

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- Brag Table: Fran Benson stood in for Barb Kohlman tonight. Barb did come earlier and bring a number of interesting plants, including clematis, Himalayan honeysuckle and several ferns. As the only other person to bring a plant Pat Spezowka received the plant prize.
- The Question period visited topics such as: Is it advisable to take cuttings from tomatoes for next year? Why does a dogwood have both berries and flowers now? Do jasmine berries have a use and How do you stop raccoons from digging up newly laid birch/alder mulch.
- There was a refreshment break at 7:40 PM
- At 8:02 PM the raffle tickets were drawn.
- At 8:10 PM Richard Nelson gave an informative presentation on weeds, edible and medicinal. There will be a list of suggested books on this topic in the next Newsletter.
- At 9:00 PM Katherine Miller made the motion to adjourn.

THE GARDENS AT HCP PRESENT:

# HARVEST Festival

**OCTOBER 29TH, 2022**

505 QUAYLE ROAD, VICTORIA BC V9E 2J7

**You are invited to our annual Harvest Festival!**

- **Pumpkin people photo op**, exhibits, family activities, workshops, and more!
- Exhibits featuring; **Habitat Acquisition Trust (HAT)**, **Rocky Point Bird Observatory (RPBO)**
- **West Coast Seeds** will have an activity station for growing microgreens (and other seasonal tips)
- **Bartlet Tree Experts** will be providing seasonal tips and more!

**EVENT PARTNERS**



West Coast Seeds.



**Registration is open for**

# Mixing it up

EVOLVING GARDENS | 2023

Saturday January 21 | 9 to 4:30 | Mary Winspear Centre, Sidney BC

**When the 100-mile diet will meet the 100-mile conference!**

Five local speakers will offer possibilities for our changing climate:  
 Your garden is an ecosystem | Gord Baird  
 It all starts with the soil | Dr. Barbara Hawkins  
 Planting for resilience | Linda Petite  
 Foodscaping the future | Josh Wagler  
 New beginnings | Egan Davis

Conference fee:

Early Bird fee until November 30, 2022	\$80
Regular fee from December 1, 2022	\$100
Recordings Only fee (for 30 days after the conference)	\$40

“Bring your own lunch and mug” will extend the green theme.  
 Coffee, tea and snacks will be provided at breaks.  
 Vendors and a Silent Auction will add excitement to the day.  
 Find conference details at [mixingitup.org](http://mixingitup.org)

