

# THE BULLETIN

BRITISH COLUMBIA COUNCIL  
OF GARDEN CLUBS

SEPTEMBER 2024

# PRESIDENT'S MESSAGE

## LYNDA PASACRETA

### PLEASE FORWARD TO ALL OF YOUR CLUB MEMBERS

As we stand in amongst our flowers and plants making sure they thrive for our pollinators and wildlife, it comes to mind that we have to ensure that the legacy of working in gardens, growing food, and protecting the environment and wildlife has to continue with the younger generation.

We have to ensure that young people are choosing to pursue a career in horticulture.

The changing climate may affect our food sources, especially transportation, and viability with weather affecting crops — a local example is the damage caused to Okanagan fruit production from the extreme cold temperatures last January.

We are increasing the number of pollinator-friendly insects with the hard work we are doing to heal the environment.

We are improving soil condition and soil erosion with our efforts to plant drought-resistant plants and trees, adding mulches and compost to our soils, and ensuring we are protecting the very fragile microbiome of the web of life in soil.

A lot more thought and focus is definitely helping Mother Nature to take care of our very stressed environment.

How do we, as an organization, support our initiatives? We have to continue to contribute to our universities, colleges, and other educational

institutes that offer training to care for our environment.

We need your donations to support the students choosing this line of work. Over the next few months watch for some great initiatives coming from our Scholarship Fund committee to ensure young people who care about our new world and want to make a difference can get support from organizations like ours.



Autumn Joy sedum. Photo by Lynda Pasacreta

## SCHOLARSHIP FUND NEWS

DEBBIE MELLENGER, SCHOLARSHIP FUND COMMITTEE

### Support Students This Back-To-School Season!

As summer winds down and we celebrate the back-to-school season, let's come together to sow the seeds of opportunity and growth for our students. Your support will not only help fund scholarships but also inspire and empower students to pursue their passions in horticulture.

These resources will empower students by providing them with the tools and encouragement they need to grow their skills and contribute positively to our environment.

Please consider making a **donation** to support these vital initiatives. Every contribution, no matter the size, will help us cultivate a commitment to sustainability in our future leaders. Together, we can make a meaningful difference in their educational journey and our community's green future.



Cecil Beaton Photographs - Women's Horticultural College, Waterperry House, Oxfordshire, England, 1943. Courtesy of Wikimedia Commons.



## 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](http://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](http://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!

**Help support our horticultural students  
today just as they did in 1943!**

**DONATE TODAY!**

# WHO SAYS ONE CANNOT HAVE A PATIO OR DECK RHODODENDRON GARDEN?

One of the ways our Rhododendron Society is encouraging the public to become more aware of the versatility of Rhododendrons is to show how rhododendrons can be used in smaller spaces like decks and patios. Despite delays and issues as we moved forward, the main structure is now in place. Once again our Society shows leadership in bringing new ideas to the public.



VICTORIA RHODODENDRON SOCIETY



## SOME SOLUTIONS FOR A HEAT-STRESSED GARDEN

### LYNDA PASACRETA

My garden looks exhausted. It is definitely changing over to the late summer/fall colours. I just had to cut back a very old climbing hydrangea that was exposed to the intense heat early August and was dying.

With permission from [GardenDesign.com](http://GardenDesign.com) I am happy to share some ideas from Linda Hagen's article on finding some solutions to reviving and cooling down our spent gardens.

Some of the solutions will have to be introduced once the weather cools but a great suggestion from her is to plant a meadow garden featuring native plants. Replace struggling 'brown' lawns with meadow gardens also. Looking at a brown lawn reminds us all of how little value they offer to our wildlife and insects.

Every year hubby and I talk about adding drip irrigation to our landscape. Besides being water-wise, your plants will be much happier.

During the intense heat, we stopped fertilizing our plants but now that we are halfway past the midpoint of summer, we will give our plants a little lift.

Watering almost requires a degree! Many people only water the surface, which encourages roots to sit at the top of the soil. We need to water deeply at the base of the plant and less frequently.

When your plants become stressed they try to make seeds. Make sure to remove spent flowers or seed heads. Your plants will use their new-found energy to make new flowers and foliage.

Read labels when purchasing plants. We have a well-known horticulturalist here at the coast who has decided he is only going to plant zone 3 plants because he lost so many tender plants and zone-pushing plants this past January. I am sure he was joking but I may heed his words when I choose new plants this fall — choose lower than our recommended zone level.

To subscribe to the Garden Design newsletter go to [gardendesign.com](http://gardendesign.com). Delightful newsletter!



My 'brown' lawn needs to be converted to a drought-friendly space! Photo by Lynda Pasacreta

**VICTORIA FLORAL ARTISTS' GUILD  
2024 SHOW**

**FLORAL ART PASSION**

*Celebrating 55 Years of Floral Art*

**Our Lady of Fatima Parish Hall  
4635 Elk Lake Drive, Victoria**

**Saturday, October 26, 2024  
10:00 am - 4:00 pm**

**Set Up - Friday, October 25 from 1:00 - 8:00 pm**

**Take Down - Saturday, October 26 at 4:30 pm**



Photo by Victoria Floral Artists' Guild

## PLANTS WITH VERTICAL IMPACT

### SYLVIE FIELD, SEED TO SKY GARDEN CLUB

I first read about this in a gardening magazine many years ago when I had a very different garden to the one I have now in Vancouver. However, as I have developed all these different gardens I have always come to the point when I realized I needed some vertical impact. Not just height, but plants which seemed to pierce the air above them. They act like punctuation marks I guess, in among all the round and billowy shapes which shrubs and perennials often seem to adopt, particularly in the summer months.

Ornamental grasses are a likely candidate for verticality of course and indeed many of the *Stipa* family, *Carex*, and *Calamagrostis* show this. However they have other qualities as well which tend to blur this effect — many of them become billowy under their own weight and eventually spread out in a fan shape.

The first plant which was recommended to me to maintain this verticality was *Iris pallida* 'variegata', which of course also offers variegation as well as lovely pale blue flowers. It is an eye catcher and maintains its appeal because of the variegation, long after the flowers have disappeared — which can't be said of all the iris family!

Here in this garden there is less room to experiment but last autumn I planted several pots of *Liatris spicata* bulbs, which I had bought quite cheaply, and planted them out into the border as they came through. They have lovely purple spikes which pierce through the grassy foliage and rise up in an attractive way and they seem to last quite a long time. I guess *Kniphofia* would have the same effect and a good colour range.

My other experiment has been with *Thalictrum rochebruneanum*, a giant meadow rue (6 feet plus). The verticality comes with the dark maroon-red stems. The clusters of tiny lavender blue flowers are a bonus but I love it and will try to propagate it this autumn. It will take a bit of shade which is perfect for this garden. The delicate — almost lime-green foliage provides a great contrast to both

stems and flowers. It seems to thrive where there is regular moisture in the garden.

My final pick for a spot in the border is something which I am a bit wary of but it ticks all the boxes. It's a hybrid of purple loosestrife (I know!) called *Lysimachia atropurpurea* 'Beaujolais'. It has long gooseneck-like spikes with deep burgundy buds opening to burgundy-pink flowers in summer. It's very long blooming and I've also dried a couple of stems. It attracts bees and hummingbirds.

Well, that's it, although I am sure there are many more examples of verticality in the garden and it's great fun to experiment with a few new ones.





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.

# Growers Delight

## Granular Soil Activator

NEW ORGANIC HOUSE BLEND 4-2-2 with HUMIC

Growers Delight is a soil activator enriched with organically sourced materials. Along with NPK plus CA, also includes many other trace elements. Improves soil structure and activates the soil's fertility naturally.



OMRI Certified Organic

**Enriched with Calcium, Humic Acid, Nitrogen, Soluble Potash**

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or visit our website

**Perfect for:**

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- Repotting plants
- Trees & shrubs
- Lawn maintenance & care

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

**CENTRAL/WEST CUBA GARDEN/CULTURE TOUR- FEB 14 TO MAR 24, 2025.**  
Cuba1tours of Courtenay, BC has been doing a variety of safe, fully guided tours to Cuba since 1995. This is an opportunity to discover both the Culture of the



country as well as visit a variety of locations and gardens. All accommodations are at hotels and resorts.  
Complete tour details are at [www.cuba1tours.com](http://www.cuba1tours.com) (click 'garden tours')

## GARDENERS ANONYMOUS (GA)

### LEN BETTAM, MOUNT ARROWSMITH RHODODENDRON SOCIETY

#### QUALICUM BEACH

Hello, my name is Len and I am an addict. Some of you may recognize the urge, no, the craving to buy more and more plants. Sent out on a simple shopping errand for bread or some household cleaner I would return with a plant as well, sometimes just a plant and no bread.

I was ashamed, embarrassed, and lonely thinking that it was just me and that there was something wrong with me.

I live in the picturesque town of Qualicum Beach and one day purely by chance I stumbled upon a group called Gardeners Anonymous and suddenly things started to change for me.

I can't remember when I first heard these two words, perhaps at the very farthest, out of the way part of one of the local garden centres that I used to visit, looking out for that elusive rare example of a particular plant specimen that I knew I just had to have.

Anyways Gardeners Anonymous, or GA as we refer to it, has changed things for me. During the summer months we meet up secretly in each other's gardens to talk about, well anything I suppose, but plants in particular. It is a very social and supportive group and the only rule the group has is that you must open your garden at least once a year as a form of therapy session for the other GA members.

There are about 25 or so members so there are many many plants to see, to smell, to touch, to envy — no no, sorry, no not to envy, just admire. Of course there are often plants exchanged and given at these therapy sessions so those of us that might be struggling can be gently steered away

from the need to buy by the giving of a small plastic pot of joy.

Has GA cured me? I don't think so, but now I know that I am not alone and somehow the burden seems lighter when shared amongst like-minded friends. Here are one or two pictures of recent therapy sessions.



Photos by Len Bettam,  
Mount Arrowsmith  
Rhododendron Society



## AFTERNOON TEA AT UBC BOTANICAL GARDENS

DEBBIE MELLENGER, SCHOLARSHIP FUND COMMITTEE

Our Debbie Mellenger, BCCGC Scholarship Fund, was invited by UBC Botanical Gardens for a recognition event to honour donors to their horticultural training program.

Some of the sponsorship funds raised by the BC Council of Garden Clubs are donated to UBC Botanical Gardens.

Debbie attended an exclusive afternoon tea June 6, 2024, in the gardens at UBC Botanical Gardens. She thoroughly enjoyed herself and was proud to represent us all on behalf of the BC Council of Garden Clubs.

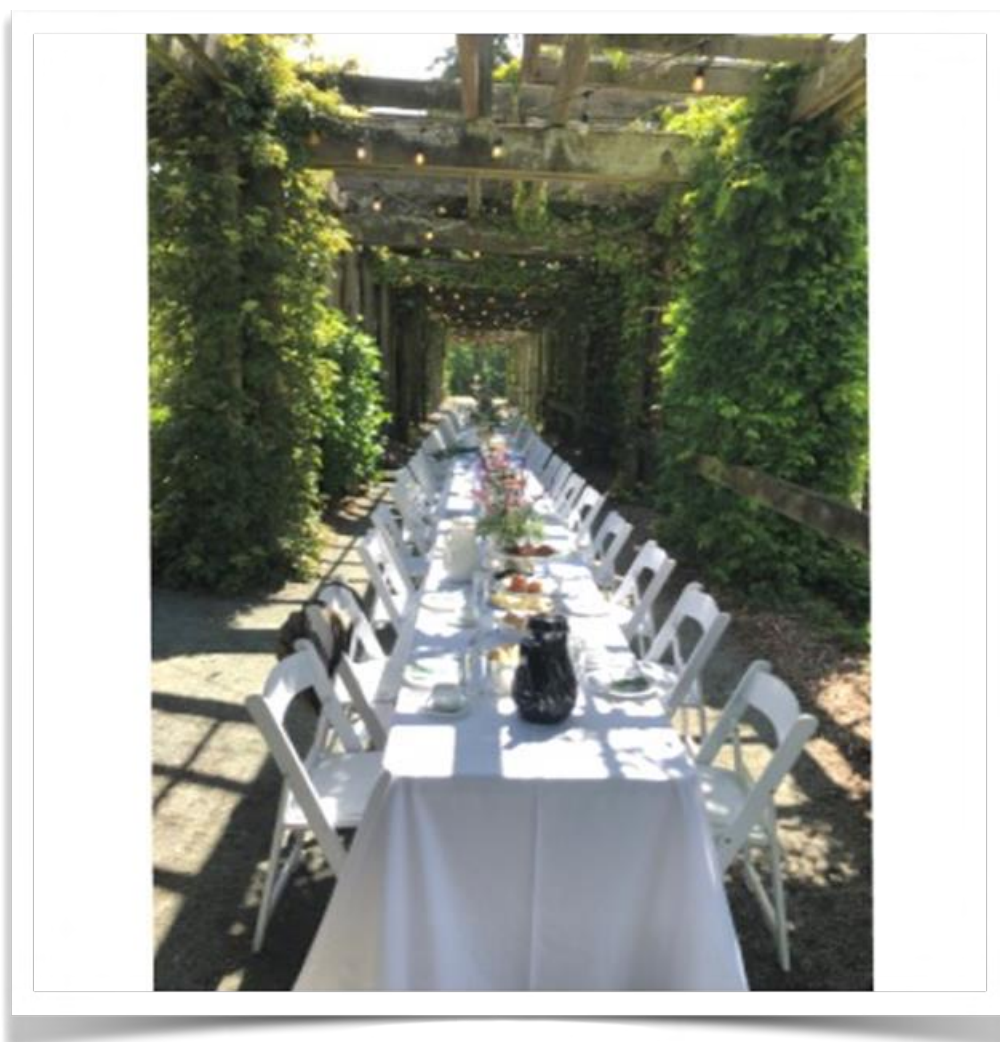


Photo image from thank you card, UBC Botanical Gardens

## PINE WHITE BUTTERFLY

CINDY TATARYN, VANCOUVER MASTER GARDENERS

### **Pine White, *Neophasia menapia***

**Range:** The pine white is widespread and fairly common in BC. There are only two species of pine whites in the world. One occurs in western North America, including BC. The other species, the Chiricahua pine white, is found in southwestern USA and northwestern Mexico. The genus appears to be quite primitive and may have evolved before flowering plants replaced conifers and related plants as the dominant vegetation.

**Larval Food Plants:** They feed exclusively on needles of Douglas fir, pine, hemlock.

**Adult Food Source:** The pine whites can be found nectaring on flowers in open forest or forest margins.

**Time of Flight:** Their flight time is from July to late August.

**Life Cycle:** The pine white eggs are laid in groups at the base of conifer needles, and winter is spent as an egg. The larvae hatch and begin feeding in the spring on new leaves.

The pine white eggs are flask-shaped and emerald green, with vertical ribbing and a circle of white beadlike bumps below the narrow upper end.

Pupation may occur in the tree branches or the larvae may drop to the ground on silk threads to pupate on tree bases or shrubs.

### **Description:**

**Larvae:** The mature pine white larvae are dark green with a narrow dorsal white stripe and a broad white stripe along each side. They have two short anal tails. The head is yellow-green, sometimes with blackish patches. The legs are black, and the prolegs are green-yellow. The pupae are slender and dark green with a white dorsal line and two white lateral lines.

**Adult:** The pine white is similar in size to the 'cabbage' butterfly but more heavily marked with black. The female is even more so. It has a characteristic slow weak flight and can be captured midair with your bare hands. Sometimes seen in quite large numbers around the tops of Douglas fir trees in late July to early August and comes to ground level for nectar.

Pine whites are easily recognized white butterflies. The outer margins of the forewings and hindwings are black with white spots. The front edge of the forewing is black, and the wing veins on the ventral hindwing are outlined in black. Orange markings are frequently present on the ventral hindwings, especially in females.

The male of the subspecies that occurs in BC, lack the red ventral markings and the females have more heavily marked ventral hindwing veins and orange rather than red markings.

### **Native Plant:**

Douglas fir, *Pseudotsuga menziesii*.

Douglas fir is a large tree, growing to 70 metres, or taller. The crown of a young tree is pyramid shaped with a stiffly erect leader and branches spreading or drooping. The crown becomes rounded to flattened with age.

The bark is very thick, fluted, ridged, rough, and dark brown.

It has flat needles that are yellowish-green, 2-3 cm long with pointed tips. There is one groove in the upper side and two white bands of stomata on the lower side. Needles are spirally arranged and leave small flat scars on twigs upon falling. The buds are sharp-pointed.

The pollen cones are small, reddish-brown. The young seed cones are oval shaped and hang. They are green at flowering and turn reddish-brown to grey as they mature. The bracts are prominently three forked, which extend beyond the scales.

## PINE WHITE BUTTERFLY, CONT'D

Douglas fir grow from extremely dry low elevation sites to moist mountain sites. It establishes after fires on wetter sites and the trees can live for over a thousand years. Many ancient old growth forests contain Douglas fir trees that represent the legacy of fires that swept the landscape many centuries ago. The trees have thick bark, which can survive moderate surface fires.

### Sources:

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

*Native Plants in the Coastal Garden: A Guide for Gardeners in British Columbia and the Pacific Northwest*, by April Pettinger with Brenda Costanzo (2002, Whitecap 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).

*E-Fauna BC: Electronic Atlas of the Fauna of British Columbia* [efauna.bc.ca]. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, by Brian Klinkenberg, 2020/2021.

*E-Flora BC: Electronic Atlas of the Plants of British Columbia* [eflora.bc.ca]. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, by Brian Klinkenberg, 2020/2021.



Photos by Wikimedia Commons

# GARDENS THAT HEAL – VANCOUVER ISLAND

## ANN KENT

Gardens That Heal (GTH) started life in 2007 as a group for people interested in gardening for wellness – for people, plants, and small wildlife. We started with 15 – 20 members from the Lower Mainland and Vancouver Island, and that number has remained constant. In 2012, GTH joined the BC Council of Garden Clubs.

Some of our members work in healthcare, with an interest in therapeutic gardening; others work in horticulture and garden design. Some people join because they are interested in learning more about healing and habitat gardens. All of us have a keen interest in gardens and nature – we spend hours puttering in our own flower and vegetable gardens or sitting underneath trees planning what to do next.

The last ten years saw difficult changes with members moving away from Greater Vancouver to Vancouver Island, the Okanagan, and the Kootenays. After 2020 and the isolation wrought by Covid-19, we decided to regroup as Gardens That Heal – Vancouver Island, with members from Campbell River to Victoria as well as from the Lower Mainland.

We organize in-person meetings four times a year between March and October at locations in the Oceanside area. Two events are informal and focused on networking and sharing

time in garden activities. Two events offer speakers and educational workshops on themes chosen by members.

An activity that is constant at all our meetings is flower arranging with seasonal flowers and foliage gathered from our own gardens. We each bring a tote full of vases and jugs, we pick a theme – or not, and go home with beauty to share and big smiles on our faces.

Check out our Gardens That Heal VI Instagram page [@gardens\\_that\\_heal\\_vi](https://www.instagram.com/gardens_that_heal_vi) or contact Ann Kent at [coastalcottageann@gmail.com](mailto:coastalcottageann@gmail.com) to receive our most recent newsletter. New members are welcome.



Photos by Ann Kent



## 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 September 15 for October 1**. Submissions/ inquiries:

[newsletter@bcgardenclubs.com](mailto:newsletter@bcgardenclubs.com)

Lynda Pasacreta, Editor

Pam Robertson, Copy Editor

### BRITISH COLUMBIA COUNCIL OF GARDEN CLUBS

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