



# South Burnaby Garden Club

July 2016

## NEWSLETTER

Our next meeting will be:

Tuesday July 5, 2016

Bonsor Community Centre

6550 Bonsor Avenue- 2nd floor



Our speaker for July is a master gardener with 35 years of organic gardening experience, and a creative cook. **Dr. Carole Christopher** has a doctorate in nutrition and has developed and taught university and adult education courses for 40 years, promoting local, sustainable, and just food. She is the President of the Board of Directors of the Society Promoting Environmental Conservation (SPEC) and past-chair of the Vancouver Food Policy Council, advising City Council on food security.

She will share her expertise in the areas of sustainable food sources even in small spaces as we face climate change and need to focus on waterwise gardening.

I look forward to seeing you all there.

Lucette

### CLUB AGENDA

7:30 - 8:00 PM - Club Business

8:00 - 9:00 PM -Guest Speaker

9:00 - 9:20 PM -Show Bench

### MEETING LOCATION CHANGE

Please note, due to Renovations at Bonsor our **August 2** meeting will be held at the new Bonsor Senior's Center located at 6533 Nelson St. (by the tennis courts). A reminder will be given at next meeting as well.



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## Fall Fair News

**2016 Fall Fair Schedule** - now on our website. Dan will have a printed copy of the schedule to peruse at June through August meetings. A few printed copies of the schedule will be available for our printing cost (\$2). Please see Dan if you would like a printed copy.

**Fall Fair Draw Tickets** - Thanks to those of you who have picked up your Fall Fair ticket books. The tickets are the primary fund raising source for the Fall Fair and as always there will be some wonderful prizes to be won. Tickets will be available at the meetings or contact Ev Harris via telephone if you are unable to make the meetings.

**Fall Fair Entry Cards** - Daphne has been busy printing up Fall Fair Entry Cards. Each Fall Fair entry must be accompanied by an entry card as well as your show bench ID number. Pick up your FREE entry cards from Daphne at the July and August meetings. If you require a show bench ID number see Dan or Lorna H.

**Volunteer sign up sheets** - will be at the back table at July meeting. Remember that "Many Hands Make For Light Work" so give some thought to how you like to help out this year.

## Rain or Shine



Our annual members only picnic will be held on Sunday August 7th from 12 to 3 PM at the home of Charly & Martine Arnold. Address will be provided at the July meeting.

Please bring a bagged lunch and the club will provide chips, dessert and beverages.



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## Building Healthy Soil (Excerpt)

By Kathy LaLiberte

### Soil Texture and Type

Soil texture can range from very fine particles to coarse and gravelly. You don't have to be a scientist to determine the texture of the soil in your garden. To get a rough idea, simply place some soil in the palm of your hand and wet it slightly, then run the mixture between your fingers. If it feels gritty, your soil is sandy; if it feels smooth, like moist talcum powder, your soil is silty; if it feels harsh when dry, sticky or slippery when wet, or rubbery when moist, it is high in clay.

Every soil has unique physical characteristics, which are determined by how it was formed. The silty soil found in an old floodplain is inherently different from stony mountain soil; the clay soil that lay under a glacier for millions of years is unlike the sandy soil near an ocean. Some of these basic qualities can be improved with proper management—or made worse by abuse.

### Identifying your soil type

Soils are generally described according to the predominant type of soil particle present: sand, silt or clay. By conducting a simple soil test, you can easily see what kind of soil you're dealing with. You may want to repeat this test with several different soil samples from your lawn and garden.

1. Fill a quart jar about one-third full with topsoil and add water until the jar is almost full.
2. Screw on the lid and shake the mixture vigorously, until all the clumps of soil have dissolved.
3. Now set the jar on a windowsill and watch as the larger particles begin to sink to the bottom.
4. In a minute or two the sand portion of the soil will have settled to the bottom of the jar. Mark the level of sand on the side of the jar.
5. Leave the jar undisturbed for several hours. The finer silt particles will gradually settle onto the sand. You will find the layers are slightly different colors, indicating various types of particles.
6. Leave the jar overnight. The next layer above the silt will be clay. Mark the thickness of that layer. On top of the clay will be a thin layer of organic matter. Some of this organic matter may still be floating in the water. In fact, the jar should be murky and full of floating organic sediments. If not, you probably need to add organic matter to improve the soil's fertility and structure.

### Improving Soil Structure

Even very poor soil can be dramatically improved, and your efforts will be well rewarded. With their roots in healthy soil, your plants will be more vigorous and more productive.

**Sandy Soil.** Sand particles are large, irregularly shaped bits of rock. In a sandy soil, large air spaces between the sand particles allow water to drain very quickly. Nutrients tend to drain away with the water, often before plants have a chance to absorb them. For this reason, sandy soils are usually



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A sandy soil also has so much air in it that microbes consume organic matter very quickly. Because sandy soils usually contain very little clay or organic matter, they don't have much of a crumb structure. The soil particles don't stick together, even when they're wet.

## **To improve sandy soil:**

Work in 3 to 4 inches of organic matter such as well-rotted manure or finished compost.

Mulch around your plants with leaves, wood chips, bark, hay or straw. Mulch retains moisture and cools the soil.

Add at least 2 inches of organic matter each year.

Grow cover crops or green manures.

**Clay Soil.** Clay particles are small and flat. They tend to pack together so tightly that there is hardly any pore space at all. When clay soils are wet, they are sticky and practically unworkable. They drain slowly and can stay waterlogged well into the spring. Once they finally dry out, they often become hard and cloddy, and the surface cracks into flat plates.

Lack of pore space means that clay soils are generally low in both organic matter and microbial activity. Plant roots are stunted because it is too hard for them to push their way through the soil. Foot traffic and garden equipment can cause compaction problems. Fortunately, most clay soils are rich in minerals which will become available to your plants once you improve the texture of the soil.

## **To improve clay soil:**

Work 2 to 3 inches of organic matter into the surface of the soil. Then add at least 1 inch more each year after that.

Add the organic matter in the fall, if possible.

Use permanent raised beds to improve drainage and keep foot traffic out of the growing area.

Minimize tilling and spading.

**Silty Soil.** Silty soils contain small irregularly shaped particles of weathered rock, which means they are usually quite dense and have relatively small pore spaces and poor drainage. They tend to be more fertile than either sandy or clayey soils.

## **To improve silty soil:**

Add at least 1 inch of organic matter each year.

Concentrate on the top few inches of soil to avoid surface crusting.

Avoid soil compaction by avoiding unnecessary tilling and walking on garden beds.

Consider constructing raised beds.

**Source:** <http://www.gardeners.com/>





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## *Raspberry Lemon Muffins*

### **Ingredients**

- 1/2 cup plain yogurt
- 3 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 2 egg whites
- 1/2 teaspoon lemon extract (optional)
- 1 1/2 cups all-purpose flour
- 3/4 cup white sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon grated lemon zest
- 1 cup frozen raspberries
- tablespoons white sugar for decoration (optional)

### **Method**

- Preheat the oven to 400 degrees F (200 degrees C). Grease a 12 cup muffin tin, or line with paper liners.
- In a large bowl, mix together the yogurt, oil, lemon juice, egg whites, and, if using, lemon extract. In a separate bowl, stir together the flour, 3/4 cup sugar, baking powder, salt, and lemon zest. Add the wet ingredients to the dry, and mix until just blended. Gently stir in the frozen raspberries. Spoon batter evenly into the prepared muffin cups. Sprinkle remaining sugar over the tops for decoration, if desired.
- Bake for 15 to 17 minutes in the preheated oven, or until the top springs back when lightly touched. Cool muffins in the tin on a wire rack.

Source: <http://allrecipes.com/>



Photo <http://allrecipes.com/>

## **In The Kitchen**

### **Co-Captains**

Margaret Matovich  
Shirley Bailey

### **Kitchen Helpers**

Sofia Porcellato

### **Goodies**

Lorna Gross  
Peggy Hawkins  
Sofia Porcellato  
Daphne Sinclair





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## Sunshine

A get well card was sent to  
Ray Luporini.

## Next Steering Committee Meeting

Leanna is Chair

Tuesday July 19  
at Dan's home

Members are welcome to attend Steering  
Committee meetings as observers.

If you would like to attend please email  
the Committee at: [sbgcinfo@telus.net](mailto:sbgcinfo@telus.net)

## Garden Tours

Shirley Bailey will be opening her garden to us on July  
24<sup>th</sup> from 1 PM to 3PM. If you would like to show your  
garden please contact Lucette Wesley.

Remember to keep taking those pictures of your  
garden so we can have our annual Photo Garden Tour  
at the November meeting.

Deadline for August Newsletter is

July 21, 2016



Thanks for the great pictures LILY





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## Show Bench Schedule

### Decorative:

1. Summer Medley - Triangular arrangement, no accessories
2. High Elegance - Asymmetrical arrangement, no accessories
3. Roses & Berries - Arrangement of your choice, no accessories
4. Cinderella's Slipper - Arrangement of your choice, accessories allowed

### Show Bench:

Fruit, flowers and vegetable section must be from the members gardens not borrowed or purchased

- |   |                          |
|---|--------------------------|
| 5. 1 specimen bloom Hybrid Tea Rose     | 16. 1 vase of annuals    |
| 6. 1 spray Floribunda Rose              | 17. 1 vase of perennials |
| 7. 1 spray of Miniature Rose            | 18. 3 Hosta leaves       |
| 8. 1 decorative bloom of Miniature Rose | 19. 3 radishes           |
| 9. 1 stem of Old Garden Rose            | 20. 1 head of lettuce    |
| 10. 1 bloom any other type of rose      | 21. 5 Spring onion       |
| 11. 1 spike Delphinium                  | 22. 5 pods of peas       |
| 12. 1 stem Iris                         | 23. AOV lettuce          |
| 13. 3 stems of Sweet Pea                | 24. AOV vegetable        |
| 14. 3 stems Astilbe                     | 25. 5 strawberries       |
| 15. 1 stem of Lily                      | 26. 10 raspberries       |





# South Burnaby Garden Club

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## 2016 Calendar

### July 5

SBGC meeting

Rotating Chair: Leanna Hawkins

### July 24

Member Garden tour

Shirley Bailey's Home from 1 - 3 PM

### August 2

SBGC meeting

Rotating Chair: Leanna Hawkins

### August 7

Members Only Annual picnic

### September 10 & 11

Fall Fair

Rotating Chair: Dan Oldroyd

### October 4

Potluck

Rotating Chair: Dan Oldroyd

### November 1

SBGC meeting election & Photo Garden Tour

Rotating chair: Betty Girard

### December 6

Christmas Dinner

Rotating Chair: Betty Girard

## 2016 Steering Committee

### July Rotating Chair:

Leanna Hawkins

### Treasurer:

Elizabeth Beer

### Secretary:

Betty Girard

### Newsletter Editor:

Leanna Hawkins

### Speaker Convener:

Lucette Wesley

### Director At Large:

Judy Vander

### Bonsor Liaison & Membership:

Syl Davis

### Sunshine:

Pat Humphrey

### Fall Fair Co-Chairs:

Dan Oldroyd & Daphne Sinclair

*In my garden there is a large place for sentiment. My garden of flowers is also my garden of thoughts and dreams. The thoughts grow as freely as the flowers, and the dreams are as beautiful.*

*~Abram L. Urban*

