

June 2025
Volume 15 No. 6

NEXT MEETING:

June 28th
4:00 pm
Pot Luck
Pig Roast

Things to Remember for the Social:

1. Bring your Pot Luck Item to share, with a serving utensil.
2. Bring your cup, plate, cutlery and your beverage of choice.
3. Bring your own lawn chair.
4. If you choose, design and bring a creative Floral Centrepiece for the contest !



President's Message June 2025

Having just come inside after weeding many volunteer daisies and bellflowers out of an 'ornamental' front bed, I am hoping the remaining specimens don't re-invade overnight. How does a plant get classified as a weed? Why do we so often put more value on the rare and exotic? Without dwelling too long on the quandary, I will try to control the 'bullies' and give the others a chance. The vegetable patch is also illustrating the hardiness of some plantings compared to others. Who knew that a zucchini plant could need special attention, but this has been the case this year in our garden. Most years they outcompete all other seedlings.

Watering restrictions within the town highlight the need to be strategic about when and how to keep the garden hydrated. Every year, an automatic drip system makes more sense but, in this case, hasn't been pursued. Wrestling with hoses makes the intermittent rain a welcome gift. We love our homegrown produce and are grateful to have the space and time to indulge in growing standby favourites. A few adaptive techniques and tools have allowed us to potter away with only a few aches and pains reminding us that little breaks are needed.

As the summer lies before us, there will be more lessons learned and we will all benefit from sharing our experiences, successes, insights and plans. Through garden tours and the 'Open Gardens' initiative we are inspired and collectively benefitting from our club membership. Thanks to everyone involved as we grow and celebrate in so many ways.

As the garden grows, so does the gardener.

Old Saying



LADYSMITH SALT AIR GARDEN CLUB SUMMER POT LUCK

LS Garden Club members and one guest
are invited to our Summer Pot Luck.

We are celebrating over 40 Years
of enjoying everything to do with gardening with
a grand Pot luck Pig Roast on June 28th
at 10984 Chemainus Rd.

Please bring a lawn chair and your own beverages,
and a salad, or side dish or dessert to share,
plus dishes, plates, cups, cutlery and a bag
to take the dishes home for cleaning.

We will be gathering around 4:00
and will eat around 5:00-6:00.

There will be Giant Janga and horseshoes,
if you have any other lawn game you would like
to bring and enjoy, please do.

As we did at the Christmas party
feel free to bring your creative floral center piece
for your chance to be crowned first place!
Parking is at the back of the property with
a few spots in the front for handicap parking,
just follow the signs!

If you have any questions
please feel free to give
Starla a call at 250-416-9222.

OPEN GARDENS



One of Macolm's Favoutites

Open Garden on May 31st
at the home of
Malcolm Ho You

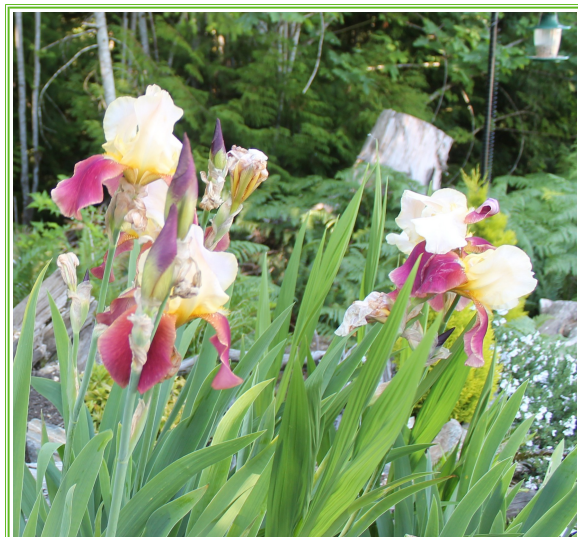


OPEN GARDENS

Open Garden on June 8th
at the home of
April Marrington



Jim and April checking the stumps



Bird feeder with a neat squirrel protector device !

OPEN GARDENS



Linda and Drew Chisholm, with pond in background and matching shirts in foreground.

Linda Whittens
fabulous garden and
pond



Amazing banana tree



gorgeous columbine

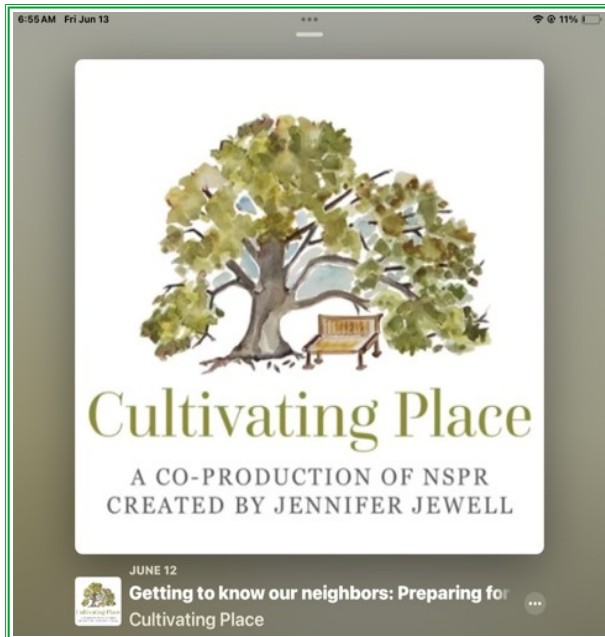
Thanks to Pam Fraser for these pictures.

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
at our *June 28th* Social.

- * Set up starts at 3:30 for the tables
- * Doors open at 4:00 for members,
to bring their Pot Luck items,
utensils, drinks and to visit.



A Tip from Gail

Do you enjoy listening to radio programs about Gardening ? ***Cultivating Place*** might fit the bill for you, with conversations on Natural History and the Human Impulse to Garden . This program & podcast explores what we mean when we garden through thoughtful conversations with growers, gardeners, naturalists, scientists, artists and thinkers.

I found the program on YouTube, but it's also available on the NPR site.

<https://www.npr.org/podcasts/503170304/cultivating-place-conversations-on-natural-h>

NOTICE BOARD

Altrusa International of Nanaimo 10th Annual Garden Tour

Sunday, June 22nd from 10:00 am to 3:00 pm
Six locations from South to North Nanaimo.
Tickets at \$25 include a self-guided map and are available at *Green Thumb Garden Centre, GardenWorks, KC's Boutique, and Birdie & Bees Garden*. Cash only except at GardenWorks.

The gardens vary in size and mix themes of environmental stewardship and food production with floral beauty. Secondary displays at the gardens include the RDN's WaterSmart Team, knowledgeable Master Gardeners, native plant sales (cash only), locally made garden furniture and a showcase of Altrusa's popular project, Baby Bundles. Altrusa is an international non-profit organization of volunteers involved in community projects supporting women, children and literacy.

Government House Plant Sales.

The Nursery at Government House
1401 Rockland Ave. (located across from the Tea House)

Sales of perennial plants are held on Tuesdays and Thursdays, from 9:00 am to 12:00 pm every week through to Sept. 30.

Rotary Garden Tour – the Rose Garden

At the first home of this tour, the homeowner shared his 'secret' **Rose Food:**

- * *mushroom manure*
- * *slow release fertilizer 6-10-8*
- * *home grown compost*

Mix these three together in equal amounts.
His roses were tall, lovely and many were blooming away in May !

NOTICES

Ladysmith Saltair Garden Club **Upcoming Program & Events 2025**

June 2025

Annual Year End Potluck – Pig Roast !

October 2025

Creating Pollinator Gardens & Corridors.
Linda Brooymans of NALT

November 2025

Care, Maintenance & Safe, Ergonomic Use
of Gardening Tools & Ladders.
Mari Verchere

December 2025

Christmas Party

January 2026

My Favourite Gardening Things: Plants,
Tools, Books, Recipes, Beds, Creatures,
Seating, Vistas
Member interactive sharing.

February 2026

Grafting of Fruit Trees: A talk & demo of
grafting of fruit trees.
Bernie Dinter.

March 2026

Perennial Vegetables.
Cicada Seeds & Greenhouses.

April 2026

Growing Tea Plants & Blending Teas.
Westholme Teas

May 2026

Popular Herbs: growing, propagation, care,
maintenance, & uses.
Richard White (Hazelwood Farms)

June 2026

Year End Potluck

A Tip from Helen Chesnut . . .

Question for Helen: I've not seen any in my garden yet this year, but I've always been fascinated by whatever insect creates blobs of foam on plants. Is this a harmful pest? I would love to know how the frothy bubbles are formed.

Answer: The insects responsible for bubble balls on plants are spittlebugs, sometimes called froghoppers. Eggs laid on a plant hatch into small green nymphs (juvenile form of an insect) that combine fluid from the anus and abdominal glands, mixed with air forced out under pressure, to form bubbles. The nymph's tail pumps up and down to create a bellows-like pressure.

As the bubbles begin to form, the nymph reaches back to pull the foam forward until the little green nymph



is covered under a mound of white foam, referred to as "cuckoo spit." Isn't Nature a wonder?

Adult and nymph stage spittlebugs do little, if any damage. They are more curiosity than pest. If the balls of froth offend, they can easily be sprayed off plants with water. There is only one generation each year.

Note from the Editor . . .

Pictures, stories, tips and garden ideas from your desk/garden are most welcome!

clfletcher@protonmail.com

GARDEN IDEAS

The “Chelsea Chop”

This phrase that is waved around on many gardening programs seems to have originated in the UK. It’s just a pruning method that was named for the Royal Horticultural Society’s Chelsea Flower Show, and it effectively forces plants to produce bushier growth that is sturdier, less leggy. The blooming season will be extended, too.

This method involves pruning certain perennials — those with clumping roots, like coneflower (Echinacea), black-eyed Susan (Rudbeckia), goldenrod (Solidago), sneezeweed (Helenium), Salvia and yarrow (Achillea) — by cutting each stem back by one-third to one-half its height in spring. Cuts should be made on the diagonal, just above a leaf node. The best time to prune will be when your plants have reached about half of their expected height and some late bloomers

(mums and asters) might benefit from three annual chops. It doesn’t work with one-time bloomers, single-stemmed plants or those with woody stems as the the chopping would be remove all to the current season’s flowers.



Late Transplanting ?

If you’re sometimes late in transplanting vegetables and flowers, the and the weather has become sunny and hot, it can be too hard on newly set out plants. To mitigate the stress on newly set out transplants, try these ideas:

1. Add some compost for efficient moisture retention, perhaps coconut fibre (coir) and water enough to create thoroughly moist conditions. Scuffle up the soil to create an uneven surface and water very slowly til the moisture seeps deep into the soil.
2. Use a light liquid blend of equal parts fish and seaweed fertilizer to ‘water in’ your transplants, using the “puddling” method. Set each plant into its hole, and arrange enough soil around the root ball to stabilize it before gently pouring the transplanting solution into the hole. Once the solution has drained from the planting holes, firm the soil.



3. If your site is really hot, set up some temporary shade for the transplant. A large sheet of cardboard , or perhaps piece of shade cloth, or even an old umbrella may give it some sun protection.



GARDEN IDEAS

FREE FRUIT anyone...?.... YES PLEASE!!



JOIN FRUIT RESCUE!

Did you know that each year, an abundance of apples, cherries, plums and more are grown locally, but not always harvested or eaten?

It's up to all of us to make sure local, healthy delicious free fruits and vegetables don't go to waste!

Be a fruit superhero!

How it works:



FOR MORE INFORMATION AND TO SIGN UP to have your fruit or garden gleaned

Or to become a volunteer harvester for the 2025 season, contact



Shannon@lrca.ca



250-245-3079



www.lrca.ca



LADYSMITH RESOURCES CENTRE ASSOCIATION
Heart on the Hill

Mint !

Mint is known to have originated in Asia and the Mediterranean region. In many cultures, mint symbolised hospitality and was offered as a sign of welcome and friendship to guests as they arrived. Mint was also often used as an air freshener, as a perfume and a bath scent, as well as using it in medicine and in cooking. Mint contains vitamins A and C and also smaller amounts of Vitamin B2, as well as minerals such as manganese, copper, iron, potassium and calcium.

The two most popular types of mint that you may use for cooking are peppermint and spearmint, with spearmint being the milder of the two. Fresh mint should be stored in the fridge in a container of water, stems down, with a plastic bag loosely covering the top. Changing the water every two days should keep it fresh for up to a week.



Spearmint



Peppermint

RECIPES

Onion Relish

- 2 cups of chopped onion
- ¼ cup white vinegar, divided
- 2 tablespoons olive oil
- 1 tablespoon brown sugar
- 1 teaspoon dried basil

1. Put the chopped onions and 2 tbsp. of the vinegar in a microwaveable bowl and cover with water. Microwave for 2 minutes. Drain the onions, give them a quick rinse, and drain again.
2. Put drained onions in a bowl and add the remaining vinegar, brown sugar, olive oil, and dried basil. Toss to combine., and transfer to a jar and store in the refrigerator. *(No idea how long these last in the fridge. Haven't gotten that far yet.)*

Options to play around with:

- > Quantity and type of vinegar - apple cider vinegar would be good
- > Different herbs, like oregano, chives, parsley
- > Cook them a little longer or shorter, depending on the desired crunch level
- > Omit the sugar, or use white sugar, maple syrup, or honey

<https://jennifermurch.com/>



Lemon Stir Fried Veg with Salmon

- 2 tsp sesame seeds
- 2 skinless salmon fillets (~4½ oz. each)
- 1 tbsp sunflower or vegetable oil
- ½ red onion, cut into 8–10 wedges
- 1 red pepper, thinly sliced
- 1 carrot, thinly sliced
- 4½ oz. broccoli, cut into small florets
- 1 oz. unsalted cashew nuts, halved
- 2 garlic cloves, thinly sliced
- ½ oz. root ginger, peeled, cut in matchsticks
- 1 tsp cornflour
- 1 tsp dark soy sauce
- ½ lemon, grated zest and juice only
- ¼ pint vegetable stock

1. Sprinkle 1 tsp of the sesame seeds over the top of each salmon fillet and press down lightly to help them stick.
2. Heat 1 tsp. oil in a large frying pan over a medium heat and cook the salmon fillets, seed-side down, for 2 minutes, or til lightly browned. Turn and cook the other side for 2 minutes. Then flip gently and cook for 1 1 minute on each side. Transfer to a plate.
3. Return the pan to the heat, add rest of oil and stir-fry the onion, pepper, carrot and broccoli for 4 minutes. Add cashews and stir-fry for 2 minutes, til the vegetables are tender-crisp and the nuts are beginning to brown. Add the garlic and ginger and cook for a further minute, stirring regularly.
4. Mix the cornflour with the soy sauce and lemon juice in a small bowl. Add the stock to the pan, pour in the lemon mixture and bring to a simmer. Cook for 10–20 seconds, stirring, until the sauce is slightly thickened.
5. Return the salmon to the pan, nestling it among the vegetables, and heat through without stirring for 1–2 minutes. Sprinkle with lemon zest and serve.