

March 2026
Volume 15 No. 3

A Letter From Our President . . .

Xin chao from Hoi An and Hanoi, Vietnam

NEXT MEETING:

March 19th
6:55 pm

Things to Remember for the Meeting:

1. Bring one or more **plants** potted up for our **Plant Table**, if you so choose. Small tools are welcome, too.
2. Bring your cup or **mug** for our break time treat tasting!
3. When you sign in at the back, pick up your new **Membership Button!**
4. Be sure to enter your name in the **Door Prize Bag.**



Or Hello everyone from Vietnam!
It's lovely here with a temperature of 27 degrees, but with a high humidity. It's warm and occasionally rainy. However one night it poured!
What do you think of indulging in a luscious mango smoothie while enjoying the view?
It's sooo good and cooling.



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PRESIDENT'S LETTER



Night time in Hoi An is magical with lanterns lit and boats floating down the river. Quite an incredible sight!

Here are some ladies working but still having a good time chatting. What do you think of sitting like this to do your job?



Hon Kiem Lake, Hanoi, is where you'll catch people exercising or just relaxing under the shade.

PRESIDENT'S LETTER

Flowers are much loved so these flower carts make it easy for you to take a bouquet home.



One of the reasons that we keep coming back to Viet Nam is food. This banh mi looks good, doesn't it?



This is just a snapshot of two places in Viet Nam and this country offers so much more. Do come if you can and it will BE one of the best experiences in travel that you'll have!

Benny

MINUTES

LADYSMITH SALTAIR GARDEN CLUB

MINUTES FOR FEBRUARY 19, 2026 GARDEN CLUB MEETING

The meeting was held at the Eagles Hall in Ladysmith on February 19, 2026 with 44 members attending and 2 drop-ins. Doors opened at 6:00 pm for set up. Our greeter for the evening was Sally Miller.

Carmen welcomed members and guests for the evening. She called on Marianne H. to introduce the speaker for the evening; Todd Carnahan. He was thanked for stepping in for the evening at short notice, as the speaker was to be Bernie Dinter but due to health reasons had to cancel. Wishing Bernie a speedy recovery.

Program for the Evening:

Todd Carnahan on Making our Homes and Properties More Resilient to WildFires.

Todd's background in forested land management is relevant to the application of Firesmart principles on private and public landscapes. He is our local Firesmart representative and he has had 30 year of experience promoting community values. This is including habitat conservation, wildlife conflict prevention, water supply management, and land use planning.

Todd gave us a in-depth presentation on: Wildfire Risk, Living with Wildfire and Managing Risk. (Wildfire prevention begins before the fire occurs and in our own back yard). He also mentioned home assessments. There is up to a \$4,000.00 rebate for homeowners if they qualify but homeowners would have to match this amount He had a slideshow on different fires and how they progress with wind change and how ember storms are created. This can be one of the most dangerous aspects of the fire.

He gave ideas on different Firesmart landscape choices. The roof and gutters are the number one reason why houses burn. Keep the roofs clean of debris and clean gutters regularly. In the pamphlet he handed is a Wildfire Preparedness Guide and if members wanted to sign up for the home assessment they could. If you want to check out the website or set a date for the home assessment the e-mail is: Firesmart@emcowichan.com On June 13, 2026 there will be a Firesmart workshop which Todd will be participating in at Dinter's Nursery.

A Grab and Go Bag should be ready to go for your family in the event of a fire emergency and you were told to evacuate. In the pamphlet he handed out is the items you could consider to put in the bag. It is very important to listen to the evacuation alerts and orders and follow the instructions given.

Gail thanked Todd for coming out to our meeting and for presenting this very informative presentation about wildfire and preventive measures homeowners can take.

Tea and Coffee Break

Thanks to April M and Jan Biggs for the delicious goodies. And thanks to Barb and Mi for having our coffee and tea all set up for us to enjoy.

MINUTES

Meeting Resumed with Bennye giving a big thanks to April Marrington for the new name tags. They look great and fit into the sleeves in the binder perfectly. Thank You April!

The birthday game was played for members to mingle with each other and check out whom had the same birth month.

Treasurer's Report – Aty Bourne

Aty gave us a rundown on what the accounts look like:

Chequing	\$13,000
Membership	\$2,000
Expenses	\$4,000
Savings	\$3,000

Total in accounts is \$13,628.00. In the past years we have donated \$500.00 to the Nanaimo Ladysmith School Foundation for a bursary. Discussed was contributing \$1,000.00 and a motion was put forward by Christine and seconded by Cindy Powers to approve this. All were in favour.

Also \$500.00 was put forward to donate to the Friends of Holland Creek. A motion was put forward by Gail and seconded by Sandra. All were in favour.

Another motion was put forward to contribute to the Breakfast Programs in school. Mentioned were the Cowichan District and Nanaimo Ladysmith District .Aty will look into this more about which District but a motion was put forward by April J for \$500.00 to put toward this cause and seconded by Margot. All in favour.

Our Snippets Lady – Lynne Fletcher

We all enjoy reading Lynne's newsletter each month that is filled with articles and pictures. She has asked though if members have articles, pictures or things that you think members might be interested in please e-mail her and she has her e-mail in the newsletter. Thank you Lynne!

Seedy Saturday - March 14th, 2026 A sign up sheet going around if you can help Carmen out between 10 – 2 pm that day. She will be set up with a table there at the Saltair School.

Rotary Club (Joan Phillips) - she would love to hear from anyone interested in showing their garden for the Rotary Garden Club tour on May 31st Please get hold of Carmen.

Before the end of the evening- Carmen gave us a little quote which seems so true.

“God made rainy days so gardeners can get housework done”

She thanked all for coming out for the evening.

Bennye was wishing all a Happy Chinese New Year! “the year of the Firehorse”

Door Prize : was won tonight by Deb Cook (\$20.00 gift certificate from Sandpiper).

Second Prize won won by Ann (A seal and store it bag).

Meeting adjourned at 8:45 pm

CLUB NEWS

Volunteers Needed

for Set Up & Clean Up
for Mar. 19th meeting.



- * Set up starts at 6:15 for the tables & chairs
- * Doors open at 6:30 for members, to bring their Plant Table items, Library books and to visit.
- * Meeting starts at 6:55 sharp !

THANK YOU

Thanks to **Barb and Mi** for preparing the Coffee and Tea for our breaks. Please remember to bring your mug (or cup) for the break.

*Thanks to our members
April M. and Jan B.
for bringing treats for our
January meeting!*

*Thanks to our members
**Kristin Monk,
Anne & Donna**
for managing
the Little Sales Table*

*Thanks to our member
Cathy Watts
who will be Greeter*

*THANK YOU
To Diane Young & Marg Fisher
for bringing the snacks for
our Break Time*

NOTICE BOARD

Dinter Nursery

Designing Gardens for Pollinators

Saturday, March 21st from 10:00 am to 12:00pm

A 2 hour in-depth seminar with Emony Nicholls to find out how these bees and butterflies and birds like to live and what they like to eat, as well as practical information on creating a garden.

Cost: \$20, Register in advance by phone or online.

Intro to Food Forests + Permaculture

Sunday, March 22nd from 11:00am to 12:00pm

Join Annie for this hour-long journey into the basics of using permaculture design principles to create your very own food forest.

Cost: \$10, Register in advance.

Create a fresh early Spring Globe

Sunday, March 22nd from 2:00pm to 3:00pm

Create a fresh and beautiful hanging Spring globe that brings early spring colour to your home. Let your creativity shine! No experience necessary! Globe size is 14 inches across. Please bring your own gloves and secateurs and we will supply the rest.

Cost: \$70, Register in advance.

For Kids - Create a Spring Planter

Sunday, March 29th from 11:00 am to 12:00 pm

Join Angela for a fun morning creating a Spring Planter This hands-on workshop will give kids a chance to develop their green thumbs as they choose from a selection of spring bulbs and flowers to make their own unique planter. Planter size is 6 inches in diameter. This workshop is aimed at kids aged 5 to 10 & must have parent or guardian with them. Cost: \$35 Register in advance.

NOTICES

Ladysmith Saltair Garden Club

Upcoming Program & Events 2025

March 19, 2026

Perennial Vegetables.
Cicada Seeds & Greenhouses.

April 16, 2026

Growing Tea Plants & Blending Teas.
Westholme Teas

Saturday, May 9, 2026

Annual Plant Sale

May 21, 2026

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

June 2026 Member Potluck

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Our March Speaker :

Michalina Hunter

from Cicada seeds

Growing Perennial Vegetables

Discover vegetables that you only plant once and harvest for years (sometimes decades). Perennial vegetables can be less work, more nutritious, and more resilient to drought and wet conditions. We will explore the benefits and drawbacks, varieties for different garden niches, management, and cooking.

Michalina Hunter grew up gardening and saving seeds with her mom on the Sunshine Coast, and started growing seeds for her mom's seed company in 2017. She founded the Squamish Seed Library in 2018 to empower and educate gardeners to save and share seeds with the community. In 2021 she launched Cicada Seeds to supply hard-to-find perennial vegetable seeds and plants to gardeners across Canada. She loves sharing her knowledge and passion for seeds, gardening, and soil with others. She lives in Errington with her partner, cat, dog, and lots of chickens.

2026 Denman Home & Garden Tour

This Tour will take place Saturday, June 13, and Sunday, June 14

Get ready to spend a day or a weekend immersed in the beauty and creativity of Denman Island's unique homes and gardens.

Our team has selected 12 properties, including a formal garden, a working farm, an award-winning vineyard, and a new cidery where 750 apple trees are setting down roots.



Squeezing the tour into one day is tough. Stay for the weekend and settle into island time.

Please note—accommodation is limited on Denman. Reserve now with one of the island's boutique bed-and-breakfasts, the cozy and budget-friendly guest house, or the ocean-view campsite at Fillongley Park. Find places to stay: VisitDenmanIsland.ca

Tour proceeds help the [Denman Conservancy Association](http://DenmanConservancyAssociation.org) protect forests, wetlands, and rural landscapes, preserving the island's beauty and ecosystem resilience now and into the future.

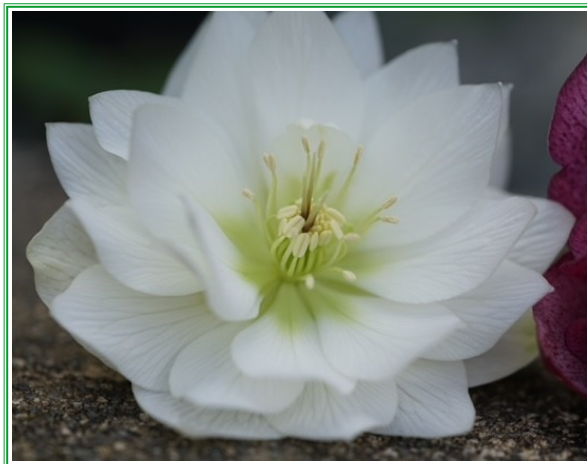


Tickets go On sale April 1 via the [Denman Conservancy Association website](http://DenmanConservancyAssociation.org) and at select island locations.

✓ Mark your calendars!

A SPRING GARDEN

It's hellebore and the start of daffodil season!



Thanks to Tamara Rae



West Coast Seeds

POLLINATORS & SEEDS

With conservation in mind, we encourage planting for pollinators. But which are the best plants for pollinators and which pollinators do they each benefit? Use this chart as a reference.

Plants		Bumblebees		Native Bees						Wasps					
		Long Toned Bumble Bee	Short Toned Bumble Bee	Squash Bee	Sweat Bee	Mining Bee, Ground Nesting Bee, Digger Bee	Mason Bee	Melitidae Bee, Oil Bee	Colletes Bee, Cellophane Bee	Solitary Wasp	Social Wasp	Butterfly	Honey Bee	Hoverfly	Hummingbird
Vegetables	Squash/Cucurbit (Cucumber, Melon, Pumpkin)	●	●	●		●					●		●		
	Tomato					●									
	Broad Bean (Fava)	●											●		
Fruits	Scarlet Runner Bean	●	●						●					●	●
	Fruit Trees (Apple, Pear, Cherry, Stone Fruit)	●	●			●	●				●	●			
Herbs	Strawberry				●		●					●	●		
	Borage	●	●			●						●	●		
	Dandelion		●			●	●			●	●	●	●	●	
	Dill									●	●		●	●	
	Fennel		●		●			●	●	●			●	●	
	Wild Bergamot	●	●		●	●	●					●	●		●
Flowers	Calendula				●					●	●	●			
	Echinacea	●	●							●	●	●	●		●
	Larkspur (Delphinium)	●									●	●		●	●
	Marigold	●	●							●	●	●		●	
	Sunflower	●	●		●	●	●			●	●	●	●	●	●
	Zinnia	●	●		●					●	●	●	●	●	●

Thanks to West Coast Seeds for this chart – this Guide is from their blog, along with another with illustrations of pollinators and seeds at [Westcoast seeds](http://Westcoastseeds.com).

MARCH RECIPES & NOTES

Carrot Walnut Bread

1 cup vegetable oil
3/4 cup sugar
2 eggs
1 teaspoon vanilla extract
1-1/2 cups flour
1-1/2 teaspoons baking soda
1-1/2 teaspoons ground cinnamon
1/2 teaspoon salt
1-1/2 cups grated carrot
1-1/2 cups chopped pecans (or walnuts)

1. Pre-heat oven to 350 deg. F.
2. Grease a 9" x 5" loaf pan and dust with flour.
3. Combine oil, sugar, eggs and vanilla.
4. Sift dry ingredients and add to the oil sugar mixture. Then add carrots and pecans.

Don't overmix.

5. Bake at 350° for approximately one hour or until the centre springs back.
6. Pour lemon glaze over the surface.



Lemon Glaze

Combine 1/2 cup icing sugar with 1 teaspoon of lemon zest and 1 tablespoon of lemon juice.

Thanks to Margot Allen

Shawnigan Cobble Hill Farmers Institute

26th Annual Cobble Hill Seedy Saturday
March 21st from 10 a.m. to 2 p.m.
Cobble Hill Hall, 4550 Watson Ave.,
in Cobble Hill. Featured will be a wide range
of local vendors selling seeds, tubers and
plants. There'll be a seed exchange and
a focus on local food growing, soil health
and sustainable gardening.

Crockpot Cabbage Roll Soup

1 tablespoon olive oil
1 1/4 pounds lean ground beef
1 cup finely chopped
onion
3 cloves garlic, minced
1 (16 ounce) bag
coleslaw mix
1 quart beef broth
1 (28 ounce) can
crushed tomatoes
2 (8-ounce) cans tomato sauce
2 tablespoons brown sugar
2 tablespoons red wine vinegar
2 teaspoons kosher salt, or to taste
1 teaspoon freshly ground black pepper
chopped fresh parsley, for serving (optional)



1. Heat oil in a large skillet over medium-high heat. Add beef and cook until mostly browned, crumbling with a spoon, about 5 min. Add onion and cook until onion begins to soften, about 3 min. Stir in garlic, remove from heat.
2. Transfer ground beef mixture to a slow cooker. Add coleslaw, beef broth, tomatoes, tomato sauce, brown sugar, vinegar, salt and pepper. Stir to combine; cover and cook on High for 4 hours or on Low 6 to 8 hours.

Serve with fresh parsley if desired.

Ladysmith Farmer's Market

Tuesday 3:00 pm to 7:00 pm
921 - 1st Avenue, Ladysmith
Spring: April 14th to June 30th
Summer: July 7th to September 29th

If you are interested in being a Vendor,
check the guidelines and
other requirements at

ladysmithfarmersmarket@gmail.com