



South Burnaby Garden Club

N E W S L E T T E R

July 2018

Our next meeting will be:
Tuesday July 3, 2018
Bonsor Community Centre
6550 Bonsor Avenue- 2nd floor



One of the meeting topics you all voted for at our AGM this year was photography. So we have changed the categories in our Fall Fair Schedule to include more generic photos to encourage more of you to enter. To help that along, I'm looking for a speaker for July to give us more hints and tips about nature photography. Our Fall Fair judge Martin Cooper is not available so I'm contacting a few other photographers to see if one is available to come to our meeting.

If you have a camera that you like to use for photos you might want to bring it along in case you want to try out some of the pointers. The days are getting longer so we may still have daylight after our show bench to go out and take photos of Bonsor's flowers.

Remember you want those photos not only to print and enter for Fall Fair, but also to send me digitally for our November garden tour.

See you all at our June meeting.

- Lucette

CLUB AGENDA

7:30 - 8:00 PM -Club Business
8:00 - 9:00 PM -Guest Speaker
9:00 - 9:20 PM -Show Bench

The Pumpkin That Got Away

Many of you may remember this story from four years ago. I decided to grow the biggest pumpkin I could and bring it to the Fall Fair. Unfortunately “Boomer” as we called it developed a catastrophic crack about a week before the fair and went to the big compost pile. I estimate that the pumpkin was about 250 pounds. I had it all planned as to how I was going to get it to Bonsor but it just wasn’t meant to be.



When I was moving, I discovered 2 seeds left from that special seed order and I am going to try again. Despite the seeds being four years old, they germinated right away. Only one plant survived and I planted it down at BARAGA a couple of weeks ago.



I have included the first picture of my 2018 attempt, now about 24 inches long as measured by the rusty old ruler as well as the final picture of Boomer in 2014. I will keep everyone posted as the growing season progresses!

-Betty Girard

Show Bench Schedule

Judge: Jeanne Noel

June Design categories as follows:

Today and Yesterday: A dual design

On the move: A kinetic exhibit (with moving parts either actual or implied)

Oriental Design: Using a shallow bowl and water showing
(2/3 of the water should be showing)

Pot a Fleur: A design incorporating a potted plant

Show Bench:

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

- | | |
|---|-------------------------------|
| 5. 1 specimen bloom Hybrid Tea Rose | 17. 1 vase of perennials |
| 6. 1 spray Floribunda Rose | 18. 3 Hosta leaves |
| 7. 1 spray of Miniature Rose | 19. 3 radishes |
| 8. 1 decorative bloom of Miniature Rose | 20. 1 head of lettuce |
| 9. 1 stem of Old Garden Rose | 21. 5 Spring onion |
| 10. 1 bloom any other type of rose | 22. 5 pods of peas |
| 11. 1 spike Delphinium | 23. AOV lettuce |
| 12. 1 stem Iris | 24. AOV vegetable |
| 13. 3 stems of Sweet Pea | 25. 5 strawberries |
| 14. 3 stems Astilbe | 26. 10 raspberries |
| 15. 1 stem of Lily | 27. Anything not listed above |
| 16. 1 vase of annuals | |





Brian Minter: Potatoes a Popular, Nutritious and Tasty Food Crop

If you are considering doing a little food gardening this year, you may want to add the humble potato to your list.

Potatoes are the world's fourth largest food staple after wheat, corn and rice, and they're grown commercially in 125 countries.

China is the world's largest producer, and it's estimated that the average global citizen eats about 33 kg of potatoes each year. Top consumers are Germans at over 90 kg per person annually.

Potatoes are classified as one of the world's healthiest foods. Although spuds are 80 per cent water and 20 per cent solids, their nutritional value is impressive, particularly their high levels of Vitamins B6 and B3 and a wide range of trace elements. The only vitamins missing are A and D. They contain starch (a carbohydrate), but they are totally free of gluten, fat, sodium and cholesterol. So potatoes are good for us, when prepared without all the high-calorie extras.

For a little help in growing potatoes, I contacted Bill Zylmans who, with his wife Sandra, owns W & A Farms in Richmond, one of the larger Lower Mainland potato growers, and one of the main suppliers of seed potatoes in B.C.

Q: When can we plant potatoes?

A: When soil temperatures stay reasonably consistent at about 12 C (55 F), seed potatoes can be planted. The big thing is not to plant them too deep. Just set them in 5-8 centimetres maximum and no deeper. Make sure your soil is drains well, and if you can use either raised beds or berm up the soil by 15-20cm, it will help keep the seed potatoes drier and warmer during our usually wet spring weather.

Q: What about adding manures to enrich the soil and the resulting problems of potato scab?

A: Incorporate manures into the soil in the late summer or fall the year before planting potatoes. Make sure the manure is well broken down.

Q: Does lime present the same concerns?

A: Lime should be applied two seasons before planting. Potatoes like the soil slightly acidic with a pH level of around 4.5 to 5. So liming is not always necessary.

Q: What do you look for in a seed potato?

A: Most come pre-packaged, but if you are choosing from a bulk bin, look for lots of eyes or indentations with lots of sprouts.

Q: With a large seed potato, how many pieces can it be cut into?

A: Technically you can cut them back to one eye per piece, but two or three eyes will give you more growing shoots and more potatoes. When cutting larger seed potatoes into smaller pieces, wait 24 hours before planting so that the moisture on the cuts has a chance to dry and seal.

Q: Are there any particular nutrients you would suggest?

A: If folks want to grow organically, there are lots of great products available. As a rule of thumb, an 8-10-10 formulation has been the recommended fertilizer for years.

Q: What are the better varieties for our area?

A: Warba is the standard early potato, maturing in about 75 days. These are the very flavourful new potatoes often sold locally in late June. Red potatoes are growing in popularity, and Norlands are an early red that matures in about 80 days.

The most popular mid-season potato is Yukon Gold. Its nice shape, yellow flesh and great flavour make it one of the most in-demand varieties. Red Pontiac, an old-time favourite, is the real workhorse of all potatoes. When folks have difficulty growing potatoes, this is the variety that always comes through. The huge, oval-shaped Kennebec is another old reliable. It is ideal for baked potatoes, and is the one most often used for french fries. These three varieties mature in about 85 days.

The best late variety is the old Netted Gem, now known as Russet Burbank. It matures in 120 days, and is an excellent keeper for winter enjoyment. It's also a very versatile variety that can be used in so many ways.

Q: What about all the novelty varieties?

A: In terms of production, they really are a novelty, but today's chefs love to spice up dishes with these unique potatoes. The banana and fingerling varieties are among the most popular because of their smaller size, interesting shape, and distinct taste. Some of the blue and orange varieties are wonderful in salads because of their unusual colours and flavours. Today, there are a lot of choices.

Q: Do you have any other advice on growing potatoes?

A: Always purchase certified seed, meaning they have been inspected for diseases, insects and vigour. In other words, they are clean. I know it's difficult to do in a small space garden, however try to rotate your crops every year or at least every two years to prevent soil-borne insects and diseases from becoming an issue. Don't plant potatoes near tomatoes because they can share late-blight problems.

Q: How do you know when to harvest your potatoes?

A: When potato flowers have bloomed out, they are ready. Don't pull up everything at once. Lift one hill to assess the size and harvestability. Once you are sure they are ready, get them out of the ground as they are very tempting to soil insects and diseases. Store them in a dark, cool (5 to 8 C) location.

Q: What's new on the potato horizon?

A: The latest breeding is focused on both yellow and white fleshed varieties for versatility, flavour and days to harvest.

Zylman made one final observation: "Potatoes provide the greatest return on your investment of any food crop."

When this cooler weather breaks and soil temperatures reach 12 C, we can start planting vegetables for an early harvest. Once that happens, we're only 75 days away from harvesting those wonderfully flavoured new potatoes. I can't wait.

Fall Fair or should we go with “Fall Harvest Fair”

We've been discussing whether we should rename our Fall event to Fall Harvest Fair. It is more descriptive and representative of what we are actually doing at this event. We are demonstrating and being judged on our harvest of fruit, vegetables, plants and flowers. We include other items, but they could all be included under the Fair portion of the name. We're going to discuss this at our July meeting.

Meanwhile, please review the volunteer sheets at our next meeting and sign up if you can for one of the jobs at the Fall Fair. If you are planning to be a runner, do you have a preference of which division you work with? If so, write that in on the volunteer sheet and we'll try to match you up if we can (vegetables, fruit, baking etc.). It's not a difficult job, and you don't even need to run...you actually walk quite slowly since you are writing down the judges assigned points for each item, then adding them up at the end.

Or you could be at the bake sale table, or selling raffle tickets, or

If you can't take on a job, perhaps you can bring some goodies in for our Bake Sale. Produce, grapes, canning etc. are always popular items too.

And we are hoping that everyone can take at least 2 books of raffle tickets; we'll have them at the next meeting for pick up if you haven't already done so.

Summer Picnic at the Kozier's

July 15 - 12:00 to 4:00pm

**Gene & Joanne Kozier's garden at
5177 Sperling Ave. Bby.**

We will ask for a show of hands at our July meeting to make sure we get enough food for everyone. If you are not coming to the meeting, please email to sbgcinfo@telus.net with the number coming so we can add you in.

We are planning to have lawn games and a summer hat contest, Prizes will be awarded. Buns and cold cuts will be provided to make sandwiches, but we'd ask for volunteers to bring dessert that is easy to serve (no cutting etc. so perhaps cookies, cupcakes, coffee cake pre-sliced etc.)

We'll want to take a count of those coming at the June meeting to get an idea of how much food we'll need.

We hope you can come.

Garden Tours

We've had the pleasure of seeing many spring gardens this year. The tulips, daffodils, rhododendrons and peonies were spectacular this year as well as other spring flowers. It was great to see them at their best. Thank you to Louise, Gene and Joanne, Martine and Charly, Lucette & Vince, May and our neighbors Les and Ady for sharing their gardens with us.

We've said for years we should do spring tours and I hope we can continue that in future as it is probably the most beautiful time of year here in Burnaby. Now (June 18) it's on to fruit season...my strawberries are almost done, the saskatoon berries ripening and as I write this I'm enjoying cherries that are just reaching the ripe stage. And garden veges....yum....Pretty soon it will be blueberries and cucumbers and tomatoes. We live in such a lovely place don't we? Anyone want to show their summer gardens? Just let me know.

-Lucette

SUNSHINE



Two "Get Well " cards were sent to Ev Harris & Rose Templeton. We all wish these ladies a very speedy recovery.

2018 Calendar

July 3

SBGC meeting

July 10

Steering committee meeting

July 15

Summer picnic at the Koziers

August 7

SBGC meeting

Kitchen Volunteers

A big thanks to our July kitchen volunteers!

Captain: Judy Vander
Helper: Cora Papio
Goodies: Rose , Joanne & Lucette

2018 Steering Committee

Treasurer:

Elizabeth Beer

Secretary:

Betty Girard

Newsletter Editor:

Branko Matkovic

Speaker Convener:

Lucette Wesley

Bonsor Liaison & Membership:

Syl Davis

Sunshine:

Judy Vander

Fall Fair Co-Chairs:

Dan Oldroyd & Daphne Sinclair

Next Steering Committee Meeting

Tuesday July 10 @ 7:00pm at Syl's house.
Syl will chair.

Members are welcome to attend the
Members are welcome to attend the Executive
Meetings as observers.

Please contact us through the email address in
our website ahead of time if you wish to attend.

Reminder: Mulberry Garden Tour

July 3 12:00-2:00pm

Please ensure you have responded with your
RSVP to 604-526-2248 by June 26 or
our website ahead of time if you wish to attend.

Hints and Tips

We had so many great tips at our last meeting, some that were new to a lot of us. We'd like to make this a regular feature in our newsletter so please send in your tips to our email box at sbgcinfo@telus.net and we'll get them into the newsletter.

August newsletter deadline is July 20

Hints and Tips

Epsom salts are made up of a chemical salt called magnesium sulfate. As the name suggests, this compound contains both magnesium and sulfur, which are two important elements in plant growth.

Most often, Epsom salts are used in the garden as a natural source of magnesium, particularly for roses, tomatoes, and peppers, because these plants seem to benefit from an additional helping of this nutrient. The extra magnesium is believed to make the plants bushier and greener, with more blooms and abundant veggie yields.



Unless your soil is deficient in magnesium or sulfur, Epsom salts are generally used as an extra boost applied to specific plants, rather than broadcast generally throughout the landscape.

Here are some ways to use Epsom salts in the garden:

When you plant your vegetables or roses, sprinkle about one tablespoon of Epsom salts into the planting hole.

Mix one tablespoon of Epsom salts in a gallon of water, and apply to the root zone after planting. Reapply the liquid solution when your veggies are in bloom, and do it again when you see small vegetables starting to grow.

Enthusiasts give Epsom salt credit for boosting everything from seed germination and chlorophyll production to nutrient uptake, but it's important to pay attention to your plant's needs without subscribing to "miracle cures," particularly if you're thinking of widespread applications.

Do a soil test before applying Epsom salt to lawns or large areas, to make sure it's needed. Summer veggies, such as tomatoes and peppers, indicate a magnesium deficiency with yellowing or curling leaves, or by producing less (or smaller) fruit.

-Charly & Martine