



EXECUTIVE

President: Sharon Green

Vice president: Jennifer Trudeau

Secretary: Ruth Lunn

Treasurer: Carolyn Demers

Director of Membership/Newsletter: Judy Villeneuve

Director of Flower Show, Liv Sallows,

Director of Advertising Jennifer Trudeau

Director of Garden Tours Sharon Green

Director of Promotions Bonnie VanDerLann

Director of Vegetable Gardens Muriel McIlwain

Director of Speakers Camilla Drake

May 2018 Newsletter

Meeting will be at 7:00 pm, Wed, May 23rd in upper level of Heritage House, 100 Lorne St. Guests are always welcome. Our meetings are always the 4th Wednesday of each month

Speaker: Rick Howie who will show slides of his trip to Madeira and Azores Portugal.

Thank you to last month's speaker Liv Sallows who spoke about the flower show, how to enter, condition flowers etc. and Frank Dwyer had rolling beautiful slides of past flower shows entries.

Reminder that our meetings are scent free, no perfumes or colognes please as a couple members are very allergic to scents.

Memberships are overdue now, so if you have not paid \$15 a person, \$20 a couple, cash or check please, I would like to upgrade the membership list.

Flower Show: New regulation brochures will be available at the meeting. Pay attention to Class F which is Fairy Gardens not to exceed 24" wide by 24" high, now new to the flower show, so if this is one of your talents or if you don't know how, you can find some interesting ones online. And if you have children or grandchildren they will likely want to participate in the design or choices of figurines, and afterwards enjoy playing with it. This is also an excellent way to introduce gardening to them.

The flower show is Saturday June 16, at Heritage House, flower entries accepted from 8 am to 10:15, judging will begin at 10:30. Doors open to the public at 2:00 – 4:00 for viewing, and tea, coffee and goodies by donation. Please view the brochure and look around your yard to see what you have to enter into our fun competition, and consider who you might invite to the tea. Art Knapp's are donating \$300 in prizes that are selected by Liv Sallows and myself, and Purity Feed are donating 3 prizes. As well as prizes there are ribbons for 1st, 2nd, and 3rd.

Don't forget Grocery Receipts from Independent Foods which we exchange for gift certificates that pay for our turkeys and rib roasts, and give them to Mary Bianco.

Goodies, Thanks to Mary Granger, and Roberta Marshall for last month's goodies, this meeting's goodies will be brought by Maura Allen and John Olynick.

Garage Sale was on Saturday May 19 at the home of Greg Koll and John Olynick and was a relative success.

Welcome new members: Jessy and Ann Ritcey, and Billie May Fast, hope you will learn from members, make new friends and share your knowledge with us.

Door Prize table: It would be very nice if some of you could bring a few flowers that are blooming from your garden for door prizes, put them in a soup can or jar if you don't want to give away a vase.

Repeat: Sharon Green will be passing around a signup sheet for garden tours throughout the summer, starting May 17th through to September 6th, so please look around your neighborhood for possibilities, compliment the owners and ask for permission for the Kamloops Garden Club to come and admire their talents. And of course consider your own lovely property to share with us all.

Carrots: Thinning them out is a tedious job, hard on the back leaning over the garden and wasteful. So after watching a video that uses glue, and having to wait till it dries, I sat at the kitchen table laid out strips of toilet paper 4' long setting the seeds out about 3.5 "apart, spritzing water all down the paper then folded the bottom layer over, spritzing again, then folded the top over, made several, stacked them and took them out to the garden, laid them on top of the dirt and used a sieve to sprinkle fine dirt all over them. This way they are evenly spaced rather than digging furrows which is less precise. Result much bigger carrots in the fall.

Gardening Hints from Growing for Flavor by James Wong

Grow carrots in a low fertility mix of 1 part sand, 1 part compost and 2 parts sieved garden soil (to get rid of rocks)...trials show that carrots growing in a low nitrogen mix contain more sugar and are described as tasting fruitier, less bitter, more intense, and less earthy.

Last month I wrote that James Wong thinks Pink Brandywine tomatoes are especially tasty, but long term tomato grower Margaret Kerr said she never found them to be anything special. So if you happen to find one and bought it on Wong's recommendation, please let us know what you think of the flavor later in the year.

One of Wong's recommendations though is to NOT defoliate the plant entirely to hasten ripening of green fruit later in the season because "Some 80% of sugars in Tomatoes are manufactured in the leaves, so please ignore advice that tells you to defoliate...."

So for and root vegetables I added rock phosphate, for slow release, and gypsum for calcium, because I have never grown really tasty sweet carrots, beets or parsnips. (I read if you add other calcium products you may raise the PH in our already alkaline soil). We should have a carrot tasting contest in September as part of our Fall Harvest auction.

I have become a big fan of carrots and parsnips since I discovered roasting pieces of them on a cookie sheet in the oven, covered with avocado oil, much sweeter than steamed ones. But be careful not to get them really brown as that can create acrylamide, which is carcinogenic. Roasting asparagus this way produces acrylamide because it is high in asparagine a key component of acrylamide, even though it tastes best this way, to be safe it is better to steam asparagus.



If you have voles eating your plants or the roots of them, you should buy one of these Castor Beans to get the seeds in those lovely red globe seed pods, save the seeds in an airtight container over winter and drop them in any 1" holes you find. The seeds are ricin, very poisonous, voles eat them. It takes 2 to kill a small dog, 4 for an adult, so label and keep them safe. Plants at Agri supply.

