



# THE BULLETIN

BRITISH COLUMBIA COUNCIL OF  
GARDEN CLUBS

FEBRUARY 2023

# PRESIDENT'S MESSAGE

## CINDY TATARYN, FIRST VICE PRESIDENT

**PLEASE FORWARD TO ALL OF YOUR CLUB MEMBERS**



As February rolls around I'm still planning this year's garden beds. What holes need to be filled? What can I add? What needs to be moved to a better location?

The great thing about gardens is that they can be altered. If something didn't work out last year it can be replaced with something else this year.

If you saw or better yet, were given, a plant that you liked you can add it to your own garden. I have lilacs that came from my grandmother and peonies that came from my grandfather years ago that I still cherish. They bring back special memories every time I look at them. Even with old favourites the garden is constantly evolving.

This year I'm focusing on adding plants to accommodate butterflies. I want to try to add some native plants to my garden beds that are in sunny locations on the south side of my house around a sitting area so I can enjoy the butterflies that come to visit.

Butterflies need nectar plants, but they also need the host plant for the larvae. Many butterflies are 'host specific' and will only lay eggs on a specific species. Most butterflies are short lived, and

only live long enough to mate and lay their eggs. To attract these butterflies you also need to provide the larvae host plant so the adult will come.

What are you planning for your garden this year?

Stay happy, healthy and have fun!

Cindy Tataryn

First Vice President, BCCGC

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[www.bcgardenclubs.com](http://www.bcgardenclubs.com)



**Affiliation Fee and Insurance were due in January.**

If you have not paid your insurance and affiliation fees for your club you are already late! Please send your forms and payment to our treasurer, Ann Peters, 10952 McAdam Road, Delta, V4C 3E8.

The forms are available on our website [www.bcgardenclubs.com](http://www.bcgardenclubs.com).

## SCHOLARSHIP FUND NEWS

BY SHONAGH MACRAE, SCHOLARSHIP FUND CHAIRPERSON

### FOCUSING ON FUNGI

Trevor Schibli is our scholarship recipient from the University of Northern British Columbia and is graduating with a bachelor's degree in biology. We are delighted to hear that he is planning to stay up north to support the ecological health of the area, with a specific focus on fungi. It is a fascinating and growing area of study. Good luck Trevor!

Dear BC Council of Garden Clubs,

I am writing to thank you for the very generous scholarship. I was elated to hear that I had been selected for this award, and it will go far to alleviate financial stress as I go into my final year of undergraduate studies at UNBC.

At the end of this academic year, I will be graduating with my bachelor's in biology, with a specialization in botany and mycology. I plan to stay in northern British Columbia, and work in ecological research and monitoring focused on plants and fungi. Growing up, I was fortunate enough to have a large backyard garden, which contributed greatly to my interest in botany. Nowadays, my gardening takes the form of an army of houseplants, but I hope to have my own outdoor garden again in the near future.

Thank you once again for your support. I hope to be able to use the gift you have given me, and by extension, my degree, to help promote conservation in northern British Columbia.

Sincerely, Trevor Schibli





## **Celebrating over 50 years of scholarship. Help BC horticultural students further their education by donating to the scholarship fund.**

### **How to Donate to the BCCGC Scholarship Fund**

If you wish to make a donation by cheque please send it to:

BC Council of Garden Clubs  
Scholarship Fund c/o: BC Council of  
Garden Clubs

10952 McAdam Road

North Delta, BC, V4C 3E8

Please ensure that the cheques are made out to the "Vancity Community Foundation" and the memo field shows "BC Council of Garden Clubs." If the person or organization that the donation is from does not clearly show on the cheque, please include a brief note with the cheque indicating who the donation is from and a return address (so that an income tax receipt can be issued).

If you wish to donate online with a credit card:

Go to

[www.vancitycommunityfoundation.ca](http://www.vancitycommunityfoundation.ca).

Click the "Funds" button on the top right side of the home page.

Locate the BC Council of Garden Clubs Scholarship Fund, either by scrolling through the list or searching "garden clubs" in the search bar.

Once on the BCCGC Scholarship Fund page, click "Give to this Fund" and complete the form.

OR

Go to [www.bcgardenclubs.com](http://www.bcgardenclubs.com).

Go to the "Scholarship Fund" on the top bar and click on the "Donate" page below.

Scroll down to the link to Vancity Community Foundation and click on it. This will take you to the BCCGC Scholarship Fund page.

Click on "Give to this Fund" and complete the form.

Thank You!

As we open the file on a new year, it's important to be aware that, while gardening is one of the most relaxing, stress-relieving and rewarding of activities, we all need to move toward the realities of sustainability. It also means being very creative and thoughtful in our use of resources and plants.

#### **Water:**

Water use is, perhaps, the greatest issue. Now, most cities in our regions issue water restrictions during hot summers, so we need to be very resourceful. Proper soil preparation with good moisture-retaining materials is step one. To ensure deep rooting, create well-draining soil incorporating fine fir or hemlock bark mulch, and work it in deeply. During summer, mulching with compost or 'non herbicided' grass clippings is a great way to conserve moisture, particularly around shallow-rooted plants like rhododendrons, azaleas, and many cedars.

The type of watering we do is also very important. Where practical, drip systems are, by far, the most efficient way to water containers, baskets, and planters. Soaker hoses are also key because they put water only at the root zones of plants, and don't waste it through evaporation. Hand-watering with a hose end soft rain nozzle is also very efficient and effective. Unless you have in-ground irrigation, lawns will require sprinklers, but here again, there are more efficient models that help prevent overlapping onto driveways and sidewalks. Water collection is also becoming more popular than ever before, and rain barrels placed at the downspouts of eave troughs are perhaps the most efficient means of collecting clean water. If you keep the barrels closed, there is little danger of them becoming a breeding ground for mosquitoes. There are lots of other techniques to collect water, but the important thing is to recycle as much water as we can for our gardens.

#### **Compost:**

Composting is an invaluable activity that can be used in so many ways. Small twigs, recyclable cardboard, and newspaper can be composed along

with grass clippings and other kitchen and garden waste. To keep the decomposing material loose, with good air pockets throughout, be sure to build a 'layer cake' of compost, adding soil to help separate potentially gooey, dense materials like wet grass and kitchen waste. It will probably take about six months to break down your raw materials, so it's a good idea to keep a few composters going at the same time. Composting is the ultimate form of recycling, and the results can be used beneficially almost anywhere in our gardens. Though many towns now have curbside composting available, consider keeping a few things out to create your own backyard supply!

Other items in your garden can be recycled or upcycled too. Many pots and bags are recyclable, so please look for the recycling symbols on the packaging and, if it has one, give the item a quick wipe and put it in the recycling (soft plastic wraps may have to go to a depot; please check your local guidelines). Save your bits and bobs too! Those branches you cut back in winter could turn into a cool arbour, and those chipped teacups in the kitchen might make a fabulous rain chain. Feel free to be creative!

#### **Nutrients:**

In the long run, having organic nutrients in the soil is the best way to go because if the right materials are used, the soil will ultimately replenish itself. It's a learned process that does not work quickly, but it provides great results both for short term crops, like vegetables and annuals, as well as providing long term benefits for perennials, trees, shrubs, and lawns. Fortunately, a large selection of organic alternatives, for use both indoors and out, is available. They are a little more expensive and work more slowly, but the long term results are beneficial for our soils and plants and for all of us.

## Nutrients, cont'd:

Worms are our allies! Healthy soil is living soil, and if you've got worms working away in yours, consider yourself lucky! Their castings lighten soil, improve moisture retention, increase microbial activity, and more! While you can purchase worm castings by the bag at many garden stores, you could also search for local worm breeders in your area to source the worms themselves. In the Chilliwack area, you can try [Terra Flora organics](#).

## Pollinators:

Speaking of critters, we should be adding to our gardens in such a way as to support our local wildlife and pollinators year round. We regularly hear of struggling bee populations, so help our regional bees out by growing a diverse mix of their favourite flowering plants and strategize your planting so that something is blooming 12 months of the year. Try to incorporate as many native plants as you can, too. Hanging bird feeders, and keeping them clean and topped up, during the cooler months will support year round and migrating birds, and they'll help keep your 'pest' population under control year round too. Keep your garden practices organic so that chemicals aren't introduced into their systems, and be sure to keep feeders away from your cats if you have them!

## Plant selection:

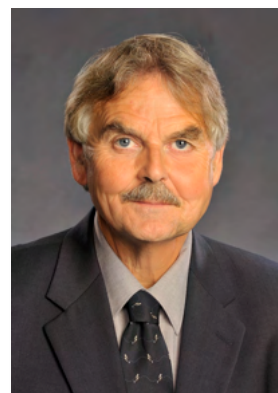
Pulling failed or unwanted plants isn't the most sustainable practice. Most folks understand the importance of putting sun tolerant plants in sunny spots and shade tolerant plants in shady locations, but we need to look deeper... into the soil that is. With summer temperatures rising and dry spells getting longer, consider selecting more drought-tolerant plants to lessen the need for irrigation. Likewise, if there is a spot in your garden that is consistently moist, even with amending, choose plants that will appreciate the location. Be sure to put 'like with like' when creating container gardens. Keep those that like dry feet in different pots than

those who like more damp conditions, otherwise you might be replacing unhappy plants in a few weeks. Another aspect of plant selection is the mature look and size of it, as well as its maintenance level. We waste our resources when we plant something we decide we don't care for in a year or two, or it has gotten too cumbersome for us to look after.

Determine how much space in your garden you can allow for your new shrub, how much time you have to look after it, and then consider your options. Trees, shrubs, and perennials are the ultimate in sustainable plant selection as they grow strongly year after year, so you're making a long-term commitment when you choose one. Make sure you really like it, and that it's really going to like where you put it!

'Shopping local' has gone from trendy to a new way of life for folks, and in gardening, we can go as local as our own backyards! Supporting farmers' markets, local growers, and greenhouses (and thank you so much to our customers for supporting us!) has a positive economic impact on the region, and it also helps build a strong community... you do get to know the people in your neighbourhood! Gorgeous fresh cut flowers help a lot too!

To read this article in its' entirety, visit <https://mintergardening.com/sustainability-in-the-garden/>.



# Growers Delight

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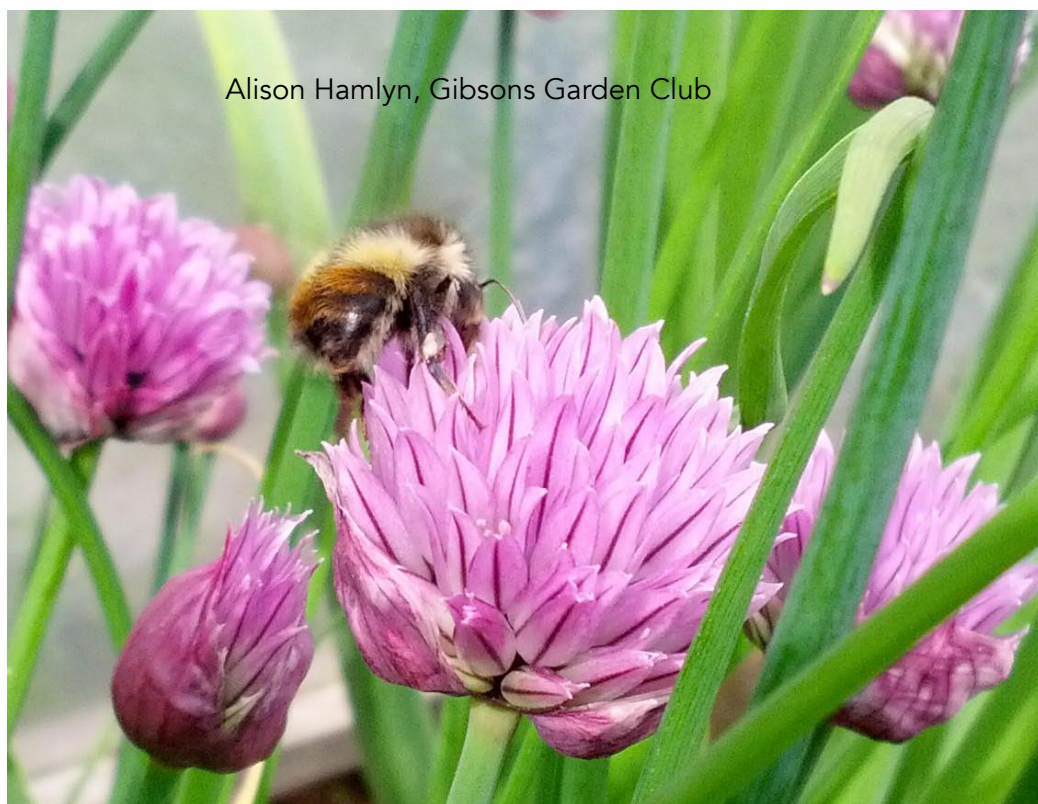
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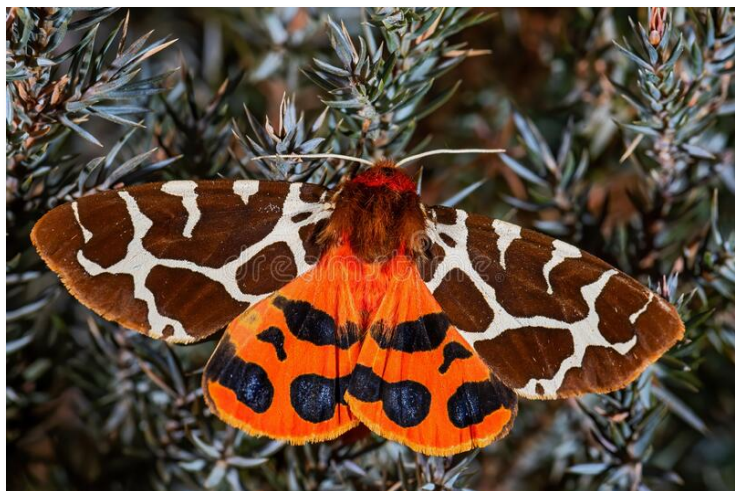
[www.organicdirtsupplements.ca](http://www.organicdirtsupplements.ca)

Growers Delight is now a member of COTA, the Canada Organic Trade Association. **Check us out:** <https://organicdirtsupplements.ca/>. Use code BCCG12 for special discounts.



## WHAT IS A WOOLLY BEAR CATERPILLAR?

BY LYNDA PASACRETA, RICHMOND GARDEN CLUB



As Brian Minter, Minter Nurseries, and gardening guru states, “we are in a new climate reality.”

We have decided on some new goals for all of our projects within the City of Richmond this year – Paulik Park’s 30+ perennial gardens, containers on the Steveston boardwalk for Steveston Harbour Authority, Richmond Cultural Centre rooftop gardens, and Richmond Hospital Auxiliary Thrift Store gardens.

Besides no longer planting water-loving plants, shrubs, and trees (hydrangeas for example), adding more pollinator-friendly plants to our projects, and creating habitats in our projects, we are also creating some ‘no dig’ gardens.

While we were weeding this fall in one of our gardens in Paulik Park, up popped yellow-faced bumblebees and woolly bear caterpillars all getting ready to hibernate in the soil for the winter.

We actually felt very bad that we were disturbing wildlife who were making

their homes in our gardens. So as an addition to our 2023 gardening goals we are adding ‘no dig’ gardens to the list.

Woolly bear caterpillars are so lovely to see in a garden – fuzzy black-and-rust caterpillars. In the fall they mosey about a garden looking for a place to hibernate. No matter how cold the winters get, the woolly bear does not die. It makes glycerol, a kind of natural antifreeze.

Woolly bear caterpillars eat various herbs and native plants, including asters, dandelions, clovers, lamb’s quarters, nettles, and violets.

These beautiful caterpillars turn into Isabella tiger moths (*Pyrrharctia isabella*) – a nocturnal moth.

We are doing everything to protect the habit of these wonderful moths. Photos from [www.dreamstime.com](http://www.dreamstime.com) (15 photos free).

Live the  
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AND MAKE A  
DIFFERENCE



Vivre  
la vie  
de jardin

C'EST FAIRE UNE  
DIFFÉRENCE



After planting yellow for Hope in 2021 and red for Year of the Garden in 2022, the Canadian Garden Council and Communities in Bloom invite you to plant purple in 2023. Why purple? "Purple has a variety of effects on the mind and body, including uplifting spirits, calming the mind, enhanced feelings of spirituality and encouraging imagination and creativity. From lilacs to coneflowers, from coast to coast, let's paint the country purple in 2023! Photos: [philtography.ca](https://philtography.ca).





## CABBAGE BUTTERFLY *PIERIS RAPAE*

### BY CINDY TATARYN, VANCOUVER MASTER GARDENERS

**Range:** The cabbage butterfly is widespread and very common. It was introduced into Quebec in the 1860s from Europe and has spread throughout Canada and USA.

**Larval Food Plants:** As its common name implies, the butterfly larvae eat cabbage (*Brassica* species) and also mustard (*Brassica* species and *Cruciferae* family), radish, nasturtium (*Tropaeolum*), winter cress (*Barbarea* species), wallflower, and members of the caper family such as cleome.

**Adult Food Source:** The adult cabbage butterfly eats nectar from cabbage, cauliflower, broccoli, canola, and other domestic and wild mustard family plants. Also, ageratum, aster, aubrieta, Basket-of-Gold (*Aurinia saxatilis*), butterfly bush (*Buddleia davidii*), Dame's Rocket (*Hesperis matronalis*), dandelion (*Taraxacum officinale*), lantana (*Lantana camara*), marigolds, milkweed (*Asclepias* species), mint (*Mentha* species), nasturtium (*Tropaeolum*), red clover (*Trifolium pratense*), rockcress (*Arabis*), sedum (*Sedum spectabile*), self-heal (*Prunella* species), sweet alyssum (*Lobularia maritima*), thistle (*Cirsium* species), wallflower (*Cheiranthus* and *Erysimum*), winter cress (*Barbarea* species) and zinnia (*Zinnia elegans*).

**Adult Nesting Sites/Habitats:** Open woodland, fields, vacant lots, and vegetable and flower gardens.

**Time of Flight:** March to November.

**Life Cycle:** The cabbage butterfly is capable of several broods per year, sometimes as much as three generations. The larvae feed on various plants, especially members of the cabbage and mustard families. It is one of the earliest butterflies to emerge in the spring and is seen on warm days from spring to November.

It overwinters as a pupa. The adult emerges from the chrysalis stage in the spring to lay its eggs, which are yellow and conical in shape with vertical ridges. The eggs are laid singly on the underside of the leaves of the host plant. The larvae hatch in 3-6 days, feed and mature within 4-8 weeks. This allows for multiple broods per year.

Cabbage butterflies are so inedible because they concentrate mustard oil glycosides in their bodies from the *Brassica* family, which is their larval food source. To most animals this is a highly toxic compound.

#### Description:

**Larva:** The larva are yellow when first hatched then turn into velvety green caterpillars with a faint yellow dorsal line. Up to 30 mm.

**Adult:** The adult cabbage butterfly is white with diffused black forewing tips. The female has two black forewing spots. They also have a black spot in the front margin of the hindwing. 30–50 mm.

**Physical Control:** Hand pick larvae off of plants. Cover plants with a row cover or lightweight netting as a barrier to adults. Interplant repellent plants such as mint, sage, rosemary, catnip, nasturtium, tomatoes, and celery.

**Native Plant:** Western bittercress (*Cardamine occidentalis*)

The species name 'occidentalis' means western. Western bittercress is a member of the mustard family. It is a perennial herb with short slender rhizomes that form tubers at the base of the stems. It has a loose rosette at the base. The basal leaves are deeply divided with opposite paired lobes and a large lobe at the end. It grows to 20-40 centimetres and is glabrous and sparsely hairy. The white flower has four petals and blooms in elongated to rounded terminal clusters.

Western bittercress grows along edges of flowing and standing water at low elevations.

## CABBAGE BUTTERFLY, CONT'D:

### SELECTED SOURCES

*Garden Bugs of British Columbia: Gardening to Attract, Repel and Control*, by Janice Elmhirst, Ken Fry, & Doug Macaulay (2008, Lone Pine Publishing).

*Butterflies and Butterfly Gardening in the Pacific Northwest*, by Mary Kate Woodward (2005, Whitecap Books).

*The Butterfly Garden: Creating Beautiful Gardens to Attract Butterflies*, by Jerry Sedenko (1991, Villard Books).

*Butterfly Gardening: Creating a Butterfly Haven in Your Garden* by Thomas C. Emmel, (1997, Cavendish Books).

*Plants of Coastal British Columbia including Washington, Oregon & Alaska*, by Jim Pojar & Andy Mackinnon (2014, BC Ministry of Forests, Partners).

*E-Fauna BC: Electronic Atlas of the Fauna of British Columbia* [efauna.bc.ca]. Lab for Advanced Spatial Analysis, Department of Geography, University of British Columbia, Vancouver, by Brian Klinkenberg, 2020/2021.



Photo from [stock.adobe.com](https://stock.adobe.com) (10 day free trial).



## NEWSLETTER CONTRIBUTIONS

We would love to feature your club or community garden in the newsletter.

Tell us about some of the projects your club or community garden is involved in.

You are invited to submit an article at any time (please include photos and name of author). Photos should be high resolution and you should include the name of the photographer if possible. Articles should be in the range of 300 - 500 words. If you have an idea for a

longer piece, connect with the newsletter editor in advance to discuss your idea.

Articles are due on the 15th of the month preceding publication. If they are submitted after that date, they will be held for the next issue.

The **next due date is February 15 for March 1**. Submissions/inquiries:  
[newsletter@bcgardenclubs.com](mailto:newsletter@bcgardenclubs.com)

Lynda Pasacreta, Editor

Pam Robertson, Copy Editor

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