

Weed all About Us

Your Kamloops Garden Club Newsletter

Sept, 2025

Next meeting: Wednesday Sept 24, 2025

Heritage House (Upper level)

100 Lorne St. Kamloops

(Riverside Park)

Doors open at 6:30 pm, meeting starts at 7:00 pm

Our Presentation this month

Speaker. September Meeting, [this Wednesday](#) at Heritage House will start off with a Welcome Back after a wonderful Summer.

Then a short "Gardener's Forum" . Bring your gardening questions for a room full of expertise.

We're having a Party.... members bring your party HATS "literally" , The Kamloops Garden Club is 75 this year and we're celebrating. Do you have any memories to share or photos you'd like to share ? If so, bring them with you. The KGC photo Albums will be out for viewing. We are looking forward to seeing you all.

Carol W.

Sept Agenda:

Welcome from Carol W. president

Introduction of speaker,

Coffee Break

Secretary Report, Cheri

Treasurer Report, Lorna

Old Business:

-if the Heritage House parking front row is full, please park in the other areas and display your pink parking pass

-please keep taking photos of your gardens for Shauna to put in the February potluck Slideshow

- when signing in for the meeting to collect your NEW membership name tag and to please sign the NEW membership information cards for Lorna and Judy

New Business:

Fall arrangement contest, Prizes 1st \$25, 2nd \$15, 3rd \$10.

-If you have an idea for a guest speaker please email Carol W.

We now take E-Transfer for memberships to thekamloopsgardenclub@gmail.com;

How To Save Coleus In The Fall Thanks to Carol W. for this article

Did you know that you can easily save your favorite coleus plants by bringing them inside in the fall to grow as houseplants over the cold winter months or take cuttings and create smaller plants.

Saving Potted Coleus Plants in The Fall

If you have plenty of space and want to save entire plants, you can simply bring your potted coleus plants indoors in the fall. The biggest key to having success is to bring plants inside early. It's extremely important to get them in before the first light frost. To bring indoors, start by washing off the plant to remove any pests or bugs that may be living on the leaves. Be sure to inspect the soil as well since insects tend to hide deep within a plant's foliage and soil. For best results, place coleus in a room that has a south facing window. This will give it the best chance of catching sunlight in the winter. To stay vibrant, coleus needs at least 4 to 6 hours of daily sunlight.

Giving Coleus The Light It Needs

If you don't have enough window sunlight, you can supplement with inexpensive grow lights to help simulate daylight. Even bright LED or fluorescent lights provide enough light to keep coleus healthy and strong. Depending on your indoor temperature and humidity level, they usually only require watering a few times each week. The key is to keep an eye on the soil and water lightly as it begins to dry out.

As for fertilizing, giving your coleus a light dose of all-purpose, slow-release fertilizer every other month is all the power it needs. Apply it at about one-quarter of the recommended rate while indoors. If blooms happen to form on your plants while they are indoors, simply cut them off. The blooms of coleus are not showy, but they do take nutrients away from the plant – so it's best to pinch or cut any blooms off as soon as you see them.

How To Save Coleus From Cuttings In The Fall

Another alternative to bringing the entire coleus plant indoors in the fall is to take cuttings. This is a great option if you are short on extra space to devote to a full coleus plant. All you need to do is cut off a stem that contains a few leaves and place it in either soil or water. Before long, it will start to sprout new roots, eventually turning into a full plant that is identical to your original one.

How To Root Cuttings – *How To Save Coleus In The Fall*

When selecting your cutting, choose a piece of stem that is healthy and has a good set of leaves. Look for stems that have a couple of small buds above the last set of leaves. These

buds are proof that the stem is capable of producing roots. Use a pair of sharp pruners and cut the stem back to the base of the plant. Remove the first set of leaves that are closest to the cut side since this is the part that will get buried in soil or submerged under water. The leaves at the top can stay on the cutting.

Place the cutting in a container so that several inches of the stem is buried in either damp soil or under the water.

Soil Versus Water Rooting – *How To Save Coleus In The Fall*

Rooting coleus in water or soil are both great options. However, plants tend to root a bit faster when in water. *Keep the water level high and before you know it, new roots will start to form along the stem.*

When using the water method, it's important to use untreated water as opposed to tap water. Most municipal water or water that goes through softener systems is treated with chemicals and salts. These can all inhibit the growth of new roots.

Roots should start to appear on the stem after just a couple of weeks. At this time, you can remove the cutting from the water and plant it directly into soil. Use a container with drainage holes and good potting soil.

If planting the cuttings directly into the soil, it usually takes a bit longer for new roots to form. In the meantime, keep the soil moist.

After about a month in soil you can lift a plant out to make sure it has roots, if it does then let the soil dry out between waterings, feel the leaves to see if they are a bit limp, coleus do not like to be overwatered. Judy V.

[How To Save Potting Soil From Containers & Hanging Baskets!](#)

Creating A Potting Soil Compost Pile – *How To Recycle Potting Soil In Tomato Containers & Pots* from Simple Garden Life

So what is the easiest way to create a potting soil compost pile? For starters, choose a small dedicated space in your garden or yard that has good drainage. If you don't have space, you can also use a large drum or trash barrel with drainage holes.

By creating a separate compost pile for your potting soil, you can have it ready for spring use! Begin by removing all of the stems, roots, leaves and other plant material from the potting soil before adding it to the pile. This includes any fruit or seeds that might have fallen onto the soil. If there are roots you can't remove, chop them up into smaller pieces.

Next, it's time to add materials that will help to heat the pile up quickly – all while also adding loads of nutrients. Some of the best choices for this are grass clippings, shredded leaves, coffee grounds, and crushed eggshells.

It's always important to chop up anything that you add to the pile into small pieces. The smaller the pieces are, the quicker they will break down and start to decompose. And for a potting soil compost pile, that's the biggest key of all to have it ready by next spring!

Adding Fresh Compost

Last but not least, you need to add the final key ingredient – fresh compost! The finished compost will help give the pile a head start on breaking down. At the same time, it will revive the potting soil with loads of organic matter, nutrients, and good bacteria. These are all items needed to power another year's worth of growing tomato plants in containers.

Aim to add one part of finished compost for every five to ten parts of potting soil. Add all of the materials within a few weeks of one another to really get the pile heating up fast.

You can either use homemade finished compost or purchase bagged compost to add to your pile. Both work equally well to recharge the old potting soil quickly.

Maintaining Your Potting Soil Compost Pile

It's important to turn your pile often. This will help keep the pile hot and active. Although weekly turning will work, giving your pile a turn every couple of days is best to add plenty of oxygen to speed up decomposition.

Continue turning your pile until it freezes solid in the winter. Once the pile thaws out in the spring, continue to turn until everything is fully broken down. Before long, your recycled and re-energized potting soil will be ready to use again to power another year of tomatoes grown in containers!

How To Keep Mums Flowering All Fall Long from

Buying Right From The Start

Although there are over 5,000 different varieties of mums, there are basically major types of mums – floral and hardy mums. And knowing which to buy right from the start can save a lot of headaches for gardeners.

Floral or cutting mums as they often go by are basically annual mums. They have shallow root systems and cannot handle the colder temperatures of winter. They tend to be smaller mums that fill their canopy with flowers – for one season only.

Hardy or garden mums as they often go by are a much tougher mum. They are perennials in zones 5-9 and have a deeper root system. And that deep root system produces a larger canopy that ranges from one to three feet. Better yet, garden mums can also be covered in a mass of blooms for the fall!

Garden mums tend to be smaller in size with tighter bloom sets. They can be beautiful, but cannot be kept over winter.

That deeper root system also helps to keep it from freezing. This means as long as you live in zones 5 through 9 and purchase hardy mums, you can overwinter them year after year to have those big, rich fall blooms of red, orange, bronze, yellow, lavender, purple, pink, and white coming back to brighten your landscape – all for free!

Floral mums can certainly be great for small table displays, etc. – but look for garden mums when purchasing to really get more bang for your buck!

Selecting A Mum NOT In Full Bloom – *How To Keep Mums Flowering All Fall Long*

One of the biggest keys to making sure your mums stay blooming long into fall occurs before you even select your mums and bring them home. While at the store, it can be tempting to want to grab the fullest mums with abundant blooms. However, you want to stay away from full-blooming mums unless you need them for a display in the next week or so. Mums at this stage only have another week or two of prime color and will start to fade soon after.

Even mums that are partially blooming aren't the best choice either. Instead, look for mums that are full of tight buds. At this stage, the blooms will not only last longer, but you will also be able to actually extend their bloom period and make the most of your purchase.

Select mums that are just coming out and are full of buds – not flowers. These will provide plenty of interest all fall long!

In addition to picking out a mum with tight buds, make sure the plant has plenty of room to expand. Many times, mums at local nurseries or stores can already be root bound. Pick the pot up to examine. If roots are already coming out of the bottom, avoid the plant. It is most likely root bound and will be hard to keep blooming longer.

Place In The Right Location – *How To Keep Mums Flowering All Fall Long*

Mums are more than capable of handling full sun, but it is actually better to provide them with lots of shade if you want to keep them blooming longer. When mums are in a location with full sun, the light will force mums into full-bloom mode. In addition, the added heat will shorten their blooming cycle time. Instead, choose a location that has more shade with just occasional sun exposure so they can develop their buds more slowly. This will extend your mum's bloom life by as much as two full weeks or more. Keeping mums on porches, patios, or even under

trees helps avoid the harsh sun rays as well as protects the blooms from hard rains. And as you will see in the next step, how they get their water matters.

Watering Keeping mums watered to ensure they continue to produce blooms.

Thanks to the Shuswap Garden Club's Mary Ann Van Den Berge for this valuable information on ways to protect your hands when gardening.

I don't know about you, but this is a huge problem for me: I always intend to apply hand cream before gardening, but by the time I get out to the shed to grab a tool, I've forgotten! And let's be honest—I'm usually too lazy to take off my boots and head back into the house. My easy solution? Keep a tube of hand cream in the shed. That way, there are no excuses! What I've also realized is that it doesn't have to be anything fancy or expensive—since you're just washing it off after gardening anyway. Another tip: when I have dirt under my fingernails, I use the high-pressure setting on the hose nozzle, much like a Waterpik, to remove it. While gloves are the most common solution, there are several other ways to protect a gardener's hands from getting dirty, dry, or chapped: Barrier Creams or Lotions: Apply a barrier cream (like Working Hands, Invisible Gloves, or a beeswax-based salve) before gardening. These create a protective layer that makes it easier to wash off soil and prevents moisture loss. Rub petroleum jelly, balm, or shea butter into your cuticles and under fingernails before gardening. This helps prevent soil from getting embedded and keeps the skin soft. Moisturizing Before and After: Moisturize before gardening to keep skin supple, and immediately after washing your hands to prevent drying and cracking. Use a rich, non-greasy hand cream with glycerin or lanolin. Use Tools Strategically: Use hand tools like trowels or weeders instead of bare hands to limit direct contact with soil. Consider long-handled tools for tasks that normally require kneeling and digging by hand. Wear Protective Sleeves or Wrist Guards: These can keep dirt from getting between your glove cuffs and arms, reduce friction that can cause irritation. Keep Nails Short and Clean: Short nails trap less dirt and are easier to clean, helping to prevent painful hangnails or nail bed infections. Homemade Hand Scrubs for Cleaning: Make a gentle scrub from olive oil and sugar or salt to clean and soften your hands after gardening without harsh soap. DIY Protective Hand Salve (Beeswax-Based) This salve creates a barrier to protect hands from moisture loss and dirt. Great before or after gardening. Ingredients: 2 tbsp beeswax pellets (or grated beeswax) 1/4 cup coconut oil (or olive oil for a softer salve) 1/4 cup shea butter (or cocoa butter) Optional: 10 drops lavender essential oil or tea tree oil (antibacterial and soothing) Instructions: In a double boiler (or a heatproof bowl over simmering water), melt the beeswax, coconut oil, and shea butter. Once melted, remove from heat and stir in essential oils (if using). Pour into a small tin or jar. Let cool and solidify before use. To use: Rub a small amount into your hands before or after gardening.

DIY Hand Scrub (Oil & Sugar) This gentle scrub exfoliates dirt and dead skin while moisturizing at the same time. Ingredients: 1/4 cup granulated sugar (white or brown) 2 tbsp olive oil, sweet almond oil, or coconut oil Optional: 1 tsp lemon juice (brightening and deodorizing) Optional: a drop of lavender or peppermint essential oil for scent Instructions: Mix all ingredients in a small bowl or jar until it forms a gritty paste. Massage a small amount onto dry hands after gardening. Rinse with warm water and pat dry — no need for soap. Follow with a moisturizer or the salve above for soft, happy hands!

Parking Passes: please see Myles Huble for 2025 free parking passes which you put on your dash, and park in the front row of Heritage House

Memberships are due every Jan \$20/person, \$25/couple and paid to treasurer Lorna McMillan Cash or checks only please.

[When Nature Does Crochet: A Flower That Defies Imagination - Laidback Gardener](#)
press ctrl and click on link to open

Two Reasons Not To Leave Old Hydrangea Blooms On In Late Fall & Winter

article by Simple Garden Life

Although deer, squirrels and other animals don't typically bother most varieties of hydrangeas, that always isn't the case in areas that have more severe winters. When heavy snows and inclement weather persists, it can make it hard for non-hibernating animals to find food sources. Not only have most of their fresh food sources dried up during the dormant months, heavy snows can cover other sources of ground food as well. And when they do – the upright blooms of hydrangeas can quickly become a target!

Unfortunately, a large majority of hydrangeas bloom on old wood. Old wood is the growth that occurs the prior year. And when hungry deer or squirrels begin to dine on the blooms, they often chew down and eat the branches as well. When they do, they also remove future blooms. By deadheading only the blooms in the fall – you can eliminate this risk.

Avoiding Fall Pruning

When removing blooms before winter, it's vital to **not** prune any additional wood from your hydrangeas. Not even for small shaping. Not only can it remove next year's blooms from summer

blooming varieties that bloom on old wood, it can also cause issues for late summer and fall hydrangeas that bloom on new wood.

This is because any type of pruning beyond the removing of blooms can spur late, new growth. New growth late in the season is bad for two reasons. First, it causes the plant to use energy to grow. Energy that should be being saved and stored for next year's foliage and blooms. But that new growth is also very tender. And with winter right around the corner, that tender new growth is highly susceptible to freezing out over the winter.

Deadheading When deadheading old blooms in late fall, be careful to only remove the bloom just below its stem – and nothing more. As you will see below, you can take a few of your blooms completely down for drying and decorating – but keep those to a minimum.

By only taking the blooms off, it keeps the plant continuing on its path to dormancy. That, of course, allows it to handle winter with ease.

Saving Old Hydrangea Blooms For Arrangements

So what about saving some of those beautiful old hydrangea bloom stems in the fall for flower arrangements and decorating inside?

There are actually several ways to save and dry hydrangea blooms. The easiest method by far is to cut the bloom and finish drying them off in a vase or container filled with a bit of water. To do this, you will need to cut a bit more of each stem you save than if just deadheading.

The good news is if you only take a few from each plant – it will affect blooming slightly for those that bloom on old *hydrangea flowers are great for all kinds of flower arrangements.*

How To Dry Blooms

It's best to allow the bloom heads to mostly dry out on the bush first. Then, using a sharp pair of pruners, cut the stem off the bloom. Try to cut a length somewhere between 12 and 14 inches long. Next, remove the leaves and place in water. Place down in the container so that about 1/4th to 1/2 of the stems are in water.

Place in a cool area of your home out of direct sunlight. It may sound strange to put in water, but the water will allow the bloom heads to dry slowly. This, in turn, helps to preserve more of the blooms muted colors. It usually will take about two to three weeks for the flower to completely dry and be ready for use. *They can also be spray painted with red or burgundy for winter, spray paint can be bought much cheaper at Surplus Herby's. JV.*

Recipe for Rhubarb Oatmeal Squares by popular request from Roberta Marshall

2 c flour
2 c quick oats
1.5 c br. Sugar
1 c butter slightly melted
1 tsp vanilla
Pich of salt
Mix till crumbly, keep 1 c mix for topping

Filling
2 c rhubarb cut small
1 c white sugar
.25 c water
Cook till rhubarb soft
Add 2 tbsp cornstarch & 3 tbsp strawberry jam

Put crumb mixture in 9 X 13 pan, when rhubarb is cool spread over bottom crust. Top with 1 c of crumb mix.
Bake at 350* for 30 to 35 min until golden.

If you have a favorite recipe for the October newsletter please reply with it, something especially using fall garden produce would be nice.

From Jamie in South Club's newsletter:

Lavender Syrup 1/4-1/3 cup of dried lavender (make sure it's organic/not sprayed and mostly flowers/buds) 2 cups sugar 3 cups of water Bring to a boil and reduce to med-low for 15-30 minutes then turn the element off, cover and let it sit for 30-90 minutes. Once cooled, strain, put the syrup in a jar in the fridge (will last up to three months).
Lavender Lemonade: at Jaime's garden tour, the lemonade was half regular and half pink lemonade along with the lavender syrup. Make lemonade to your taste and add 1-2 Tbls (or to your tasting) of the lavender syrup.



**The garden club is a scent and
smoke free zone**



**Sept snacks will be bought by
the club**

Remember to check out the Kamloops Garden Club Facebook page for lots of information, thanks to Kiera McLellan.

Any members who have anything to contribute to the monthly newsletter please email me at judyricher@shaw.ca we have a wealth of plant knowledge in this club and would love to hear from you.

For speakers please email Carol at cwozencroft@gmail.com: or 250-319-5451 with your suggestions. and tell anyone who might like to speak at our meetings that we pay them \$100 for a ½ to ¾ hour presentation. We can provide a laptop & projector if necessary.

Executive

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