

# WEED ALL ABOUT US

Your Kamloops Garden Club Newsletter

April 2026

**WHAT ARE YOU DOING TO HONOUR EARTH DAY APRIL 22?**

*Next meeting: Wednesday April 22, 2026*



Heritage House (Upper level)  
100 Lorne St. Kamloops  
(Riverside Park)

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

Thank you very much to Jay Akerly for his presentation, Garden Resilience in a Land of Extremes. This presentation was about his experience designing, building and understanding the elements of Southern Interior gardens from valley bottom to the chairlifts, and selecting appropriate plants for them. He covered his soil composition, basic design, propagation and use of native and non-native plants, using containers, and use of microclimates. This presentation was of particular interest to those intrigued by plants that are rare to cultivation, those interested in water-wise and fire-safe gardens, and pollinator gardens. We enjoyed a large turnout of members and welcomed 2 guests and 7 new members! It was a successful, educational and visually exciting evening.



The **Speakers** for the April meeting are Trudi and Noreen!! This promises to give us all a new understanding of plants we may take for granted and not even notice anymore!!

**Trudi:**

I am a proud member of the Okanagan Indian Band and Syilx Nation. I have deepened this understanding through time spent on the land with Elders, gaining hands-on experience in traditional medicine making. My practice includes preparing teas, salves, and tinctures, guided by respect, cultural knowledge, and the living relationships between people and plants.

**Noreen:**

I, too, learned alongside my dear Grandma who shared the teachings of our proud Sto:lo background while nurturing the earth. Like Trudi, I also have extensive experience implementing Aboriginal curriculum and have a solid background in Ethnobotany (Indigenous plant uses and respect for the land). My yard is host to many domestic and traditional Indigenous plants -a happy coexistence, which rewards our family & neighbourhood with an abundance of edibles!

Noreen and Trudi will share their knowledge of local plants, as well as some of their traditional uses. Often these plants are often misunderstood as weeds. Samples of plants will be on hand as well as some of Trudi's traditional medicines made from local plants and the practices which have been passed on to her through the wisdom of Elders and Knowledge Keepers.

**PLANT SALE MAY 9, 2026**

Ask Dianne Smith what you can do to be involved! She has done an enormous amount of organizing after taking on this event on this year and could really use some help! Can you help?



## Volunteers Needed for the Plant Sale!

Saturday, May 9, 2026 • Heritage House

Our annual Plant Sale is one of the club's biggest events — and we'd love your help to make it run smoothly.

We're looking for volunteers for:

- Set-up (8:00 - 8:30 am )
- Receiving and Pricing plants (8:00 - 9:00 am)
- Selling and plant advice during the event (9:00 am - 1:00 pm)
- Clean-up (1:00 pm onward)

Even an hour or two makes a big difference. If you're able to help, please contact [thekamloopsgardenclub@gmail.com](mailto:thekamloopsgardenclub@gmail.com) or, [dismith5@telus.net](mailto:dismith5@telus.net)

**NEW! This Year! Vendors will have tables at the Plant Sale!!**

- ★ Gifts by Sylvia- Sylvia Weedmark: Painted Rocks, Stepping Stones
- ★ Hunter Honey Kamloops- Rob and Anne-Marie Hunter Honey
- ★ Elemental Landscape Designs- Trevor Madar: Pond install, design and landscape
- ★ Garden Orbs- Pamela Newton: hand made decor for your garden
- ★ Invasive Species Council of BC, Megan Blackmore (free informational table)
- ★ Kamloops Garden Club:
  - Gardening Garage Sale** items table -Thank you Liv Sallows !
  - **Kamloops Garden Club Special Blend Potting Soil**, \$5.00 per bag

This is a **CASH ONLY** event for Plants, Soil, and Garage Sale items. Vendors will have their own method for payment.

Follow the Website and Facebook pages for further event information!!

**Vendors in Kamloops Garden Club that support our efforts!**

These preferred companies have offered us a discount for Members. Your Membership Card **Must** be shown to access the discount. Ask staff what the discount applies to! We may have other vendors later and will keep you posted. Some products or services may be excluded.

<p><b>Agri Supply 10%</b> 782 D Tagish St Kamloops</p>	<p><b>Ollek Nurseries 10%</b> 2530 Knutsford Hills Dr Knutsford</p>
<p><b>Lyons Garden Centre 20% Garden centre only, no seeds or services</b> 11271 Salish Rd Kamloops</p>	<p><b>Purity Feed 15% Plant material &amp; decor</b> 471 Okanagan Way Kamloops</p>

## PLANT SALE REQUESTS:

### We Need You!

Donations Wanted for the Kamloops Garden Club Annual Plant Sale- Saturday May 9, 2026

As you're tending your spring garden, do you have plants that need splitting? A few extras you can pot up? Seedlings or cuttings ready to share?

We would be grateful for your donations to help make this year's **Annual Plant Sale** a success.

### What You Can Donate

- Perennials
- Herbs
- Vegetable starts
- Annual seedlings
- Succulents
- Houseplants

If you're dividing, propagating, or potting up extras, we'd love to include them.

### Please Identify Your Plants

To help shoppers choose confidently, provide the following information (we will have extra labels):

- Name
- Light needs
- Water needs
- Hardiness zone
- Colour (if applicable)

Plants should be potted in **clean pots, seedling trays, or Solo cups.**

### Garden-Related Items Welcome

We are also accepting **gently used garden books, tools, décor, and other garden-themed items** for our sale tables.

### Drop-Off Details

**Saturday, May 9, 2026 Heritage House, Riverside Park Plant drop-off: 8:00–9:00 am**

Your contributions directly support the club's programs, speakers, and community education. We all want this event to thrive — and your donations make all the difference.

### Questions?

Email us at [thekamloopsgardenclub@gmail.com](mailto:thekamloopsgardenclub@gmail.com)

**Important:** Japanese Beetle Restrictions  
The City of Kamloops and the Invasive Species Council of BC advise:

- **Do NOT share or sell plants from Downtown Kamloops.**
- It is also recommended **not to share plants outside of Westsyde and Valleyview**, as detection has occurred in these areas as well.
- See the regs here:  
<https://inspection.canada.ca/.../japan.../japanese-beetle-bc>

## A FEW REMINDERS:

- ★ A ceramic coffee go-mug with sunflowers was left at the meeting in March. It is in the Lost and Found at Heritage House – the shelf at the kitchen.
- ★ Shauna Pezzot has been waiting patiently for spring so you can all start taking pictures of the wonderful things you are growing in any kind of area and medium! If you have stories to tell with them, please share! Please send your emails to [thekamloopsgardenclub@gmail.com](mailto:thekamloopsgardenclub@gmail.com) so Shauna can put together her show for June, for all of us to enjoy before the summer break!
- ★ To keep up with the rising costs of venue rent, insurance, guest speakers, and our various club events, we have made the decision to implement a \$5 Drop-In fee for non-members attending our meetings. This change will take effect starting with the March meeting and will continue in the future. We appreciate your ongoing support and understanding as we work to maintain the quality of our club's programming.
- ★ Fees are \$20 per person/year for membership.
- ★ If the Heritage House parking area is full, please park and display your pink parking pass
- ★ Please bring your own coffee cup.
- ★ Liv is looking after coffee and tea at break. **We need someone to step up and take on this job for Liv going forward.** It involves making coffee and boiling water for tea, and clean up. Easy. Thank you. Not a big commitment, but greatly appreciated.
- ★ Barbara Froment is bringing the snack this month. Thank you Barbara!
- ★ For everyone's comfort the meetings and events are Scent-free, thank you.
- ★ We had a fantastic year in 2025 for **Garden Tours**, Lets Do It AGAIN! Let us know if you are willing to allow us to oooh and ahhhh over your beauties, or if you know of a garden you enjoy – let Roni Sue know at [thekamloopsgardenclub@gmail.com](mailto:thekamloopsgardenclub@gmail.com)!
- ★ For **speakers** please email Carol, at [cwozencroft@gmail.com](mailto:cwozencroft@gmail.com) or 250-319-5451 with your suggestions. Please 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.

## Japanese Beetle:

<https://www.kamloops.ca/our-community/environment-sustainability/healthy-landscapes/japanese-beetle> Please do not share or sell plants from Downtown areas. It is recommended to not share outside of Westsyde and Valleyview areas as the insect has been located in these areas as well. Canadian Food Inspection Agency has designated the Downtown area as Regulated and needing a permit to transfer plant materials.

See the regs here: <https://inspection.canada.ca/en/plant-health/invasive-pests-and-plants/insects/japanese-beetle/japanese-beetle-bc>

### Response activities

#### Movement controls

Until further notice, we are restricting the movement of plants with soil, soil-related matter and/or growing media attached that is infested or likely to be infested with Japanese beetle, in accordance with the [Phytosanitary requirements to prevent the spread of Japanese beetle, \*Popillia japonica\*, in Canada and the United States \(D-96-15\)](#).

#### Movement controls apply to the regulated areas in the cities of:

- Burnaby, Coquitlam, **Kamloops**, Port Coquitlam, Vancouver

#### [Find out if you are in a regulated area.](#)

A CFIA-issued movement certificate is required to move these items out of the regulated areas. This restriction is in effect year-round and is intended to reduce the risk of unintentional human-assisted spread of the beetle. ~~~~~

### Can you cook with Lavender?? Lavender and Lemon Biscochito

<ul style="list-style-type: none"><li>• 1/2 cup unsalted butter, softened</li><li>• 2/3 cup sugar</li><li>• 1 large egg, room temperature</li><li>• 1 tablespoon dried lavender flowers</li><li>• 1 tablespoon grated lemon zest</li><li>• 1-1/2 cups all-purpose flour</li><li>• 1 teaspoon baking powder</li><li>• 1/4 teaspoon salt</li><li>• Optional: Lightly beaten egg white and fresh thyme sprigs</li></ul> <p><b>LET US KNOW IF YOU TRY THESE!</b></p> <p><a href="https://www.tasteofhome.com/recipes/lavender-and-lemon-biscochitos/">https://www.tasteofhome.com/recipes/lavender-and-lemon-biscochitos/</a></p>	<ol style="list-style-type: none"><li>1.Preheat oven to 350°.</li><li>2.In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in egg, lavender and lemon zest.</li><li>3.In another bowl, whisk flour, baking powder and salt; gradually beat into creamed mixture.</li><li>4.Divide dough in half. Shape each into a disk; cover and refrigerate 30 minutes or until firm enough to roll.</li><li>5. On a lightly floured surface, roll each portion of dough to 1/4-in. thickness.</li><li>6.Cut with a floured 1-in. round cookie cutter.</li><li>7.Place 1 in. apart on parchment-lined baking sheets.</li><li>8.Sprinkle with additional sugar. Or, if desired, brush with egg white and press fresh thyme or additional lavender flowers onto cookies.</li><li>9.Bake until bottoms are light brown, 9-11 minutes. Remove from pans to wire racks to cool. Store in airtight containers.</li></ol>
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## RESOURCES AND PROGRAMS IN KAMLOOPS

**Interior Community Services** is proud to offer a series of gardening programs at the Mount Paul Community Food Centre and with the City of Kamloops. Gardening provides a number of benefits to individuals from valuable life skills and the ability to work with your hands to various therapeutic benefits based around connection with the earth.

The Mount Paul Community Food Centre has an 8000 sq.ft. **learning garden** that produces an abundance of organic produce. We run the affordable produce market year round at the Food Centre.

The learning garden offers hands on experience in a supportive setting for how to plant and grow local whole foods. Workshops and gatherings for the 2025 season are coming soon. If you are interested in becoming involved, please contact the centre at 236-421-1011.

**Community Gardens:** Interior Community Services in partnership with the City of Kamloops manage eight community gardens across the community. For more information, please contact the community garden coordinator at: 236-421-1011 or [gardens@interiorcommunityservices.bc.ca](mailto:gardens@interiorcommunityservices.bc.ca)



Community Gardens photo Kamloops Food Policy Council-google

**FIRESMART FOR YOUR HOME AND PROPERTY:**

<https://www2.gov.bc.ca/gov/content/safety/wildfire-status/prepare/firesmart>  
<https://firesmartbc.ca/>

**Board of Directors**

**Volunteer Spots / Committee Opportunities**

<b>President</b>	Carol Wozencroft	<b>Flower Show and Tea</b>	Carol & Roni Sue (& Liv) & <b>Volunteers</b>
<b>Vice Pres</b>	Roni-Sue Coulter	<b>Annual Plant Sale</b>	Dianne S & Annie T & <b>Volunteers</b>
<b>Secretary</b>	Cheri-Dawn Witwiky	<b>Garden Tours</b>	Roni Sue C
<b>Treasurer</b>	Lorna McMillan	<b>Sign in Desk</b>	Annie T & Joyce R
<b>Membership</b>	Myles Huble	<b>Door Greeter</b>	Ruth L
<b>Facilities Liaison</b>	Dianne Smith	<b>Wreath Workshop</b>	
<b>Social Media</b>	Kiera McLellan	<b>Coffee and Snacks</b>	Coffee& Tea at Break: Liv S Snacks: Barbara F
<b>Member at Large</b>	Dianne Smith	<b>Potluck Dinner Food Planning</b>	Sally O
<b>Website</b>	Dianne Smith	<b>Potluck Dinner Set Up</b>	<b>Volunteers</b>
<b>Speakers</b>	Carol W	<b>Newsletter</b>	Kiera M



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<https://www.facebook.com/groups/2602102930005297>  
Kamloops Garden Club GROUP Facebook Page

<https://kamloopsgardenclub.com/>

Kamloops Garden Club Website

