

COMOX VALLEY GROWERS AND SEED SAVERS

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QUARTERLY NEWSLETTER – January 1, 2015

(Entire Issue Available Only to Members)

<p><u>UPCOMING EVENTS</u></p> <p><u>Monthly Meetings</u> Creekside Commons 2202 Lambert Street. From Cumberland Road take Willemar, turn right onto 20th St, and travel three blocks to Lambert Street. Limited parking at Creekside, so please park on Lambert. Slippers only inside.</p> <p>Thur. Jan 8 - 7:00 pm By Law changes, Growing all CV squash winners, and Let's bring out those seed catalogues!</p> <p>Thur. Feb 5- 7:00 pm Growing all CV greens winners, starting mixes and plants to start.</p> <p><u>Seed Packing Bee</u> Sunday, Jan. 25, 1:00-3:00, 4791 Lake Trail Road</p> <p><u>Seedy Saturday</u> March 7, 2014. Filberg Center</p> <p><u>Content</u></p> <ul style="list-style-type: none">• Report from the Chair• Seed Packing Bee• Seedy Saturday• Seed Bank Report: The Two Tiered Plan and Call for Curators.• Not all Hybrids Are So Bad• Heritage Plants of Comox Valley: The Gravenstein Highway• Just Ask Dr. SOS	<p><u>Report from Chair Sylvain Alie</u></p> <p>I was so happy on winter solstice as from then onward the lengthening days would lead to a brighter future. Between the cold spell we had in late November and the deluge we had in December it's pretty clear that climate change IS HERE but one way or the other I could sure use a bit more daylight.</p> <p>Last week I took advantage of a lull in the weather to pull out the last of the potatoes. They were in surprisingly good shape considering the ordeal they had just weathered. We used the potato hills to plant broad beans. I have been moving leaves into the poorer sections of the garden, currently they are well matted and take less space in the trailer thus fewer trips for more biomass. Other than a few indoor repair jobs related to the garden (repair of cold frames and wheelbarrow) I have the garden on hold.</p> <p>Our monthly meetings have been well attended and the discussion subjects well received. In November Arzina Hamir talked about garlic, while Dianna Talbot and Susan Holvenstot spoke about soil composting. The December meeting started with a fantastic potluck dinner. Afterwards, Connie Karamoto spoke about sheet mulching techniques and methods. New members joined on both occasions.</p> <p>Presently our big focus is on Seedy Saturday which takes place on March 7th. Make sure to mark it on your calendar. Sue Moen will discuss logistics with us all in January. Our theme this year is "Preparing for Climate Change" an exciting subject yet a controversial subject for many of the unbelievers. Well I certainly believe as I see the changes in the plot in which I have grown our vegetables for the past 20 years. Maybe average temperatures are close to those of previous years but the severity of the weather said to be caused by the extremes is quite obvious.</p> <p>Added to the climate change challenge we also have the pervasive effect of genetically modified plant species who continually risk to obliterate the genetic pool of plants of the same genus. All that to say managing and protecting open pollinated species is more than ever a worthy endeavor. We will continue to look for adaptable species.</p> <p>On behalf of the board of directors and myself, Happy Solstice and New Year!</p>
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Susan Holvenstot directs the flow in the Dec. meeting.



Connie Karamoto of Gardens on the Go speaks to 45 members about mulch sheeting in the Dec. meeting.

SEED PACKING BEE

Anne Corbishley would like to announce that the next seed packing bee will take place at 4791 Lake Trail Road on Jan. 25th between 1:00 and 3:00. The directions are Turn off 5th St. onto Lake Trail Rd, and follow it a long way, continuing under the overpass. You will reach a 4-way stop - continue straight. There is an L-hand bend in the road where there are big yellow Hydro gates on the right. Keep going straight, and you will see a second set of yellow gates on the right. (You are very close!) You will see the Lake Trail Guest House - this is Kathryn's neighbor. The road bends to the left, and Kathryn's house is on the right side. Turn in the driveway, and park along the roadway into her house. You will see green metal roofs on the house and outbuilding.

This is the third and last Bee before Seedy Saturday where the seeds will be exchanged, and the remaining will be sold at a price of one dollar. Jenny Gohl asks that you please do not bring dill, coriander or kale seeds as there are plenty. Flower seeds especially ones that attract pollinators like bees and butterflies are needed, as well, as open pollinated seeds of lettuce, bush beans, broccoli, cabbage, tomato except for Ailsa Craig, grains and squash.

Bring what clean seeds you have, or come and help pack. It's fun. Refreshments provided.

PREPARING FOR CLIMATE CHANGE – SEEDY SATURDAY 2015 By Sue Moen

We all know weather weirding is already happening - we just need to look at our creeks and rivers, our rainfall patterns and the bottoms of our rain barrels and wells over the last several years. Good news is that so many people on the Island (and elsewhere) have been doing what growers have always done – saving the best seeds, from the most productive plants for personal use and for sharing. CVGSS members and supporters joined forces more than 15 year ago, not in response to climate change which was just hitting our radar, but in response to a deep yearning for, and understanding of, the need for healthy soil, locally adapted food crops, environmentally regenerative practices and building community through a shared vision and cooperation.

That history; the many experiments with their failures and successes contribute to the resiliency of the Comox Valley. Some of the knowledge gained from years of paying attention, keeping records and trying again and again is what is on offer this year at Seedy Saturday. The speaker program, the vendors, the seed exchange and the opportunities to socialize, break bread together and share tips, tricks and the joy of getting your hands dirty are all part of the plan to help us prepare.

We've got some of our favourite speakers returning, and some new friends joining us to share their expertise and answer questions from beginners to experts. Lynda Smith of Lawn to Food will help

beginners get started; Connie Kuramoto presents 'The Miracle of Soil' and Tyler Johns can help us learn to control pests without relying on unnatural methods (more important than ever as the warmer climate brings new pests and lets the others survive winter). A panel of Master Gardeners will share some mastery and answer questions in a large room format as well as being available in the vendor hall throughout the day. Gord Hutchings is returning to speak about pollinators – particularly the (more species than I knew existed) bees of Vancouver Island. Craig Evans and Jen Cody have long term experience in producing seed at an expert level especially the nearly impossible broccoli, cabbage and carrot seeds in Naniamo – and they're willing to share that expertise!

Mark your calendar – Saturday March 7, 2015 at the Filberg Centre in downtown Courtenay. Seedy Saturday is always the start of the local season – gardening, growing and sharing. FMI: visit www.cvgss.org. Vendor and volunteer applications are on line, and new information about the program, special guests and activities, is posted regularly.

Larry McMurtry said it first, NIKE copied him and now, we say "**Just Do It**"

Every year at Seedy Saturday, almost 100 volunteers make sure the event operates smoothly and delivers a fabulous experience to the residents of, and visitors to, the Comox Valley. And they (you) don't appear to do it just for the great benefits – early access to the seed exchange, free admission, yummy and plentiful food – but for the love of gardening, growing and sharing. There are several opportunities to come back to. Or try out for the first time. Maybe you've been on a team for a few years, and you're ready to take on a leadership role? Maybe you've been eyeing the Seedy Cafe and want to interact with the food and/or the diners? I know, you love contributing your experience handling money and making numbers balance with the Admissions or Finance Team. Have you got a great rain suit and love being outside whatever the weather? The Parking & Security team wants to hear from you. There's a team waiting for your time, talent and skills – Admissions, Member, Volunteer or Vendor Services, the Child Activity Centre, the Seedy Cafe or the Community Seed Exchange. Set-Up & Tear Down, Parking & Security; Program Services, Promotions and Finance need you. Visit the Seedy Saturday 2015 page at www.cvgss.org to find out a little more and register, or call Sue Moen [250-337-5948](tel:250-337-5948) for more information. There will be recruitment and training events at the January & February Member Meetings too. We can hardly wait!

Exhibitor & Vendor Applications for Seedy Saturday are available on-line at www.cvgss.org. We are excited to announce a new, introductory offer to small Comox Valley businesses. If it's your first time at Seedy Saturday and you are just getting started, you may qualify for a special, low one-time rate. Check the web site for details, or call Sue Moen [250-337-5948](tel:250-337-5948).

SEED BANK REPORT- THE TWO TIERED PLAN AND CALL FOR CURATORS by the Seed Bank Committee

The Seed Bank met in December to discuss how the new Seed Massing Program that was described in the previous newsletter would fit into its structure. The resulting Seed Bank Plan consists of two programs as follows

Curating program to identify all Comox Valley Winners. Curators will commit to grow plants that have shown to have good potential to become All Comox Valley Winners. Performance records will be kept for each variety. As test results come in, some varieties may be dropped, while the All Comox Valley Winners will be identified as the good tasting varieties that have shown to be productive during wet and

drought years in at least three diverse sites in the Valley. A curator is not required to provide seeds to the Bank every year, but will be encouraged to select and grow plants from the best seeds obtained from the best performing plants. The CVGSS's membership is encouraged to bring forth strong test candidates for the list of varieties to be curated by providing evidence of good productivity in at least one local garden site.

All Comox Valley Winners Seed Massing Program. Every year five All Comox Valley Winners will be grown by 5-10 volunteer growers depending on the variety to collectively produce at least 1000 seeds/variety. The seeds to be amassed will represent the best seeds from the best plants grown by each grower. The seeds will be preserved by freezing. The Seed Bank will choose the five yearly varieties, and usually there will be a mixture of plant types, namely: tomato, lettuce, squash, grain or brassica.

Ideally, the Seed Bank would like to have seed that is free of disease and weeds, not misshapen, not too tiny, genetically diverse and produces a pure variety that looks and tastes the same year after year. Canada No. 1 grade does permit a small level of impurity (http://www.csi-ics.com/sites/default/files/seed_regulations_grade_tables.pdf). For example, for pea, bean and sunflower seed intended for the home gardener the maximum number of seeds per kg is 1 and 4 for weeds and other crops, respectively. Seed Savers take precautions to minimize the likelihood of a pure variety crossing with another variety of the same species. The offspring of such crosses (hybrids) will be mixtures of the parent stock so their offspring might not all look and taste the same. In many cases, hybrid crosses are not considered to be a problem when their numbers are low and can be detected and removed from the garden before their seed head forms and seeds are saved (many beans and lettuce are like this). Or, the hybrid is not considered to be a problem because it is not detectable. This can occur if the two parents were very similar (Some USA Universities have registered numerous kidney, pinto and white bean varieties this way). There are several ways to isolate varieties from each other so that the risk of crossing is reduced to an acceptable low level. Isolation methods appropriate to different plant species as well as ways to identify crosses will be discussed in Seed Bank meetings, future newsletters, regular CVGSS monthly meetings, and Seedy Saturday.

Curators are urged to read up on basic seed saving including isolation methods. A good reference book on seed saving methods and plant growing for the home gardener is the 2013 book "Manual of Seed Saving" by Andrea Heisteringer. Four copies are available in the public library. Susan Ashworth's book, "Seed to Seed", printed in 1991 is another good reference. And, the new 2014 paperback book, "Saving Vegetable Seeds" by Marshall Bradley at less than \$8.00 US is a great reference book for beginning seed savers (it's in the library too).

There will always be a risk that a small percentage of seed will not grow out to reflect the parent stock no matter how isolated a plant is from others of its kind. Genetic mutations can, for example, occur that are not apparent to a grower for generations. In fact, mutations need not be detrimental; some for example can be beneficial in aiding the plant adapt to climate change. Also, as was previously stated, hybrid crosses are not detectable when the cross is very similar to the parent stock. In the end, no one needs to be overly worried about producing impure seed for the Seed Bank as there is no way to guarantee seeds are 100% pure, impurity is not always a bad thing, and we, as a group, will continue to learn how to live and deal with impurity. That's one of the fun parts of seed saving.

The Seed Bank is calling for volunteers to act as curators/seed amassers for the following varieties (Please contact vivienadams1@hotmail.com if you wish to curate one or more of these varieties. No need to respond if you have already signed up):

<u>Beans – Pole for Fresh Bean</u>	<u>Beans-Pole for Dried Beans</u>
Italian Hook	Giant French Runner
Fawcett's	Fort Portal Jade
Monaco Nussu Niriu	Gialet Val Belluva
4 Season Bean (Long Green Chinese)*	Dragon's Tongue
<u>Beans - Broad</u>	Calypto
Barton's Broad	<u>Beans-Bush for Dry Bean</u>
Purple Fava	Royal Auburn
Exhibition Long Pod Fava	White Cannellini
Welsh Fava	Royal Stallion White and Black Pinto
Andy's Broad Bean	<u>Tomatoes</u>
<u>Peas</u>	Pollock Red Bush
Darlaine Soup	Humboldtii Orange Cherry
Grey Soup	Snow White Cherry
Green Arrow Shelling	Black Cherry*
Homesteader Shelling Bush	Italian Stallion Red Staking
Tall Snap Edible Pod	Stupice Red Bush
<u>Cowpeas</u>	Valencia Yellow Bush
Portuguese	Saucy Roma Bush
Ethiopian	Speckled Roma Vine
<u>Squash</u>	La Roma Bush
Baby Blue Hubbard (<i>C. maxima</i>)	<u>Brassicas</u>
Cinderella Pumpkin (<i>C. maxima</i>)	Improved Siberian Kale*
Turk's Turban(<i>C. maxima</i>)	Sweet Hardy Kale
Red Kuri (<i>C. maxima</i>)*	January King Cabbage
Candystick Delicata (<i>C. moschata</i>)	Ellen's Frilly Kale
Butternut (<i>C. moschata</i>)	<u>Grains/Seeds</u>
Sweet Dumpling (<i>C. Pepo</i>)	Alfalfa
Gem (<i>C. Pepo</i>)	Golden Flax
<u>Buckwheat</u>	Ethiopian Barley
Common Buckwheat	Red Fife Wheat
<u>Lettuce</u>	Ethiopian Blue Tinge Wheat
Vulcan*	Ruby-Gold Flint Corn for Flour
	Cascade Creamcrop Flint Crop for Flour

*All Comox Valley Winners for the 2015 seed massing program

OPINION PIECE: NOT ALL HYBRIDS ARE SO BAD by Royann Petrell.

An opinion piece will be a regular feature of the newsletter for the unforeseeable future. Please submit your ideas for new pieces or comments on the old via the CVGSS website or Facebook. Comments will be printed in the next newsletter.

Having just said that the Seed Bank rather not preserve hybrid seeds, I am now going to try to convince you that there is merit in at least two of them, namely the Versatile Soup Bean and Our Steller Raven Maximas. The merit is their used in the kitchen pot.

The Versatile Soup Bean appeared just few year ago in my large bean patch as an out crosser. The silver streaked bean produced the following year seven differently colored pods and beans, and over



The hybrid black sliver streaked "Versatile soup" bean in the right corner produced many bean types.

85% of the offspring were distinct from it. I had never seen this before. Normally, my outcrossing rate is very low (1 out of 300 beans), and when it does happen, the offspring look like a couple of bean varieties that I can easily recognize. I was just about to discard the silver streaked bean and its offspring as I normally do when I encounter a hybrid when I felt an unease. I started to wonder about this bean: how could it be so different from my non- outcrossing beans, and could I use this ability somehow?

Research uncovered that outcrossing rates vary among common bean varieties, and the reason is the flowers are different. Some flowers look like the undomesticated bean flowers. These flowers tend to be insect pollinated, while most domesticated common bean varieties are largely self-pollinated. I did not need to carry out research to find a way to use this amazing bean. It is a wonderful assortment of beans for the perfect soup! A further note: it should be isolated by at least 6 m from the more domesticated bean varieties.

A squash of the *C. maxima* species appeared as a volunteer in my garden several years ago. It grew amazingly fast, its flesh was dark orange and very sweet, and it stored very well due to its outer waxy protective coat. It has hybrid vigor (inherited the best from its parents) to out produce and generally outdo other squashes of the same species. Now instead of purchasing different maxima species every year, we save seeds from our hybrid, plant 8-10 seeds a year, and enjoy eating it as well as the various other dark orange fleshy hybrids it produces. A further note: It might be more difficult to develop delicious hybrid varieties of the many and diverse *C. pepo* varieties (pumpkin, acorn, spaghetti and summer squashes).



The world is not black and white, and some hybrids are ok. Next time, genetically engineered crops by Arzeena Hamir.

References

Ferreira, J.J., et al., 2000. Determination of the outcrossing rate of *Phaseolus vulgaris* L. using seed protein markers. *Euphytica* 113, 259–263.
 Navazio, J. P. 2008. Principles and practices of organic bean seed production in the Pacific Northwest. In: *Tecnologías Sustentables en Semillas*. Centro de Capacitación y Desarrollo en Tecnología de Semillas, Mexico Pp. 208-220.
 Parlevliet, J.E. 2007. How to maintain improved cultivars. *Euphytica* 153, 353–362.

HERITAGE PLANTS OF COMOX VALLEY– The Gravenstein Highway By John Blyth

An article on CV heritage seeds will be for the unforeseeable future a regular feature of the newsletter. Please email suggestions!

What do a highway and a variety of apple have in common? If you lived near Sebastopol, California like I did the answer is obvious. Every year in Sebastopol there is a Gravenstein Apple weekend festival on the Gravenstein Highway, where most of the Gravenstein apples in the country are grown. Current production is half a million bushels, and this a small number compared to the more popular varieties. In the States over 300 million bushels are picked each year from the two dozen popular varieties. World-wide there are over 7,500 varieties of apples. The typical kind of apple native to the Americas is the Crabapple. I was surprised to learn that Turkey was the third largest apple grower, behind China and the U.S.A.



Dancing with the 100 yr old Gravenstein on the Steller Raven Farm.

From Expedia "**Gravenstein** (Danish: *Gråsten-Æble*) is a variety of [apple](#) native to [Gråsten](#) in South Jutland, [Denmark](#). The variety was discovered in 1669 as a [chance seedling](#)." All common varieties are from cloning and are rarely grown from seed. New varieties are generally hybrids. In Michigan where I was raised, a new variety was discovered from a chance seed growing next to a fence near the road.

Johnny Appleseed (John Chapman) may have expanded the varieties by growing and selling large quantities of apple trees from seeds. Every once in a while the grower found a variety worth saving and begin to propagate it via grafting. Johnny Appleseed had a deep believe in God's natural power of seed over man's intervention through grafting. Most of the yields from his trees were used in making hard cider, a favorite among settlers into newly settled country. The innocent apple was blamed for the drunkenness and was forced out of favor as a food for a while. The Bible's Garden of Eden story tells of a forbidden fruit. Somehow, the innocent apple got into the picture.

In BC, the Gravenstein apple is considered to be a hertiage variety. It is one of the tallest of the standard full sized types and is a triploid (it must have other apple varieties to fertilize its fruit). The actual fruit is yellowish red, but there is a red offshoot variety too. It is propagated by grafting, and very hard to find in nurseries. On Royann and Sylvain's Steller Raven farm, I saw it, and was told that it produces fine sweet cider in mid September. Seeing it gave me the inspiration to write this story about the Gravenstien Highway. And, I am so happy to see that it has survived for over 100 years on that farm.

As for me and mine, give me those yummy apples over newer types anyway.

Next issue. The hertiage Anasazi bean may not stand the test of time here.

JUST ASK Dr. SOS (Save our Seeds).

This will be a regular feature of the newsletter for the unforeseeable future. Please submit your questions via the CVGSS website. Answers are researched and discussed among members of the CVGSS.

Dear Dr. SOS,

Late last summer I was so proud to have large tomatoes and small cherry tomatoes, but since they were so cracked I could not show them off. Why do they crack, and what can I do about it. Sincerely, **Cracking up but not with laughter**



Dear Cracking up but not with laughter,

You are fortunate that scientists have recently produced a paper on this very subject. It appears that cracking is mostly a sorry result of our humidity and variable weather near the end of summer. Basically the glassy like cuticle on the outside of the skin helps protect the tomato from cracking. It has been found that high humidity and low light decrease the thickness of the cuticle, while high humidity and sunny days produce bigger fruits. The varieties that tend to grow the quickest under high humidity and high light after being exposed for a period of time to high humidity and low light, crack the most.

Cracking is genetic or the trait is inherited. This means you can grow non-cracking varieties like the Cascadia that was used in the published refereed article (Gardeners Delight is a major cracker) or develop your own. To develop your own, grow at least eight plants of your favorite variety, and select seed only from the least cracking ones. Keep at it, and over time you will most likely have non-cracking fruit to show off.

Reference

Dominguez, E. et al., 2012. Tomato fruit continues growing while ripening, affecting cuticle properties and cracking. *Physiologia Plantarum* 146:473-486.

Dear Dr. SOS,

Wire worms! My new garden plot that just last year was a grassy lawn produced lots of potatoes full of wire worm holes. I see from my internet research the wire worms were carried over from the grassy field, and I should not plant potatoes for least three years. Do I have to wait that long to have hole less potatoes? Sincerely, **Wired**



Dear Wired, In Comox Valley, even some well-established gardens have wire worm infestations. Wireworms are the larvae of the click beetle (*Agriotes spp.*), and they spend between 3 and 7 years in soil before pupating. Due to the affinity these larvae have for potato around the world, and the ineffectiveness of the control methods, much research is being carried out. Recent research sheds light on the problem and provides management ideas and one possible organic solution.

The largest potatoes in a grouping tends to suffer the most, and this could be simply due to their age. Different potato varieties have shown varying degree of susceptibility to attack by wireworm; although there is still no explanation for what the protective mechanism is. The Scottish varieties King Edward, Nadine and Maris Piper used in one study have shown to be resistant. As resistance is genetic, one can develop their own wireworm resistant variety by propagating only the largest wireworm and disease free potatoes found in a patch.

Young larvae die of starvation within 30 days without live food, whereas older larvae can live longer because they are able to feed on soil organic matter. Planting potatoes at the time larvae are hatching gives them the life food they need. Knowing when the larvae hatch is, therefore, crucial information that is often obtained by the proper use of baits. Climatic, rainfall patterns and soil conditions affect the likelihood of wireworm presence in the potato patch and where wireworm baits can be effective. In short wireworms attack potatoes if the soil temperature is optimum for their growth (13-17 C depending on the species) and if the soil is not too wet or too dry. We have found over the years that potatoes grown 22-30 cm below ground and covered only with well-aged compost or leaves is too cool and dry for wireworms. The near future will hold better predictive tools for the presence or absence of wireworms that the grower will be able to use to plan planting, watering and harvesting times.

Recently the idea of using glucosinolate compounds found in brassicas like radish and mustards that produce natural insecticides (isothiocyanates) upon hydrolysis has been tested. In one recent study, the ability of these plants to act as natural biofumigants of soil against wireworms was tested. In that study, fresh foliage was incorporated into the soil by ploughing. Unfortunately results indicated no benefit. Researchers involved in that work did notice, however, wireworm infestations were highest nearest the grassy borders (where larvae likely hatched). In another project, growing buckwheat or brown mustard two years in a row before planting potatoes reduced wireworm damage (<http://www.agr.gc.ca/eng/?id=1299083302970>). Perhaps growing these crops along grassy garden edges would help keep wireworms at bay too?

References

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- Johnson, S. N. et al., 2008. Varietal susceptibility of potatoes to wireworm herbivory. Agricultural and Forest Entomology 10, 167-174.
- Jung, J. et al., 2014. SIMAGRIO-W: Development of a prediction model for wireworms in relation to soil moisture, temperature and type. J. Appl. Entomol. 138, 183-194.

Dear Dr. SOS,

I am wondering what to do about my Lapin cherry tree. It has had cherry slugs two years in a row - the little black slug looking bugs that eat the leaves and just leaves the veins. How can I control cherry

slug? I heard they overwinter in the soil, can I prevent them from getting up into the tree by painting the tree trunk white or putting vaseline or tanglefoot around the trunk?
Thank you for your advice. Sincerely, **Kind Hearted in Merville**

Dear Kind Hearted in Merville,

I am happy to try to answer this last part of your multiple part question asked in the last issue. Please see the last newsletter for the other questions and answers. I would like to add that I found a reference that suggested bacterial canker harbours in roots, so if you replace the young canker affected cherry tree with another in the same spot make sure to remove all the root material. Cherry or pear slugs (*Caliroa spp.*) are the larvae of the tiny sawfly (see image at <http://www.agf.gov.bc.ca/cropprot/tfipm/pearslug.htm>). The sawfly deposits eggs into the leaves, and when the larvae are ready to form pupas after devouring as much of a leaf as they can, they drop or crawl to the ground. New generations of sawfly hatch out and fly up to lay eggs again. One form of control is raking the ground to expose the pupas to the elements and predators. Another method is to use organic insecticide soaps. There are generally two generations a year. Perhaps CVGSS members can suggest other control measures or report on their experience with this pest. It is not considered to be a major pest of the cherry in the PNW. Unfortunately, climate change models predict warmer and longer summers for the Comox Valley, so the number of generations will likely increase to three or more.

Reference

Ellis, B. W. and Bradley, F. M. (Eds). 1996. The Organic Gardener's Handbook of Natural Insect and Disease Control. Rodale Press, Pa.



The Mission Statement of the Comox Valley Growers and Seed Savers is to conserve and preserve our local plant diversity by encouraging and supporting public participation in growing heritage and non-hybrid food crops and other plants.

