

BLG Newsletter for Week of Aug. 3, 2026

Thank You - to Claire and Ron for marking the edges of the clubhouse steps with white paint...they stand out nicely now.

- and to Claire also for taking the big assortment of weird plastic garden centre trays to the recycling last week. (Most pots eventually find homes. The trays don't!)

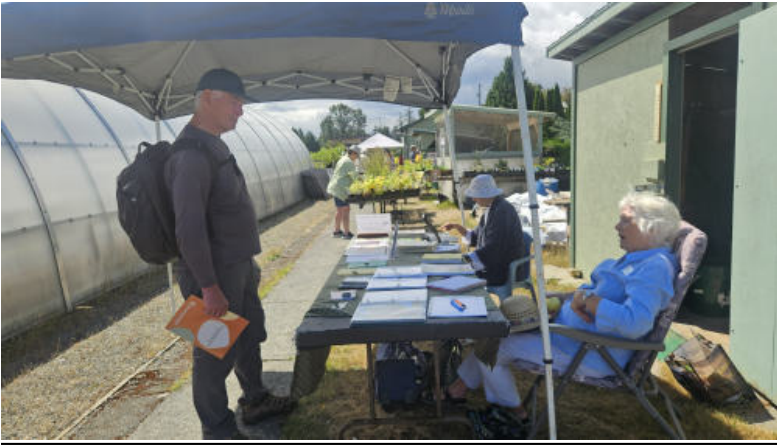
Photos from July 18 Event – Thanks to Lucia and Becky for the following photos:

Speakers



Sales





Art



Herb Station



Worms



Refreshments



Waterers Still Needed – for Tuesdays and Fridays from Aug. 10 to Sept. 13. Please contact Pat if you can do this.

Does anyone do origami? We are getting close to the end of the gifted roll of plastic bags we use to package up our excess produce for Good Food Box. I wonder if someone has ideas of how we could make open pouches/bags out of perhaps parchment or butchers paper to use for this instead? And, of course, if they would either make some of these bags or lead a work bee to make some, so much the better!

Harvest News – Two varieties of flowering plants are available to volunteers to take home, as they are taking up much-needed space and do not really qualify as very popular to pollinators:

#1. Irises – Now. #2. Crocosmia – Soon.

Magenta Spreen aka Tree Spinach - (from Lisa) – If you are wondering what's with the weird name!? "spreen" to reflect its deliciously succulent **SP**Ring vegetation/**grEEN**s....

The soft, velvety green foliage is highlighted by gorgeous tinges of magenta, especially on those nearest the stems' tip. The larger leaves have a slightly chewy and fibrous texture, while smaller leaves are delicate and tender. Magenta Spreen has mild earthy tones with a fresh grassy quality that is reminiscent of baby spinach.

Magenta Spreen is a delicate leafy green that may be used raw or cooked and small leaves substituted for baby spinach. Larger leaves stand up to sautéing, steaming and braising, however young tender leaves excellent enjoyed raw. Combine the mildly earthy tasting leaves with robust peppery arugula in a salad. Gently wilt the leaves in a neutral oil and finish with sesame seeds and soy sauce. Cook the leaves down with feta cheese and stuff into filo dough for a Greek spanakopita.

Recipe for using in a smoothie, or making into patties

here: <https://juliasedibleweeds.com/recipes/magenta-spreen/>

Big Yellow Stapler – has been found

Sail Cloth for Compost Bin Covers – has now gone missing...Please keep an eye out for a pile of pre-cut pieces of heavy grey-white fabric.

Dates to Remember –

Monday, August 3 – B.C. Day – **workparty cancelled**

Wednesday, August 19 – next potluck lunch