

August 2011

garden time

A Digital Monthly Magazine for Your Garden & Home

Put to the Test

The Oregon Garden wants your vote
for the *American Idol* of plants



Drip Irrigation

HOW TO INSTALL YOUR OWN SYSTEM

BASIL

Albizia Julibrissin
"Summer Chocolate"

Easy Wave™
Neon Rose
Spreading Petunia

"Together, We Create the Message"

-Jeff Gustin, President

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Summer Heat...

As we enter August I wonder what happened to all the heat. It seems like we still haven't hit our highest temperature yet after waiting through a long, cold, wet spring. What is a little unnerving is that we are now starting to talk about fall planting for your garden and we still haven't had a good crop harvested from the garden yet. I recently asked some of our Facebook friends to tell us what their best crop has been out of their gardens so far and the first comments were 'weeds' and 'slugs'. It may be a little early to tell about the whole growing season, but it looks like it could turn out alright. Retired OSU Extension Agent, Jan McNeilan said she thinks it could still be a great year, even for tomatoes. I'm going to hold her to that.

Even if your garden is not producing up to par, you can still get a ton of garden fresh vegetables at one of the many local farmers markets and stores around the area. Every time we are out shooting stories for the show and we see a farmers market (or we visit one) we stop and pick up some fresh fruit. The best part is that a lot of local growers are using little or no sprays on their crops now and that means cleaner and healthier fruits and vegetables. Some farms are even going completely organic. You can find some of the best fruits and vegetables by checking out a couple of great websites; the Tri-county Farm Fresh Produce site at www.tricountyfarm.org, for farms around the Portland area and www.OregonFresh.net which is sponsored by the Oregon Agri-Business group. Both of these sites will point you in the right direction to help support local farmers and get the best produce around!

All this talk about fresh, local and organic brings up questions about pesticide use. This is a topic that we are constantly asked about by viewers and readers. Almost everyone I know says they prefer little or no sprays on their vegetables and fruits, yet when they have a problem in their garden, they want to know the quickest way to get rid of it. For most problems, the answer is a chemical, since most organics solutions take a while to be effective. Being organic in your own garden takes patience, but the returns are very rewarding. The one thing that we would recommend is that you determine what the problem is before you take any action. Too many gardeners believe they have bug or disease problems and then treat for that 'problem' only to find out that they may have reacted too quickly. We know of a few people who have treated their gardens for a disease they didn't have or killed a beneficial bug when they thought they were getting rid of a pest. The internet is a good source for tracking down problems, but it can go only so far. Recently we found holes in the leaves of our roses. We looked on the internet and found a similar pattern with a picture of a Japanese beetle next to it. It was only after getting the professional advice from our friends at Heirloom Roses did we find out that the beetle is not a problem here in the Northwest (it is an east coast problem) and that our damage was done by slugs. Correct identification for our area is very important. Bonide, one of our sponsors of the Garden Time TV show, even put together an app for your smart phone so you can get help in identifying bugs and diseases. In either case you will want to take this information to your local independent garden center. Bring a sample of your plant and some pictures into the garden center for a correct diagnosis and treatment options.

As summer continues, remember to take time to enjoy it. Get out and take in the scenery of your garden and this great area we live in. We will see you each weekend on TV.

Happy Gardening!

Jeff Gustin, Publisher

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In this issue...

The Oregon Garden

adventures....pg. 4

Drip Irrigation Systems

backyard....pg. 8

Albizia Julibrissin

got to have it....pg. 12

Theresa Hazen

hortie....pg. 14

Basil

eats....pg. 16

Lunch Hour Makeover

home....pg. 18

Gardening Events Around Town

play time....back cover

PUT TO THE TEST

The Oregon Garden wants your vote for the *American Idol* of plants.

by Judy Alleruzzo

The Oregon Garden has many facets. It is a botanical display garden, an educational garden with classes, a children's garden where kids of all ages can have fun and a testing ground for plants. What a wonderful place where so many parts of gardening come together!

It is the 'testing plant' part of the garden that we find so interesting. How cool to see a preview of new plants on the market or even participate in the judging.

The Oregon Garden is participating in many testing programs and is also a designated Display Garden for The All America Selection (AAS) winners.

Heather Desmarteau-Fast, Horticulture Manager, is very proud of this part of the garden and of her staff. Jeff Pera, Assistant Horticulture Manager is the coordinator of all of these trial and display gardens. "It's a real team effort to get all of this accomplished for the enjoyment and education for our visitors" Jeff says. "I just made the contacts with the companies and The AAS organization."

A few weeks ago, William and I toured The Oregon Garden with Jeff as our guide. We had a grand time, of course. Being out with William, especially where he can

be with plants, is a day of fun. It's like being with a kid in a candy store. Our new friend, Jeff, was the shop keeper.

The first stop was The America Award Garden, which is an offshoot of the All America Selection organization. It is one more way to bring choices to the gardener and to be in on selecting winners.

The Oregon Garden is one of 25 sites across the U.S. where this kind of garden is on display. It's a popularity contest, kind of like the *American Idol* of plants as the public gets to vote on what they like. To be part of the judging, there is a number to text, a website to click onto or a postcard to send. They really want your vote.

Right now there are two beautiful frontrunners:

Dahlia 'Dahlinova Hypnotica Lavender'

Bright lavender flowers bloom all Summer long.

Ht. 10-12 inches

Sun

Petunia 'Easy Wave Neon Rose'

Fast growing, vivid pink flowers bloom continuously all Summer.



Petunia
'Easy Wave Neon Rose'

PHOTO CREDIT: PAN AMERICAN SEED

No need to deadhead or trim flowers.

Blooms in hot or cool temperatures.

At this writing, the two varieties are about 50 votes apart. It will be a close vote.

Walking down to The Axis Fountain near The Silverton Market Garden, is The All America Selection (AAS) winners for 2011. The plants in this garden are AAS winners from 2007-2011. These winners were judged at the 200 test gardens across the U.S. and won because of their 'superior performance' in the many different climatic areas.

The mission of The All America Selection organization is "to promote new garden seed varieties with superior performance, judged in impartial trials across North America." The AAS organization was founded in 1932 by W. Ray Hastings, President of the Southern Seedsmen Association of Atlanta. He wanted all seed companies to plant their seed varieties in trial gardens and share the information with all companies and the consumer.

This was a time of little gardening information and what was in the public domain was often incor-



Kale
'Glamour Red'

PHOTO CREDIT: ALL-AMERICA SELECTIONS



Salvia
'Summer Jewel Red'

PHOTO CREDIT: ALL-AMERICA SELECTIONS



African Daisy
'Serenity Rose Magic'

PHOTO CREDIT: BALL HORTICULTURE COMPANY

rect. Garden clubs were springing up everywhere and the thirst for any information was highly sought after. The time was ripe for a coordinated effort to get plant information to the public.

The AAS criteria for testing is that the variety is from a seed, the seed has never been sold before and that there be significant improvement over other varieties like earlier bloom, earlier fruit production or unusual taste, etc. The seed company also needs a stated amount of seed to be available for the consumer market in the next year.

There are 4 AAS Trial categories:

Cool Season Bedding Plants

Bedding Plants

Flowers

Vegetables

The total number of winners each year varies and if no plants meet the strict criteria of the judges, no winner is chosen for that category. There can be several plants chosen for each category if they all meet the AAS criteria.

2011 AAS Winners

'Orange Blaze' Pepper

'Terenzo' Tomato

'Lizzano' Tomato

'Hijinks' Pumpkin

'Arizona Apricot' Gaillardia

'Shangri-La Marina' Viola

'Glamour Red' Ornamental Kale

'Summer Jewel Red' Salvia

The Oregon Garden is in its third year of being a Display Garden for The AAS winners. Jeff wants the Oregon Garden to become an Official AAS Test Garden. Since this is their third year as a Display Garden, they can request to become a Test Garden.

"That's where the fun is", says Jeff. We want to test the AAS plants so we can see how they fare in our area. "We think that this is an enormous benefit to all our visitors. It's also great for staff to evaluate what we want to plant in the garden. We will know how it will perform and be able to pick the best plants."

Right now the garden staff likes:

Kale 'Glamour Red' 2011 Cool Season Bedding Plant Winner

1st Kale to win in 78 years.

Non-waxy unique shiny leaves.

Full Sun Annual

Brighter foliage color than other

Kale varieties. Bred by Takii & Company

Celosia 'Fresh Look Gold' 2007 Bedding Plant Winner

Larger, brighter and many more blooms on well branched plants than other Celosia varieties.

Blooms from early summer to Frost.

Ht. 12-16 in.

Full Sun Annual

Heat and drought Tolerant.

The Oregon Garden staff is comparing Salvia 'Summer Jewel Red' 2011, Bedding Plant Winner from Takii & Company, to their other favorite red flowering Salvia, 'Forest Fire'.

'Summer Jewel Red' has a large amount of red flower spikes spring through autumn.

Compact habit to 20 in.

Blooming starts two weeks earlier than other Salvia varieties.

Full Sun Annual

Jeff thinks it's going to be a good comparison between the two varieties.

We walked a little further to the Ball Horticulture trial garden which is at the top of the Willamette Val-



PHOTO CREDIT: BALL HORTICULTURE COMPANY

**Petunia
'Phantom'**



PHOTO CREDIT: BALL HORTICULTURE COMPANY

**Lobelia
'Magadi Electric Blue'**



PHOTO CREDIT: PROVEN WINNERS, LLC

**Cleome
'Senorita Rosalita'**

ley Garden near the Axis Fountain & The Silverton Market Garden. Ball Horticulture, better known as Ball Seed Company, showcases selected varieties in this garden to tantalize visitors. Not all the varieties are new. Some are plants they want to promote and test to see how they grow in the area. Jeff & his colleagues like these varieties:

African Daisy 'Serenity Rose Magic' Osteospermum

Daisy-like flowers open bronzy-salmon and mature to deep rose pink.

The 2 stages of flowers make for a pretty display.

Ht. 10-14 in

Full Sun.

Performs well in early season cool weather.

Petunia 'Phantom'

Breeding breakthrough!

Black petals are contrasted with a yellow star pattern in center of the flower.

Striking effect in trailing habit

Full sun.

Beautiful in a mixed container.

Lobelia 'Magadi Electric Blue'

Pretty blue flowers that tolerate the heat.

Lush cascading habit.

Shade or Afternoon shade.

Use in containers, garden beds or hanging baskets.

The last Test Garden we visited was Proven Winners (PW). This garden is across from the Home Demonstration Gardens. PW is also interested in showcasing their plants to all garden visitors. They want to show off popular varieties and see how they grow in this part of Oregon.

Favorites of The Oregon Garden Staff:

Cleome 'Senorita Rosalita'

Lavender-pink flowers bloom even in the heat of Summer.

Drought tolerant and Thornless

The foliage is odorless.

Full Sun

Ht. 3-5 ft.

Blooms all Summer to Fall.

Petunia 'Supertunia Vista Bubblegum'

Bubble Gum Pink flowers on mounding/cascading habit.

Vigorous grower for hanging basket or landscape.

Self cleaning flowers with sturdy stems.

Disease resistant

Sun.

The Oregon Garden - www.oregongarden.org

Proven Winners - www.provenwinners.com

Ball Horticulture Company - www.ballhort.com

All-America Selections - www.all-america-selections.org

American Garden Award - www.americangardenaward.org



**Petunia
'Supertunia Vista
Bubblegum'**

PHOTO CREDIT: PROVEN WINNERS, LLC



**Rosa
'Oso Easy Paprika'**

PHOTO CREDIT: PROVEN WINNERS, LLC



**Weigela
'Midnight Wine'**

PHOTO CREDIT: PROVEN WINNERS, LLC

Proven Winners also introduces woody plants in their Color Choice program. So far, the crew likes:

Rosa 'Oso Easy Paprika'

Flowers open orange and fade to coral with a golden eyezone.

This compact grower of 1-2 ft has glossy green foliage.

No pruning is necessary.

Full Sun.

Weigela 'Midnight Wine'

This is a very compact variety of Weigela.

Very dark burgundy-purple foliage is a garden focal point from Spring through Fall.

Clusters of pink flowers appear in Spring.

Ht. 1 ft. by 24-30 in.

Use in containers or landscape.

Full Sun.

William and I were excited to see all of the test gardens throughout The Oregon Garden.

It seemed like we saw a huge part of The Oregon Garden that day, but it was really only a small slice of what the garden has to offer when you visit. We hope to

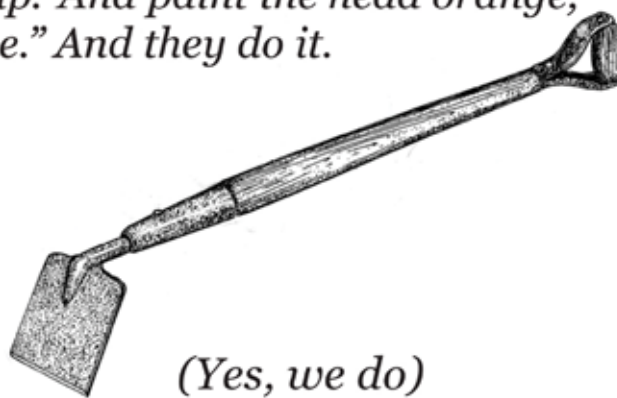
go back before the fall to see how the test plants fared this summer. It's always interesting to see how plants fare in a test garden.

We were not the least bit tired after seeing all this plant material. We were energized to find plants for our own gardens, but we were hungry! Plant people have to eat, too. We drove to a pub in down-

town Silverton and had a very nice lunch while overlooking Silver Creek.

It was the perfect ending to a wonderful morning. But, our day didn't end there. We found a garden center to stop at on the way home. After all, what's a day out looking at plants if you can't bring some home?

IMAGINE a garden tool store where you can say, "Give me that two inch wide hoe head on a three-foot handle with a D-grip. And paint the head orange, please." And they do it.



(Yes, we do)

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DRIP BY DRIP STEP BY STEP

A drip irrigation system for your containers will cut water usage, reduce plant disease problems and curtail weeds. Plus, it eliminates all that time you spend watering.

by Judy Alleruzzo

It's August in Oregon and summer is in full swing. It's a busy time of barbecues, outings with friends and little time to water all your containers. But there is a solution to the watering dilemma: Install a drip irrigation system.

Drip Irrigation Systems have many advantages: They save time, since you just turn on the tap or use a timer to water your patio and deck containers, rather than watering each plant individually. They save water, as the drippers/emitters direct water to each plant. They reduce disease problems, as water is directed to the soil and foliage is not watered from overhead.

Drip systems can also cut water usage by 50-70%. Slow water delivery eliminates water loss from evaporation, too much wind or run off. A timer allows you to water your plants while you are away. And, perhaps best of all, fewer weed seeds germinate, as all the soil is not kept moist where opportunistic weeds can grow.

It's not a difficult system to install. It just takes patience and a trip to your favorite garden center for supplies.

One big tip; always remember... "Measure twice, cut once." This mantra will come in handy. Now, repeat after me... "measure twice...."

Supplies

1/2 inch tubing

1/4 inch tubing

Tubing Adaptor - Attaches to the 1/2 inch tubing so you can screw it to the tap.

Drippers (also known as "Emitters")

Mini Stakes - To secure the drippers

Pressure Regulator - Controls water pressure to the drip lines

Anti-Syphon Pipe - Prevents back flow of contaminated water into your home's drinking water

Filter - Keeps any impurities out of the drip lines that can cause clogging

Hole Punch - Makes an exact hole for 1/4 inch tubing

Goof Plugs - Plugs to cover the accidentally made extra holes in the tubing

Connector Barbs - Connects the 1/4 inch tubing to the 1/2 inch tubing

Endcaps /Crimper - Secures the end of the 1/2 inch tubing

Y Connector - Connects to outdoor tap so you can leave the drip system attached and connect your garden hose, too.

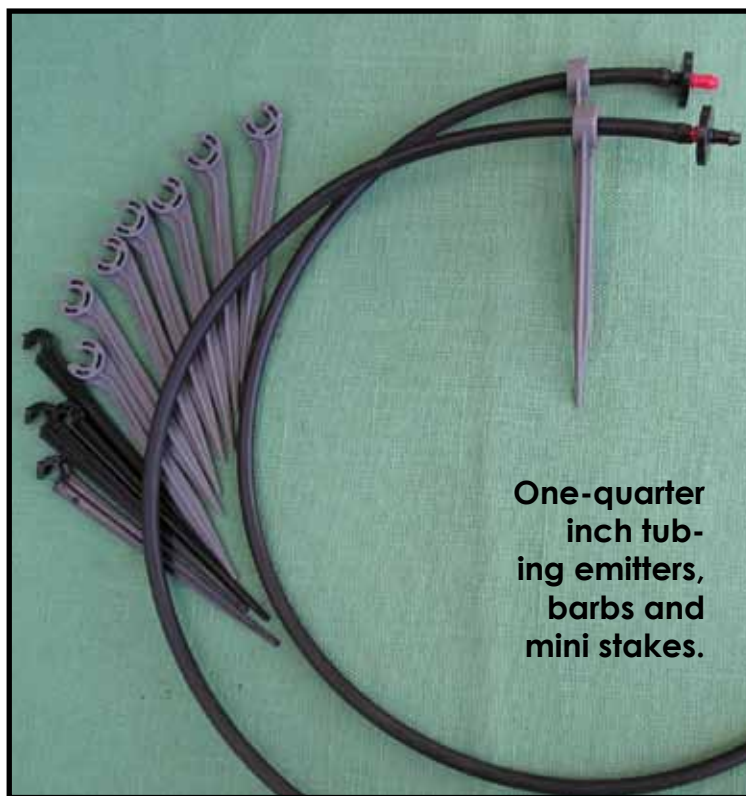
Timer

STEP 1

Group containers with like water needs together. Containers will look better as a group, but sometimes the pot sizes are different, which will require a little adjustment on your part. For larger containers, you may need to have more than one drip.

STEP 2

Attach the tubing adaptor on the ½ inch tubing so you can connect to the outside tap. Use a Y connector so there is a free connection to the tap for your garden hose. You will also need a back flow attachment to prevent any fertilizer and other contaminants from going back into your indoor water system. You will also want to attach the pressure regulator at the tap. This regulates the pressure to the driplines, as drip systems work best under low pressure. Adding a filter will also help keep debris out of the driplines.



**One-quarter
inch tub-
ing emitters,
barbs and
mini stakes.**

STEP 3

Stretch out the ½ inch tubing and place on ground along side the containers. If the tubing will not lie flat, let it lay in the sun for 20-30 minutes. The heat will make the tubing more flexible.

**The tubing adaptor
connected to an
outside tap.**

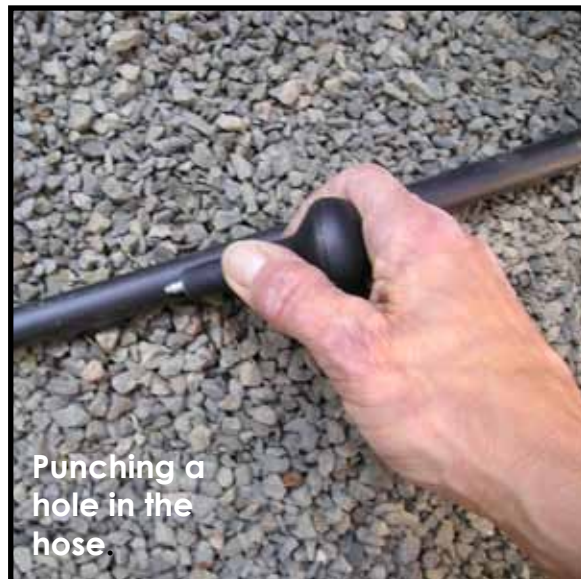


STEP 4

Turn on the water for a quick check to make sure that there is no dirt in the line. (I know this is common sense, but....Turn off the water before the next step.)

Use the hole punch and make a hole in the ½ inch tubing near each container. Cut a length of the ¼ inch tubing to run from the main ½ inch tubing to the containers. Make sure it is long enough to reach. (Remember the mantra... "measure twice....") Fit in a connector barb to one end of the ¼ inch tubing. Press the connector barb into the hole in the ½ inch tubing. Repeat this process at each container.

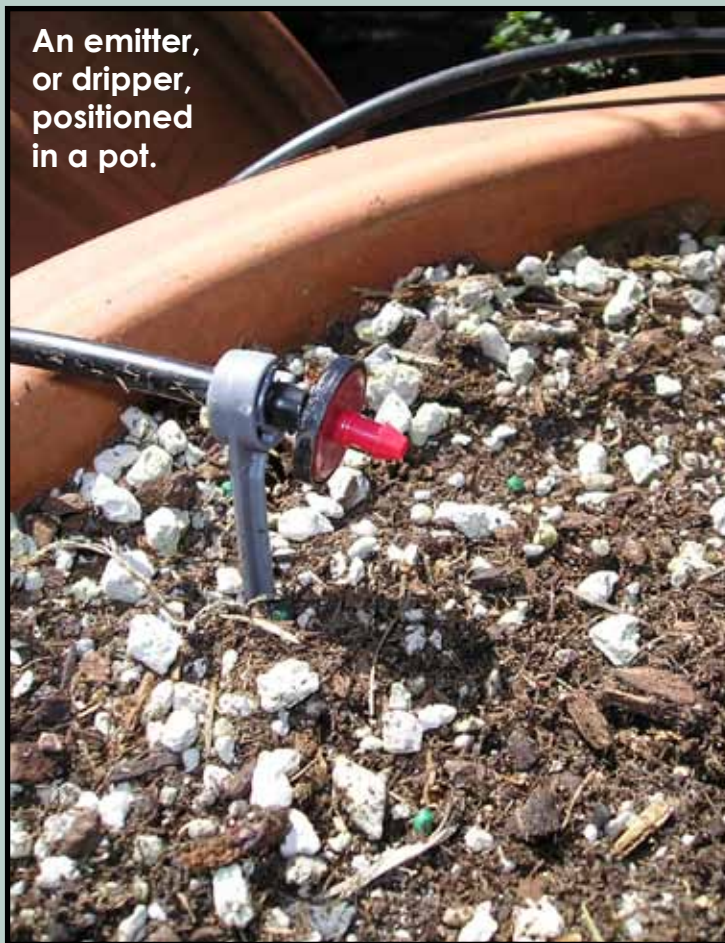
For this first go round, insert just one line per pot. Don't cut the ½ inch tubing at the last pot, until the last step. This way you can play around with tubing configurations if needed. Secure the end for now with an endcap or crimper.



Punching a hole in the hose.

STEP 5

An emitter, or dripper, positioned in a pot.



Now attach the drippers/emitters. Emitters come in different drip rates and styles of water distribution. Some just drip and others can spray over an area. The mini-sprayers are used more for garden beds, to reach a wider area. Categorized by water usage, the most common are 1/2 gallon per hour and 1 gallon per hour. Make sure you get emitters that are self cleaning to eliminate clogging. We recommend you use 1/2 gallon emitters for small pots and 1 gallon emitters for large pots.

You may want to do some testing to see what amount of water will be appropriate for each pot. This is where the patience comes in.

Doing this exercise will ensure the plants are watered correctly and that you and the plants are HAPPY!

Attach a mini-stake to hold the emitters in the pots.

STEP 6

Turn on the water.

Check each container to see if water is coming out of the emitters. Check for clogging or if large containers need a second or third drip line. Time how long it takes for the containers to be thoroughly watered. Water should come out the bottom of the pot to ensure the whole root zone is wet.

STEP 7

Drip System Timers enable you to be free from the worry of watering your containers when you are away for the day or for weeks. If you are setting up a timer, program it according to manufacturer's directions.

Also, don't forget to check the batteries before leaving on a trip!

Timers will water your plants while you're on vacation!



STEP 8

When you are happy that the tubing is where you want it, cut off the excess and secure with an endcap or crimper.

For more information on drip systems go to

**www.gardentime.tv
2009 Archives
Episode 133 July 11, 2009**

**William & Mark Bigej from
Al's Garden Centers**

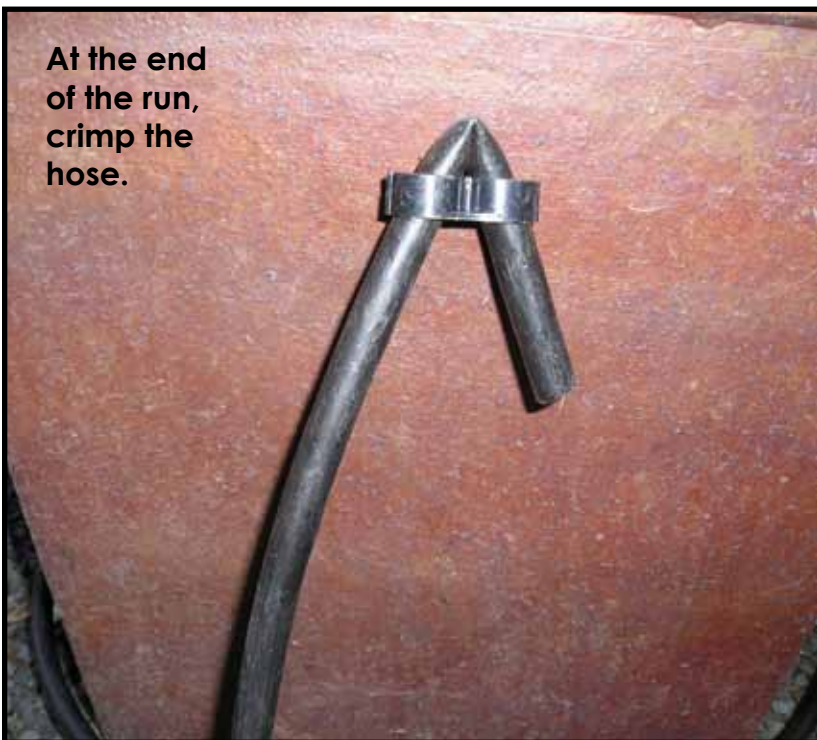
STEP 9

Sit on your deck and relax with a cold beverage. You have earned a break! Setting up a drip irrigation system is not difficult but takes a bit of time to get the system in place. Remember to be patient, as the system will need a little tweaking to get the containers watered correctly.

Setting up a drip system in the landscape is just as simple, just with more planning and supplies.

Once you get the hang of setting up the system, you'll soon have your whole garden and all containers on driplines. You'll have happy plants, be saving water and have more time to go out and buy more plants!

At the end of the run, crimp the hose.



If you are interested in a soaker hose system for your garden & landscape

**www.gardentime.tv
2010 Archives
Episode 181 September 18, 2010**

Alfred Dinsdale of Dinsdale Landscape Contractors Inc.



Mmmm...

Chocolate

It may not be a *Hershey* bar, but the view from under an *Albizia Julibrissin* can be just as sweet.

by William McClenathan

Chocolate. Just reading the word inspires thoughts of decadence and deliciousness. This month's 'Got to Have It' does no less. *Albizia julibrissin* 'Summer Chocolate' is a small tree that was introduced to the market a few years ago. A relative of the popular Southern Mimosa, it replicates its relation in leaf form, flower color and shape, but the big difference is in the leaf color.

This fast growing, deciduous tree has a wide umbrella shaped canopy. Appearing in late spring, the leaves are bronze-green and fern-like. As the season progresses, the color becomes deeper, changing to a chocolate-burgundy color. The sweet scented clusters of pink, powder-puff blooms stand out like stars against the dark color of the leaves, attracting hummingbirds, butterflies and humans alike.

This is a great choice for a Zen, Contemporary or Tropical garden. Getting almost as wide as it is tall (15-20 feet) it's also a great choice for smaller gardens. The growth rate is moderate-to-fast and the tree does not have a host of problems with disease or insects.

The only caveat is that it's a soft wooded tree; meaning that with some effective early pruning to thicken up its primary limbs, you can insure that the rare ice

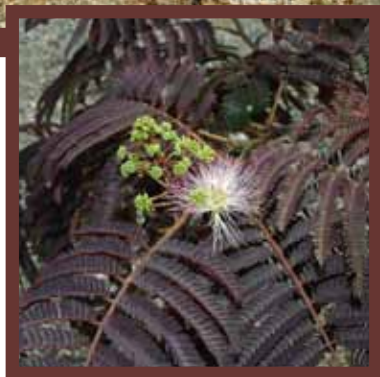
storms we get will not snap off large portions of the tree as it gets older. The nature of *Albizias* is to grow horizontally. This is what gives the tree its great African Serengeti appearance, lending to its tropical look and appeal. Keeping those limbs cut back each fall by about 30-50% will make the primary branching limbs get thicker and stronger.

And as with all plants, the first couple of years will require deep watering to ensure a great root system. After that it requires only occasional watering in the summer months.

Hardy from zones 7-10, it also falls well within our area's temperature requirements. It does love the heat, so a full sun situation is best, and here in the Northwest it would not mind being surrounded by buildings, sidewalks or a driveway that would allow it even more reflected heat during our summer months.

Summer Chocolate will also do well in a container as it is a small tree to begin with, and some effective pruning will keep it lush and manageable for many years to come.

But its true glory will be in August, when it blooms. For several weeks, the sweetly fragrant blossoms



fill the air. The soft pink blooms against the dark foliage are breathtaking.

When it first came out, it cost around \$100 to \$120 for a five gallon specimen. I have seen it drop in just a couple of years to \$60.00-\$80.00.

But the investment is well worth it, for such a wonderful, unique tree for your garden. Many garden centers now carry it as well, so finding one should not be difficult. Check with your favorite independent garden center to see if they have it in stock.

I can see myself enjoying a chocolate martini, in the shade of the 'Summer Chocolate' Mimosa. How will you enjoy yours?

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Visit almost any of the Legacy Healthcare Systems hospitals in and around Portland, Oregon and you are sure to find the handiwork of Theresia Hazen.

For over 20 years, Theresia was a teacher, and not just any teacher but K-8th grades, and taught children with special needs. Knowing her for many years now, this does not surprise me at all. She has an uncanny ability to be direct, motivational and always passionate about what she sets her mind to, and as she continuously loves to learn, Theresia started taking some classes on Horticulture at Clackamas College in Vancouver, Washington. What started out as 'some classes' turned into 93 hours of course work. It was during this time that she first heard of healing gardens and was completely taken by the idea. What a perfect fit! She loved working with people with special needs and she loved gardening.

Gardening has always been a part of her life. It started very early for her as she remembers weeding wide swaths of Sweet Williams with her mother, and one of her favorite memories, shelling tubs of green peas fresh from their garden.

Her inspiration does not come just from nature and memories alone. One of her favorite people to receive inspiration from is Roger S. Ulrich, PHD and environmental psychologist. His study in Science Magazine from 1984 was on hospital patients who were recovering from gall bladder surgery. One group saw a brick wall from their beds; the other group could see trees. Those who looked at trees had a shorter length of stay, took less pain medication and were more cooperative in their care routines.

Rachel and Charles Lewis of the University of Michigan inspire Theresia with their research as well. For example, their research proved that people can have a restorative experience within three

The Nature of Healing

When Theresia Hazen creates a healing garden, nature becomes nurture.

by William McClenathan

minutes of walking into a well designed garden or natural setting, without even consciously thinking about 'restoring'. No effort is required. Gardens allow people to recover from mental fatigue just by being in them and it is happening without people even being consciously aware. Nature really does nurture.

Theresia believes that every hospital, workplace and school needs a garden to promote health and well being, exercise, nutrition, creativity, restoration and more. All people need a restorative area and Theresia is thrilled to see gardens growing all across America and internationally as well.

Perhaps you can begin to see the need for healing gardens. Gardens encourage people to get up and walk more. It is more interesting to see a Peony than a white hospital wall. Gardens provide a space for families, loved ones and patients. This social support assists with the healing of everyone involved. And, gardens

provide functional places for rehabilitation, exercise, and mild movement.

All people benefit from experiencing nature, sunshine, wind on the skin, sounds of birds and water. These are all basic human needs.

Being an educator, creating healing gardens tied in perfectly with her love of gardening. Therapeutic Horticulture training classes occur each year at Legacy Good Samaritan Hospital. This current year has students from near and far; Vienna, Austria, Medford, Tacoma, Bend, and the Portland metro area.

So my thought was, 'why doesn't every hospital have a healing garden, because it seems like a win-win enterprise?'. Theresia believes someday they will and with the classes offered at Legacy Health and Portland Community College, teaching students about Horticultural Therapy, there will be people prepared to start these gardens all around the world. There is



even a group called The America Horticultural Therapy Association which provides professional support, training and registration. All of these venues combined will help continue to train professionals to do this important work.

You can imagine that Theresia loves her local Garden Centers too. She shops several times a week. "Healing Gardens need to be four-season gardens and we need to plant every month, year round, forever. We need familiar plants and new introduction. We need conifers, evergreens, deciduous, perennials, annuals; trees,

shrubs, vines and more to make a rich, lush, intriguing botanical collection to create four seasons of sensory stimulation. I look for garden centers with top quality plants and excellent customer service."

So one might wonder what you can do if you want to do something but do not think going into the field of Horticulture Therapy is your calling. Never fear! Theresia says, "Garden, garden, garden for your health and well being. Teach young people how to garden year-round. Volunteer at a school garden. Volunteer at a hospital garden. Take good care of the

environment; birds, bees, water, air, and the soil. Take a course or a class. Learn something new and share the information with others. Grow good food and share that too. Be an example of health and wellness."

Knowing Theresia personally, I can attest that she does this every day, even in her own gardens at home. She says fondly, "My peace is my home garden. I putter there every day. Right now I am looking forward to planting a six-pack of snap dragons, some very unique blue lobelia and some purple osteospermum. There is always room for one more plant. Sometimes, I take one out that has fallen out of favor and replace it with a new child. This morning, with coffee cup in hand, I ate my first raspberry of the season from my own garden. My potatoes are doing well and I just planted more lettuce mix. I schedule time everyday to sit in my favorite blue chair to watch my garden grow."

It takes time to change behaviors but anyone can start today. Passion is addictive and no one is more passionate about Healing Gardens than Theresia. She teaches it, breaths it, lives it every day. She has flown all over the world assisting others and teaching about this amazing aspect of the horticulture industry. She has won awards and accolades, yet her grandest pleasure is setting in her favorite blue chair, watching her own garden grow.

Therapeutic Horticulture Training

The next set of classes begins in January 2012. There will be an informational session at the hospital on October 3rd. For more information, please contact Theresia at thazen@lhs.org or online at the Portland Community College Gerontology Program.

Basil Instinct

It promotes justice, attracts lovers,
sanctifies water and repels dragons.
Some people even manage
to use it in their cooking.

by Therese Gustin

While in Italy several years ago, I found myself craving Caprese salads almost every evening. I couldn't get enough of the creamy buffalo mozzarella, heirloom tomatoes and fresh basil drizzled with balsamic vinegar and olive oil. Every time I have a Caprese salad at home, it takes me back to those dreamy outdoor cafes in Siena, Rome and Sorrento where I enjoyed some of the most delicious food I've ever tasted.

Italian food isn't the only cuisine where basil shines. Greek, Thai, Indian and Chinese are just a sampling of foods that use basil as a culinary herb. In fact there are over 60 varieties of basil with many different textures, green and purple colors and flavors ranging from lemon, thyme, jasmine, clove, cinnamon and anise.

Basil (*Ocimum basilicum*) is a member of the mint family. It originated in India and made its way westward not only as a culinary herb but also as part of the culture. In India, those in courtrooms swore their oaths upon basil. In Italy, when a suitor wanted to show his love, he would wear a sprig of basil in his hair to win over his sweetheart. Mexicans used basil in a similar manner by placing it in their pockets in hopes that the man or woman they loved would echo their love eternally.

The ancient Romans called basil *Basileus* which refers to the Basilisk or fire-breathing dragon. They thought if you took basil daily, it would ward off attacks from the beast. In Greek, basil means 'king'. It is believed to have grown in the same spot that Helen and St. Constantine found

the Holy Cross. The Greek Orthodox Church uses basil in preparation of the holy water. Containers of basil are kept around the altar for religious healing. Basil was also used by the Greek and English royalty for their baths and medicine. That is why basil is still referred to as "the king of herbs" from chefs worldwide.

I've been growing 'Italian Pesto Basil' from seed for years. I usually plant about 6 plants in my garden; enough to make pesto, bruschetta and countless Caprese salads throughout the summer. Growing basil from seed is easy. Start the seeds indoors in February or March. Sow seeds 1 inch apart at a depth of ½ inch. Germination takes about one to two weeks. After the seedlings are well established, thin or transplant them 8 inches apart. Basil



craves warm temperatures, so if you start it from seed outside in the garden, make sure all danger of frost is over and nighttime temperatures stay above 50 degrees. If you pinch off the growing tips after the plants reach six to eight inches, you will encourage more branching. Pinching off the flower stalk will also extend the harvest.

Garden centers and seed catalogs have many varieties of basil. Pots of basil plants have even been popping up in the produce section of grocery stores so you can have fresh basil outside your kitchen or even as close as your countertop. Try some new varieties of this pungent, zesty herb to enhance your cooking and bring a taste of Italy home. You may even win over your true love.

Basil Pesto

2 cups fresh basil leaves

½ cup freshly grated Parmesan cheese

½ cup extra virgin olive oil

1/3 cup toasted pine nuts

2 large cloves garlic, minced

Salt and freshly ground pepper to taste

In a food processor, combine pine nuts and garlic. Pulse a few times. Add basil and cheese, process until minced. Slowly drizzle olive oil through food shoot while processor is on and process until well blended. (You may have to stop the food processor and scrape the sides with a rubber spatula.) Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta or spread on a baguette. Makes about 1 cup. Can be frozen in an ice cube tray. After frozen, place pesto cubes in a freezer bag or container and store for future use.

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Lunch Hour Makeover

Bag the Brown Bag and Go Waste-Free for Lunch

by Robin Burke/Fusion Co-Host

fusion
tip of the month

You probably have a drawer full of zipper bags—snack size, sandwich size, quart size. It's how we do it. In a pinch, aluminum foil will do, or plastic wrap or even wax paper, but usually everything has its own little plastic bag. Then maybe you throw all those plastic bags in a brown paper bag. If this sounds familiar, it's time to start thinking differently about what you put your food in, and what you're putting in the trash bin every day.

So here's the challenge: make your lunch as you normally would, and pack it up "to go". Only this time, you're not allowed to throw anything away when you're finished eating. Sounds difficult, but it doesn't have to be!

Of course, you could try reusing your plastic and brown paper bags, but that wouldn't last long. So, get with the program and get waste-free for real. All the kids are doing it. In fact, a few schools are requiring it, while others suggest it

strong-ly. Businesses are jumping on the waste-free bandwagon, too. (It must cost them less money in trash bin bags.) It's also good for the environment.

According to WasteFreeLunches.org, an average school-age child using a disposable lunch generates 67 pounds of waste per school year. That's just one kid. That equates to 18,760 pounds of lunch waste for just one average-size elementary school!

How about you? Do you save money by taking your lunch to work a few days a week? A lot of people do, but that, too, equates to waste. So, save even more money by buying in bulk and portioning out your meals into reusable containers. Think yogurt, dips, chips, and drinks.

If you're thinking reusable but

kidskonserve.com



disposable bowls with lids will work, you've got to do better. The definition of a waste-free lunch is: "Reusable food containers, drink containers, utensils, and napkins. No disposable packaging, such as prepackaged foods, plastic bags, juice boxes/pouches, paper napkins, or disposable utensils."

It's not as hard as it sounds. There are plenty of choices out there.

Four Ways to Go Waste Free

Box it Up

The easy way to go waste-free is with a bento box or laptop lunch box. They're a bunch of little boxes that fit into a bigger box. All those cute little containers keep food ultra fresh and then wash up easily—some can even go in the dishwasher. You can find them online at LaptopLunches.com.

You can also find them at New Seasons, Whole Foods, and Uwajimaya.

Aluminum containers with lids work great, too. Find them online, at REI or at any outdoor



LaptopLunches.Com



LapTopLunches.Com

Accessories

Next, get the accessories. Cloth napkins will make your lunch a more civilized experience, and you won't be throwing anything away. Get five or six of them for your lunch box and throw them in with your weekly laundry. Next, find a utensil set that won't make anyone scream if you lose it. Nothing's worse than not being able to find that final fork when hosting a dinner party. Find plain stainless steel utensils at any kitchen, restaurant supply, or donation drop-off store.

The Lunch "Box"

Lastly, the bag or box to put it in. If your new bento box doesn't come with an insulated outer bag, or you've chosen another style of reusable containers, you'll need to keep everything cool. Your bag should be roomy enough to hold a frozen ice pack. Here are some good choices, but you can find them almost anywhere—supermarkets, mega-stores, home stores, online, etc.

For more information on waste-free lunches, do an online search. There is a plethora of information out there. Why not start a waste-free lunch program at your workplace or at your child's school? It feels good to waste less.



kidskonserve.com

store.

Bottles

If you haven't yet secured your own personal aluminum water bottle, you should know that each year billions (that's with a B) of plastic bottles never make it to the recycling center. So, get one. Some are sporty, some are pretty, some



LapTopLunches.Com

are plain. Get one that shows off your personality—or, not.



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You can find more Fusion tips, recipes and streaming videos on our website, **www.FusionNW.com.**



PLAY TIME

Gardening Events Around Town

Annual Summer Sale

August 5-7, 2011

Heirloom Roses, St. Paul, OR

Bargains galore, limited quantities of many roses. Begins at 10:00am.

Chef in the Garden: Enjoying the Abundance of Summer Fruits

Saturday August 6, 2011 • 1:00-4:00pm

Farmington Gardens, Beaverton, OR

Learn how Chef Dan Brophy likes to utilize the delicious bounty of fruits we enjoy in August. Peaches, pears, plums, Gravenstein apples... we are so lucky to have such abundance! Dan will cook up spiced plum butter, backyard applesauce, peach chutney, and pears poached in red wine. This class is being offered through Portland Community College.

Garden Rewards Members Weekend

Friday August 12-Sunday August 14, 2011 •

Regular Store Hours

Al's Garden Center, Woodburn, Sherwood and Gresham, OR

Join us for a weekend of savings. Garden Rewards Members will save 20% off the regular price of everything in the store. Eat a cool treat from Junior Scoop, an ice cream company established to teach kids all about running a business. Junior Scoop will be at Al's in Gresham on Friday, August 12th from 2:00pm-6:00pm, and at Al's in Sherwood on Saturday, August 13th from 11am- 3:00pm, and at Al's in Woodburn on Sunday August 14th from 12 noon- to 4:00pm. Registration is not required.

Concrete Cast Leaf Workshop

Saturday August 13, 2011 • 10:00am-12:30pm

Dancing Oaks Nursery, Monmouth, OR

Learn the techniques to create your own concrete garden sculptures from leaves. All materials provided. Pre-registration required, \$35.

Ornamental Grasses

Saturday August 13, 2011 • 1:00pm

Portland Nursery, Portland, OR (SE Stark)

Abigail Pierce of Groundswell Garden Design. There's nothing that approaches grasses for grace in the garden. Tall or short, evergreen or deciduous, they can offer structure, color and movement to your design. Abigail will talk about some of the great grasses available to gardeners for different situations, and how to integrate them with your vision.

Lord and Schryver: Shaping our Cultural Landscape Through Sept. 18, 2011

The Hallie Ford Museum of Art at Willamette University

The Hallie Ford Museum of Art at Willamette University will present an exhibition of the garden designs of Elizabeth Lord and Edith Schryver, two prominent Salem landscape architects who designed dozens of gardens throughout the Pacific Northwest, including numerous private gardens, parks, and schools in Salem.

• **August 17** "The Secret Garden: A Family Portrait of Landscapists and Lord and Schryver," by Carmen Lord, niece of Elizabeth Lord.

Al's Ladies Night Out

Thursday August 25, 2011 • 5:00pm-9:00pm

Al's Garden Center, Sherwood, OR

Indulge in an evening of fun, food and friends at Al's Ladies Night Out. Enjoy delicious food and wine for sale from Vitality restaurant. Enjoy the summer sounds of Sambafeat quartet from 6-8pm. Stroll through the store filled with delicious gourmet food products to sample. Spice up your summer and see cooking demonstrations using fresh herbs and products from Al's gourmet food department. Experience a relaxing Wellspring mini-spa massage \$6 for 10 minutes, \$10 for 15 minutes. Enter to win sizzling prizes, like a bag from Vera Bradley, a Republic of Tea gift basket and jewelry from Magnabilities. Get a preview of fall fashion as models stroll through the store in fresh fall styles from Habitat, Abbie Mags and Two Dog Island. Registration is required before 5:00pm Tuesday, August 23, 2011, or call 503-726-1162. There is no admission charge to attend the event.

Pond Construction with Doug King

Saturday August 27, 2011 • 11:00am

Tsugawa Nursery, Woodland, WA

If you are thinking about adding a pond to your landscape or improving an existing water feature this class is for you. Doug King, our certified pond specialist, will walk you through the process from conception to completion. Doug will explain the nuts and bolts of pond construction and the design elements that will enhance your landscape. This should be an informative and entertaining class for all levels of garden enthusiasts. Free.

LOOKING FOR MORE?

You will find more events and updated information on the Garden Time Events Calendar
www.gardentime.tv/events.htm