

January 2013

garden time

A Digital Monthly Magazine for Your Garden & Home

The Health Benefits of Houseplants

Prescription for a Healthy Home

An Adventure in Your Own Yard

Carrots

Stihl Tools'
Wayne Sutton

Ficus plant

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Winter Wonderland

I write this under the title 'winter wonderland' because that is what I'm hoping for. We've had a dusting of snow in the Portland metro area already this winter and I hope we get more as the calendar changes to 2013. Not a huge blizzard, just a few inches for a few days. I'm not looking for the end of the world. Speaking of that, let's just be thankful that the Mayans were not right. We are all still here and now we are just making plans for the end of winter and the beginning of the new planting season.

A couple of stories in this month's issue tie in well with this end of the world theme. In our Fusion story of the month we are looking at putting together emergency kits. David walks you through the steps for building your own kit so you can be ready for an emergency. Read the story and check out the story Robin did a couple of years ago at the Red Cross (<http://www.youtube.com/v/q5QosliOjzc>). As they say, 'Get a Kit, Make a Plan and Be Prepared'. Now that you are prepared for the storms to come, it's time for a nice carrot cake to keep you well fed. This month, Therese tells us about carrots, their history and how to use them to prepare a tasty carrot cake. In keeping with the winter wonderland theme, William talks about winter being one of the best times to get out in your garden. During the winter months you can really assess your garden to see what is working and what is not. Of course if the weather is really bad, you can take your emergency kit and head to the beach to watch winter storms!

January marks the end of the holiday season and the beginning of a new year. And speaking of a new year, we are proud to announce the renewal of our contract with our three main TV stations. We will be back for our new season with KOIN Local 6 in Portland, KWVT in Portland and Salem, and KEVU in Eugene. Garden Time will be returning for an 8th season and Fusion will be coming back for a 5th season. Set your calendars to March 2013 for our return.

We would like to thank all of you for your support and we want to wish you a happy and prosperous New Year!

Jeff Gustin, Publisher

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In this issue...

Health Benefits of House Plants

got to have it....pg. 4

An Adventure in Your Own Yard

adventures....pg. 6

Reading a Plant Tag

backyard....pg. 8

Carrots

eats....pg. 10

Wayne Sutton

hortie....pg. 12

Emergency Kit

home....pg. 14

January Gardening

wtditg....pg. 16

Gardening Events

play time....back cover

Prescription for a Healthy Home

Indoor plants
clean the air,
reduce stress and
bolster creativity.

by Judy Alleruzzo



Philodendron

Feeling stuck inside on these cold gray days of January? A helpful idea to improve your mood and the air quality in your home is to add indoor tropical plants to your living space.

In the late '80s NASA and the Association of Landscape Contractors made extensive studies of plants in homes and the workplace. The main reason for these studies was to enrich the environment in future space stations. The information learned from those experiments trickled down to indoor living and working environments right here on earth.

When buildings became more energy efficient, one downside was that no air from the inside was able to escape to the outside. Toxic fumes from paint, carpeting and dry cleaning fluids stayed indoors helping to make us feel

ill. There even was a name for this malady, "Sick Building Syndrome". This syndrome mainly affected office workers but people in all highly energy efficient buildings are susceptible to headaches and fatigue from breathing in polluted air.

We all try to be 'green' when choosing carpets and paint but



Spathiphyllum

having high R values for insulation and double pane windows trap any poor air quality from easily escaping to the out of doors. NASA found that houseplants could remove up to 87% of indoor air pollutants in 24 hours.

They can absorb these toxins and give off purified air for us to breathe in. Quite a job for that Peace Lily sitting in the corner of the family room. Face it, we spend a huge part of our day, indoors, especially in winter. You can very easily help your home or workplace become a sanctuary of green bliss. Indoor tropical plants are not just sitting there, but passively working their little hearts out and helping us be more healthy. NASA and the Association of Landscape Contractors learned that by adding 1 houseplant for every 100 sq ft will greatly reduce many indoor toxins like benzene

and formaldehyde.

So now our air quality has become more healthy but what about helping to keep workers in good moods while on the job. Studies also in the mid-'80s found houseplants to be a calming factor to office workers. They also help creativity and productivity in the work place.

Research has proven that people have less colds and feel less stress when plants are used to decorate an indoor room or workplace. It's just a lot more interesting to sit among houseplants while on that conference call than a barren office devoid of living plants!

Houseplants not only clean indoor air, reduce stress and bolster creativity but many are old-fashioned medicines! The one houseplant that comes to mind for home health care is Aloe vera.

Researchers have found references in ancient texts over 4000 years old of the healing properties of Aloe vera. Egyptian queens used Aloe in their



Dracaena marginata

Top tropical plants that help reduce indoor pollutants like chemicals in paints, varnishes, dry cleaning fluids, car exhaust fumes and cigarette smoke

**Dragon Tree
(Dracaena marginata)
Tropical Fig Tree Ficus
Philodendrons
Spider plants (Chlorophytum)
Peace Lily Spathiphyllums
Ferns
Mums (Chrysanthemum)
Palms**

beauty products while Greek and Roman doctors used it in healing products. Other references refer to Aloe use in ancient Chinese and Indian cultures. Today you can get Aloe in handcream, burn ointment or in medicines to heal stomach problems.

Much research in hospital settings have been made about healing gardens. It isn't always practical to have houseplants in patient's rooms but studies have shown that views to gardens or green spaces speed up the healing process.

Gardens that are open to patients, families and hospital staff are overwhelmingly seen as a restorative place for daily use.

Since we cannot be in our own outdoor restorative gardens, indoor gardens are the next best thing for Northwest winters. Stop at your favorite independent garden center and pick out a tonic of tropical plants to have a healthy rest of the winter.



Chamaedora Bamboo Palm

An Adventure in Your Back Yard

This month's adventure is one that will not cost you a dime. It's a place right outside of your own door, your yard.

January is often a dark and wet time of year. It is also one of the best times to study your garden in a setting it is seldom seen in, sleeping. Now one should not assume that a sleeping garden is inactive, far from it. In fact, there are amazing amounts of activity going on just beneath the surface of the soil and behind each branch and blade of grass. This tiny universe may be extremely busy, but on the surface it appears to be calmly subdued. This makes it a great time to inspect it. Because most of the perennials have died back and most of the leaves have fallen to the ground, it affords one the best opportunity to view what some have called the bones of the garden.

This adventure in your own yard can bring much more than rest while you sit in a chair looking at it with a cup of tea. It can also reinvigorate your mind with amazing ideas and concepts which otherwise may have been overlooked.

At no time of the year can one better see the garden in its purest form, bereft of most of its colors and fullness, it gives one the chance to create anew, to forge ahead with concepts that might have been discarded or overlooked in the heyday of other seasons.



**The dead of winter
is the perfect time
to put the life back
into your yard.**

**by
William
McClenathan**

And whatever you do, do not be afraid to dream and dream big! Perhaps you have always wanted a pond. This is a great time to visualize just where it may fit in the best. Or what about a gazebo? A new pathway? An outdoor room?

Or perhaps you may have had a fleeting thought during last summer about flipping the direction of a raised bed, or adding a new one. No better time than now to see just how that may change the look and feel of your garden. And don't forget to look out of your windows and doorways. What does that view look like? What, if any changes would you like to see?


This adventure can take as long or as little time as you desire to give it.

And while there are countless places to go see and visit in the beautiful Pacific Northwest; storm watching on the coast, snow skiing, hiking to view a frozen waterfall, none is more precious than your own space, especially when viewed carefully from the perspective of winter. Plus the money you save can be put toward that new water feature, fountain or archway. Making future memories that will actually become a part of your everyday life.

Now that is an adventure to remember, and you won't even need a camera.



Information, Please!



Oxalis tuberosa/ Oca
'Mexican Red'
Z7 w/ mulch, P/F Sun, 2'x2'
Tubers form in autumn,
dig after hard frost

When it comes to reading a plant tag, what you see isn't always what you get.

by William McClenathan

Let me start with a story. When I first purchased my property, I was doing some work on the landscape. There were two 12-foot-tall pines on the property. To me they appeared to be Mugo Pines but they were so large that I thought I was wrong. I began to prune them, opting for an almost Bonsai effect. When I finally got the ground level clear from low hanging limbs, I found the original nursery tags still intact under several inches of decaying bark dust. They read, "Dwarf Mugo Pine, ultimate height, 3-4'."

Really?

This happens far more than we in the industry want to admit. We do try to make plant tags accurate, but this is not an easy job. Many conifers grown in Dallas, Texas can be much smaller than

ones grown in Portland, Oregon because weather and culture can have such a grand effect on a plant's ultimate growth.

Also, with most new plant introductions, they have not been around for a hundred years, so a 'guesstimation' is required from the grower, usually based on the parent plants.

Then you have the multitude of different climates and soils where plants end up. There is just not an efficient way yet to make each tag "culturally accurate". For example, a plant which can handle full sun in Portland may need to be a shade plant in higher sun and temperature areas like Southern California (think Fuchsias, Hostas, Rhododendrons).

And, even the name of a plant

seems to change a lot. What once was Diplidenia, now is called Mandevilla. And Dicentra, the common Bleedingheart, *D. spectabilis* is now *Lamprocapnos spectabilis*.

Again, Really? So what is a consumer supposed to do when trying to get information from a plant tag?

Never fear! There is hope. First, the Botanical name of something is often less important to the consumer than the plant itself (we in the industry are required to know them because of accuracy). Second, nothing trumps experience. And third, we are lucky to have a host of great employees at most of our myriad of garden centers that just happen to love gardening and plants, so ask!

We should also be aware that like

shooting a gun in the dark at a barn, you may not completely hit the mark, but you will be close. The general information on most plant tags is accurate or close to it. The tag may miss some specifics, but hit close enough to home so one can work out the plant's requirements.

And whether a garden center is hand-writing tags or computer generating them, there is much work and money involved in changing every tag on every plant with each name change. Plus, if they have pamphlets and handouts, they would all need to be changed as well. This can become a very costly endeavor.

Most tags will contain a botanical name (its Latin name used by the industry), often a common name, light requirements, cultural needs and size. In the Northwest, most of these will be pretty accurate except for the size. I always add a few feet to trees and shrubs, and some perennials that will be in my gardens for over a decade.

So what should a consumer do with a plant tag? As with all things, remember that it may not be current and completely accurate. Always ask the staff at the nursery for more information or any changes that may have occurred. And remember that the tag is a small piece of information, not the entire picture of the plant's likes or dislikes. Plant tags are tools to get you started, not the means to an end concerning all the information about that plant.

And one last caveat: Never forget time. As my Mugo Pines will show us, 35 years had a much larger effect on the plants than the ideas of the growth habits on those tags.

For me it is always fun to see what surprises a plant may offer. And always remember, nature is very forgiving and always changing. Much like plant tags are.





Bolero

'A carrot a day keeps the Eye Doctor away!' Okay, that's only partially true. While carrots containing a good source of vitamin A are important for healthy eyesight, skin, growth and the immune system, eating them will not improve vision. What seems to be true, however, is that those who suffer from a vitamin A deficiency can improve night vision by adding carrots to their diet.

The myth that carrots can improve eyesight is actually steeped in lore and not science. In WWII, the Air Ministry in Britain claimed that they were able to shoot down enemy Nazi bombers that were attacking at night because of their pilot's improved night vision due to the consumption of carrots. They made up this rumor to hide the fact that the Royal Air Force was using a new radar system that pinpointed enemy bombers before they reached the English Channel. The propaganda worked so well that even the British public consumed more carrots in order to find their way during the black-outs!

Carrots truly are a nutritional powerhouse! Not only are carrots a great source of beta carotene, they are also high in vitamins B and C and calcium pectate, a remarkable pectin fiber that's been found to have cholesterol lowering properties. The high amount of beta-carotene is what gives carrots their distinctive orange color. Carrots are a good source of po-

What's Up, Doc?

Carrots are truly a nutritional powerhouse.

by Therese Gustin

tassium, copper, folic acid, thiamine and magnesium as well.

Don't be too quick to peel your carrots though. A lot of the nutrients are concentrated in the outer skin. This is one vegetable that is even more nutritious cook rather than raw. Even the carrot tops are edible, so before tossing those frilly carrot tops in the com-

post. It wasn't until the carrot was introduced to Europe around the 1100's that the carrot underwent genetic improvements. By the 1600s the Dutch cultivated the first 'orange' carrots. North America was introduced to the carrot in the early 1600's when the English settlers brought them over to the 13 colonies.

As with most root vegetables, carrots are easy to grow. The secret to growing the perfect carrot is the soil. Well drained loose soil is best and if you grow them in a container or raised bed with a good potting soil...that's even better! The seed is very small so be sure your soil is finely worked.

If planting in rows, plant seed ¼ inch deep and ½ inch apart in rows 8 inches apart. I actually planted mine in rows last year only to find a neighborhood cat used my newly planted raised bed as a litter box and scattered the evenly spaced rows all over. My 2 different varieties were all mixed up so come harvest time I was pleasantly surprised every time I pulled a carrot out of the ground!

Scattering the seeds on the surface of the soil and covering them with about a quarter inch of soil is an alternative to the row method of planting; a lesson learned from my visiting kitty! It's important to keep the soil evenly moist dur-



Baby Babette

post, check out this link to a story we did on the Fusion show with Diane Morgan, the author of the cookbook 'Roots' (<http://www.youtube.com/embed/APpqS5p-gNXY>). She made a tasty pesto with the part of the vegetable we usually throw away!

The carrot as we know it wasn't always orange. The cultivated carrot, believed to have originated in Afghanistan pre 900, actually produced a purple or yellow



Circus Circus

Carrot Cake with Cream Cheese Frosting

Bake 350°F 35 mins

INGREDIENTS

- 4 eggs lightly beaten
- 2 cups all purpose flour
- 2 cups sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon (optional)
- ½ teaspoon salt
- ½ teaspoon baking soda
- 3 cups finely shredded carrot (lightly packed)
- ¾ cup cooking oil
- 1 recipe cream cheese frosting
- ½ cup finely chopped pecans, toasted

DIRECTIONS

1. Allow eggs to stand at room temperature for 30 minutes. Meanwhile, grease two 8x1 1/2-inch round cake pans ; line pans with waxed paper and grease the paper. Set pans aside.
2. Preheat oven to 350 degrees F. In a large bowl stir together flour, sugar, baking powder, cinnamon (if desired), salt, and baking soda; set aside.
3. In another bowl combine eggs, carrot, and oil. Add egg mixture to flour mixture. Stir until combined. Pour batter into the prepared pans.

4. Bake in the preheated oven for 35 to 40 minutes or until a wooden toothpick inserted near centers comes out clean. Cool cake layers in pans on wire racks for 10 minutes. Remove cake layers from pans; cool thoroughly.

5. Frost with Cream Cheese Frosting. If desired, sprinkle chopped pecans over frosting. Cover and store cake in the refrigerator for up to 3 days.

Cream Cheese Frosting INGREDIENTS

- 4 ounces of reduced-fat cream cheese (Neufchâtel), softened
- ¼ cup butter, softened
- 1 teaspoon vanilla
- 2 cups powdered sugar
- 1-2 teaspoons fat-free milk

DIRECTIONS

Beat cream cheese, butter, and vanilla in a medium bowl with an electric mixer on medium speed until light and fluffy. Gradually add powdered sugar, beating well. If necessary, gradually beat in milk to reach spreading consistency.

From the Better Homes and Gardens Cookbook

ing germination and beyond. As the seedlings germinate, thin them to about 2 to 3 inches apart which will allow them to attain their maximum size.

How do you know when carrots are ready to be picked? Pull back the soil at the base of the foliage... if the top of the carrot is about an inch across (for most varieties) it is ready to harvest. One advantage to growing carrots in the Pacific Northwest is the fact that you can leave them in the ground and harvest them throughout the winter!

One great source of carrot seeds is Renee's Garden (www.reneesgarden.com). Last spring I planted French 'Bolero' and French 'Baby Babette'; both delicious varieties. They even have a packet called 'Circus Circus' which includes seeds for white, orange and dark purple varieties. Purple carrots? Funny how the carrot has circled back to its early 'roots'!

Whatever color you choose, add some carrots to your garden mix this spring and 'open your eyes' to this nutrition packed vegetable.

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Suzie and Wayne Sutton

MAN OF STIHL

Wayne Sutton doesn't leap tall buildings, but to serious gardeners, he's still super.

by William McClenathan

Wayne Sutton works for Stihl tools and also happens to be our Hortie for January. Now why would you have someone who sells tools as a Hortie you might ask? Mostly because any gardener will tell you that without the proper tools, it is very difficult to have a beautiful garden! And sometimes, the things that help us grow amazing plants and maintain them through the years have nothing to do with the plants themselves.

Wayne started with Stihl over 30 years ago, and has been with them ever since. He first worked in retail with them as a dealer selling their products, then after 20 years, he was so impressed by the company and the quality of their products, he went to work directly for the company, which has been his career choice for these past 13 years.

It's the perfect job for Wayne because of where he lives. Out in the country and in some beautiful rolling hills away from any city is where you will find Wayne Manor.

Now it may not be like the Wayne Manor of Batman fame, but it is certainly Wayne and his family's Castle Sutton.

This provides a perfect location for Wayne to test the tools he sells firsthand. He is able to use them on his own place and see what works best... and with several acres and a large pond, maintenance is always a concern and weekly chore.

I like that each time we have interviewed Wayne on the show, he shares the newest designs that come from Stihl. Not only the great technology, but also the safety required to use the tools at their best.

The latest advancement is the Lithium-ion products that Stihl



Stihl Tools

www.stihldealer.com
www.stihlusa.com



is offering. These long lasting, battery powered tools are great for the environment and allow gardeners to move around their spaces without the restraint of extension cords and stopping to refill tanks with fuel. And we all have experienced that two foot section where the cord doesn't reach, or running out of gas right before we finished the trimming. I find I always wonder if I can just skip those last few feet, but with this new line of products, I no longer need to worry about that.

With a line of chainsaws, trimmers, hedge trimmers, and blowers that all run on the Lithium-ion packs, they now have added a great trim mower that operates on the same battery.

And I would be remiss if I did not tell you that as a worldwide company, Stihl continues to support local and small businesses, never bowing to the pressure of selling to large chains, only to dealers of their products. I personally admire that very much. You can find more information about Stihl tools online at stihldealer.com or stihlusa.com.

But Wayne is not just about the grand selection of quality tools from Stihl. He also has a great passion for collecting chainsaws. In fact, he actually built a very large structure on his property to place his collection in... and what an impressive job he has done.

I have never been a person thrilled by the tools folks use, but this place took even my breath away. Within this 'museum' are housed hundreds of chainsaws from all

over the world, many of which are very old. And some which are huge, their blades spanning several feet. There is even an underwater chainsaw, and ones used for felling 300-foot trees. If you Google "stihl wayne's chainsaw museum", you can find a link to a video on it. We have a segment on the Garden Time website you

can watch as well. (<http://www.youtube.com/v/9uyczKIsIxE>)

Gardens don't just happen. They are created and cared for. Nothing makes the behind the scenes maintenance easier than great tools to work with, and thanks to Wayne and Stihl's tireless efforts, it has become easier for all of us to maintain the garden of our dreams.



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ARE YOU READY?

The best time to think about a disaster is before it happens.

by David Musial, Fusion co-host



Hand-crank radio with flashlight

PHOTO CREDIT: GADGETREVIEW.COM

If you're reading this article, the world as we know it has not come to an end. If it did, you're probably wishing you had read this article last month.

When disaster strikes is not the time to prepare for an emergency. Like the Boy Scouts say, 'Be Prepared'. All it takes to prepare yourself and your family for emergencies and natural disaster is a little pre-planning. The Red Cross summarizes those steps as Get a Kit, Make a Plan and Be Prepared.

The first step, Get a Kit, is cre-



ating an emergency supply kit. It will contain food, water, safety equipment and other supplies. It will need to last at least three days for an emergency evacuation and up to two weeks of supplies for home emergencies that may find you without power. Your emergency kit can be purchased from groups, such as the Red Cross, or by creating your own. Basic supplies include:

- Non-perishable (be sure to include a can opener) and dry foods

- One gallon of drinking water per person, per day
- First aid kit
- Radio (preferably hand-cranked)
- Flashlight and extra batteries
- Matches
- Cash
- Emergency Blankets
- Tools to shut-off gas and water

Since your kit will be created for you, think about your unique needs. If you have children, you will need diapers and baby food for the infants, and games to amuse the older children. Don't overlook medical supplies, such as prescriptions and eyeglasses. If you have pets, you will need to pack for them as well. This list is not complete and is designed to get you thinking about your needs. For a complete list from FEMA http://www.ready.gov/sites/default/files/documents/files/checklist_1.pdf

The kit should be kept in a waterproof container, such as a plastic storage container with a secure lid and stored in a dry area with easy access. Since some items are perishable, every three months, the kits contents should

be reviewed. In addition to rotating food and water, medications should be checked for expiration dates. Also don't forget to trade the baby diapers for pull-ups if appropriate.

Everyone's worst nightmare is having disaster strike and not knowing what to do. That's why we need to Make a Plan. The plan should be written and cover how to evacuate your home in the event of an emergency. The evacuation plan should be based on type of emergency and plan for multiple exits. A meeting place after evacuation should be determined. You will want to consider two locations, one just outside your house if it is safe and a second location within the neighborhood if necessary.

Since all family members may not be home at the time of an emergency (and the disaster may not



Hand-crank radio with flashlight and phone

PHOTO CREDIT: SOLARELECTRICITY.NET

PHOTO CREDIT: SEMREDCROSSBLOG.ORG

fusion home

occur at home), it is important to discuss how you will communicate after a disaster. Family members should also be assigned responsibilities and work as a team. Assignments range from being responsible for watching the children to ensuring all pets have been safely removed from the house.

FEMA has a Family Emergency Plan card that can be given to all household members http://www.ready.gov/sites/default/files/FamEmePlan_2012.pdf. Remember though, the plan made with good intentions is only as good as it is executed, and that comes with practice. Yes, as unpopular as it is, the emergency plan should be practiced and reviewed every year.

Lastly, you need to Be Prepared for any disaster. No, I am not referring to Zombies, although there is plenty of information on-line if you wish to research. Being prepared means knowing how to respond to an emergency before, during and after it happens.

You will want to identify the natural disasters that exist in your area. In the Northwest, we have flooding, and tsunami hazards as well as winter storms. Weather stations can provide advance warning for such an events. Learning about each type of disaster will prepare you for what to do during and after an event. Learning how to respond to accidental emergencies like fires is also important.

The last skill required is for at least one family member to be Red Cross First Aid and CPR certified. Not only will it prepare you to handle medical emergencies, it will give you the confidence to handle any emergency.



PHOTO CREDIT: MASSLIVE.COM

We all hope that we will not need to use our emergency kits or skills. However, in the event of an emergency, we get only one chance.

Get a Kit, Make a Plan and Be Prepared.

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



PHOTO CREDIT: REDCROSSWNC.ORG

Learn first aid and CPR

WTDITG

Welcome to 2013! In January, the air is crisp and cold, the decorations are put away, and there is a distinct lull after the craziness of the holidays. There's no better time to get outside for some fresh air and daylight... and begin your garden's best year ever!

PLANNING

- Create a garden journal for future reference of what worked best, where and when. Consider using a 3-ring binder so you can tab the months and years and add more pages where needed.



- Create a pruning calendar so you can 'Prune according to what the plants needs are'. Do a bit of research first to see how and when to prune your plants this year and you won't be disappointed. Many mistakes can be stopped before the damage is done if a little reading

takes place first. For instance on hydrangeas; cut back only the stems that had blossoms last year. The flowers for this year are going to come from the stems that grew up last year but did not have blooms on them. As a general rule, most flowering plants will perform best if you prune them after they flower. Fruit trees, shade and flowering trees can be pruned this month, but next month will be better. Thinning cuts are better than heading cuts

or 'chopping the branches back'. Again, do some research first so you won't be sorry later!

- Plan the vegetable garden. January through March is a great time to get the planning done. Create your 'garden map' with a crop rotation plan set on paper. Figure the dimensions, number of rows, planting dates, etc.



It's fun to look back on these notes to see what was planted and when, what was a great success and what was not so great. Mark this as *2013 Map* so you can rotate crops around next year. Rotating your crops discourages disease and insects.

PLANTING

- Plant Perennials. Get them planted soon for best blooming display later this summer and fall.



- Plant some bare root fruit trees. The sooner they can be planted the better the root development will

be before the trees leaf out this spring. More roots grown at this

time will allow the plant greater strength to take on summer's heat later. If you are unable to plant the trees as soon as you get them, 'heel' them into the garden soil on a temporary basis (just bury the roots into soil to keep them moist) until you can plant properly, but do get them into their permanent space in the garden as soon as possible.

- Plant any tree or shrub now that you'd like to add to your landscape. Early planting makes for a stronger start this spring.

- Plant Primroses. Every January, nurseries bring out their spring crop of primroses. Use *dark weather feed* to keep them blooming strong.



What To Do In The Garden JANUARY

TASKS, MAINTENANCE & CLEAN-UP

- There is still time left to clean Mason Bee cocoons, but not much! This will be the last month to be able to clean things up before the bees emerge late February or early March.



any other frost sensitive plants.

- Peach trees: Spray by mid January for peach leaf curl. Use labeled product for this disease like Bonide's Fungonil or Lilly Miller's Microcop. If weather is cool and wet spray 2-3 more times at 3-4 week intervals.

- Check your Blue Spruce for aphids! Most winters around here the spruce aphid attacks the Blue and Alberta Spruce trees. They suck on the juices on the prior season's needles and when the

new growth starts in spring, the older foliage falls off and leaves the tree looking half naked. Spraying them off with a hard stream of water will usually do the trick but insect sprays for aphids can be used too, according to directions.



- Get after any weeds that are growing in the gardens now. Early removal will be easier if smothered first with

layers of newspaper covered in compost.

- Mulch the beds with a new layer of organic compost, bark or other mulch.

- Dormant spray the fruit trees with horticultural Spray Oil to kill overwintering insects and their eggs. Use the Bonide Copper Fungicide spray or dust, (copper sulfate) as a disease control spray now.

- Water any plants that are underneath the overhang of the house or under wide growing evergreens, where soil can become quite dry.



VEGETABLE GARDEN



- Plant early veggies like radishes, peas, onion sets and fava beans. Start seeds indoors for leeks, lettuce, arugula, endive and onions.

- Cover your early crops with Harvest Guard row cover for best protection from cold and

insect attack. You can make a movable frame to attach Harvest Guard to with PVC pipe and rebar

driven into the ground.



starts out.

- Monitor garden soil temperature to see what you can plant and when. On the next page is a handy chart of popular veggies and what soil temperatures are ideal for them to germinate from seed, or best soil temperature for transplanting young plant

Soil Temperatures Ideal for Growing Vegetables

Vegetable	Will Germinate	Ideal Germination	Transplant Seedlings Out
Asparagus	50F-90F	70F	
Beans	60F-90F	80F	
Beats	40F-90F	80F	
Broccoli	40F-90F	80F	50F
Cabbage	40F-90F	80F	45F
Cantaloupe	60F-100F	90F	65F
Carrot	40F-90F	80F	
Cauliflower	40F-90F	80F	
Celery	40F-80F	70F	45F
Chard	40F-90F	80F	
Corn	50F-100F	80F	60F
Cucumber	60F-100F	90F	63F
Endive	40F-75F	75F	
Fava Beans	40F-65F	50F	
Lettuce	40F-75F	75F	
Okra	60F-100F	90F	70F
Onion	40F-100F	90F	45F
Parsley	40F-90F	80F	
Parsnip	40F-90F	70F	
Peas	40F-80F	70F	45F
Peppers	60F-90F	80F	65F
Pumpkin	60F-100F	90F	65F
Radish	40F-90F	80F	
Spinach	40F-80F	75F	
Squash	60F-100F	90F	65F
Tomato	50F-100F	80F	60F
Watermelon	60F-110F	90F	65F

"Together, We Create the Message"

-Jeff Gustin, President

Cutting back on your advertising budget during a recession may seem like an effective cost-saving strategy, but the reality is far different. Studies show that businesses that reduce their advertising fall behind their competitors who maintain or increase their budgets, and take longer to recover when the economy rebounds.

Gustin Creative Group is a team of production and marketing professionals. We can help you keep your message consistent, on-target and on-budget.

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PLAY TIME

Gardening Events Around Town

What to Do In the Garden?

Saturday January 5, 2013 • 11:00am

Tsugawa Nursery, Woodland, WA

So here it is; a monthly seminar on what should be done in the landscape and garden every month. We will talk about pruning, spraying, general cleanup and the things to keep an eye out for in terms of pests and disease. Bring pictures and samples for our experts to look at during the Q & A part of the seminar. This will be a regular seminar on the first Saturday of every month so remember to put us on your calendar!

Planning your Personal Paradise

Saturday January 5, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Magi Treece of Living Structures

Get your dreaming kicked in gear! It may be too cold and wet to dig, but that's just what makes it a good time to get your planning done. Learn to take your desires for what your space should be and map them onto the place you have. Magi will teach you how to map your garden, observe sun and water patterns, and other important skills to get your garden plan off to a strong start!

Al's Kids Club/Grow a Dirt Baby

Saturday January 5, 2013 • 11:00am(W)

Saturday January 12, 2013 • 11:00am(S)

Al's Garden Center, Woodburn & Sherwood, OR

Science experiments are always fun to do and a great way to provide hands on learning. Your kids are sure to get a kick out of watching their dirt baby sprout hair and they will learn about soil and how plants use water and sunlight to grow. Each child will even fill out a Dirt Baby Birth Certificate. Registration is required. Cost: \$5.00 per child.

Build Your Own Terrarium

Sunday January 6, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Genevieve Layman

Terrariums are where horticulture meets diorama building! Learn to create a little ecosystem in a glass case and how to keep it healthy. Genevieve will talk about materials, lighting, moisture, and choosing the right plants for the magical little green scene you'll make and take home. \$30 materials fee.

O-Shogatsu New Year's Festival

Sunday January 6, 2013 • 12:00pm-3:00pm

Portland Japanese Gardens, Portland, OR

O-Shogatsu, Japanese New Year, is the most important festival of the year in Japan. It is a time for family and friends to celebrate this auspicious day together and wish for good health and blessings in the New Year.

Bauman's Winter Teas

Thursday January 10, 17, 24 and 31, 2013 • 1:00pm

Bauman Farms, Gervais, OR

The Wonders of Houseplants

Saturday January 12, 2013 • 1:00pm

Al's Garden Center, Woodburn & Sherwood, OR

Did you know that the air inside your home can be more polluted than the air outside your house? Learn how plants clean the air in your house, the best plants for different locations, and how to be successful with all kinds of houseplants.

Hands-on Workshop: Indoor Miniature Gardens

Saturday January 19, 2013 • 1:00pm

Al's Garden Center, Woodburn & Sherwood, OR

Want to create a little magic? Join us for this hands-on workshop and create an indoor mini-garden of your own. Al's experts will help you plant your own petit paradise. This is a hands-on workshop, so bring gloves if you'd like. Registration is required and space is limited to 20 people. Cost: The workshop costs \$35. Each person will receive a kit including a basket container, three small houseplants, miniature accessories, soil, charcoal, decorative stones and other small décor items.

Fruit Tree Care and Maintenance

Saturday January 26, 2013 • 10:00am(W); 1:00pm(S,G)

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

Don't be baffled by fruit trees. There are a few simple rules to follow when buying, caring for, and maintaining fruit trees in the PNW. We're here to tell you what those guidelines are and how to truly enjoy growing, and eating, your own backyard fruit! No registration is required.

Hands On Workshop: Orchid Repotting

Sunday January 27, 2013 • 1:00pm

Al's Garden Center, Woodburn & Sherwood, OR

There really is no mystery to repotting orchids and it is much easier than you may think. We guarantee it! Come learn both when to repot and how to do it in this class. Bring up to three of your own orchids, we'll provide the potting mix and help you do it right the first time. Registration is required and space is limited to 20 people at each store. Cost: \$5.00 per person.

LOOKING FOR MORE?

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