

February 2013

garden time

A Digital Monthly Magazine for Your Garden & Home

Cutting Out the Plastic

Oregon's Own *EarthPots*
Gives Seeds an
Eco-Friendly Start

Swiss Chard
WWOOFing

Collier Arbor Care's
Terrill Collier

NOW AVAILABLE!

Garden Time T-Shirts

**These high quality,
short sleeve shirts
are the perfect gift
for the gardener!**

**Available
in adult sizes
S, M, L & XL**



**ORDER ON-LINE
AT THE NEW
GARDEN TIME STORE**

www.gardentime.tv/store

Change is in the Air....

February truly marks a season of change. We are through (we hope) with the worst part of the winter and now we are gearing up for the warmer weather of spring. This month marks a start for a new season for gardeners. The Yard, Garden and Patio show is just around the corner and that is the starting point for a lot of avid gardeners. It also marks the start of the new season of Garden Time. We start to shoot the new stories for the 8th season of Garden Time at the end of February. For our fans we will return to the air on the 2nd of March to start a new 39 week season ending on the 30th of November. It should be a great year. If you are a big fan you really don't have to wait that long. We will be returning for a special one hour program from the Yard, Garden and Patio show on February 9th at 8:30am on KOIN local 6 in Portland. We will be showing you the best and brightest of the YGP as we kick off the 2013 gardening season. Be sure to watch the program and then go to the www.GardenTime.tv website for a printable \$2 discount coupon.

To help get you excited for the YGP show and some of the coming trends in gardening, be sure to check out the story on 'WWOOFing' from Robin Burke. It has to do with organic farming, a hot topic this season, but you'll have to read the story to learn what WWOOF is all about. This is a great month to get some of your seeds started for your spring garden. To give you the best chance for success Therese shows us how the new Earthpot seedling trays can give you a head start on the season. We also pay a visit with one of our favorite guests on the Garden Time show, Terrill Collier. As our resident expert on all tree problems, Judy learns more about this 'tree guy' who has trees in his blood! If you have a taste for gardening we have a couple of stories for you. First William tells us about the history of chard and how this underused vegetable is one of the healthiest in the garden. Then Chef David gives us answers to all the tough questions about eggs, but doesn't touch the toughest one, 'which came first the chicken or the egg'? You will be surprised at all the uses you can find for eggs!

A final note about making appearances! Did you know that William and Judy can be booked to make appearances? If you are interested in having them come out to your event or speak to your favorite garden group, check out the link at the bottom of the Garden Time homepage. There you will find out details about booking an appearance including fees and other information.

We hope you can make it out to the Yard, Garden and Patio show on February 8-10 at the Oregon Convention Center, but make sure you check out the TV special on the morning of the 9th.

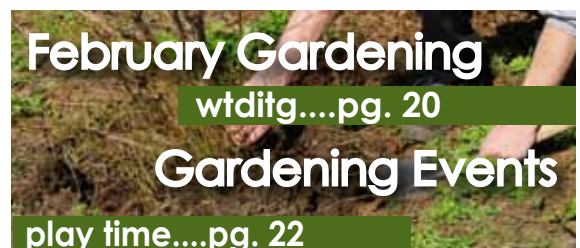
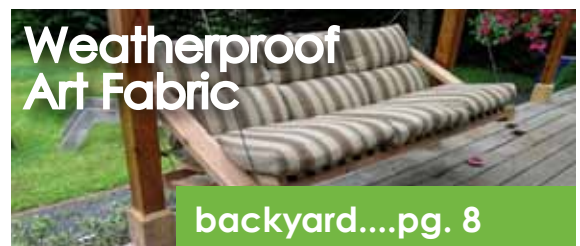
We look forward to seeing you there and Happy Gardening,

Jeff Gustin, Publisher

Garden Time Magazine • February 2013 • Volume 5, No. 2, Issue #47

Garden Time Magazine is published monthly by Gustin Creative Group, 17554 SW Mardee, Lake Oswego, OR 97035. Jeff Gustin, President. ©2013 Gustin Creative Group, LLC. All rights reserved. Reproduction in whole or in part without written permission is prohibited. Customer Service: If you are experiencing difficulty receiving the e-mail notification for this magazine, please contact us at gustingroup@comcast.net. Subscriptions: For a free subscription to this magazine, please fill out the form available on the Garden Time website, at www.gardentime.tv.

In this issue...



Friendly from the Start

Oregon-grown
EarthPots makes
your garden
(and the
environment)
a little greener.

by Therese Gustin

It's time again to get started on your veggie garden. If you like the option of choosing unique vegetable varieties from all those seed catalogs you perused through the cold winter months, growing your garden from seeds is for you! February is a great time to start your tomatoes, peppers, eggplant and other warm season seeds to guarantee large healthy starts for transplanting into the garden when all danger of frost has passed.

When we think of the choices we have in seed starting, we generally think of plastic flats with individual plastic inserts, Jiffy pots or pellets or even the old standby... egg cartons. While all of these containers will allow for seed germination, there is a better alternative; EarthPots Ready for Seed trays. This eco-friendly choice will get your transplants off to a great start!

The inception of the EarthPot began right here in Oregon ten years ago. Originally produced to supply commercial growers in Oregon and Washington an alternative to growing their plants in plastic, within two years growers in Canada, Hawaii and California joined the Pacific Northwest in

commercially growing their plants in these biodegradable containers.

About six years ago EarthPots were marketed to independent garden centers with annuals and vegetables. Annuals grown in these paper sleeves started popping up at several nurseries in Washington including Wells Medina and Sky Nursery.

It was three years ago when the attributes of EarthPots were finally marketed to the home gardener. The line was expanded to EarthPots that were filled with seedling mix. In the first two years, the EarthPots were sold in plastic trays but the trays were not projecting the image of recyclability that the company strived for. This is the first year that the tray is totally recyclable. In fact the tray is made out of milk cartons. In the three year process of educating the public, they gave away pansies grown in EarthPots at the Eugene "Good Earth" show, Yard, Garden and Patio show (www.YGPshow.com) and the Seattle's Northwest Flower and Garden show (www.gardenshow.com). 12,000 free pansies grown in EarthPots were given away at the YGP show in the first 2 years.





16,000 pansies grown in EarthPots were given away last year at the Seattle Flower show. The pots were a hit with the public but what they found was what the consumer really wanted was the pots to be available to buy right there at the show. This year at Seattle's Northwest Flower and Garden show (February 20-24, 2013) in conjunction with Bark & Garden Center out of Olympia, they will be selling EarthPot trays for home seeding out of their booth. OBC Northwest will be selling the trays this year as well at the Yard Garden and Patio show February 8-10, 2013.

So what makes these pots superior? The EarthPots are made by vacuum. When the machinery is filling the outer wrap, the vacuum is pulling the soil in instead of pushing it in eliminating compaction and providing air pockets for improved root development. Roots aren't fighting against compacted soil so the plant has more roots that are stronger. Stronger roots mean a stronger plant.

Once the EarthPot is planted, you never have to transplant the seedlings into bigger containers. Not only does this save resources and time, it also eliminates transplant shock and any root disturbance. There is no need to remove the outer wrap. The roots grow right through it so all you have to do is plant the entire pot! With no

plastic pots to pick up, clean up is a breeze. And one more thing that makes EarthPots superior... they are made in the USA. In fact, they are produced locally by OBC Northwest, Inc. in Canby, OR. The trays come in 2 sizes 60 mm (2.25") with 15 pots per tray and 35 mm (1.75") with 45 pots per tray. So keep those plastic pots out of the landfill, make transplant cleanup easy and enjoy happier healthier plants that establish fast!

Fun facts:

- 1** – The Pacific Ocean contains 2x the land mass of Texas in plastic waste. (ecology.com)
- 2** – All of the world's oceans contain more than 315 billion pounds of plastic waste. (discovery.com)
- 3** – Plastic takes 80-450 years to decompose in a landfill. (Penn. State research)

EarthPots are available at these garden centers:

Oregon

Cornell Farms – Portland
 Dennis's 7 Dee's – SE Portland, SW Portland, Lake Oswego & Astoria
 Farmington Gardens- Beaverton
 Garland Nursery – Corvallis
 Portland Nursery – Stark & Division
 Serres Garden Center – Oregon City
 Shady Oaks – Cottage Grove
 The Garden Corner – Tualatin
 Tom's Garden Center – Albany

Washington

Bark & Garden Center - Olympia
 Best Buds – Seattle
 Bellevue Nursery – Bellevue
 City People – Seattle
 Gray Barn – Redmond
 Harbor Greens – Gig harbor
 Jason's Greenhouse – Yelm
 Jordan Nursery – Stanwood
 Sky Nursery – Shoreline
 Squak Mt. Greenhouse & Nursery – Issaquah
 The Plant Farm – Marysville
 Tukwila Trading Co. – Tukwila
 Wells-Medina Nursery - Medina

4 – (Specific to Oregon) All plastic pots 4" and smaller are NOT recyclable. All pots REGARDLESS of SIZE that are flexible or crinkly plastic are NOT recyclable. (oregonmetro.gov)

5 – 1 roll of EarthPot paper (20lbs of paper) can replace 20,000 - 4" plastic pots (440lbs of plastic).



WWOOFing It

It has nothing to do with dogs or drinking, but it could be the adventure of a lifetime.

by Robin Burke, Fusion co-host



PHOTO CREDIT: BEERSANDBEANS.COM

Have you ever heard of WWOOFing? That's not a typo. It's an acronym that has nothing to do with werewolf tracking or drinking too much. It's World Wide Opportunities on Organic Farms (WWOOF). People who take advantage of these amazing opportunities are known as "WWOOFers" who go "WWOOFing".

Basically, it's an international organization that hooks up organic farms with people who want to learn first-hand about sustainable living. It's like an internship. The "students" do a lot of grunt work and don't get paid, but they do get food, accommodations and a priceless experience.

Here's an example of the opportunities:

South Carolina

"Located 30 miles south of Greenville, we are a small, family-owned-and-operated farm comprised of 100 acres. We're committed to providing an educational experience...."

Nebraska

"This is a 78-acre farm located 20 minutes southwest of Omaha. We are starting an organic blueberry farm and need help planting 180, 2-year old blueberry plants...."

Skåne, Sweden

We have an organic farm that is fully driven by work horses and humans. The goal for all the

activity on the farm is self-sufficiency...."

Antalya, Turkey

"The hosts are following ecological principals on their farm like most farmers in the region. They grow cherries, walnuts, vegetables and grains and also keep some small and large livestock. The hosts can accommodate three guests at the same time



PHOTO CREDIT: WWOOFMEXICO.ORG

in a spare room, and meals are eaten with them."

I know, right? It sounds like a dream to completely check-out and de-stress with no time clocks, no rush hour, no Facebook feed. Imagine working on a farm, milking cows, planting vegetables and living off the land... a far away land. All you have to do is become a member, apply to a farm, and get yourself there. "There" can be an organic farm here in Oregon, or as far away as the Middle East.

"Through WWOOF, we made many new friends with all different types of personalities, learned new skills such as goat milking, hatching baby chickens, cooking for large groups of people, planting different types of vegetables, how to make a home out of storage containers, and so much more," writes K.C. Dermody. She and her boyfriend traveled for six months "WWOOFing" from farm to farm. "It wasn't perfect, but it was an adventure, with lots of lessons learned along the way. If you have an adventurous attitude, an open mind and good attitude, you can make the most of your WWOOFing experience."

PHOTO CREDIT: ONE-FOOT-ON-THE-MOUNTAIN.EU (GREECE)

Currently there are about 94 countries participating in the program. WWOOFers come from



PHOTO CREDIT: TRAVELNERD.COM (NEW ZEALAND)

all over the world as well; are of all ages; and have varying experience from once growing a Chia pet to currently farming and wanting to learn about going organic.

After reading several testimonials, I have gleaned some information you may not find on WWOOF.org.

1. It's not all farming. You may be building a barbecue pit, adobe bricks, or digging a new irrigation pipeline.

2. Pack BenGay. The work can be exhausting and your muscles will likely ache.

3. Don't commit to a long stay. You can do anything for a few days, but you may want to move on after that. If you're enjoying it and your hosts like you too, then extend your stay.

4. Don't expect your hosts to be tour guides. On your off-time, be prepared to explore on your own. Farmers are busy people.

5. You don't have to work an 8-hour, or even 6-hour day. If you want to work a few hours then go see the sites, work it out with the hosts. Be honest about your expectations when contacting them and be prepared to pay for some of your meals or lodging.

Testimonials abound on the Internet and you can explore where the official WWOOF farms are located on their website. To see the entire list and contact information, you must be a member. The cost is \$25.00. Some countries have their own WWOOF listings and separate memberships.

I haven't made the commitment to become a WWOOFer, yet. For now, I just read the descriptions of the farms and imagine myself transported to the vineyards of Auckland, an orchard in France, or a flower garden in the Netherlands. Start your dream at WWOOF.org.



The Fabric of Our Lifestyle

It's time to take your outdoor seating to the next level.

by Sarah Gustin

There is nothing better after a long day of gardening than sitting back and savoring your hard work. An important element in every garden is creating a space to sit and relax. For those of you who have an outdoor space, it's time to get inspired! It's time to take your outdoor seating to the next level with fabric. Fabric can be a very versatile tool in your garden seating space. Fabric accent pieces are a fantastic way to draw more color into your yard, and create functional art. It's pretty easy to spice up your space using a few tips.

There are countless ways to incorporate fabric into your garden. Take a jaunt down to your local Al's Garden Center and you are sure to find throw pillows and cushions that will not only be beautiful, but will be able to handle our Northwest weather as well. Having some matching cushions on your wicker furniture will help to create a defined seating area. Adding some throw pillows to a bench is also a great way to make your outdoor seating more comfortable and inviting. Use bright colors and patterns to carry your indoor style out. An-

other very stunning way to create an outdoor space is by using curtains. Hang fabric curtains from an arbor or overhang to block the sun and wind, and also make a bold and elegant statement.

There are many talented people that have created lovely fabric garden art. You can find some unique and gorgeous pieces with a little searching at events that feature local artisans. Try your local farmers market or Gardenpalooza (www.gardenpalooza.com) this spring!

There are some things to keep in mind while you are searching for outdoor fabrics. It can be a challenge to maintain outdoor fabrics here in the Pacific Northwest. Over time any fabric, even those well suited to harsh weathering, will fade and degrade. Help your fabrics last longer by making sure that they are made of durable acrylic. Acrylic will not absorb moisture as well as other synthetics, so it will resist mold and mildew. A flat canvas weave will prevent your outdoor fabrics from collecting dust as well as preventing and hiding snags. A durable outdoor fabric is frequently solu-

tion dyed; the fibers are colored before they are woven together. The trick is to look at both sides; the color and pattern should look the same on the front and back. Remember: the less exposure to the elements, the longer your fabric will last. Even so, a good quality outdoor fabric will only last about five years.

Creating your own accent pieces or garden art can also be very rewarding. Keep in mind though you are creating art that is not forever. Before you begin your project, be sure your base fabric fits the above description to ensure the longevity of your art. Stretch fabric around wire to create shapes, or design your own pattern and stencil it onto the fabric using acrylic paints. Always bear in mind that your project will degrade over time.

Now it's time again to sit back and admire your work! Give your new décor that finishing touch by adding some creative lighting to your space. Drop by your local garden center and pick up some lanterns, tiki torches, or twinkle lights. Then sit back, relax, and take the time to enjoy your garden.

PHOTO CREDIT: CREATIVE COMMONS
LICENSE VIA FLICKR/RUSTIQUEART



PHOTO CREDIT: CREATIVE COMMONS
LICENSE VIA FLICKR/DOUGGAMER08

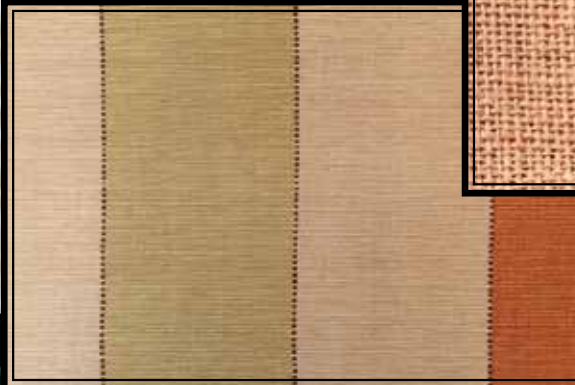
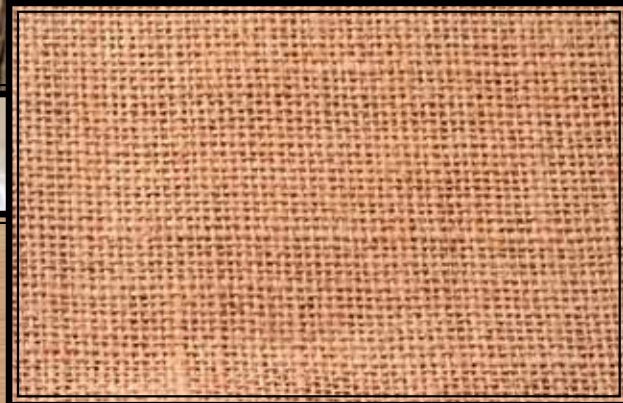


PHOTO CREDIT: CREATIVE COMMONS
LICENSE VIA FLICKR/ZIEAK



PHOTO CREDIT: CREATIVE COMMONS LICENSE VIA
FLICKR/DESIGN IDEAS BY THE GREENERY NURSERY





Grandma says “Eat Your Greens”

**And chard is a great choice,
no matter what color it is.**

by William McClenathan

For a long time, chard (*Beta vulgaris*) has been overlooked in America as a mainstream edible. Fortunately, that is changing. And why not? With its exceptional nutritional value and ease of preparation, it should be in many of our meals.

Although often called Swiss chard, it actually hails from the Mediterranean region. The Greeks and Romans greatly valued it as a medicinal food, noting even long ago how useful it was for good health. The one thing most of us do not know is that chard can be a substitute for spinach in any recipe as it is from the same family.

The large oval shaped leaves, which may be flat or crinkled, have extensive nutritional value, but the stalks (petioles) may also be used. You can BBQ them on the grill like you would asparagus.

But I'm getting ahead of myself...let's begin in the garden. You can easily grow chard from seed or by purchasing the plants at your favorite garden center.

Chard leaves are green, but the stalks come in a variety of colors. Some purists say that the best is the white stemmed chard because its stalks are the most tender and edible. Others say all stalks are edible, which I tend to agree with. The colors they come in include red, pink, and orange, just to name a few. You can buy the 'Rainbow Chard' but really each color is a specific plant, just grown together. The colored stalks tend to hold their beauty even when cooked so they can add some wonderful color to any dish. You can even try a dwarf variety like Pot of Gold if you have a small space garden.

If you buy the plants, put them out after danger of frost is past. Chard prefers full sun in spring and

autumn; however one should do a little planning because summers can be harsh on them so plant them on the north side of corn or other taller vegetables so they get some protection during the summer heat.

Technically, chard is a biennial (meaning it comes back a second year) but most of us treat it like an annual. The summer months can make the whole plant less tender, but if you cut the plant down to about 2-3 inches, new growth will emerge giving you the tender new leaves which are so desirable. Harvesting is easy as well. Just pull off (or cut) the outer leaves as you need them, making sure to not hurt the 'crown' of the plant as this is where the new growth comes from.

In our area, leaf miners can be a problem. If this happens, pull off the offending leaves and throw them away. Vigilance will do more than anything to insure a healthy harvest.

By seed, you would start them 3-4 weeks before (or 10 weeks if a fall crop is desired) the last frost date. The perpetual variety (Territorial Seed has them) will withstand the frosts better and can live in a zone 7 and higher for many years. It is also less likely to bolt (go to seed). Most other seeds that are planted outside before frost dates are over often tend to bolt faster in hot weather.

Even though it can be available year round in our area, its prime time is June through August in grocery stores and Farmers Markets.

Rejuvenate plants in late summer by pulling off old leaves, spreading a little compost over the root zone and drenching with a water-soluble organic fertilizer. They will respond by making a strong comeback



COOKED CHARD

2 tablespoons butter
2 tablespoons olive oil
1 tablespoon minced garlic
1/2 small red onion, diced
1 bunch chard, remove stems and center ribs and coarsely chop together. Chop leaves separately.
1/2 cup dry white wine
1 tablespoon fresh lemon juice, or to taste
2 tablespoons freshly grated Parmesan cheese
Salt to taste (optional)

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for about 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

in early fall. This will allow you to keep picking chard for a few weeks after your first fall frost. And if you are planning to harvest the entire plant, don't forget to do some succession plantings so you can extend your harvest.

To keep chard, place it in a plastic storage bag and wrap the bag tightly around the chard, squeezing out as much of the air from the bag as possible. Place in refrigerator where it will keep fresh for up to 5 days. If you have large batches of chard, you can blanch the leaves and then freeze them.

Chard goes great in quiches, pizza and salads. Anything that spinach goes into can be substituted with chard. Above is a quick and easy recipe to get you started. Hopefully, it will entice you to begin eating more of this nutritional giant in the greens family.

There is a reason Grandma always said to eat your greens. She knew its nutritional value. It looks like science has proven Grandmas everywhere right, again.

50 TYPES OF SAUSAGE

50 YEARS IN BUSINESS

100% DELICIOUS!



Gartner's Meats
 7450 N.E. Killingsworth
 Portland, OR. 97218
 503-252-7801
www.gartnersmeats.com








Ray and Terrill Collier

A True Friend of the Trees

Terrill Collier, an arborist by trade, lives his life as a steward of the Earth.

by Judy Alleruzzo

Terrill Collier is a "Tree guy." Trees are in his blood. As a kid, he worked with his Dad, Ray, in the family business, Collier Arbor Care. This business was started in 1937. Terrill even took off spring semesters in college to help with the heavy workload.

When it was time to figure out a major in college, Terrill decided to learn more about tree pests. He graduated with a degree in Entomology Pest Management from Oregon State University. He is also an ISA Board Certified Master Arborist.

When I was interviewing Terrill about the details of his life and business, we kept digressing to his love of trees, favorite species of trees, and interesting factoids about them. With a twinkle in his eye he said, "Did you know that trees are the tallest living organism on Earth?" I had to think about that for a second before I said, "Wow, I never knew that." He

knows his trivia about plants!

Terrill's mission in life is to educate home and business owners on the wonderful world of trees. He believes in promoting the planting of trees especially in urban environments. He reminded me that trees help control soil erosion, shade our homes in summer, help to filter air pollutants, provide homes for wildlife and add beauty to our world. He is adamant about it and wants to spread the word.

As a man who loves a challenge, he loves to problem solve pests and diseases of trees. Terrill wants to figure out what is going on with the health of his client's trees.

He wants to treat the symptoms and also educate the homeowners on how to take care of the trees on their property. I asked him, "What was one sage

piece of wisdom you could give to all homeowners about trees?" After a few minutes, he said, "Please do not top your trees." Topping creates more problems than it solves.

It reduces the life span of the tree, can cause decay, causes abundance of suckers and totally destroys the natural shape of the tree. He would rather see it correctly pruned to preserve the health and beauty of the tree.

Terrill is not just an arborist by trade but lives the life of a steward of the Earth. He was sustainable and "green" before those terms were popular buzz words.

He learned from his dad to only treat the symptoms presented by the tree. "Dad was organic" before that phrase evolved. He used IPM, Integrated Pest Management to treat tree problems. This means that the solution to the insect or disease problem is reached by looking at the whole plant, its environment and using the least hazardous method to cure the symptoms. Sometimes changing the watering time of day solves the problem.

IPM is the norm for Collier Arbor Care. When Terrill took over the business in 1983, he stepped up the sustainability of his business practices. The company offers 100% organic fertilizers, organic lawn care and pest controls without using dangerous chemicals.

Collier Arbor Care
11814 SE Jennifer St.
Clackamas, OR 97015
503-722-7267
www.collierarbor.com

Friends of Trees
www.friendsoftrees.org



At a Friends of Trees planting

Home Gardeners!
EARTHPOTS®: ready to seed,
ready to grow.
No plastic waste!



EARTHPOT®
LIVE HEALTHY · PLANT HEALTHY

Manufactured by
OBC Northwest Inc. Canby, OR

www.obcnw.com • 1-800-477-4744



Colliers on wooden bikes



Terrill and son Logan at the 2005 Tour des Trees

Terrill calls the landscape surrounding Collier Arbor Care office and warehouse his "Urban Tree Arboretum". He loves to showcase the over 60 different species of trees to clients. What a great idea to be able to see the actual tree instead of a photo on the web or in a book. The landscape also sports a Bioswale to collect and filter rainwater. The sustainability does not end with the landscape as the company buildings and vehicles are included in treating Mother Earth with care! Solar collectors, bio-diesel trucks and the use of organic detergents to wash company vehicles round out the company pledge to be environmental.

Collier Arbor Care even brews the compost tea they use to treat and fertilize trees under their care. All of these practices have earned them the Eco-Biz certification for Landscape Services. This certification "Recognizes businesses that reach high standards in environment protection." It is administered through the Pollution Prevention Outreach Team located in Portland. It is the first such program in the United States.

Terrill's love of trees and gardening extends to his home garden where over 100 species of trees are planted. And when he isn't working or gardening at home, Terrill and his family are supporting good causes such as the TREE Fund.

In 2012, Tour des Trees was held in Oregon. Terrill was the lead volunteer of this event that raised funds for tree research and educational scholarships. His son, Logan won a scholarship 4 years ago.

This movable annual fundraiser brought bicycle riders from across North America to Oregon. Each cyclist logged in about 600 miles on their ride from Banks, Oregon to the coast and then ending up in Portland. Total donations and sponsorships raised \$600,000.

Terrill is an active guy in many organizations including Friends of Trees, a great organization that promotes the planting of trees in Portland-Vancouver and Eugene -Springfield metro areas. Collier Arbor Care is also involved in pro bono work with trees in the Northwest. One such project was the evaluation of The Signature Oak that grows in the 25 acre native oak grove at The Oregon Garden in Silverton, Oregon. Terrill and crew checked out this 100 feet tall Oregon White Oak and dated it at 400 years old. It's a beautiful specimen tree and worth seeing on a visit to The Oregon Garden!

Celebrating their 75th Anniversary in 2012, Collier Arbor Care is still a family business with Terrill's wife, Jan as office manager and their son Logan working with the trees. He has a degree in Urban Forestry and ranks 8th in Northwest tree climbing contests. I can't not say this, "He's a chip off the old block."

Terrill loves all aspects of his business. He loves to solve the myriad of tree problems and to be out working with the trees. He also is a 21st century techno guy and updates their Facebook page and website with beautiful photos and information about trees. If you want to learn more about trees, click on the Collier Arbor Care web page and Friend them on Facebook.

At the end of my talk with Terrill I asked if he could sum up his love of trees. He told me this quote from the Dr Seuss book, The Lorax. After talking and learning so much about Terrill Collier this is a very true statement. "I am the Lorax. I speak for the trees. I speak for the trees for the trees have no tongues."



Terrill and son Quentin at a 2006 Friends of Trees planting

Garden Time

at the

Yard, Garden & Patio Show

Presented by DENNIS' 7 DEES

William McClenathan and Judy Alleruzzo take you on a tour of this year's show, visit vendors and check out the hot trends for 2013.

Garden Time returns for its 8th season on March 2nd!

Saturday February 9th • 8:30-9:30am

Download a \$2 discount coupon at the Garden Time website!

www.GardenTime.tv



A basket of eggs.
Yes, you can have
green eggs and ham.

PHOTO CREDIT: CITRUSCOUNTY.LOCALLYGROWN.NET

The Egg and I

If you're not getting the most out of your eggs, the yolks on you.

by David Musial, Fusion co-host

One of life's most perplexing/profound questions is which came first, the chicken or the egg. This is followed closely by do only brown chickens lay brown eggs and how do I tell if that lone egg in the fridge is raw or hardboiled? Some consider the chicken egg the perfect food. Nutritious, delicious and comes in its own container, although a somewhat fragile container. This article will not tackle the philosophical question, it will deal with the scientific ones and enlighten on all things egg.

Even though it takes an egg to make a chicken, we'll talk about the chicken first, since it takes a chicken to make an egg. Confused? *Gallus gallus domesticus*, or the common chicken is the de-

scendant of an Asian red jungle fowl and was first domesticated in China around 1400 BC. Currently, there are hundreds of breeds of chickens bred and raised for meat, physical characteristics or egg production. Now on to egg production.

When we think of eggs, most of us think that they come from the supermarket. But there is a little more to it than that. It takes a hen (and no it doesn't require a rooster) about twenty-five hours to produce a single egg. It starts with the hen ovulating, which produces a yolk that starts its journey down the hen's oviduct. As the yolk travels through the oviduct, the egg white or albumen is deposited around the yolk.

Towards the end of the journey, the eggshell is deposited around the egg. Finally the egg is laid and the process starts all over again; up to 250-270 times per year. It's interesting to note that eggs are laid large end first. No easing into it, just ouch! Maybe that's why there is so much clucking during the egg laying process.

The egg consists of the shell, shell membrane, albumen, chalazae, and yolk. The shells are normally white or brown, and although white eggs are preferred in the US, brown eggs are more popular in England. Contrary to popular belief, brown eggs do not have more nutritional value. To determine the color of egg a hen will lay, look at the ear, not the feath-

ers. White earlobed hens lay white eggs and red earlobed hens lay brown eggs. Unless the hen is an Araucana which lays eggs that are blue, green, pink and shades between.

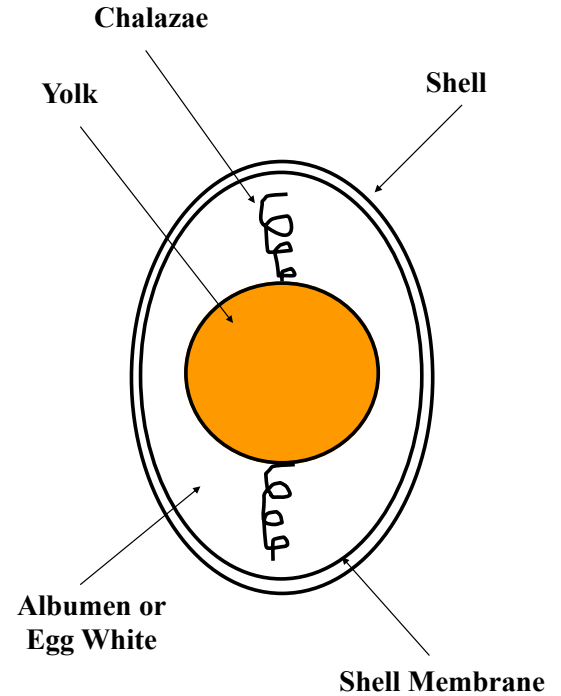
Inside the egg, there is the shell membrane that lines the shell, the albumen; which is the scientific word for egg white, and the yolk which is our favorite part to eat. But what is the chalazae? It is the two spirals on either end of the egg that help to keep the yolk centered and anchored in the egg. It's also the gross part you hate to get in your scram-

bled eggs.

Nutritionally, the egg provides carbohydrates, protein, fat and several vitamins and minerals. A large egg contains about seventy calories of which 63% are fat, 35% protein and 2% carbohydrates. The yolk contains more vitamins than the white, but is very high in cholesterol. The whites are high in protein.

Eggs are graded by the USDA both in size and quality. Sizes range from pee wee to jumbo. Grades are US Grade AA, A and B. US Grade AA are freshest and what you will normally find in the market. They are characterized by thick, firm whites and yolks that are firm and stand high. They should also be clean and free of broken shells. Sometimes when you crack an egg, you may

Egg Diagram



Red ear lobes mean brown eggs.

Clockwise from top:
Sunnyside up, over easy
and over hard eggs.



Lots of egg choices
at the market.



see a small red dot on the yolk. I was brought up being told that it means the egg was fertilized. It is actually a rupture of a small blood vessel and is safe to eat.

Raw eggs should be stored in the refrigerator and used within three to five weeks after purchase per www.foodsafety.gov. The sell by date on the carton will usually fall within the same time period. Some believe that the way to tell if an egg is spoiled is to float it in water. The theory is that if it floats, it has gas built up within the egg and is rotten. It is true that if it floats it is probably spoiled. However it is not foolproof and an egg can be spoiled and still sink in water. When in doubt, it is better to dispose of questionable eggs.

As a food, eggs are best known for breakfast. Sunny side up, over easy, over hard, scrambled, hard boiled, soft boiled and the list goes on and on. For lovers of sunny side up eggs, it is the unique property of the eggs that allow a firm egg white and a runny yolk. This is due, in part to the fact that the white and the yolk set at different temperatures. Whites begin to set at a lower temperature than yolks. If you prefer a yolk not quite so runny, but don't want a rubbery egg white, baste the yolk with the cooking fat so it will cook faster.

Making hard boiled eggs can prove to be a challenge; green ring around the yolk, rubbery egg white and hard to remove shell. While working for a caterer, I learned a method that to date has not failed (see the box to the right). And how do you tell if that lone egg in the refrigerator is raw or hardboiled? Crack it on your best friends head of course. No, you actually spin it on a counter. If it spins smoothly, it is hardboiled. If it wobbles, it's raw.

Although eggs are the cornerstone of most breakfasts, they serve a lot more purposes than that. From savory to sweet, the uses seem endless. Egg noodles, dumplings and quiches are a few examples of savory dishes. They are also key ingredients in some tasty sauces such as hollandaise and mayonnaise. On the sweet side, we have cakes, cookies, custards and ice cream to name a few.

Eggs are also used for their physical or cooking properties. Most food that is breaded before being

fried gets dipped in beaten eggs. They are used as a binder in foods such as meatloaf and egg whites are used to clarify stock. I'd venture to say there are more recipes and uses for eggs than any other single ingredient.

Find a new egg recipe and give it a try. But remember the journey the egg took to reach your plate.

I leave you with this final thought.... The chicken is the egg's way of creating another egg.

Hard Boiled Eggs

While working for Gourmet Productions, a local caterer, I was asked to hard boil six dozen eggs. Before I could get started with my cold water method, I was shown a new method that had great results and if you have ever peeled seventy-two eggs, you know what I mean.

The perfect hard boiled egg: Easy to peel, whites firm but not rubbery and yolks bright yellow but not discolored. Does such a recipe exist? For me it does and I hope it will for you too!

Ingredients

6-12 fresh eggs
White wine vinegar
Salt

Fill a pot with water, place on a stovetop burner and bring to a boil. The pot should be large enough to hold the desired number of eggs and filled with enough water to cover the eggs by one inch, but don't add the eggs yet. When the water comes to a boil, turn the heat to low.

Add one tablespoon of vinegar and one teaspoon of kosher salt (or 1/2 teaspoon of table salt) to the pot. Gently add the eggs. Once all the eggs are in the pot, set a timer for fifteen minutes and increase the heat to high. When the water comes to a rolling boil, reduce the heat to maintain a low boil.

After fifteen minutes, cool the eggs rapidly in a bowl with ice water or in the pot under the cold water faucet. If the eggs are to be used the same day as cooked, roll the eggs along the side of the pot or bowl with enough pressure to crack the egg. After cracking, leave the egg in the cold water and proceed with the other eggs until they are all cracked. Once all the eggs are cracked, you can start to peel the eggs and should find that even fresh eggs peel easily. After peeling, refrigerate until ready to use.

The unpeeled eggs should be placed in the refrigerator after cooled and used within seven days.

Recipe written by David Musial

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

WTDITG

February, the month of Valentine's Day, is for lovers... of gardening! Sure, it's still a little cold, but your plants are preparing for their spring debut. Now is the time to give them a head start by pruning, cleaning, spraying and planting. Everything you do today will pay dividends for the rest of the year.

PLANNING



- Don't forget to add entries into your gardening journal! Planning ahead means you can be more focused on the important projects lined up for your garden spaces this year.

- Mason Bees: If you don't already have a Mason Bee nesting block, then this is the time to get one set up

so you can be ready to attract your own crop of pollinators. Mason Bees will start emerging late February or early March.



- Start thinking and planning what landscaping you want to do this year. Bring photos of spaces you'd like help with into your local independent garden center and ask for their advice.

PLANTING



- Fruit time! Plant blueberries, strawberries and cane berries.

Most of the plants will be available sometime in February - early shopping yields the best selection.

- Bare root fruit trees are available this month.

- Plant sweet peas! These fragrant pretty flowers should be planted late winter or early spring directly into their garden space.



TASKS, MAINTENANCE & CLEAN-UP

- Pruning can be done this month on fruit trees, blueberries, shade and flowering trees, as well as most shrubs. Rose pruning should be delayed until the last half of February. Please do some research before hacking away!

Briefly, pruning is done to improve the shape of the plant, to

open it up to allow more sun in and air to circulate through the foliage. Start your pruning by removing any dead or broken branches or crossing limbs. Suckers and water sprouts can be removed at



this time.

- Prune fall-bearing raspberries now. Check your local garden center for instructions.

- Hose off Blue Spruce and Alberta Spruce, or any spruce for that matter, with a hard stream of water to knock off any aphids feeding on the foliage.

What To Do In The Garden

FEBRUARY

- Dormant Spray with Bonide's All Seasons Spray Oil - a safe and natural pest control that smothers over wintering insects. If needed, dormant spray for diseases with Bonide's Copper Fungicide (dust or spray). Spray according to label directions. (Don't spray dormant oil on blue spruce.)



- Peach trees second spraying can be done this month for peach leaf curl with approved fungus control labeled for

peaches, like Fungonil or Microcop.

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

- Fertilize trees, shrubs and perennials with slow release fertil-

izer like 'All Purpose Tree & Shrub Fertilizer'.

- Soil prep for the garden. Dump on compost and turn over with a spade as it's too early and wet to rototill. You may find it interesting to know that spading the soil instead of rototilling is better for the soil structure, so don't fret if you don't have a tiller. Keep weeds pulled or smothered as you see them.



- Prune roses. The best month for pruning rose bushes is February. Please research good pruning meth-

ods for your rose bushes.

- Get your lawn mower ready for the months ahead with a sharper blade and maybe an engine tune up.

- Boost your lawn now with a

good lawn fertilizer. Do not apply grass seed until late April.

- Look for slug eggs out in the garden. The eggs look like little white BBs and can often be found under rocks and debris in the garden. Raking up and destroying all that you find now will eliminate many hungry adult slugs later. Use Slug magic to get rid of adults. Slug Magic is a very safe product that is only iron phosphate so the pets will not be harmed, but is deadly for slugs and snails. The broken down iron then gets to be consumed by the plants!



VEGETABLE GARDEN

- Check soil temperatures for best planting times for crops desired. Refer back to soil temperature chart (January issue) for best seed sowing times and soil temperature for planting out young starts.



- Plant horseradish, rhubarb and asparagus starting this month. Make sure you hydrate asparagus crowns first by soaking the crowns in water for about 30 minutes to one hour just before planting. This will ensure the roots are well hydrated.

- Plant these veggies and herbs outdoors: peas, arugula, onions, garlic cloves, fava or broad beans, onion sets, chives, parsley and radish.

- Start these veggies indoors: artichokes, bok choy, broccoli, cabbage, celeriac. At the end of this month, start seeds for tomatoes, peppers and eggplant indoors.

- Plant onion sets, yellow, white or red.

- Watch for Walla Walla Sweets plant starts to come out late in the month or early March. It's a good idea to trim off any brown leaves from the green tops as well as set the roots into water to re-hydrate for one-half hour to one hour before planting out.





PLAY TIME

Gardening Events Around Town

Mary's Peak Orchid Society Annual Orchid Show & Sale
Saturday February 2, 2013 • 9:00am-5:00pm
Garland Nursery, Corvallis, OR

Join us for this exceptional day all about orchids. Back by popular demand, Mary's Peak Orchid Society will be joining us once again for their Annual Orchid Show and Sale. There will be exhibits and judging of an array of incredible orchids. Shop the beautiful and unique orchid varieties, receive expert orchid advice, and bring your own orchids in to be repotted for a fee.

Small Fruits and Berries

Saturday February 2, 2013 • 10:00am(W); 1:00pm(S,G)
Al's Garden Center, Woodburn, Sherwood, Gresham, OR

When people think of the PNW they are often envious of the prolific and tasty small fruits and berries we grow here. Even in a small yard – or in pots on a patio – you can grow wonderful berries and fruits. Come learn how to grow both the most and the best! Registration: No registration is required. Cost: No charge. Speakers: Bradley Weeks from Weeks Berries at Woodburn and Sherwood; Bob Dueltgen, OSU Extension Master Gardener with 35 yrs experience growing berries, in Gresham.

Starting from Seed with Success

Saturday February 2, 2013 • 11:00am-12:30pm
Portland Nursery (Division), Portland, OR

Do you want to grow stronger, healthier plants for less money? Join expert Melanie Miller, of EarthPots, and learn how to successfully start your vegetable and ornamental garden from seed. Melanie will cover each step from selecting your seed varieties to planting your starts in your garden. She will discuss tips and technique for indoor seed starting, lighting and fertilizing requirements, hardening off your seedlings, amending your planting beds and much more!

Al's Kids Club/The Sky's the Limit: Growing Sweet Peas

Saturday February 2, 2013 • 11:00am(W)
Saturday February 9, 2013 • 11:00am(S)
Saturday February 16, 2013 • 11:00am(G)

Al's Garden Center, Woodburn, Sherwood, Gresham, OR
Sweet peas are fun and easy to grow. Their delicate fragrance and beautiful blooms have made them a favorite for many gardeners. We will plant a pot of sweet peas and make a little twig tee-pee trellis for them to grow on. Registration is required. Register online at www.als-gardencenter.com or call the store you would like to attend. Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771. Cost: \$5 per child.

Integrating Edibles with Marisha Auerbach

Saturday February 2, 2013 • 1:00pm
Portland Nursery (Stark), Portland, OR

You can make your landscape not just beautiful, but productive, too, if you integrate edible plants in your design! Learn to think beyond the separate raised vegetable bed and grow edibles throughout your garden. Marisha brings a permaculture approach to design, and can help you think of your home garden as a system itself.

Hands On Workshop: Make Your Own Terrarium

Sunday February 3, 2013 • 1:00pm

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

Brighten up the winter doldrums by creating a beautiful terrarium! Get all your supplies (glass container, 3 small houseplants, soil, decorative stones and other décor) plus expert guidance to create your personal mini-landscape. Registration is required and space is limited to 20 people. To register, call Al's in Woodburn, 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771. Cost: \$25.00 per person (includes all supplies).

Portlandia Violet Club Show and Sale

Saturday February 9, 2013 • 10:00am-3:00pm

Portland Nursery (Division), Portland, OR

Take a break from the dreariness of winter and explore the wonderful world of African violets, displayed for show and sale by the Portlandia Violet Club! Take in all the colors and shapes of African violets while strolling our warm tropical greenhouses, purchase a violet to bring home, and register for a class to learn all about caring for your new treasure. Contact Blanch Bunker at blanchebunker@hotmail.com

Chinese New Year: Year of the Snake

February 10-24, 2013

Lan Su Chinese Garden, Portland, OR

This annual event for families and kids of all ages includes lion dances each weekend day, martial arts demonstrations, feng shui talks, dance and music performances, horticulture demonstrations and much more. Each weekday will feature themed activities and demonstrations that reflect the rotating exhibits and programs in 2013 at Lan Su:

Mondays: Chinese Tea & Food
Tuesdays: Plants at Lan Su
Wednesdays: Traditional Scholar's Arts
Thursdays: Health & Wellness
Fridays: Snakes, Fun & Games

Every weekend day includes lion dances, martial arts performances, Chinese calligraphy demonstrations, and more. The two-week celebration of Chinese culture and history

continued next column



kicks off on February 10, 2013 with a "Rolling in the Wealth" feng shui activity and concludes with three nights of specially ticketed, traditional lantern viewings February 22, 23, and 24. See the full calendar of events with descriptions.

Small Fruit Series with Ken Whitten of Portland Nursery
Sunday February 10, 17 & 24, 2013 • 11:00am
Portland Nursery (Stark), Portland, OR

The shrubs and vines of these tasty berries and fruits are key elements in an edible landscape plan. Learn about the needs and qualities of different varieties that do well in this area, and how they can make your garden beautiful as well as providing tasty fruit for fresh eating or preserving. Classes in this series can be taken separately.

Birds, Bees, and Bats; Oh, Boy!

Saturday February 16, 2013 • 10:00am(W); 1:00pm(S,G)
AI's Garden Center, Woodburn, Sherwood, Gresham, OR
 Birds, bees, and bats all play pivotal roles in creating and maintaining beautiful gardens! They help with pollination, eat harmful insects, and help create a healthy ecosystem. Come learn all about these wonderful creatures and how to encourage them to visit your yard and help you with your gardening chores! No registration required. No charge.

Bauman's Custom Basket Seminar

Saturday February 16, 2013 • 10:00am & 1:00pm
Bauman Farms, Gervais, OR

Brian Bauman and Ron Newble from Proven Winners help you pick out your favorite combo of plants for your 2013 hanging baskets. You pick them out, we plant them, and you can pick it up come Mother's Day. Free.

Root-Over-Rock Workshop

Saturday February 16, 2013 • 11:00am
Tsugawa Nursery, Woodland, WA

Have you ever seen a tree grasping a steep cliff with its roots or one that seems to be growing right from the rock itself? This workshop will focus on how to create your own little version of those natural masterpieces. We will also show you how to carve and drill your rock to prepare it for planting. Workshop fee includes plant, rock, pot and soil. Space is limited. Pre-registration is required. Cost of workshop is \$35.00. Silent observers are welcome free of charge. Previous participants are welcome to bring in their successes and failures to share with the workshop.

Foolproof Veggies for Beginners with Rachel Freifelder and Sarah Canterbury of Living City
Sunday February 17, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR

Are you intimidated by the arcana of vegetable growing, and want to start with some sure winners? Rachel and Sarah will talk about ways for beginners to ease into food production—both the growing and the all-important harvest and use. They'll even include some cooking suggestions for what to do with all that kale! Bolster your confidence in the plot and the kitchen.

Demystifying Roses

Saturday, February 23, 2013 • 10:00am(W); 1:00pm(S,G)
AI's Garden Center, Woodburn, Sherwood, Gresham, OR

Roses are the backbone of many gardens and the bane of others. But the bad press they may receive in some quarters is mostly based on outmoded ideas and the use of less reliable varieties. Come learn just how much fun - and easy - rose gardening can be! No registration is required. Cost: No charge. Speakers: Kimberly Bown, OSU Extension Master Gardener and Royal Rosarian, at Gresham. Harry Landers, Horticulturalist, International Rose Test Garden, at Sherwood and Woodburn.

Early Spring Vegetables for Your Garden

Saturday February 23, 2013 • 11:00am
Tsugawa Nursery, Woodland, WA

Join us for an informative class about planting and growing early spring vegetables; what's good to grow and good to eat for our maritime NW climate. Growing your own food was once commonplace and it's a lifestyle that is making a comeback. We'll walk you through some of the varieties you can get started growing right now.

Intro to Fruit Trees with Bill Wilder of Portland Nursery

Sunday February 24, 2013 • 1:00pm
Portland Nursery (Stark), Portland, OR

Come learn about selecting good fruit trees for your needs and your garden's design. Bill will share a wealth of information about the trees' soil, water, light, air, pollination and fertilization needs to help you plant and care for the tree successfully.

LOOKING FOR MORE?

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

continued next column

"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.

Commercial and Print Advertising
Website Design & Maintenance
Shooting • Editing • Writing
Marketing • Producing



GUSTIN
CREATIVE
GROUP

www.GustinCreativeGroup.com

