

May 2013

# garden time

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## Mother May I?

Do you remember this childhood game? You had one person who played the 'mother' and the rest of the kids would be at a starting line. You would try to see who could get to the mother the fastest by asking questions like 'Mother, may I take 2 giant steps?' The mother could choose to say yes or change it to something else and make you do something different. I chose this title for my May editorial because of all the questions we have been getting on Facebook and through the website. The spring gets everyone out in the garden at the first sign of warm weather and then the questions start. 'Can I plant my tomatoes now?' How far can I cut back my perennials?' 'How can I prevent the black spot on my roses this year?' Every year we seem to get a lot of the same questions and we spend a lot of time on the TV show and in the magazine addressing those concerns. We even check in with our various sponsors and friends to see what is happening in the garden during each week of our broadcast season so we can help you stay on top of things in the garden. OSU extension has been a great help to our show and to all you viewers. Jan McNeilan joins us once a month for her Tips of the Month. She, and her husband Ray, bring years of experience to the show from their time as OSU Extension agents. Still there are more questions than we can handle most of the time. That is why we send people to the OSU Extension website ([www.extension.oregonstate.edu](http://www.extension.oregonstate.edu)). There you will find links to sections on gardening, food preservation and nutrition, in addition to other subjects. You can also access loads of research-based information to help you make informed decisions. If you have a question, they probably have the answer on the site.

April showers bring May flowers. It is a saying that we have all heard. Well this year May also brings us some unusual heat. We are getting more hot weather than we have seen in a long time. People should be on the lookout for stressed plants, especially those new seedlings which don't have the root systems established for this type of weather.

May is also the time for flowers! One of the big bloomers for the spring is the rhododendron. In this month's issue we pay a visit to the Cecil and Molly Smith Rhododendron Garden near St. Paul. This is a hidden gem of a garden and is completely run by volunteers! As William will tell you, a short drive to country will reward you with tons of wonderful color. Speaking of gardens, Therese will share with you a primer on English Cottage Gardens and even give you a list of plants to consider if you are trying to build one. If you are into edible gardens we have a couple of stories for you as well. Judy shows you the new 'Bountiful Blue' Blueberry which is perfect for those smaller spots in your garden and Sarah gives us even more reasons to love sunflower seeds as she shares a recipe for Honey Roasted Sunflower Seeds.

There are lots of things to do right now, so don't wait to get permission from Mom to go outside and garden, just do it!

Happy Gardening,

**Jeff Gustin, Publisher**

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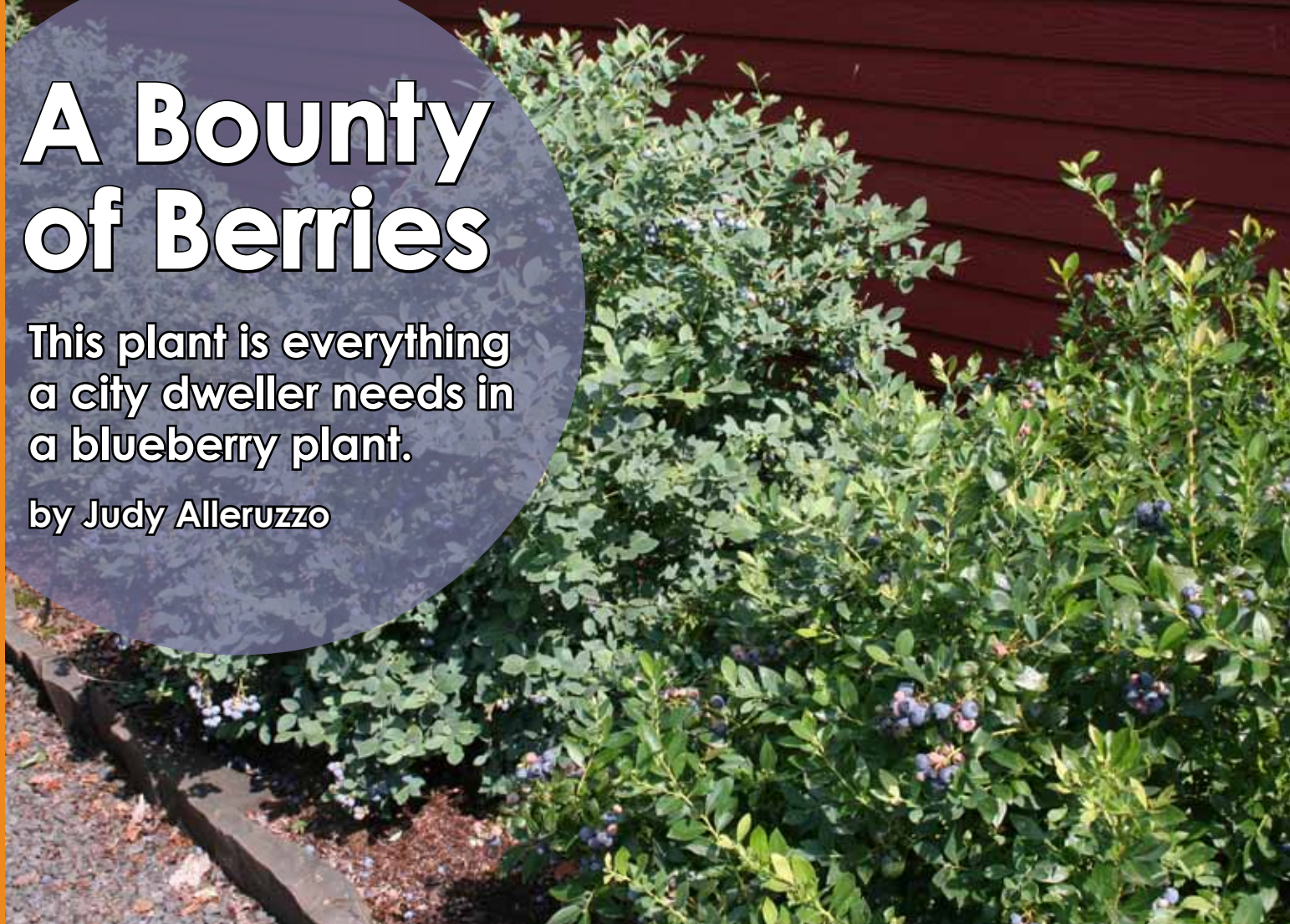
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# A Bounty of Berries

This plant is everything a city dweller needs in a blueberry plant.

by Judy Alleruzzo



Each new season the gardening world brings new plants for all of us to drool over, plant and enjoy. What has been so fun in the last few years is the deluge of edible plants.

The resurgence of veggie and fruit gardening has pushed plant breeders to develop plants for smaller urban gardens. Voila! The new 'Bountiful Blue'® Blueberry has hit garden centers this year!

This plant is everything a city dweller needs in a blueberry plant; compact growth, lots of fruit and ornamental qualities. First let me tell you about how pretty the foliage is all season long. Semi-evergreen leaves have the bluest tinted foliage of any blueberry to date.

If this is not enough, the fall color of the foliage is a rich reddish burgundy.

Moving along to the flowers, you'll see pink blushed buds open to white flowers in spring.

'Bountiful Blue'® is self fertile but if you want to increase fruit production, plant 'Sunshine Blue' Blueberry for even more berries. Sweet, large size, juicy blueberries are ready to harvest in early summer. The compact habit is great for garden, landscape or container. Amend soil with compost, top dress with mulch and water regularly all summer long. By providing deep irrigation, you will help to establish a good root system. Use an acid fertilizer as needed.

Look for 'Bountiful Blue' Blueberry at your favorite independent garden center and enjoy the tasty blueberries later this summer.

## Plant Stats

**Semi-evergreen foliage**

**Spring flowers**

**Early summer blueberries**

**Full sun**

**Ht 3-4 ft tall and wide**

**Hardy to -10F**

## Freezing Blueberries

**Gently rinse blueberries and drain**

**Pat dry**

**Place in a single layer on a cookie sheet**

**Put in the freezer until completely frozen**

**Transfer into a freezer bag or freezer-safe container**

**Enjoy**



Spring blooms



Summer fruit



Fall foliage

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# When Cecil Met Molly



## A passion for Rhododendrons leaves a legacy of grace and beauty. by William McClenathan

I get the benefit of visiting many different gardens, some are private and some are public. Of the public ones, many are opened year round and others for only a short time during each year.

Perhaps one of the most impressive I have been to (because of the sheer age of the plants and beauty of the space) is the Cecil and Molly Smith Garden. This rare jewel is only opened a few weeks each year, but the payoff for visiting it is timeless. With almost 500 Rhododendrons in the garden, one can get a glimpse of how

amazing this family of plants is.

As with all things, each garden has a history, a beginning. This one is no different. I suppose technically, one would say it began in 1951 when Cecil and Molly Smith finished building their new home and moved into it on the current property where the garden is. But before that date, Cecil had begun collecting Rhododendrons in the 1940s. Although he was a grass seed grower by trade, one can clearly see where his true passion was when they visit the gardens. But one cannot discount Molly's

part of this gardening equation. It was by her design that the Rhododendron Loderi's were placed by the house. These mammoth creatures now stand at over 25 feet tall. Cecil lovingly formed them into their current beautiful tree form shapes. Molly also was integral in planting and maintenance, something every gardener knows is a significant part of a well-tended garden. The garden became an oasis for not only a plethora of Rhododendron varieties, but many other plants as well. Molly, always the consummate hostess, would often greet

visitors with home baked cookies for their stroll thru the gardens.

Cecil and Molly were married just one week after the attack on Pearl Harbor in 1941. Upon coming to this area, they lived right next to the property and gardens which bear their name. Because Cecil was in the horticulture industry, they owned quite a lot of land in the Newberg area. I am sure that choosing the sight for their new home and garden was something they spent many hours deciding on.

They also had two boys, Sid and Allen which were raised here. One can hardly imagine playing hide and seek in such a grand place. Little did those two young boys know that someday their playground would become a world renowned garden!

Boy did it pay off. The gardens have many areas that are wheelchair accessible with benches peppered throughout the entire space for taking a rest and drinking in the surrounding beauty.

As if the amazing Rhododendron selection was not enough, complimenting that collection are choice trees, shrubs, wildflowers and bulbs. Each pathway reveals its own visual treat— a moss covered log with plants tucked in the bark crevices, plants thriving on tree stumps and wonderful drifts of wild flowers. Masses of Cyclamen, Narcissus, Erythronium, ferns and Trillium flourish everywhere. When the Rhododendron Loderi's are in full bloom, you catch their sweet fragrance the moment you open your car door,



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**<http://smithgarden.org>**



their cool scent wafts through the entire garden, their size dwarfing almost everything but the massive old Douglas firs.

In 1983 when this amazing couple could no longer continue the upkeep of their slice of paradise, they sold it at half its appraised value to the Portland Chapter of the American Rhododendron Society. Along with the Willamette and Tualatin Valley Chapters of the American Rhododendron Society, they maintain it to this day.

Changes still occur like the three paper bark maples that were planted for Cecil and Molly's three granddaughters, Sheri, Tiffany and Nicole. But the essence of what it originally was can certainly continue to be seen today.

Cecil left his garden for the last time in 1998. Not long after, in 2007, Molly chose to join him. Behind them they left a legacy of grace and beauty; A garden that does indeed specialize in one family of plants, but easily includes so many others as well.

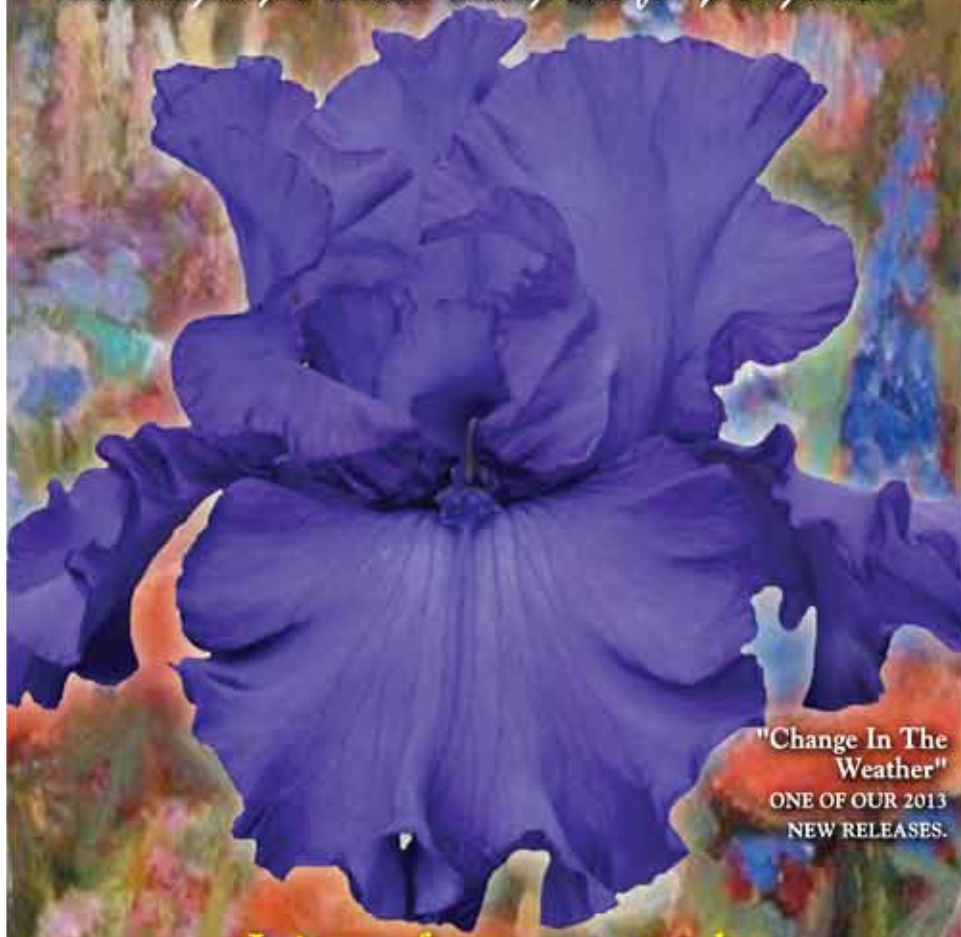
The open garden days this year are Saturdays and Sundays starting in April to May 19, 2013 from 11AM—4PM. There is a very small 3 dollar charge asked for to help defer the cost of the garden maintenance. They also have a plant sale with many of the plants available that live in the gardens. For information on that and other inquiries you can go to [smithgarden.org](http://smithgarden.org). And we invite you to watch the Garden Time segment we did last year on this beautiful garden. (<http://www.youtube.com/embed/tzz8EqQtOSc>).

Each time I visit, I feel like I can still hear the boy's laughter while at play and smell Molly's fresh baked cookies as she came out to meet each visitor. Because of Cecil and Molly's graciousness, this beautiful garden is still available for people to enjoy... and the best thing is this internationally renowned garden is right here in our backyard.

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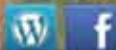
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# Welcome Back, Cottage

**Americans are rediscovering English Cottage Gardens, minus the livestock and pig sty.**

**by Therese Gustin**

Deep purple Delphiniums and pink Foxglove reaching for the sky, delicate climbing roses draped over an arbor, stone paths meandering through a "free flowing" natural garden... a garden out of a Thomas Kinkade painting... that's what I envision when I dream of an English cottage garden.

English cottage gardens date back several centuries and originated as a practical means of growing edible and ornamental plants with an emphasis on fruits, vegetables and herbs. Flowers were used to fill in any empty spaces and provide a source of pollen for bees to insure a bountiful fruit crop. These functional gardens were attached to working-class cottages. Traditionally early cottage gardens

included livestock, beehives and generally a chicken coop and a pig sty. Over time, flowers took over for the mostly edible plants but to this day, herbs, especially fragrant herbs like lavender and thyme find themselves among the more traditional perennials. Generally a cottage garden was bordered by a fence or a hedge and you entered through a rose covered gateway. Flowers popular to early cottage gardens included violets and primroses, various herbs, strongly scented roses, daisies and calendula. Sometimes you would find a well maintained topiary, a sundial (the precursor to the modern garden art) and garden pathways generally made from stone.

Though originally connected to 'cottages' the modern cottage

garden is based more on principles rather than location. Its



PHOTO CREDIT: JON LUTY

casual mix of flowers, herbs and vegetables are generally packed into a small area but contain very functional pathways, fences or hedges. The plant varieties and design are chosen to give the impression of a very casual charming country feel.

Since these romantic natural gardens are informal, there doesn't seem to be any rhyme or reason to the design of an English cottage garden, but upon closer inspection some patterns will emerge. By following a few simple steps, you can create a bit of the English countryside in your own backyard.

The first step is to choose a color scheme. Choosing three or four colors to use throughout the garden will create continuity and flow. Whether you choose pinks, purples, whites and blues to attain a peaceful calming feeling in your garden or oranges, yellows and reds for a bold dynamic feel, repeating these colors throughout the garden will pull it all together. You can add more dimension to your garden by increasing your palette with lighter and darker versions of your main colors.

To design the "free flowing" look, create 3 to 6 foot garden beds that meander and curve. One of the delights of an English cottage garden is discovering what surprises await around the next bend. Fill the beds with flowers that are not symmetrical. Grouping plants of different heights and widths within the bed will give it a more natural look and feel. Balance and harmony comes with the repetition of color and with the leaf textures, leaf sizes and shape of the blooms. Pathways can be made of crushed rock, stone pavers, bark dust or grass.

An English cottage garden would not be complete without structure. Often English gardens have an entry gate or arbor graced with climbing roses or clematis. Interspersed throughout the garden you may place rose or clematis trellises at a corner of the house or tuck them into a bed. Rounding a bend you may position a bench along a path to invite weary visitors to sit and soak in the beauty. Or maybe you want to include a sculpture, water feature or even a bit of whimsical garden art. Adding cobalt blue or more traditional terra cotta clay pots of herbs, annuals or perennials can fill in an empty spot.

If you are thinking of creating a charming informal garden in your backyard, consider a cottage garden. You don't have to travel to the English countryside to experience the beauty and tranquility of a cottage garden but a trip the English countryside would be quite inspiring!



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Flowering Quince  
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Yarrow  
Bleeding Heart  
Phlox  
Holly  
Daisies  
Columbine  
Daffodils  
Thyme  
Iris  
Lavender  
Tulips  
Sage  
Yellow Allysum  
Hyacinth





Purple foxglove



Blue delphinium

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## Here Comes the Sun!

Sunflowers inspired the Aztecs and Vincent Van Gogh and they can inspire you, too.

by Sarah Gustin

Sunflower seeds are full of good things like vitamin E and magnesium. The Aztecs used them as a symbol for the sun god. Vincent Van Gogh used the bright flowers as inspiration to create beautiful and classic art. There is even a mathematical formula for the spiraling pattern of the seeds in the flower head! And they are beautiful and yummy to boot! Lucky you, here in the Northwest you can grow your own very easily.

There are many different varieties of sunflowers. Many have been cultivated to be solely ornamental. Some sunflower varieties can grow to over six feet tall with blooms over a foot in diameter. Some grow to only a foot or two tall and have blooms that are mere centimeters across. These days you can find sunflowers with blooms that are all shades of red, yellow, orange and white. For the most part edible varieties will have larger seeds with black and white stripes. Small black seeds are edible, but those varieties are more preferred by birds, or are pressed to extract sunflower oil.

Wait until there is no longer a danger of frost and

then plant your seeds a half inch deep in groups of twos or threes. Spacing will be variable depending on variety, usually at least a few inches apart, but check the packet or your local garden center for spacing of your particular variety. Sunflowers generally want well drained soil and are not particularly temperamental. I've had outstanding success growing them in a 3' by 3' patch of infertile soil at an apartment complex! For a head start, you can start your seeds indoors. For best results use a seed starting soil mix, like Black Gold.

Roughly two months after planting, the flowers should start to bloom and the heads will begin their typical following of the sun's movement. Sunflowers do tend to have a weaker root system, something that can be problematic for the taller, more top-heavy varieties.

Usually starting about 3 months after planting the heads of edible varieties will be ready to harvest. The florets and petals will wither away, and the seeds may begin to fall. When the seeds begin reaching maturity, all of the neighborhood critters will start



## Simple Honey Roasted Sunflower Seeds

### **Ingredients:**

2 cups raw shelled sunflower seeds  
3 tablespoons honey  
1 1/2 tablespoons oil  
1/2 teaspoon salt

### **Instructions:**

Heat honey on the stovetop or in a microwave safe container until smooth and warm, about 1 minute. Remove from heat; mix in the oil and salt. Stir in the sunflower seeds. Lay the sunflower seeds out as flat as possible on a lined cookie sheet. Bake at 350 for about 15 minutes, or until golden brown, stirring the seeds every 5 minutes and rearranging them into a single layer. Allow them to cool. Break apart the layer into bite-sized chunks.



letting you know. Hungry birds and squirrels may become an issue; the flower heads can be cut off and taken inside to dry or can be covered with a fine netting to prevent birds taking them but also allows them to finish drying outside. Once fully dry, brushing a hand over the head of the sunflower will be enough to dislodge the seeds.

Before eating or storing, your seeds must be fully dried. Store them in small batches in mesh or fabric bags. For long term storage, keep your seeds in an airtight container in small batches. Storing the seeds in bulk will cause them to become musty.

Once your seeds are dry they are ready to be munched! Shelled or unshelled, eat them raw, or try out our yummy honey roasted sunflower seeds as an easy snack for summertime picnics or hiking! Be a garden artist this summer and plant a little bit of sunshine in your yard.

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# The Family That Stays Together

The Pohlschneiders of French Prairie Gardens find strength and success in each other.

by William McClenathan

Every Garden Center has a story. This month we are going to take a look at the one written by French Prairie Gardens.

Like many of the wonderful nurseries in our area, French Prairie Gardens started as a simple roadside stand that sold extra produce from their farm. It was started also as a 4-H project for one of the Pholschneider family's brothers. The year was 1987 when Stacy Pohlschneider was only 4 years old. Eventually, the 4-H project turned into a FFA project too. Never wanting to waste anything, the small stand turned into a larger stand that now serves as the Pig Racing barn for their Fall Festival.

It seems the natural growth of these produce stands is to begin to sell flowering plants and French Prairie Gardens was no different. Even though the first greenhouse they put up in 1993 was so they could start vegetable

seeds, it wasn't long before they were growing flowering plants as well. By 1996, business had grown so much that they added their current retail building as a large scale produce stand. It wasn't long (1997) until the family decided to start planting hanging baskets. They built two more growing greenhouses to grow the hanging baskets in. The idea was that this could supplement the seasonal sales... and it did.

But the family's passion for plants did not stop at the edge of their property. They were the first growers to start mixing varieties at the plant shows they were attending, including the Clark County Home & Idea Fair and the Canby Master Gardeners Show.

They sold their hanging baskets out of portable greenhouses and EZ-up tents, located behind the farm market.

In the Fall of 1997, they also started the Fall Harvest Festival

by adding hayrides out to the pumpkin patch and offering a corn maze for visitors. The following year they began offering school tours, a Hay Maze, and finished construction on the animal barn. For a couple of years, the family took a rest and became comfortable with all of those changes... but that would not last for long!

By March of 2000, they built a gutter connect greenhouse, one of now 3 bays that serves as their retail show house to sell baskets and bedding plants in. They quickly realized that just one 80 x 30 greenhouse wasn't going to hold everything that they had to sell. So in March of 2002, they built a second retail show house, which was also 80 x 30, doubling the selling space. Perhaps for the first time, they felt like they were becoming more of a Garden Center, offering annuals including Hanging Baskets, bedding plants and a small selection of perennials including Roses.

## French Prairie Gardens

17673 French  
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The fall of 2002 saw the introduction of the 'Pig Races' (which are hilarious to watch) for their Fall Festival and an increased size of the Hay Maze. Along with the produce that was offered to customers, the family decided to start a Community Supported Agriculture Program (CSA), and had around 25 members the first year. Customers would get to share in the farms bountiful harvest of fruits and vegetables. In 2004 the Strawberry Festival was introduced which offered people a chance to U-pick Strawberries and receive a Hayride out into the field.

But changes did not stop there. The spring of 2005 saw the addition of the bakery. And to every customers delight...real bath-



rooms! And each year since, something has changed or been added. Fresh fruit from the farm in their baked goods (2006), expanded customer parking (2007), new concrete (2008), Production was moved to make room for retail expansion (2009), new landscape additions (2010), and events too! Like Berries, Brews and BBQ, Grilling in the Garden Dinner for customers to have a real farm to table dinner right on the farm, and a Ladies Night! In 2012 they added Happy Hour on the farm Thurs-

day and Friday during the summer months, offering Beer and Wine along with tasty farm to table appetizers.

Obviously, the Family Pohlschneider are go getters! French Prairie Gardens is family owned and operated. Out of the 7 members of the family, 5 (including one spouse) currently work in the business.

And in 2008, they needed that amazing familial strength when their sister Emily (just 33 years old at the time) was diagnosed with Gestational Trophoblastic Disease, a rare form of cancer. She battled valiantly for over 3 years, was in and out of remission multiple times, but unfortunately for her, the cancer kept coming back. Some might say she lost her amazing and courageous battle with cancer at the age of 36, on October 24, 2011, but this writer thinks of this tragedy not as a loss for us here on earth as much as a win for Heaven, because surely this delightful soul must continue to look down and inspire her family. And even in tragedy, the family chose to celebrate their daughter and sister's life by turning a horrid time into a mission statement. In the fall of 2012 they hosted the first 'Fight For Your Life 5k',



in memory of Emily. Because she loved to run in the fields of the farm, that is where the 5k is held... and what better way to run with Angels and keep this wonderful human's memory alive, while helping to spread information and gain financial assistance for cancer research. Last year they had over 200 people from the local community come support the event and raised over \$10,000 for the foundation! 2013 will see the continuation of this noble event. The date is September 29, 2013. For more information about the race or to help support this cause visit [FightForYourLife5K.com](http://FightForYourLife5K.com).



Even though the last few years were harsh, the family continues to find great hope for the future and continues to strive to create a place where all are welcome.

To the Pohlschneiders, the future has endless possibilities! They will continue to open the farm to their customers and encourage them to be a part of it, and to celebrate life. Because they know first hand that something as tiny as a seed can grow into what can sustain the body and the soul. Check out their website for directions on how to get to the farm and garden center, and a listing of all the fun events held there throughout the year.



*Hulda Klager*  
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From left to right, black, Navy, red kidney and Cannellini beans.



## Despite the old saying, these are... Worth a lot more than a hill of beans.

by David Musial

"You'll never amount to a hill of beans...."

Well, not a very complimentary saying for such an important food. One that is so deeply woven in the fabric of man's history, has been cultivated for several thousand years, is extremely rich in nourishment and has launched a thousand jokes. We are referring to legumes, genus *Phaseolus* specifically and beans.

Beans have been cultivated for over 10,000 years and along with cereal grains are one of the first crops cultivated by man. They have been found in Egyptian tombs and Spanish explorers brought new varieties back to Europe. During the Middle Ages, they were an important dietary

staple and still are in Asia, Latin America and North Africa. As a dietary staple, beans have become known as the poor man's meat.

Beans are in the Leguminosae family and are annual plants. The word legume can refer to the plant, the seed and the family. We know legumes more commonly as beans, but they also include peas and peanuts. Some beans are eaten fresh, but the majority are sold dried. The ability to store dried beans is one of the factors why it has always been such an important crop.

The real value in beans is found in their nutrition. They are very rich in protein and through their roots symbiotic relationship with nitrogen in the air, not only creates

the protein but enriches the soil. The downside is that the protein in beans is not complete as they lack some amino acids. For this reason, most cultures have grown cereal grains along with beans so that by combining the two in the diet, you achieve a complete protein. A familiar combination would be rice and beans.

In my family, Navy Bean Soup was served with Corn Muffins. I'm not sure if my Mom knew she was creating a complete protein, but I never gave her credit. Excuse me while I make a call....

Other nutrients include folic acid, potassium, iron, magnesium, zinc and copper to name a few. Beans are also a great source of dietary fiber. Speaking of fiber, this brings



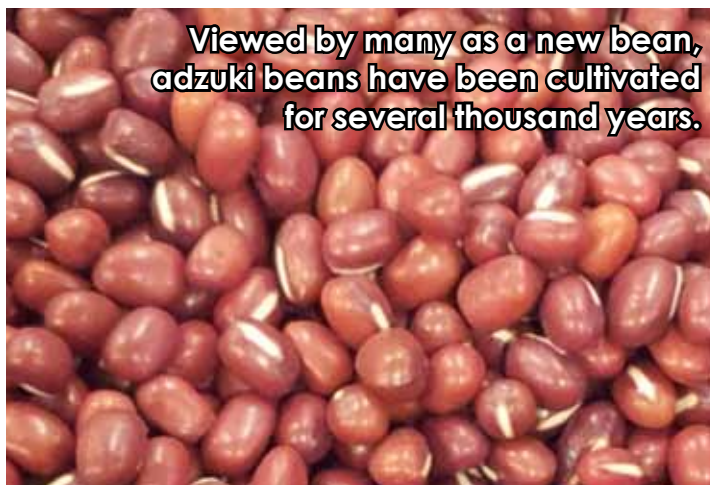
A unique selection of beans found at a local specialty store.

up the delicate subject of beans and...how can I put this politely, gas.

Sing along and I'll tell you the story of beans, beans the musical fruit...

So what is it about beans that make so many of us uncomfortable? Quite simply, the outer skin is made up of an indigestible sugar known as oligosaccharides. The enzymes in the digestive tract are unable to break the sugar down so they arrive intact in the small intestine where bacteria break the sugar down. The end result is that gas is formed, small children laugh and a genre of jokes is born.

To reduce the gaseous effects of beans, you can use



**Viewed by many as a new bean, adzuki beans have been cultivated for several thousand years.**

the quick soak method described later or use a longer cooking time which overcooks the beans. Mushy beans vs. gas. It's a personal choice!

There are hundreds of species of beans, but only a handful reach the market. Some are familiar and some 'new'. Most of these new beans have been around for years, just not in our markets and some are heirloom varieties being reintroduced. Beans can vary in taste and color, as well as texture and consistency.

The more familiar beans are kidney, small red, small white, Navy, black and pinto beans. Some of the newer to market varieties include cannellini, adzuki, anasazi, and flageolet beans. The small red beans turn a



**Cannellini Beans are traditionally paired and taste great with tuna.**

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**Buying beans in the bulk section is very economical.**

beautiful pink when cooked but the pinto beans and some of the newer varieties with beautifully mottled patterns have their colors wash out and become solid when cooked. One of my favorites is the pinquito bean found in Santa Maria, California and made famous at their local barbecues.

Cooking beans is simple, but a few rules will improve results. First, always rinse your beans. I've found everything from small dirt clods, twigs and rocks, to unidentified seeds. Next, beans need to soften before cooking, if not, they will cook unevenly. Two methods can be used, the traditional and quick method.

The traditional soaks the beans overnight for about twelve hours. Rinse the beans, cover with water and soak overnight. The quick method is rinse, cover with ample water and bring to a boil. Remove from the heat and let sit covered for one hour.

In both methods, you drain the soak water and rinse the beans. Since the quick method actually cooks the beans, you will lose some nutrients when you drain the soak water. Remember to always simmer your beans, not boil. It takes time to soften the inside of your beans and if you boil them, the outside will disintegrate before the inside cooks.

A few other considerations when cooking dried beans:

- Only use just enough liquid to cook and add additional liquid as needed. Too much water leaches color, flavor and nourishment.
- Add salt and acids like tomatoes at the end of cooking since both toughen the outer skin and make even cooking difficult. Baked beans are an exception to the rule as they are cooked low and slow.



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- Beans cook best in soft water. If you have hard water, add a pinch of baking soda.
- Lastly, just because beans are dried doesn't mean they don't lose quality over time. Beans stored in light and air tight containers should last a year. Older beans are more difficult to cook.

In closing, I leave you with a favorite soup recipe from my childhood and this joke:

Q. What do you call someone who doesn't pass gas in public?

A. A private tutor.



Serve corn bread with Navy Bean Soup for a complete meal.

## Navy Bean Soup

*Serves 8-10*

This hearty soup is easy to prepare with only three ingredients and has great flavor from the smoky ham hock. Since the real flavor of the soup comes from the ham hocks, be sure of the quality and don't substitute with bacon as the results will be disappointing. As a child, my Mom served it with corn muffins accompanied by butter and jam, making it a complete meal. For fans of Campbell's Bean with Bacon Soup, try adding some finely diced carrot to the soup while cooking and finish with a little tomato sauce. The results are very similar.

2 lbs Navy or small white beans

1 ½ lbs ham hocks

4 qt water

To prepare the beans, rinse under cold water until clear. Place in a large pot with about four quarts of cold water. Cover with a lid. The next day, drain the soaking water and rinse the beans once under cold water.

Add four quarts of water and the ham hocks. Bring to a simmer and partially cover with a lid. After 1 ½ hours, remove the ham hocks and set aside. Check the beans for doneness and continue to cook until tender. Total cooking time is 1 ½ to 2 hours.

Remove the meat from the ham hock, roughly chop and add back to the soup. The soup is now ready to eat served with a generous grind of black pepper or cool and refrigerate for up to seven days. The soup may also be frozen for three to six months.

*Recipe written by David Musial*

# W T D I T G

The month of May is the best of all worlds. Most of the Spring flowers are still in bloom. The weather continues to get warmer and, occasionally, teases us with an almost-summer-like day. And, the fruits of our labors (figuratively and literally) start to reveal themselves. It also ushers in the arrival of plant-harming insects. Be vigilant! Your plants are counting on you to protect them.

## PLANNING



- Get ready to hang your flowering baskets. This is the best month for getting a basket or three to hang outdoors and show off your green thumb to all the neighbors. Use a good flower fertilizer every other watering to get the best results.

- Get the watering system ready for summer irrigation. Check hoses for leaks and the sprinklers

to make sure they still work well. This would be a good time to create a more automatic drip irrigation system for the gardens!

- Keep a check on soil temperature for veggies you can plant out this month. Most of the warmer season veggies will be able to go in this month.



## PLANTING

- Divide your stored dahlia clumps and plant the tubers. Dahlias produce more flowers on thicker stems if lifted in the fall

and then divided in the spring and replanted.



- Flowers & Annuals: Plant out gladiolas,

begonias, canna lilies, dahlia and lilies bulbs. Planting after

mid-month should be safe for all these annuals: marigolds, asters, fuchsias, wax begonias, geraniums, daisies, salvias, snapdragons, stock... in other words, most all the annual flowers!

- Perennials like carnations, candytuft, delphiniums, daylilies, phlox, cone flowers, lavender and heuchera are just a few of the varieties of perennials you can plant right now.

- Landscape planting now still

gives the plants a good head start on a strong root system before the summer heat sets in.

- This is the month to plant your Rose bushes. They also make a great Mother's Day gift!



- Tomatoes and other warmer weather veggies can go in now.

## TASKS, MAINTENANCE & CLEAN-UP

- Watch for late frost! This is the time of year the late frosts can do the most damage when plants have flower buds ready to burst and we get all excited and plant out everything we can find. Cover the tender plants when frost is forecast with Harvest Guard protective yard and garden cover.
- Remove Rhododendrons spent flower heads as

soon as they are done blooming. This is mostly for appearance because the plants will set buds for next year even if they are not deadheaded.

- Protect young plants from slugs with Bonide's Slug magic. Be on the lookout for the little eggs that resemble white B-Bs. Using Bonide's Slug

# What To Do In The Garden MAY

Magic is safe around pets and breaks down into usable iron for the plants to consume.



- Monitor plants for insects like aphids and spittlebugs and the like. Most control can be handled with a burst of water from the hose or hand picking off.

- Be on the lookout for codling moths on apple and pear trees. Adults typically emerge in May-June. Pheromone-baited traps can be used to reduce populations of male moths. Remove brush, debris, and culled fruit from orchards. Remove loose

bark to eliminate possible hiding places for cocoons. Wrap trunk with corrugated cardboard or burlap to trap migrating larvae. Periodic removal of these tree wraps to destroy cocooning larvae, can help a lot.

- Watch for notching insect feeding damage on rhodys and other broad-leafed evergreen plants. This could be the root weevil and it is a bit harder to detect. Go out at night with a flashlight to see them eating your rhodies or place some paper below the plants at night and tap on the plants. If you hear the little 'plops' of something dropping onto the paper, you may get to see the sneaky root weevil adults. Once the soil temperature is 55F or above you can use the safe

organic 'Beneficial Nematodes' around the plants if the weevils are found. BN are safe to use and work up to two years to totally destroy root weevil adults and grubs.

- Over seeding a grass lawn or starting from scratch: May is a good month for both of these tasks. Fertilize the lawn once every two months



for optimal color. Mow a bit higher as the weather warms. If you have used a moss killer on the lawn, don't put down grass seed for at least 6 weeks after that application.

## VEGETABLE GARDEN

- Vegetables - Monitor soil temperature to see when you can safely plant out the warmer season crops. Wait until the soil is consistently above 70 F to plant out basil, cucumber, eggplant, melons, peppers, tomatoes and pumpkins or squash.

Plant anytime in May by seed: Arugula, Asian greens, snap beans, broccoli, brussels sprouts, carrots, cauliflower, celery, cilantro, sweet corn, dill, kale, lettuce, green onions, parsnips, potatoes, radishes, slow bolting spinach, swiss chard, turnips.

Plant out these starts in May (waiting for warmer soil temps for above mentioned veggies): Artichokes, basil, beans, broccoli, cabbage, cauliflower, celery, collard greens, cukes, eggplant, kale, leeks, lettuce, onions, parsley, peppers, squash, swiss chard, tomatoes and watermelon.

- Consider planting the veggie garden in what is called 'intensive planting' style AKA 'wide-row gardening'. This will pro-



duce the most amount of produce from your space available! Traditional practice of planting long rows is not as productive as planting closer together and in 3-4' wide blocks. The benefits of closer planting; easier to mulch, less weed growth, snap to water, little wasted space and the cool shade created by the foliage for soil and roots.

- Control many vegetable insect problems by covering the crop with a row cover, like Harvest Guard.

- Control the many below ground insect pests like root maggots safely by using Beneficial Nematodes once the soil temperature has reached 55 F or warmer. These little microscopic creatures seek out and consume over 230 soil dwelling garden pests.



- Control weeds by covering them, in between the rows, with layers of wet black and white newspaper or cardboard covered with compost.



# PLAY TIME

## Gardening Events Around Town

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### **OSU Master Gardeners Association 26th Annual Fund-raiser Plant and Yard Sale 2013**

**Friday-Sunday May 3-5, 2013**

**Marion County Demonstration Garden, Salem, OR**

Hours: Friday 4:00pm-7:00; Saturday 9:00am-5:00pm; Sunday 11:00am-4:00pm. 3180 Center St. NE, Salem, OR

### **29th Annual Spring Garden Fair**

**Saturday-Sunday May 4-5, 2013**

**Clackamas County Event Center, Canby, OR**

Hours: Saturday 9:00am-5:00pm; Sunday 9:00am-4:00pm  
Clackamas County Master Gardeners(tm) presents the annual Spring Garden Fair, held the weekend before Mother's Day since 1984. Join us Saturday, May 4th and Sunday, May 5th, 2013 at the Clackamas County Event Center in Canby. We are hosting over 180 vendors with Plants, garden art, décor, tools, supplies, supplements and lots more! <http://cmastergardeners.org/SpringGardenFair.htm>. 694 N.E. 4th Ave Canby, Oregon

### **What to do in the Garden in May**

**Saturday May 4, 2013 • 11:00am**

**Tsugawa Nursery, Woodland, WA**

This is our monthly seminar on what should be done in the landscape and garden. May is the busiest month for sowing those delicious annual summer crops, but sowing lots of seeds is not the only task at hand. Join us for this seminar to find out how to keep your landscape and garden growing on the right track. Bring pictures and samples for our experts to look at during the Q & A portion. This is a regular seminar on the first Saturday of every month so remember to put it on your calendar!

### **Everything Edible Gardens**

**Sunday May 5, 2013**

**Garland Nursery, Corvallis, OR**

From growing your own mushrooms to making your own wine, we've filled a day with free classes to educate and inspire you to grow your own food or grow something new. Garland Nursery experts, Kate and Karen, will be sharing how to have a lush garden full of vegetables and fruit. Ryan from Soul2Grow will take the mystery out of growing and harvesting your own mushrooms. For craft beer lovers, we have a treat for you! Dave from Oregon Trail Brewery will share how to grow your own hops, and from those, brew your own beer. From Amity, Oregon, Mia Sonatina Cellars will be giving a presentation on wine, as well as, having wine by the glass for purchase from 12 p.m. to 2 p.m. After a day full of discussing wonderful, fresh homegrown foods and beverages, we are sure your tummy will be rumbling! First Alternative Co-Op

will be here with food to purchase. Join us the first Sunday in May and enjoy a day of Everything Edible. Visit our website for scheduled time of classes.

### **23rd Annual Polk County Master Gardeners Plant Sale**

**Friday-Saturday May 10-11, 2013 • 9:00am-5:00pm**

**Polk County Fairgrounds, Rickreall, OR**

New, unusual, rare and hard-to-find plants of all kinds are the focus of the totally revamped, 23rd Annual Polk County Master Gardeners Plant Sale set for Mother's Day weekend, Fri. May 10 and Sat., May 11 from 9 a.m. to 5 p.m. in building "C" at the Polk County Fairgrounds, 520 S. Pacific Highway W (99W) in Rickreall. Admission and parking are free. For more information on the Plant Sale or Polk County Master Gardeners call 503-623-8395 or visit <http://extension.oregonstate.edu/polk/mg>.

### **Little Sprouts: Flowers for Mom**

**Saturday, May 11, 2013 • 11:00am**

**Garland Nursery, Corvallis, OR**

Mothers love hand crafted gifts and adore flowers. For this Mother's Day, our Little Sprouts are combining the two for the ultimate Mother's Day gift. We will review the different types of blooms displayed and how to care for them. Then, each Little Sprout can plant a beautiful flowering pot to take home to mom. Registration Required; Call (541) 753-6601 to register. Cost: \$5 per child.

### **The Mother's Day Rhododendron Show and Plant Sale**

**Saturday-Sunday May 11-12, 2013**

**Crystal Springs Rhododendron Gardens, Portland, OR**

The Mother's Day Rhododendron Show and Plant Sale are held on Mother's Day weekend when the rhododendrons and azaleas in the garden are at the peak of their glorious color. This is a judged showing with awards offered by the Portland Chapter of the American Rhododendron Society. The public is welcome to enter both shows - bring flowers before 9am Saturday to enter. The plant sale includes an exceptional selection of plants as well as books and free plant care advice.

### **Open House Weekend**

**Saturday-Sunday May 18-19, 2013**

**Cascade Nursery Trail,**

**Beavercreek, Molalla, Silverton, Salem and Canby, OR**

Cascade Nursery Trail specialty nursery members will be opening their doors to the gardening public during their Open House weekend events May 18-19, Saturday 10-5 and Sunday 10-4. Clustered conveniently around the north Willamette Valley, an easy drive from Portland or Salem, these



seven nurseries offer an incredible plant selection. Come out for a day in the country, meet the owners, tour the gardens and find plants you may not see anywhere else.

Check the website at [www.CascadeNurseryTrail.com](http://www.CascadeNurseryTrail.com) for more information on the trail; also check each nursery for their events schedule for this fun filled weekend.

Follow the trail for a plant adventure with Garden Thyme Nursery, Highland Heather, Nowlens Bridge Perennials, Out in the Garden Nursery, Sebright Gardens, Secret Garden Growers and Wild Ginger Farm. Phone contact (503) 651-2006

### **Elk Rock Annual Fundraiser Plant Sale**

**Saturday-Sunday May 18-19, 2013 • 8:00am-6:00pm**  
**11800 SW Military Lane, Portland, OR**

This year we plan to have unusual perennials for sun and shade, varieties of clematis and other unique vines, selections of woodland plants, hardy fuschias, rock garden specimens and hardy shrubs for sun and shade.

### **Gardening on the Move**

**Saturday May 25, 2013 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

with Karen Wolfgang and Isabel LaCourse of Independence Gardens LLC. If you have not (yet) settled down, but you still want to grow your own food, this class will offer tips and tricks for gardening on the move. Karen Wolfgang and Isabel LaCourse of Independence Gardens LLC, will discuss practical skills with container gardening, creating movable planting areas, transplanting, and proper plant care, as well as how to address some of the more emotional challenges of caring for a garden that goes with you wherever you go.

### **Tomatoes Tomatoes Tomatoes**

**Saturday May 25, 2013 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

with Tracy Turner of Westwind Gardens  
 Come discover the secrets to growing bountiful tomatoes in Oregon. Join Master Gardener Tracy Turner of Westwind Gardens and learn everything you ever wanted to know about tomatoes. She will discuss planting times, cultural requirements, fertilizing needs, watering systems, and much more. There's nothing like home-grown tomatoes!

### **Tomato Talks**

**Sunday May 26, 2013 • 11:00-12:30pm**  
**Portland Nursery (Division), Portland, OR**  
**with Tracy Turner of Westwind Gardens**

There's nothing like homegrown tomatoes! Discover the secrets of growing juicy, bountiful tomatoes in Oregon with Tra-

cy Turner, of Westwind Gardens. Tracy will teach you everything you ever wanted to know about successfully growing tomatoes and what they need to be happy and healthy. She will discuss essentials such as planting times, cultural requirements, fertilizing needs, watering systems and much more.

### **Bloom Season**

**May 10 through June 9, 2013**

**Schreiner's Iris Gardens, Salem, OR**

Open to the public. May 25, 26 & 27: Wine Tasting, Live Music, BBQ & Memorial Day

Sat, Sun & Mon, May 25-27, Noon to 5:00 p.m., Wine tasting with Methven Family Vineyards of Dayton, Oregon. Enjoy a glass of wine as you stroll through the gardens or with your picnic. Parking and gardens are free and open to the public. Wine available for purchase.

Saturday May 25, 1:00 p.m. to 3:00 p.m., hear local musician Zachary Duell on trumpet and keyboard.

Monday May 27, 2013 from 11:30 a.m. to 4 p.m. Join us for our annual Schreiner's Iris Gardens Memorial Day Chicken BBQ featuring the culinary delights of the Gervais Knights of Columbus.

Capital City Jazz Band entertains garden guests from 1 p.m. to 5 p.m. This annual event takes place every Memorial Day and is filled with fun for the whole family.

Gardens and music free of charge; BBQ meal \$11.00 (includes a 1/2 chicken, coleslaw, baked potato, and beverage). Mt. Angel Sausage Co. will serve sausage and salmon on site all weekend. Tour Group Rates available upon request. Contact us to request more information.

Bring the kids! Face painting available for a small fee.

### **Hulda Klager Lilac Days**

**Through May 12, 2013 • Daily 10:00am-4:00pm**  
**Hulda Klager Lilac Gardens, Woodland, WA**

\$2 entry fee. 115 S Pekin Rd Woodland, WA 98674.  
 (360) 225-8996

### **LOOKING FOR MORE?**

You will find more events and updated information on the Garden Time Events Calendar  
[www.gardentime.tv/events.htm](http://www.gardentime.tv/events.htm)

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-Jeff Gustin, President

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