

July 2013

garden time

A Digital Monthly Magazine for Your Garden & Home

Elk Rock, the Garden of the Bishop's Close

Portland's Buried
Treasure Rediscovered

Artichokes
Miniature Roses

Ferguson's Fragrant Nursery's
Dani Ferguson

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Celebrating Independence

July is the month when summer really begins in the Northwest. We also celebrate our nation's biggest holiday on the 4th, Independence Day. I would like to combine the two and declare that we become more 'independent' this summer. What I mean by that is we need to stop working so hard and enjoying more. My wife and I have taken trips to Italy and France, and when we returned from both trips we told ourselves that we would spend more time enjoying life, have more wine, take more walks and smell the flowers a little more. But, within a few weeks, sometimes even days, we are back to our old routine of working too hard, both in life and in the garden. This summer is going to be different! I vow to spend more time with friends, more time in the hammock and a lot less time worrying about the garden. That's not to say that I'm going to stop working in the garden, no, far from it, but I think I'm going to adopt a couple of new rules. Once the compost bin is filled, I'm done! I think we will plant more plants. More plants, less weeds. And I may just hire my daughter to mow a little more often (she's gotta pay off those student loans!) Who knows, this may be the start of the best summer ever! If not, at least I tried!

Speaking of independence... I have a little more free time now since the Garden Time show has gone back to a half hour program. We had three wonderful months of having an hour long program. Everyone loved it. We were able to have an extra 3 to 5 garden stories each week and we also were able to throw in a couple of 'home and entertainment' stories as well. Being the only local home and garden show on TV is great, but it is hard to try to squeeze everything in the show each week, and now it becomes harder! How do you fit all those ideas into just a half hour program?!? If you loved the one-hour format you can thank our sponsors (really! Stop in their stores and thank them!) and our TV partners. The TV stations, KOIN TV in Portland, KWVT in Salem/Portland, and KEVU in Eugene are great partners of the show and they were more than happy to make room in their broadcast schedules for our hour long program. KOIN and KWVT even repeated the shows when they had room!

Speaking of room, you will find out that you don't need a lot of room for a garden with one of our featured stories this month. Therese took a trip to Heirloom Roses to see the great selection of miniature roses they have and to learn about 3 of the favorites that can fit in any garden or container. Another way of saving space is to build a rock garden. William writes about rock gardens and how to fit them into those tough spaces in the garden and since the plants tend to be small, you can even build a rock garden in a container! We also have a couple of 'parks' in this month's magazine. We pay a visit to the Elk Rock Garden at Bishop's Close, a little gem in the Dunthorpe area of Portland and we also fill you in on Dani Ferguson from the award winning Portland Parks and Recreation department and also owner of Ferguson's Fragrant Nursery.

We really wish you all the best Independence Day ever and we hope that it spreads into a summer of independence days for you and your family. Now, celebrate your new independence, get out there and do nothing!!!

Happy Gardening,

Jeff Gustin, Publisher

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A Treasure, Rediscovered

A Native American legend, a British term and an Episcopal cleric combine to create a local gem.

by Therese Gustin

The Elk Rock Garden at Bishop's Close is a treasure of a botanical garden tucked into a Dunthorpe neighborhood overlooking the Willamette River. Originally the home of Peter Kerr, a native of Scotland, the estate, along with an endowment for maintenance and upkeep was donated after his death by his daughters in 1957 to the Episcopal Bishop of Oregon on the condition that the garden be open to visitors. Because of this generous gift, we have the pleasure of visiting this gem of a garden year-round.

The Episcopal diocese named the gardens "Elk Rock Gardens of the Bishop's Close". 'Elk Rock' is believed to get its name from a Native American legend that thought this was a good spot to stampede a herd of elk over the cliff. The 'Close' part of the name comes from a predominantly British use of the word meaning "an enclosed area around a church or other sacred space".



Peter Kerr moved to Portland in 1888 and started a grain business. He along with his brother and business partner bought the land on a hillside overlooking the Willamette River in the early 1890's. They lived on the property in a cottage called "Cliff Cottage" until his brother and partner married and moved elsewhere. Kerr remained on the property and married Laurie King in 1905. The couple had two daughters Anne and Jane. They lived in the cottage until 1916, when they moved into a new house resembling a Scottish manor. John Olmsted, the landscape architect who also designed Central Park in New York City and Lithia Park in Ashland, Oregon, designed the garden and sited the house for a grand view of Mt. Hood.

This spectacular 13 acres is a place for relaxation and meditation. It is not a picnic type of garden and it has no public restrooms, but a great place where you can enjoy some huge plant specimens and some private quiet time. Meander along the gravel pathways and take in the grandeur of its large trees. The garden is widely known for its many varieties of magnolias as well as for outstanding examples of many other native and exotic plants. Be sure to walk to the edge of the property where you can rest on a bench overlooking the Willamette River. Tucked along the curving pathways are ponds and small waterfalls. So enjoy a quiet stroll through a beautiful garden with incredible views



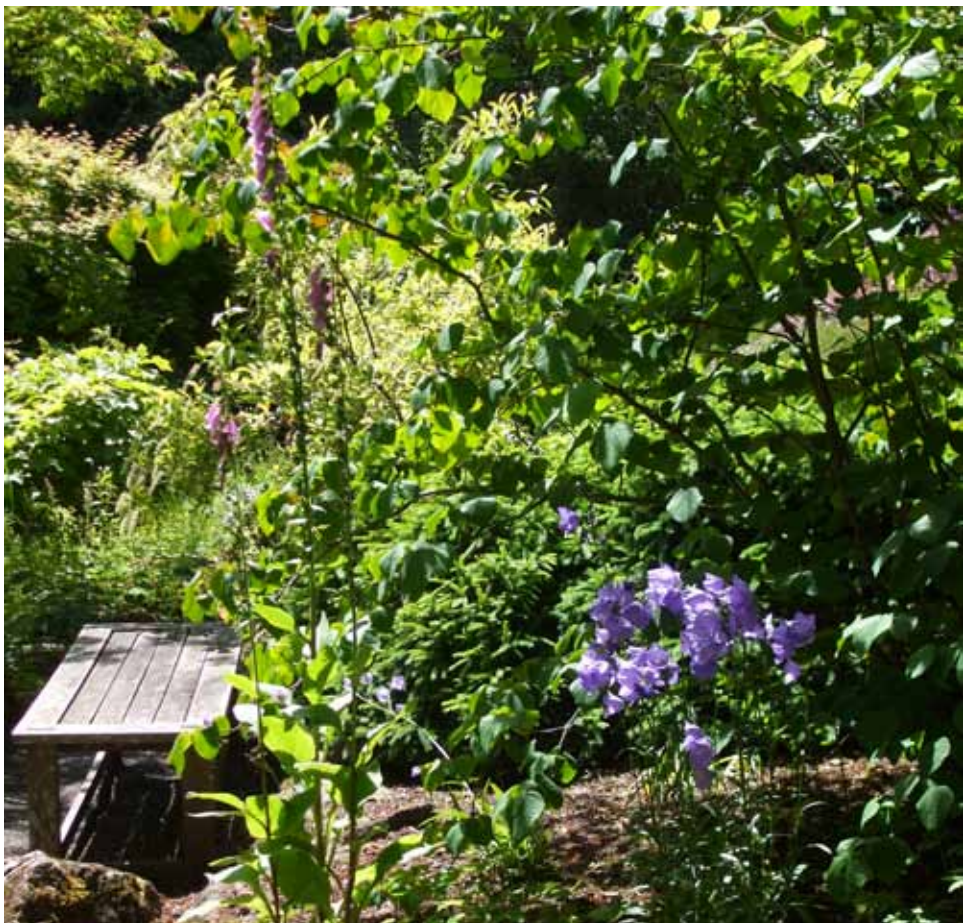
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8 am-5 pm**



and while you do, be sure to thank the Kerr sisters who so generously donated this lovely estate for all to share.



The Elk Rock Garden Foundation

<http://www.elkrockgarden.org/>

The Friends of Elk Rock Garden were formed in 1994 to protect and maintain the garden.

The Mission of the Friends of Elk Rock Garden:

To preserve historic Elk Rock Garden, the Garden of the Bishop's Close as a private English landscape garden open to the public;

To protect its rare and unusual collection of plants and its tranquil character; and to perpetuate the garden created by Peter Kerr for the enjoyment of future generations.

How Can You Help?

Elk Rock Garden is maintained with funds from an endowment. You can make a contribution to the garden fund, you can become a member of the Friends of Elk Rock Garden, or you can put a donation in the box at the visitor center.

Friends of Elk Rock Garden Membership Levels:

Sequoia Members....(\$500)

Magnolia Members...(\$250-499)

Friends.....(\$100-249)

To find out more about The Friends of Elk Rock Garden or get visitor information, email or write to:

Friends of Elk Rock Garden
PO Box 69244
Portland, Oregon 97239
Email:
friends@elkrockgarden.org



Small Wonder

With miniature roses,
big things come in
small packages.

by Therese Gustin



Miniature rose garden
at Heirloom Roses

When I think of miniature roses, I imagine petite plants sitting on a patio table inviting me to take in their enticing fragrance. While that can describe one type of miniature rose, this classification of rose can be represented by shrubs ranging from 6 inches to 3 feet tall. There are even miniature climbing roses that can reach up to 8 feet tall.

That may seem like an oxymoron, but miniature roses can be found in all the same colors as hybrid tea roses with flower forms that can be found as single (five petals), semi-double, double (multi-petaled) and even clustered (multiple flowers on one stem). What makes them 'miniature' is their smaller flower and leaf size as compared to a grandiflora or tea rose.

Miniature roses are prolific bloomers and with proper 'deadheading' are quick to repeat their bloom. After the flowers have died back, just pop off the spent flower. For cluster type miniature roses, cut the whole stem back to a leaf to encourage repeat blooming. Like most roses, miniatures love sun and are heavy feeders so be sure to feed them every four to six weeks for maximum bloom. Most miniature roses are disease

resistant but proper fertilization can also increase the health of the plant which naturally improves disease resistance. The best places to enjoy these beauties are in containers, borders, window sills and raised beds. They are the perfect addition to a small yard or patio.

I found my favorite miniature rose at Heirloom Roses.

Admirable: What first attracted me to this lovely pale pink rose was its heady fragrance. I have it in a container near my patio table where I can enjoy the aroma every time I sit out on my deck. The flowers are doubles and resemble an English rose. Each flower averages about 1.5"- 2" in diameter. The shrub can reach up to three feet. The foliage is semi-glossy and in my experience very disease resistant. I see an occasional aphid which I spray off with a strong stream of water or a squirt of insecticidal soap. Bred by Sean McCann of Dublin, Ireland, Admirable is hardy to zone 5 and is aptly named... an admirable addition to your rose collection.

Cheryl Malone, the lovely marketing manager of Heirloom Roses in St. Paul, OR shared two of her

favorite miniature roses as well.

Whimsy: This beautiful cluster-flowered rose boasts 17 to 25 petals per flower. Although it has just a mild fragrance, its amazing color doesn't disappoint. Whimsy's flowers are white, opening up to pink streaks and flecks. The reverse of the petal is white. It flowers in flushes throughout the season and stays relatively short and compact, reaching a height of about two feet. These very large double flowers adorn medium glossy light green foliage.

Daddy's Little Girl: Cheryl especially likes this one for the name! This is truly a minia-

Watch the
Garden Time story on
miniature roses
<http://www.youtube.com/embed/xqqQYq17MCQ>

ture rose reaching only a height of one foot to eighteen inches. Though there is little to no fragrance to this rose, its flower color is spectacular! Rose-pink with a lighter reverse, the small double (17-25 petals), cluster-flowered Daddy's Little Girl produces 1.25-inch blossoms and blooms in flushes throughout the season. This miniature rose

exhibits small buds and small, semi-glossy, medium green foliage.

One of the best places to visit and see these and many more miniature roses is the Miniature Rose Garden at Heirloom Roses. Lovingly started by John Clements, he was passionate about growing and hybridizing miniature roses. His enthusiasm for growing and sharing his passion with us has enriched our senses and our gardens.

So add a few of these miniature beauties to your garden and bring some vibrant color and intoxicating fragrance to your own backyard.



'Near You' miniature rose



'Admirable'



'Daddy's Little Girl'



'Whimsy'



Rock Your World

**What defines a rock garden:
The setup or
the plants?**

by William McClenathan

Rock gardens are amazing things. They are a very specific kind of gardening and have been around since we began to garden.

The main thing that defines a rock garden to me is the plants. Others may say it is the setup of a rock garden because without the proper set up, the plants will not survive. Perhaps it is "six of one, half dozen of another". The reason for this is because it is the plants that attract me, and then I do what I need to so they have the environment they require to thrive.

Rock garden plants are very specific. However, because rock gardens can be found in nature in almost every climate in the world, there are many plants that will acclimate to a rock garden setting. But once you see a true rock garden, you would want to remain true to the purest design you can for your environment.

I will give you a list of some of the rock garden plants that

will live in our area. We will also look at how best to create the best environment for those plants so your final goal will be one of success, as none of us wants to work to fail.

One of the charms of rock gardening is that while the plants are generally small, they often have large flowers. This is nice because you can still enjoy great color and blooms, but when not blooming; rock gardens require a closer inspection to appreciate their beauty. The pasque flower (*Pulsatilla vulgaris*) is a perfect example. Others, such as campion (*Silene schafta*) and maiden pink (*Dianthus deltoides*), cover themselves in flowers.

Although rock garden plants are often slow to establish, there are also many quick-growing ones. As the slower ones fill in, these fast growers can be cut back often, or moved to another space somewhere else in the garden. Rock soapwort (*Saponaria ocyroides*) spreads easily in a low mat, as does creeping phlox (*Phlox stolonifera*).

By adding *Aubrietia* and basket of gold (*aurinia saxatilis*) you can have blooms in the first year as both of these bloom in spring.

Spring and early summer are often the highlight of the rock-gardening year, as many plants are at their peak, but you can enjoy the other seasons as well. Snowdrops (*Galanthus* spp.), the petite *Crocus chrysanthus*, and the tiny hoop-petticoat daffodils (*Narcissus bulbocodium*) are among the first to announce the arrival of spring. *Penstemon* and *Sedum* species, evening primroses (*Oenothera* spp.), prostrate speedwell (*Veronica prostrata*), and small daylilies (*Heemerocallis* spp.) provide color throughout summer, while *Aster* species and cultivars and California fuchsias (*Zauschneria* spp.) bloom in the fall.

For year-round interest, I like hens and chicks (*Sempervivum* spp.). They are evergreen, often with colored foliage, and can be squeezed into cracks and crevices or used to fill holes in rocks.

Rock placement is an important design issue if you're building a rock garden from scratch. While you can certainly pick up ideas by observing natural sites, I find it's easier to learn from other rock gardens where the scale is more similar to that in my own garden. Three tips when working with rocks: First, start with the big rocks and finish with the small rocks. Second, always bury large rocks by at least a third if you want them to look natural. And third, use just one kind of rock per garden.

Make the most of the rocks when you plant, allowing creeping plants to fill the cracks and drape over their edges without covering them completely. I especially like to group rock garden plants to emphasize their contrasting growth habits, such as mat-forming alpine pinks (*Dianthus alpinus*), clumping bloody cranesbill (*Geranium sanguineum*), and an upright pencil point juniper (*Juniperus communis* 'Pencil Point').

Numerous species of stonecrops (*Sedum*) create flowing color in rock gardens with small, colorful, star-shaped flowers that grow in large clusters. The *Sedum ewersii* and *Sedum spurium* "John Creech" brighten rock gardens with pink flowers. Basket-of-Gold plants produce dense clusters of blooms in hues of yellow; the perennials blossom in single or double flowers. The many varieties of common aubrieta (*Aubrieta deltoidea*) add a splash of color to rock gardens with fuchsia, purple and blue-violet flowers with four petals.

Ground Covers

While saxifrage (*Saxifragaceae*) are popular as rock garden plants in the Pacific Northwest, several species also grow in Mediterranean climates. The creeping perennials spread by runners of round green leaves with pink undersides and white veins. The *S. umbrosa* also offers tiny pink flowers on red stalks while the

S. stolonifera has white flowers. Epimedium plants include low-growing perennials that fare well as ground cover in rock gardens, forming a low mass of leathery leaves with heart-shaped leaflets. The tiny waxy flowers of epimedium range in color from hues of white and yellow to pink and red. Wild ginger (*Asarum caudatum*), a West coast native plant, suits rock gardens with a lot of shade. It has heart-shaped leaves and grows well in foggy areas. The fragrant plant fills gardens with a scent resembling ginger.

Shrubs

Lavender (*Lavandula*) shrubs provide rock gardens with fragrant plants that are useful in potpourris, dried flower arrangements and as an herb. It grows as green spikes, some as high as 4 feet tall, topped with spires of densely-packed lavender flowers. The African boxwood (*Myrsine africana*) is a slow-growing evergreen that grows up to 8 feet tall and produces glossy rounded leaves. Several species of juniper shrubs (*Juniperus*) work well in rock gardens and add various

shades of green and blue-green. The Angelica Blue Juniper (*Juniperus chinensis* "Angelica Blue") produces dense bushes of blue-green needle-like foliage and grows up to 6 feet tall.

Grasses

Adding grasses to a rock garden provides motion as the plants sway in the wind and offer a visual break between flowers and shrubs. Feather grasses (*Stipa*) grow in clumps of wispy needle-thin grass. Mexican feather grass (*S. tenuissima*) is bright green with a delicate appearance growing up to 3 feet tall. Feather reed grass (*Calamagrostis*) has a similar shape to feather grasses and grows to the same height. The variety *C. acutiflora* "Karl Foerster" produces delicate pink flowers at the top of its stalks. Blue Oat Grass (*Helictotrichon sempervirens*) has blue stalks and wheat-colored blooms, growing to about 3 feet high.

Whatever you decide, just remember that gardening is a process. So just enjoy that process and see what a wonderful place a rock garden can become.



An Exotic Treat

The artichoke is, at once, both grown-up and funny-looking.

by
Sarah Gustin

I still remember my first artichoke. I was about ten, and the neighbor girl's mom had just finished boiling a head for an evening snack. It was the funniest looking veggie I had ever seen! I stood in awe as she peeled apart the spiked leaves, spooned up some melted butter, and peeled away the fleshy base with her teeth. To me artichokes seemed like the most grown up and exotic vegetable I'd ever seen.

Native to the area surrounding the Mediterranean, artichokes have been prominent in the area's food and culture for centuries. They grow exceptionally well in the mild sunny climate there, and are so prevalent that they find their way into many festivals and ceremonies. It makes sense; the artichoke has the highest levels of antioxidants of any vegetable, and can aid digestion as well as lower cholesterol.

Lucky for us, with a little care, we can have fresh artichokes here in the Northwest! Artichokes are perennials, and can be started from seeds or starts. Starting from seed is a commitment; your artichokes very probably won't fruit for a full year. If you do have seeds, start them indoors under a grow light in late winter. Plant starts after the last frost of the season. Plant them in full sun, about three feet apart. They will get big; at least a few feet tall. Be sure to keep them mulched and watered. Around midsummer you will begin to see the distinctive artichoke buds. When these are one to



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Mediterranean Stuffed Artichokes

4 medium artichokes, trimmed and ready for steaming

1 lemon

1 pound sausage (lamb is traditional)

1 medium onion, chopped

5-8 cloves garlic, minced

2 Tbs. Mediterranean seasoning OR

2 Tbs fresh minced oregano

2 Tbs fresh minced parsley

1 Tbs fresh minced dill

1 Tbs fresh minced rosemary

2 cups bread crumbs

$\frac{3}{4}$ cup crumbled feta cheese

$\frac{1}{4}$ cup chopped kalamata olives

5 Tbs olive oil.

1 egg

Bring a pot of lightly salted water to a boil. Rub cut artichokes with lemon, squeeze remaining juice into the water. Add artichokes and cover, simmering for about 15- 20 minutes or until the bottoms can be pierced with a knife. Drain water away, and allow artichokes to drain upside down while they cool.

Preheat oven to 400 degrees F. Sauté sausage, onion, garlic, and spices in 1 Tbs olive oil until the meat is thoroughly cooked

and onions are tender. If using fresh herbs, toss in during the last minute of cooking. Allow to cool.

Gently separate the artichoke leaves to reveal the lighter center. Using your hand, pinch and twist the leaves to remove them and discard. Use a spoon to scrape out the choke and discard. Place artichokes in a baking dish.

In a large bowl mix sausage, bread crumbs, cheese, olives, oil, and eggs.

Pack into artichokes, and drizzle the tops with oil. Bake about ten minutes, or the tops are golden brown.

three inches across they are ready to harvest. The size of the mature bud will depend on the variety of artichoke you choose. Be sure to check about harvesting with your local garden center expert.

The artichoke is a member of the thistle family, and if you do not harvest the buds, they will become very fragrant beautiful purple blooms. Artichoke plants will only produce for about four years. During that time, however, you should begin to see shoots come up off the bottom of your plant. These can be dug, separated, and replanted. In the fall, cut back your plants and mulch them to protect them from the cold. A very harsh winter may still kill your plants, even if they are protected.

There are several ways to enjoy your fresh artichokes. When I first tasted one it had been boiled. Before boiling or steaming your artichokes you may wish to trim off the thorns on the end of each of the leaves. This step is optional; the thorns will soften as the arti-

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choke cooks. Slice the tip off the top of the artichoke as well as the stem, leaving it about an inch long.

The stem is also edible, but is more fibrous and bitter than the meat of the leaves. Rinse your artichokes and place them on a steaming rack above a few inches of water, cover, bring to a boil, and then simmer for about 20 minutes. Alternately, insert them directly into boiling water, reduce heat to a simmer and let simmer for 20 minutes. You may wish to add some lemon or vinegar to your water to prevent browning. Your artichoke is done when the bottom can be pierced with a knife.

To eat your artichoke simply peel off the large leaves, dip them in a yummy sauce, and peel off the inner bottom flesh of the leaf with your teeth. The rest of the leaf may be discarded. Once all of the leaves have been removed you have easy access to the most tender part of the artichoke, the heart!

First you must remove the fluffy hair-like fibers called the "choke". This part of the artichoke is not edible. Once that is scraped away, you have the heart! Use a paring knife to remove any excess stem and outer leaves. Slice up this part and eat immediately, or use in another recipe. Cooked artichokes will keep in the fridge for several days. Uncooked artichokes have a surprising shelf life as far as vegetables go, lasting two or more weeks.



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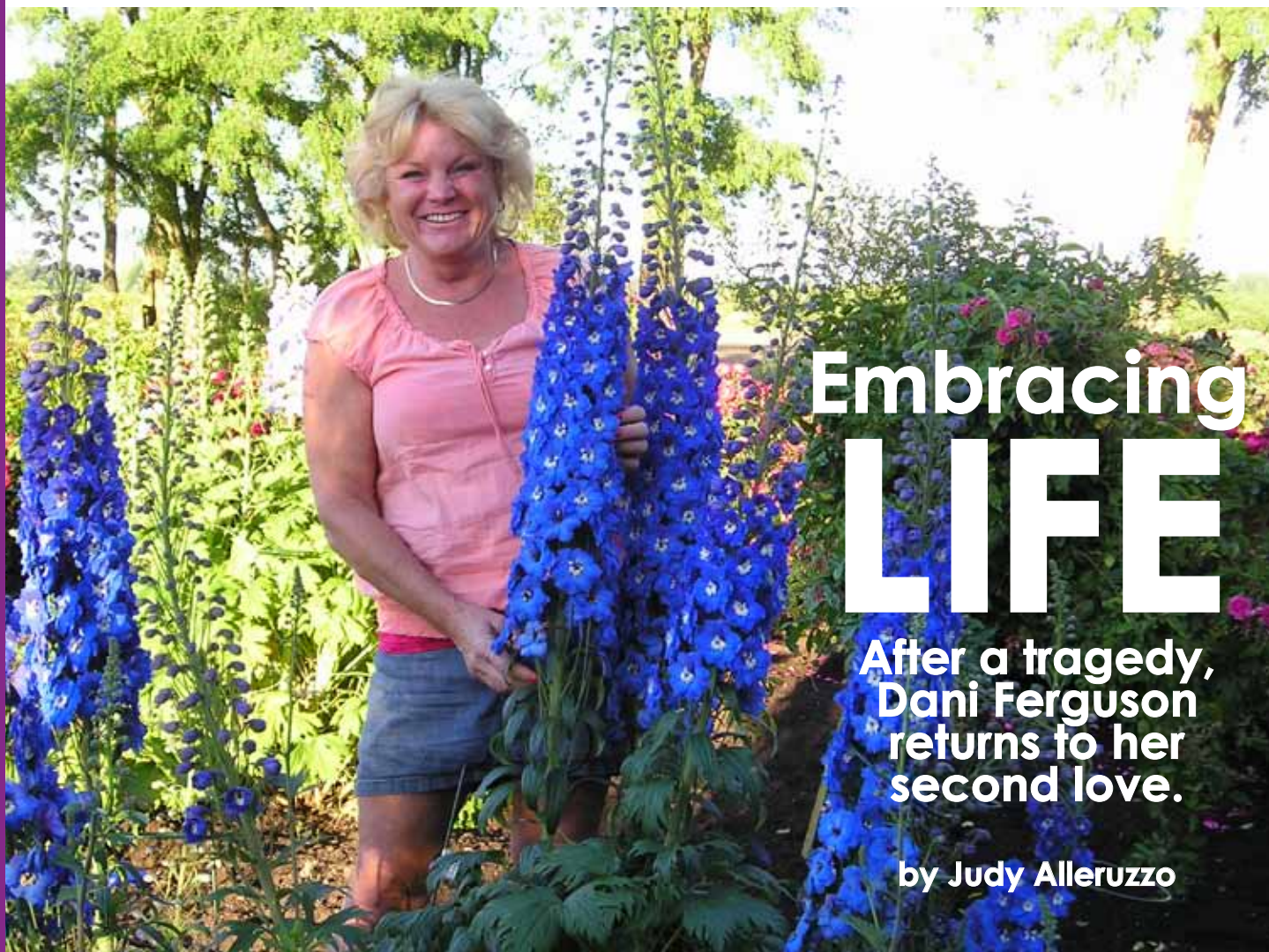
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Embracing LIFE

**After a tragedy,
Dani Ferguson
returns to her
second love.**

by Judy Alleruzzo

Hugs—If you have ever met Dani Ferguson in person more than once, you have gotten one of her wonderful hugs. She is quick to smile and make a friend. She is a genuinely great person and our Garden Time Hortie of the Month. She is the owner of Ferguson's Fragrant Nursery and also works for Portland Parks and Recreation as the Downtown NW Parks Maintenance Supervisor.

She's a busy person.

These days Dani is smiling a bit once again. Two years ago, after a long illness, her husband Jeff, AKA Fergy; nursery co-founder and best friend, passed away. Dani and her two children were heart sick. The loss of Fergy and the downturn in the economy led to a struggle at the nursery. But Dani, determined to push forward, decided to work once again

for Portland Parks and Rec. She believes a person has many chapters in their life. Her new chapter is unfolding every day.

In the late 1980s, Dani and a few college girlfriends from Ohio drove out to Oregon to see where Harry & David's was headquartered. That year, Dani's Mom sent her delicious fruit from that company and she was determined to seek them out! The girls loaded up Dani's Dodge Charger and drove to the Pacific Northwest. Besides finding Harry and David's, they discovered Oregon is a beautiful state. Dani caught Fergy up in the excitement and they moved out as soon as they graduated. Needing a job when they arrived, Dani got one as a Horticulturist for Portland Parks and Recreation; A great job in an Eden of urban nature.

The story of Ferguson's Fragrant Nursery was born during Dani's years at Portland Parks. She and Fergy drove to many areas of the Willamette Valley searching for the perfect spot to start their nursery. The idyllic setting of St Paul called to them and Ferguson's Fragrant Nursery began in 1996.

When talking with Dani for this article, she said she found a letter she wrote to her son and daughter about beginning this new chapter in their parent's lives. It is a reminder of the beginning of her dream of owning and growing plants for a retail nursery. Today the lovely rural setting of the nursery has several greenhouses, beautiful plants for sale and a spectacular landscaped border. The nursery is ringed almost 360 degrees by a huge display garden.



Cloud Forest in Washington Park

It is filled with trees, shrubs, perennials and vines climbing over arbors. There are paths to wander down and benches to sit and enjoy the scenery. Plus there are many, oh so many fragrant flowers to breathe in! The ever changing garden is something to see anytime of the year.

Dani loves her staff that handles the day to day jobs of running the nursery and taking care of customers. She tries to be there as much as possible to lend a hand and her hugs to all that visit.

The next chapter in Dani's life is the latest one of being back at Portland Parks and Recreation. She is responsible for the maintenance of 30 parks including Washington Park, Tom McCall Waterfront Park and the grounds surrounding Pittock Mansion. She has the area from downtown Portland

to west of the city.

Dani guides a dedicated team of people who work very hard making the Portland Park System a standard of excellence other cities strive to match. Few large cities can boast such a multitude of urban green spaces. Crews take care of day to day maintenance of the parks under her watchful eye. Lawns are mowed, shrubs trimmed and diseases and pests monitored.

"We use the IPM (Integrated Pest management) approach to taking care of problems", says Dani. We look at trimming out problems or removing plant material with recurring pest problems.

Portland Parks strives to be as sustainable and economical as possible to care for the city's parks. "The Beast" double grinds all

non-diseased plant material and it is reused through the parks as mulch. Dani says, "We are always looking for ways to save money and be green".

Many projects just completed or in the works highlight Dani's new chapter. She is enthusiastic about all of them. The Cloud Forest is a newly planted area just above The Holocaust Memorial in Washington Park. Dani states this is a design and project of Stefan Bump and Bill Zanze, both Horticulturists of Portland Parks and Rec. They took an area of invasive plants and turned it into a wonderful showcase of species Rhodies and companion plants. The American Rhododendron Society stepped in and gave a grant to the project.

A narrow gravel path takes you past a hillside of large leaf Rhododendrons, Rhodies with snow



white, fuzzy leaves, ferns, May Apples and Jack in the Pulpits. These plants are among tree stumps and rotting tree limbs serving as nursing logs to host many other new plants.

Another completed project is the new neighborhood park in The Pearl called The Fields Park. This is an off leash dog playground for urban pooches and their human friends plus walking paths and a children's playground. It can be seen from the Fremont Bridge. Dani is glad to see new green spaces being developed in Portland neighborhoods.

Dani's newest project is the restoration of the terraces at Pittock Mansion. To get to the rebuilding of the terraces, the whole established garden surrounding them had to be cataloged, inventoried and removed to await replanting. This project is planned to be completed by October when the

Pittock Mansion's Centennial Celebrations begins.

Dani is "impressed by the collective management style" of Portland Parks and Recreation. "We strive to involve all people to make the best decisions for the parks". There is "much passion of the employees, they all care so much. Even in these times of budget cuts, they work hard to make the parks look their best". There is also a cadre of volunteers who work alongside staff to add assistance in helping the parks be their best.

In 2011, this high caliber level of Portland Parks and Recreation earned them The National Gold Medal Award for Excellence in Park and Recreation Management. This yearly award is given by the American Academy for Park and Recreation Administration and the National Recreation and Park Association. It is quite an honor to

be recognized by these two organizations.

All of us that play in and visit these parks know that every year is a Gold Medal year for our parks. We are quite lucky to have the parks in our city spaces and neighborhoods throughout Portland. We are doubly lucky to have Dani and the Portland Parks and Rec staff and volunteers to take care of them so well. You may not run into Dani at your neighborhood park but take a drive out to Ferguson's Fragrant Nursery and you might get to catch one of her infectious smiles and maybe even a hug!

Ferguson's Fragrant Nursery

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St. Paul, OR 97137
(503) 633-4585
<http://www.laurenwyliestudio.com/Fergusons/>**



Portland Rose Garden



Rules of the Roast

With a little attention to detail, you can learn to cook like a caveman.

by David Musial

Oven roasted corn ingredients.

PHOTO CREDIT: DAVID MUSIAL

What is the difference between a Prime Rib Roast and a Charlie Sheen Roast? Taste. One tastes good and the other is in poor taste. Roasting; the food preparation, not the Comedy Central TV special, is an ancient food preparation method that over time has evolved into cooking in the oven. However, not all cooking in the oven is considered roasting. Confused? Read on....

No one knows for sure how man first discovered how to cook with fire, but there are a few theories. One is that a caveman dropped a large chunk of meat in the fire. Not wanting to waste the day's catch, the meat was retrieved with a stick and eaten. Voila, barbeque was invented; A little crisp, but good tasting. We also believe it was a caveman, not woman, who dropped the meat, since to this day men insist on handling the barbeque.

The other theory is that the same chunk of meat was set down by the fire and our caveman became distracted; as they often did, and when he returned to the meat, one side was partially cooked. Finding the partially cooked side superior to the raw side, he quickly learned that if he gave the meat a turn, it would be cooked evenly.

The next progression was probably cooking meat, on the stick, over the fire. This kept the fingers from burning since oven mitts were not available. This led to the development of the

spit, which has been used for hundreds of years. Eventually, the spit was moved indoors to the hearth. To better control the cooking, food was moved to the side of the fire, as opposed to directly above, and a pan was placed underneath to catch the drippings. This placement of the meat reduced flare-ups on the spit and with the pan drippings, gravy was created.

The final evolution of roasting came with the invention of containing heat in a box or as we call it today, the oven. So are all things prepared in the oven considered roasting? No, some are considered baked and the definition of baking versus roasting varies from cook to cook. Additionally, some purists consider all cooking in an oven as baking since they believe roasting in-



Credit the caveman who dropped a steak in the fire with creating the barbeque.

PHOTO CREDIT: THELIFESTYLELITE.COM

volves radiant heat directly from the heat source.

Purists aside, a few things help to differentiate roasting and baking. Roasting always uses dry heat in an uncovered pan, whereas baking can use dry or moist heat. Roasting involves food that either has fat or fat added. Baked food can have fat, but doesn't require fat. Lastly, most accept that roasting involves savory food and baking can be sweet or savory.

Meat is what normally comes to mind when you think of roasting. However, vegetables are great as well and so are some fruits. The meats most commonly roasted are chicken, beef and pork.



Use a thermometer to achieve the perfectly cooked prime rib of beef.

PHOTO CREDIT: IRONWOODTAVERN.COM



A beautifully roasted chicken.

Side note, fish cooked in the oven is normally called baked, and no I have no idea why.

Chicken is a natural for roasting since the skin and fat help to keep the meat moist and tender. When selecting beef or pork, the cuts that work best should be tender or have nice fat marbling. A good example is a prime rib roast. It is tender, has a nice fat cap and great marbling. It even has a built-in rack to cook on...the ribs. Since tougher cuts of meat require a longer cooking

time to break down connective tissue, they respond better to other cooking methods. Roasting brings out great flavor in vegetables and almost all vegetables can be roasted. However, since vegetables don't have natural fat, the addition of oil or some other fat is required to keep them from drying out.

When it comes to temperature, there are several schools of thought. Some swear by high heat and some by low. Some prefer to start with high heat to sear and lower to roast. As a rule, the larger the cut of meat, the lower the temperature and the smaller the cut of meat, the higher the temperature. The reasoning is that a large cut of meat will burn on the outside prior to cooking on the inside if left in a hot oven for hours, while a small piece of meat like a pork tenderloin cooks through quickly and will not burn before being cooked to the proper temperature. However, the best advice is to follow a recipe until you are confident in your roasting skills.

With a basic understanding of roasting and what to roast, we now turn to the tools to get roasting. To start with the obvious, an oven with the temperature properly calibrated. Next, we need a dish to hold the food we are roasting. It should have short sides; to prevent the food from steaming

rather than roasting, and can be made of any oven safe material. That includes metal, ceramic and oven safe glass. In my kitchen, I use short sided sheet pans and stainless steel roasting pans. It's also nice to have racks for your pans to elevate the food from the bottom of the pan when appropriate. The last



Early control of fire and food for spit roasting goodness.

PHOTO CREDIT: 5PFSALT.COM

PHOTO CREDIT: TERRITORIOSCUOLA.COM

item that will increase the success of your roasting is a thermometer. A thermometer will help to ensure that your expensive prime rib roast is served rare, not well done. Unless you prefer it that way.

Like any new skill, a few tips are helpful. So here are some roasting tips followed by a simple, yet delicious recipe:

Always use pans with short sides.

Allow the meat to come to room temperature prior to roasting.

Be sure that your meat and vegetables have been dried thoroughly.

Rub a little oil on meat that does not have adequate exterior fat.

Vegetables cooked in the same pan should have uni-

form size for even roasting.

Lightly oil vegetables prior to roasting to avoid sticking and drying out

To roast fruits, use firm fruits like apples, pears or pineapples

For meat that will cook quickly and not achieve a nice crust, a quick sear in a pan, prior to roasting, will give the crust desired

Always let meat rest prior to cutting to redistribute the juices.

Use a thermometer and a meat temperature guide

You are now ready to roast and if you follow the guidelines outlined above, success will follow and you too can proclaim like Charlie Sheen, "Winning!".

PHOTO CREDIT: DAVID MUSIAL



Oven Roasted Corn ready to be served as a side or in a salad.



Add a thermometer to this basic roasting pan set and you are ready to roast.

PHOTO CREDIT: DAVID MUSIAL



Oven Roasted Corn (Serves 4-6)

Corn cooked on the grill is always a treat, but sometimes you just don't have time to fire up the grill. Roasting the corn in the oven is a great alternative and will give you that same great taste. This recipe pairs corn with onions and peppers and is prepared in the oven on a sheet pan. It goes great as a side dish with chicken, beef or pork and the leftovers can be added to a green salad. I like to combine it with hearts of romaine, tomatoes, black beans, avocado and shredded cheddar cheese. If you have some tortilla chips available, crumble some over the salad for added crunch.

Recipe

4 ears of corn

½ medium onion, medium dice

1 red pepper, medium dice

1 jalapeno (optional), small dice

2 T olive or canola oil

salt and pepper

Heat the oven to 425 degrees.

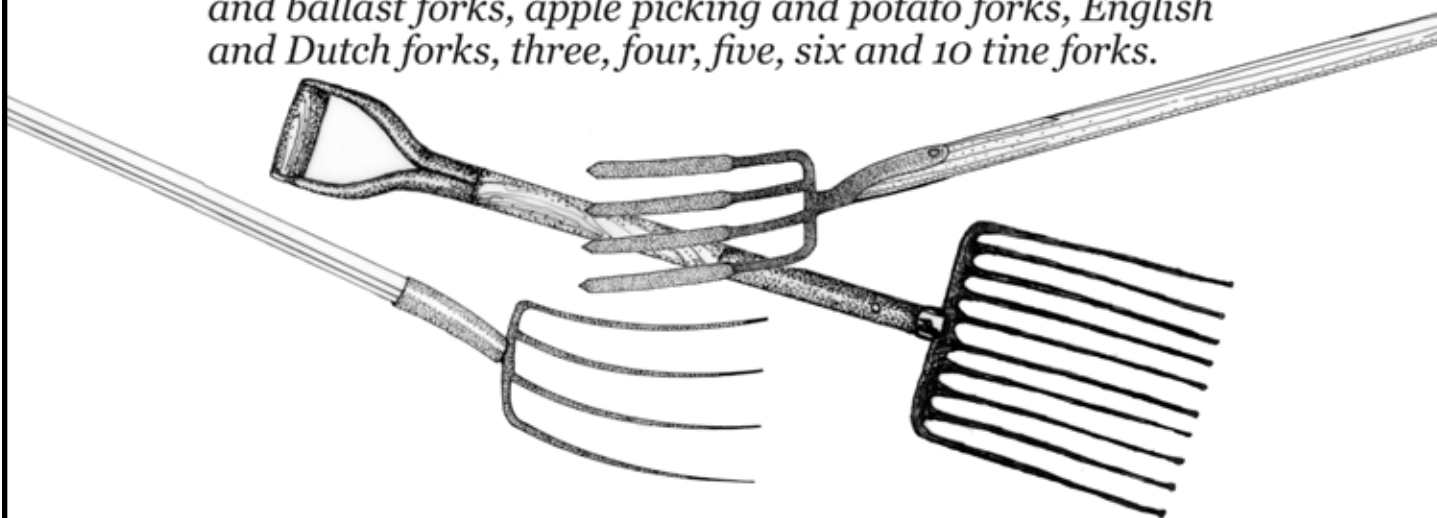
Remove the corn husk and silk, and cut the corn off the cob. In a bowl, add corn, onion, peppers and oil. Mix thoroughly. Add salt and pepper to taste and place on a rimmed sheet pan large enough to hold the ingredients in a single layer.

Cook for fifteen to twenty minutes, stirring occasionally. The vegetables are done when the onion and peppers are soft and the corn starts to take on a golden brown color.

Serve immediately or cool and refrigerate until ready to use.

*Recipe by David Musial, Chef/Owner
First Course Artisanal Catering*

WE don't just sell forks. We sell spading forks, compost forks, hay, barley and manure forks, rock picking and ballast forks, apple picking and potato forks, English and Dutch forks, three, four, five, six and 10 tine forks.



(And yes, we can tell you on which side of the plate they go.)

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WTDITG

OK, July is officially summer... even if it is cool and rainy on some days. Be sure to take time to enjoy your yard. You've been working hard since January. Now, relax and soak in the beauty of a space you can call your own. Invite a few friends over, too, and let them see what a great job you've done!

PLANNING



- Plan to take time to have fun out in the garden now that most of the harder work is done! Maybe have a garden party to help celebrate all you were able to get done this spring. In other words, enjoy your garden and take time to relax out in it.

- If the first flower baskets were a flop because you went away for a few days and no one watered them, there are always more. So if for some rea-

son the ones you got earlier are not looking too great, give them a haircut, let them re-grow and in the meantime hang up some new fresh color just in time for the BBQs!



- Time for a little Garden Journal writing? Take the time to sit out in your garden and make lots of notes now, so next year you'll be ready for even more

gardening successes.

PLANTING

- Annual flowers are still plentiful this time of year, so you can pop in as much color as you'd like for the summertime display.



Add planters to decks and patios for that lush saturation of color you can get from annual flowers. Always

use a good quality potting soil in planters.

- Summer and fall blooming perennials are always available

this time of year and great to add some super color punch to the garden. We recommend you plant perennials in groups of 3-5 or more instead of onesie-twosies.

- Planting landscape trees and shrubs now is OK. It may be a bit harder to keep the young plants watered as often as they need this time of year but be assured that most of the time you can plant year-round. The rules are if you can dig the soil (not frozen) you can plant. Work in organic compost to the planting area and then make sure you mulch the

plants with compost or bark to help conserve precious moisture at the root zone.



- Look for blueberries and other fruit bearing plants to plant. As tasty as blueberries

are its hard to grasp they are so good for us too. Wouldn't it be fun to have a red, white and blue dessert with your own fresh strawberries, whipped cream and blueberries on the 4th of July?

TASKS, MAINTENANCE & CLEAN-UP

- Check on your watering... are you watering deep enough or just getting the top of the soil damp? Dig down a little into the soil and make sure the water is getting down into the root zone. Morning

is the best time to water, not evening. If you have to water in the evening, just water the soil leaving the foliage dry overnight to reduce possibility of diseases.

What To Do In The Garden JULY

- Are you watering too often?

Plants roots need to come up for air, unless it's a water lily! You should water deeply when you water and then let the top of the soil dry out a bit.



- Give your hanging baskets a mid-season haircut, cutting half of the long growth off, and shaving off the top 3-5" of growth. Keep the hanging baskets going strong with regular feeding. Apply fertilizer every other watering.

- Do a weed patrol around the landscape and vegetable garden. Taking care to get them while

they are small is a much easier task. Do a light hoeing, frequently and if possible just before a sunny day. The exposure to the sun kills small weed seedlings quickly.

- Stake the taller perennials like delphinium and hollyhock and check the tomato plants. Staking allows for better air circulation and less chance of disease.



- If you're growing asparagus and rhubarb get any weeding in the beds done this month, then apply an organic fertilizer. Then apply fresh topdressing of mulch.

- Keep a lookout for notched leaves on rhododendrons, azaleas and other broadleaf evergreen shrubs which is evidence of Root Weevils feeding on the plants leaves. The adult does the visible damage but their grubs are much more lethal. You could use a chemical spray labeled for root weevils or get the organic answer, Beneficial Nematodes.

- Spider mite infestations favor dryer warm weather so it's time to start looking for the telltale signs: Dusty looking plants with grey dull looking leaves. The spider mites like dry, dusty, undisturbed plants. Often just keeping the plants cleaner with garden hose water wash downs will do the trick.

VEGETABLE GARDEN

- Don't overhead water tomatoes! (or potatoes) Unfortunately, we have a problem disease here in the northwest and it affects tomatoes and potatoes severely; the dreaded late blight. The disease development is favored by cool, rainy weather and may be more severe under sprinkler irrigation. Avoid overhead watering and stake the plants up to allow good air circulation. Remember to rotate crops around so that tomatoes or potatoes are not in the same spot in the garden for at least three years. Pick off any affected leaves and spray plants with an approved fungicide if desired.



- There are plenty of herb starts and seeds available this time of year. Sowing more seed for basil and cilantro for instance, will keep crops coming on for fresh picking all summer.

- Mound the soil up around potatoes plants. Snitch a few of the young 'new' potatoes from the bed to cook up while you're there.

- Time to do some mid-season planting by seed for late season harvest. This is a great time to plant by seed; beets, bush beans, cabbage, carrots, cauliflower, cilantro, collards, broccoli, collards, fava beans, lettuce, kale, parsnips, peas, radishes, rutabaga, spinach and turnips. These crops will grow and produce good crops well into fall & winter!

- Check on the garlic crop - it's harvest time! Garlic is best planted in the fall and then harvested the following summer, in July. If you had planted your crop last fall then this month you should stop watering the garlic bed. Your signal will be that the leaves start to die back. Time to stop watering and when the leaves are dead a 3rd to 1/2 way down then harvest time is here.



- Cover the blueberry bushes with netting. Birds will let you know when they are ripe as you'll see them raiding the patch! This year get a head start on the marauders by getting the netting set up before the fruit is ripe. Yum!



PLAY TIME

Gardening Events Around Town

11th Annual Berry Festival
Thursday, July 4, 2013 11:00am-4:00pm
Smith Berry Barn, Hillsboro, OR

Al's Kids Club/Hooked on Hummingbirds
Saturday July 6, 2013 • 11:00am(W)
Saturday July 13, 2013 • 11:00am(S)
Saturday June 20, 2013 • 11:00am(G)

Al's Garden Ctr., Woodburn, Sherwood, Gresham, OR
Invite the dynamos of the bird world into your backyard! Their spectacular beauty, fearless nature and astonishing powers of flight captivate our attention and make hummingbirds among the most loved birds. In this class, learn more about this amazing little bird and how to attract it to your yard. Registration: 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.

What to do in the Garden in July
Saturday July 6, 2013 • 11:00am
Tsugawa Nursery, Woodland, WA

Our monthly seminar on what should be done in the landscape and garden. Things are heating up! There's a long Garden/Landscape "to do" list in July – planting, pruning, fertilizing, dividing, mulching, watering, oh my! We'll do our best to help you stay on top of it all without getting overwhelmed. 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 us on your calendar!

Permaculture in YOUR Garden (and Life!)
Sunday July 7, 2013 • 11:00-12:30pm
Portland Nursery (Division), Portland, OR

with Karen and Isabel of Independence Gardens LLC
Permaculture is a design philosophy that is commonly applied to gardening, but which can also be applied to larger systems: businesses, educational endeavors, and other life work. Karen and Isabel, of Independence Gardens LLC, will cover the personalities behind and basic principles of permaculture, introduce resources for learning more in the Portland area, and discuss how permaculture can be applied across disciplines. Folks who have earned or are pursuing the Permaculture Design Certificate or have done self-study in permaculture are welcome; this is a very basic class, but there will be time for all participants to share their experiences with and thoughts about permaculture.

Fruit Tree Espalier Training and Maintenance
Sunday July 7, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR
with Vern Nelson, the Hungry Gardener
Espaliered trees are a great way to fit fruit into smaller spaces, and can look fantastic in the garden. But the trees don't grow that way naturally! Learn from Vern the basics of espalier pruning and training to make sure your tree lives up to its potential.

Oregon Lavender Festival
Saturday & Sunday July 13 & 14, 2013
Multiple Locations in Oregon

Plan to join us at the Oregon Lavender Festival to enjoy the Pacific NW countryside at its fragrant best. Dozens of different lavender destinations throw their doors open to the public so that visitors can experience Lavender in Oregon and Washington firsthand by touring lavender farms, lavender nurseries, and lavender celebrations of all kinds. Expect to Relax! Locations available at www.oregonlavenderdestinations.com or oregonlavenderfestival.com.

Succulent Gardening Class
Saturday July 13, 2013 • 10:00am-11:00am
Bauman Farms, Gervais, OR

Garden to Table - Summer Berries
Saturday July 13, 2013 • 10:30am-12:00pm
Farmington Gardens, Beaverton, OR

Strawberries, blueberries, boysenberries, raspberries. The first of our new series of cooking demonstrations to showcase the bounty of your garden. You'll take home at least four wonderful, easy recipes that make the most of your harvest. Presentation by Roberta Reynolds, culinary director at Farmington Gardens. Registration is required. To register: Call Farmington Gardens at 503.649.4568 or emailevents@farmingtongardens.com.

Jumpstart Your Fall and Winter Veggies
Saturday July 13, 2013 • 11:00am
Tsugawa Nursery, Woodland, WA

Does it seem too early to be thinking about fall and winter garden crops now, in the middle of summer? Well the autumnal equinox is just around the corner, so it's actually the perfect time to start planning the healthy veggies you'd like to be feasting on in the cold of winter. We'll discuss seed varieties that are especially well-suited for overwintering and late season planting. These seminars are always a good opportunity to bring photos to share with and inspire other participants.



Garden University

Saturday July 20, 2013 • 9:00am–12:00pm

The Oregon Garden, Silverton, OR

Preserving the Harvest - Workshop with Tonya Johnson

Learn the basics of canning high acid foods in a boiling water canner. Try your hand at preparing a jar of fruit for canning. Learn about other fruit preservation methods, including freezing and drying. You will have the opportunity to try preservation methods hands on and will take home a jar of canned fruit. Pre-registration is required for this workshop. Contact the Visitor Center at 503-874-8259 to sign up. \$12 Garden Members, \$20 General Admission (Garden admission included).

Garden to Table - Herbs and Summer Salads

Saturday July 20, 2013 • 10:30am–12:00pm

Farmington Gardens, Beaverton, OR

The second of our new series of cooking demonstrations to showcase the bounty of your garden. You'll take home at least four wonderful, easy recipes that make the most of your harvest. Presentation by Roberta Reynolds, culinary director at Farmington Gardens Registration is required. To register: Call Farmington Gardens at 503.649.4568 or email events@farmingtongardens.com.

Bonsai Workshop:

An Introduction to Four-Dimensional Living Art

Saturday July 20, 2013 • 11:00am

Tsugawa Nursery, Woodland, WA

Lee Leikam will be leading July's Bonsai workshop. He's a new face here at our nursery but not a new face in the Bonsai community. Stay tuned for more details on this one; you won't want to miss it! Space is limited to 15 participants. Fee to be determined.*

Weird Plants: Cactus and Succulents

Saturday July 20, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Luther Sturtevant of Kara Cactus

Wanna see some strange plants? Meet the succulents! Their charismatic and diverse paddles, spines, bumps and lumps can make interesting houseplants or additions to the garden. Luther will introduce you to a cast of odd and lovely plants and describe how to keep them healthy.

Using Plants to Create Privacy

Sunday July 21, 2013 • 11:00am

Portland Nursery (Stark), Portland, OR

with Magi Treece of Living Structures

By hiding unsightly views or creating a cozy private space, living screens beautifully solve common problems of the urban

garden. Magi has years of experience in landscape design and will share some creative options outside the usual candidates for your space.

Art and Wine in the Garden

Saturday & Sunday July 27 & 28, 2013

Garland Nursery, Corvallis, OR

Our beautiful gardens provide an amazing backdrop to wander through as you enjoy all the wonderful art and crafts from more than 25 local artisans and partake in great wine or enjoy sips of Vivacity Spirits. Wares include watercolors, fused glass, unique jewelry, sculptures, mosaics and much more.

Orchid Society Summer Orchid Sale

Saturday July 27, 2013 • 10:00am-5:00pm

Portland Nursery (Stark), Portland, OR

Annual sale and repot event. Orchids for sale, a repotting clinic and an orchid culture information booth.

Summertime Fruit Tree Pruning

Saturday July 27, 2013 • 11:00am

Tsugawa Nursery, Woodland, WA

Some folks don't realize there's an alternative to dormant season pruning of fruit trees. Summer pruning has some definite benefits, not the least of which is pruning during more pleasant weather! Jim will explain more of the benefits as well as walk you through the process and highlight some tools and equipment along the way. This will be a hands-on seminar so you can really get in there and learn by doing.

Troubleshooting in the Vegetable Garden

Sunday July 28, 2013 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

with Jolie Grindstaff of Portland Nursery

Is some creature or bug eating your greens? Do you have splotches, spots, powdery coatings, or other worrisome markings on your edibles? Join Jolie Grindstaff, Portland Nursery staff, to learn how to troubleshoot what might be affecting your veggie garden. She will provide great tips and techniques on how to identify and treat common pest, fungus and disease problems in the veggie garden. Healthy crops lead to bountiful harvests!

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

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