

September 2013

garden time

A Digital Monthly Magazine for Your Garden & Home

Fall GardenPalooza

Autumn Splendor
for the Gardener

Shade Gardening
Mushrooms

Fir Point Farm's
Jack & Jessica Romaine

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Marking Time...

Fall is a season that reminds me of the calendar and the march of time. The change from summer to fall seems to me to be one of the most dramatic changes that we see during the year. When we move from fall to winter or from spring to summer, the transition seems to be slower with a lot of grey area as plants and people adjust to the changes. For fall it is more like a switch.

For families with children Labor Day is that switch. One day you are enjoying a holiday, the next day everyone is getting on the bus for school. If there ever was a hard switch to a new season, that is it. When I was working as a TV sports photographer, the start of the football season was the start of fall for me. I would have to transition from the warm days of covering baseball to the cooler nights of standing on the sideline at a high school or college game. Now that I'm a gardener, it is the introduction of fruits and vegetables that mark my seasons. When I start to see pumpkins and peaches, I start checking the calendar to see what month it is. I know that the nice weather may linger on for a couple more months, but in my mind the seasons are definitely changing. This marking of time happens with everyone, I have found that it is just the 'trigger' that is different.

Another sign of the changing seasons is the Fall GardenPalooza. The Fall GardenPalooza will be held at Fir Point Farms again this year on September 21st from 9am to 4pm. For some gardeners this event marks the beginning of fall. We will have over 25 local nurseries and growers with thousands of plants to choose from, plus we are working on having beer and wine tasting again this year. Our location at Fir Point Farms has been a great partnership with the new owners Jack and Jessica Romaine. In this month's issue you can learn more about the Romaine's in our 'Horties' section, plus we have all the details on the GardenPalooza event in our 'Adventure' section.

We mark the changing of the seasons with other stories in this month's issue. We get your heating system ready for the cooler months ahead with a story from David Musial about how important it is to change your air filter with the changing of the seasons and the pluses and minuses of cleaning your entire ductwork system. As the cooler, wet weather returns we also talk about mushrooms, not the kind in your lawn, but the ones you eat. Sarah walks us through the steps for growing your own mushrooms at home and even has a recipe to follow! The fall also brings out the color in a lot of plants, creating yet another reason for loving this season. Judy showcases one of those 'showoffs', the 'Amber Jubilee' Ninebark. This plant is truly one with interest all year long. One reason why it is in our 'Got to Have It' section; this plant can bring its show to any sized garden. It can be pruned down for a smaller garden, and left on its own; it can grow to be a large specimen too.

So no matter how you mark the change of seasons, we would like to remind you that each season in the Northwest always has something special to offer. We hope you have a great fall and we hope to see you all at the Fall GardenPalooza.

Happy Gardening!

Jeff Gustin, Publisher

Garden Time Magazine • September 2013 • Volume 5, No. 9, Issue #54

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Autumn Splendor for the Gardener

Fall's premier gardening event will entice lovers of plants, art, beer and wine.

by Therese Gustin

Come join us at the Fall Gardenpalooza!!!

We've all heard that the best time to plant perennials, shrubs and trees is in the fall. Not only are the temperatures cooler to work in, but nature does the watering for you. In the Pacific Northwest, our milder temperatures allow root growth all winter long so in the spring your newly transplanted plants are ready to grow. So what better way to fill those empty spaces in your fall garden than to visit our Fall GardenPalooza event!

If you like GardenPalooza in the Spring, you will love our Autumn event! Join us Saturday, September 21st from 9 am to 4 pm at Fir Point Farms in Aurora. Come early and shop from over 25 local nursery and amazing garden art vendors. Stay for some beer and wine tasting in the glass greenhouse from 11 am until 3:30 pm. Meet the hosts of Garden Time, Judy Alleruzzo and William McClenathan!

We will gladly hold your purchases at the plant holding area so you can shop 'til you drop. When you are finished with your shopping you can drive your vehicle around to the plant holding area and pick up your purchases. Not all vendors take credit and

debit cards so bring your checkbooks just in case. There will also be an ATM machine on site.

Plants, tools, garden art and more, all in one location! This family friendly event has something for everyone. If you get tired of shopping the plants you can take a break, pet some farm animals, play in the nut house, sip some wine or beer and snack on a yummy treat or two. Fir Point Farm owners, Jessica and Jack Romaine, owners of Country Grains, will have delicious sandwiches, soups and salads and homemade cinnamon rolls. I'm sure you'll find something to satisfy your appetite and keep you going.

One of the best parts of this adventure is that it is free to attend. There is plenty of free parking so all that savings can go right back to supporting your plant addiction...or perhaps you'll want to add a beautiful piece of art to your garden!

Go to our website, where you can get directions, check out the parking situation, view pictures from last fall's event and see what vendors will be participating. Don't miss 2013's Fall GardenPalooza, sponsored by Garden Time and Fir Point Farms. Hope to see you there!

Fall GardenPalooza

Saturday September 21, 2013
9:00am - 4:00pm
Fir Point Farms, Aurora.

www.gardenpalooza.com



Made for the Summer Shade

Try these shade-loving shrubs for summertime blooming.

by William McClenathan

Mountain Laurel *Kalmia latifolia*

When you talk about shade blooming shrubs, most of us instantly consider families of plants like Camellia, Rhododendron, Azaleas, various Daphne, Skimmia and Sarcococca. While each of these is beautiful for winter and spring blooms, what about summer? It is the season that most of us are outside in our gardens so let's look at a few shade loving summer time blooming shrubs.

Of course, one must consider the Hydrangea when thinking of shrubs, shade and blooms. But there are also other shrubs that do very well in a shady location, even a few which might surprise you.

Mountain Laurel (*Kalmia latifolia*) is the Pennsylvania State Flower. When you consider that back east tends to have less coniferous forests and more deciduous ones,

perhaps then one key to success for this great early summer blooming shrub would be a shady area created by deciduous trees. Once established, *Kalmia* is a shade loving beauty. The blooms are unique and it is evergreen. Vibrant down to zero degrees F., it may take a while to establish but a good draining soil helps establish this plant much more quickly. Pruning is done right after the blooms fade and it has few pests or disease to concern you.

Bottlebrush Buckeye commonly comes in two colors, white and red (*Aesculus parviflora* and *Aesculus pavia* respectfully). Both of these are great for either an informal hedge or a specimen planting. Both can get large growing 8 to 15 foot tall and wide but those first few weeks of summer will give a wonderful show of blooms. Hardy down to minus 25



Aesculus pavia Red
Bottle Brush Buckeye



Buddleia lindleyana

F. you do not need to worry about them being hardy. Size can be maintained by a yearly pruning or give them the space to grow into themselves. Their blooms are great bee attractors as well. Not very temperamental in regards to soil and hardly any concern with pests or disease.

The Buddleia (variation spelling Buddleja) are often only considered as sun shrubs, and most of them are. However, if you remove the idea of only the davidii part of this amazing plant family, you can come across a wide range of them that do quite well in the shade. Often, these different species are breathtaking in bloom and most of the entire Buddleia family are summer bloomers to begin with.

I am rather smitten by a couple, the first one being Buddleia lindleyana. I purchased mine at Dancing Oaks Nursery many years ago. The first couple of years not a lot happened. But by the third year it has become one of the favored plants in the garden. The 2 foot long weeping blooms of a soft purple to mauve color also have a slight fragrance and the bees love this plant. Receiving only a tiny bit of sun through dappled shade, it has been blooming for several weeks already and promises to

continue for several more. Arching and graceful, it too requires some space as it can get over 12 foot tall. But the height only adds to the beauty of it because of its weeping nature. I can only imagine how this would look trained as a tree formed shrub in a garden! Hardy down to below zero B. lindleyana also has few pest or disease concerns. Pruning may be done in early spring as it blooms on new wood or you can shape it in the summer time as well. It also has a slight fragrance and grows in most soils but drainage is important.

The second Buddleia is Buddleia alternifolia 'Argentia'. I adored this one from the first time I

saw it. All the rules that apply to Buddleia lindleyana also apply to this one. The big difference is the silver white, velvety foliage that in shade seems to hardly ever green up. The blooms are soft lavender. The color of the leaves is what is most amazing though, especially in a shaded area of the garden as it can really lighten up those areas. This one was also purchased at Dancing Oaks.

Glossy Abelia (Abelia X grandiflora) is a sweet summer shade blooming shrub. More often than not it is sold as a sun plant, which it is, but I have found it can tolerate shade as well. The blooms are less vigorous but still very apparent. Depending on the tempera-



Buddleja alternifolia 'Argentia' shrub



Abelia grandiflora

tures, it can remain evergreen through the winter but expect it to be deciduous in harsh winters. I have noticed that it starts dropping its leaves at around 32 degrees with complete drop of leaves around the mid 20's. But that does not affect its hardiness as it is hardy to -10. This shrub can get about 8 foot tall and wide with time if left un-pruned, but it also takes to pruning very well so size can be controlled by that. Abelia also has a very long bloom time, from late spring into fall. Many variations are sold at nurseries the only caveat is that the newer variegated ones tend to lose their colored leaves in deeper shaded areas of the

garden. Abelia is also tolerant of a wide range of soil types.

Of the ones discussed here, many have some fragrance, but these last three are very fragrant.

Summer Sweet (*Clethra alnifolia*) is a great summer blooming shrub. The blooms are lovely but the fragrance is even better. A deciduous shrub better known in the east of our nation, it is very hardy in our area, well below -20. It also can handle dense shade and still bloom. Butterflies and bees are both drawn to it. The white flowers last through August and if you have a moist shady area, this is your go to plant. It can spread



Calycanthus floridus Sweet Shrub



Michelia figo Banana Shrub

slowly from the roots but has never been aggressive in the gardens. In fact, in the 10 years I have grown it, it has never suckered once. You can prune it to shape after it blooms and maintain its size that way. On its own it can get 3 to 8 foot tall and 6 foot wide. Although it can handle soil that is not moist all the time, to thrive quickly it would require it. There are also a couple of varieties on the market that have some red hues in the blooms. 'Ruby Spice' and 'Rosea' come to mind.

Another fragrant beauty is Sweet Shrub (*Calycanthus floridus*). Now, fragrance is subjective so I must say that this is sold as a mix



Clethra alnifolia
Summer Sweet

of strawberry/banana smelling blooms. To me, it tends to smell like feet...but I still love it as the blooms are wonderfully unique in both color and shape. Once the seed pods set, they tend to hang on into the winter, adding another season of interest to this deciduous shrub. Soil is not a huge concern but good drainage seldom hurts any plant although this Calycanthus can withstand clay soil. It can get to 10 feet tall and maintain its size with annual pruning if so desired. Over time it can sucker but cut those out unless you desire a thicket affect. This is also another very hardy plant, down to -20.

The last one I contemplated not putting in because it is not sold in our area that I am aware of much, and I still question how viable it is

for us. However, having said that, great gardens come with some risk and if you want to, consider finding Michelia figo, commonly called the Banana shrub. It is actually a member of the Magnolia family and garners its common name from the intense banana fragrance of the small yellowish blooms. This stunning evergreen shrub does fine with shade and is classed as a zone 8 plant (making it hardy from 10 to 20 degrees). I personally think it is worth the risk because of its evergreen beauty, but ultimately for its amazing blooms and fragrance. It would require superb drainage and a protected spot in the garden. Not many pest issues and because it gets more rangy in more than half a day of shade, morning sun would suit it best even though



Aesculus pavia Red
Bottle Brush Buskeye



Michelia figo
Banana Shrub

mine gets only a bit of dappled morning sun.

As with all things in a garden, what constitutes shade and sun can be confusing sometimes.

Each of these plants have been growing for several years now for me and all of them have complete afternoon shade and most of them only a bit of early morning sun. The rest get a dappled sun setting but again, only in the morning.

Summer can be filled with colorful, fragrant blooms. You just have to know where to look... or smell. Don't be afraid to take a risk in the garden and see what fragrant delights just might surprise you even in the heat of summer.

Preserved in Amber

'Amber Jubilee'® Ninebark captures the rich warm colors of fall and the attention of the world's most famous monarch.

by Judy Alleruzzo

The autumn colors of nature are one of my favorite color palettes. I love the rich warm oranges, russets and golds of the fall leaves as the temperatures cool down.

In my own garden, I have many shrubs and flowers in those tones. As I was just thinking I have enough plants in my small front garden, I have found one more shrub to add to that collection, 'Amber Jubilee'® Ninebark (Physocarpus opulifolius 'Jefam')

This new shrub was bred at Jeffries Nursery LTD in Portage la Prairie Manitoba, Canada. The nursery named this new shrub to commemorate the Diamond Jubilee of Queen Elizabeth II and her visit to Manitoba in July 2010.

Usually Ninebark's foliage comes in shades of burgundy or deep ruby-chocolate.

'Amber Jubilee'® is very different as the emerging spring-time leaves are orange, yellow and red. That is a striking combination of colors for a spring garden. As the season changes to late summer, the foliage matures to green with red and purple tones.

For all of us Plant Geeks, this Ninebark is a hybrid cross between Physocarpus 'Diabalo' with burgundy foliage and 'Dart's Gold' with gold to chartreuse foliage. The melding of these 2 parents give 'Amber Jubilee'® their distinct coloring at separate times of the growing season.

In spring, white flower clusters decorate the shrub and in fall, burgundy seed capsules are the ornament. All of these attributes make this shrub interesting almost the whole year long.

If you think that 'Amber Jubilee'® is just a tad too large for your garden, I have a tip for you. Trim it back! After the shrub is established in your garden, about 1 to 2 years, it's OK to trim it back. In late winter, shear the whole shrub to 3 to 6 inches tall. This will rein in the height as it will need to regrow all over again. I have done this with success on Lavatera, Butterfly Bushes and Hypericum. In essence, you treat the woody shrub like a "perennial with bark".

Soon we will be buying pumpkins, gourds and cornstalks to bring autumn decorations to our front doorways. Why not add 'Amber Jubilee'® Ninebark and its uniquely colored foliage to your garden? You'll be able to enjoy the ever changing colorful foliage for many seasons to come.



Queen Elizabeth II visits
Manitoba, Canada in 2010.



**'Amber Jubilee'®
Ninebark**

**Physocarpus opulifolius
'Jefam'**

**Full Sun
for best foliage color**

**Ht 4-5 ft tall
and 4 ft wide**

Hardy to -50° F



The Fungus Among Us

You can actually grow mushrooms (the edible ones) on purpose!

by
Sarah Gustin

Shitake mushrooms on oak logs.

The leaves change, the weather turns cool and damp, and the kids go back to school. The beginning of Autumn in the Pacific Northwest also brings fungus, those little mushrooms popping up in your lawn. Don't let it get you frustrated, let 'em get you hungry! We at GT Magazine acknowledge that

mushrooms aren't plants, they are fungi, but that doesn't mean that an accomplished gardener can't grow them!

If you are ready for the not-as-challenging-as-you-think challenge of growing mushrooms you are in



Brochette-of-mushrooms.



Champinones



Shitake mushrooms

the right place! The damp and mild environment of the Pacific Northwest is not only conducive to sprouting mushrooms, but mushroom enthusiasts as well. Many local farmers markets will have local mushroom and other fungus suppliers, and local nurseries will often host classes on growing mushrooms.

The simplest way to begin your mushroom growing adventure is to buy a kit. They are available at many local nurseries as well as online. A kit will be the easiest, though perhaps not the most rewarding or satisfying, way to get fresh mushrooms growing in your back yard. See the link below to buy a quality mushroom growing kit.

The next easiest way to begin your mushrooms is purchasing ready-made spawn. Mushrooms don't grow from seed, they reproduce using spores. Mushroom spawn is a combination of those spores and some medium. The medium is generally sawdust or straw, held together by the mushroom's mycelium. Spawn is also available in user-friendly plugs and pellets.

There are many ways to grow



Oyster mushroom kit.



Oyster mushrooms

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mushrooms. People have used plastic containers, cardboard cartons, or even laundry baskets! The more traditional way is the log method. You will also need a hardwood log, at least a foot long and drill holes in a diamond pattern several inches apart. Inoculate your log by putting the spawn into the holes (this is where spawn plugs can be more convenient). Be sure that after you drill your holes you do not let the log dry out. Use cheese wax to seal over the spawn and prevent any contamination, and then give your log a good soak!

Now find a suitable place for your log. You can grow indoors, somewhere dark and very slightly humid. A basement or under a sink can be very successful. Outdoors, you may want to choose a place with some protection; under a tree or against a shed are good choices. There are "fruiting blankets" also available if you feel your log needs extra protection. You'll need to allow your logs to incubate for about six months or longer, depending upon the variety. You will begin to see little sprouts appearing around fall. When the mushrooms reach maturity, you can pull them out and make room for the next "flush". Depending on the variety of mushroom you will be able to get several crops of mushrooms throughout the season.

Once you've harvested your yummy fungi you can immediately sauté them in garlic and butter, use them in your favorite recipe, or try our mushroom flatbread pizza recipe below!

For the best instruction in the biz seek out the Oregon mycological society <https://wildmushrooms.org/> or watch our interview with Ed Foy as he gives

a great overview on mushroom cultivation here: <http://www.youtube.com/watch?v=yGWjZXDstbc>. And please remember; never eat a wild mushroom unless you are absolutely certain you can identify it. There are many edible wild mushrooms out there that have very poisonous look-alikes! Stay safe and happy gardening!

Follow these links to get your grow on!

Rain Forest Mushrooms in Eddyville sells mushroom growing kits as well as fresh and dried mushrooms in their store and online!

<http://rainforestmushrooms.com/index.html>

The Fungi Farm in Sandy sells quality hardwood logs to get you started with your shi-take cultivation. They will even ship the log to you.

<http://fungifarm.com/>

Soul 2 Grow out of Corvallis sells a variety of mushroom spawn plugs, and their experts have given instructional seminars on mushroom growing at Portland Nursery.

<http://www.soul2grow.com/index.html>



Drilling holes in hard wood to inoculate logs with sawdust spawn.



Holes should be several inches apart in a diamond pattern.

Mushroom Flatbread Pizza

Creates two flatbreads.

Dough: Ingredients

2 $\frac{3}{4}$ to 3 $\frac{1}{4}$ cups all-purpose flour
1 package or 2 $\frac{1}{4}$ tsp of active dry yeast
 $\frac{1}{4}$ tsp salt
1 cup warm water
2 tbs olive oil

In a mixing bowl combine 1 $\frac{1}{4}$ cups of flour, yeast, and salt. Add water and oil. Beat together until combined, scrape the sides, then beat for 3 more minutes. Using a wooden spoon, stir in as much of the remaining flour as you can. Turn the dough out onto a lightly floured surface. Knead about 6 minutes, until the dough becomes stiff and elastic. Divide in half and let rest 10 minutes.



Toppings: Ingredients

2 cups clean, sliced fresh mushrooms (oysters, shitake, portabellas, etc.)
4 tbs olive oil (plus more for drizzling)
2-4 cloves garlic, crushed
1 small sweet onion, sliced
1 tsp thyme
1 tsp rosemary
About 6 oz of goat or feta cheese

In a large frying pan heat oil on medium heat. Add garlic, thyme, rosemary, and onion and sauté for 1 minute. Add mushrooms and sauté for 5-10 minutes, until soft and onions are caramelized. Grease two 12 inch pizza pans or baking sheets. Roll out each dough portion to about $\frac{1}{4}$ inch thickness. Bake at 425°F for about 12 minutes or until golden. Drizzle with olive oil and top with mushroom mixture. Sprinkle cheese on top. Bake another 5 to ten minutes, or until bubbly.

PHOTO CREDIT: FURTWANGL VIA FLICKR



Inoculating log with shitake mushroom sawdust spawn.

PHOTO CREDIT: FURTWANGL VIA FLICKR



Use wax to seal in the spawn and prevent contamination.



Keep in a shady damp area.

PHOTO CREDIT: NICK SMARTO VIA FLICKR
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Salad Days for the Romaines

Jack and Jessica Romaine have brought enthusiasm and a friendly touch to Fir Point Farms.

by Therese Gustin

Many of us have fond memories of visiting the pumpkin patch at Fir Point Farms with our kids on a crisp fall day; wandering the nature trails, feeding the farm animals and picking out that perfect pumpkin for our Halloween jack-o-lanterns. Over the years the Farm has passed through many hands but of late it has landed in the very capable hands of Jack and Jessica Romaine.

Jack and Jessica owned Country Grains Deli and Catering in Wilsonville and were well established as a bakery and deli serving delectable sandwiches, soups and salads to a hungry lunch crowd. They knew all the regulars by name and made a point of getting to know them personally and what was happening in their families' lives. They brought this friendly personal touch to their new location when they purchased the Farm in 2012 and moved their bakery, deli and catering over to their permanent location.

Tired of writing rent checks, the Romaines sought out a location that they could make their own. "When we bought Fir Point it was a 'diamond in the rough'. We wanted to have a farm that we could pass down to our boys and have them pass down to their children", Jessica said. Their college age twin boys have accompanied their parents to farmers markets for 15 years, working from 4 am to 4 pm. They want to return the Farm to its glory days where folks will bring their grandchildren back.

Nick Stritzke, the son of the original owners of Fir Point Farm, does all the farm-





ing for the Romaines. Jack notes that the Stritzke's were ahead of the game. "They were doing farmers markets and farm stands before they were popular. The farm was known for the best super sweet corn. Nick's brought that back. I don't know what the farm would look like without Nick!" They also grow the wheat which they use in their baked goods. What produce they don't grow, they buy in from local growers who excel at what they grow. Their goal is to support the local industries. And they strive for quality. Quality produce, quality baked goods, quality sandwich ingredients and quality relationships. Jessica readily admits, "We are only as good as our employees... we couldn't do this alone."

Going from running a deli and catering shop to running a farm was a big leap. Jessica's #1 lesson learned so far.. "I know what true hard work is all about...the first year was truly the hardest...how hard it is to grow plants...I didn't know what a Gravenstein apple was when I started. Now I know a lot about produce!" She also learned to freeze all the excess berries and fruit for pies.

What does the future hold for the Romaine's? Some-



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email: store@firpointfarms.com

day they would like to build a house on the property and bring Fir Point back to the original Stritzke family quality. I have no doubt that this kind, generous, hardworking couple can accomplish their goal.

As the location for GardenPalooza over the last several years, I have seen many changes to Fir Point. Jack and Jessica are taking that 'diamond in the rough' and are polishing it to a brilliant shine.

Events:

Fall GardenPalooza
September 21, 2013
9 am to 4 pm

**www.
gardenpalooza.com**

Every weekend in October is harvest time. Fall at the farm is all about having a great time with family!! Pick your own pumpkins in our Pumpkin Patch while getting your own corn stalks or hay bales for decorating. Celebrate Autumn with us and our many fun activities. Activities run every weekend starting the last weekend in September thru October 31st. Free admission and parking.



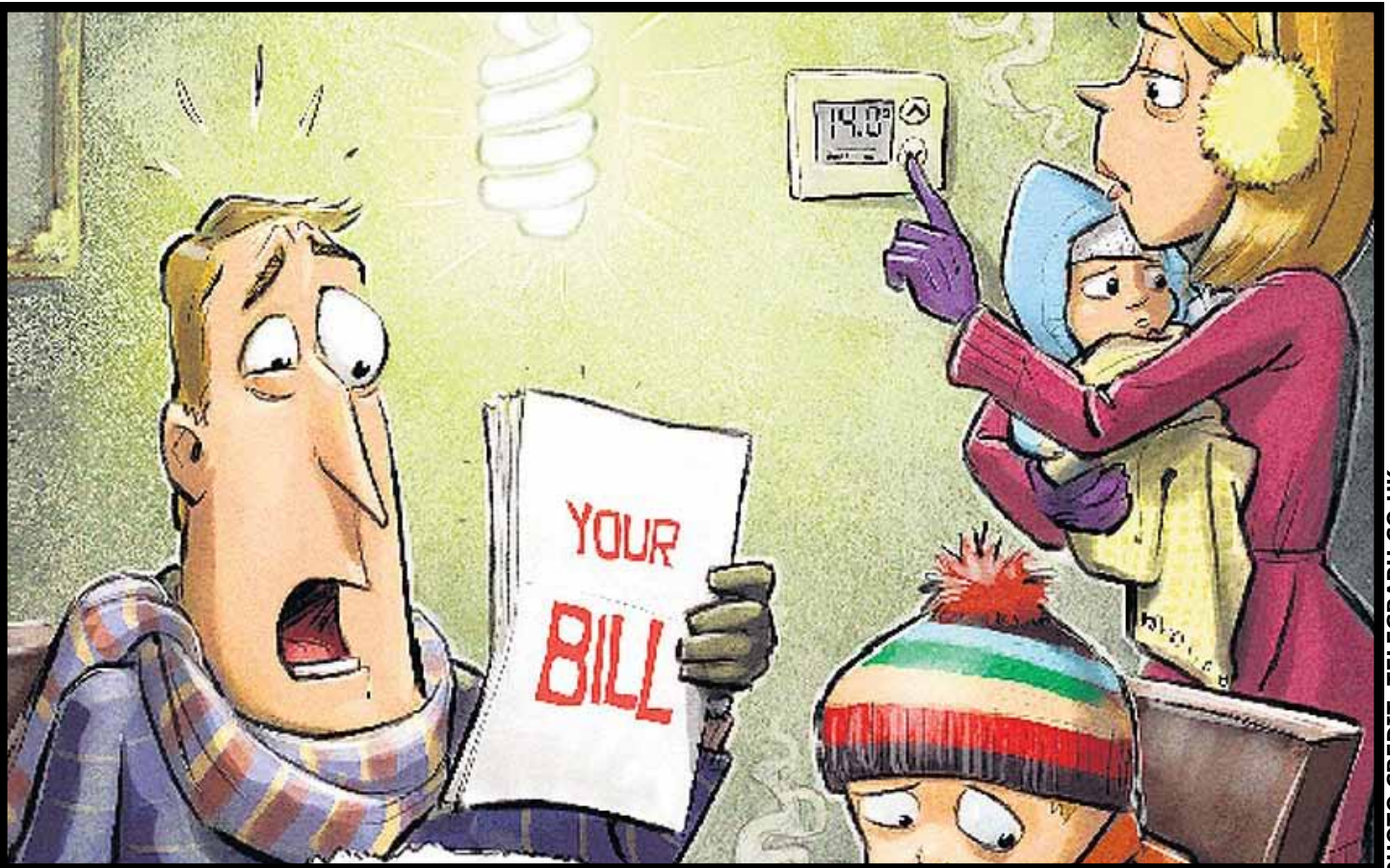


PHOTO CREDIT: TELEGRAPH.CO.UK

CLEAN THE DUCTS, SAVE THE BUCKS

Making sure your HVAC is AOK will save you \$\$\$.

by David Musial



PHOTO CREDIT: REEISHOME.COM

This month, I'd like to talk to you about your venting problem and the impact it has on yourself and others. Yes I'm talking to you! Right now you're probably thinking, wow, how does he know so much about me? Well, I'm not talking about verbal venting; I'm referring to the venting attached to your heating and cooling system and what may be lurking within your ventilation system.

The venting system is just a part of your HVAC (heating, ventilation and air conditioning) system that requires periodic maintenance. Some of the maintenance can be performed by you, but most is best left to the professionals. All maintenance will ultimately be of benefit to your wallet and possibly your health.

Your HVAC can be broken down into two parts. The ventilation system that delivers the warm or cool air and the furnace, heat pump or air conditioning unit itself which generates the warm or cool air.

The ventilation system is made up of a series of ducts that transport the temperature controlled air throughout your home and exit through registers in the floor or wall. Before this air begins its' journey, it goes through a filter to remove

dust particles and other impurities.

The first line of defense in the ventilation system is the air filter. Prior to turning the unit on the first time for the year and once a month during the operating season, remove and inspect the air filter. If it is dirty it should be replaced. Note also that a dirty air filter also reduces the efficiency and life of your HVAC system.

Tip: Always keep a new filter on hand and replace the spare after installed. You are always more likely to complete a project when the parts are on hand.

Next you'll want to take a look at the duct system to see if it requires cleaning. The easiest way is to remove a few registers and take a peek with a flashlight. If you see dust, cobwebs, rodent droppings or other debris, it may be time for a cleaning.

A vacuum cleaner hose can probably get about three or four feet into the duct, but that will leave a lot of the duct system that can't be reached. The other option is to hire a professional who will use one of the following methods for cleaning; hand held vacuum, truck mounted vacuum or a truck mounted air sweep system.

Hand held vacuuming uses a vacuum hose with a brush attached and is snaked through the duct system. Truck mounted vacuums use a mechanical brush and are more thorough but could damage older duct work. Lastly, air sweep systems use compressed air to dislodge debris and a vacuum to capture. This system does the best job.

Since this professional service can cost \$500.00 or more, thought should be given to the

PHOTO CREDIT: WYCKOFFCOMFORT.COM



Changing a furnace filter is easy once you learn how.



PHOTO CREDIT: DOITYOURSELF.COM

Hand vacuuming can reach only the distance of your vacuum hose.

PHOTO CREDIT: BLUESKYPLUMBING.COM



Duct cleaning with high powered vacuum and brush



Leave the annual furnace and air conditioner maintenance to the professionals.



benefits as some reports suggest there is no proven documentation that duct cleaning prevents health issues. Also, dust and debris caught on the interior of the duct work may not be freely circulating and cleaning may just dislodge. If not completely vacuumed after being dislodged, it could worsen the situation. These thoughts aside, if you have sensitivity to dust and airborne particles or have not had your ducts cleaned in several years, it may be beneficial.

When choosing a duct cleaning company, make sure they are licensed and bonded. Also, be wary if they make health claims that cannot be substantiated.

Next up is the annual maintenance of the heating and cooling unit itself and the best time to perform this service is prior to firing it up (or cooling it down) at the start of the season. This maintenance needs to be performed by your local HVAC professional. However, you can consult with your service professional to show you what maintenance is safe for you to perform.

The costs of service vary by location, but expect to pay \$100.00 to 150.00 for this service. Be sure the service includes corrections and adjustments, not just a visual inspection.

The service varies for furnaces and air conditioners and should include the following:

Furnaces

- Check thermostat calibration
- Lubricate moving parts
- Tighten all electrical connections
- Check the gas or oil connections
- Check the gas pressure
- Check heat exchange
- Check burner combustion

- Check flue draft

Air Conditioner

- Check thermostat calibration
- Lubricate moving parts
- Tighten all electrical connections
- Clean evaporator and condenser coils
- Check refrigerant level
- Clean and adjust blower components

When deciding whether to perform the annual air conditioner service, think about the fact that an air conditioner can lose 5% efficiency for each year of operation if not serviced and just being 10% low on coolant can cause a 20% increase in the cost of operation. Routine furnace service will also result in increased efficiency and life of the unit. Like the old saying, "Pay now or pay later".

In addition to this annual maintenance, be sure to keep the unit clear of debris and don't store anything around the unit. Become familiar with how the unit sounds and if it develops unusual sounds, call your service person to check up on the unit.

By performing these simple steps, you can have peace of mind that you will remain at a comfortable temperature throughout the year.

Now that we've addressed your venting issues, it's time to turn to your drinking problems... specifically, what cocktails to serve for the holidays. We will take this up in the near future.

Cheers!



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WTDITG

The time goes so fast! With Summer winding down, it's time to enjoy the last warm days of the year, and turn our focus to Fall. September is a good month to plant, and it's a great time to start planning your garden for next year. With Fall rains coming, new plants will get established before the cold weather arrives.

PLANNING

- Plan some new color for spring by figuring out where to plant some spring bulbs. Creating pots with 'layers' of bulbs would be fun. A cluster of



bright yellow daffodils planted at the base of a tree or three will really liven the yard up in the early months. Daffodils aren't eaten by squirrels or deer so they should remain intact for years giving you more color every spring.

- Check on the vegetables to be harvested. This is an important time to check on the crops, picking them before the veggies lose their flavor.

- Since September is a good month to plant and there are usually sales now on nursery stock, why not do a little landscape renovation? If you need help, bring some photos and notes into your local independent garden center. They can help you put together some good ideas of what to plant and where.

PLANTING

- It's time for shopping and planting spring bulbs! As the weather cools, that should be your signal to purchase some bulbs for a spring display of sunny color. Tulips, daffodils, hyacinths and crocus can be found now. You'll have up until late October to plant them, but

selection of the coolest bulbs is gone early so don't delay.

- Fall is an exceptional time to plant landscape trees and shrubs! With the rains coming on soon and the soil being so warm from the summer sun, the plant's root systems take right off this

time of year. Most likely there are sales to take advantage of, so the savings make it even more enticing.



TASKS, MAINTENANCE & CLEAN-UP

- Apply Beneficial Nematodes to the beds below rhododendrons and azaleas to fight root weevil damage. Root weevil adults do the damage above ground that is visible so you'll know if they are around. The grubs below ground are the killers, girdling the trunk, besides eating the majority of the roots. Beneficial Nematodes are microscopic creatures that hunt out and destroy these pests and 229 more species of insects, but are not harmful at all to earthworms, humans or pets. They are active for two years in the soil too!



are easy to spot and get rid of, if you know what they look like. Slugs lay eggs under stones, pavers, boards, plant debris or wherever they can find a hiding spot. The eggs are usually clustered in groups and look like little BB's, but are a creamy

color. By finding and destroying these eggs before they hatch, you will take care of hundreds of the slimy leaf-chompers before they can get to your plants.

- Be on the lookout for slugs and their eggs. Fall is egg laying time again for the slimy creatures. Eggs

- Begin to get plants ready for winter by holding

What To Do In The Garden

SEPTEMBER

back on the watering and stop any fertilizing this month. The plants need to get toughened up for the coming winter. If watered frequently and fed too late in the season the leaves are more tender and apt to freeze or be severely damaged.



year is about the best and fastest time to start a lawn.

- Fertilize the lawn now if you haven't done so for a couple of months. With the cooler weather and rains on the way you will notice the lawns becoming greener and thicker again, naturally.

- September is an excellent month to start a lawn from scratch or over seed a thin lawn. In fact this time of

- Pull up begonia tubers before it gets too cold or at least move the pot into a garage or shed. Let foliage die down naturally, then remove foliage, lift bulb out of the soil and store the begonia tubers separately in paper bags (breathable!) in a protected cool, not cold, environment like a basement or a chilly room.

- Dahlias: to dig or not to dig? If you dig up the dahlias to store them, and then divide and replant in the spring, they will continue to come up bigger and better every year. If left in the ground eventually they will poop out, getting many smaller stems and fewer flowers.

Dig the tubers at least one week after a frost and after the stalks have died down. Dahlias dug too early will not store well. Cut the stalks down to 6-8", shake the loose soil off the clumps (don't



wash the clump) then allow the clump of tubers to cure or dry for a few days before being stored

indoors in a cool dark area. Check stored tubers occasionally for any rot developing. You will divide and replant them next May.

- This is a great month to divide iris and other spring and early summer blooming perennials. Iris and other perennials can become overcrowded and that slows down on its flowering show. By lifting the clumps, cutting out the old centers or mushy parts and then replanting the leading growing edge of the clump immediately back into the garden, the perennials can again take off and give you additional years of flowers.

VEGETABLE GARDEN

- You can still seed these crops right into the garden: Arugula, beets, cabbage (for spring harvest), carrots, endive, fava beans, garlic cloves, lettuce, kale, mache, onion sets, radish, salad greens and shallot bulbs.

- Mulch the mature carrots, beets, turnips and parsnips for winter harvesting. By applying good 3-5" thick mulch you can store these veggies right out in the garden. Pull some up whenever you want to fix some for a meal.

- Harvest the winter squash when the 'ground spot' turns from white to a cream or gold color. (The ground spot is just what it sounds like, the part of the squash fruit that lay on the ground.) Winter squash can be harvested whenever the fruits have turned a deeper color and the rind is hard. Harvest the main part of the crop in September or October, before the heavy frosts. Cut squash from the vines

carefully, leaving two inches of stem attached if possible. Squash that is not fully mature, has been injured, or had their stems knocked off, or has been subjected to heavy frost will not keep.

- Harvest potatoes when the tops die down and before the first frost. Dig up the tubers, being careful not to nick the spuds with the shovel. Any tubers that have a damaged spot from digging should be cooked up and not stored. By hand remove any soil clinging to the potatoes and then leave them on top of the soil for a few hours to dry out - if they are stored damp, they will rot. Leaving them on the soil surface in the sun will harden the skin slightly, doubling the storage time.

- Protect the tomatoes, peppers and eggplant from early frost. Drape the plants with Harvest Guard protective yard and garden cover. Pick green tomatoes and ripen indoors if cold weather threatens.



PLAY TIME

Gardening Events Around Town

Annual Dahlia Festival

Saturday-Monday August 31-September 2, 2013

Swan Island Dahlias, Canby, OR

Indoor Display Hours 10 am to 6 pm, Field Hours 8am to 6pm. Free admission, free parking, handicap accessible.

Oregon Trail Iris Society Sale

Saturday September 7, 2013 • 10:00am-2:00pm

Al's Garden Center, Woodburn, OR

Shop the selection of Iris rhizomes for sale from the Oregon Trail Iris Society. Irises are among the easiest of perennials to grow, and they give an abundance of beauty with minimum care. The Oregon Trail Iris Society will also have representatives in the garden center to answer any questions you have about Iris. Registration: Not required. Cost: Free.

Harvesting Your Fruit Trees

Sunday September 8, 2013 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Monica Maggio

It's getting to be that crucial time in your fruit tree season: harvest time! Monica will talk about how to properly harvest and store commonly planted fruit, like apples and pears, so you can get the best use from your harvest. She'll also discuss some of the best varieties for the Pacific Northwest—start getting warmed up for Apple Tasting!

Senior Gardening Day

Wednesday September 11, 2013 • 1:00-3:30pm

Portland Nursery (Division), Portland, OR

Sponsors Home Instead and Portland Nursery are teaming up again to bring a variety of hands-on activities and special gardening demonstrations with the elder gardeners of our community especially in mind.

Tables will be set up under cover (dry if rainy, shaded if sunny) in amongst beautiful and blooming displays, where people can relax, pot up crocus bulbs, make lavender sachets and learn about fall container gardening. Visit with friends while enjoying refreshments and live music: Reggie Houston's Box of Chocolates, a perennial favorite, will be back with New Orleans swing and period jazz standards that our visitors to this event have tapped their toes and danced to for years (yes, there is always room to dance at this event!).

continued next column

Special discount for seniors to help celebrate this annual event. This free event happens rain or shine! We ask that groups of five or more please make reservations. Contact Jan Curtis: 971-302-1846, or jan.curtis@PortlandHomeInstead.com

Design Coaching: You Design, You Save!

Saturday September 14, 2013 – by appointment

Tsugawa Nursery, Woodland, WA

Would you like your landscape to be more your own style? Or does it just need a little revamping? Tsugawa Nursery is offering you a chance to do just that! Make an appointment with our team and we'll help you take control and design your own personal oasis. Before your appointment, we'll send you a packet on how to measure your design area. Plan to come in an hour before your appointment and peruse our garden center, taking notes on what plant materials you would like to include in your design. During your one-on-one hour long appointment, a member of our team will work with you and your ideas to help you create and design the landscape of your dreams. After your appointment, another team member will walk you through the garden center and help you find the plant material to make your dream become reality.

\$35 per appointment. (Normally a \$75 value).*

Call (360) 225-8750 to schedule an appointment.

Impact NW Garden Party Gala and Auction

Saturday September 14, 2013 • 6:00pm-10:00pm

Portland Nursery (Division), Portland, OR

Please join us at the Impact NW 12th Annual Garden Party Gala and Auction. Tickets available at the Impact NW Website. On Saturday, September 14, from 6:00 to 10:00 pm, Portland Nursery's Division store will provide a beautiful, seasonal backdrop to celebrate the triumphs of those touched by Impact NW over the past year. Live and silent auctions, musical entertainment, a delicious menu provided by Chef Matthew Firoz of NEPO 42, and inspiring stories of families in our community make this one of the most unique – and memorable – events in Portland.

We hope you can join us for this memorable event! Your support will allow Impact NW to continue empowering low-income children, families, senior citizens and adults with disabilities to achieve economic independence – a legacy we have established over the past 47 years.

continued next page



Annual ImpactNW Garden Party featuring dinner with silent and live auctions. Impact NW is a non-profit, social service agency with a mission to help people alleviate the effects of poverty in their lives and achieve self sufficiency.

Salem Hardy Plant Society Annual Fall Sale

September 14, 2013 • 9:00am-4:00pm

Polk County Fairgrounds, Rickreall, OR

Nurseries from Washington State and N. Oregon will be selling directly to the public a variety of trees, shrubs, perennials, grasses, ferns, with many specialists in rarer/ unusual plants. Also available Tool Sharpening by Edgemaster. Used nursery pot recycling. Holding Area. Used Garden Books for sale. There will be food and beverages for purchase from 9.30 to 3 p.m. There will be an ATM machine on the premises. This is an indoor location and there is plenty of free parking.

Little Sprouts - Nature Walk and Pressed Flowers

Saturday September 14, 2013 • 11:00am

Garland Nursery, Corvallis, OR

Garden to Table - Apples and Pears

Saturday September 14, 2013 • 10:30am-12:00noon

Farmington Gardens, Beaverton, OR

The sixth of our 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 Cost: Free. Registration is required. To register: Call Farmington Gardens at 503.649.4568 or emailevents@farmingtongardens.com

2013 Fall GardenPalooza

Saturday September 21, 2013 • 9:00am-4:00pm

Fir Point Farms, Aurora, OR

Join us September 21st for this Autumn event! If you like GardenPalooza in the Spring, you'll love GardenPalooza in the Fall! Over 25 local nurseries and garden vendors. Plants, tools and garden art. Wine & Beer. Free admission, free parking. Details at www.Gardenpalooza.com

Bonsai Made Easy Workshop

continued next column

Saturday September 21, 2013 • 11:00am

Tsugawa Nursery, Woodland, WA

Have you ever seen a plant and wondered about its Bonsai potential? The Tsugawa staff will help you understand the qualities and traits to look for when selecting a plant for your next Bonsai project. You'll go home with a Bonsai-in-training and the newfound ability to identify future Bonsai candidates. Space is limited to 15 participants. \$35 per participant.*

Fall Container Combinations

Saturday September 28, 2013 • 10:00am

Al's Garden Ctr., Woodburn, Sherwood, Gresham, OR

Our design experts are excited about some new fall container combinations they have created and they want to share some wonderful ideas with you. Learn how to create stunning displays of fall colors in your planters for a season of eye-catching appeal. Registration not required. Cost: free. Speakers: Josh Clarke at Sherwood. Al's Designers at Woodburn and Gresham.

Harvest Festival

September 28, 2013 – October 31, 2013

Bauman's Farm and Gardens, Gervais, OR

www.baumanfarms.com

Fall Harvest Festival

September 28, 2013 – October 31, 2013

French Prairie Gardens, St. Paul, OR

www.frenchprairiegardens.com

Spruce Up Your Fall Containers

Saturday September 28, 2013 • 11:00am

Tsugawa Nursery, Woodland, WA

Are your containers overgrown, out-of-hand or looking tired? It's time to rip out the old and plant something new! Our container professionals will share some great plants that will get your container gardens looking gorgeous through fall and into the winter months. Free.

LOOKING FOR MORE?

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

"Together, We Create the Message"

-Jeff Gustin, President

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

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