

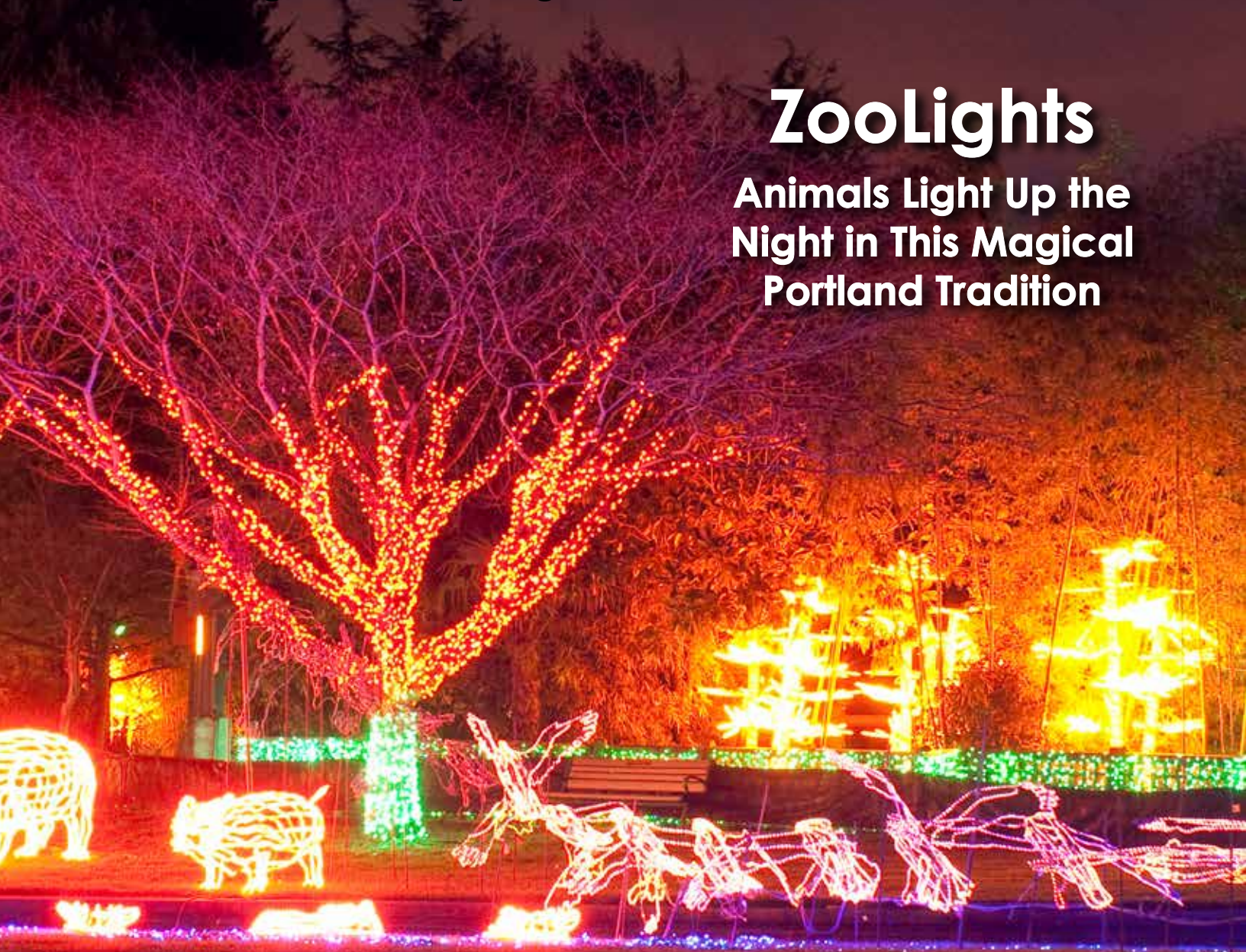
# garden time

December 2013

A Digital Monthly Magazine for Your Garden & Home

## ZooLights

Animals Light Up the  
Night in This Magical  
Portland Tradition



**Jerusalem Artichokes**

**Seed Bombs**

*French Prairie Perennials'*

**Rick Naylor**



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## 'Tis the Season...

Every year I hear this in reference to the holidays. For me, this phrase has come to mind for every part of this past year. When the first blooms arrive in the spring, I was thinking 'tis the season' for getting that garden cleaned up. As the days grew warmer I was thinking 'tis the season' for pulling out the lawn furniture (and my beloved hammock). Summer was the season for getting together with friends and enjoying warm nights under the stars. Fall became the season of color as I watched the colors change in the garden on an almost daily basis. Now I am waiting for the season of snow and cold. All the tender plants have been moved into our small greenhouse. I always want a little snow every year just to see the dramatic changes that it creates in the garden. It covers all the remnants of the past year and when it melts away, it is almost like a blanket being rolled back to show me the promise of a new growing season right around the corner.

'Tis the season also for entertaining. In this month's issue David Musial talks about the history of holiday drinks. What is the origin of eggnog, what is glogg and what do we get when we go a wassailing? We also check out the changes at the Oregon Zoo and their ZooLights event. We also get a recipe for the Jerusalem artichoke. This plant is a beautiful one in the garden and it can also dress up the dinner table. We also share information on STIHL tools, learn how to make seed balls and get to know Rick Naylor of French Prairie Perennials.

'Tis the season of our hiatus as well. As our regular viewers know, we have to leave the air for 3 months. We take a winter break when our advertisers take their annual break. As much as they would love to have us on the air it just isn't cost effective for everyone. In fact the nurseries and growers are busy getting everything ready for the new spring season to come. In the past few weeks we have seen changes at Cornell Farm as they create a larger and more protected sales area. We heard that Garden Fever is adding onto their garden center and we were able to get out to Swan Island Dahlias as they start digging their tubers which will end up in individual gardens around the world. 'Tis the season to get prepared! We will also be getting prepared for the 9th season of Garden Time. We are working on having an hour long program during most of the spring so we can share more gardening information.

Of course at this time of year, "'tis the season" means the enjoyment of the holidays with family and friends. We hope you have the best of holiday seasons and we will see you next month in your e-mail box with a new edition of *Garden Time Magazine*, and in March for the new season of the *Garden Time* TV show.

Happy Holidays!

**Jeff Gustin, Publisher**

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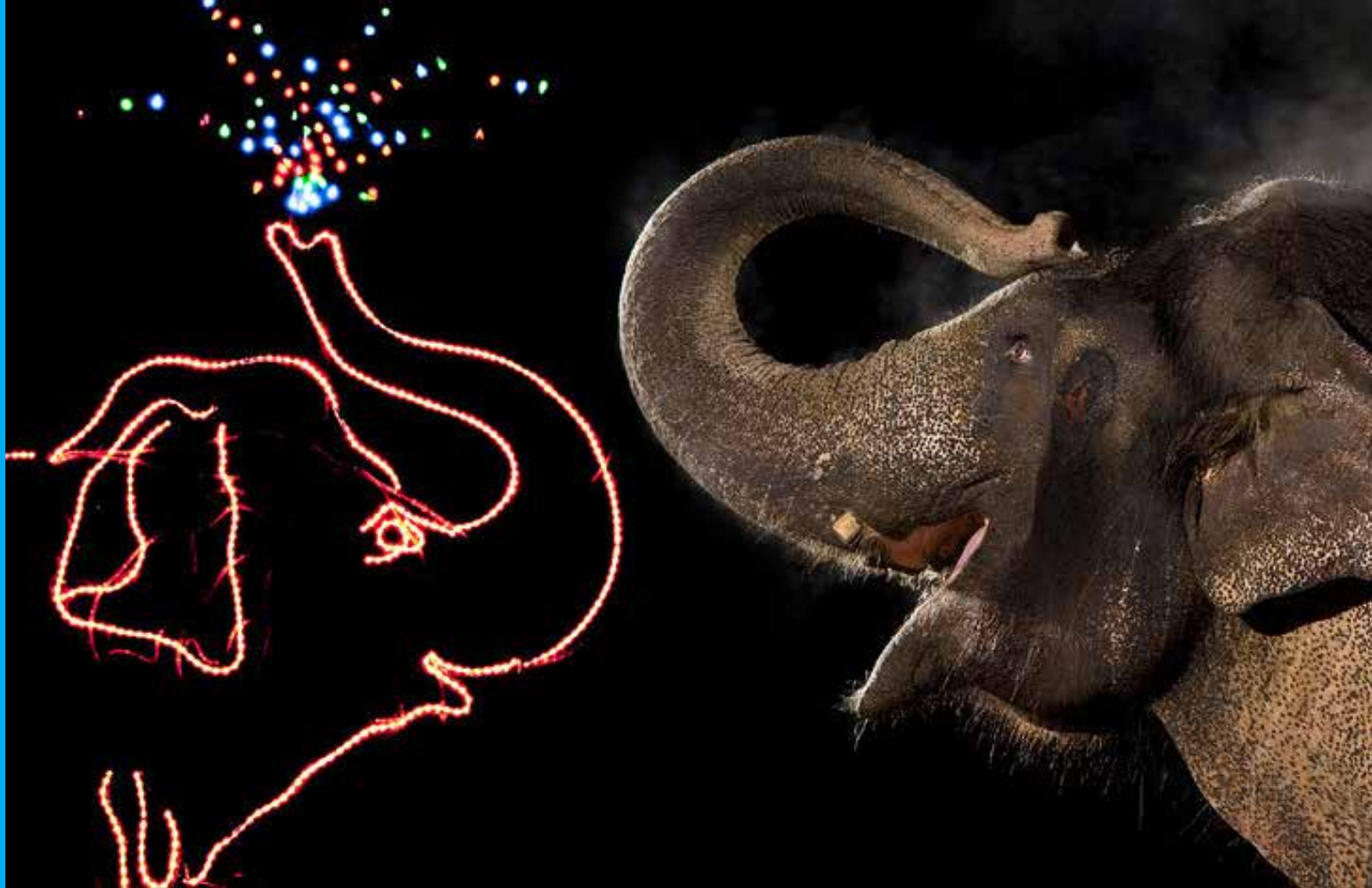
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# Zoo Light Up My Life

It's a magical adventure to discover what animals will light up this nighttime tradition.

by Therese Gustin





Sometimes outings with the kids are a 'sacrifice'. As a parent, you just have to tough it out for the sake of the kid's enjoyment. ZooLights definitely does not fall into that category! Every year I looked forward to this awesome nighttime event just as much as my kids did. Rain or shine, it was a magical adventure to discover what new animals lit up the night as well as seeking out the old favorites. We'd bundle up and head out in search of the giraffe bending down to pick up the heart and reaching up to set it atop the Christmas tree and the string of monkeys crossing over a walkway. Over the years we were delighted to see more and more lights added to the experience. With the transition to LED lights, the zoo is twice as bright as in years past and positively glows with a bouquet of colors.

Another favorite activity was a ride on the zoo train. My girls loved to look up into the trees and see which luminous birds and animals were perched in the branches. They delighted in the race between the train and the lions. This year the zoo train is temporarily out of service as construction crews lay tracks for a new route designed to provide better views. While it won't be offering rides, the famous Oregon steam engine will be decked out in holiday finery near the train station, making a festive photo backdrop. So don't forget to bring your camera and make a lasting memory. (Zoo trains are expected to be running again in time for ZooLights 2014.)

Don't let the lack of the train ride keep you from enjoying this magical experience. This year's ZooLights promises to immerse you in a new experience by lighting up areas of the zoo which were never part of the ZooLights adventure before. Visitors will be able to move in a continuous loop around the zoo including the zoo's African Rainforest. You will even be able to experience a 100 ft. tunnel of light.

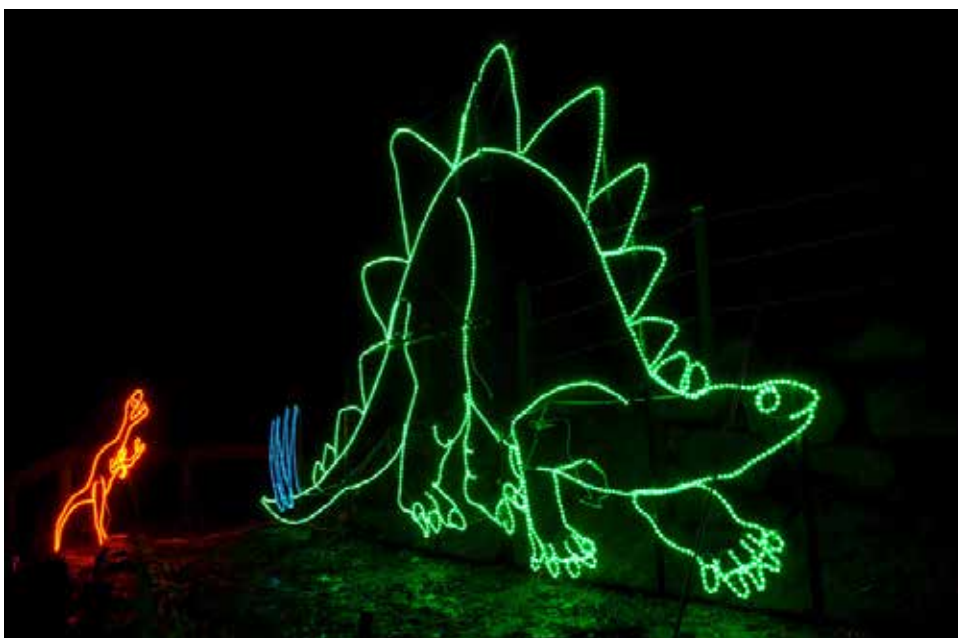






This winter wonderland is lit up with close to 1.5 million LED lights (light-emitting diodes), which use only a small portion of the power of standard holiday lights. The use of LED lights is in keeping with the zoo's sustainability goals. LEDs don't burn out the way traditional bulbs do, ensuring a long lasting, eco-friendly ZooLights experience.

ZooLights begins Friday, November 29 and runs through Sunday, January 5th. ZooLights hours are 5-8 p.m. Sunday through Thursday, and 5-8:30 p.m. Friday through Saturday. ZooLights will be closed Dec. 24-25. Keep an eye on [oregonzoo.org](http://oregonzoo.org) for specials such as two-for-one ZooLights admission in partnership with your local Toyota dealers.



Take a break and enjoy a snack at The Cascade Grill, Grill-to-Go, Black Rhino, Bearwalk Café and AfriCafe. The cafes are open most nights. Or treat yourself to an elephant ear, hot chocolate or popcorn available at food carts around the zoo.

My favorite way to see ZooLights? Stop at the zoo store and pick up some ZooLight glasses. These paper 3-D like glasses make whimsical patterns around the lights. See the lights surrounded by elves, snowmen, snowflakes, reindeer heads and Christmas trees! Shake your head side to side and experience ZooLights in a whole new way! So young or old, bundle up and go see your zoo in a whole new light!



### Admission

**Adults (12-64): \$10.00**

**Seniors (65+): \$8.50**

**Youth (3-11): \$7.00**

**Infant (2 & under): Free**

**Members: Free**

**Discounts Groups of 20 or more get a 20% discount. Reservations are not required.**





### What is the parking situation?

Parking is \$4 per vehicle. If the main lot is full, shuttle buses run from overflow parking lots; follow signs on Highway 26 to access the lots. The main parking lot fills up early on busy evenings and we encourage visitors to ride MAX to the zoo. MAX trains load and unload at the Washington Park station 260 feet below the surface and accessed by elevator. For many visitors, especially children, the MAX ride is a fun beginning and end to their ZooLights visit. Visitors who ride MAX to the zoo receive a \$1.50 discount off each ZooLights admission. The transit discount is doubled to \$3.00 per person during the busiest weeks, December 20 – January 5.

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# It's da Bomb!

**Bring a little anarchy to your gardening with seed bombs.**

**by Sarah Gustin**

"Aerial reforestation" has a history longer than you would expect. Seeds wrapped in fertilizer have been dropped from planes onto land damaged by forest fires that was inaccessible by car or foot. More recently the practice of throwing "seed grenades" has even been used as a protest tool! More commonly though, seed bombs are growing in popularity as a creative gift for gardeners.

Seed bombing has sometimes been known to do more harm than good. Activists and good natured hippies alike have been chastised for this "throw and grow" method of gardening. Seed bombs should be a fun and eco-friendly way to bring a little adventure to your gardening. That is why you should always choose non-invasive, preferably native seeds to use in your seed bombs. Many types of seeds

have been used, but for best results, most people use a wildflower mix. For information on where to get native plant seeds <http://npsoregon.org/> When "distributing" your seed grenades also be sure to avoid farmland and protected areas.

Seed bombs have been growing in popularity over the last few years, and can make a unique gift or favor for the gardener in your life. There are several methods for making seed bombs. The most eco-friendly way to mix seed bombs is using clay from your area as the base. Mix five parts clay with one part compost or worm castings, and one part flower seeds. Mix with a small amount of water, kneed into balls and let dry.

When we tested this project for ourselves, we used the paper pulp method of forming seed bombs.



# STEP 1

Here's how:

Start collecting paper scraps. We had construction paper, but you may want to use a paper with less dye in it. Though the dye made the finished

product look nice and did not affect the germination time of the seeds, it may not be the most eco-friendly. Rip or shred your paper and soak it over night. Right before you begin, transfer the paper to warm water and soak for about a half hour.



# STEP 2

Puree batches of paper and water in a blender or food processor. You may want to use a junk one, the paper can be hard on the motor and difficult to clean up.



# STEP 3

Once you have a pulp, mix in your seeds. You may also want to mix in some petals or other natural materials to add texture and color to your finished balls.



ALL PHOTOS CREDIT: HANNAH GUSTIN



# STEP 4

Using a cheese cloth, tea towel, or paper towel, squeeze out as much water as possible.



# STEP 5

Press your pulp into fun shaped ice cube trays or molds, or just roll into balls with your hands. Let them thoroughly dry and package!





Seed balls can be planted in the ground, but they were originally designed with a protective medium so they could be abandoned and still sprout. This makes them the ideal tool for the “anarchist gardener” in your life. These unique balls will be able to sprout with no help. Simply throw them into an abandoned space and watch them grow!

Be aware that some of your seed balls may begin to sprout before you have the chance to package them up or even get them in the ground. You can minimize this by making sure they dry quickly. Be sure to



squeeze out as much water as possible during the process, and make the balls on a sunny day if possible. Once your seed bombs are complete, they should keep for several months. Plenty of time to wrap them up and gift them to the adventurous gardener in your life!




ALL PHOTOS CREDIT: HANNAH GUSTIN



# Turning Vision Into Visual

Rick Naylor uses “Visualscaping” to help customers put the right plant in the right space.

by  
William  
McClenathan

A photograph of Rick Naylor, a man with grey hair, wearing a dark blue jacket with yellow accents and blue jeans. He is standing next to a large, bushy yellow pine tree that is planted in a wooden crate. The background shows a nursery setting with various other plants and trees.

Rick Naylor

One of my greatest joys in writing is because so often I get to learn many things I simply was not aware of before taking on an article.

This Hortie story is no different. It is about Rick Naylor of French Prairie Perennials.

As with so many amazing garden centers, Rick and his wife Kerry started their business in 1996 as a result of their lifelong passion for plants. Beginning with just one small greenhouse, they grew perennials and sold them at a local Farmers Market. It was not long before they were at two markets, and then expanded to four different markets.

People began asking where their nursery was so they could purchase even more plants than were available at the markets. At this time, their 'nursery' was actually their home, but like others with a lifelong passion for plants, they allowed customers to come to their home and shop their one small greenhouse.

Clearly, as the business grew, they needed more space as the demand for more plants increased. They expanded the initial small greenhouse to more greenhouses totaling 7000 sq. ft. During this time of growth they also added 12,000 sq. ft. of shade houses.



**French Prairie Perennials**  
**575 Hwy 99W**  
**Dundee, Oregon 97115**

**503-679-2871**

**www.frenchprairie  
perennials.com**

In 2010, after a preponderance of customers kept asking them to, they decided it was time to open a true retail nursery. But imagine the concern they had... the economy was in the trash can, fear over consumer spending was intense, yet people were still buying their plants and it was obvious to Rick and Kerry that those customers wanted more.

After some soul searching, they decided to take a risk. Sure the times were difficult but they also thought that could mean they would get a good price if they found the right place to open their nursery to the public... and find it they did, in Dundee.

Was that first year difficult? You bet it was! As was the second year too. But they had a very loyal customer base already from the Farmers Markets so they built on that.



By the third year, something else began. The nursery had finally started to improve but with this new idea, it prepared the way for a great expansion.

The idea is called Visualscaping. It is Kerry and Rick's way to landscape for the customer. I think it is best to use Rick's words to describe it. "Kerry and I have always believed that the customer and their needs are the most important. Yes we are there to sell plants, but we believe in selling the right plant for the right space. Our philosophy is to make customers successful and feel good about our industry. Too many times we've heard stories about how "they said" it would only get 3' and now it's 8'. Educating the customer is very important to us; we would rather not sell a plant at all than sell the wrong plant. Visualscaping became part of our business as an extension of our desire to make our customers successful. Customers would come to us saying I have this spot that I just don't know what to do with. We started making house calls and recommendations and bringing out plants and helping them decide not only which choice to make, but making the correct choice. We started with small spaces and word of mouth advertising. This has grown to the point where we now have a licensed landscape contractor who works with us on a very regular basis and we do it all, including hardscapes. People want to be very involved in the process and Visualscaping allows them to be a very large part of designing their yards. Being able to see the plants in their yard before they buy them allows great flexibility and avoids buyer's remorse. Plants are an impulse buy by nature and Visualscaping aligns with our philosophy of buying the right plant for the right space."

I do not think I could have said it better myself. Rick and Kerry's desire to really educate and as-

sist customers is refreshing.

Rick also has a great passion for conifers as evidenced in a Garden Time story from 2012 (see box below).

The real treasures to be found at French Prairie Perennials continue to be Rick and the great ideas that come from the nursery. Included in those ideas should be the passion they also have for the unique and rare plants that work well in our area. Rick desires to always be ahead of the curve. And while he wants to promote rare and unusual plants, he does not wish to push the hardiness envelope too much, opting for a sure success over a possible one for each customer. Rick believes there are countless unique plants that will make each person's garden stand out while still being reliably hardy and thrive in our PNW environment.

As Visualscaping has taken on a life of its own, Rick and Kerry are now concentrating on make education an even more important part of French Prairie Perennials.

"We will always work to make our customers experience a positive one and help grow our industry" Say Rick. Now what could be more wonderful than that?

While most stories about independent garden centers may start out similarly, it is the people involved that make the long term difference. Rick and Kerry's story appears to just be starting, and what a beautiful story it is. To see their nursery and visit with them about Visualscaping you can go to their website for more information.

**"GardenPalooza  
Conifers"**

**Garden Time Segment**

**[http://www.youtube.com/  
watch?v=B5aliwGJXus](http://www.youtube.com/watch?v=B5aliwGJXus)**





The rhizomes edible skin can be light brown to bluish purple.

PHOTO CREDIT: COMMONS.WIKIMEDIA.ORG

# A Moment in the Sun

The Pilgrimage of the Jerusalem Artichoke Leads Back to the United States

by David Musial

Jerusalem artichokes are a misunderstood vegetable, so let's start with what they aren't and what they are. They aren't from Jerusalem and they aren't artichokes. What they are is native to North America, related to the sunflower and good tasting. Oh yeah, one more thing, for some individuals they are hard to digest. More about that later.

The Jerusalem artichoke, *Helianthus tuberosus*, is in the same genus as the sunflower, *Helianthus annuus*. Known also as the sunchoke, it is not related to the artichoke we are familiar with eating, *Cynara scolymus*. Since I like the sound of sunchoke and it's easier to spell, I will mostly refer to them as the sunchoke in this article.

Various explanations exist for the name Jerusalem artichoke. Mispronunciations of a name or

word; such as the French word for sunflower, girasol being mispronounced as Jerusalem, and adding to that the word artichoke due to its taste being similar to an artichoke. What I am trying to say is that many common names of plants are based on a mispronunciation of a word. In this case, the plant looks like a sunflower which in French is girasol. This may have resulted in being mispronounced as Jerusalem.

They also go by another name, the 'fartichoke'. No I didn't make this up it's due to the properties of the tuber and you can skip to paragraph seven if you can't wait.

Native to North America, the sunchoke was first cultivated by Native Americans. They were eaten by the Pilgrims and brought to France in 1605 by the French explorer Samuel de Champlain. By the mid 1600's,

it was accepted as both a food and an animal feed in France. In some areas of the United States; most notably the south, sunchoke were used as a property line. This was due to it having a height of up to twelve feet.

The Jerusalem artichoke was considered a food staple, but was ultimately overshadowed by the potato. During World War II fresh vegetables were scarce and sunchoke were one of the exceptions, but at the time were considered a poor man's food.

Most foods are surrounded by folklore and the sunchoke is no exception. It was thought to be good for diabetes and rheumatism, and was rumored to be an aphrodisiac. Being good for diabetes did actually have merit.

The edible portion of the plant



is the underground rhizome. What makes them unique is that the carbohydrate is in the form of inulin, not starch. This can be of benefit for diabetics that are looking for a substitute for potatoes or other starches. The downside brings us to the name fartichoke.

Since our bodies don't have the enzyme to digest inulin, beneficial bacteria in our intestines do the job. The bacteria do a great job, but also have a byproduct, carbon dioxide and other gases. This can lead to an upset stomach and... gas. Hence, the name fartichoke. Not all individuals are affected the same. It is best to introduce a small cooked portion, in your diet, to see how they react with your body.

Jerusalem artichokes are easy to grow and are disease resistant. The only difficulty you may have is finding a nursery that carries the rhizome. If you can't find them at your local nursery, you can always try planting the ones available from the produce department at your grocery store.

The soil should be well worked, like potatoes, and planted in spring as soon as the soil can be worked. Cut the rhizome into pieces containing 2-3 eyes and plant to a depth of 3-5" with spacing 12-24" apart in a sunny location. Emergence should be in about two weeks and harvest is 125 days from planting.

Growing this plant is actually a little too easy and containment can be a problem. It was a cheap property line for a reason. Some form of barrier may be advised.

The rhizome is used today for food, as an animal feed to fatten livestock, sugar production and dried to produce flour. It has also been used in France for years as a source of alcohol



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for beverages.

It can be eaten raw, cooked or marinated. When eaten raw, it is moist and crunchy, and is good in salads. It has a very pleasant taste, somewhat sweet like an artichoke and sunflower seed. The skin is edible and due to the knobby nature of the rhizome, it is normally not removed.

When purchasing, look for firm and unblemished rhizomes without sprouting eyes. Wrapped in a paper towel and placed in a plastic bag, they will last in the refrigerator up to two weeks. If you have a root cellar, they can be stored in sand like carrots.

When cooking with Jerusalem artichokes, be aware that they do oxidize like artichokes. After cutting, if not using immediately, place in water

with a little lemon juice to prevent from turning gray.

Some literature suggests that if you bake them at 200 degrees for twelve to twenty-four hours, that the carbohydrate converts mostly to a digestible fructose. In any case, go easy until you know how you react and start with cooked before you try raw.

One of my favorite uses of the sunchoke is in soup. A simple soup will bring out the sweetness of the vegetable. Below is a recipe to help you get started.

More than you need to know, but I fall into the category of people that have discomfort after eating the Jerusalem artichoke and question the whole aphrodisiac thing!



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# Cream of Sunchoke Soup with Chile Oil

(Makes 4-6 Servings)

1 pound sunchokes  
½ small lemon  
1 medium white onion, chopped  
1 garlic clove, minced  
2 T olive oil (see note)  
3 C chicken stock (or vegetable stock)  
½ C heavy cream  
salt and pepper  
chili oil

toasted pumpkin seeds for garnish

Rinse and scrub the sunchokes. Thinly slice and place in a bowl of water with the juice of the lemon.

Heat the oil in a pot large enough to hold all ingredients. Add the onions and sweat until almost translucent. Stir in the garlic and cook for two minutes. Do not allow to burn.

Drain the sunchokes and add to the pot. Stir while cooking until the sunchokes start to soften, about 4-5 minutes. Add the stock and cook until the sunchokes have cooked

through and are tender.

Remove the pot from the stove and using a blender, puree the soup in batches. Return the soup to the pot and add the heavy cream and taste for salt and pepper. To serve, re-warm, ladle into bowls, drizzle with chili oil and top with a sprinkling of toasted pumpkin seeds.

The soup can also be strained after blending, but will result in a thinner soup.

Can be made ahead, chilled and refrigerated for up to seven days.

Note: To make your own chili oil, add one cup of canola oil and two to four tablespoons of your favorite chili powder to a pan. I like to use Chimayo or Ancho. Over low heat, cook until you just begin to see bubbles. The chili powder will burn quickly, so watch closely.

Remove from heat and cool. Strain and store in the refrigerator for up to two weeks.

The color is beautiful and the flavor is great. The intensity of flavor can be controlled by using more or less chili powder.

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

PHOTO CREDIT: 1.BP.BLOGSPOT.COM



**Just add a drizzle of chile oil and it's ready to serve.**



# How the Non-Grinch Can STIHL Christmas

We have some suggestions to help you “trim down” your holiday gift list.

by Judy Alleruzzo



hedge shears in action

produce a wide selection of hand tools for gardening and landscape projects. All of the STIHL Precision Series™ hand tools are made to last and carry a limited lifetime warranty.

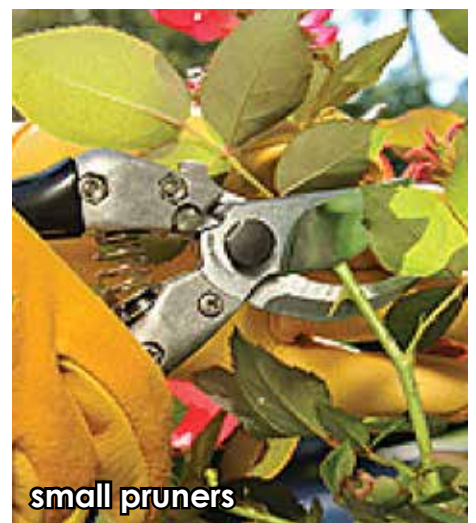
Six models of **Hand Pruners** have been designed for ease of use and any size hand. These

The Christmas gift giving season is right around the corner. Are you at a loss of what to give the gardeners on your list?

We at *Garden Time* are always giving tips to make gardening easier so why not a few gift suggestions from STIHL Inc.? For more than 85 years, STIHL Inc. has been the manufacturer of gardening gas and electric power tools, chain saws and even hand tools. They use excellent manufacturing talents

and materials to create quality tools for the home gardener and professional landscapers. Even though it is a German owned company, STIHL Inc. employs over 2,100 people across the United States making tools for sale here and exporting to over 90 countries worldwide. In the U.S., they are sold by independent dealers and are not found in big box retailers.

STIHL Inc. is known for power tools and chain saws but they



small pruners



quality hand pruners have chrome plated blades and are great at doing detailed work like clipping flowers from hydrangeas or trimming back a clematis after bloom time. The hand pruner blades can be resharpened and many styles have replaceable blades.

**Loppers** are a must have tool for any gardener. Made of durable aircraft aluminum, these loppers are light weight but



lopers

strong and durable for a bit more heavy duty pruning. Available in 3 handle lengths of 24", 28" and 32", the varied handle lengths allow more leverage for any type of landscape or garden pruning.

**Hand Pruning Saws** are made of high carbon blades and designed to cut on the pull stroke which makes a more controlled cut. Eight styles of saws have

blade sizes available from 5.75" to 16" and are made in fixed or folding blade styles with curved or straight blade shapes. STIHL makes a saw for every hand size and gardening job.



hedge shear

If your garden friend loves a finely cut hedge or topiary, a STIHL **Hedge Shears** is the right gift for them. The Hedge Shears' "high strength, corrosive resistant" blades come in an 8" or 9" length, perfect for fine tuning a boxwood hedge. It also works well on routine trimming without the use of power hedgers.

If a special someone on your list is a power tool lover, STIHL Inc. has an array of Lithium battery operated tools. Perfect for someone not wanting to have gas powered tools, STIHL Lithium battery operated tools are lightweight, quieter, easier

to operate and better for the environment. All they will need is 1 charger and 1 Lithium battery as each tool needs the same battery to operate. The must haves for any gardener are Trimmer, Hedge Trimmer, Blower and Lawn Mower.

The **Electric Trimmer** is a must have replacement for the gas powered tool. This Trimmer is eight times quieter than its old school cousin plus it starts up by pulling a trigger. No more cord pulling for this machine. The lightweight design allows for trimming around garden beds in no time flat!



hedge trimmer



hand pruning saw



The **Hedge Trimmer** comes in 3 models for various levels of landscape and gardening needs. Each machine has a 20" blade, is lightweight and quieter than gas powered hedgers. No disturbing the neighbors when in use!

**Blowers** are one clean up tool every gardener loves. This Blower is only 7 pounds without the battery but has a 100mph stream of air to clean up many yard messes. The added bonus is that it is quiet to operate with no exhaust.

The **Rechargeable Lawn Mower** is light weight with a folding handle for compact storage. It has a 14" deck and can cut a 3200 sq ft lawn on one charge! One cool attribute is on the grass catcher. An indicator lets the operator know when the grass catcher is full and ready to be emptied. It is made of rigid plastic and is easily washed out after use.

The mower also has an optional mulching attachment to allow the grass clippings to return to the lawn. This mower is perfect for an urban gardener with a small lawn and small storage space.

This selection of STIHL Precision Series™ hand tools and Electric power tools is a limited representation of the products list that STIHL Inc. manufactures. They surely have a gift your friend or loved one would enjoy this coming spring. Come to think of it, I'm going to need to do some last minute hinting for the STIHL trimmer I could really use. Oh *Santa*....

For a dealer near you check out the STIHL website at [www.stihldealers.com](http://www.stihldealers.com).

blower



hand saw



electric lawn mower

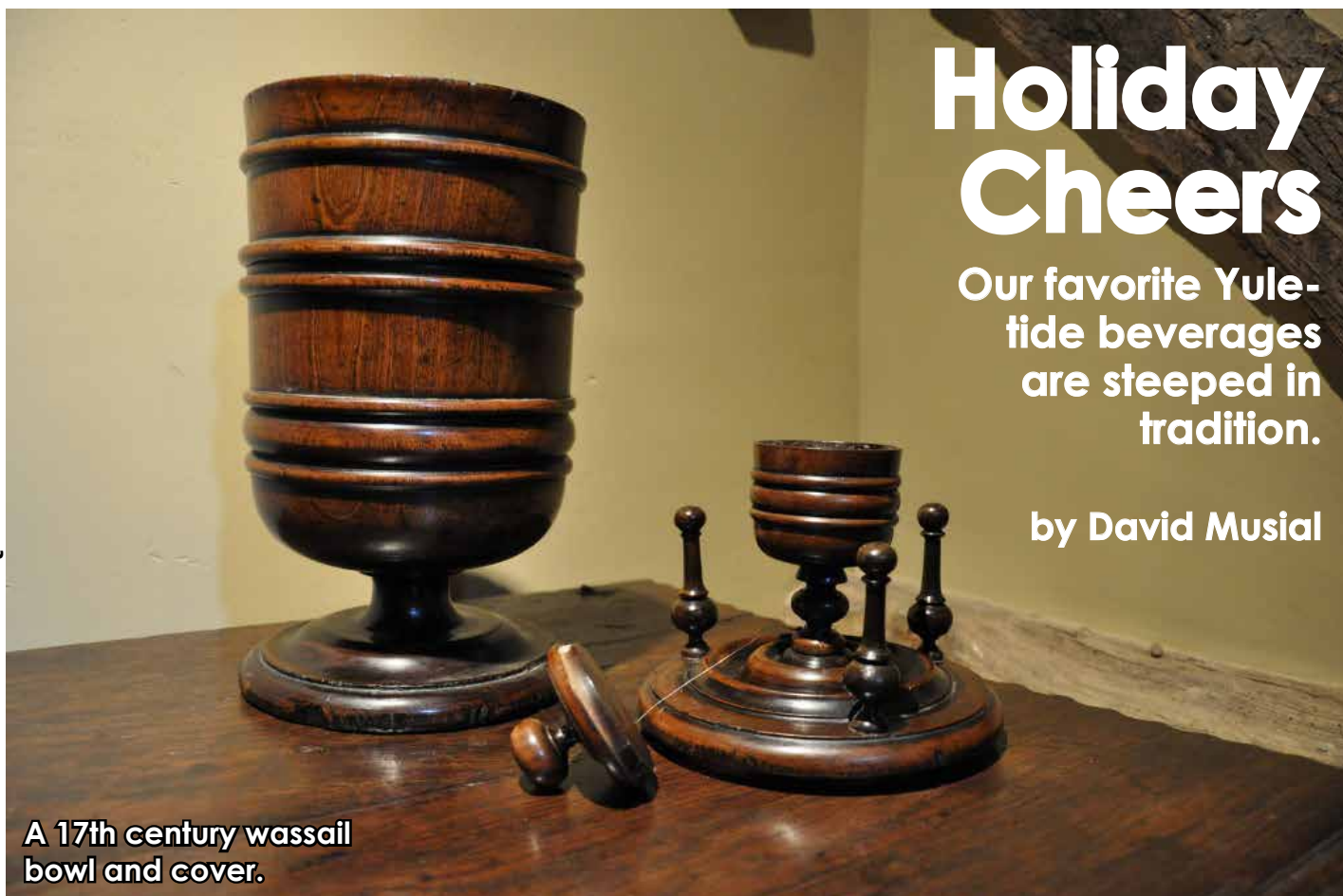
Check out The Garden Time segment featuring Wayne Sutton, Territory Manager STIHL Northwest and his Chain Saw Museum

<https://www.youtube.com/embed/jsoBFoFmrIQ>

Have questions on Fall/Winter Power Tool Maintenance? Check out this Garden Time segment with Wayne Sutton, Territory Manager STIHL Northwest

<https://www.youtube.com/embed/L3zjaFxlKUs>





# Holiday Cheers

Our favorite Yuletide beverages are steeped in tradition.

by David Musial

A 17th century wassail bowl and cover.

With the holidays upon us, it's the time of year for family gatherings, celebrations and parties. It's also time that we talk about the drinking problem that plagues so many of us this time of year. Specifically, what cocktail to serve at your holiday gathering.

Beverages have always been

a part of holiday tradition and they still play an important role today. Nowadays, the choices of beverage are numerous and personal. They range from the traditional like eggnog to the modern signature cocktail created just for the occasion.

To help kick off the holiday season, we're going to explore

some of the traditional holiday beverages. These beverages have evolved over the years and part of the fun in serving them is in learning and sharing their history. This article is going to take a look at wassail, eggnog and glögg.

## Wassail

*Here we come a-wassailing*

*Among the leaves so green,*

*Here we come a-wand'ring,*

*So fair to be seen.*

*Love and joy come to you,*

*And to you your wassail, too,*

*And God bless you,  
and send you*

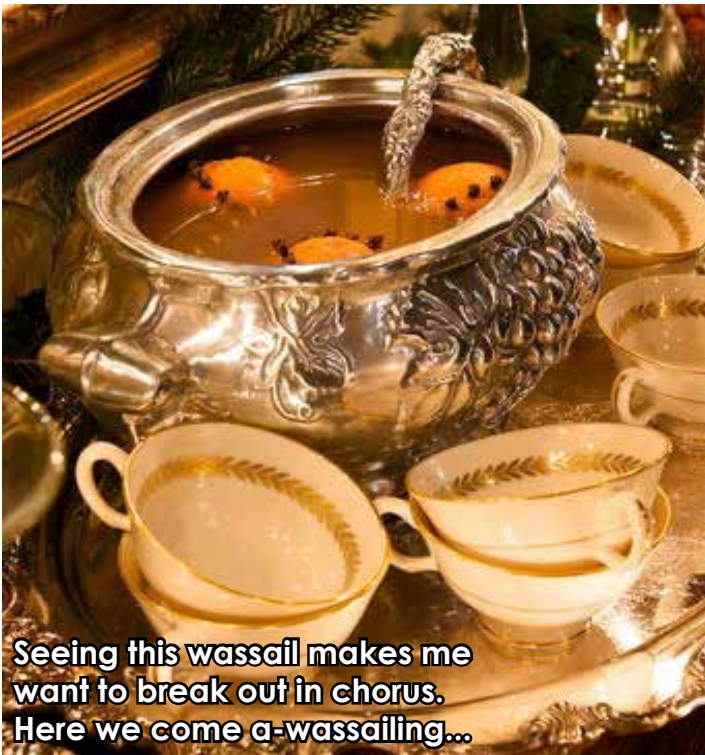
*A Happy New Year*

Name that tune!



Wassailing in Colonial Williamsburg





**Seeing this wassail makes me want to break out in chorus. Here we come a-wassailing...**

Bet you are all familiar with the song Here We Come A-Wassailing also known as Here We Come A-Caroling. But do you know the origin and meaning of Wassail?

Wassail is centuries old custom with origins in England. The word wassail is both a noun; the drink and a verb, the ritual. Its exact origin is not known, but it is a tradition meant to celebrate and promote good health and fortune. What started out as a simple greeting, over time turned into a toast with its own drink and is now considered one of the first toasts created.

Consisting of mulled ale, cream, roasted apples, eggs, spice and sugar, this warm beverage was traditionally served in a special bowl, called; you guessed it...a wassail bowl. When the wassail was brought out to guests, a carol was sung.

The name comes from an Anglo-Saxon phrase 'waes hael' which means good health or be in good health. The custom was to say waes hael and the response was drink hail or drink health, followed by drinking the wassail. Hence the first toast was born. Speaking of toasts, some believe the tradition called toasting came from the pieces of toast that were floated on the wassail.

The tradition of wassail has lost popularity over time, however, recipes can still be found on the internet. So the next time you hold your glass up to your friend, start by singing a carol and instead of saying 'wuz up', say 'waes hail'.

## Eggnog

Before we get started with eggnog, we need to set the stage. There are three and only three eggnog camps. Those that love it, hate it or haven't tried it. For the haters and those who haven't tried it, please do not skip to glögg. You need to know that the eggnog on the shelf at your local grocer is no comparison to what you can make and that drinking eggnog may even be considered patriotic. Read on.

Eggnog has its roots in the European tradition of milk and wine punches, but evolved in Colonial America to suit the available ingredients. Most notably, rum which was readily available, replaced the wine, thus making eggnog a fortified alcohol punch.

At the time, rum was referred to as grog and the drink probably received its name from its ingredients egg and grog. This shortened to egg 'n grog and then egg nog. The other possibility is its serving cup, which at the time was small and called a nog. Hence egg nog.

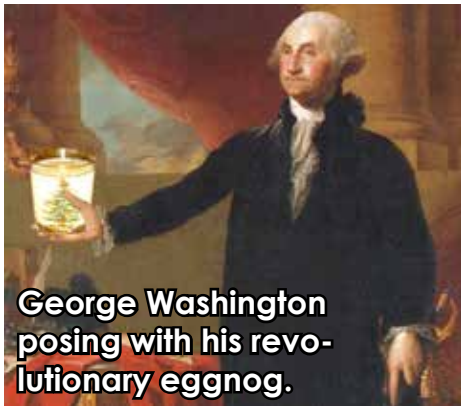
Eggnog became a social drink in the 1800s when large batches would be made and served at holiday gatherings. Rich, spicy and strong, it was said that Christmas is not properly observed unless you brew eggnog for all comers.

The Tom and Jerry is an eggnog variation with brandy added, in addition to the rum. It was created by author Pierce Egan in 1820 to publicize his book, 'Life of London: or Days and Nights of Jerry Hawthorne and His Elegant Friend Corin-thina Tom'. This may be the first signature cocktail created for an event.



**Eggnog, love it or hate it, it's a holiday tradition.**





**George Washington posing with his revolutionary eggnog.**

If all of this doesn't make you feel that eggnog is as American as apple pie and deserves a place at your celebration, you need to know that our first President, George Washington, was quite fond of a very strong eggnog and his recipe is as follows:

"One quart cream, one quart milk, one dozen tablespoons sugar, one pint brandy, 1/2 pint rye whiskey, 1/2 pint Jamaica rum, 1/4 pint sherry—mix liquor first, then separate yolks and whites of eggs, add sugar to beaten yolks, mix well. Add milk and cream, slowly beating. Beat whites of eggs until stiff and fold slowly into mixture. Let set in cool place for several days. Taste frequently."

Although specific amounts of alcohol are given, there is no mention on the number of eggs. Most agree that a dozen eggs works. If you make this version, be sure to use pasteurized eggs and have a designated carriage operator as Washington liked a stiff eggnog.

Love or hate eggnog, it is a holiday tradition.

## Glögg

Our last holiday beverage is Glögg. Pronounced either glurg or gloooog (not sure about that last one). Glögg is a traditional spiced wine associated with

Scandinavian countries, but primarily Sweden.

King Gustav I of Sweden enjoyed German spiced wine and renamed it glödgad vin in the 1600's. At the time it was made with wine, sugar, honey and spices. The name was shortened to glögg by the late 1800s.

Since it is served warm, it became a holiday beverage from Christmas into the New Year. As most recipes evolve, so has

When you open the door for your guests, they will be greeted by the aromas of the holiday and know they will enjoy a cup of holiday cheer.

At my house, it's all about the bubbles. Anything topped off with Champagne is our tradition. That also includes topping an empty Champagne glass with just Champagne. However, if my son the eggnog authority is in town, it's eggnog with cognac and although normally served warm or at room

**Simmering glögg fills the house with the smell of the holidays.**



**The easiest way to make Glögg is to buy a concentrate, add wine and heat.**

glögg. It has gone from a wine based beverage to one with fortified alcohol. Recipes now include port and brandy. In Sweden, recipes include aquavit which is a caraway seed infused alcohol.

In the United States, you can find bottled glögg and it can also be found in predominantly Swedish communities. If you are ever in Chicago, head to Andersonville and stop by Simon's Tavern where you can get a traditional glögg.

The best part of making glögg at home, besides drinking it, is the smell that fills your house.

temperature, he insists that ice cold is the way to go.

Remember, the holidays are a time to create your traditions. Whether you chose hot spiced ale or wine, or frothy eggs with alcohol for your celebration, it becomes your tradition. Enjoy the holidays. Cheers!

**A welcome sight on a cold winter night.**





# WTDITG

**Wow! Where did the time go? Another year over. The holiday season is always a busy time, and many of us find it hard to fit in a little work in the yard. But our plants need us, especially now. Carve out a few hours during December to make sure your plants are safe and warm for the Winter. It will be the best present you can give them.**

## PLANNING

- Be ready for a cold snap. In case the temperature drops fast you'll want to be prepared to cover the plants. Using the Harvest Guard Protective Yard & Garden Cloth (AKA 'reemay') will protect the plants against severe cold temperatures. Cover only in



the cold spells, remove when temperatures rise again. Multiple layers will protect to lower temperatures.



- Plan a family trip to choose a live Christmas tree for this year's holiday. Live trees are just the best idea when thinking

green; a tree you can plant with the family after the holidays; a tradition that will grow with the family!

Some of you think it is better to use artificial trees as they are good for the environment. Nope! Artificial trees are generally made in China, pollute the atmosphere when being manufactured, fill up landfills and contain harmful chemicals. Instead of a fake tree this year, adopt a real one. Share the gift of life with the family with a live tree you can enjoy for decades.



- Organize your garden journal. Go over the notes from the year and set some goals and plans for next year.

## PLANTING

- If you find your spring bulbs in a sack in the shed, get them planted! They are not going to sprout roots and grow in



the sack and yes it's late but there is still time to get them in the ground. If you don't plant them this month, it really will be too late.

- OK to plant trees and shrubs now. In our part of the world, if you can dig a hole in the soil,

you can still plant. Roots will still grow a little all winter long, so getting them in now will allow some root development during winter.



## TASKS, MAINTENANCE & CLEAN-UP

- Time to clean out the Mason Bee condos and clean up the cocoons and get the condo system ready for the new season.

when you turn it over helps to break down the organic matter faster. Keep the pile from getting too waterlogged with a tarp or cover.

- Turn the compost pile. Adding oxygen to the pile

- Make sure that weeds are pulled away from the



# What To Do In The Garden DECEMBER

base of trees and that bark or mulch is not too deep around trunks. Rodents like to chew on the bark and the hiding places the weeds or mulch provides should be eliminated.



- Make sure that any plant underneath big thirsty conifers or under the eave of the house is getting a good deep drink

of water once every 4-6 weeks. Plants can take more severe cold weather with hydrated cells than dehydrated cells.

- You can fertilize the lawn now if you haven't done so in the last two months. Lawns are still growing roots during the winter and you can improve the green color by applying a lawn food now. Using one with a moss killer will help kill off the moss over the winter. Apply a dose of dolomite lime to the lawn if none has been applied for a year. Don't use a weed-n-feed now, the weeds will just grow, not die. The chemicals in the weed killer need much warmer temperatures to work.

- Don't walk on frozen grass until it thaws. You will see your footprints on the turf in the spring otherwise.

- Watch for aphids on spruce trees. Often in the winter the spruces can get attacked by aphids. We don't usually notice until it's too late in the spring when all the old foliage falls off. Hose the trees off with a strong stream of water to knock any aphids from the needles. You can check and see if they are on the trees by holding white paper under a branch end and tap hard. Check for infestations by holding white paper under various branches and tapping. If they are present you'll see some on the paper.



- Dormant spray the fruit trees as needed for control of overwintering insects and diseases. However, no spray is needed

if no disease or insect problem was detected this past season. Dormant Spray Oil is used to smother the overwintering insects

and Copper Sprays are good for disease control. Spray according to directions on the label.



- Pruning: It is not time to prune but time to STUDY UP on the subject! Pruning fruit trees is discussed in great detail in many books

and articles. We highly recommend reading up on the subject before making cuts that you can't glue back on the tree. Read up and take good care of your trees. You'll get much more production from them if you do.

- Get after any weeds that are growing now before they go to seed. Covering the beds with thick mulch after the weed pulling can help deter them further.



## VEGETABLE GARDEN



- Do a recap of the successes and the failures. Start to plan what you want to grow next year and begin the process of finding out what grows best together in regards to companion planting.

- Check on the veggies you are wintering over. Make sure the

compost mulch is nice and thick over the crops you are storing in the ground.

- Make out your wish list of things you'd like from Santa, like seed starting supplies, pruners, gardening tools and gloves.



Maybe some beautiful outdoor pottery to feature pretty flowers near the front entry for guests. Or a big fat gift certificate so you can come pick out what you want this next year!





# PLAY TIME

## Gardening Events Around Town

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### **Christmas Market and Light Display** **November 29 to December 22, 2013 • 4:00pm-9:00pm** **Oregon Garden, Silverton, OR**

Join us for a traditional Christmas Market and light display in the charming Rediscovery Forest each Friday-Sunday, from November 29th to December 22nd, 4:00pm to 9:00pm. Upon arrival, you will enter the Garden and board the Holiday Express, where you will be whisked to the beautifully decorated Rediscovery Forest. Here, you can enjoy a traditional German Christmas Market, where you can find the perfect holiday gifts from artisan vendors selling hand-made goods; sip gluhwein and other adult holiday beverages; listen to festive holiday music; take in the smells and tastes of holiday foods; warm up next to fire pits; walk among lit vignettes and through 150,000 Christmas lights in the forest, including a glowing, 9 foot tall Leg Lamp!

### **Zoolights at the Portland Zoo** **November 29, 2013 through January 5, 2014** **Sunday through Thursday 5:00pm-8:00pm** **Friday and Saturday 5:00pm-8:20pm** **Portland Zoo, Portland, OR**

### **WTDITG: What to Do in the Garden in December** **Sunday December 1, 2013 • 12:00pm** **Garland Nursery, Corvallis, OR**

The winter months are great for plotting and planning your garden and landscape for the coming spring. At this month's What to Do in the Garden, our garden experts will share best techniques and practices in prepping your gardens for a successful spring. Did you miss the window of time to plant your favorite spring bulbs? Or, are you not quite sure how everything will look when the bulbs bloom? Don't fret! Our Garland Nursery experts will review which bulbs make the best garden fillers and show you the best way to arrange them in planters for beautiful spring blooms. With our Last Chance Spring Bulb Sale, this is a class you will not want to miss. Feeling the holiday spirit, we will have a live holiday swag demo using natural holiday trimmings.

### **Holiday Open House** **Saturday, December 7, 2013 • 8:00am-5:00pm** **Bauman's Farm & Garden, Gervais, OR** Please Join Us for Bauman's Holiday Open House to celebrate the Season!

### **Breakfast with Santa** **Saturday, December 7, 2013 • 8:00am-10:00am** **Bauman's Farm & Garden, Gervais, OR** Breakfast at Bauman's has been a hit throughout this year **continued next column**

and we are happy to have another opportunity to share breakfast with all of you. The Bauman family will be busy cooking and Santa will be here busy taking notes so bring your appetites and your Christmas list!

### **Ladies Day Out** **Saturday, December 7, 2013 • 10:00am-4:00pm** **Garland Nursery, Corvallis, OR**

We invite all you ladies to come spoil yourselves at Garland Nursery's annual Ladies' Day Out, as we support what we all care about the most, our community's children and families! This year's Ladies' Day Out is contributing 10% of all purchases (excluding wine and food) to an amazing local organization, The Children's Farm Home. With a day full of fun and festivities, we can definitely contribute to their brighter future! We start this Ladies' Day Out sampling amazing breakfast items and sipping champagne from 10:00am to 11:00am. At 11:15am, we welcome a very special guest, Kye Brown, chef of The Children's Farm Home's public café, Old School Café, and owner of Kyes Cuisines. Kye will start us off with a cooking class, going over points we will need for the coming holidays. Seating will be at 11:15am. Demo will start at 11:30am, followed by an intimate lunch at 12:00pm. Vegetarian and non-vegetarian meals will be available. Registration is required by December 3rd at (541) 753-6601. Cost is \$15 per person and includes the demo and lunch. Wine and sparkling wine will be available for purchase. Jim Somppi, owner of White Rose Florist, will host Holiday Floral Design Class at 1:00pm. This class is free with no reservations required. At 2:00pm, we invite you to Create Your Own Fairy Garden. The fairy garden will include a Tiny Treasures conifer or dwarf shrub, a mid-sized accent plant, a viola or pansy, a groundcover plant, a fairy and a gravel or crushed-glass path. Registration is required and class size is limited to 25. Register at (541) 753-6601. The fee to build a starter garden is \$40. Bring all your lady friends and join us December 7th as we spoil ourselves for an amazing cause.

### **Workshop: Build a Holiday Centerpiece** **Saturday, Dec. 7, 2013 • Sherwood 10, 12 and 2:00pm** **Saturday, December 7, 2013 • Woodburn 1:00pm** **Saturday, December 7, 2013 • Gresham 1:00pm** **Al's Garden Center, Sherwood, Woodburn, Gresham, OR** Cost of the event: Small Centerpiece \$25.00; Large Centerpiece \$35.00. Registration is required; space is limited to 25 people in Sherwood and Woodburn, 20 in Gresham. Register by calling the store. This is a "hands on" workshop. You'll learn how to use fresh greens to create a holiday centerpiece. Step by step instructions on how to add ornaments and candles to create a customized centerpiece perfect for your holiday table. Registration is required. Price includes materials to make 1 centerpiece.





**What to Do in the Garden in December**  
**Saturday December 7, 2013 • 11:00am**  
**Tsugawa Nursery, Woodland, WA**

Our monthly seminar on what should be done in the landscape and garden. This month we welcome the official start of winter! December is the time to prune conifers, using the cut greens for decoration or mulch. It's also a good time to test the germination of your seed collection and more. 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.

**Make and Take Holiday Centerpiece Class**  
**Sunday, December 8, 2013 • 11:00am**  
**Garland Nursery, Corvallis, OR**

Create a beautiful holiday centerpiece that your guests will rave about. Your creation only costs you \$25 - all ingredients included.

**Make and Take Wreath Class**  
**Sunday, December 8, 2013 • 1:00pm**  
**Garland Nursery, Corvallis, OR**

Create that traffic stopping holiday wreath to perfect your holiday decorations. Your creation only costs you \$25 - all ingredients included.

**Make and Take Holiday Centerpiece or Greens Basket**  
**Sunday, December 13th • 11:00am**  
**Garland Nursery, Corvallis, OR**

Your creation only costs you \$25 - all ingredients included.

**Build-Your-Own Holiday Greens Workshop #2**  
**Saturday, December 14, 2013 • 11:00am**  
**Tsugawa Nursery, Woodland, WA**

The holiday season is fully upon us! Only 11 more days until Christmas and chances are you've already begun to celebrate. We're offering a second Holiday Greens Workshop in case you missed the one in November. Lisa will guide you through the process of creating your own masterpiece out of the freshest holiday greens and boughs. You'll take home a beautiful holiday decoration to grace your own home or give as a gift. This class is a great one for beginners and the experienced alike. Don't forget your pruners, gloves and a warm jacket! Cost: \$35 per participant. Fee includes supplies and evergreen boughs for building a holiday piece you'll take home with you.

**Little Sprouts - Make a Christmas Swag**  
**Saturday, December 14, 2013 • 11:00am**  
**Garland Nursery, Corvallis, OR**

**continued next column**

5\$ per child, only \$5.

**Garden Inspired Gifts From the Kitchen**  
**Saturday, December 14, 2013 • 11:00am-12:30pm**  
**Farmington Gardens, Beaverton, OR**

Free. Registration required. Sign-up at Farmington Gardens at 503.649.4568 orevents@farmingtongardens.com

**Pictures with Santa**  
**Saturday, December 14, 2013 • 11:00am-2:00pm**  
**Saturday, December 14, 2013 • 11:00am-2:00pm (pets)**  
**Farmington Gardens, Beaverton, OR**

Bring your own camera and take a photo with Santa today in a winter garden setting. We'll be having a special pet time too. Your Farmington Gardens' friends will be available to help catch those pics. Cost: Free

**Fairy Gardens with Genevieve Layman**  
**Saturday, December 21, 2013 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

Enter into the enchanting world of fairy gardens, full of creativity and playfulness. Learn how to design, accessorize, and properly care for a magical miniature landscape in a container. With your imagination and care, you can create your own small world that tells a story. There is a \$30 materials fee for this hands-on class.

**Wreathmaking**  
**Sunday, December 22, 2013 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

Take advantage of our lovely selection of greens to make a unique and eye-catching wreath for your door this year! Portland Nursery staff will supply the technical know-how, you bring your own special style, your gloves and pruners. We will make a 12" wreath with fresh greens and other decoration. Dress warmly! There is a \$30 materials fee for this class.

**Recycle Your Poinsettia**  
**Sunday, December 28, 2013-Monday, January 13, 2014**  
**Al's Garden Center, Woodburn & Sherwood, OR**

Bring in your holiday poinsettia, pot, plant and all to Al's and receive a 30% discount off the regular price of a fresh houseplant. Live Better in the New Year with a fresh houseplant.

**LOOKING FOR MORE?**

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



# "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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