

January 2014

garden time

A Digital Monthly Magazine for Your Garden & Home

Conifer Gardens

Trees and Shrubs that
Shine in Every Season

Adaptive Gardening

Ice Wine

Lan Su Chinese Gardens'

Glin Varco

Cedrus libani
'Green Knight'
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The 'New' in New Year...

Every year I hear friends talk about how they are going to change things for the next 12 months as they make their New Year's Resolutions. They talk about losing weight, eating healthier or being nicer to people. But for me, this past year was pretty good. I did get to spend more time in the hammock and we were able to go to two college graduations (our daughters) and 3 different weddings (all outdoors). We also enjoyed one of the warmest spring, summer and falls that we have had in the past 4-5 years. I guess the message here is that most of these were not even on my list last January but helped make this one of my best years ever. Sometimes the 'new' things we wish for can be things that we never anticipate, or even know that we want. So, in looking for 'new' resolutions, don't overlook the simple joys that can appear every day.

We don't want you to think that planning for a 'new' you is something we don't recommend. The beginning of the year is always a good time to assess your life and think of things you would like to accomplish or achieve in the coming 12 months. This month's issue may help you in a number of ways. First of all, losing weight is a biggie for most people. This month Robin tells us about food journaling and how it can help you stay healthy. Speaking of new, every year we get a notice about the new 'color of the year' for fashion and decorating. William talks about the new color of the year and if it is something that gardeners should really pay attention to. We take a look at adaptive gardening for people who have mobility issues and check out some tasty ice wines and what makes them so unique. We also pay a visit to the wonderful conifer garden at the Oregon Garden in Silverton to see the year round beauty you will find there.

One of the other 'new' things that we celebrated this past year was a 'new' hour long show in the spring. Putting together an hour long program really was a lot more work than I expected, but it was also a lot more fun! We plan on doing the same thing again this coming spring for 13 weeks. We are putting the finishing touches on new contracts for the 2014 season, but it looks like everything is a go for our 9th season. You will be seeing us on our same 3 partner stations, KOIN TV in Portland, KWVT in Portland and Salem and KEVU in Eugene.

We want to wish you all a Happy New Year and the best of 'new' things to come,

Jeff Gustin, Publisher

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In this issue...

Conifer Garden

adventures....pg. 4

Adaptive Gardening

backyard....pg. 8

Glin Varco

hortie....pg. 10

Ice Wine

eats....pg. 14

Pantone Color

got to have it....pg. 18

Food Journal

home....pg. 20

January Gardening

wtdit....pg. 24

Gardening Events

play time....pg. 26



Pros and Conifers

Evergreens give a yard structure and color throughout the seasons, and the Oregon Garden is a great place to do a little window shopping.

by Therese Gustin



Cedrus libana
'Green Knight'
Cedar of Lebanon

One of the most underappreciated categories of plants in our garden is the conifer. Usually allotted to the back of a garden bed, conifers blend into the background during the spring and summer when showy perennials and annuals are at their glory. It's only in the winter when leaves die back and the flowery show is over that conifers shine. Certain ones actually take center stage inside some of our homes during the holidays.

Looking out my windows these past few winters I've noticed a lack of color and structure in my garden. I decided what I needed was more evergreen conifers to adorn my yard, give it more structure and carry me through those cold rainy months when I am stuck inside waiting for the days when I can get back out and tackle my next garden project.

We are truly lucky to be living in a region so perfect for growing so many amazing conifers. One place that brings conifers to the forefront with some of the most beautiful and singular varieties is the conifer garden at the Oregon Garden in Silverton. Generally when you think of conifers, you think of towering Douglas Firs and cedars but the displays at this one-of-a-kind garden showcase all sizes of trees and shrubs and includes one of the largest collections of dwarf and miniature conifers in the United States.

Created in 2000 with the help of the Western Region of the American Conifer Society, the conifer garden currently covers 7/8th of an acre and is dedicated to dwarf, unusual and unique cultivars. That's not to say you can't find these varieties at your favorite nursery. Many of the varieties can be found locally. A lazy stroll through the meandering paths of the conifer garden will delight you with amazing colors and textures you never thought possible in a



Cephalexus harringtonia
'Korean Gold' Plum Yew



Chief Joseph
Sept



Febr

PHOTO CREDIT: OREGON STATE UNIVERSITY



The Oregon Garden
879 W. Main St.
Silverton, OR 97381

www.oregongarden.org



Picea glauca 'Pendula'
Weeping White Spruce



The Oregon Garden Foundation and the ACS Western Region are accepting tax-deductible donation today to finalize The Conifer Garden expansion. To learn more, visit <http://www.oregongarden.org/ConiferGarden.htm>.

conifer. Bring your notepad and jot down the names of the 'must-have' trees and shrubs that will shine in your own garden.

More good news...The Oregon Garden Foundation along with the American Conifer Society is planning to expand the conifer garden to nearly double its size. The updated garden will display conifers in landscaped settings, including the recent addition of a *Pinus contorta*, also known as a Lodgepole Pine or Shore Pine tree. Nicknamed "The Chief Joseph," this unique tree is special due to the rarity, age, and the fact that it was discovered growing wild in Oregon. The Chief Joseph was donated by the Rare Tree Nursery in Silverton. All the plants in the expanded garden will be accurately labeled and will include all Conifer of the Year selections from the past and the future. With the help of the Western Region American Conifer Society, the Oregon Garden has one of the country's premier conifer displays. Along with conifers the garden also showcases a variety of companion plants such as Japanese maples, Daphnes, heaths and heathers.

The Oregon Garden in Silverton is a beautiful gem of a garden in our own backyard. Venture out this winter and be sure to visit the conifer garden tucked inside this amazing showplace. Let it inspire you to adorn your winter garden with an unusual or unique conifer.

Check out this story about the conifer garden at the Oregon Garden which aired on Garden Time.

<http://www.youtube.com/v/v67BOXoj8aE>



Dwarf conifer



Yearning to Adapt

Aging or a physical or mental challenge doesn't mean you have to give up gardening.

by Sarah Gustin



Garden kneeler

PHOTO CREDIT: EXTENSION.OREGONSTATE.EDU



PHOTO CREDIT: EXTENSION.OREGONSTATE.EDU

Gardening can be beneficial and therapeutic to everyone, but most especially to those with physical and mental challenges. Unfortunately it can be very difficult for individuals affected by challenges such as aging, arthritis, vision impairment or being wheelchair bound to fully participate in their garden. Many people find themselves with a simple window flower box or a few potted plants indoors. This does not need to be the reality. With a few adaptations and the right tools, anyone can create a beautiful garden.

The first step to being successful in your garden is knowing your limitations. If it is difficult to bend or kneel, your garden will look different than if you are wheelchair bound. The layout of your garden should make it easy for you to interact with it.

Perhaps the most helpful modification that can be made is raising your beds. Raised beds or table top beds can be any height, but even adding one foot can be very helpful to those who have difficulty bending or kneeling. You may consider creating a wide flat boarder that is easy to sit on. Also consider the width of your bed. About two feet wide is ideal, four feet if you have a path on either side of your bed, so that you don't have to strain to reach your plants. Trellising can also give height to a garden and provide easier access for harvesting fruits or veggies. It may also be necessary or helpful to have wide and even paths throughout your garden, providing access to the beds for those with wheelchairs and walkers.

Those who have visual impairments can also be included in the garden. Adding structured and differently-textured shrubs and trees at key points throughout the garden can assist some individuals with finding their way. To add another layer of enjoyment, plant rosemary, lavender, or other strongly scented herbs along the

Gardening tools with ergonomic handles



PHOTO CREDIT: WWW.TECHFORLTC.ORG

path that will release fragrance when brushed against; or add a sound element like wind chimes or a fountain.

For many, getting out to water their gardens can be a difficult or unsafe endeavor. It may be a good choice to install a drip irrigation system on a timer that can be accessed safely. It is also smart to be realistic about the time you are able to spend in your garden. If spending a lot of time tending your garden is not possible you may want to plant more perennials, as annuals will take more energy to maintain.

There are also a wide variety of ergonomic tools available at many garden centers and online to assist gardeners with a variety of needs. Long-handled tools are widely available to extend the reach of those who cannot bend or sit. Many tools are also available with modified handles and grips for people who have difficulty grasping. For the gardener who can kneel or sit but needs some extra

comfort, there are many different "kneelers" available online or in garden stores.

Gardening is a lifestyle to some, and therapeutic for everyone. No one should be denied the experience of interacting with a garden. And no one has to.



PHOTO CREDIT: PHSBLOG.ORG

The Year of the Gardener

Portland's Lan Su Chinese Garden Finds Its Fortune in Glin Varco.

by
William
McClenathan



Thousands of people visit Lan Su in downtown Portland each year. This detailed Chinese garden always offers something beautiful every day. As their motto says, "Never twice the same"; From the outstanding Chinese architecture to the artwork and pieces of furniture, to what I consider its best and brightest glory, the gardens.

But do you ever wonder how it all happens? Of course we can understand the buildings; when they were erected, the artisans that built them, the history and the connection to our sister city Suzhou in China.

But what of the gardens? How do they always

look so pristine? So eloquent, so easy?

One of the main reasons is this month's Horti, Glin Varco. Glin is the lead gardener at Lan Su. And as with each human, she has a story.

Glin received her degree in Liberal Arts in 1999. After about six years she realized she was not happy being stuck behind a computer five days a week. She was interested in horticulture, but never really perceived it as a career she would choose or thrive in.

What Glin was aware of was that she was not being fulfilled by her current choices so she went back to college at Clackamas Community Col-



lege not sure what she wanted but knowing it was something different than she currently had.

While taking various classes, she began taking some of the horticulture ones. Clackamas Community College is well known in the area for having a very good program for horticulture. In her second year there, she was taking a plant I.D. class. Renee Harber made an announcement that the Portland Classical Chinese Gardens (the name later changed to Lan Su) was hiring for a part time gardener position for the summer. Glin jumped at the chance to interview for it and got it. All though part time, she was supplementing her income by doing landscaping for a lady and various other jobs while she was still in school, including her new part time job at Lan Su.

When the time of her part time employment was to come to an end, Glin found out that Lan Su was hiring for one full time permanent position. She says she actually begged for that job. Based on the time she already had spent there, and her passion and thoroughness, her begging paid off and she was hired full time.





Although she never finished her second degree, she felt like she was at home, where she was supposed to be.

Mingle this with Glin's long time passion for Asian culture and her interest in all things Chinese; she could not have been happier.

Not long afterwards, in 2010, Glin took her first trip to China. For three weeks she toured various cities and gardens. If there was ever a part of her that she thought might not be enamored by this ancient culture, this trip solidified her true passion for it.

She was made aware from firsthand experience of the amazing aspects of the ancient culture. To this day when she begins talking about it, she could go on for hours. The history, the architecture, the calligraphy, the poetry, the thousands of years of life...and most certainly the plants!

One of the things that was made apparent to Glin was the amount of plants that come from China. The 'bread and butter' plants of American gardens seem to be grounded in countless plants from there. Plants like Camellias, Daphnes, Rhododendrons, Osmanthus...the list seemed almost endless.





And the sheer size of some of the plants she saw while in China was breathtaking. She was overwhelmed each day by the scale and history of it all, visiting 12 gardens that were similar to Lan Su in Portland's sister city in just five days. Sozho is a city of millions. In its heyday there were over 200 such gardens!

It is one reason that one of her most favorite plants at Lan Su is the massive *Osmanthus heterophylla* in the entrance to the gardens. She ponders how this plant, which is thought to be at least 100 years old, found it's way to Portland so long ago. Glin knew, but it was reiterated on her trip to China, that plants are an integral part of the Chinese history...and now it is interwoven in the future history of Lan Su Classical Chinese Gardens right here in Portland.

When asked what the future holds for her and Lan Su, she says that the plants themselves are rather set. That now they will be concentrating on the maintenance, health and vigor of the gardens.

But equally important is the continuing education that the gardens will be expanding into. 2014 will be showing a new offering of speakers, demonstrations and classes.

Lan Su will seduce you by its beauty, but capture and keep your heart by its education; not only about plants, but with the beauty of this ancient culture's history, by which this garden was created.

If you have never visited Lan Su, I encourage you to do so. Nowhere on earth can our present lives be connected so clearly to our past than in a garden. If you have visited it already, no encouragement is required to return...it beckons you from the heart of China and the passion of the people who are a part of it. People just like Glin Varco.





Picking an Ice Wine

Sometimes the best friends come in from the cold.

by Judy Alleruzzo

Yes, I know it's chilly and rainy outside but I have the perfect cure for the gray days of winter, a glass of Ice Wine. It may have a frozen kind of name but the flavor will warm your insides and make you smile. I think this tasty treat's history is a kind of make lemonade out of lemons story. Ice Wine was first written about in ancient Roman times and was probably discovered when an out of the blue freeze came too quickly before grape harvest was completed.

The grapes froze on the vine and some ingenious wine mak-

er decided to try making wine with the frozen grapes and "voila" or I should say "velato", Ice Wine was discovered.

Over the centuries, other countries, including Austria, Belgium, Canada, China, Croatia, Czech Republic, Germany, Denmark, France, Hungary, Luxembourg, Moldova, Poland, Slovakia, Slovenia, Spain, Sweden and Romania joined in the production of frozen grape wine. Germany wins the prize for furthering the technology to improve the harvest and production of "Eiswein".

By law in Germany, grapes

need to be kept on the vine until the temperature is a minimum of 19° F and in Canada, the law is to 17° F to be called Natural Ice Wine. The United States and Austria are also law bound to let the grapes freeze naturally on the vine to be called Ice Wine.

The chemistry behind this sweet wine is very simple. The grapes are left on the vine when temperatures drop below freezing to as much as 8-10° F. This allows the sugar, acids and extracts in the grapes to become richly concentrated and sweet. The frozen grapes give up a small amount of con-


centrated juice so Ice Wine is a limited vintage. Because of this painstaking process, many wineries only process frozen grapes for Ice Wine every other year.

In the Northwest and other countries whose fall temperatures do not plunge to the low level of true Ice Wine standards, wineries use a method of mechanical freezing called cryoextraction. Late harvest grapes are picked and then frozen before processing.

These wines are sometimes called "Ice Box Wine". The wine is not as prized as the real Ice Wine but usually a bit less expensive because of the reduced labor of picking grapes in extreme temperatures. The wine making trade uses names such as "Vin Glacé" or "Vin de Glacière" to denote this delicious



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sweet, late harvest wine.

At Elk Cove Vineyard, a “proprietary blend” of grapes including Riesling is used to create their white dessert wine, Ultima. Frozen grapes are pressed and then slowly fermented in chilled tanks to preserve the unique flavor of this wine. Ultima’s final sugar content is 21% by weight.

Adelsheim Vineyard uses Pinot Noir grapes for their Déglacé dessert wine. They freeze the Pinot Noir grapes after harvesting. The wine is processed in small batches to keep the grapes as frozen as possible. The wine is a blush pink as a result of using Pinot Noir grapes. The final sugar level is 22.9% by weight.

If you are not out and about to either of these wineries, stop by Barbur World Foods in Portland. They stock a large inventory of wines and usually carry a selection of Northwest dessert wines. I’m sure there will be something to your liking.

Wherever you end up on your quest to taste Ice Wine, you will be in historic company that started this unique wine making process so many centuries ago.

Cheers!



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Each year there are countless colors to choose from. Nature has a constant selection of colors. Plants, animals even we humans come in various degrees of countless shades of color.

So it stands to reason that color would be paramount in our selection of clothing, cars, paint, in fact every aspect of our lives seems to revolve around color.

As gardeners, our passion for color is no different. Each year, buyers from all over the world look at the latest and most current colors. From the newest blooming annuals to pottery, from the latest Heucheras to garden art; color is everywhere.

So how does this happen? Who says what is current or trendy and what colors we should be considering?

The *SHADE* of things to come.

How “Radiant Orchid” became the Pantone® color of the year.

by William McClenathan

One of the biggest places that do this is called Pantone. It is a website that makes the choice to pick, every year, what color will be the one to concentrate on for the current year.

Just for your information, this year's color is Orchid, or more exactly, Radiant Orchid. The soft, rich, lavender color will not be seen everywhere for a while, as the change takes time, but see it you will. For the home it will start to be seen in paint, wallpaper, upholstery and draperies. Clothing will see the effect as well in men's, women's and children's attire; Everything from sweaters and accessories' to footwear, dresses and shirts. Even Garden Centers will be looking for pottery, garden art and flowers based on this new color choice.

Now sometimes, the color that is chosen simply does not leave the mark it was thought it should. If enough people test negatively against it, it is more likely to become a fad and fade quickly. If however, many people begin to fall in love with that new color, it can become overwhelming. Think of the cobalt blue that is ubiquitous in nurseries that sell containers.

Even though it has been on the market for many years, it still is one of the highest selling colors of pottery. At the end of the day, the consumer will always either make or break the success of any item, or color. The cobalt blue has started to see some decline in sales recently but it is still strong



enough to continue for a few years.

Consider how much work and effort goes into choosing a color. As plant breeders will tell you, it may take decades to reach a specific color of bloom or leaf through breeding. On the other hand, with mechanized pottery lines, to change the color of something must be a guaranteed success as they will be making thousands of the items. It is never as easy as simply switching colors of paint when repainting a room in your home...although, to get that new color into the production of paint can be quite the feat.

But when those hard choices are finally made, the success of a new color can change a room, or a garden. Col-

ors can usher in a new era of feelings. Colors and emotions walk hand in hand. We may not always realize this on a conscious level, but the effect is there in our subconscious just the same.

Radiant Orchid is described as "inspiring confidence, while its rosy undertones emanate great joy, love and health". Now what could be better than that?

If Radiant Orchid is a color you love and you agree it was a great choice for color of the year, keep your eyes open for it, not only in home decor and fashion, but in your favorite garden center as well. It won't be long before this peaceful, joyful color will be inside our homes, as well as in our gardens.

THE WRITE STUFF

Eat healthy.
Lose weight.
How? Write it
down in your
Food Journal!

by Robin Burke

The headlines at the checkout counter promise drastic weight loss with "one simple trick" or with a "newly discovered exotic herb." Infomercials shout at us until we believe the latest exercise craze really does work. If you've ever fallen for one of these expensive traps, you're not alone.

So when you read that the only tools you need to lose weight are a pen and a piece of paper, you may be skeptical. What's the catch, you say? Well, you do have to use the pen and paper on a daily basis, but this could be the breakthrough you've been looking for when it comes to losing those stubborn, holiday pounds.

Note the tool here is "pen" and not "pencil". Writing down, in ink, everything that you eat adds an extra layer of accountability, and that is really the focus of "Food Journaling"—holding yourself accountable for what you eat, every bite, every day. How long you continue to journal is up to you. Just two weeks can be

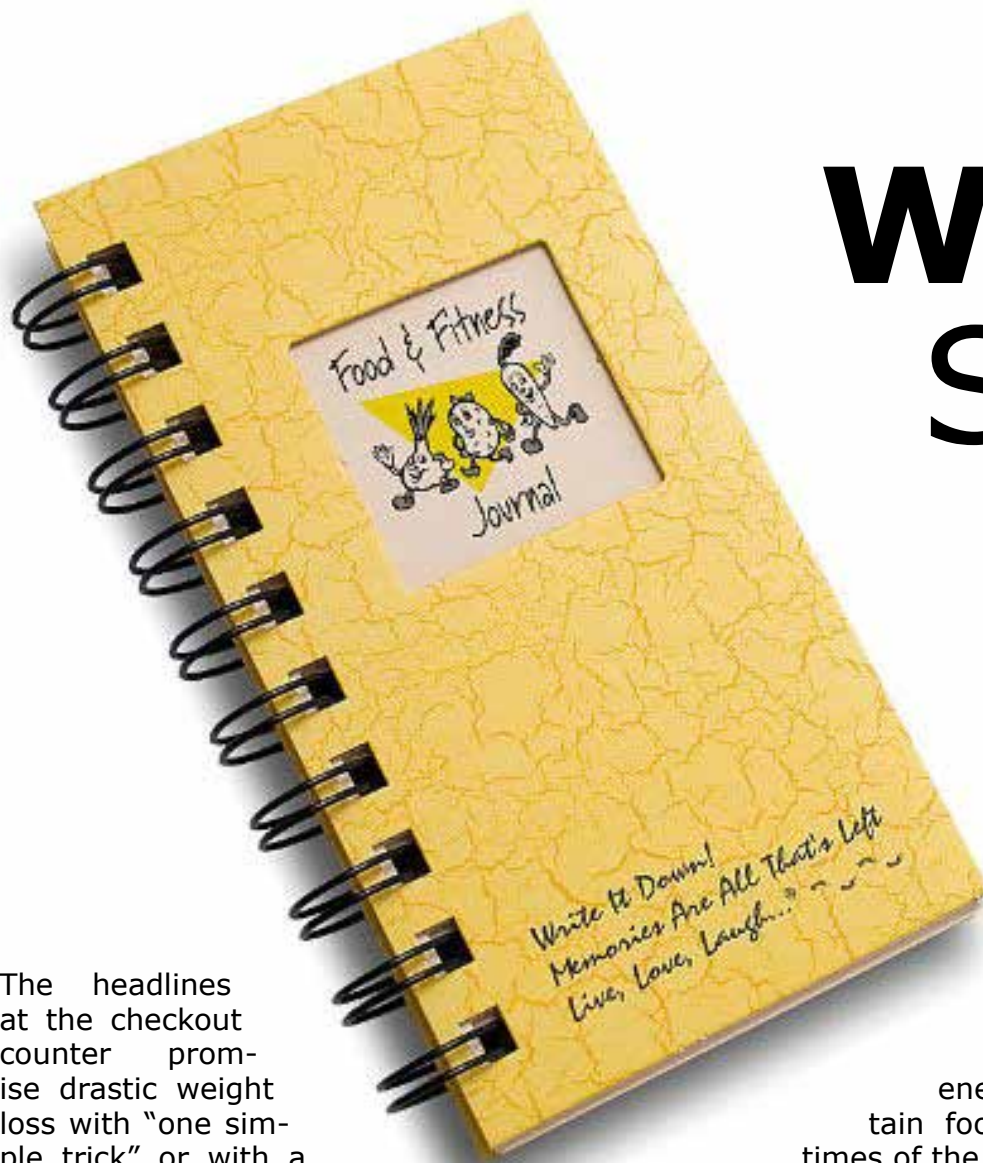
quite eye opening. You will notice patterns emerging like cravings or energy slumps after you eat certain foods, overeating at particular times of the day or lack of hydration.

Here are some steps to keeping a successful food journal:

- Write down everything you eat, good or bad soon after eating (don't forget portion size)
- Keep track of fluid intake, especially water
- Try to note how you feel after a meal or snack, for example: high or low energy, satisfied or unsatisfied, bloated or gassy

Add options depending on your goals such as tracking physical activity and/or calories. This may sound like a lot of busy work, but that's the point. If you get busy doing it, it will work and scientists prove it.

A recent study at the University of Washington tracked 123 overweight women ages 50-75 for one year. Researchers separated the women into two groups: "diet-only" and "diet-plus-



exercise". Both groups lost an average of 19 pounds, but researchers found that the most successful weight loss didn't come from the exercise group, but from those women who kept food journals. On average, the women who recorded everything they ate lost an extra six pounds!

Could Food Journaling Save Your Life?

The American Diabetes Association recommends tracking food and physical activity to manage diabetes, preventing the onset of complications. Most type 2 diabetics are overweight or medically obese, especially the newly diagnosed. Food journaling can kick start a healthier lifestyle by really forcing patients to look at what they're eating and drinking, and the portion sizes.

By including physical activity, some diabetics can reverse their conditions. Just as every bite counts, every step counts, too.

*Note: No one needs to see your journal, so be brutally honest with yourself.

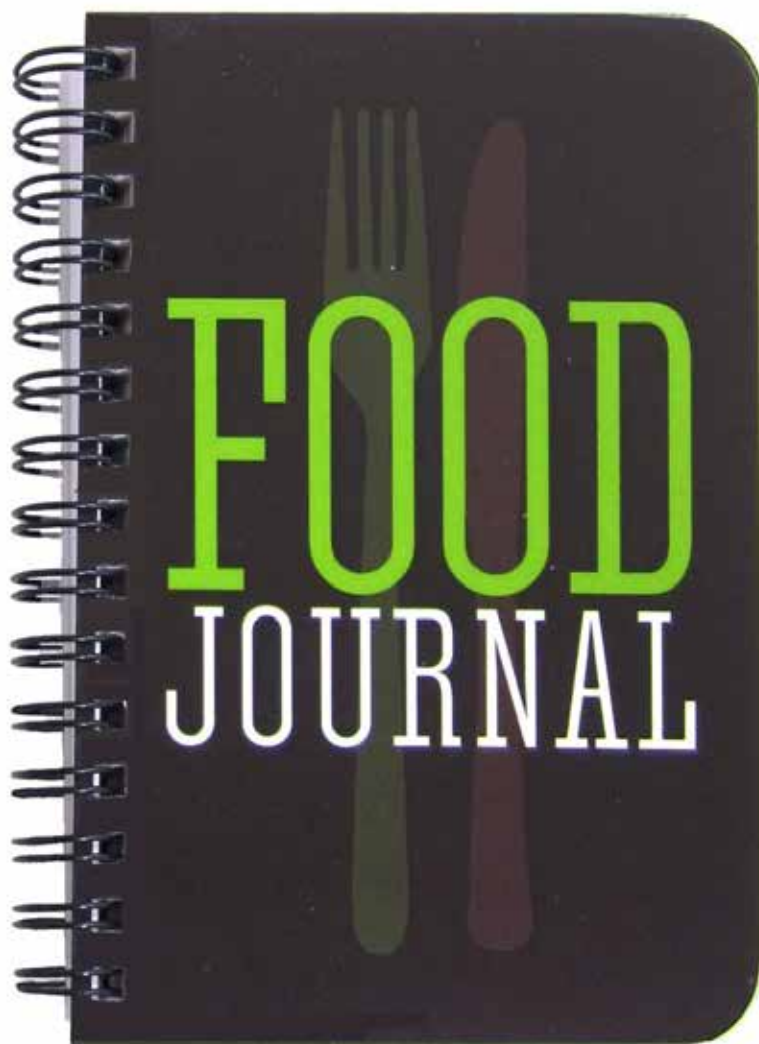
Healthy Eating

If your goal isn't necessarily weight loss, but you want to eat a healthier, balanced diet, then a food journal will point you down the right path. Master of Holistic Nutrition student Jill Maronde recently convinced five friends to help her with

a class project. Their mission-- eat more whole foods and less processed foods while keeping a journal of what they eat, how much, and how their energy level is affected. Maronde asked each person to shoot for an 85/15 diet (85% whole foods/15% processed).

One participant lost three pounds in the two-week study, although weight-loss was not the goal. Another reported no weight loss, but lost an inch in the waist. Most felt eating meals at restaurants threw them off their goal of 85% whole foods and skipping meals caused poor decisions.

Maronde attributed the weight loss to less processed sugar and less carbs from grains in the diet. Belly fat reduction likely came from consuming more "good" fats like olive oil and coconut oil. Participants agreed that the whole foods 85/15 diet was attainable, with proactive meal planning and time set aside to prepare the food. Some participants reported more energy, less afternoon slumps, less food cravings, improved mood and better sleep.



Online Journals

If you find writing in a journal too mundane or old fashioned, there are plenty of ways to make it easier. Online food journals and calorie counters keep track of your meals, snacks and even provide instant nutritional and caloric information. MyFitnessPal.com is a free service that includes an online community for support, as well as a free app for your cell phone, making it as

portable as a notebook.

There are other online services, some free, some fee-based including: mynetdiary.com; fitday.com; my-calorie-counter.com; weightwatchers.com and myfooddiary.com.

There are also plenty of food journal and diary templates on the Internet. Remember, you want to include fluids as well as how you feel after a meal or snack. If you are counting calories, add a column for calories consumed. Make it your own.

Here's an example:

Free Food Journal



DATE: _____

DAY: Mon Tue Wed Thu Fri Sat Sun

Time	Food	Quantity	Hungry Before?	Full After?	Thoughts, Feelings, Mood, Energy	Satiety Level (1-10)

DATE	FOOD	WATER	FEELING	EXERCISE
January 2				
Breakfast	Boiled egg, 1 slice wheat toast, 4 cherry tomatoes	Coffee, 1 Tbl. Soy creamer	Good energy	25 min. brisk walk
Snack	small oranges	Lg. water	Good energy	
Lunch	Salad with cucumber, carrots, vinaigrette/small grilled chicken breast	Lg. lemon water	Craving sweets	
Snack	Handful almonds/teaspoon dark chocolate chips	Herbal tea	Satisfied, medium energy	15 min stretching
Dinner	Whole grain pasta, clams, green onions, garlic, 2 Tbl. Shredded parmesan/green beans sautéed in olive oil	4 oz white wine, water	Satisfied	

At the end of the day or at the end of the week, look at your journal and ask yourself if you are heading toward your goal. Did you eat mostly whole foods? Did you drink enough water? Highlight what you need to work on and move on to the next day.

The American Heart Association suggests reviewing your journal daily and to ask yourself these questions:

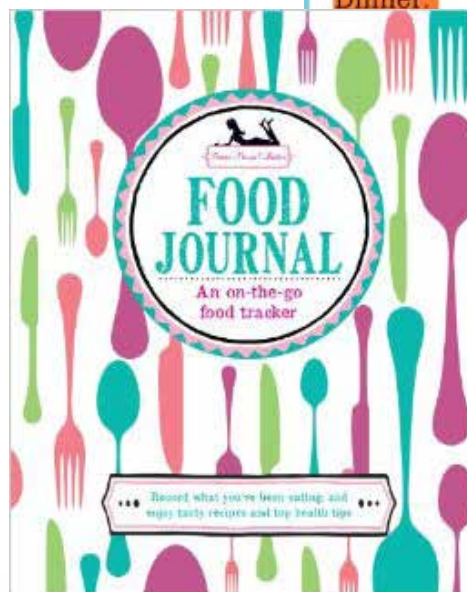
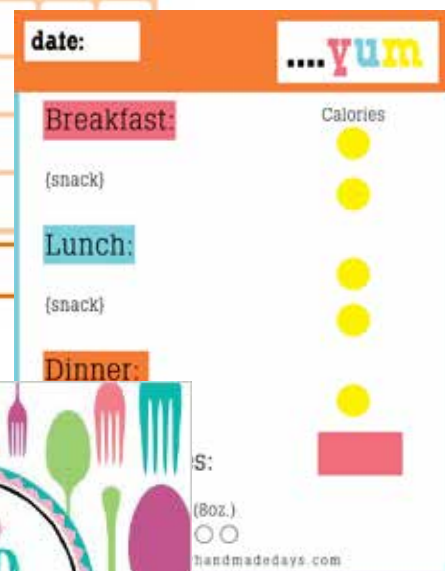
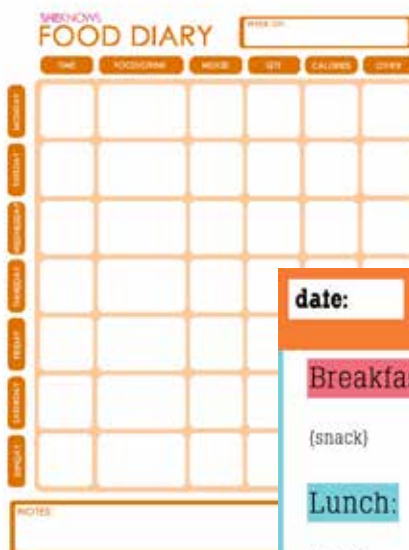
To control hunger:

- Did I eat three meals?
- Did I have filling foods (including water) with every meal or every snack?
- Did I eat at least 4-5 servings each of fruits and veggies?

To reduce calories:

- Did I keep portions smaller than my fist?
- Did I keep cooked meat, chicken, fish or shellfish to three ounces per portion (the size of a deck of cards)?
- What trade-offs can I make to cut calories
- Did I eat when I was not hungry? If yes, what was I feeling or doing that made me eat?

It's as easy as that! If you have a cheese-burger and fries, write it down (or type it). If you have a second breakfast or a fourth snack, write it down. The only thing that's off-limits is not recording it-- and falling for one more "miracle" tabloid claim!



WTDITG

Welcome to 2014! In January, the air is crisp and cold, the decorations are put away, and there is a distinct lull after the craziness of the holidays. There's no better time to get outside for some fresh air and daylight... and begin your garden's best year ever!

PLANNING

- Create a garden journal for future reference of what worked best, where and when. Consider using a 3-ring binder so you can tab the months and years and add more pages where needed.



- Create a pruning calendar so you can 'Prune according to what the plants needs are'. Do a bit of research first to see how and when to prune your plants this year and you won't be disappointed. Many mistakes can be stopped before the damage is done if a little reading

takes place first. For instance on hydrangeas; cut back only the stems that had blossoms last year. The flowers for this year are going to come from the stems that grew up last year but did not have blooms on them. As a general rule, most flowering plants will perform best if you prune them after they flower. Fruit trees, shade and flowering trees can be pruned this month, but next month will be better. Thinning cuts are better than heading cuts

or 'chopping the branches back'. Again, do some research first so you won't be sorry later!

- Plan the vegetable garden. January through March is a great time to get the planning done. Create your 'garden map' with a crop rotation plan set on paper. Figure the dimensions, number of rows, planting dates, etc.



It's fun to look back on these notes to see what was planted and when, what was a great success and what was not so great. Mark this as *2013 Map* so you can rotate crops around next year. Rotating your crops discourages disease and insects.

PLANTING

- Plant Perennials. Get them planted soon for best blooming display later this summer and fall.



- Plant some bare root fruit trees. The sooner they can be planted the better the root development will

be before the trees leaf out this spring. More roots grown at this

time will allow the plant greater strength to take on summer's heat later. If you are unable to plant the trees as soon as you get them, 'heel' them into the garden soil on a temporary basis (just bury the roots into soil to keep them moist) until you can plant properly, but do get them into their permanent space in the garden as soon as possible.

- Plant any tree or shrub now that you'd like to add to your landscape. Early planting makes for a stronger start this spring.

- Plant Primroses. Every January, nurseries bring out their spring crop of primroses. Use *dark weather feed* to keep them blooming strong.



What To Do In The Garden JANUARY

TASKS, MAINTENANCE & CLEAN-UP

- There is still time left to clean Mason Bee cocoons, but not much! This will be the last month to be able to clean things up before the bees emerge late February or early March.



- Recycle your old cut Christmas tree by cutting it up and using the boughs to cover cut back perennials and any other frost sensitive plants.

- Peach trees: Spray by mid January for peach leaf curl. Use labeled product for this disease like Bonide's Fungonil or Lilly Miller's Microcop. If weather is cool and wet spray 2-3 more times at 3-4 week intervals.

- Check your Blue Spruce for aphids! Most winters around here the spruce aphid attacks the Blue and Alberta Spruce trees. They suck on the juices on the prior season's needles and when the

new growth starts in spring, the older foliage falls off and leaves the tree looking half naked. Spraying them off with a hard stream of water will usually do the trick but insect sprays for aphids can be used too, according to directions.



- Get after any weeds that are growing in the gardens now. Early removal will be easier if smothered first with

layers of newspaper covered in compost.

- Mulch the beds with a new layer of organic compost, bark or other mulch.

- Dormant spray the fruit trees with horticultural Spray Oil to kill overwintering insects and their eggs. Use the Bonide Copper Fungicide spray or dust, (copper sulfate) as a disease control spray now.

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



VEGETABLE GARDEN



- Plant early veggies like radishes, peas, onion sets and fava beans. Start seeds indoors for leeks, lettuce, arugula, endive and onions.

- Cover your early crops with Harvest Guard row cover for best protection from cold and

insect attack. You can make a movable frame to attach Harvest Guard to with PVC pipe and rebar

driven into the ground.



starts out.

- Monitor garden soil temperature to see what you can plant and when. On the next page is a handy chart of popular veggies and what soil temperatures are ideal for them to germinate from seed, or best soil temperature for transplanting young plant



PLAY TIME

Gardening Events Around Town

Eight Free Days Food Drive

Saturday, January 4-Saturday, January 11, 2014

Lan Su Chinese Garden, Portland, OR

Lan Su Chinese Garden will offer a free admission for each donation of a non-perishable food item as part of Great Eight Free Days. (General admission is regularly \$9.50.) All food donated at this community event will benefit Lan Su neighbor Transition Projects. During the event, traditional Chinese scroll art and folk paintings will grace pavilion walls, and the Garden Shop overflows into the garden with a dazzling display of Chinese New Year essentials.

Seed Starting! with Your Backyard Farmers

Saturday, January 4, 2014 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

Get an early jump on producing food from your backyard garden and save money by raising your own vegetable transplants! Donna & Robyn, Your Backyard Farmers, will share tips and techniques for starting your garden from seed, raising your own transplants for early spring plantings!

Houseplant Begonias

Saturday, January 4, 2014 • 1:00pm

Portland Nursery (Stark), Portland, OR

Add color and texture to your houseplant display with begonias! We'll talk about the different classes of begonias you'll find, their characteristics and needs. You'll also learn about new varieties coming up in the begonia world!

Intro to Bonsai Care and Training

Sunday, January 5, 2014 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

Learn the basics of pruning and wiring to transform your bonsai. Bonsai enthusiast George Bowman will discuss the proper tools, timing, techniques and general maintenance requirements. Covered topics include wiring and pruning techniques as well as year-round maintenance.

Indoor Herb Gardening

Sunday, January 5, 2014 • 1:00pm

Portland Nursery (Stark), Portland, OR

Don't have much room outside? Dream of having fresh herbs at your fingertips in the kitchen year-round? This class will highlight which culinary herbs are easiest indoors and what supplies you will need to be successful.

Let the Worms Do the Work: Vermiculture 101

Sunday, January 5, 2014 • 1:00pm-2:30pm

Portland Nursery (Division), Portland, OR

continued next column

Learn how to turn your kitchen scraps into nutrient-rich compost with help of worms! Katie Gwynn will talk about various styles of worm bins, necessary materials to make your worm friends happy, the benefits of worm castings, and the incredible work that worms do.

Healthy Houseplants

Saturday, January 11, 2014 • 10:00am(W); 1:00pm(S)

Al's Garden Center, Woodburn & Sherwood, OR

Learn all about beautiful houseplants, the health benefits they add to your home, and tips to keep them looking fantastic. Speakers: Al's Experts. Registration is not required. Cost: The seminar is free and open to the public.

Houseplants 101

Friday, January 17, 2014 • 1:00pm-2:30pm

Portland Nursery (Division), Portland, OR

Grow your green thumb just in time for our Annual Houseplant Sale! Jason Dennis (Houseplant Buyer) will teach you the basics to successfully grow houseplants and send you home confident in keeping your indoor plants happy and thriving. Jason will cover lighting conditions, watering and fertilizing methods, correct soils to use, humidity issues, common pests, and great troubleshooting tips. He will also discuss how to choose the perfect houseplants for your home or office.

Terrariums 101

Friday, January 17, 2014 • 3:00pm-4:30pm

Portland Nursery (Division), Portland, OR

Join terrarium fanatic Angelina Ponce to learn the basics of creating a mini ecosystem in a glass container! Angelina will take you through the process step-by-step, discussing terrarium "ingredients", lighting and moisture requirements, and choosing the right plant combinations for a healthy, thriving terrarium. She will also give great tips for how to use different container styles and decorative additions to spice up your little green scene!

Mobile on Site Tool Sharpener

Saturday, January 18, 2014 • 10:00am-2:00pm

Al's Garden Center, Woodburn, OR

Bring your garden tools to be professionally sharpened by Jim of Burroughs Electric. Jim's mobile sharpening service will be at Al's in Woodburn from 10am-2pm on this special day. Sharpening fees vary by tool, most hand tools are \$5-10 per item. No hedge trimmers please. Registration is not required. Cost varies by tool; most hand tools \$5-\$10 per item. No hedge trimmers please.

Houseplants 101

continued next page



Saturday, January 18, 2014 • 10:00am-11:30am
Portland Nursery (Division), Portland, OR

Grow your green thumb just in time for our Annual Houseplant Sale! Jason Dennis (Assistant Houseplant Buyer) will teach you the basics to successfully grow houseplants and send you home confident in keeping your indoor plants happy and thriving. Jason will cover lighting conditions, watering and fertilizing methods, correct soils to use, humidity issues, common pests, and great troubleshooting tips.

Orchids 101

Saturday, January 18, 2014 • 11:00am
Portland Nursery (Stark), Portland, OR

Orchids are so diverse, and some are easier to grow than others. In our climate, only a few are winter-hardy, so many people grow them as houseplants or in greenhouses. Michael will give a basic introduction to choosing and growing the easiest orchid varieties for success in your home.

How to Grow Cacti and Succulents

Saturday, January 18, 2014 • 12:00pm-1:30pm
Portland Nursery (Division), Portland, OR

Get excited about the world of cacti and succulents! Join expert, Luther Sturtevant of Kara Nursery, to learn some great tips and techniques for how to keep your plants happy and healthy in the Pacific Northwest.

Houseplant Diagnostics

Saturday, January 18, 2014 • 1:00pm
Portland Nursery (Stark), Portland, OR

The houseplant doctor is now in! Plants' needs are finite, but they don't speak our language to tell us what's wrong when they start to suffer. Learn the basics of houseplant troubleshooting, sussing out symptoms to get to the base of the problem.

Intro to Indoor Bonsai

Saturday, January 18, 2014 • 2:00pm-3:30pm
Portland Nursery (Division), Portland, OR

If you've always been curious about growing indoor bonsai, this is the class for you! Join bonsai expert Greg Brenden to learn the basics of successfully growing indoor bonsai. Greg will provide a great overview of bonsai styles, tree and pot selection, planting, watering, pruning and training.

Make Your Own Cactus Bowl

Sunday, January 19, 2014 • 11:00am-12:30pm
Portland Nursery (Division), Portland, OR

Our own Angelina Ponce will help you create a uniquely beautiful dish of mixed cacti and succulents. She'll cover

continued next column

selection and proper planting techniques as well as how to care for your new creation and where to site it at home. \$30 covers all materials. Bring gloves!

Staghorn Fern Mounting Workshop

Sunday, January 19, 2014 • 1:00pm-2:30pm
Portland Nursery (Division), Portland, OR

Join houseplant expert Bruce for this hands-on workshop and take home your very own mounted Staghorn Fern! Bruce will walk you through the step-by-step process of properly mounting Staghorns to wooden boards. He will also discuss proper care, lighting and growing requirements to keep your fern healthy and happy for years to come! Cost: \$15. All materials included. Class limited to 15.

Houseplants for our Rainy Climate

Sunday, January 19, 2014 • 1:00pm
Portland Nursery (Stark), Portland, OR

Maggie will talk about the special challenges and rewards of houseplants in the Pacific Northwest, and bring along copies of the (now out of print) book she wrote on that subject.

Growing & Repotting Orchids

Sunday, January 19, 2014 • 3:00pm-4:30pm
Portland Nursery (Division), Portland, OR

Have you always wanted to grow orchids? Is your orchid getting too cramped but you don't know how to repot it? Learn the basics of growing different orchid varieties from expert Lori Rheinberger, of the Oregon Orchid Society. Lori will discuss proper growing mediums, fertilizer, light and water requirements, growth habits, and will do a live repotting demonstration.

Pruning Your Fruit Trees (Two Classes)

Dormant Spraying for Your Fruit Trees (Two Classes)
Saturday, January 25, 2014 • 11:00am and 1:00pm

Tsugawa Nursery, Woodland, WA

Join us as our staff advise on fruit tree pruning, teaching different techniques to control growth, remove dead or diseased wood or stimulate the formation of flowers and fruit buds, the proper use of dormant spray for fruit trees in preventing the spread of fungal diseases and controlling harmful insects. Available at 11:00 and 1:00. To get the most out of your fruit trees, plan to attend both Pruning and Dormant Spraying.

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

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