

May 2014

# garden time

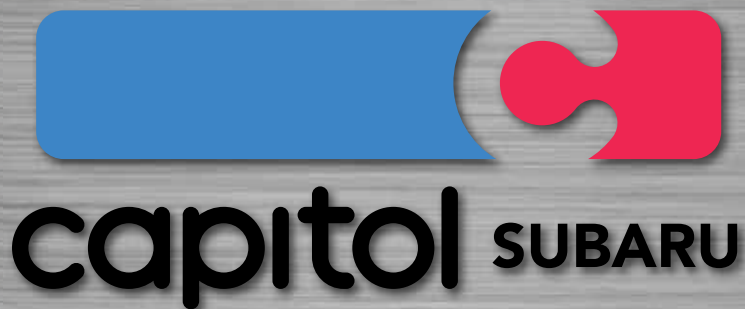
A Digital Monthly Magazine for Your Garden & Home

**Bush's Pasture Park &  
Historic Deepwood Estate**  
Magical History Tour

**Farmers Market Shopping Tips**  
*Edibles in the Landscape*

*Red's Rhodies'*  
**Red and Karen Cavender**





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## Life is a Highway???

It seems we are living too fast and sometimes life IS a highway, just like the Tom Cochrane song. It's hard to take the time to smell the roses, even when they are in bloom! But I like to think that, for the average gardener, life becomes less of a highway during the late spring and early summer. The garden seems to change every day, sometimes radically! All this new color and foliage makes us slow down and wander. I find myself looking for the hummingbirds around my red currant and keeping an eye out for the black capped chickadee moving into the birdhouse for another season. Color is stopping me in my tracks, details are grabbing my attention, and it is a good thing! Time seems to stand still, even for a few moments.

Time is what we all need and for the Garden Time crew this is especially true during the spring. The nurseries are hopping with happy gardeners and that keeps William and Judy busy at their respective nurseries. For producers, Jeff and Therese, it starts with the GardenPalooza event and continues on with the hour-long program. Yet we seem to slow down for things that matter, like wonderful friends, beautiful gardens, happy viewers and an occasional glass of wine. Speaking of slowing down, in this month's issue we slow down to do some shopping in the local farmers market with tips from Robin Burke. Plus we meander with William through Bush Pasture Park and the Historic Deepwoods Estate in Salem. And to slow us down even more Therese writes about planting edibles in the garden.

One final thought about life in the fast lane.... In case you hadn't heard we have a new set of wheels. Mortimer, our flower mascot, now has his smiling flower face on the side of a brand new Subaru Outback. We want to thank and welcome Capitol Subaru to Garden Time as a sponsor and partner. They have been great in lining up a lot of garden-themed fun. In fact we will be co-hosting Subaru Garden Dayz at the Capitol Subaru dealership on June 14th in Salem. There will be food, fun, garden vendors and some free giveaways! So mark the date on your calendar. For now we are looking for the light at the end of a busy 'spring' tunnel and that seems to be the Garden Time Garden Tour to Victoria BC in the middle of June, the week after Subaru Garden Dayz. If you are on the tour, be prepared for a fun time wandering around some beautiful gardens. If you didn't make it on this tour stay tuned for another destination to be announced soon.

Happy Spring!

**Jeff Gustin, Publisher**

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# Magical History Tour

*Nestled together in Salem, two parks offer complex and stunning views into our collective past.*

*by William McClenathan*

Nestled in the city of Salem is a place known as Bush's Pasture Park. It sits on 90.5 acres of land.

Now although I grew up in Salem, I had never spent any real time in this park. I had played tennis there, but that was about the extent of what I knew about it. So when the opportunity arose for me to write this article, I jumped at the chance.

The history of this park is rich. The Bush family

lived there from 1860 to 1953. First in their pioneer home, and then later in their Italianate farm house which was constructed from 1877 to 1878. The home is now a museum, paying homage to the Bush family lifestyle and to their influences in this area, which were many.

Some examples were from Asahel Bush II (1824-1913) who was the founder of the Oregon Statesman newspaper, a co-founder of the Ladd and Bush







Bank and had major influences on state politics.

While the main house is wonderful to visit, the restored conservatory, the second oldest surviving glass house west of the Rockies, is a real delight to me. I love the sign in the conservatory with Asahel's quote to his daughter Sally from a letter he had written her "I suppose this should be called a conservatory".

Yes, yes it should.

I was delighted to find that the old barn had been turned into an art center, showing off not only local artists but ones from beyond our area as well.



There were so many places to sit and visit with a friend, eat lunch, or contemplate life. There are also children's play areas, pathways for walking or jogging and plenty of lawn to spread out in and just soak up the rays of dappled sunlight streaming through old trees on the property...many of which are signed so you can tell their names. And one cannot forget the Soap Box Derby racetrack, <http://www.salemsbd.org/>. Races are still held there every year.

As I meandered through the park, I was smitten by how many beautiful plants abounded. They have the historic rose garden and gazebo, the Rhododendron Hillside Garden and glorious seasonal fields of our native camas...and so many wildflowers that one can almost forget that they are in the second largest city in Oregon altogether.

As I wandered around snapping pictures, I asked a passerby who was walking a child where the Deepwood Estate was. I was told it was about a 5 minute walk down Mission Street toward 12th street.

The sky was blue, the air warm with the hope of spring and the sun was glistening in the noonday sky. What other choice did I have but to take the short walk there?







I was so glad I did, because along the way I was lucky enough to walk through fields of Erythronium's in full bloom. On one side of me was busy Mission Street, bustling with lunch time traffic. But a slight turn to my right were fields of this gentle fawn lily, seeming to beckon me to turn toward them and away from the noises of the city. I gladly acquiesced.

There were so many plants. Some were blooming, and a couple I did not even recognize.

As I rounded a turn, I came into view of a tower looming through the canopy of trees. I knew immediately I must be getting close to Deepwood Estate.

Another few steps and there it was. Anyone who has lived in Salem would recognize this beautiful Queen Anne style home.

Built by Dr. Port and completed in August 1894, it was sold just one year later to Judge George Bingham. It intrigues me that even a hundred years ago, Judge Bingham was a gardener specializing in growing fruits and vegetables.

In 1924, the only daughter of George and Willie Bingham, Alice, sold the house to Clifford and Alice Brown, after the death of her parents.

Although I have loved this house for over 40 years,







I was there to see the gardens...and here is where it really got interesting.

Now Alice Brown loved to garden, so much so that she hired the innovative landscape architects Elizabeth Lord and Edith Schyver. See the story on Garden Time of this dynamic landscape architect couple here: [https://www.youtube.com/watch?v=EoO0yoZUq5Q&feature=player\\_embedded](https://www.youtube.com/watch?v=EoO0yoZUq5Q&feature=player_embedded).

I was completely smitten with Lord and Schyver when I found out about them. They were inventive and far ahead of their time. They designed 'outdoor' rooms back at the turn of the 20th century, something landscape architects are doing again, almost 100 years later.

Of the 12 gardens throughout Deepwood, almost all of them were created by Lord and Schyver or at least in some way touched by them. And thanks to the volunteers of the Lord-Schyver Gardeners and the Garden Conservancy, the gardens are painstakingly being renovated back to their inception and to the way Lord and Schyver had originally envisioned them.

Although Deepwood and Bush's Pasture Park are separate entities, most of us view them as connected. Missing either one would be a tragedy, as both offer complex and stunning views into our collective past and proof to how deeply woven into our hearts and lives the love of nature and gardening is.

Both of these great places require a lot of volunteers to maintain their beauty and accessibility to the public. Please contact them directly for more information on how you may volunteer.

And for more information on hours of operation, tours, current events, renting out the gardens or directions, please feel invited to check out the websites below.

And while it is true we should not live in the past, there is nothing wrong with respecting that which we come from and learning what was done to get us where we are today. Both of these grand places can do that, allowing us all to have great fun while experiencing where we came from.

**Bush's Pasture Park**  
<http://www.cityofsalem.net/Residents/Parks/ParkTour/Pages/Bush's%20Pasture%20Park.aspx>  
**Historic Deepwood Estate**  
<http://www.historicdeepwoodestate.org/>





# There's Nothin' Like a Flame

With a delightful mix of orange, red and pink, Digiplexis brings a little fire to your landscape.

by William McClenathan

It seems each year brings a cavalcade of new plants to the market. Most fade quickly, often not being seen even in the following year. Some last a bit longer, but very few ever seem to really catch on and last year after year. This month's plant pick is one I hope will be long lasting.

It is Digiplexis 'Illumination Flame'. This is a new introduction to our market. The blooms have a delightful mix of orange and red with a blending of pink hues. The plant is sterile so in zones that it is perennial, it comes back, but without the seedling issues of many perennials.

It can handle a little bit of shade, but its real glory shows off in the sun. Because it is sterile, it has a rather long bloom time without the need to prune off old blooms. The blooms start in early summer and last into fall. It can reach 3 feet tall when in bloom with a spread of eventually around 2 feet. And while it does not desire wet feet constantly, it would prefer consistency in water. Meaning the soil would need to be good draining but not allowed to go dry for several days at a time.

Try as I may, I cannot find the specific heritage of this plant. I do know that part of its parentage is Digitalis (Foxglove).

I did however finally come across this information from San Marcos Growers in California, which is interesting.

Digitalis 'Illumination Flame' (Illumination Foxglove) - A compact well-branched sterile perennial foxglove to 36 inches tall by 18 inches wide with dark green foliage and a succession of sturdy vertical flowering stems from April through late fall with beautifully interesting flowers that have



purple-pink-tipped petals with orange-yellow centers streaked in purple pink with an extended lower petal lobe. Plant in full sun to light shade and give occasional to regular irrigation. Because of the Canary Island parent this plant likely will be a bit more tender than typical foxgloves but in early testing plants re-sprouted from the ground and so it is being recommended to USDA Zone 8. Another consequence of having the Canary Island parent is that it may remain evergreen and more shrubby in mild climate gardens - time will tell. This plant received the Best New Plant Award at the Royal Horticulture Chelsea Flower Show in 2012 and Greenhouse Grower's 2013 Award of Excellence. It is sure to be a hit in American gardens as a container specimen or along the border. It has been noted to be attractive to bees but plants have remained sterile. This plant is the result of the amazing hybridization work conducted in 2006 by Charles Valin, plant breeder at Thompson & Morgan. The dark foliage seems more strongly to resemble Digitalis purpurea but the flowers seems a good mix of both parents with a mix of the purple pink colors of Digitalis purpurea and the orange flowers and distinctive large upper petal lip of the Canary Island Foxglove. Sometimes referred to a Foxglove with lipstick, this plant represents for some an intergeneric hybrid between the European Purple Foxglove (Digitalis purpurea) and the Canary Island Foxglove, considered by some to in the a separate genus, Isoplexis (I. canariensis) so





it is sometimes marketed using the hybrid name x Digiplexis. The most recent DNA work conducted on this group in 2004 (Brauchler, C., H. Meimberg and G. Heubl "Molecular phylogeny of the genera Digitalis L. and Isoplexis (Lindley) Loudon (Veronicaaceae) based on ITS- and trnL-F sequences") however puts Isoplexis within the genus Digitalis. Also confusing is a reorganization of the traditional family relationships as is was originally put into the Figwort family, the Scrophulariaceae, but now has been placed with many other familiar plants



into the enlarged Plantain family, the Plantaginaceae. The debate continues on this and these may someday all be in the Antirrhinaaceae or Veronicaaceae. Both the common and botanical name for the genus hails from the shape the flowers. Digitalis is from the Latin word 'digit' meaning "finger" with the suffix 'alis' "pertain-

ing to" or "like" in reference to the finger-like tubular flowers. The original common name was reportedly "Folksglove" meaning resembling the finger of a glove. This plant won the People's Choice Award at the New Varieties Showcase at the 2013 Farwest Trade Show in Portland, Oregon. This description is based on our research and our observations of this plant growing in containers at our nursery, in our own garden and in other gardens.

I think this is the most thorough information to date.

But even if this plant turns out to be more annual then perennial in our area, it is worth it because the color of the blooms is delightful and leans toward unusual.

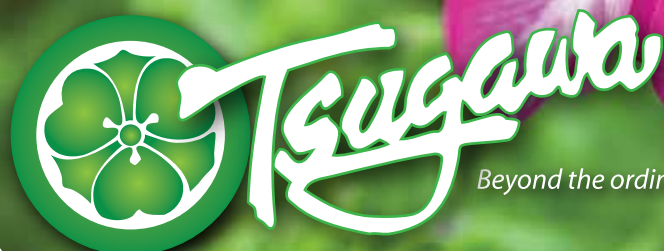
Check with your local garden center to see if they will be carrying it this year, it will be worth the effort to find Digiplexis 'Illumination Flame' and that is why it is our 'Gotta Have It' plant pick for this month.

Check out our website to see all of our upcoming gardening events. >>

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# That's Incr-Edible!



Fruit trees as property line screen

## A little good taste in your landscaping can also taste good.

byTherese Gustin

It's not a new concept, edibles in the landscape. Most of us have a vegetable or herb bed tucked away in some discreet corner of our gardens. We may even have a fruit tree or two in the back yard. When vegetables are ripe, we head out with our baskets or trugs and harvest the bounty, usually from just one area of the garden. There is a trend with smaller and smaller plots of land to incorporate our fruits, vegetables and herbs into our shrub beds and not just relegate them into only one area of the yard. One reason stems from the fact that we may not have a perfectly sunny area large enough to accommodate all that we want to grow and another stems from the fact that more and more edibles are beautiful and deserve a prominent spot in our gardens.

Take blueberry bushes for instance. Blueberries are touted as one of the 'super foods' bursting with antioxidants and fabulous flavor. Every garden should have a few plants. The plant itself offers year-round interest in the landscape. The bell-shaped flowers in spring give rise to the amazing fruit in the summer. As temperatures drop in the fall, the leaves turn crimson and orange. Even in winter blueberry stems grace the landscape with their mahogany-hued stems. Blueberry plants make a unique hedge and can easily adapt to a prominent location in our gardens. Terrie Burdette, landscape designer from Portland Nursery recommends the variety 'Bountiful Blue' for use as a low hedge. *Vaccinium ovatum*, Evergreen Huckleberry works in the same fashion for a taller hedge or in

more shaded gardens where edible plants are longed for.

Rosemary is another stunner in the landscape. When not being clipped for tonight's dinner it graces the landscape with its upright evergreen foliage and bluish purple blooms in the spring. Brush by it and it will release its delicious aroma as you pass by. It can be used as a hedge or left as an individual shrub in your perennial bed.

With their multicolored stems and curly leaves, chard makes a statement tucked in among your other bedding plants. In fact, most leafy vegetables, lettuces, kales and cabbages are quite well suited for the flower bed.

Peppers are also a great addition to the flower bed. Whether grow-



ing bell peppers or hot peppers, their color, shape and texture blend well with other annuals. Beans can be grown on a trellis. Choosing yellow and purple varieties can also add a pop of color.

Even fruit trees can be an integral part of your landscape plan. We have planted a cherry and a two variety espaliered pear tree between our yard and our neighbor's yard. Not only does it make a great screen, but we also get to enjoy the sweet, delicious Royal Ann cherries in early summer and delicious, juicy d'anjou and Bartlett pears in fall.

Here is a list of some of landscape designer, Terrie Burdette's favorite edibles to incorporate into the landscape:

Fig 'Negronne' - gorgeous black fig with red flesh. Figs are one of the easier fruits to maintain and have their large leaves blend well in a Mediterranean or tropical themed planting.

Arbutus unedo 'Compacta' - glossy green evergreen becomes a tall shrub or small tree serving hummingbirds with its white flowers and larger birds and curious humans with its knobby red fruit. Yes, it tastes like a mild, mushy strawberry, but oh! Vitamin C and the fun of popping one



Arbutus Unedo Compacta

PHOTO CREDIT: GREERGARDENS.COM



Blueberry 'Bountiful Blue' as a hedge



Negronne Fig

PHOTO CREDIT: WAYSIDEGARDENS.COM



Fairy Tale Eggplant

PHOTO CREDIT: LISEED.ORG





Indian Plum



Rosemary Hedge

in your mouth in front of a innocent guest is great.

Osmaronia cerasiformis, Indian Plum – tall shrub, small tree fits the bill for those of us looking for edible plants and wanting to bring more native plants into the garden. Early spring blooms become small tasty fruits in summer. Grows in part shade to shade.

Cauliflower 'Graffiti' – very pretty blue-green leaves hold shockingly purple cauliflower florets in summer and looks great with Scabiosa 'Butterfly Blue' and Geranium 'Purple Pillow'.

Eggplant 'Fairytale' or other small fruiting varieties make fun edible container plants.

Partner with Marigold 'Tangerine Gem' or 'Lemon Gem' whose flowers are a citrusy-spicy addition to salads.

Just about any herb or vegetable that can be grown in your garden can be incorporated into your existing flower beds. With all the dwarf shrubs and columnar fruit trees on the market, you can also include a berry bush or fruit tree in your landscape. Don't be afraid to experiment with edibles in your landscape. You might find that you'll be making fewer trips to the farmer's market and more trips through your own front yard!



Rosemary



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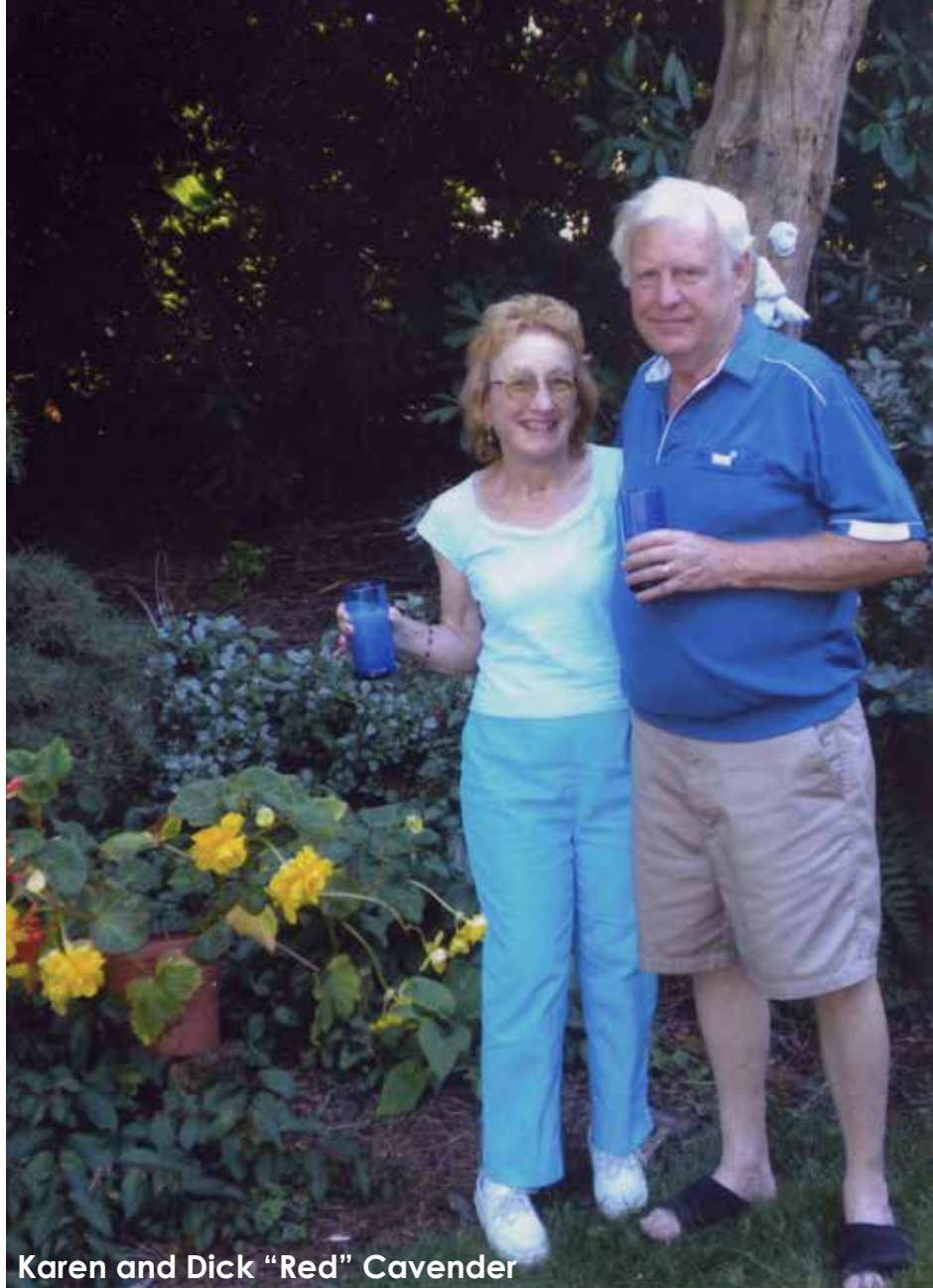
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# Love Story

**Karen and Red Cavender are smitten with azaleas, rhododendrons... and each other.**

by Judy Alleruzzo



**Karen and Dick "Red" Cavender**

In the Portland area there is a huge fan club for rhododendrons and azaleas, I think the leaders of the pack are 'Red' (Dick) and Karen Cavender. The love of these plants goes way back in their lives. They have been members of the Portland Chapter of the American Rhododendron Society since 1969 and also volunteer at Crystal Springs Rhododendron Garden and Cecil and Molly Smith Garden. Karen and Red are fixtures at the two gardens tirelessly helping to plant and prune, give tours and organize plant sales. I'm sure these are just a few of their 'jobs'.

The love story of Karen and Red Cavender and their discovery of rhodies and azaleas is a great

tale. They started dating after meeting at a dance organized by their local Masonic lodge.

Red didn't want to go but since he was an officer in the Masonic Youth Group, he was expected to attend. Little did he know he would meet his soul mate, Karen.

After high school, they both attended Portland State. Red asked Karen to marry him during a dinner date at The London Bar & Grill in The Benson Hotel. She said yes and they have celebrated 51 engagement anniversaries at the Grill.

So this is all a beautiful love story but what about the plants you ask? Well I'm getting to that but

call me a sentimentalist; I had to tell that story first.

On Karen and Red's first vacation as a married couple, they went on a road trip to the Oregon coast. During the trip, they drove by a blooming shrub growing by the side of the road.

Red pulled over and they got out to look at the flowers. The blooms were white and fragrant with a clove-like scent. The roadside shrub intrigued Red enough to try to find the name of the plant. They stopped at a nearby nursery hoping they would know the name.

Red asked, "What is the shrub blooming along the roadside with





**Cavender Garden**

the fragrant white flowers?" The nursery owner said. "What do you want with that weed?"

Red and Karen were smitten by the plant that turned out to be *Rhododendron occidentale*. It is the deciduous native azalea, found on the west coast of North America from British Columbia, Canada to northern California. And so began the Cavender's love of azaleas and rhododendrons....

Red's nursery business, Red's Rhodies, is based on a "hobby that got way out of control". (I have heard that excuse for starting a nursery business from many a plant grow-

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er.)

Red just loves to play bee and make new and improved varieties of *R. occidentale*, his favorite azalea. He cross pollinates blooms just as "bees do it", but in a more organized way to produce seed for new varieties. He grows the seedlings to mature flowering shrubs in his large test plot. He then evaluates these new seedling shrubs to see if any are great plants to register and grow for the gardening market. One of Red's ongoing breeding programs is to produce large double flowers of the NW native *Rhododendron occidentale*.

Another breeding program was to cross the fragrant *R. occidentale* with the late flowering native Eastern Azaleas, *R. bakerii* and *R. calendulaceum*.

A winner has been selected from this program. A new deciduous azalea showcasing magenta flowers with orange accents is being propagated at Log Cabin Nursery

in Springfield, Oregon. It is a cross between *R. bakerii* and *R. occidentale*.

This spring, Red is working on choosing a name for his new azalea. (We'll let you know what Red decides)

Not to forget about his love of rhododendrons, Red is introducing a deep pink flowering evergreen rhododendron that will be in the garden market in the 2015/2016 season. This plant is being produced at Dover Nursery in Sandy, Oregon.

The Cavender's have lived in Sherwood since 1979. The property is about 5 acres, with 2.5 acres in an extensive garden with another 2 acres set aside for Red's trial gardens and greenhouses. When Karen and Red moved onto the property, there was only 1 rhody and 3 azaleas.

At the last census in 2000, the Cavenders were up to 1000 species and hybrids of rhodies and

azaleas, 12 magnolias and assorted maples and flowering trees. Red is excited to say he has a rhody or azalea in bloom from Christmas time through July when a few azaleas are still in flower!

That is remarkable. Most of us uninitiated in the world of rhodies and azaleas tend to think they only are springtime bloomers.

Red also has a collection of tropical *Vireya* rhododendrons housed in an 800 sq ft greenhouse. In this warm and humid greenhouse, there always seems to be a colorful flower in bloom. Two other greenhouses contain assorted other "favorite" plants. Red's collection of Terrestrial Orchids includes *Calanthe*, *Cypripedium*, *Bletilla*, *Dactylorhiza* and *Pleione* orchids. He hybridizes these too and many of these orchids are found out and about among the rhodies and azaleas in the garden.

Touring around Karen and Red's garden is like being in Wonderland.



Cavender Garden



There are plants tucked into every nook and cranny. Some you have to look carefully for and others, like the massive Gunnera, just stops you in your tracks. After seeing the lovely flowers of rhodies, azaleas and orchids, this prehistoric plant is awesome in its scale. It's just another favorite plant of the Cavender's. My favorite is Embotrium, the Chilean Fire tree. Red is surprised it is OK after the 8° F temperatures in December, 2013. Hopefully the unusual bright red flowers will bloom this spring.

A family of quail, Karen's favorite bird, live on the property. They have become the mascot of the garden and are also found in artwork inside the house. Their front door inset is a colorful stained glass scene of a quail in a garden. Other artwork adorns the house and garden including metal quail, stone frogs and a copper water wheel that spins during rainstorms and garden irrigation. Whimsey abounds in the Cavender garden.

Of his sweetheart, Red says, "their garden and nursery would not be possible without Karen as she feeds, clothes and generally takes care of me". A big job for Karen as she is also busy with her volunteerism and driving her new "pony", a deep blue Ford Mustang. She knows how to have fun.

Karen and Red raised two children, Glen and Teresa who also work in the horticulture industry. Glen and



Cavender Garden



Embotrium Chilean Fire tree



Red's new Azalea



Red and Karen with Gunnera

his family grow Chinese Lanterns, Physalis, for the cut flower industry.

They grow the plants then harvest the stems of the orange lanterns. Many years ago, Garden Time filmed a story about that business. Glen's latest idea is growing Bittersweet vine for fall dried branch material. Their daughter, Teresa is the veggie gardener of the family, growing produce for her local farmers' market.

I did ask Red the burning question about Azalea lace bug control. He is keeping up with the research from Robin Rosetta of OSU.

Here are a few tips to keep your rhodies and azaleas healthy.

- Regular irrigation to keep soil evenly moist
- Good drainage
- Afternoon shade

Azaleas and rhododendrons water stressed or in too much sun seem to be more susceptible to lace bug damage. If infestation is not severe, it is recommended to use insecticidal soap or horticultural oil to battle the pest. Remember to spray the undersides of the foliage where the lace bugs are feeding on the foliage. Red says it's very IMPORTANT to spray after flowers have dropped from the shrubs to protect bees.



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For severe infestations, a systemic granular product, Bayer Tree and Shrub - Protect and Feed is effective. The plants take up the chemical to protect against the lace bugs. Trim back damaged foliage after blooms fade. Destroy this foliage, do not compost. Rosetta says that natural insect predators seem to help take care of the lace bugs. Research is ongoing on this and other controls.

As Red and Karen say, the Northwest is known for rhododendrons and azaleas. There isn't a substitute for their beauty.

Karen and Red Cavender have received accolades from the many plant societies they belong. Red has received medals for plants he has bred and they both have received commendations for their years of service in those groups. People like Karen and Red can never be thanked enough for the work they do to promote rhodies and azaleas. They have a passion for these plants and enjoy life. They just want to pass their love of gardening to all!



Red's yet unnamed Rhody

#### Crystal Spring Rhododendron Garden

<http://www.portlandoregon.gov/>

Mother's Day Sale & Show May 10<sup>th</sup> & 11<sup>th</sup>

#### Cecil and Molly Smith Garden

<http://smithgarden.org/>

#### Portland Chapter American Rhododendron Society

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

#### For more Lace Bug information

<http://www.rhodies.org/resources/files/lacebugs.pdf>

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# Edamame: The Vogue Vegetable

High in protein and fiber, this furry little bean packs a nutritional punch.

by Sarah Gustin

You may have seen it circling the sushi track, in a bowl on your neighbors counter or in the freezer section at your local supermarket: edamame. The immature soybean has been acquiring notoriety as the new healthy snack. This vogue veggie is gaining popularity for a reason! With 17 grams of protein and 9 grams of fiber per half cup serving, this furry little bean is a satisfying snack and packs a real nutritional punch! The fibrous pods are not eaten, instead they are often dipped in salt, and then teeth are used to scrape out the yummy beans.

Edamame is not commonly

grown in Oregon, but that doesn't mean it won't grow here. There are many different varieties, and the one you choose will dictate how and when you plant. These soy beans grow similarly to bush green beans, and will grow well in a dense configuration. When planting, you only need a few inches in between each seed. When you acquire edamame seeds they should be inoculated for the best yield. You should be able to get a powdered inoculate from the same source as the seeds. Coating the seeds in this powder will ensure a proper nitrogen balance. These seeds will not germinate in cool soil. Plant them after the last

frost, when soil temperatures will not fall anywhere close to freezing. Beans should be planted about one inch deep, spaced about every 2 inches in rows, with your rows spaced about a foot apart. You may need to adjust this depending upon your variety.

Edamame pods have a very brief harvest window. The pods must be harvested after the beans have begun to plump, but before the pod fully matures and turns yellow. Edamame also lose their freshness very quickly. Once you've harvested the pods they need to be cooked immediately to preserve the best flavor.







Once your pods are plucked then you can steam or boil them for about 5 minutes, or until the color turns a shade darker. At this point you may wish to shell the beans and discard the pods. Edamame can be frozen in the pod or shelled for several months or refrigerated for a week. The shelled beans can be used in dips and soups, thrown into stir fries and pasta dishes, or eaten plain or with salt as a filling and nutritious snack! When eating these beans remember to eat the beans, not the pods.

Next time you go to the farmers market keep an eye out and you just may spot these furry little beans being sold still attached to the stalk. Though you can always buy them frozen at the grocery store, I think we can all agree that there is nothing quite like the sweet taste of a fresh bean. This summer, snack with satisfaction.



## Green Hummus

### Ingredients

- 1 ripe avocado cubed
- 1 ½ cups shelled steamed/boiled edamame
- 1/3 cup garbanzo beans, drained
- 2 cloves garlic
- ½ cup cilantro
- 2 Tbs lime juice
- 1 Tbs sesame oil
- 2 tbs olive oil
- Salt and pepper to taste



Place all ingredients in a blender or food processor. Blend until smooth. Serve with chips or toasted baguette slices.

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# To Market... To Market...

**How to get the most out of your time and money at any local farmers market.**

**by Robin Burke**

Have you ever met a farmer? A real, honest to goodness farmer who literally lives off the land? A farmer who feeds his or her family from the crops they grow and then sells what is left over? A farmer who tills the soil, plants the seeds and harvests the bounty?

If not, you don't have to go far to shake hands with one of these hardworking souls. This month loads of farmers will be gathering all over the city and outlying areas to share their crops with the rest of us-- the non-farmers, the farmer wannabe's and those who just appreciate really fresh produce.

Farmers markets are in their heyday and luckily we live in a particularly rich area of prolific farms. But, you won't benefit if

you don't go. If you don't go, farmer's markets will dwindle. If farmer's markets dwindle, family farms die and with it, our chance to eat the best food in the world for us—fresh food that is grown where we live, without pesticides.

It has probably been several months since you frequented a farmers market or maybe you haven't ever ventured inside a hallowed tent city. Well never fear, Garden Time is here with tips to make your farmers market trip a fruitful experience.

**1. Get there early.** The freshest, brightest fruits and vegeta-

bles will be ripe for the picking at the start of the day. The most desirable produce often goes pretty fast.

**2. Or... get there late.** There is an argument for arriving just before last call, says Mona Johnson, Communications Manager for the Portland Farmers Markets. "At the end of the day, farmers bring in all this beautiful food and they don't want to take it home so, sometimes if they have extra stock they'll be willing to bargain. You can do some negotiating and get better prices."

However, bargaining for a small





amount is not encouraged. The farmers work hard for long hours to bring in their goods, and prices reflect their operational, labor and transportation costs. (More on prices below, keep reading.)

**3. Bring cash.** Many vendors take debit and credit cards these days, but cash is universally appreciated. Small bills and quarters will make transactions painless for everyone involved.

**4. BYOB (Bring Your Own Bags.)** Providing plastic bags are an extra cost for the growers. Bring your own reusable shopping bags or baskets. Johnson suggests you even throw in some previously used plastic bags from the grocery store produce section if you have them.

A cooler is also a good idea. You may decide to buy a pound of fresh-caught shrimp for dinner, some bison steaks, or creamy goat cheese.

**5. Get informed.** Most farmers markets have an information booth near the entrance. If it's your first visit to the market, this should be your first stop. Look for a map or a list of the vendors so you can start shopping with a plan. Special events may be scheduled such as chef demonstrations, kids crafts and entertainment. You don't want to miss out.

**6. Do the loop.** "Walk around and make sure you get to see everything", Johnson says, "Especially if you are shopping with a



limited budget. Sometimes you'll buy everything and then you'll wish you had extra money for that beautiful piece of cheese or those strawberries. Do the loop, it's fun to see what everyone has before you buy."

**7. Shop in Season.** Not only are prices better but the produce tastes better when it's naturally at its peak of ripeness. If you want fresh apricots or snap peas but don't know when they are available and at their best, just ask! You can learn a lot from the farmers and from their helpers. Ask what they think is really good right now, or what they're bringing next week, then you can find the perfect recipe.

**8. Buy ugly.** It doesn't have to look perfect to taste delicious. If you are freezing, drying, canning or preserving buy the less than perfect fruits and vegetables. Some growers call these "seconds" and they usually sell them for a bargain when you buy in bulk. Do



you love to make smoothies? This is a great way to stock your freezer with healthy ingredients before you spin them to smithereens!

**9. Not organic?** Not all produce at the farmers market is organic. That may be surprising, but it's very costly to become a certified organic grower. Don't shy away from vendors who aren't organic as their farming practices may be even more stringent than the Oregon Tilth requires.

A recent visit to the Portland Farmers Market at PSU found a wonderful assortment of products other than fresh produce including:

- Free-range chicken and duck eggs
- Local raw honey
- Beeswax candles
- Fresh cheese
- Freshly baked bread and pastries
- Grass-fed beef
- Local lamb
- Freshly-caught seafood
- Fresh-cut flowers
- Plant seeds and vegetable starts
- Local wines
- Chocolate
- Crepes, tamales, biscuits and other freshly prepared food







If you have questions, Johnson urges shoppers to strike up a conversation. "That's what sets shopping at farmers markets apart," she says. "You can talk to the person who has literally grown or raised the food most times. You can ask questions about their growing practices. Do you grow organic? Oh, you don't? Why? Maybe they're already doing everything but they don't have the money to pay for the organic certification but they can tell you how it's grown," she says.

**10. Prices.** You may argue that you can get strawberries at a bet-



ter price at your local supermarket, and you probably can if they are not in peak season. Produce at farmers markets is priced most competitively in the middle of the growing season when a particular fruit or vegetable is readily available from several growers. There is value in eating produce that has been planted and nurtured with tender loving care within 30 miles of your home.

Small crop farmers are not getting rich. As mentioned above, they have considerable costs to cover including operational costs, labor costs, cost of land or land use, transportation costs and insurance premiums. In order to survive, they also have to be marketers, sales reps and decent bookkeepers. Other than farmers markets, they often try to sell their produce to restaurants and co-op markets. They have to be ready to diversify from season to season. Long, backbreaking hours and being at the mercy of Mother Nature are also part of the farming reality.



Market organizers are not blind to the fact that some people cannot afford to shop at their venues. All six Portland Farmers Markets in the metro area accept Oregon Trail cards including Supplemental Nutritional Assistance Program (SNAP) cards. Johnson says, "A lot of farmer markets across the nation accept SNAP funds formerly known as food stamps. It's great that so many people are choosing fresh local food rather than food from a convenience store." Visit the information booth to receive \$1 EBT tokens that can be used to purchase food items, except for ready-to-eat and other hot foods.

It gets better for SNAP recipients shopping at markets at the King, Buckman, Northwest and Kenton locations. "We have a matching program called Fresh Exchange. It literally doubles the dollars of snap recipients up to five dollars." Johnson explains, "They buy five dollars on their snap card and we give them an additional five dollars to shop for fresh local food.



### **Prolong your fresh produce with these tips:**

Separate the greens from the vegetable, such as carrots and beets, so they don't continue to draw moisture from the vegetable.

Wash your produce when you get home and dry them in a salad spinner. If you bought more than you'll eat in a few days, parboil them and freeze for crudites or sautéing.

Make pesto when your herbs or lettuce start to wilt. Use basil, arugula, spinach or even broccoli. Pesto freezes well.

In the end, feed your compost bin.

(SeriousEats.com)





It helps support local farmers and also brings healthy fresh food to those people who need it."

### Meet-A-Farmer

The future of farmers markets looks bright. Large and small markets are popping up in hundreds of communities around Oregon and Washington. Many markets are extending their seasons and growers are building greenhouses to meet the demand.

For many regulars, hitting the farmers market is the highlight of their week. Not many shoppers would say that about standing in line at the register of a big box store on a Saturday. Johnson believes it's the relationships as much as the fresh food that has Portland Farmers Markets bustling with customers.

"You can ask what to do with kohlrabi and a farmer will tell you how they like to prepare it or give you some recipe ideas. That engagement piece is so special, that's what you can never find at a supermarket. That's what you can't replace. The relationships that you build and having someone who is super knowledgeable about the food you're eating. It's a good feeling."

Most markets have websites, so check them out online before you visit for hours, parking, and a list of vendors.

If you go, they will grow. Rain or shine.

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# W T D I T G

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

## PLANNING



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

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

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

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



## PLANTING

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



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

- Flowers & Annuals: Plant out gladiolas,

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

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

- Landscape planting now still

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

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



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

## TASKS, MAINTENANCE & CLEAN-UP

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

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

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



# What To Do In The Garden MAY

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



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

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

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

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

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

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



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

## VEGETABLE GARDEN

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

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

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

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



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

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

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



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





# PLAY TIME

## Gardening Events Around Town

### **Lilac Days**

**Thru Mothers' Day, May 11, 2014 • 10:00am-4:00pm**

#### **Hulda Klager Lilac Gardens**

Plan to visit this historic internationally recognized Home and Gardens Grounds are wheelchair friendly. Hulda's Home is not wheelchair friendly. Video tour of the Historic Home is on display in Hulda's Potting Shed. No pets permitted in the Gardens. Free parking. Gardens located at 115 South Pekin Road, Woodland, Washington. Take exit #21 off I-5 and follow signs. Admission is \$3 with children under 12 free when accompanied by an adult.

### **North Plains Community Garden Club Plant Sale**

**Saturday, May 3, 2014 • 8:00am-4:00pm**

#### **Jessie Mays Community Center, North Plains, OR**

North Plains Community Garden Club is busy preparing for our plant sale. Mark your calendar for Saturday, May 3 from 8

to 4 at Jessie Mays Community Center, 30975 NW Hillcrest St, North Plains, OR. This is the same day as North Plains' Annual City-wide Garage Sale. Complete information at <http://northplainsgardenclub.blogspot.com>.

### **Kids Club: Mother's Day Flower Pot**

**Saturday, May 3, 2014 • 9:30am**

#### **Al's Garden Center, Woodburn, Sherwood, Gresham, OR**

Every mother loves flowers! Celebrate Mother's Day by planting a beautiful pot of flowers for mom or someone else special in your life! Cost: \$5 per child. Registration is required. Register online at [www.als-gardencenter.com](http://www.als-gardencenter.com), or call the store you'd like to attend. Please note Special Time!

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

**Saturday May 3, 2014 • 11:00am**

#### **Tsugawa Nursery, Woodland, WA**

Tsugawa Nursery's monthly seminar on maintenance in the landscape and garden. May is the busiest month for sowing those delicious annual summer food crops, but that's not the only task at hand. Join us for this seminar to learn how to keep your landscape and garden growing on the right track. Bring pictures and samples for our staff 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!

### **Old-Fashioned Moss Basket Workshop**

**Saturday, May 3, 2014 • 1:00pm**

#### **Tsugawa Nursery, Woodland, WA**

You've probably seen the gorgeous baskets and containers that Lisa has put together around the nursery each season. Well, this is your chance to work alongside her and create an Old-Fashioned Moss Basket planter that

you'll take home at the end of the workshop. This is the first time we've offered this workshop and you won't want to miss it! Space is limited to 20 participants. \$55 per participant.

### **30th Spring Garden Fair**

**Saturday, May 3, 2014 • 9:00am-5:00pm**

**Sunday, May 4, 2014 • 9:00am-4:00pm**

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

Hosted by the Clackamas County Master Gardeners.

### **Homegrown Heirloom Tomatoes with Boondockers Farm**

**Sunday, May 4, 2014 • 11:00am-12:30pm**

#### **Porltnad Nursery (Division), Portland, OR**

There's nothing like homegrown tomatoes! Discover the secrets of growing juicy, bountiful tomatoes in the Pacific NW with our engaging speakers Tom Wagner, tomato and potato breeder extraordinaire and Alice Doyle of Loghouse Plants. They will teach you everything you ever wanted to know about successfully growing tomatoes and what they need to be happy & healthy. Hear from these pros about what varieties are available to feed your need for supersweet tomatoes or perhaps you'd like to find out which ones are appropriate for containers or trellises! You'll get lots of input on selecting the variety that best suits your tastes and gardening conditions, and be amazed at the different types of desirable hybrids that are available to us gardeners.

### **Heritage Poultry with Boondockers Farm**

**Sunday, May 4, 2014 • 1:00pm-2:30pm**

#### **Porltnad Nursery (Division), Portland, OR**

Evan and Rachel from Boondockers Farm raise Ancona and Saxony ducks and Delaware chickens in an effort to preserve heritage breeds. "Heritage" animals refer to breeds that were common on farms before the development of specialized, industrial breeds. Learn how poultry can be respectfully raise from birth to slaughter while also contributing to the preservation of these very special breeds. Much like raising heirloom vegetables from seed keeps flavorful, non-factory appropriate varieties within our reach for generations to come.

### **Bloom Season**

**May 9-June 1, 2014**

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

In early May each year, we open our 10-acre display gardens to the public free of charge. Make a tour of Schreiner's Iris Gardens one of your springtime traditions. During bloom season, our display gardens are open from dawn to dusk, rain or shine Daily: Cut Flowers and Gift Shop.

• May 9: Iris Liqueur Tasting, Noon to 5:00 p.m.

• May 10 & 11: Wine Tasting Mother's Day Weekend

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- May 17 & 18: Keizer Iris Festival Weekend Events
- May 24, 25, 26: Memorial Day Weekend Events
- May 29: Photography Workshop
- May 31 & June 1: Wine Tasting with Tartan Cellars

#### **Polk County Master Gardener Plant Sale**

**Friday, May 9 & Saturday, May 10, 2014 • 9:00am-5:00pm**  
**Polk County Fairgrounds, Rickreall, OR**

Polk County Master Gardener Plant Sale set for Mother's Day weekend, Fri., May 9 and Sat., May 10 from 9 a.m. to 5 p.m. in building "C" at the Polk County Fairgrounds, 520 S. Pacific Highway W (99W) in Rickreall. Admission and parking are free.

#### **Soil Testing and Tool Sharpening**

**Saturday May 10, 2014 • 10:00am-4:00pm**  
**Garland Nursery, Corvallis, OR**

We are excited to have Richard Erickson from Horizon Distribution joining us again to help you with some spring cleaning. Bring in your soil to be tested and your gardening tools to be sharpened. Richard is here to help!

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

**Saturday May 10, 2014 11:00am**  
**Garland Nursery, Corvallis, OR**

Moms love flowers, and even more, they love handmade gifts from those that hold their hearts. At this month's Little Sprouts we are helping our young gardeners make just that. Each child will put together a potted flower to bring home to his or her mom or grandmother, as a token of appreciation for everything they do. Call (541) 753-6601 to register. Cost: \$5 per child.

#### **Bad Actors: Common Diseases & Pests**

**Saturday May 10, 2014 • 1:00pm-2:00pm**  
**Peninsula Park Community Center**

Friends of Peninsula Park Rose Garden are offering free classes on growing beautiful roses. Classes will be held at the Peninsula Park Community Center, 700 N Rosa Parks Way in Portland. Space is limited, so people need to register in advance at either the Community Center or by email at penrosevolunteers@gmail.com.

#### **Mother's Day Tea and Planting Party**

**Sunday May 11, 2014 • 1:00pm**  
**Garland Nursery, Corvallis, OR**

Moms are such special people in our lives. At Garland Nursery, it is important to us that we honor our mothers and let them know how much they mean to us. We invite all moms to join us as we celebrate you and all you do! We will start out the celebration with learning tips and tricks for selecting the best plants and choosing ones that complement each other. Next, we will help as you select your favorite plant picks from our garden center. Then sit

**continued next column**

back and enjoy tea and tasty treats as the professionals plant up your blooming gems. All Eden Valley Potting Soil that we will be using has been generously donated by Jerry Gross and Kellogg Garden Supplies. Seating is limited. Registration is required by May 7th. Call (541) 753-6601 to register. Cost: \$45 per person.

#### **The Chrysanthemum Society Show and Sale**

**Saturday, May 17, 2014 • 9:00am-3:00pm**  
**Portland Nursery (Stark), Portland, OR**

#### **Myth Busters: Learn the Simple Truth**

**Saturday May 17, 2014 • 1:00pm-2:00pm**  
**Peninsula Park Community Center**

Friends of Peninsula Park Rose Garden are offering free classes on growing beautiful roses. Classes will be held at the Peninsula Park Community Center, 700 N Rosa Parks Way in Portland. Space is limited, so people need to register in advance at either the Community Center or by email at penrosevolunteers@gmail.com.

#### **Tomatoes, Tomatoes, Tomatoes!**

**Saturday • May 17 • 1:00-2:30pm**  
**Portland Nursery (Division), Portland, OR**

With Tom Wagner and Alice Doyle of Log House Plants. There's nothing like homegrown tomatoes! Discover the secrets of growing juicy, bountiful tomatoes in the Pacific NW with Tom Wagner, tomato and potato breeder extraordinaire and Alice Doyle of Loghouse Plants. They will teach you everything you ever wanted to know about successfully growing tomatoes and what they need to be happy & healthy. Discussion will include how to select the variety that best suits your tastes and gardening conditions, and describe a few different types of desirable hybrids that are available to us gardeners.

#### **Willamette Valley Daylily Club: Sale and Q & A**

**Saturday, May 31, 2014 • 10:00am-2:00pm**  
**Al's Garden Center, Woodburn, OR**

The Willamette Valley Daylily Club will offer their expert advice to you, and have labeled hybrid varieties for sale. Learn about the beautiful, easy-to-grow Hemerocallis and how to enjoy them in your garden. This special event is at Woodburn only. The event is free and open to the public. Registration is not required. Speaker: Willamette Valley Daylily Club.

#### **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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Garden Time