

August 2014

garden time

A Digital Monthly Magazine for Your Garden & Home

**Swan Island
Dahlia Festival
The Temple of Bloom**

Kiwi • Agave
Hypertufa Troughs

Art of Rain's
Vlad & Max Sumchenko



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What's the Rush?

I seem to be asking that question a lot lately. We are all in a rush, not just with work, but even in play. I ask people how their summer is going and the response I get seems to revolve around their lack of time or questioning where the time went. I find myself scurrying between tasks all the time. I work on the TV show and then the magazine, only to end the day working on commercials and client videos. Then I wonder where the time went! The good thing is that I also relish the free time I get! I enjoy the few minutes I get with family and friends, and the occasional walks through the garden. Just this evening I found an apple that fell from our small apple tree and then rushed in to cut it up and share it with the family. Ahhh... the taste of summer! William and I were both lamenting the lack of time. We both thought that the schedule would free up after the hour long program was done for the season in June, but alas, it has only gotten busier! The only thing that seems to slow the clock down this summer is a visit from some retired friends, Michael and Trevor that are visiting from France and renting the house next door! Thank goodness for visitors or I would get no break at all.

I guess it is up to me to slow things down. I can't rely on others to free up my schedule, and this month's magazine can help me do that. The first article that stands out to me is the one on grilling from Chef David Musial. If you don't know the difference between barbecuing and grilling, then you really need to read this story. It may change the way you cook outdoors. Another article that has me thinking of summer relaxation is the story on the Swan Island Dahlia Festival. This festival is something I really look forward to each summer. The fields of blooms are overpowering with all the color they show and the Gitts family is one of the nicest we have ever met on the show. Finally, the stories on agaves and kiwi excite the plant lover in me. I'm always fascinated to learn more about the plants we grow in the Pacific Northwest. We recently did a story on agaves from Little Prince, a local grower, and now I would like to add some to our garden. And Kiwi have always scared me because of their reputation for being a difficult plant to grow and maintain, but they are not that bad after all. I learned that I just need to have patience and I will be rewarded with pounds of fresh fruit! It is amazing what I learn in the magazine every month.

One more thing. The summer heat is here. Please be careful when you are out in the garden. Drink plenty of water and make sure your pets are taken care of as well, and don't forget your sunscreen! Just a reminder... seats on our garden tour to Costa Rica are filling up fast. This tour is very affordable since it covers most of your meals, all your hotels and ground transportation, and even your airfare! All for about \$3,000! Who doesn't want 12 days in paradise in January! Just click on the little airplane on the front page of the Garden Time website.

Enjoy the summer and Happy Gardening!

Jeff Gustin, Publisher

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The Temple of Bloom

The annual festival at Swan Island Dahlias features some of the most exquisite blossoms nature has to offer.

by William McClenathan

When one adores dahlias, shouldn't there be someplace where one could go to see these beauties in all their glory? A place with acres and acres of the brightly colored blooms of dozens of different forms...pom-pom, cactus, dinner plate; where you could walk through fields of these amazing flowers and revel in their beauty?

Well, there is. And its name is Swan Island Dahlias!

And as it happens, they even have an annual event to celebrate this delectation of dahlias.

Each August, as the summer wanes and thoughts turn to the cooler temperatures of fall, the dahlias are in their brightest and most floriferous state. It is like they are holding on to summer by seducing we mere humans with some of the most lovely and exquisite blossoms which nature has to offer.

Swan Island Dahlias has been in business for over 85 years. For more than 50 years, it has been

owned by the Gitts family.

The annual Dahlia Festival has been around for over 60 years. And time, in no way, has di-

minished its youthful beauty and tremendous fun.

Every new year enlightens fresh hearts to the delight of this





flower. Both young and old alike revel in the beauty of the fields, the music, the food, the classes, which all come together in an outright wonderland to honor the ever beautiful dahlia.

This year, from August 23rd, 24th 25th and then again on August

30th, 31st and September 1st 2014, Swan Island celebrates the dahlia from 10:00am until 6:00pm all six days.

As anyone knows, a true celebration must include food vendors and wine, (wine available from St. Josephs Winery from their

"Wineabago") which Swan Island has each year. Both weekends these tasty delights will be available for purchase from 10:00am until 5:30pm.

And of course, there must be music...and live music at that! Again on both weekends, you

Swan Island Dahlias

995 NW 22nd Ave.
Canby, OR 97013

Phone:
503-266-7711
or 800-410-6540

www.dahlias.com





may enjoy free live music as part of the festival from 12:00 noon until 4:00pm.

But that is just the tip of the iceberg...

There will also be demonstrations on dividing dahlias (12:00pm to 5:00pm) and arranging and culture demonstrations (1:00pm).

There is also a breathtaking display indoors each year with this glorious flower, displayed in every imaginable way in floral creations.

And...fresh cut dahlias for purchase. One of the longest lasting fresh cut flowers indoors, purchasing a bouquet, or several, will allow you to take home part of this amazing experience.

But why stop with fresh cut flowers? Why not place your orders for your own gardens while you

are there as well? Your order will be shipped directly to your home where you may then begin a garden of dahlias in your own yard.

And don't forget the gift shop which will also be open from 10:00am to 6:00pm, just in case you need something beside the dahlias to take home with you.

Now if you are one of the countless hard working Americans who is not free on weekends and you cannot make it out, do not worry. Although the events may only be on the weekends, the fields themselves are open each day from 8:00am until 6:00pm from August through September! And the fresh cut dahlias are also available every day. I bet you could even order your dahlias while there during the weeks as well.

Perhaps you have been to this

festival before. You can always go again as each year is different. And I suspect if you have never been, once you attend, it will become an annual event for you.

So come on a great adventure to Canby, Oregon and enjoy this great festival. There is no cost to enter the event and parking is free as well, as is the music and the demonstration.

And you can also bring your own lunch as there are many picnic tables to use. And if those are filled, bring a blanket. With over 40 acres of dahlias, there is room for everyone.

There is a style, color and type of dahlia to appeal to every person on the planet. Come visit the Swan Island Dahlia Festival this year to discover which one belongs to you.





Garden Time Tours



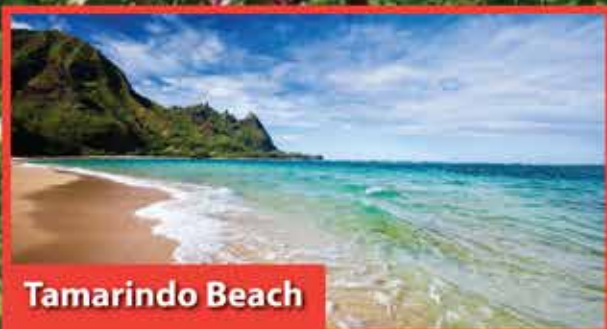
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Gaga for Agave

The temperate northwest climate is just right for a touch of the tropics.

by Sarah Gustin

Agave is one plant that has been exploding in popularity recently. But many people still look at agave and think, "man, how cool! I'd love to have one of those in my yard, if only our winters didn't get so cold and wet." It is a common misconception that agaves will not weather our cold wet winters. In fact, many of the very hardy varieties of agave available have been bred from varieties found in the mountains of Arizona, where they are under snow for all the winter months!

Typically we think of tropical agave. Luckily, you don't need to move to Mexico to feel a touch of the tropics in your yard! Our "gotta have it" is the hardy agave, bred to flourish in the Pacific Northwest. There is a collection available through Little Prince of Oregon Nursery, hardy to 10 or -20. Because of our very wet cold winters, agave must be planted with very good drainage. Plant them in the ground with compost or gravel. In a container use a cactus mix. Mix your own potting soil by combining equal parts potting soil, horticulture grade sand, and pumice or perlite. They like full sun. Little Prince has a huge collection of diverse agaves to choose from. Depending upon your preference, they vary from 6-8 inches up to 1-2 feet.

Though it is spiny and thick, the agave plant is



Agave 'Aristocrat'



Agave Blue Glow



Agave 'Blue Haze'



Agave lophantha 'Splendida'



Agave montana 'Baccarat'

Learn more from Judy about agave with these links:

<http://www.youtube.com/watch?v=HYyRIW4DLCs>

<http://www.youtube.com/watch?v=O-rfvQ0E3-4>

not related to the cactus. It is actually more closely related to the aloe plant, and falls into the succulent family. It has large meaty leaves that are meant to retain water in harsh conditions. Each agave florette will bloom only once, and then the florette will die. Fortunately the plants only bloom once every 7 or more years, and by then they have produced many little babies that can be easily separated and transplanted.

Repotting agave is very similar to repotting any succulent. Simply remove it from the pot and pry off the smaller plants that shoot off of the larger one. Plant each shoot in its own pot, piling the soil above the roots, but not yet covering the green of the leaves. If the stiff roots are too long to fit your pot, you can take your clippers and remove some of the length. The agave can really come back from a beating!

If you have chosen a less hardy and cold-tolerant variety of agave and you are concerned about its ability to weather our cold, wet winters, there is an easy fix. You can dry the pots out and put them in your garage for the winter time with no light or water. Put them out around March and they will be fine!

Agave will add a tropical touch to your garden, and looks beautiful when contrasted with other succulents, such as hens and chicks. Because of the increasing popularity of the agave, you should be able to find them at your local independent garden center. Agave plants are also available through Bauman Farms, Rare Plant Research, and retailers who carry Little Prince of Oregon plants.



Agave schidigera 'Black Widow'



Agave 'Royal Spine'



Agave parryi



Agave ovatifolia



Agave parryi ssp truncata

Trough & Ready

The heat of summer
is the perfect time
to make a cool
container.

by Judy Alleruzo



Supplies



Containers



Bling

Here at Garden Time, we are on a roll with garden projects using cement.

If you were inspired to make cement leaves like William and I made last month, you may have a half bag of Portland Cement in your garden shed.

Before that bag becomes a solid bag of cement from too much moisture, we have another artsy project for summer fun.

Hypertufa troughs are lightweight containers that withstand the 4 seasons of Oregon weather. The Hypertufa texture mimics the look of an antique stone trough.

It's a cool container to use for rock garden plants, tropical or hardy succulents, mini conifers or even an outdoor fairy garden.

In the last few years, this technique has been rediscovered with many interesting forms being produced. Why not get a little more creative add bling to decorate this lightweight vessel?

We all have favorite stones from a hike to the gorge, shells from a trip to the beach or even marbles from our childhood. Placing them on the just formed Hypertufa trough will add an extra bit of creativity to your container.

Supplies

Plastic Gloves
Dust mask
Plastic mixing tub
Measuring containers
Mixing tool
Forms
Plastic table cloths
Wire brush
Extra Bling for decoration

Step 1

Line container mold with lightweight plastic like a disposable table cloth.

Make sure there is enough plastic to fold up over the piece while it is drying.

For more texture, add a layer of bubble wrap, piece of burlap or a stick or two.

Step 2

Recipe

1 part Portland Cement

1 1/2 parts Peat Moss

1 1/2 parts Perlite

Add water as needed.

Mixture should hold shape a bit when squeezed, like cookie dough or thick oatmeal.

Step 3

Drop in the Hypertufa mixture into the container mold.

Pat the mixture to build walls and base of the containers about 2-3 inches thick.

Create drainage holes in base of container.





Press stones, shells, ceramic pieces or marbles into the Hypertufa.

To get the bling embedded in the side of the trough, try a loop of Painting Masking Tape to hold the piece in place.

Gently build up the wall to hold the decorative pieces.

Step 4

Pull the plastic liner over the Hypertufa Trough and place the container out of direct sun.

Let it dry for 3-5 days.

Check it daily and open the plastic a bit to avoid moisture build up.

Step 5

When Hypertufa Trough is dry, carefully slip out of mold.

To ready the trough for planting, mix a solution of 1/2 water and 1/2 vinegar to neutralize the cement.

Let Trough dry before planting.

Choose plants that have similar cultural needs.

NOTE-Another decorative idea is to encourage moss to grow on the trough by painting the outside with yogurt or buttermilk.



Sources for more information

Sedum Chicks
sedumchicks.com

http://extension.oregonstate.edu/lincoln/sites/default/files/hypertufa_container.pdf

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Vladimir and Max Sumchenko

OF FIRE AND RAIN

Vladimir and Max Sumchenko's story is one of metal and mettle.

by William McClenathan

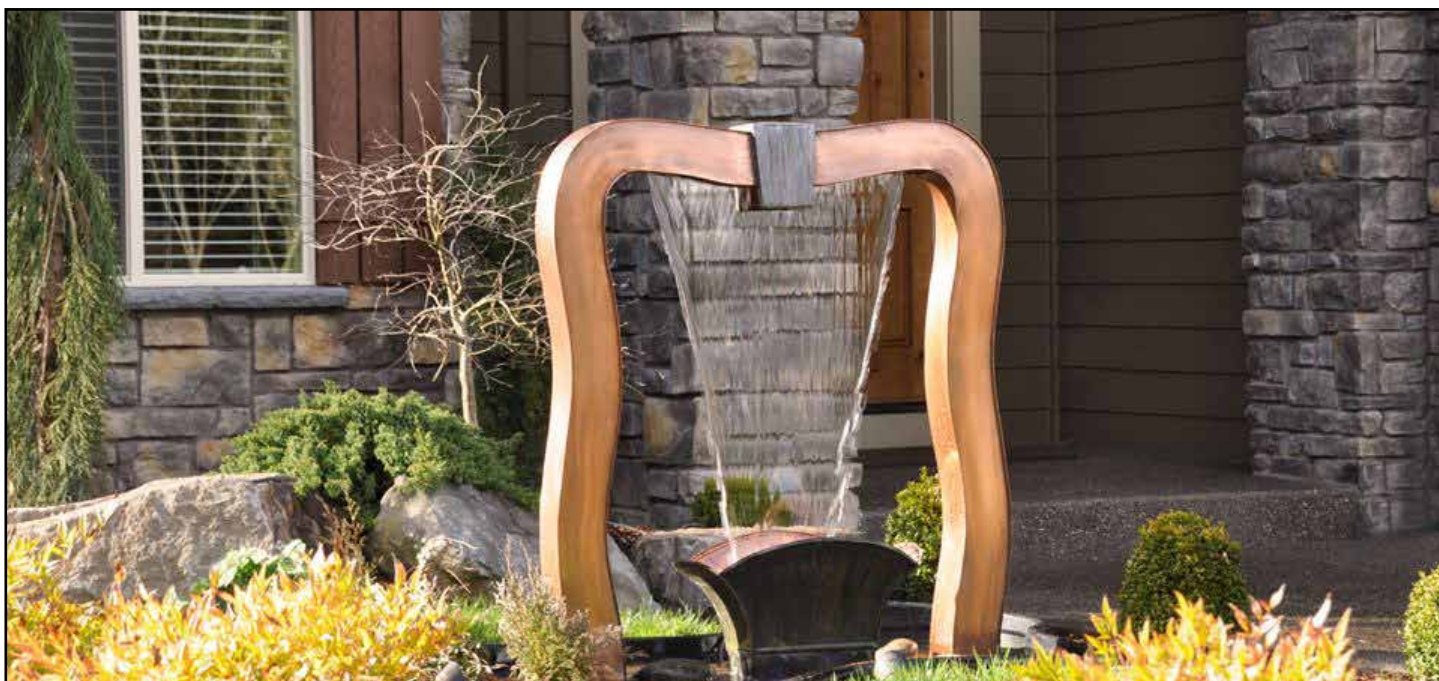
This is a story about love, about passion, about sacrifice, about change.

In the purest sense of the word, Vladimir and Max Sumchenko might not be considered Horties. In my humble opinion, those who add beauty to any garden or space must be given credit for their skillful additions to it. Because, a garden is so much more than simply plants alone. It is a symphony of nature, music, art, design and the passion of the gardener. A cacophony of history, experiences, desires, hopes and dreams.

No one better elucidates these ideals than Vladimir and his son Max, of Art of Rain.

I was invited to their home for the interview. Immediately I was told they would provide lunch. I declined as I did not wish to place extra work on anyone.

When I arrived, the table was set and lunch was ready. While filming with them last year (<http://www.youtube.com/embed/tHZfu2hHFAk>) both men informed us that in the Ukraine, eating was a joyous



celebration of life. A time spent with family and friends in which the food did not stop coming.

True to their words, the lunch was magnificent, delicious and lasted well over an hour. Filled with amazing conversation as well as delicious cuisine, the stories of their life in the Ukraine before they came to America felt like treasures which were shared with me; gifts which were not expected, serendipitous, but completely appreciated.

I shall attempt to edit them down so you too may see an aspect of this wonderful family of artisans and perhaps realize how lucky we all are that they found their way to America.

Valdimir was doing much the same things in the Ukraine as he does here in the States. His creations were influenced not just by his creative spirit, but more so because of the location he was in.

There is no real middle class in the Ukraine, so most of his work was Government funded or funded by people who were less than honorable.

He has no shame in loving his native land, but he also realized how dangerous and creatively stifling it had become for him. In Russia-controlled Ukraine, whimsy of any kind from creative minds was frowned upon.

With concern for himself and his young family, he made the choice

to leave his homeland and travel to a distant land in hopes that all the stories he had heard about it were indeed, true.

The family arrived in America on May 15th, 1998.

Now here is where it gets amazing. By the end of 1999, Vladimir had already received much attention for his craft. Television news reports, write ups in newspapers, his work was even spotlighted on one of the homes on the Street of Dreams.



Art of Rain

Battle Ground, WA
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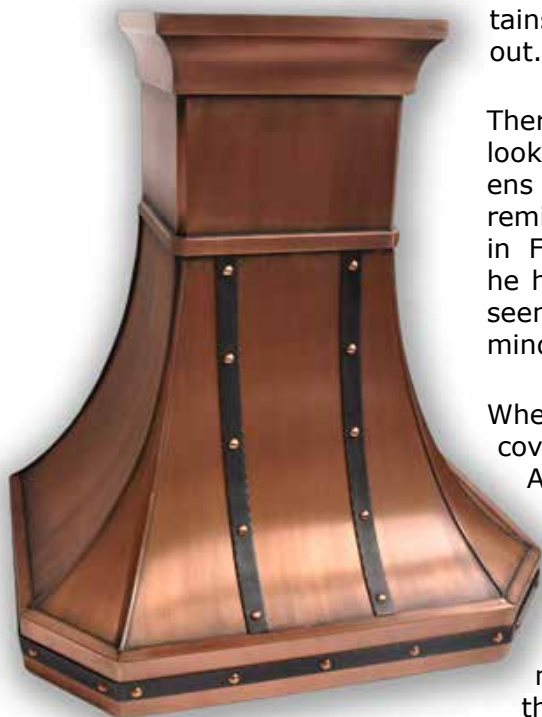
www.artofrain.com



It seemed that the stories he had heard about this nation were true. As the next few years went by, Vladimir was thrilled that his only son was getting more and more involved in his business.

Although Max had always been in the workshops with his Dad (Max swears he was born with a hammer in his hand!) he was beginning to show a real interest in not only the craft itself, but the business end of things as well.

Up to this time, the majority of their items were sold in the Portland Vancouver area. And amazing pieces they were too. Like the largest musical downspout in the world,



erected for the music school.

And such whimsical downspouts were created. Like his first ever creation, the flower. The inspiration for this came from the first time he saw a crocus blooming through the snow back in his homeland; Or the fish, the frog, and grapes and a veritable cavalcade of animals. Elephants and birds all become living things when metal became the clay with which his sculptures were formed. It seemed like there was no end to the beauty they could create when it came to removing rain from a roof, by transforming gutters and downspouts into works of art.

But that was not enough. They started to create amazing fountains as well, both indoor and out.

There were also stove tops; some looking like a thing in the kitchens from Game of Thrones, others reminiscent of old world kitchens in France or Italy. The freedom he had found in this new country seemed to explode his creative mind with new ideas.

When 2008 arrived, Vladimir discovered what millions of other Americans did...as a nation, our financial world was collapsing.

Max admits that by 2009, there were even a couple of months where they thought they were not going to make

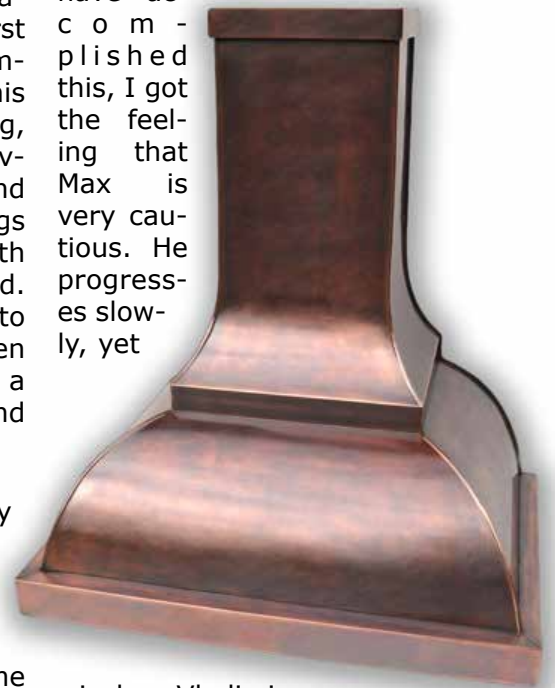
it...things were just that tight.

But like the strength of the metals with which they create, their resiliency did not buckle. And like countless others in this crisis, they rose above it all, sacrificed what they needed to, and survived.

Like the wisest of humanity, they learned from this experience. They had countless talks about how to secure their future, to prepare for such an economic crisis again, should it ever happen.

The answer was two-fold to them.

The first step was to create an online presence. And although they have accomplished this, I got the feeling that Max is very cautious. He progresses slowly, yet



wisely. Vladimir and Max also realized the need to sell their items online. This part of the idea is still in progress, but they understood that they could ship their stuff anywhere in the world; opening up their business to millions of new customers.

The second phase was creativity. Their goal was to create items which were new and fresh. Even if people had seen something similar before, their new creations must have the 'Art of Rain' touch to them. The idea of fire and water was born, along with even more kinetic energy in future sculptures, which are driven by rain.

Art of Rain may have come from a very old part of our world, but the artistry, craftsmanship and passion has fit comfortably into this new world.

And so it happened that our fair nation has become the home of Vladimir, his lovely wife Lyubob (pronounced Loubov), Max, Alina and Marina. Each one a beautiful addition to the rich tapestry known as America.

For more information about these unique pieces of working art you can visit www.artofrain.com. You may also find them on Facebook, Twitter and Pinterest.





A Taste of New Zealand

The kiwi, named for a fuzzy brown bird, is a lovely vine to add to your garden.

by Therese Gustin

One of the tastiest treats to come out of New Zealand is the kiwifruit. Originally from China, this fuzzy brown oval shaped fruit was once known as the Chinese gooseberry. The seeds were brought to New Zealand from China in the early 1900's and the first fruits were harvested in 1910. People thought they had the flavor of a gooseberry and so were named the 'Chinese gooseberry'. The name was changed to kiwifruit when it was exported to the United States in the 1950s because it shared the small, brown fuzzy characteristics of New Zealand's kiwi bird. Today, Italy, New Zealand, Chile, Greece, France, the USA and Iran are the leading exporters of kiwi.

This low calorie high fiber fruit boasts many health benefits. It has twice the vitamin C of an orange and is high in both potas-

sium and folic acid. The possible health benefits of kiwi include reducing blood pressure, maintaining a healthy skin tone and preventing heart disease and stroke. There is also some evidence that kiwi is a mild laxative and can help improve the quality of sleep.

There are two types of kiwi; the hardy kiwi (*Actinidia arguta*) and the more common type we see in the store, the fuzzy kiwi (*Actinidia deliciosa*). The fruit of the hardy kiwi is smaller (about the size of a grape) and some say less sweet, but the skin is smooth and doesn't require peeling. Though it is more cold tolerant, the hardy kiwi is still susceptible to frost damage in the spring. The variety *Actinidia deliciosa* "Hayward" is what we typically see in the grocery store. Lucky for us, we can grow kiwi in the Pacific Northwest with proper

conditions and a little patience.

First of all, it's important to know that most kiwi are dioecious plants—they have separate male and female plants. In order to get pollination, you must plant a male and female variety, preferably of the same cultivar. This ensures that the male and female plants will be flowering at the same time so pollination will be more successful. There are some self-fertile varieties but my research showed that these are not the most flavorful and the fruit is generally smaller in size.

The Hayward variety is hardy to 10° F. Some of our cold winters in the Pacific Northwest have caused injury to young kiwi vines. Dormant grape-like *Actinidia arguta* vines are much more cold hardy than the fuzzy varieties (to -10 to -25°F) but the trunks of the young vines are



still susceptible to winter injury especially if there is a fluctuation in temperatures from warm to cold in the late winter. Both the arguta and deliciosa vines are susceptible to frost damage after bud break.

Because of the possibility of winter cold damage, it is important to site the vines in an area that is protected from frost. When temperatures dip below freezing, you can use row covers to offer some protection. Just place the row covers over the plant at sunset and remove them when the temperature rises above the freezing level. Kiwi produce the most fruit in full sun but can be grown in partial shade. They like well drained composted soil. Hold off on fertilizing new kiwi vines as their roots are prone to fertilizer burn. Once established the vines can be fertilized in spring before growth begins and again in summer after flowering.

Kiwifruit vines are extremely vigorous, growing anywhere from 6 ft. to 12 ft. per year. It is crucial to have a very sturdy trellis or pergola for the vines to grow on. A typical structure to support a vigorous kiwi is a T-bar design. The height of the trellis is usually between 5 and 6 feet high. Here's where the patience comes into play. It can take a couple of years to train a kiwi onto the trellis and from 3 to 5 years before fruit production. Your patience will pay off though as one kiwi can produce up to 100 lbs. of fruit per vine and can live upwards of 50 years.

Pruning your kiwi vine helps maintain its size and shape, opens it up for sunlight penetration and helps maintain consistent fruit size and yield. It is best to prune your kiwi in the winter when the vine is dormant. If it is pruned late in the season there can be excessive sap flow which

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can weaken the vines. Kiwifruit flowers are produced on the current year's shoots that grow from buds on one year old canes (last year's growth). Pruning kiwi is similar to pruning grapes. A good description can be found on the Oregon state University website at: <http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/20677/pnw507.pdf>.

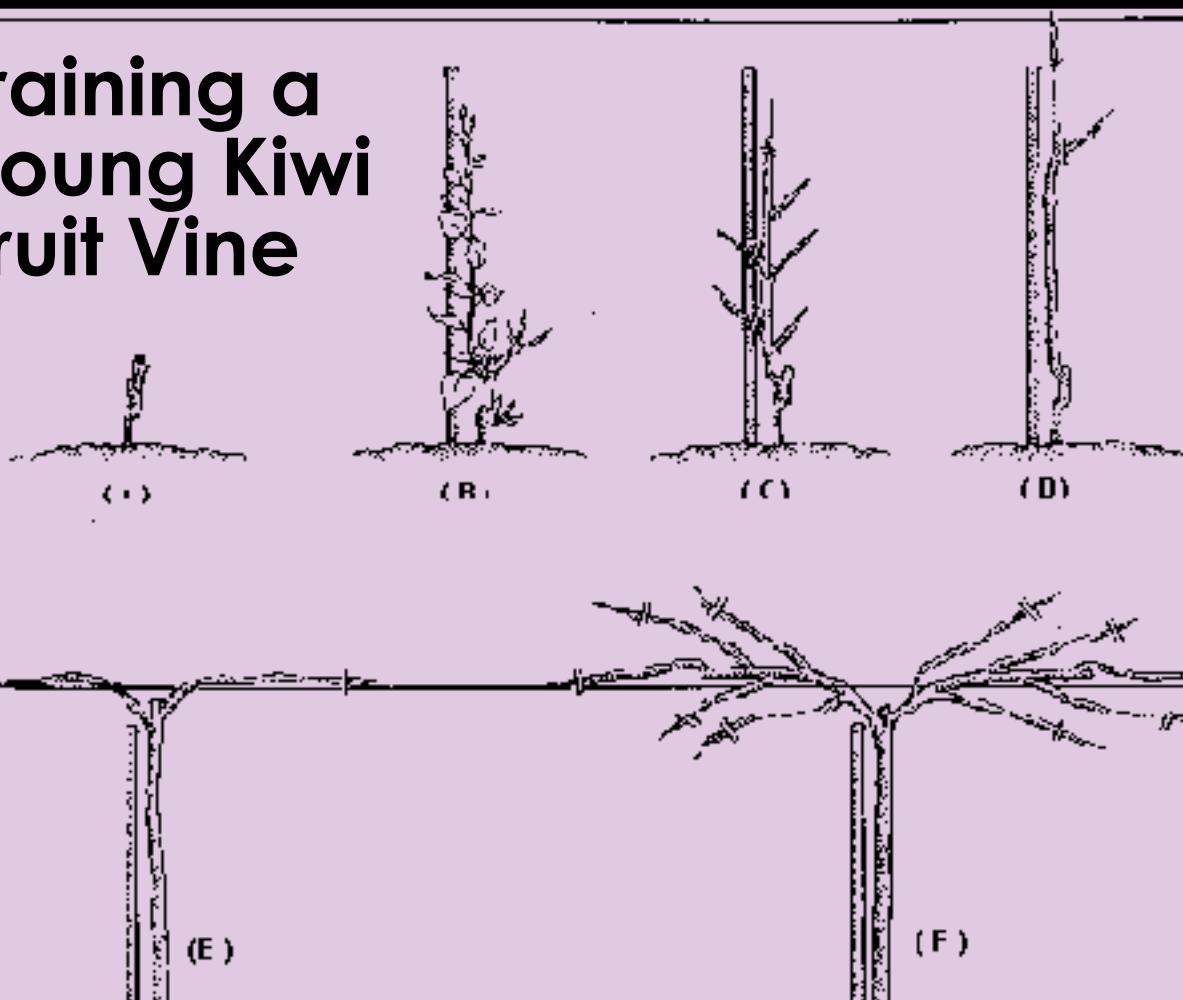
Kiwifruit generally ripen in October and November and have a long shelf life if kept refrigerated. The 'Hayward' variety can be stored longer than the

hardy arguta variety because fuzzy kiwi is less perishable. It is best to eat them when the flesh gives a little when squeezed. If the kiwi are still hard, they can be ripened in a brown bag with an apple inside.

Kiwi vines can be found at Al's Garden Center and Drake's 7 Dees. You can also check with your local independent garden center for availability.

Growing kiwi is not for everyone but if you have the space, adding this lovely vine to your garden will yield a bountiful harvest for years to come.

Training a Young Kiwi Fruit Vine



Training a young kiwifruit vine. Pruning cuts are shown by double diagonal lines.

(A) Prune to one or two buds at planting.

(B) Train one shoot as trunk; remove all others (Year 1).

(C) Head back trunk as shoot growth at terminal loses vigor.

(D) Continue to remove lateral shoots; let trunk grow beyond wire. Then head to just below wire.

(E) Choose two shoots to form cordons, one each way on wire. Head back to 1/4-inch-diameter wood in dormant season (Year 1).

(F) Shows shoot growth Year 2. Pruning cuts in dormant season Year 2 are shown.

Kiwifruit Daiquiri

- 1 California kiwifruit, pared and sliced
- 2-3 teaspoons sugar
- 1 tablespoon lime juice
- 1-2 ounces rum*
- 1 drop green food color (optional)
- 8 ice cubes, crushed
- 2 kiwifruit slices

Blend all ingredients except kiwifruit slices in blender until smooth. Serve in stemmed glasses; garnish edge of each glass with kiwifruit slice.
Makes 2 servings.

*Rum may be omitted for a fruity, colorful, alcohol-free drink.

Recipe from www.kiwifruit.org



Where There's a Grill, There's a Way

And there's also a best way to grill. Here are some tips to help you get the most out of your barbeque.

By David Musial



In the Stone Age, Fred Flintstone always burnt his spit (open fire) roasted pterodactyl, while today we're burning our grilled chicken. Like chicken, pterodactyl is a dry meat and easily overcooked. Ugh, grunt. Fire good, burnt food bad. With the advent of writing, the internet and a few tips from me, man no longer needs to burn his food.

With a basic understanding of grilling equipment and fuel, grilling techniques and foods to match, useful accessories and some tips, you will be ready to tame the flame.

Definition

Before we get started, let's talk terminology. When I was growing up we used the words

barbecuing and grilling interchangeably. In some circles, you would quickly be educated that barbecuing is a slow and low technique; think smoked brisket and pulled pork, while grilling is a high heat cooking technique for steaks and burgers. For this article, we will refer to the technique as grilling, but if you say you're pulling the barbecue out to grill some steaks, I think we'll understand.

Types of Grills

When choosing a grill, you will need to decide on gas or charcoal. Most purists will tell you that charcoal is the only way to go. Nevertheless, gas grills do have merit and many a grilling enthusiast might not tell you, but they may just own one.

Convenience is the biggest difference between a gas and a charcoal grill. With a gas grill there is no waiting for the charcoal to get hot, just turn on the burner and get ready to grill. Not only will it heat quickly, you are able to control the heat with the turn of a knob. Rain or shine, you're ready to grill. Additionally, several models now come with side burners that turn your grill into an outdoor kitchen.

So what do you lose with a gas grill? Heat. Charcoal generates a very high heat that cannot be matched by most gas grills. Great for searing (and burning if not done right) those steaks. Additionally, the charcoal itself adds flavor. Although some gas grills have a flavor bar, all they essentially do is send up smoke from juices that hit the hot bar. Price is also a factor as most gas grills are more expensive than charcoal. Lastly, grilling is a primal activity and turning on

The classic kettle grill

the gas grill is just not the same as lighting the charcoal.

The styles of most gas grills are similar, but vary for charcoal grills. Gas grills come in various sizes with attached covers or lids. The primary option would be a side burner. With charcoal grills, the primary styles are the Hibachi or small portable grill, the brazier and the kettle grill.

The Hibachi is a small grill that allows you to vary the distance of your food from the heat source. Depending on what you are grilling, it can be used to cook for two to four people.

The brazier is what we grilled on when I was growing up. They are basically shallow round fire-boxes sitting on three or four legs. Lava rocks are placed on the bottom to raise the charcoal off the bottom. Ours had a crank to raise and lower the cooking surface and a hood that covered half the grill and held a rotisserie. Today these are considered more of a budget unit. For me they are fond memories.

The most popular style of grill today is the kettle, made pop-



A chimney charcoal starter is a safe and odorless alternative to using lighter fluid.

PHOTO CREDIT: WWW.BBQGUYS.COM

ular by Weber. The kettle grills come with a lid and are capable of cooking with both direct and indirect heat.

The size of a grill is usually based on total square inches of cooking area. Determining how large of a unit to buy is based on how many people you want to be able to serve. You might think that buying a large grill doesn't make sense because you don't usually grill for large groups and firing up a large grill for a small group will only waste propane or charcoal. With a gas grill, you only need to turn on the burners you need and with a charcoal grill, only add the amount you need to cover the surface area you want to cook over. There is no waste and you will have a grill large enough to meet all your needs.

When looking for a grill, whether gas or charcoal, be sure to look for a sturdy grill with heavy gauge construction. For gas

grills, there should be an electric ignition and if possible a side burner. A well constructed grill will last for years, so buy the best you can afford.

Types of Fuel

The type of grill purchased will dictate your fuel; gas with a gas grill and charcoal with a charcoal grill. However, with a charcoal grill there are options. We are all familiar with the charcoal briquette, but we now have the option to buy lump charcoal.

The briquettes are a uniform product, fairly easy to light and readily available. The downside is that not all briquettes are created equal. Some are made with assorted wood scraps and can contain petroleum as a binder. This may impart a less than desirable taste. If you check the label, you can find natural briquettes that use starch as a binder and burn cleaner.



Vintage grill from the days of my youth.

PHOTO CREDIT: WWW.PINTEREST.COM



Lump charcoal on the left burns hotter than the briquettes on the right.

Lump charcoal or lump hardwood charcoal has been around for years, but until recently, not quite as readily available. It is basically chunks of wood that have been turned into charcoal. The advantages of lump charcoal are that they burn hotter and are all natural.

An interesting side note is that the Kingsford Company was started by Henry Ford after he learned how to turn wood scraps into charcoal. Originally called Ford Charcoal, it was later changed to Kingsford Charcoal to honor a relative, E. G.

Kingsford, who selected the site of the original plant.

Types of Cooking and What to Cook

Grilling as mentioned at the beginning of the article is a high heat cooking method and uses direct heat. It is generally used for foods that require a short cooking time, such as thin steaks, burgers and hot dogs. The intensity of the heat can be controlled by the amount of charcoal, the distance of the grill from charcoal or the vents on the bottom of grill if provided. In a gas grill, the adjustment is made by reducing the flame.

With the advent of the kettle grill, such as the Weber, grills can now be used for indirect cooking. In this method, the heat source, charcoal or gas flame is on one side of the grill and the food cooks on the opposite side. The heat is still high, but the grill is covered so you are basically cooking in an oven. This method is great for cuts of meat that require longer cooking times such as whole chickens or roasts, which would burn with direct heat.

With indirect heat, you lose the seared flavor associated with direct heat. Using a combination of direct and indirect heat, you gain the best of both worlds. The procedure would be to sear the meat on all sides over direct heat and then move the meat off the fire and continue cooking covered until done.

Accessories

If you love gadgets and accessories, you will find an endless supply for grilling. However, a few basics are all you need to be successful and here they are:

- **Oven Mitts:** try to get a pair that goes up close to the elbows. They offer great protection when reaching over the grill. They also help avoid burning the arm hair and the ensuing smell.
- **Tongs and Spatulas:** preferably long handled to reach across the grill and avoid the arm hair burning if you forgot to buy the oven mitts. (see Tips)
- **Chimney Starter** (for charcoal grill owners): with this device, you can start your charcoal with just newspaper, no charcoal lighter fluid required. Yes, there will be no more impressive flames or massive fireballs coming from your grill, but there will be safety.
- **Instant Read Thermometer:** if you're going to take the time and money to grill, a thermometer will help make sure it's cooked properly (see Tips)
- **Wire Brush:** heavy wire brush for cleaning the grill.
- **Squirt Gun:** as a kid, this was my favorite accessory. Armed with a squirt gun, I was charged with squirting any flare-ups to keep our chuck steak from burning.

Some hibachis are collapsible making them convenient for travel.



It is a big responsibility and right of passive for all children.

There are numerous other accessories you will want and need, but if possible and it will fit on your grill, I would recommend buying a rotisserie attachment. There is no better chicken than a rotisserie chicken.

The success of grilling is in the technique and here are a few tips to help you be successful:

Tips

- Use tongs, not a fork to turn meat. Forks pierce the meat allowing precious juices to escape.
- Use a thermometer. It's OK to practice doneness by touch, but use a thermometer to confirm the final temperature. Remember that raw chicken in addition to not being tasty is potentially hazardous to your health and the health of your guests.
- Let meat rest. The juices will redistribute and not run out when the meat is sliced.
- Grilling is a social activity. Have fun, but remember that when the food hits the grill, social hour is over and it's time to get to work.

One final secret to grilling is brining. Brining is simple and adds moisture and flavor. Chicken and pork are two of my favorites to brine. When buying meat to brine, buy meat that is not labeled as 'enhanced' since that indicates liquid has already been added. A basic brining recipe is included below.

Now that you understand your equipment and the basic principles of grilling, your brontosaurus burgers are sure to be a hit at your next party. Yabba dabba doo!



Brining is a great way to retain moisture and add flavor.

Basic Brine

Makes 1/2 Gallon/64 oz

1/2 cup kosher salt (1/4 cup if using table salt)

Optional (see note):

1/4 to 1/2 cup brown sugar, white sugar, honey or combination

herbs or other flavoring

In a sauce pan, add 32 ounces of water, salt, sweetener and herbs if using, heat to a simmer, and the salt and sugar have dissolved. Remove from heat and add 32 ounces of cold water and allow to cool before using. Brining should be done under refrigeration in a non-reactive food safe container. Plastic bags can also be used, but place in a non-reactive container in case of leaks in the bag.

This brine can be used for chicken, pork or seafood.

Brining Times:

Whole Chicken: 6-12 hours

Cut-up Chicken: 4-6 hours

Pork Roasts: 6-12 hours

Pork Chops: 4-6 hours

Seafood: 15-30 minutes depending on thickness

Note:

The sugar will add flavor, not additional moisture. Complimentary herbs and other flavoring can also be added to the brine. Options range from lemon slices to garlic, and rosemary to thyme. Start with one sliced lemon to a few cloves of crushed garlic and/or 2-4 tablespoons fresh to 2-4 teaspoons dry herbs. Amounts will vary, depending on your tastes and always use more fresh than dried herbs.

One other option is to substitute another liquid for the part of the water. Apple cider is great with pork. Try using 16-32 ounces of cider in place of the water.

Brining is part science; creating moist meat, and part art; the addition of other ingredients. Have fun and experiment.

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

WTDITG

Our Northwest summers aren't nearly as hot as other places in the country, but it's not uncommon to have a few 100 degree days. Plants, just like people, need special care when the temperature rises. Be sure you give your plants the same attention during these hot spells that you would your pets or kids.

PLANNING

• Have you been good about keeping up with the journal writing? We won't tell if you want to just sit down and cheat some notes from spring and summer now. If this helps you grow better crops

next year we think you'll enjoy the act of noting the good and the bad things that happened in the garden this season.

PLANTING



• Time to plan on a new lawn? August through mid-October is prime time to get a new lawn put in. In the late

summer and fall the grass seed germinates in the warm soil so much faster than in April or May. Good grass seed blends will give you the best looking lawn on the block, plus add some lime and good fertilizers to start lawns with!

• Time to over seed a tired lawn? For the same reasons given in the above note on planting a new lawn, over seeding an old tired lawn is great to do now too. Mow the lawn short, (this one time we give you permission to mow it short) thatch (rent a thatching machine to make the job a lot easier) and then seed with premium lawn seed blends for this area. Cover the seed barely with some Organic Compost to keep the birds away from the seed. Fertilize with natural lawn fertilizers for outstanding results. Keep the compost dark with moisture

while seed is starting.

• Plant perennials and biennials from seed this month directly in the garden. The seed germinates pretty quickly in the warm soil and big beds of future flower



color can be created starting with seed now.

TASKS, MAINTENANCE & CLEAN-UP

• Clean up the strawberry beds. After final harvest, cut off all foliage (fun and fast to run over the bed with a lawn mower set on high, so as not to damage the plant crowns). Water and fertilize with Azalea & Camellia fertilizer to encourage strong new growth. You can also reduce a thick planting at this time by removing the "mother" plants, leaving the newer "daughter" plants.

• Mulch the garden and ornamental beds if needed to conserve soil moisture. If you have not mulched the garden beds yet you'll notice they dry out very fast. Get topdressing on the beds of Organic Com-

post or bark to hold in soil moisture, retard weeds and make it easier for soil to absorb water. Keep the flowering annuals dead-headed and fertilized to keep them going strong until fall.



• Prune Raspberries and other cane berries after harvest.

Summer crop raspberries produce fruit on two-year-old canes. After harvest, the two-year-old canes that produced the fruit begin to die. Remove the old

What To Do In The Garden

AUGUST

canes anytime after harvest.



During the growing season, keep only 1 to 2 of the strongest new one-year-old canes per plant. Continually cut out all the small canes and sprouts. The big, strong canes will produce the following summer's crop.

Ever bearing raspberries produce their main crop of berries in the fall, on the top 12" of one-year-old canes. After harvest, you have two choices: 1) remove the top portion of the cane that has fruited, leaving the rest of the cane to produce a crop the following spring, or 2) cut the canes off at ground level in mid-October, thus allowing the plant to fruit only in fall (the fall crop on ever bearing varieties is superior to the spring crop). If you choose to let the plant produce two crops, remove the two-year-old canes after harvest.

- Make sure the irrigation system is working properly if using one or create one if you haven't yet—it's never too late. Watering plants thoroughly and deeply is

very important this time of year.

- Work on your compost piles. Make compost out of grass clippings and any clippings or pulled plants that are ready to be recycled, unless foliage is diseased. If you have a pile going already,



turn the compost over and water it if necessary. Do not use grass clippings in compost if you have used weed kill-

ers on the lawn! To get the pile decomposing faster use compost starter. The addition of microbes and good bacteria will help plant material break down faster.

- Mow the lawn higher in hotter weather. Grass 'roots' length is directly related to the grass 'shoots' length. In other words if you scalp the lawn short, then the roots will be ultra short too. The longer grass blades help shade the lawn roots, help the grass compete with weeds for space and allow the grass plants to lengthen its roots deeper to where the soil does not dry out as quickly. Plus the leaf blades are where photosynthesis takes place

so when you cut the lawn short it can no longer feed itself!

- Water the lawn with 1 inch of water once a week. To determine how long to water, place empty cat food or tuna fish cans out on the lawn under a sprinkler and time how long it takes to fill the can to 1" deep. That is all the water needed, once a week to maintain a beautiful lawn.

- If you have been maintaining your lawn with irrigation then apply a good fertilizer to carry it into the fall. Use natural lawn fertilizer for a dose of natural pro-bi-



otic microbes that will help break down naturally, thatch and encourage deep root development.

- Keep an eye out for fresh notched leaves on ornamentals. Root Weevil adults are still feeding this month.

- Apply Beneficial Nematodes to the beds below rhododendrons and azaleas to fight root weevil damage.

VEGETABLE GARDEN



- Continue to fertilize the vegetable and herb crops. This will aid in maintaining good production through your harvest months.

- Seed out, directly in the garden, for fall and winter crops;

Arugula, basil, broccoli raab (aka Italian broccoli) cabbage, cauliflower, cilantro, collards, kale, lettuce,

mache, mustard greens, radishes, salad greens, spinach, swiss chard and turnips.



- Plant a cover crop called 'green manure' in the spaces vacated by harvested crops. This 'green manure' will be turned over, into the soil before it flowers to decompose, adding rich nutrients back into the garden soil.



PLAY TIME

Gardening Events Around Town

Hydrangeas

Saturday, August 2, 2014 • 10:00am

Al's Garden Center, Woodburn, Sherwood, OR

Attend this seminar and learn how to grow these beautiful garden favorites. This class will teach you the basics about Hydrangeas, including: selecting, planting, pruning, and fertilizing. Whether you've got sun or shade in your yard, there is a variety of hydrangea that will thrive in your conditions. Join us and learn all about hydrangeas. The seminar is free and open to the public. Registration is not required. Speaker: Woodburn: Mallory Gwynn, of 'Simply Gardening'; Gresham: Dave Annand, of Bailey's Hydrangeas; Sherwood: Al's Experts

Garden to Table: The Perfect Summer Party

Saturday August 2, 2014 • 10:30am

Farmington Gardens, Beaverton, OR

Gazpacho and Paella

Summer Perennials with Elise

Saturday August 2, 2014 • 11:00am

Farmington Gardens, Beaverton, OR

Summertime Fruit Tree Pruning

Saturday August 2, 2014 • 11:00am

Tsugawa Nursery, Woodland, WA

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

Tree Wiring Techniques

Sunday August 3, 2014 • 1:00pm

Garland Nursery, Corvallis, OR

Join Bonsai artist, Lee Cheatle at Wee Tree for a free demonstration of wiring techniques. Lee will be styling Mugo Pine during and after the demo. It's a great time to ask and learn wee bits from one of our local artists for styling your own trees.

Herbs: Robust Flavors from the Garden

Wednesday, August 6, 2014 • 5:30pm-7:00pm

Portland Nursery (Stark), Portland, OR

With Chef Dan Brophy. Come learn about big, bold flavors with no apology necessary. International flavors can perk up many timid dishes. Chef Dan Brophy will lead demonstrations and tastings which will include: melon, tomato and mint salad, chilled avocado and cilantro soup, grape leaves with green rice, Asian salsa fresca, black bean, corn and epazote salad.

Fuchsia Society Show and Sale

Friday, August 8, 2014 • 12:00-7:00pm

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Saturday, August 9, 2014 • 9:00-7:00pm

Sunday, August 10, 2014 • 12:00-2:00pm

Portland Nursery (Stark), Portland, OR

Garden to Table: A Morning With Sharon Maasdam

Saturday, August 9, 2014 • 10:30am

Farmington Gardens, Beaverton, OR

Integrated Pest Management

Saturday, August 9, 2014 • 11:00am-12:00pm

Portland Nursery (Stark), Portland, OR

With Portland Nursery Panel (Claudia, Jimmy, and Ken). Come join us for an in-depth look into important gardening topics using an I.P.M. (Integrated Pest Management) approach. Our panel of resident pros will each take a gardening hot topic, namely: slugs, azalea lace bugs, and pests impacting fruit trees/small fruits, and then offer a Best Practices course of action. Bring questions as there will be some time allotted to look at other important gardening hot topics related to Integrated Pest Management.

How to Use Tools

Saturday August 9, 2014 • 1:00pm

Garland Nursery, Corvallis, OR

Join Bonsai artist, Steve Wilcox at Wee Tree. Ever wonder how to use a trunk splitter, a leaf trimmer, or a spherical concave cutter? Bonsai artist, Steve Wilcox will be sharing how to use these tools and more. The demo is free and includes how to sharpen and care for your tools. Steve will be styling large Bald Cypress after the demonstration so hang around, ask questions, and take home wee bits of knowledge.

Fuchsia

Saturday, August 9, 2014 • 1:00pm-2:00pm

Portland Nursery (Stark), Portland, OR

With Sue Randall of the Oregon Fuchsia Society.

Fuchsias can be a great addition to your garden as they not only give us beautiful, showy flowers but also can attract our hummingbird friends. Come learn from Sue's experience about fuchsias, specifically: planting tips, growing requirements, water needs, hardy versus annual, and container versus in ground.

The Super Moon of 2014 – Family Fun Night

Sunday, August 10, 2014 • 8:10pm

The Oregon Garden

Join us for a moonlit hike in the Garden, under 2014's brightest moon. Meet in the lobby at the Oregon Garden Resort. This is a combined program with Jr. Gardener's Club. Member Tickets: Registered by August 6: Free, Drop-in: \$3; Non-member Tickets: Registered by August 6: \$3, Drop-in: \$5; Register online by August 6 & save!

Ladies Night Out

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Thursday, August 14, 2014 • 5:00pm-8:00pm

Al's Garden Center, Woodburn, OR

Thursday, August 21, 2014 • 5:00pm-8:00pm

Al's Garden Center, Sherwood, OR

Join us for a night of fun, friends and food in the garden center. See the latest fall fashions. Watch a free cooking demonstration from a professional chef. Relax to live music as you enjoy the summer night with your girlfriends. Food and wine available for purchase. Cost: The event is free and is open to the public. Food and wine available for purchase. Registration is required. Please register online at www.als-gardencenter.com.

Fresh Flower Arranging Workshop

Saturday, August 16, 2014 • 10:00am-12:00pm

The Oregon Garden

Cut your own selection from the cutting garden and learn to arrange a beautiful bouquet with Ladell McInay in a hands-on workshop. Please bring your own vase. Member Tickets: Registered by August 12: \$10, Drop-in: \$12; Non-member Tickets: Registered by August 12: \$18, Drop-in: \$20; Register online by August 12 & save!

Garden to Table: Root Vegetables

Saturday, August 16, 2014 • 10:30am

Farmington Gardens, Beaverton, OR

Beets, Sunchokes, Celery Root, Carrots, Parsnips and More.

Bonsai Workshop: Shimpaku Junipers

Saturday, August 16, 2014 • 11:00am

Tsugawa Nursery, Woodland, WA

The Shimpaku Juniper is considered a classic in the Bonsai world. This workshop is an excellent one for beginners and experienced artists alike – a chance to get back to your roots. Join our knowledgeable staff for an enjoyable morning with other Bonsai enthusiasts and take home a new project you can be proud of. Observers are welcome, free of charge. Space is limited to 25 participants. \$35 per participant, includes starter Bonsai plant and pot as well as potting supplies to complete your project. Class fee: \$35.

Iris Society Show and Sale

Friday-Sunday, August 22-24, 2014 • 9:00am-4:00pm

Portland Nursery (Stark), Portland, OR

Jewel Box Plant Sale

Saturday • August 23, 2014 • 10:00am-3:00pm

Sebright Gardens, Salem, OR

Attention all plantaholics and wining friends!! Stop in, sip some wine and pick out some gems from the hand picked selections of CNT Members, all in one place for your shopping delight! Sebright Gardens in Salem will be hosting the Cascade Nursery Trail members 'Jewel Box Plant Sale' on Saturday, August 23 from 10-3. This time of year is always great for

continued next column

obtaining nice full pots ready to be tucked into the garden! It's not often you can get seven great nurseries together with their favorite selections to tempt you all in one place for your convenience: Garden Thyme Nursery, Highland Heather, Nowlen's Bridge Perennials, Out in the Garden, Secret Garden Growers and Wild Ginger Farm. Tour Sebright's spectacular gardens and shop their huge variety of hostas and companion plants. A great time to stock up for fall planting! Honeywood Winery will be featuring their libations for your tasting pleasure. More information at www.CascadeNurseryTrail.com. Or contact Sebright Gardens, 7185 Lakeside Dr. N.E., Salem, OR (503) 463-9615.

Dahlia Festival

Saturday-Monday August 23-25, 2014

Saturday-Monday August 30-September 1, 2014

Swan Island Dahlias

Indoor Display Hours: 10 am to 6 pm

Field Hours: 8am to 6pm

Floral arranging demonstrations and talk on dahlia culture take place daily during the festival at 1pm. Live dahlia tuber dividing demonstration 12noon to 5pm each day during the festival. You can also take a stroll through and view over 40 acres of dahlias in full bloom during the show. Be sure to take some cut flowers home with you to extend your visit and remember the beauty.

Iris With Chad Harris of Mt Pleasant Iris Farm.

Saturday • August 23, 2014 • 1:00pm-2:00pm

Portland Nursery (Stark), Portland, OR

Chad Harris of Mt Pleasant Iris and President of the Greater Portland Iris Society will talk of the different irises that can be grown here in the NW with their varied cultural needs, wet to dry, sun to shade. A hands on demonstration on dividing will be included.

Living Roofs

Saturday • August 30, 2014 • 1:00pm-2:00pm

Portland Nursery (Stark), Portland, OR

With Ben Brower of Shelter Wise. Come learn how to incorporate green roofs (small but living) to your sheds, coops, tiny homes or other small outbuildings. Ben Brower of Shelter Wise LLC will focus on waterproofing, design ideas, modular vs. extensive systems, and some low maintenance plant selections. An added featured to this class will be an exciting demonstration.

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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Garden Time