

September 2014

garden time

A Digital Monthly Magazine for Your Garden & Home

 **fall**
GardenPalooza

A Perennial Favorite

Bananas • Grapes

Cover Crops

Garden Thyme Nursery's
Pati Harris



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Are Things as They Seem?

Have you ever been disappointed by a product? Been sold a bill of goods and then it turns out that the reality doesn't match the promise that was made. A lot of times that is true for plants. I can't tell you how many times I've bought a plant in the spring and then after a year or two (I've got to give it at least one year), the plant turns out to be a dud. It flops when it gets tall, the blooms look great for 2 days and then turn a terrible brown, it ends up covered in aphids... the list goes on. However, I still can't help but fall for the same old lines again and again. The Garden Time crew just finished going to the Far West show at the Oregon Convention Center. This is an industry show which is hosted by the Oregon Association of Nurseries. At the show, plant, landscape, equipment and garden product vendors get together so retailers can see what is coming up for the 2015 season and make purchases. Unfortunately it is not open to the public. One of the most popular areas is the New Varieties Showcase. These are some of the newest plants on the market, and this is one area I can't miss when I go to the show! This year I was impressed with a new Japanese Snowbell called Marley's Pink Parasol. This Snowbell stays short and has a weeping branch habit. It also gets covered with blooms. Another one I liked was the Double Scoop Mandarin Coneflower. This Echinacea was a deep orange color on really sturdy stems. I'm excited because some varieties in the last few years get real floppy when they grow. This one should be better! Finally the one plant that drew me across the room was the Avantgarde Hydrangea. This one has HUGE blooms! If you pinch off the side blooms you can actually get one single big bloom that can be the size of your head, and lasts for up to 3 months!

These were just a few of the new varieties that were on display. Be prepared to see them at a garden center near you in 2015. We hope that they continue to perform well in the garden!

Another thing that lives up to its promise is the Fall GardenPalooza. This year this great fall event takes place on the 20th of September at Fir Point Farms. Though a bit smaller than the Spring event, it is still loaded with tons of great plants. It also has beer and wine tasting and a more relaxed pace for shopping. You can shop over 25 different garden vendors and then take a break to sip some pinot noir, or an IPA. Therese previews the GardenPalooza event in this month's issue. Also in this month's magazine we take care of your hunger pangs with a story on table grapes. Sarah will walk you through some of the different varieties on the market and some tips for growing them successfully. Speaking of food, William writes about bananas this month as well. But these are not the kind of bananas that you can find in the store. These are hardy banana plants that you can grow in your garden to give it a real tropical feel. Finally, we visit with local Hortie, Pati Harris of Garden Thyme Nursery. She can take care of your plant needs and your hunger pangs too. She not only sells plants, she makes pasta in Silverton with her husband and friends in a business they call Esotico Pasta. Read Judy's article about Pati to learn how this Gardener/Chef finds time to do everything!

Even if some things are not as they seem, I think you'll agree that Garden Time Magazine always delivers!

Happy Gardening,

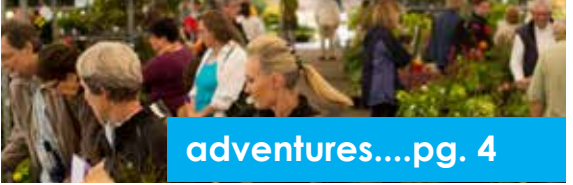
Jeff Gustin, Publisher

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In this issue...

Fall GardenPalooza



adventures....pg. 4

Bananas



got to have it....pg. 6

Cover Crops



backyard....pg. 10

Pati Harris



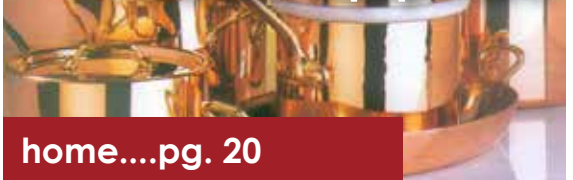
hortie....pg. 14

Grapes



eats....pg. 18

Kitchen Equipment



home....pg. 20

September Gardening



wtditg....pg. 24

Gardening Events

play time....pg. 26

A Perennial Favorite

Plant enthusiasts gather in Aurora for the return of Fall GardenPalooza.

by Therese Gustin



PHOTO CREDIT: HANNAH RAE PHOTOGRAPHY

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

If you like GardenPalooza in the Spring, you will love our Autumn event! Join us Saturday, September 20th from 9 am to 4 pm at Fir Point Farms in Aurora. Come early and shop



**Saturday
September 20, 2014**

9:00am-4:00pm

**Fir Point Farms
Aurora, Oregon**

www.GardenPalooza.com

from over 25 local nursery and amazing unique garden art vendors. Stay for some beer and wine tasting in the glass greenhouse from 11 am until 3:30 pm and meet the hosts of Garden Time, Judy Alleruzzo and William McClenathan!

We will gladly hold your purchases at the plant holding area so you can shop 'til you drop. When you are finished with your shopping you can drive your vehicle around to the plant holding area and pick up your purchases. Not all vendors take credit and debit cards so bring your checkbooks just in case. Plants, tools, garden art and more, all in one location!

This family friendly event



has something for everyone. If you get tired of shopping the plants you can take a break, pet some farm animals, play in the nut house, sip some wine or beer and snack on a yummy treat or two.

Fir Point Farm owners, Jessica and Jack Romaine, owners of Country Grains, will have delicious sandwiches, soups and salads and homemade cinnamon rolls for your enjoyment. I'm sure you'll find something to satisfy your appetite and keep you going.

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

Go to our website, where you can get directions, check out the parking situation, view pictures from last fall's event and see what vendors will be participating. Don't miss 2014's Fall GardenPalooza, sponsored by Garden Time and Fir Point Farms. Bring your friends and enjoy a day in the country! Hope to see you there!



ALL PHOTOS CREDIT: HANNAH RAE PHOTOGRAPHY



Ae Ae Banana

GOING BANANAS

If you are searching for a tropical feel for your gardens or patio, we'll tell you why the banana has appeal.

by William McClenathan

One of my favorite plants in a garden is Banana trees.

Albeit, "tree" is not really the right word at all as it is classified as an herbaceous plant. The hardiest of these plants is *Musa basjoo*.

I first got sight of *Musa basjoo* while visiting Burl of Rare Plant Research (www.rare-plantresearch.com) fame. He was going to offer them to nurseries as a hardy banana.

I must say...I had my doubts...but boy was I wrong.

My next plant lust was found at Terra Nova on a tour with Dan Heims. He had the glorious white and green variegated banana in

one of the greenhouses there. I was smitten by it immediately! But try as I may, I was unable to seduce him into giving me one!

Musa is a genus of over 50 tropical monocot tree-like plants, important for food, fiber, and ornamentals. The genus, now grown in wet tropical areas worldwide, includes bananas and plantains—the fourth most cultivated food crop in the world, with 2009 global production of 97.4 million tons, harvested from 12.4 million acres.

Musa species likely originated and were domesticated in Southeast Asia, where archaeological and palaeological evidence suggests that banana cultiva-

tion dates back to at least 5,000 B.C. and possibly to 8,000 B.C. Bananas continue to be an important food source in Southeast Asia, Africa, and Oceania, and an important food and export crop in Central and South America. In Central America, the enormous acreage owned and operated by corporate banana plantations from 1900–1940 raised concern about the role of corporations in government (which led to the term, "banana republic," satirized in the Woody Allen movie, *Bananas*).

Although they appear to be trees, and grow 12–40 feet tall, *Musa* species are technically perennial herbaceous plants because their hard, fibrous "trunks"

are actually pseudo-stems composed of overlapping bases of the large, spirally arranged leaves, typically 8–20 per plant. Leaves are 6–10 feet long and 1½ feet wide. The primary stem bears a single large terminal inflorescence, a spike with pistillate (female) flowers below and staminate (male) flowers above. This develops into a bunch of bananas, consisting of 6–9 clusters of 10–25 bananas each, spiraling around the central stalk—usually around 225 bananas, but occasionally up to 300. A single banana bunch generally weighs 50–75 pounds, but occasionally tops 150 pounds. After flowering once, the primary stem dies back, and new stems emerge from rhizomes (corms).

Bananas have high sugar content and can be eaten fresh or cooked when green. High in carbohydrates, fiber, potassium, magnesium, phosphorus, and several vitamins, bananas are eaten fresh, pureed for baby food, and cooked in diverse dishes typical of tropical cuisines. Fruits, leaves, and stems have numerous traditional medicinal uses; including treating dysentery, diarrhea, and digestive disorders.

But the queen of this Family is *Musa basjoo*. While others may be hardy, *M. basjoo* is completely so



Cut *Musa*

in our area and although it may die to the ground in harsh winters, only the stalk will be lost. The plant is root hardy to 0 degrees. You can wrap the stalk for winter protection like they do at Lan Su in downtown Portland each winter to protect it. But in mild winters, even that is not necessary.

Choose a sheltered site, with the site sloping away slightly from the plant to avoid creating a frost

pocket. Shelter from the wind is also essential to prevent leaves being shredded. Although, shredded leaves is very common in the plants native habitats.

Plant in late spring, in a well-drained soil, enriched with organic matter (such as garden compost). Once plants are established, water and feed generously to get the best foliage.

Growing in containers (for outdoors or conservatories):

Smaller, less hardy banana species make ideal container plants, which can be placed outdoors for the summer and brought indoors over winter.

Container-grown plants need ample watering during spring and summer months. Feed at weekly intervals during the spring and summer with a general-purpose liquid feed, or mix a controlled-release fertilizer into compost when potting.

In autumn, reduce watering and feeding, watering only when on the dry side in winter.



Musa Basjoo



Musa Basjoo

Tender plants should be brought in when temperatures fall below 50-55 degrees and overwintered in a frost-free greenhouse or conservatory.

Fruiting:

Bananas need a long and sunny growing period of some nine to 15 months, with temperatures above 60°F to fruit, with an optimum temperature of (81°F, followed by a further two to four months for the fruit to ripen. Feeding with a high-potassium fertilizer may help.

Pruning and training:

Little pruning and training is needed. Just cut away old leaves near their base. To control height, you may also cut the tree down to any height you want during the growing season. Being a monocot (thin single stems in the easiest meaning, like grasses, palm trees or corn), it just begins to grow from the center again. The hotter it is, the faster they grow.

Almost every Garden Center today will carry some forms of hardy bananas. Many will carry the more tropical ones as well.

If you are searching for a tropical feel for your gardens or patio, look no further. A banana plant is the plant for you.



Basjoo bloom

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COVER CHARGE

Prevent erosion and keep beneficial nutrients in your soil by planting a crop over the winter.

by Judy Alleruzo

Buckwheat plot in vineyard

In early winter, if you are out and about in rural areas of the Willamette Valley you may see lush green fields of grassy looking plants or in late winter, fields of deep red flowers.

Chances are you are looking at farm fields of "cover crop" or a solid field of Crimson Clover.

They are beautiful sights to see on gloomy rainy days. The Pacific Northwest's persistent rainfall actually compacts bare soil and helps to leach away beneficial nutrients in the soil. By planting cover crops, farmers prevent these problems and also keep weeds at bay and prevent soil erosion. This is an old farming practice that goes back to the early

1900s. In a backyard vegetable garden, you too can avoid these soil problems and add nutrients once the cover crop is turned over in late winter/early spring.

A cover crop is a select group of plants like Crimson Clover and Austrian Field Peas that benefit soil during the Northwest's late fall to early spring. The cover crop foliage helps prevent the soil from being bombarded from the daily rains. The legumes or pea family plants help "fix" nitrogen in the soil and make it available to next year's crops. This soil nutrient is essential for plant health and growth.

Cover crops can also be found between rows of a vineyard,

berry farm or in an orchard at any time of the year. The foliage helps deter weeds, add nutrients, conserve moisture, prevent soil compaction, etc in the same ways the winter crop does for fallow fields. The practice of planting cover crops is advantageous for any food crop.

Tips for Planting Cover Crops

- September is an optimum time to sow the seeds in your empty vegetable beds

(Best seed germination is a minimum of 4 weeks before cold weather sets in the area)

- Rake the soil smooth and level

- Spread the cover crop seeds at the recommended rate on the package
- Water the new seed if rain is not in the forecast
- In late winter/early spring, turn the foliage of the cover crops into the soil. The plant material also called "Green Manure" will break down and add to the soil structure.
- It is important to not let the cover crop plants go to seed and possibly become a weed problem.

According to the OSU Publication listed below, a good cover crop is a combination of a legume with a cereal or a grass plant.

Types of Cover Crops

Alfalfa

Annual Rye

Austrian Field Peas

Barley

Buckwheat

Crimson Clover

Fava Beans

Garden Peas

Hairy Vetch

Oats

Winter Wheat

For Example;

Hairy Vetch with Annual Rye or Oats

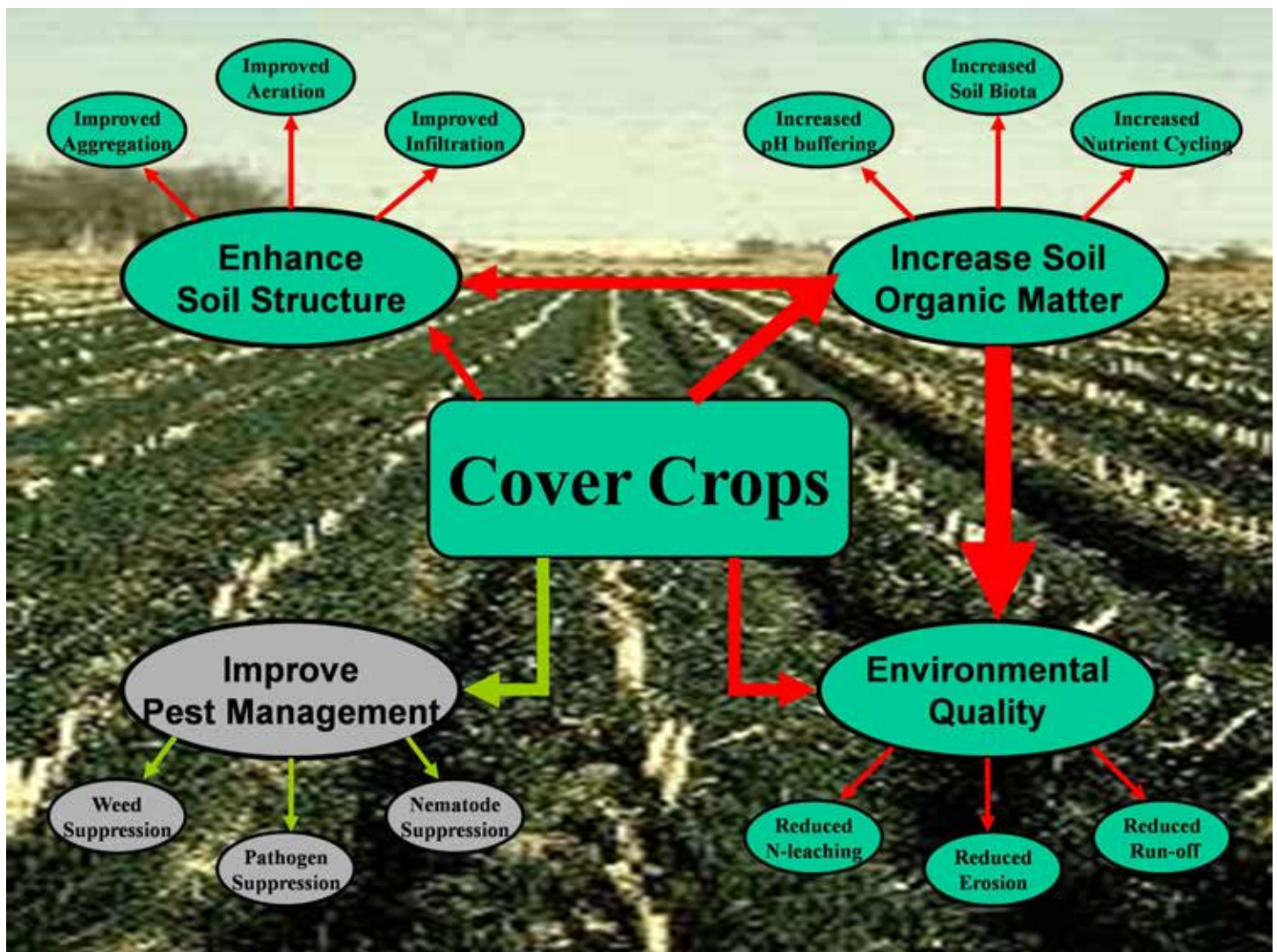
Austrian Peas or Garden Peas with Winter Wheat or Annual Rye

Check with your favorite garden center to see if they carry a pre-mix of cover crop seeds or separate packages that you can mix and match.

For an additional tip to good soil health, an application of garden lime is a good idea too.

Most areas in the Willamette Valley have soil with a low pH, meaning an acidic soil.

By adding 8-10 lbs of garden lime per 100 sq ft every other





Cover crop between rows



Crimson Clover

year or so will help raise the pH and make your soil more neutral. In general, most vegetable plants need a neutral soil pH to stay healthy. If you are unsure if your soil is in need of lime, get your soil tested or stop by an independent garden center for a pH soil test kit.

We all love the bounty of our summer vegetable gardens. By sowing cover crop seeds this September you can be a good caretaker of your little farm.

Oregon State University
Publication

<http://ir.library.oregonstate.edu/xmlui/bitstream/handle/1957/17462/fs304-e.pdf>

Cover Crop Chart

GROWTH CYCLE

- A = Annual
- B = Biennial
- P = Perennial

RELATIVE WATER USE

- ☾ = Low
- ☼ = Medium
- ☹ = High

PLANT ARCHITECTURE

- ☿ = Upright
- * = Upright-Spreading
- ≡ = Prostrate

-----Cool Season-----

-----Warm Season-----

---Grass---									---Grass---		
A <u>Barley</u>	-----Broadleaf-----								A <u>Pearl millet</u>		
A <u>Oat</u>	A <u>Phacelia</u>							A <u>Amaranth</u>	A <u>Foxtail millet</u>		
A/P <u>Ryegrass</u>	A <u>Flax</u>	-----Legumes-----						A <u>Buckwheat</u>	A <u>Proso millet</u>		
A <u>Wheat</u>	A <u>Spinach</u>	B <u>Turnip</u>	A <u>Field pea</u>	A <u>Berseem clover</u>	A/P <u>Medic</u>	A <u>Chickpea</u>	A <u>Sunflower</u>	A <u>Sudan grass</u>			
A <u>Cereal rye</u>	A <u>Kale</u>	A <u>Radish</u>	A <u>Lentil</u>	B/P <u>Red clover</u>	P <u>Birdsfoot trefoil</u>	A <u>Cowpea</u>	A <u>Safflower</u>	A <u>Teff</u>			
A <u>Triticale</u>	A/B <u>Canola</u>	B <u>Beet</u>	A <u>Lupin</u>	P <u>White clover</u>	P <u>Sainfoin</u>	A <u>Soybean</u>	A <u>Squash</u>	A <u>Grain sorghum</u>			
A <u>Annual fescue</u>	A/P <u>Mustard</u>	A/B <u>Carrot</u>	A/B <u>Vetch</u>	A/B <u>Sweetclover</u>	P <u>Alfalfa</u>	A <u>Mung bean</u>	P <u>Chicory</u>	A <u>Corn</u>			

Cover Crop Chart from USDA www.ars.usda.gov/NEWS/docs.htm?docid+10590



Cover crop plants



Red Clover in orchard



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Once Upon a Thyme

...Pati Harris started a nursery in Silverton and discovered how to use her noodle.

by Judy Alleruzzo

Pati Harris making pasta

Our Hortie of the month is an old friend of mine and Garden Time's, Pati Harris of Garden Thyme Nursery in Silverton, Oregon. I met Pati and her husband, George Harris about the year 2000 at the Silverton Garden Club where they are still members. She and George had just moved to town from Salem and had also just started Garden Thyme Nursery.

Silverton was beginning to expand as a community and they wanted to be there to start the nursery, for George to be closer to his nearby job and for Pati's son to go to Silverton High School. All 3 great ideas and Silverton got the best benefit, a new nursery to buy our plants.

Pati started her selection of plants by growing mostly herbs to be true to her nursery's name. As the business has progressed over the past 14 years, she has changed her selection to flowering perennials and vegetable starts, plus drought and deer resistant plants. The last 2 categories, Pati says, "are a must in Silverton". Of course, I just had to ask what her favorite plants are this year. Pati was quick to say she loves salvias and dahlias!

Pati also strives to give excellent gardening information to her customers. She wants everyone to have success in their gardens.



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gardenthymenursery.
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Esotico Pasta LLC

www.esoticopasta.com

At the nursery there is a must see display garden. Pati has planted an assortment of the nursery's selections to actually see how they perform in a garden setting. She has a great teaching tool to show customers the actual habits of the plants. If a customer wants a mass of perennials in a garden border, she can show them how they will all play together. That visual is a huge bonus in making a gardening plan real to her customers. They are not just buying beautiful plants in a pot but can see the future garden.

Pati is not a person to stand still too long. She takes care of her customers at the nursery and with

George's help, takes the nursery on the road to farmers' markets in Salem and Silverton. They also participate in specialty plant sales like the Salem and Portland Hardy Plant Society sales and The Clackamas Master Gardener Spring Garden Fair. George is the man on duty at GardenPalooza at Fir Point Farms. (Stop by and say Hi at this year's Fall GardenPalooza on September 20th). These mobile nursery sites bring their wonderful plant selections to people that may not know about Garden Thyme Nursery.

George wears many other hats at the nursery, including nursery electrician, assistant grower, when

time, and all around nursery maintenance guy. Pati told me that last week, he offered to finish some potting up in the greenhouse while she went home to a much needed rest after a long, hot day. She began to worry about him when the sky turned dark and he still wasn't home. Pati and George live on the nursery property so she took a short walk out to the greenhouse and found him cleaning up after his project. He said he didn't want to leave a mess. What a sweetie!

Pati and George are busy people. Pati grows all the plants and runs Garden Thyme Nursery and George helps out with the nursery but is also a crop insurance agent for Northwest Farm Credit Services. They are quite a team and work hard but also love to invite friends over for a delicious dinner and tasty wine. One such dinner party with Julie and Wayne Huisman had them discussing homemade pasta with easy to prepare sauces for people with busy lifestyles. Esotico Pasta LLC, which means exotic in Italian, was born that night and the rest is "Locally Made" culinary history. The Esotico Pasta kitchen is right on the nursery property. The partners usually produce 10 pasta flavors but have added a new pasta with the fall flavoring of butternut squash and sage. YUM!

Esotico Pasta ingredients are all from local sources.



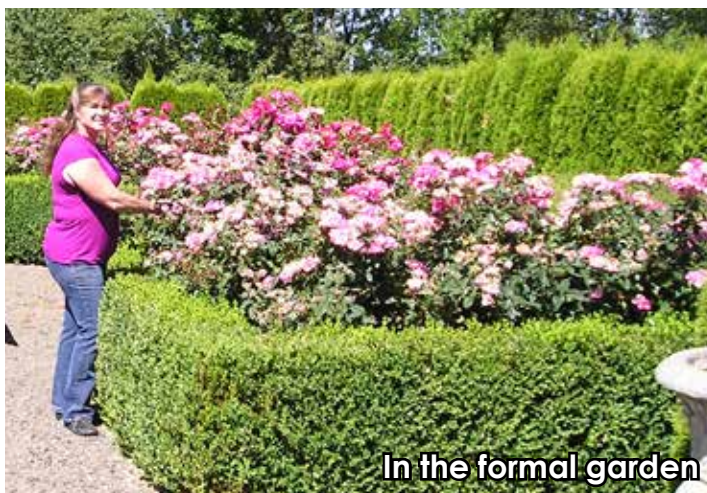
Digiplexus 'Illumination'



Garden Thyme display garden



Among the pasta racks



In the formal garden



Pati and husband George, in the garden

The partners buy flour from Bob's Red Mill in Milwaukee, tomatoes for the Tomato Basil Pasta from a farmer down the road and mushrooms from Yamhill Mushroom Company. They even smoke the Portobello mushrooms themselves for that specialty pasta. The ability to get locally grown ingredients was one of the driving forces in setting up Esotico Pasta. Check out their website for information on retail outlets and recipes for the simple sauces to complement the flavorful freshly made pasta. If you would rather go out for the evening, their pasta is on the menu at Howard Hinsdale Cellars and Creekside Grill in Silverton.

William interviewed Pati and her Esotico Pasta partner Wayne, in an informative segment on the Garden Time show aired on July 26th, 2014. It was so interesting to see the process and listen to the list of local ingredients used for the pastas. We even were treated to samples of the 2 pastas that were created during the segments. Molto delizioso!

Pati Harris is a woman with many loves. She uses her love of plants to help us grow beautiful gardens and her love of delicious, easy to prepare food, keeps us well fed. Her third love is that for her husband, George. They will be celebrating their 20th wedding anniversary this year. Cheers to you both!



With her favorite flowers

Grape Expectations

How to divine
the secrets of the vine.

by Sarah Gustin

Though the Northwest is gaining a reputation as the new wine country, here we'll be talking about table grapes. Grape vines can provide shade, privacy, and functional beauty to your garden. There is nothing more romantic than the stunning blue-green foliage of a grapevine, carefully trained up an arbor with clusters of sweet grapes hanging overhead. Imagine sitting in its shade and lazily plucking plump fruit and popping it in your mouth.

Though each cultivar has unique planting requirements, all vines require full sun to provide ripe fruit with high sugar content. You also want to protect them from wind and have well fertilized soil. Vines should be spaced 6-8 feet apart. Plant your new vine in early spring, after the last frost. If well tended to, the grape vine will grow quickly and vigorously, so make sure to have a sturdy arbor or other support to train the vines onto. To help guide the growing, you can use string or strips of cloth to encourage growth in the desired direction.

The scariest part of growing grapes is pruning. Expert grape growers have spent years perfecting their pruning technique to produce the healthiest, sweetest, and most flavorful fruit. Pruning begins in February, and typically reduces the foliage and general size of the plant by 90%. This kind of drastic trimming allows the vines to send all their energy to only a few clusters improving their flavor. The Gentle House in Monmouth, Oregon schedules many events and classes throughout the year that are focused on proper grape maintenance. Look for

grape pruning classes and demonstrations at your local garden center in early February.

The variety you choose will be determined by your location. The experts at your local garden center will be able to help you determine the cultivar that will work best for you. A few popular cultivars that you may see in stores are:

Canadice: This cultivar is very productive. So much so, that it may require extra thinning even after pruning. Overcropping is a real risk with this variety, and can be prevented by thinning out clusters early on. Canadice is a medium sized seedless table grape that grows in about 7 inch clusters and is also wonderful in juice or jams. Canadice ripens in mid-August through September and is hardy to



New York Muscat

PHOTO CREDIT: WIKIPEDIA

PHOTO CREDIT: WIKIPEDIA

GENTLE HOUSE 2014 SCHEDULE OF GARDEN DAYS & EVENTS

Sep. 11 • Plant iris and bulbs, general maintenance, thin grapes

Sep. 25 • Begin fall clean-up, put netting on grapes

Oct. 9 • Fall clean-up, plant shrubs, pot tender perennials, grape harvest

minus 25 degrees.

New York Muscat: This seeded table grape produces beautiful red to black fruit that is juicy and sweet. This cultivar is hardy to minus 10 degrees and has a fairly average productivity. The sweet flavor is always a summer favorite.

Swenson Red: Though this variety of grape is called Swenson "Red" it can range in color from red to blue to green. This cultivar may be prone to mildew depending upon the weather in your area, so they should be trained and pruned to several feet above the soil. This variety is hardy to minus 25 degrees, and may not produce much fruit in the first few years. Another sweet and juicy table grape.

Glenora: A blue seedless variety with a vigorous vine. This

grape is strikingly beautiful, with the blue fruit highlighted against light green foliage. This grape is a great producer and delicious for snacking.

Lakemont: This is a seedless table grape. This cultivar is known for producing well and making tasty raisins. This is a light green or yellow fruit that will keep well and continue ripening in the refrigerator.

Whatever variety you choose, it may take several years to successfully train your vines and have them produce fruit. But don't worry, when you first taste those late summer sun-ripened clusters, you'll find that it's all been worth the wait.

For more detailed information, visit the OSU Extension Service at: http://smallfarms.oregon-state.edu/sites/default/files/publications/growing_table_grapes_ec1639_may_2011.pdf.

Grape compote with goat cheese and crusty bread

1 loaf of your favorite crusty bread

1 cup goat cheese

½ shallot, minced

1 ½ cups grapes, halved

¼ cup white wine

1 Tbs honey

Cracked pepper to taste

Heat 1 Tbs olive oil over medium heat. Add shallot and sauté until softened and golden. Add grapes, wine, pepper, and honey, cover and simmer for 5 minutes, stirring occasionally. Uncover and cook for an additional 5 minutes, stirring occasionally. Spoon over goat cheese and serve with slices of crusty bread.

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The Pick of the Pans

Forget what the pot called the kettle...this is the riveting true story we could no longer keep the lid on.

by David Musial

When I was growing up, pots and pans were considered purely functional, a way to cook your food. Choices were limited and Revere Ware, with its shiny copper bottom, was my family's cookware of choice. The shiny copper bottom came with a price though. If it was your turn to wash dishes, it also included the tedious and time consuming job of polishing the copper to its original glory. Having short term memory, I forgot all about the time spent as a youth shining those pots and pans and Revere Ware became my first set as well.

Fast forward to today and the advent of the Food Network, what you cook and what you cook in has become important. So does the choice of cookware really matter? What are the differences? Read on and by the end of this article we will answer these questions and more.

To a professional chef, two of the most important tools in the kitchen are their knives and their pots and pans. These are the tools of the trade. As head chef in your kitchen, this is no less true.

So, when heading down the cookware aisle, what are the differences other than price? Primarily two things; material of the cookware and type or function of the pot and pan.

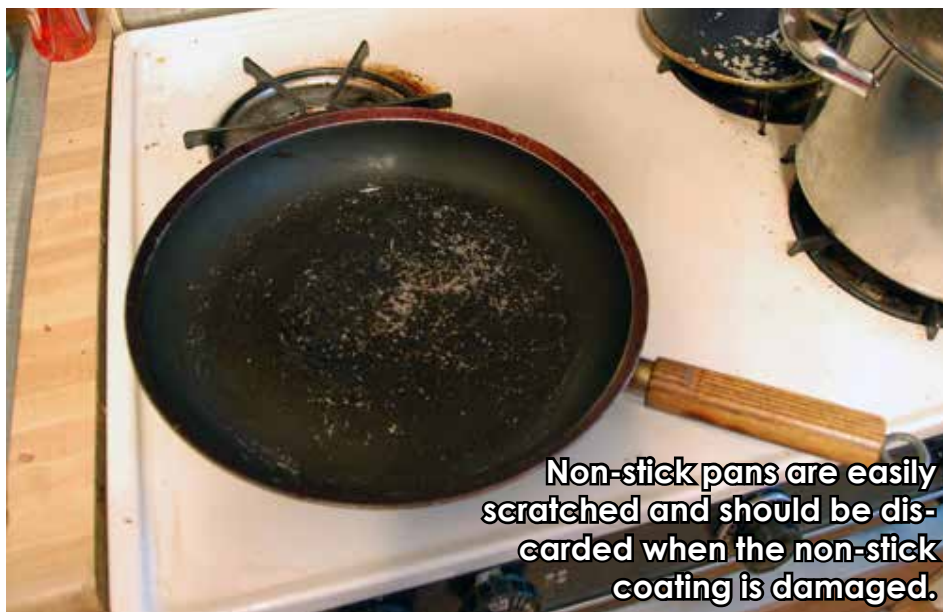
The function of cookware is to distribute heat to the food you are cooking. Duh! You want the cookware to heat up quickly, apply the heat evenly and retain the heat. Unfortunately no one material meets all three standards. Additionally, each type of material has other pros and cons. Let's take a look.

Copper makes beautiful pots and pans. They heat up quickly and distribute heat evenly. They are also extremely expensive and

require a lot of time polishing to maintain their beauty. Copper is also reactive to some types of foods.

Cast iron cookware has been around for years and since it is very durable, they last for years and can be passed down to the next generation. They take a while to heat up, but once hot, retain their heat and distribute it evenly.

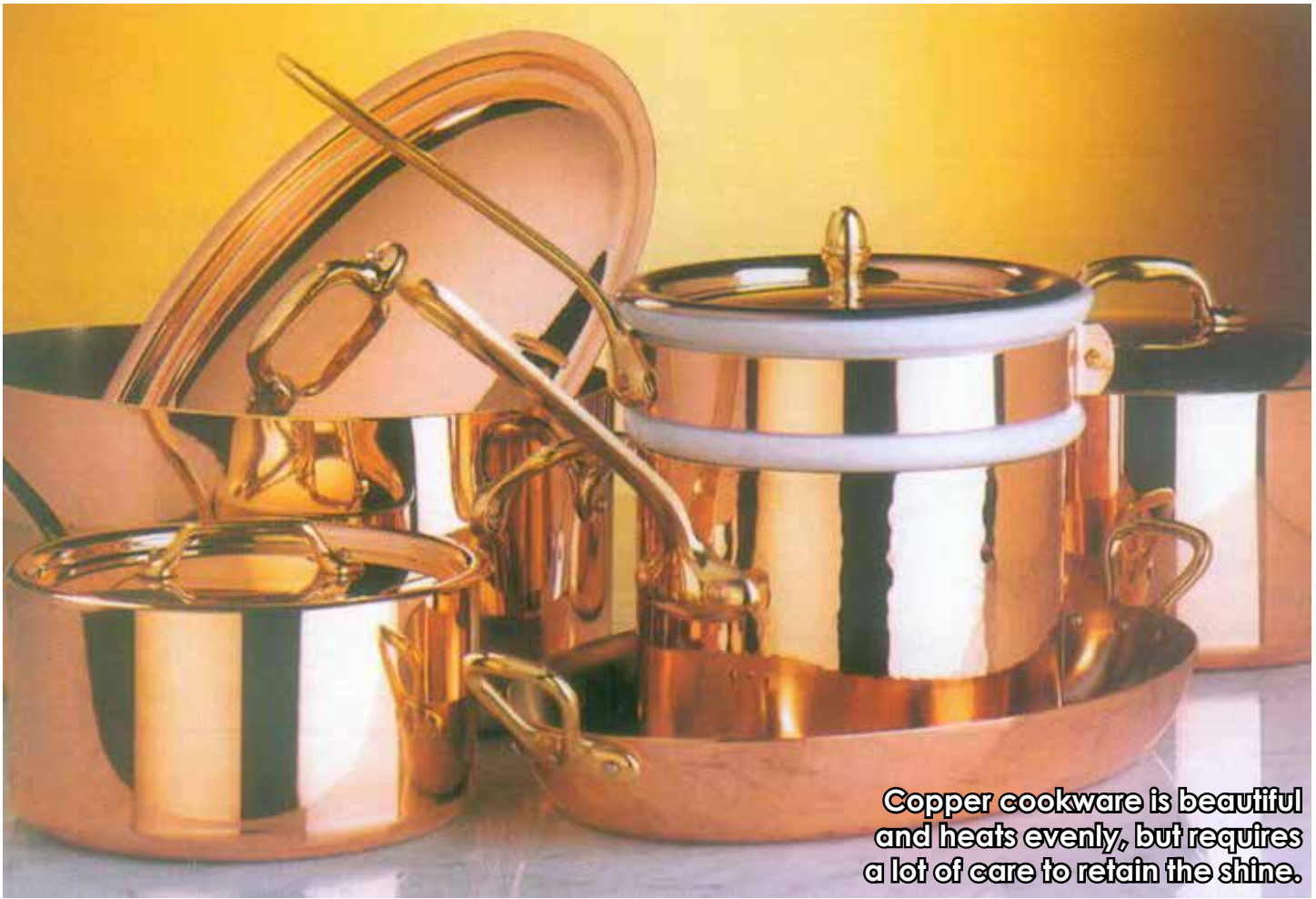
When buying a boxed set of cookware, be sure it contains the pieces you need and will use.



Non-stick pans are easily scratched and should be discarded when the non-stick coating is damaged.

PHOTO CREDIT: WWW.BEDBATHANDBEYOND.COM

PHOTO CREDIT: WWW.ALTERNATIVEMEDICINEAWARENESS



Copper cookware is beautiful and heats evenly, but requires a lot of care to retain the shine.

Properly seasoned, they remain naturally non-stick. Cast iron is also very heavy and requires special care for proper maintenance. In addition, they will react to acidic foods such as tomatoes.

Aluminum is a great conductor of heat and very light, making them a popular choice for cookware. Since aluminum is also soft, it is not the most durable metal. Some manufacturers anodize their aluminum cookware to make them more durable and avoid the graying reaction of some foods when stirred with a metal utensil.

Non-stick pots and pans are another choice. They are generally inexpensive and the major selling factor is being nonstick. However, they are generally not as durable and can have uneven heat. They also need to be treated carefully as the non-stick coating can be ruined with metal utensils.

Stainless steel, although durable

and easy to care for, is not a great conductor of heat. In addition, not all stainless steel cookware is the same. Some sets are made with a thin gauge and are of poor quality.

The last type of cookware combines the best of all worlds. They take copper or aluminum for

heating qualities and clad (surround) it between stainless steel for its durability and ease of cleaning. Basically creating a sandwich of two metals. This type of cookware has many names, but clad cookware is a common term. It is my cook-



My first set of cookware, Revere Ware, with its shiny copper bottom.

ware of choice.

Next, we turn to types of cookware. There are three primary types of cookware. The saucepan, skillet or frying pan and the stock pot.

Saucepans are very versatile and can be used for making sauces (again, duh!), boiling vegetables, cooking grains, and more. They range from about one to four quarts in size. They have a long handle and come with a lid.

With skillets and frying pans, terminology is not consistent. However, what is consistent is that they come in straight sided and slope sided, and have long handles. The straight sided is ideal for frying and the slope sided works well for sautéing.

The stockpot is basically a large saucepan without a long handle. In place of the single long handle, they have two short looped handles and always come with a lid. Sizes range from two quarts to several gallons; Ideal for making a large batch of chicken stock or soup.

Armed with information on materials and types of cookware, the pots and pans aisle can still be overwhelming. There are pre-packaged sets of cookware, pieces sold individually and Chef endorsed products.

Pre-packaged set are a great deal if they contain what you need. Most manufacturers have more than one set, so if the thirty piece set is more than you

need, the ten piece set may be just right. Do remember that the number of pieces include lids. Also, when looking at sets, look at the cookware size compared to how many people you cook for. If you only cook for two, you may not really need a 12" skillet along with the 10" skillet.

Buying pieces individually is generally more expensive, but it is a great way to get into a quality brand of cookware. It also allows you to create your own set. You might want to buy a few pieces in a clad material, and add a cast iron skillet for slow cooking, and a non-stick frying pan for omelettes. Also, if you watch for sales, you can find some good deals on high quality individual pieces of cookware.

Chef endorsed products can be hit or miss. Read the reviews and check out the product. Does it feel like a quality product? Is it the same gauge metal as the competitors?

So what have we learned? Quality cookware can last a lifetime so take the time to determine the material that best suits you, buy pots and pans in styles and sizes that meet your cooking needs, and start cooking!

Lastly, Revere Ware is still available and if you purchase the copper bottom set, I hope that you have someone at home to polish them for you or like the set that I still own, they will no longer look like copper.



Cast iron skillets require extra care, but last a long time if cared for properly.

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WTDITG

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

PLANNING

- Plan some new color for spring by figuring out where to plant some spring bulbs. Creating pots with 'layers' of bulbs would be fun. A cluster of bright yellow daffodils planted at the base of a tree or three will really liven the yard up in the early months. Daffodils aren't eaten by squirrels or deer so they should remain intact for years giving you more color every spring.
- Check on the vegetables to be harvested. This is an important time to check on the crops, picking them before the veggies lose their flavor.
- Since September is a good month to plant and there are usually sales now on nursery stock, why not do a little landscape renovation? If you need help, bring some photos and notes into your local independent garden center. They can help you put together some good ideas of what to plant and where.



PLANTING

- It's time for shopping and planting spring bulbs! As the weather cools, that should be your signal to purchase some bulbs for a spring display of sunny color. Tulips, daffodils, hyacinths and crocus can be found now. You'll have up until late October to plant them, but selection of the coolest bulbs is gone early so don't delay.
- Fall is an exceptional time to plant landscape trees and shrubs! With the rains coming on soon and the soil being so warm from the summer sun, the plant's root systems take right off this time of year. Most likely there are sales to take advantage of, so the savings make it even more enticing.



TASKS, MAINTENANCE & CLEAN-UP

- Apply Beneficial Nematodes to the beds below rhododendrons and azaleas to fight root weevil damage. Root weevil adults do the damage above ground that is visible so you'll know if they are around. The grubs below ground are the killers, girdling the trunk, besides eating the majority of the roots. Beneficial Nematodes are microscopic creatures that hunt out and destroy these pests and 229 more species of insects, but are not harmful at all to earthworms, humans or pets. They are active for two years in the soil too!
- Be on the lookout for slugs and their eggs. Fall is egg laying time again for the slimy creatures. Eggs are easy to spot and get rid of, if you know what they look like. Slugs lay eggs under stones, pavers, boards, plant debris or wherever they can find a hiding spot. The eggs are usually clustered in groups and look like little BB's, but are a creamy color. By finding and destroying these eggs before they hatch, you will take care of hundreds of the slimy leaf-chompers before they can get to your plants.
- Begin to get plants ready for winter by holding



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What To Do In The Garden

SEPTEMBER

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



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

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

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

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

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

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



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

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

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

VEGETABLE GARDEN

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

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

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

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

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

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



PLAY TIME

Gardening Events Around Town

Dahlia Festival

Saturday-Monday August 30-September 1, 2014
Swan Island Dahlias, Canby, OR

Indoor Display Hours: 10 am to 6 pm; Field Hours: 8am to 6pm
A must see for the dahlia lover, or if you just love flowers. View over 400 floral arrangements of dahlias, over 15,000 cut dahlia blooms on display, in our three indoor display rooms. This is the largest display put on by one grower anywhere in the United States!

International Basil Roundup with Chef Dan Brophy

Wednesday, September 3, 2014 • 5:30pm-7:00pm
Portland Nursery (Stark), Portland, OR

Explore the diversity and variety of basil. The focus will be on international application for fresh basil. Demonstrations and tasting to include: tomato basil sauce with pasta; soup au pistou; ricotta, basil and olive salad; Thai style salad rolls; panzanella; lemon basil pesto.

Iris Society Sale

Saturday, September 6, 2014 • 9:00am-3:00pm
Al's Garden Center, Woodburn, OR

The Oregon Trail Chapter of the American Iris Society will be at Al's of Woodburn with many varieties of freshly dug iris plants. Many colors and sizes, from tall to dwarf will be offered for sale. All rhizomes are \$3 each. They are Iris Experts, so come with your questions and take home some beautiful, hardy, easy-to-grow iris for your garden! Cost: Event is free. Iris rhizomes \$3 each. Registration: Registration is not required

Fall Gardening & Yard Clean-Up, Part I

Saturday, September 6, 2014 • 10:00am
Al's Garden Center, Woodburn, Sherwood, Gresham, OR

Late summer is a great time to add new plants & fall color, begin some clean-up and plan ahead for the next season. In this seminar learn about fall gardening activities you can do now to improve your garden's beauty and health. Part II will be held in October. Cost: Seminar is free and open to the public. Registration: Registration is not required. Speaker: Al's Experts.

What to Do in the Garden in September
Saturday, September 6, 2014 • 11:00 a.m.
Tsugawa Nursery, Woodland, WA

Our monthly seminar on what should be done in the landscape and garden. Harvesting from the garden continues! There are seeds to collect and produce to store. Cooler weather makes this an ideal time to plant a wide variety of shrubs and trees. 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! Free.

What to do in the September Veg Garden: Cover Crops

continued next column

Saturday, September 6, 2014 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

With Donna & Robyn of Your Backyard Farmer. Give yourself the gift of a healthy spring garden! Discover the benefits of cover cropping and sheet mulching with Donna & Robyn of Your Backyard Farmer. They will discuss the "how, when and why" of using cover crops to get your garden ready for spring. They will talk about what cover crops are best used in each season, the benefits and differences between the different types of cover crops, as well as some specific techniques for optimal success.

Rain Gardens in the City

Saturday, September 6, 2014 • 1:00pm
Portland Nursery (Stark), Portland, OR

Come and learn how to properly disconnect your downspouts, build a rain garden with suitable plants, and get a discount on your water bill. Professionals from the City of Portland will share their expertise with you.

Growing in Gardening Wisdom: Planning and Preparing

Sunday, September 7, 2014 • 11:00am-12:30pm
Portland Nursery (Division), Portland, OR

This class centers on developing a garden journal and planting some seeds, or garlic cloves, to take home.

Pruning Japanese Maples

Sunday, September 7, 2014 • 1:00pm
Portland Nursery (Stark), Portland, OR

with David Pell of Quiet Man Garden & Tree Care. Japanese maples make a lovely centerpiece or accent element, adding character, color, and elegance to a garden. Learn the lore of pruning them appropriately to enhance their health and appearance.

Salem Hardy Plant Society sale

Saturday, September 13, 2014 • 9:00-3:00pm
Polk County Fairgrounds, Rickreall, OR

Salem Fuchsia Society Show

Sat. & Sun., September 13 & 14, 2014 • 10:00am-2:00pm
Al's Garden Center, Woodburn, OR

Fuchsia experts from the Salem Fuchsia Society will be at the Woodburn store to show their plants and share their expert knowledge & passion for Fuchsias. These easy-care plants with colorful flowers are hummingbird magnets, and many species are hardy in our climate. This is a great time to add them to your garden, so come see the beautiful displays and bring all your fuchsia questions. Cost: This event is free and open to the public. Registration: Registration is not required.

Tomato and Salsa Festival at Timeless Gardens

Saturday, September 13, 2014 • 11:00am-4:00pm

continued next page



Timeless Gardens, Lebanon, OR

More information, call 541-258-7693 or go to www.timeless-gardens.com.

Planting Bulbs Now for Spring Blooms

Saturday, September 13, 2014 • 1:00pm-2:00pm
Portland Nursery (Division), Portland, OR

Brighten your garden using stunning Spring-blooming bulbs with the help of award winning garden designer, Paul Taylor. Paul will discuss selecting bulbs for different light and soil conditions and how to go about preparing the soil before planting. He will share some of his favorite bulb combinations for Spring interest and the best varieties for containers and cut flowers. Paul will demonstrate layering techniques for a big impact and raffle off the finished product to one lucky student!

Japanese Maple Pruning

Sunday, September 14, 2014 • 11:00am-12:30pm
Portland Nursery (Division), Portland, OR

Join Holly Beare of Eshraghi Nurseries to learn how to make the right cuts to keep your Japanese Maples happy and healthy. Holly will provide information for homeowners on how to prune and shape their trees, seasonal needs, and troubleshooting tips. She will also go over the basics of using and caring for your pruning tools. If you have purchased a Japanese maple before the class, or want to bring in your own potted maple from home to work on, please bring your own hand pruners, small pruning saw, and gloves. We will provide disinfectant for pruners.

Make Your Own Sedum Pot with Carmen Jarrell

Sunday, September 14, 2014 • 1:00pm
Portland Nursery (Stark), Portland, OR

Join us for this fun hands-on workshop to make an easy-care container for a sunny spot! Fun and forgiving sedums and succulents lend themselves to creative whimsy in pot selection. Learn the basics of keeping them happy – but mostly just have fun and take home your own creation! \$30 materials fee. Class limited to 10 people.

Senior Gardening Day

Wednesday, September 17, 2014 • 1:00pm-3:00pm
Portland Nursery (Division), Portland, OR

Sponsors Home Instead and Portland Nursery team up every year to bring a variety of hands-on activities and special gardening demonstrations aimed at the elder gardeners of our community. Tables are set up under cover surrounded by beautiful and blooming displays. Relax, visit with friends and enjoy refreshments. Pot up crocus bulbs, make lavender sachets and learn about fall container gardening.

Dominant Herbs from Your Garden: Rosemary, Savory, Sage and Oregano

continued next column

Wednesday, September 17, 2014 • 5:30pm-7:00pm

Portland Nursery (Stark), Portland, OR

with Chef Dan Brophy

Demonstrations and tastings to include: Herb fritatta with zucchini, sage oat cakes, lamb, garlic and rosemary skewers, zahtar, hazelnut sage ramekins.

Fall GardenPalooza

Saturday, September 20, 2014 • 9:00am-4:00pm

Fir Point Farms, Aurora, OR

Over 25 nursery and garden art vendors in one location. Beer and wine tasting from 11 am in the greenhouse. More details at www.gardenpalooza.com.

Impact NW Summer Garden Party

Saturday, September 20, 2014 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

Now in its thirteenth year, Impact NW's Annual Garden Party is a great opportunity to enjoy all the best the Northwest has to offer. The Garden Party features fresh from the farm cuisine, a beautiful garden setting, live and silent auctions, local wines and craft beers. Most importantly, the Garden Party is an opportunity where business and community leaders come together to support Impact NW's mission to help people prosper through a community of support.

Spruce Up Your Fall Containers

Saturday, September 27, 2014 • 11:00am

Tsugawa Nursery, Woodland, WA

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

Maintaining Topiaries with Jock from Iseli Nursery

Saturday, September 27, 2014 • 1:00pm

Portland Nursery (Stark), Portland, OR

Topiaries can offer a special element to your garden, whether in a formal or whimsical way. If you already have beautiful topiaries or plan on adding them to your landscape, come learn how to prune and best maintain their visual appeal.

Pumpkin Patch, Pig Races, Mazes & More!

September 27-October 31, 2014

French Prairie Gardens, St. Paul, OR

LOOKING FOR MORE?

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

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