

October 2014

garden time

A Digital Monthly Magazine for Your Garden & Home

Winter Squash

The Sweet and Savory
Scents of Autumn

Rubus • Slugs

Food Garnishes

Roloff Farms'

Matt & Amy Roloff

Butternut Squash



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A Season of Change

The fall can be one of the most dramatic seasons for the gardener. A quick change in the temperature in October and you could lose all your garden veggies. A brisk fall breeze and the fall color you have been waiting for can end up on the ground or blowing down the street. But with all this dramatic change, it can also be a refreshing start to the coming new season. We at Garden Time have experienced a wave of changes recently. The biggest one involves the viewers of our show in Portland on KOIN-6. We found out in the middle of September that our show would be moving from our regular 8:30am time slot on Saturday mornings. This news came to us on a Friday afternoon. By the following Monday we had moved the TV show to 4:30am and 5pm on Saturdays effective the following week. All these changes were because of CBS rules dealing with children's programming. The staff at KOIN was great! They took what could have been a negative, and made it a positive! We are now seen 2 times in Portland every weekend and that is giving our show access to a huge new audience. Maybe change can be good! The second change was our decision to host another tour in 2015. We had so much fun in Victoria this past June that we decided to host a trip to Costa Rica in January. Once again the response was overwhelming! So much so, that we are going to be now hosting a trip to Ireland in July of 2015. Check out the home page of the Garden Time website and click on the airplane for more details.

Another good change is all the new foods we have tried in the last few months. Since this year was a great one for fresh vegetables we have seen a lot of recipes in the TV show featuring the bounty of the garden. We are looking forward to trying some new squash recipes this fall and to get ready we have a great article by Therese on Winter Squash. We learn more about these tasty gourds and even get a delicious recipe to try at home. Speaking of edible items, Chef David tells about garnishes or as he calls his article 'Parsley or What's That Curly Green Thing on My Plate'. I learned that garnishes do have a purpose and that there are correct ways to garnish your food. A good garnish can actually make your cooking better. Yes, parsley is there for a reason! On the non-food stories this month we talk about Rubus. Rubus is a huge family of 'berry' plants that we all know and love to eat. People tend to think of the taller varieties of Rubus plants when they think of these plants, but William shares with us some of the smaller varieties for the home garden and how versatile they are. Finally, we talk about slugs! You would think that a story on slugs would be more appropriate in the spring, but the fall is the second best time to tackle your slug problems. If you treat for slugs in the fall you can greatly reduce the number you have to deal with in the spring because there are less to lay eggs for future generations. Judy gives us a little background on these garden 'recyclers' and some of the safe methods you can use to remove them from your garden (though I'm not too keen on wasting a good beer to trap them).

We hope you enjoy the fall and be like us and embrace all the changes that are happening!

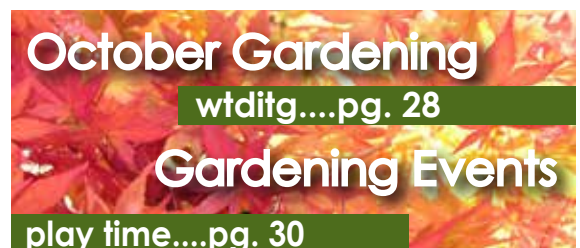
Happy Gardening

Jeff Gustin, Publisher

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In this issue...



The Sweet and Savory Scents of Autumn

Baking a Winter Squash brings back the warm memories of cold weather.

by Therese Gustin

One of my first memories as a child was of my mother in the kitchen in our home in the Chicago suburbs. It was more of an aromatic memory. She was sliding a tray of halved acorn squash filled with butter and brown sugar into the oven to bake. The sweet and savory aroma filled the room! Much as I loved the scent of the baking squash, back then I didn't much care for the flavor and texture. But over the years I began to appreciate the rich flavorful vegetable for its taste, health benefits and versatility in recipes.

What separates winter squash from summer squash? Summer squash has a thin edible skin and a short storage life. Contrarily, winter squash comes in a variety of sizes, shapes, colors and flavors. Despite their diversity, winter varieties do share some common characteristics. They have a hard shell which is tough to pierce. This tough outer rind actually enables it to be stored for long periods of time, some varieties up to six months. Their flesh has a mildly sweet flavor and their texture is finely grained. Winter squash is rich in antioxidants and anti-inflammatory properties. Winter squash all contain seeds that have a hollow inner cavity. Most are tasty roasted with a little oil and salt.

Growing winter squash is fairly easy if you have adequate space. It likes a well drained soil, sunshine and lots of room to vine. Squash likes a warm soil temperature so planting after the soil temperature reaches 60 degrees is important. Winter varieties need a long growing season though; between 110 and 120 days. This summer with its abundance of warm sunny days was ideal for growing winter squash. Because they are warm season crops they need to be harvested before temperatures dip below 50 degrees. Winter squash is ready to harvest when the rind is hard enough to resist fingernail scratches. Most winter squashes store better if their stems are removed. They should be stored at about 50 degrees with moderate humidity and good air circulation to prevent rotting from too much moisture.



Delicata Squash

PHOTO CREDIT: FLICKR.COM

The Oregon State Extension Service recommends storing them on a layer of straw to keep them dry. They also recommend that you store them away from apples and pears which give off ethylene gas. This can cause your squash to decay. If stored properly, winter squash can be stored between one and six months depending on the variety.

Three of my family's favorite varieties are Delicata, Hubbard and Butternut.

Delicata

This oblong squash with cream to yellow colored skin and green stripes is my husband's favorite! It is also known as Bohemian squash. Rich in Vitamin A and C, Delicata is fat free, sodium free and Cholesterol free. Delicata squash can be stored in a cool dry place for up to 3 months. It holds its shape



Butternut Squash

PHOTO CREDIT: FLICKR.COM

well when cooked and is perfect for stuffing with whole grains, lean meats, cheeses or baking with your favorite seasonings. Jeff likes to microwave it on high for 3 minutes, pierce the rind with a fork, microwave for 3 more minutes, poke a few more holes, microwave a final 3 minutes and it's done. Cut it open and serve with salt and pepper and a little butter.

Hubbard

This delicious large blue-grey squash is big enough to feed a large crowd! Its dark orange flesh is great in pie and soup recipes. It is low fat, low sodium, cholesterol free and high in Vitamin A, C and fiber. This very thick skinned squash stores well for up to 6 months in a cool dry place. If you don't have a crowd to feed, you may want to choose Baby Blue Hubbard squash instead.

Butternut

I saved my favorite squash for last! This was my 'gateway' squash... after discovering this yummy variety I started appreciating other squash varieties as well. Butternut squash has an elongated pear shape with a pinkish tan rind. The yellowish orange flesh has a sweet nutty flavor and is perfect for casseroles, muffins, pies and soup. Butternut squash is very high in vitamin A and C, low in sodium and a good source of vitamin B-6, iron, potassium and magnesium. They can be stored in a cool dry location for up to 3 months.

Fill your kitchen with the rich scents of roasted winter squash and make your own delicious aromatic memories.



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Hubbard Squash

Butternut Squash and Apple Soup with Fusion Spice

David Musial's recipe



PHOTO CREDIT: FLICKR.COM

Makes 8 servings

2 Tbs. butter

1 cup onion diced

1 leek, white and pale green portion thinly sliced

2 garlic cloves minced

2 pounds butternut squash, peeled, seeded and cut into 1" cubes

3 small tart apples, peeled, cored and cut into ½" cubes

*1-1 ½ teaspoon Chef David's Fusion Spice Blend

1 quart chicken stock

Spicy toasted pumpkin seeds

Melt butter over medium heat in a large pot. Add onions and leek. Cook until translucent while stirring occasionally. Stir in garlic and cook for 1-2 minutes.

Raise heat to medium high, add squash and apples, and cook to lightly caramelize, about 5 minutes. Stir in spice mix and cook for one minute. Add chicken stock, reduce heat to low and simmer until apple and squash are tender, about 20-30 minutes.

In a blender or food processor, puree the soup in batches until smooth. Place pureed soup in a clean pot and reheat. Season with salt and pepper to taste and add additional stock or water to thin soup if necessary. Serve in a warmed soup bowl topped with spicy toasted pumpkin seeds.

*David's Fusion Spice Blend

¼ cup fennel seeds

1 Tbs. coriander seeds

1 Tbs. black peppercorns

1 ½ teas. Crushed red pepper flakes

¼ cup pure California chili powder

2 Tbs. kosher salt

2 Tbs. ground cinnamon

In a small heavy pan over medium heat, combine the fennel seeds, coriander seeds and peppercorns. When the fennel turns light brown, work quickly, Turn on the exhaust fan, add the red pepper flakes and toss always under the fan. Immediately turn spice mix out on a plate to cool. Put in a blender with the chili powder, salt and cinnamon and blend until the spices are evenly ground.



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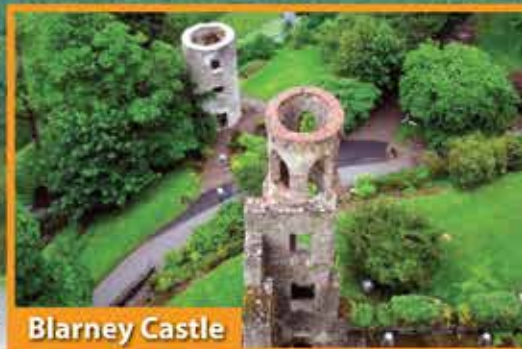
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TRIP BOOKED THROUGH





Covering New Ground

Often overlooked and seldom associated with their better known brothers and sisters, Rubus plants are workhorses in the garden.

by William McClenathan

Beginning Rubus



Berries of Rubus

When we hear the botanical name of Rubus, most of us automatically consider “berries”. And rightly so as this family of plants is laden with members which provide some of the healthiest and most delicious produce on the planet.

But this article is about a smaller group in the family Rubus; the members which are groundcovers.

Often overlooked and seldom associated with their better known brothers and sisters, these plants are workhorses in the garden.

They provide all of the flowers and berries of their siblings, but do so while making some of the most unique and beau-

tiful groundcovers you could ask for.

Perhaps the most popular and well known one is *Rubus rolfiei*, ‘emerald Carpet’.

***Rubus rolfiei* –**

It is often sold under the synonym *R. pentalobus* or just mistakenly as *R. calycinus* (or *calycinoides*) and *hayata-koidzumii*. It makes a great evergreen ground cover in sun or shade (these names were gathered from the JC Raulston Aboretum www.jcra.ncsu.edu.)

The glossy but rough textured foliage catches the light and reflects it back for a lovely display. Cool weather will often bring out plum tints to the foli-

age as well.

This one does well in sun or shade, but I find looks best with a bit of late afternoon shade. Great for rock gardens and forested areas alike. It’s very rugose (wrinkled) dark green leaves with 3-5 lobes, turns shades of purple, orange and golden in the fall. It is also, like many of these ground cover Rubus, resistant to pests and diseases.

I always enjoy going to the website of Portland Nursery, www.portlandnursery.com, when researching articles. They have some great information on ground cover Rubus. Here are three I found there.



Rubus lasiococcus

Rubus lasiococcus – Creeping Raspberry

This groundcover Rubus only gets about four inches tall, but each stem can extend as far as six feet, sending its roots into the ground at each node, similar to our native strawberries. The three-leaf clusters are semi-evergreen in milder winters/locations. Small white flowers appear in summer, followed by tiny red, raspberry-shaped fruit held so close to the ground that small creatures may get to these berries before you can. (This one should be grown more for its plant quality rather than its edible potential.) This plant can grow in full sun to full shade, moist to somewhat dry settings, along paths or tucked in amongst shrubs and other perennials.



Rubus lasiococcus

Rubus pedatus – Strawberry Bramble

This Rubus is a smaller, mat-forming groundcover, with stems reaching only three feet, also rooting at the nodes, with one-inch tall stems rising from each node, topped with small white flowers. The small fruits that follow in the summer are generally in tiny clusters of up to six fruits, bright red in color and are considered quite tasty. If you have a wet spot in your shade garden, this might be just the thing as it wants full to part shade, dappled light at most. In the wild it is found along streams and in mossy forests, so will not tolerate dry conditions.



Rubus pedatus

Rubus ursinus –

There is also one wild, trailing blackberry that, while arguably one of the best tasting blackberries, is the prickly vine that

trips hikers along the trail and is such an aggressive grower that it would rapidly outstay its welcome in any garden setting.

I bet I would try it anyway just to taste those berries!

Last I wanted to tell you all about my favorite. I found mine at Lan Su Chinese Gardens many years ago.

Rubus irenaeus –

This strong growing ornamental with large leaves and edible fruits needs space. It is an aggressive grower but one of my favorite ground covers. The fruit color is reddish orange; an attractive trailing vine with large rounded evergreen leaves (6 or more inches) and weak prickles. This rare and handsome groundcover plant can live in full shade to full sun. This plant is also attractive to bees, butterflies, and birds. It can produce small edible raspberries. It is native to China, which explains where I found mine.

All of these are completely hardy in our area. All can handle sun or shade but generally would prefer a mixture of them. Remember they are forest plants. They also tend to do well in almost any soil setting once established.

Let's not forget that they do not have hardly any pest or disease issues, which makes them great for those who wish to be natural and/or organic gardeners.

So consider the ground covers from the Rubus family. They can help all of us grow what we eat, and eat what we grow.



Rubus ursinus



Rubus irenaeus



Rubus irenaeus

SLUG FEST

The cool autumn weather ushers in the return of our slimy friends. What you can do to discourage them from feasting on your garden.

by Judy Alleruzo



If you take a stroll through a garden on a misty cool morning, chances are you will see slugs. We all have come across slugs slowly crawling their way across the path or inching their way across a hosta leaf. Our idyllic walkabout is interrupted by the sight. It is kind of fascinating but also infuriating. If you're mad enough, you get out slug bait or a pair of pruners to do away with these pests. If you are a bit of a researcher, you may be interested to learn more about this "terrestrial gastropod mollusk".

Since the season is turning to the cool wet weather of fall, slugs in the garden are troublesome once again. We all got about a 4 month summer reprieve after battling them on newly sprouting dahlias and hostas. At any one time only about 5% of the slug population is above ground. The other 95% are below ground digesting seedlings, roots, decaying plant matter and laying eggs. Slugs thrive in March, April, May and late September/October when temps are above 50° F. They are most ac-

tive at night or in the early morning, when they can eat up to 40% of their body weight in a day. Some slug species hibernate in the ground in winter while other species die off.

How does such a small creature wreak so much damage in our gardens? Slugs have a mouth-like structure with thousands of teeth that are replaced as needed. The slugs tear or rasp the plant material while leaving a slime trail to mark their path.

The slime trail has many uses in the slug's life. Foremost, it enables them to move around and stay moist at the same time.

It also is very slippery with an unpleasant taste so it helps as a deterrent against predators. The slime trail is also helpful in slugs finding a mate. Aw....

Slugs are hermaphrodites, having both sex organs. After mating, each slug will lay a specific number of eggs pertaining to its species. Some slug species can

lay up to 80 eggs about 6 times a year. If eggs are laid in October/November, the eggs will not hatch until January if warm rains occur. Slug eggs and juveniles are very open to predators. In the woodland food chain, slugs are a tasty food source for raccoons, possums, toads, garter snakes, turtles, ducks and birds. In our own back yards, slugs are treats for domestic chickens and wild birds. This is a good thing! It's the food chain.

So all these facts beg the question, can slugs also benefit a garden?

Slugs are a "Recycler" of garden debris that in turn enriches our soils. They chomp not just on prized daffodils and broccoli but also on old leaves and other garden and woodland debris. Banana Slugs, the State Mollusk of Washington and also found in Oregon, are said to thrive on mushrooms, lichen, algae and fungi, once again cleaning up the forest floor.

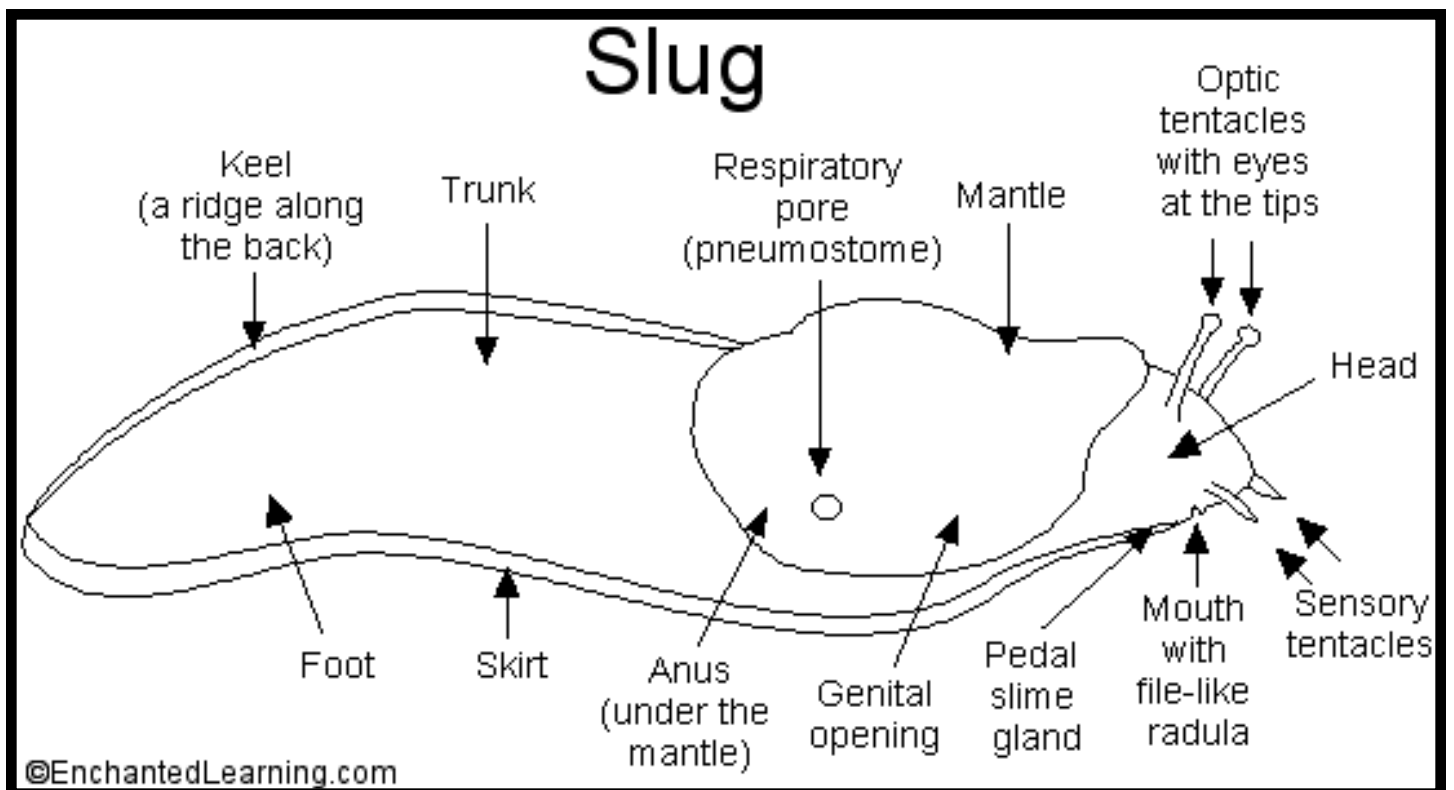
I also found out slugs pollinate



Banana Slug



Slugs on a quacker: Ducks find the slimy mollusks irresistible.



the low lying flowers of Asarum, Wild Ginger.

While they are attracted to the flowers they are known to also take a bite or two of the foliage. Well, they gotta eat, don't they?

In Oregon there are 10 slug species and about 23 species are found in Washington's Olympic Peninsula. West of the Rockies, there are about 2000 species of slugs and snails.

Many slug species native to Europe were brought to North America via a ride in soil.

Slugs are found in most places in the world and there are also species of fresh and salt water slugs.

Best slug control time in the Pacific Northwest is late September/early October. Because of the cooler, rainy weather, slugs are active and beginning to lay eggs.

If this time table is disrupted by slug controls, slug populations will be greatly reduced in the spring. A second round of control, 2-4 weeks later will curb juvenile slug populations.

One note to remember, slugs may carry a parasite that can be harmful to humans. If you are disposing of them by hand, wear gloves just to be safe!

These are a few Slug Controls

- Beer or Yeast Traps
- Sluggo™ Snail and Slug Control

- Copper strips produce a small electrical charge that deters slugs

- Trap Crops like Marigolds are sacrificed to keep choice plants unblemished

- Citrus peels attract slugs, dispose of before slugs move away

- Clean up leaf debris and excess fallen wood where slugs can hide

- Drip irrigation instead of overhead watering to keep moisture at a minimum

- Hand picking and disposal

These controls are but a few tips to control slugs in your garden.

I'm sure you and your garden friends can name many more suggestions.

My favorite Slug Control is using cheap beer in a shallow can. Set the can close to but not too near tasty foliage that could be a slug's dinner. I feel this is a good substitute for a slug meal plus they die happily floating in beer.

Slugs can be destructive creatures but they do have an interesting life cycle.

This fall, you may want to do a little slug research before bringing out the arsenal.





CLOSE TO THE GROUND

For Amy and Matt Roloff, a pragmatic approach, and a love of fun, has produced dividends for Roloff Farms

By Robin Burke



If you think Roloff Farms is all about reality TV, hay rides and corn mazes, you're missing out. Visit the farm and you'll see the real stars of the show... the pumpkins! Those colorful, bulbous, delicious fodder for pie.

Roloff Farms has about ten varieties of the popular autumn squash, which is a fruit, "not a vegetable," Matt Roloff, co-owner of the farm, is quick to point out. "Pumpkins are an amazing fruit. They grow abundantly here in the Northwest and I think pumpkins have really become synonymous with Roloff Farms. We've been growing them for 16 or 17 years."

Located north of Hillsboro in Helvetia, Roloff Farms is a destination pumpkin patch in the fall for many area families. When Matt and his wife, Amy, took over the property in 1990, they had to make a choice: peaches or pumpkins. "I think the reason we switched from peaches, which we grew early in the life on the farm," Matt says, "is that Amy and I being little people, pumpkins grow close to the ground and it was just kind of a natural fit for us." That pragmatic approach has produced dividends for the family farm.

In 2004, the family was approached by the TLC network to star in a reality television series. The first episode aired in 2006. Ten seasons later, the show is still on the air (though there was a brief hiatus), and the family has become TV stars. Fans of the show come to the farm to see where *Little People Big World* is filmed and to catch a glimpse, and maybe an autograph, of one of the family members. Yet, with all the attention they receive from the popularity of the show,

Matt claims that the pumpkin is the real star of the farm.

"Growing pumpkins has really become our specialty," says Matt. "We grow the typical pumpkins, but also we grow speckled pumpkins. The newest craze is blue and pink pumpkins. We grow the ghost white pumpkins and the giant pumpkins. This year's crop of pumpkins is better than ever. It's just awesome."

To keep up with demand, the



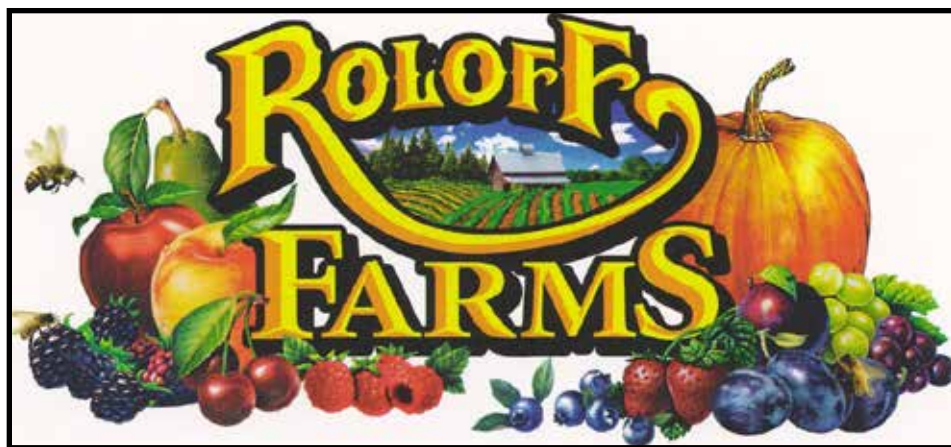
Roloff's recently added an additional 80 acres to the farm with twenty acres dedicated to the growing operation. "We don't sell pumpkins wholesale. We sell to whoever comes out and picks."

And the pickers come in droves. The farm is open Friday through Sunday in the month of October. This year between 25-thousand and 30-thousand visitors are expected. Most go home with armloads of pumpkins, but that's not all they're buying.

"We try to attract young families at Nike and Intel and other companies out here to not only pick pumpkins but come out and have an experience," says Roloff.

The experience includes the farm's "Adventure Zone" which boasts an obstacle course, petting zoo, pony rides, putt-putt golf, wagon tours, entertainers and more.

"We're always building new stuff. And we're expanding our Adventure Zone this year." You'll find a new tricycle race track with



oversized three-wheeled trikes big enough for adults to ride. There are now giant slingshots, a huge sand box and even a special surprise, which Roloff will only describe with a few hints.

"This year we have a new structure with some new friends who live in it that's based on a fairy tale story from when I was a kid – and we're really excited about that," Roloff says.

"It's a fun day for families and we've gotten great feedback. It's inspired us to continue to make these investments to make it a better and better experience ev-

ery year."

The Main Attraction

Rides, mazes and exotic animals aside, the main attraction, the fruit of their labor, and the thing that puts the most smiles on the most faces is the great pumpkin!

"Everyone is attracted to the color of pumpkins, that nice orange color." You'll find other colors, too, but those big orange pumpkins, "they do scream fall," agrees Roloff.

They aren't just pretty to look at or easy to carve up into jack-



o-lanterns, they're also very healthy and tasty to eat! It's a fact Amy Roloff is especially good at promoting. Her cookbook, *Short and Simple: Family Recipes*, includes several pumpkin recipes which she shares a few on their website, www.TheRoloffFamily.com. This year her pumpkin salsa is featured in the farm's store.

Roloff Farms mission: To educate and excite everyone about the amazing health benefits of everything pumpkin.

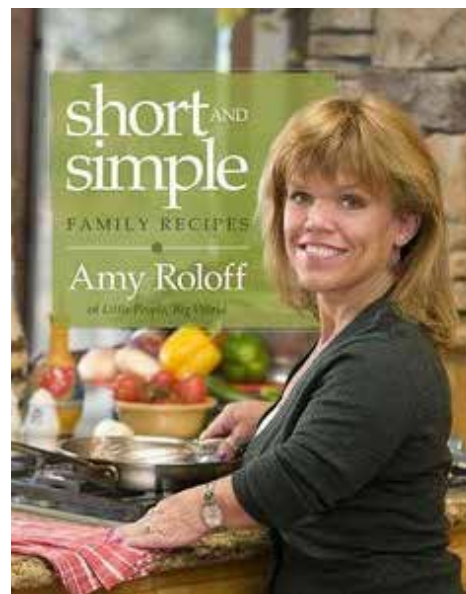
"Carrots have nothing on pumpkins in terms of vitamin A and anti-cancer qualities and fiber that helps with weight loss, so there's a lot of benefits to a pumpkin not only to look at, but to grow and

to eat," says Matt.

Pumpkins are also a good source of zinc, potassium and iron. The seeds are packed with magnesium and can help lower your risk of heart disease while fighting high cholesterol. All pumpkins are edible, but the smaller varieties are best for cooking. There are plenty of experts at the farm to help you choose just the right one.

So, boil it, bake it, roast it, steam it, mash it, or sauté it. If a pumpkin can make you smile and be good for you, go ahead and pick one (or ten), then carve it up for dinner!

Roloff Farms opens October 3rd at 10:00am. "Little People Big



World" airs on TLC, Tuesdays at 10:00pm or watch full episodes on TLC.com.



Roloff Farms

23985 NW Grossen Drive
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Go to **www.perfectlypumpkins.com** to hear Matt and Amy talk about their pumpkin passion.



School's Out... doors!

Offered to all 6th graders in the Multnomah Education Service District, kids get to immerse themselves in the beauty of Oregon.

by Sarah Gustin

"Oregon's economy and employment are based on its bountiful natural resources: timber, recreational opportunities, agricultural products, water, wildlife, and minerals. The extent to which Oregon's youngsters learn to understand and wisely use their natural resources today will largely determine their economic security in the future. Outdoor school teaches children about the natural sciences so they can use that information as adults to become knowledgeable citizens and voters. If a child can understand the natural process, then he or she can understand those factors that affect the natural process. Outdoor School teaches the natural process ... how nature works!"

- Multnomah County Education website.

PHOTO CREDIT: CREATIVE COMMONS LICENSE/LOREN KERNS



I consider myself a true Oregonian. I have a strong attachment to Outdoor school. I have fond memories of twisting around in the human knot on the beach, learning camp songs around the bonfire, and going on splendid hikes and gaining an appreciation for the beauty that is Oregon's forests.

natural science topics that they will be experiencing out on site. When they are out getting their hands dirty, they'll remember what they had just been learning. As they pick up a leaf to do a leaf rubbing, they'll recall what they learned about photosynthesis. As they walk past a river on a hike, it'll bring to mind the

book the teacher read on the migration of salmon. Nothing solidifies learning like experience. Hugging a Douglass fir and a Western red cedar to feel the difference in the bark is one experience you won't soon forget.

The days are separated into four fields of study that are espe-

Outdoor school is offered to all 6th graders in the Multnomah Education Service District, and to some 5th grade students throughout Oregon. For a little under a week, children get to immerse themselves in the beautiful Oregon rainforest. Along with their classroom teachers, highly trained adult staff, and trained high school mentors, students engross themselves in hands on learning. Students from several different schools will come together to form friendships while they experience education outside the classroom box.

Before the students spend a week as guests in the wild, their teachers pre-teach many of the



licorice fern

cially enhanced by the hands-on nature of outdoor school: plants, soil, animals, and water. Each field is equipped with all the instruments needed to make real-life connections to the natural resources that surround us. In "plants" 6th graders may use paint brushes to delicately pollinate flowers, use an increment bore to count the rings of a tree, or be introduced to native plants such as trillium or oxalis. In "animals", students may get the opportunity to pet pelts. In "soil" and "water", students will use magnifiers to discover that these substances contain more than meets the eye. Ultimately, students come away with an understanding of the interconnected nature of our unique ecosystems here in the Northwest.



Native wild Bleeding Heart

PHOTO CREDIT: CREATIVE COMMONS LICENSE/LUKE MC GUFF



Native Oxalis

PHOTO CREDIT: CREATIVE COMMONS LICENSE/BREWBOOKS



Native Trillium

As students get the opportunity to see, hear, feel, smell, and experience the world around them, they gain a stronger sense of respect for their environment. This type of hands-on, interactive learning reinforces concepts learned in the classroom, and helps students to retain the information long after they have left camp. It is a truly unforgettable experience.

As a true blue Oregonian, Outdoor School has played an integral role in my perception of the agriculture of the Northwest, as well as my life. In high school, I volunteered two weeks a year to be a student leader at outdoor school. This experience helped me make the difficult transition from childhood to adulthood. Of course my field study area was plants! It was on a hike while I was instructing five 11- and 12-year-olds to hug a tree that I discovered my love of teaching. Now, when I'm not writing for Garden Time Online, you'll find me in a 2nd grade classroom. I know firsthand that outdoor school can change lives. If you want to make a donation to ensure that this essential and unique educational experience is available for generations to come, you can go to <http://www.friendsofoutdoorschool.org>.



Outdoor classroom

Parsley

or, "What's That
Curly Green Thing
on My Plate?"

by David Musial

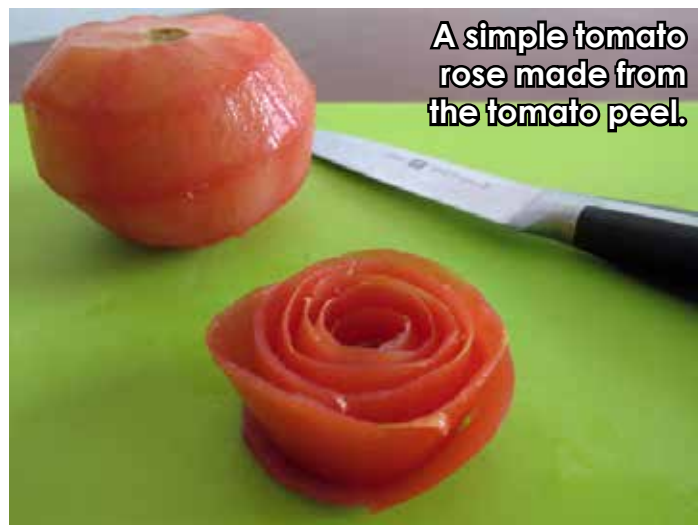


An intricate and beautiful apple bird for the advanced garnisher.

PHOTO CREDIT: STAUGUSTINE.COM

So you're at a nice restaurant and order the Rosemary Chicken. It comes with a large sprig of Rosemary that looks like a fir tree. Did you chop it down with your table knife and whittle it into a toothpick? How about the curly leaf parsley that sits on top of the orange slice that comes with your breakfast at the local diner. Did you eat the parsley? Besides good questions, these are both examples of food garnishes and although there is a good reason to garnish our plates, there are also rules to successfully garnish.

Garnishing comes from the French, where the word means to adorn or furnish. In classical French cooking, the garnish was the food that accompanied the main dish and quite often would be the starch or vegetable. These garnishes or garniture were actually a separate composed side dish.



A simple tomato rose made from the tomato peel.

PHOTO CREDIT: JEWELPIE.COM

It could be served on the same plate or in a separate dish entirely. Simple or elaborate, each had a separate name with specific ingredients and recipe, as well as a presentation to follow. Many know that a dish served Florentine contains spinach, but how about á la forestière. That would mean the dish includes mushrooms.

In English, to garnish means to embellish or decorate the food we are serving. Julia Child said that it gives a plate polish. Although primarily thought of as a way to make food appear more visually appealing, they are also used to compliment food. It can be something as simple as a fresh herb leaf or as elaborate as an apple carefully sliced and presented as a bird. However, a garnish is presented; there are several rules for it to be successful.

- First and foremost, garnishes should be edible. Like all rules, there can be exceptions, however, if the garnish is not edible, it should be apparent or your guests should be advised.
- Garnishes can contrast or complement the dish, but cannot hide a poorly made dish. Kind of like the putting lipstick on a pig saying, but in this case it would be on pork.
- Garnishes should be fresh and natural.
- The color of the garnish should complement the dish. Bringing color to an otherwise drab looking dish is one of the best uses of a garnish.
- The temperature of the garnish should be appropriate to the dish. Hot dish, hot garnish and

cold dish, cold garnish unless you are looking for a contrast in temperatures and it won't adversely affect the dish.

- Garnishes should be suitable in size and flavor to the dish served. A large garnish next to a small food item is as out of place as a pickle fan is next to a slice of fruit pie.

Garnishes can add flavor, color, texture, height and beauty to a plate and with rules in hand, we turn to some examples of garnishes to 'give the plate polish'.

- Garnishes can be decorative, like a radish rose flower or a tomato rose. These do not alter the food being served; rather they bring beauty and color to a plate, as well as showing the skill of the chef.
- Herbs are a great way to garnish a dish. Based on the dish and the herb, whole leaves can be artfully added or the leaves can be chiffonaded (see below

for instructions) or minced, and sprinkled on the food. The herbs will add bright color and flavor as well as giving the dish a fresh look.

- Whole or chopped nuts make a nice finish to a dish. They add texture and bring another flavor to the plate. Always use high quality nuts and toast them yourself if possible.
- Sauces add wonderful flavor and can be plated artfully. Keep in mind that it is better to sauce under or around the food if the sauce will make the main dish soggy or if it takes away from presentation, such as beautiful grill marks on a steak. Also, savory sauces are quite often drab in color so adding some fresh chopped herb will brighten up the dish and add another layer of flavor.
- Herb oils are another great garnish and simple to make. They can be added to a soup or drizzled on the plate for an elegant look. They add both flavor and color.



Herb Chiffonade

To chiffonade, take washed and dried herbs, like basil or mint, stack and roll

tightly like a cigar. Then cut thinly to create long ribbons of herb. Chiffonade the herbs just prior to serving, if possible, to avoid

oxidation. Rolling in a damp paper towel and storing in a plastic baggy under refrigeration is acceptable for a few hours.

Chile Flower

Wash a small fresh chile, dry and cut off the end. Wearing gloves and using scissors, make several cuts almost to the stem to form the petals. When finished, set in a bowl of cold water and place in the refrigerator to allow the chile to bloom.



- Root vegetables make great garnishes. Normally blanched first to hold their vivid color and remove the raw flavor, without losing their crunch, they can then be cut into various shapes and sizes to add color and texture to a dish.

From the simple to the elaborate, most garnishes can be made with tools you already have in the kitchen. To get you started we have included a few garnish instructions. For additional ideas and instructions, the web has an almost endless supply of ideas.

Remember when planning your garnish, they do not need to be expensive or elaborate, but should make your dish look more attractive and taste better.

One final note on that parsley sprig accompanying your breakfast. I was once told that it is put on your plate so it can be eaten to freshen your breath. Never realized that parsley breathe was considered pleasant and who says I need a breath freshener?!

Thinly sliced potatoes with an herb leaf between and then baked, make an attractive 'potato window-pane' and a tasty garnish.



PHOTO CREDIT: MYRECIPES.COM

Mint Oil

2 bunches mint

1C neutral flavored oil such as canola or safflower

To make the mint oil, remove the stems from the mint and chop finely. Stir into a

pot with the oil and turn the heat to low. When the oil begins to sizzle, continue to cook for two minutes. Remove from the heat and allow to cool uncovered and then steep covered for twelve hours. Strain through a coffee filter into a container. Store in the refrigerator for up to one week.

Mint oils are easy to make and add color and flavor to a dish.



PHOTO CREDIT: ISUPPORTORGANIC.BLOGSPOT.COM

WTDITG

Ah, the shades of Autumn. Just when you think all the color is leaving your garden, Fall arrives and we're presented with a brand new palette of hues. It's also a reminder that time is running out to prepare your plants for winter. Take advantage of the longer daylight hours and make sure your plants are ready for the cold days ahead.

PLANNING

- Start to plan next year's vegetable garden. Take your notes from this year while everything is fresh in your mind and create the plan for next year's garden. Rotate the spaces where crops were this year to help control disease and insect problems.



- Garden Journal catch-up time.

There is no time like the present for getting caught up. This will help with the plan for next year's vegetable garden.

- Check out any conifer sales and plan the live Christmas tree purchase early. Starting a green tradition of planting a live tree after Christmas is something to get the entire family involved in. Plant the 'seed' early this year to get the family excited about the new yearly tradition!

PLANTING

- The best time to plant anything into the landscape is actually all winter long! You can move plants around in the yard now and plant in any new acquisitions to the landscape. With the rain coming on you won't have to worry about watering them until next spring sometime.

- Move the plants that are stuck beneath the house overhang under the eaves where rain doesn't reach.

- There are about two weeks left to plant a new lawn or over-seed an existing one. Lawns started in the fall start quickly but don't wait until the frosts are here or you won't have good results.

- Plant spring bulbs starting this month through December. There is no better time to get your spring bulbs in the ground for next year's bloom. This includes tulips, daffodils, hyacinths and crocus. Choose a sunny loca-

tion with well-draining soil. Add compost to the soil by spading it in with a fertilizer.

- Bulb tip! Keep the squirrels and deer from eating the tulips by placing a tablespoon of Bonide's 'Molemax' into the planting hole before the bulb goes in.



TASKS, MAINTENANCE & CLEAN-UP

- Time to clean out the Mason Bee condos and clean up the cocoons.

- Watch for Crane Fly infestations in the lawn. Using Beneficial Nematodes in the soil can safely kill these lawn destroyers before they eat it all, however you can actually have 25 grubs per square foot of lawn without seeing a lot of damage if the lawn is healthy and thick. Fertilize the lawn, apply Calpril lime yearly, aerate and dethatch every so often and mow the grass taller to help create

a lush thick grass lawn the Crane Fly grubs can't destroy.



- Compost excess leaves and garden debris. Composting is a great way to recycle all the yard waste back to the Earth. Mow the leaves to chop them up and add to the compost pile with greens like grass clippings to aid the breakdown of the

What To Do In The Garden OCTOBER

leaves. Think layer cake when doing compost; a layer of wet green grass clippings followed by a layer of dry brown leaves.

Saving bags of dry leaves for next summer's compost pile is not too hard to do and helps provide



the 'brown' needed in the compost layer cake. You probably found out when it's all green grass clippings it quickly be-

comes a smelly pile of guck. Good compost smells like good earth, not stinky at all. Turning the pile every other week helps to introduce oxygen into the mix, much needed by the microbes breaking down the material. More oxygen means faster breakdown. Do a little research and start composting!

- Don't compost diseased leaves from fruit trees. Burn them or send to municipal composting

facilities.

- Get garden plants ready for winter, but don't prune back hard. Too often folks are eager to cut back their plants hard in the fall. Not a good idea. Plants get ready for winter weather from the top down, so if you cut off the top then the plant will be more susceptible to cold damage. It is more prudent to leave the plants tall and even with spent flowers on them (birds will thank you) and then pile on the leaves from the yard to cover the soil. Leaves are good insulation against the cold coming in winter. If you have to clean everything up then come back with a thick topdressing of organic compost or bark.



- Slugs patrol for eggs or adults. Use safe slug controls like Slug Magic which is just iron phosphate. As this

product breaks down the plants

get the benefit of the extra iron. Eggs look like little off-white BBs. Gather them up and toss them in the garbage. Look under rocks, boards, garden debris; wherever the mama slug found a protected spot to lay her egg stash.

- Watering, especially under the house eaves, getting ready for colder weather. Plants that go into cold weather with dry roots are extremely susceptible to cold damage. Just like our skin, plants can take the cold better when hydrated. Water plants deeply this fall if the rains are not getting to the roots; like under evergreen trees and eaves of the house.

- Winterize the more tender plants you want to save for next year like the hanging fuchsias, geraniums, dahlias and tuberous begonias. Bring them into a protected environment before the frost gets them. Treating them as a houseplant can give you a head start on next year's flower gardens.

VEGETABLE GARDEN



- Be sure to pick the crops as they mature before they lose their best flavor. Some crops can stay in the ground over winter and pulled up when wanting to prepare them for a meal; like beets, carrots, parsnips & turnips. Mulch them in good with a thick layer of leaves or compost.

- Planting cover crops to help fight weeds in winter and add back nutrients to the soil for next year's crops. Give back to the soil the nutrition that your plants took out as they grew. Cover crops are the bee's knees when it comes to adding back some nitrogen plus other nutrients and adds lots of organic

matter back to the soil when you spade it under to rot next spring.



- Plant Garlic cloves You still have time to plant some garlic this fall. Be sure to purchase some heads soon or they'll be gone before you get yours! Garlic gets planted in the fall and sends up a green sprout soon afterward. The cloves need months to mature so you should get them in soon. After it sprouts you can pop a layer of compost over them to protect them this winter. Then mark your calendar for next July to harvest the best tasting garlic ever-your own crop!



PLAY TIME

Gardening Events Around Town

Pumpkin Patch, Pig Races, Mazes & More!

Thru October 31, 2014

French Prairie Gardens, St. Paul, OR

Go to www.frenchprairiegardens.com for all the details.

Annual Wooden Shoe Pumpkin Fest

Thru Sunday November 2, 2014 • 10:00am-6:00pm

Wooden Shoe Tulip Farm, Woodburn, OR

Go to www.woodenshoe.com for details.

Pumpkin Activities

Every Weekend in October

Fir Point Farms, Aurora, OR

Charlotte's Web Corn Maze! Super Huge Dark Hay Maze, Cow Train, Giant Slides, Bounce Houses, Hay Rides, Nut House, Tire Swings, Nature Trail Path, Pumpkin Patch, Petting Zoo, Fresh Apple Cider, Apple Cider Donuts, Food Court, lots more. All activities starts at 10:00AM; All day long - all activities - \$12 for each person (or \$3 for each activity and \$5 for Charlotte's Web corn maze). Pony rides not included. www.firpointfarms.com.

Fall Gardening & Yard Clean-Up, Part II

Saturday, October 4, 2014 • 10:00am

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

Autumn is here, and it's time to help your garden get ready for winter. You can still plant new trees and shrubs, add fall color spots, and plant spring bulbs. Turf can be fed and aerated, garden debris removed, and mulch applied. Come learn what you can do now, so your garden will be even healthier and more beautiful next season! Seminar is free and open to the public. Registration is not required. Speaker: Mallory Gwynn at Woodburn, Al's Experts at Sherwood and Gresham.

Bauman's 2014 Giant Pumpkin Weigh Off

Saturday, October 4, 2014 • 10:00am

Bauman's Farm and Garden, Gervais, OR

Registration is from 7:30-8:30am. Giant pumpkin weigh off starts at 10:00am. The giant pumpkin drop is at 1:00pm. Bauman Farms Pumpkin Patch starts September 27-October 31st. Go to baumanfarms.com for all the information.

Garden to Table: Fall Soup

Saturday, October 4, 2014 • 10:30am

Farmington Gardens, Beaverton, OR

What to do in the October Vegetable Garden

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

Portland Nursery (Division), Portland, OR

With Donna & Robyn of Your Backyard Farmer. Want to get a head start on your spring garden, but not excited about overwintering crops, the use of hoop houses and cold frames as well as putting your garden to bed for the winter with Donna & Robyn of Your Backyard Farmer. They will discuss What to do in the October Vegetable Garden.

What to Do in the Garden in October

continued next column

Saturday October 4, 2014 • 11:00am

Tsugawa Nursery, Woodland, WA

Our monthly seminar on what should be done in the landscape and garden. The weather has settled into the cool and wet season, but frost is not a regular occurrence yet, so October continues to be an ideal time of year to plant trees and shrubs. It's also a good time to take lots of notes on your garden or landscape about what worked and what you'd like to change. Bring your notes with you and we'll try to help decipher them. 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!

Portland Nursery Garden Tour: Fall Into Winter

Saturday, October 4, 2014 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Sandra and Minh

Who doesn't love a good garden tour? We always get questions about the plants in our plantings around the parking lot and within the nursery, and unfortunately sometimes our identifying tags just walk away. This will be the second of our seasonal tours of the gardens with Sandra, doyenne of dirt and an exemplar of our passion for plants. She will be joined by her collaborator, Minh Pham. Watch our gardens develop with time and the seasons as we try out new plants and feature old favorites. Wear weather-appropriate clothing, and meet near the coffee cart in Greenhouse 1. The tour will be tailored to the crowd.

Intro to Urban Fruit Trees

Saturday, October 4, 2014 • 1:00pm-2:30pm

Portland Nursery (Division), Portland, OR

Thinking of growing fruit trees on your urban lot? Learn some great tips and techniques for successfully growing fruit trees with Monica Maggio of Core Home Fruit. Monica will discuss site requirements and preparation, pollination needs, maintenance requirements of different fruits, and how to select a good fruit tree. She will also talk about general care, maintenance, and common pests. Late fall is the perfect time to prepare your mind and your soil (digging in winter-wet soggy soil is no good) for fruit tree planting fun in the spring!

Understanding Where Plants Grow: Our Soil Taking Good Care of Our Garden Soil

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

Portland Nursery (Division), Portland, OR

The Hippocratic Oath that physicians swear to begins with the famous maxim: "First, do no harm!" This principle applies as well to those who grow fruits and vegetables. Starting from this point we will discuss how to take good care of the micro-organisms in our soil and how we benefit from the structures they create that, in turn, enables us to harvest vegetables with high levels of nutritional content. These are the kind of vegetables that become the backbone of good health and vitality, the "medicine" that Hippocrates was referring to.

Garden to Table

Sunday, October 5, 2014 • 12:00pm

continued next page



Garland Nursery, Corvallis, OR
Pumpkins, Winter Squash, Persimmons.

Workshop: Gourd & Pumpkin Centerpiece
Sunday, October 5, 2014 • 1:00pm

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

Come join us for a fun, hands-on project where you can let your inner artist loose! We'll be decorating pumpkins and gourds to create a unique seasonal centerpiece with a harvest theme. Cost: \$25. Supplies include pumpkins and/or gourds, paint, a candle, and seasonal decorative objects. Registration: Registration is required, space is limited. Please call the store you plan to attend: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771.

Cut Fresh: Decorating with Fall Foliage
Sunday, October 5, 2014 • 1:00pm

Garland Nursery, Corvallis, OR

Including pumpkins, gourds, berries and other fresh items from your garden.

Keeping It Bright into Fall: Favorite Plants for Fall Color
Sunday, October 5, 2014 • 1:00pm

Portland Nursery (Stark), Portland, OR

with Megan Porter

The gardening season's winding down, but your garden doesn't have to! Portland Nursery's Megan Porter will share some favorite plants - annuals, perennials and shrubs - to keep your garden's color going even as the leaves fall.

The Hunter's Moon – Family Fun Night
Wednesday, October 8, 2014 • 6:45pm
The Oregon Garden, Silverton, OR

Join us for a moonlit hike in the Garden. Meet in the Oregon Garden Resort lobby. Member Tickets: Registered by October 4: Free, Drop-in: \$3. Non-member Tickets: Registered by October 4: \$3, Drop-in: \$5. Register online by October 4 & save!

Annual Apple Tasting Event
Friday-Sunday October 10-12 & 17-19, 2014 • 10:00am - 5:00pm

Portland Nursery (Stark), Portland, OR

Our annual Apple Tasting comes every year, the second and third weekends in October. Come fall when the leaves on the trees begin to change color, we will be celebrating the abundance of apples and pears. We will be well-supplied with a large variety of apples and pears to taste and purchase by the pound.

Kids Club: 19th Annual Kid's Bulb Day
Saturday, October 11, 2014 • 9:30am, 11:30am, 1:30pm
Al's Garden Center, Woodburn, Sherwood, Gresham, OR

Don't miss this fun, FREE event! Join children from all over Oregon and plant a pot of bulbs and flowers to take home and grow. This day is full of smiles and fun, so don't forget your camera! This is a popular event; please register to ensure your child's place. Note the special date and times for this activity. Cost: Free. Registration is required. Please register online

continued next column

www.als-gardencenter.com, or call the store you plan to attend: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771.

Fall Potting Party
Saturday, October 11, 2014 • 10:00am-4:30pm
Tsugawa Nursery, Woodland, WA

Hopefully you got to enjoy the fun of the first potting party of the 2014 season back in April, but if not, here's another chance! We provide the soil, fertilizer and hands-on assistance to help you create some gorgeous fall containers for your home. All you have to do is show up with containers and creativity – or choose from our selection of colorful containers here at the nursery. This will be an open house-style event so please come at any time from 10:00 a.m. to 4:30 p.m. Free** and open to the public. **Soil, fertilizer and hands-on assistance included in event. Fee dependent upon additional materials used.

Garden to Table:
Creating Garden Inspired Gifts from Your Kitchen
Saturday, October 11, 2014 • 10:30am
Farmington Gardens, Beaverton, OR

Little Sprouts: Pumpkin Painting
Saturday, October 11, 2014 • 11:00am
Garland Nursery, Corvallis, OR

Elder Day at Apple Tasting
Wednesday, October 15, 2014 • 1:00pm-3:30pm
Portland Nursery (Stark), Portland, OR

In the relative quiet between the two weekends of our annual Apple Tasting festival, the front greenhouse at Stark is transformed into a welcoming and interactive space for our elder gardeners to enjoy the afternoon, sponsored by Home Instead and Portland Nursery. There will be activity tables where time can be spent visiting while working on pressed-flower crafts, planting crocus bulbs, getting ideas for fall patio containers. There will be a mini-apple tasting, with an assortment of familiar and unusual apple varieties to sample.

Cider Making Workshop
Wednesday, October 15, 2014 • 5:30pm-7:30pm
Portland Nursery (Stark), Portland, OR

with Nick Gunn, Cider-maker for Wandering Aengus Ciderworks Portland Nursery invites you to join Nick Gunn, Cider-maker for Wandering Aengus Ciderworks, for a free-wheeling discussion of the cider-making process. Nick will use as a source, Claude Jolicoeur's definitive text "The New Cider Makers Handbook", a detailed, user-friendly, tree-to-bottle guide to cider and winner of a prestigious IACP Cookbook Award. The class cost is \$45, which includes the \$45 book and a coupon for 10% off an apple purchase at this year's Apple Tasting Festival. A \$30 ticket (which doesn't include the book) is also available. Space in each section will be limited to 35 people: Classes typically sell out, so buy your tickets soon!

Bonsai Exhibit, Demonstration & Marketplace
Saturday, October 18, 2014 • 9:00am-5:00pm

continued on page 33

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PLAYTIME

Gardening Events Around Town

(continued from page 31)

The Milwaukie Center, Milwaukie, OR

For most Westerners, the art of the bonsai tree is a mystery. For members of the Bonsai Society of Portland, bonsai is a living art worth sharing. This show will focus more on creativity than traditional display. It will be a fun event for anyone interested in downsized horticulture and design. Live demonstrations will be ongoing throughout the event. Bonsai Society members will be available to answer questions, talk about their trees, share opinions and recommendations. Marketplace items will include mature bonsai, early stage trees and everything in between. Pots, tools, books and related items will also be available. Several trees will be auctioned at noon and 4pm. Door prizes will also be awarded. Auction, Door prizes, Kids activities. Admission: \$2.00 Families: \$5.00. The Milwaukie Center, 5440 SE Kellogg Creek Drive, Milwaukie, OR.

Conifer Workshop with Mary Anne Payne Saturday, October 18, 2014 • 10:00am–12:00pm The Oregon Garden, Silverton, OR

Join us for a wonderful conifer program led by Mary Anne Payne, executive director of the Coast Botanical Gardens in Mendocino, CA. She will provide a pictorial review of the Gardens – its goals, its challenges and plans for the future. In particular, Mary Anne will discuss plans for a Dwarf Conifer Garden inspired by the Conifer Garden at The Oregon Garden. Member Tickets: Free. Non-member Tickets: \$12 (includes Garden admission).

Overwintering Your Bonsai Saturday, October 18, 2014 • 11:00am Tsugawa Nursery, Woodland, WA

Even though they are small, Bonsai need to experience a dormant period during the year just as larger trees do. This Bonsai seminar will help you prepare your miniature work-of-art for the winter months. Our staff will explain the best way to prepare and a variety of options for keeping your Bonsai cozy when the temperature drops. Be sure to bring your Bonsai along! Free.

Attracting Pollinators to the Fruit Tree Garden with Brenda Lee Calvert from Halfmoon Farm Saturday, October 18, 2014 • 11:00am–12:30pm Portland Nursery (Division), Portland, OR

Brenda joins us to talk about what home gardeners can do to help support a diverse community of pollinators to their yards – so important for fruit production! She'll suggest plants that provide abundant nectar, pollen, and larvae food. She'll also talk about gardening techniques that support pollinator health and describe some of the fascinating and helpful pollinators that you, too, can admire in your garden.

Chef Dan Demo: Spiced Apple Butter Sunday, October 19, 2014 • 11:00am–12:30pm Portland Nursery (Division), Portland, OR

Help welcome fall by joining Chef Dan for a cooking demonstration class on his rendition of a classic-Spiced Apple Butter.

Chef Dan Demo: Savory Poached Pear Sunday, October 19, 2014 • 1:00pm–2:30pm Portland Nursery (Division), Portland, OR

continued next column

"These flavors just scream Pacific Northwest!" Join Chef Dan as he demonstrates how to make Poached Pear, hazelnut, Rogue Blue Cheese with hazelnut vinaigrette. OMG!

Workshop: Outdoor Succulent Wreath Sunday, October 19, 2014 • 1:00pm

Al's Garden Center, Woodburn, Sherwood, Gresham, OR
In this workshop, you'll create a unique living wreath with outdoor succulents to take home or give as a gift. These hardy wreaths are perfect for mounting on a door or wall, or as a centerpiece for your patio table. Supplies include a wire wreath form, moss, soil, plants, and hands-on instructions. Cost: \$35.00. Registration is required, space is limited. Please call the store you'd like to attend to register: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771.

Pruning Ornamentals with Brian Tsugawa Sat. October 25, 2014 - 11:00 a.m. Tsugawa Nursery, Woodland, WA

Many of us love Japanese maples and dwarf conifers for the beauty, elegance and strength they bring to the landscape. The Japanese maple exudes elegance in all seasons, with delicate leaves, fine fall color and lovely branch patterns. Dwarf conifers show their powerful structure and quiet beauty during winter. Simple pruning of both types of ornamentals can help maintain and enhance their natural forms. Join Brian Tsugawa as he shows you tips and techniques to get the most from your Japanese maples and dwarf conifers. Free.

Elder Friendly Gardening with Nels Olson Saturday • October 25 • 1:00pm–2:30pm Portland Nursery (Division), Portland, OR

Your life can be happier and healthier if you continue to be outdoors and work in your garden. Don't let aches and pains end your favorite pastime. Nels Olson, registered horticultural therapist, Master Gardener, and Portland Nursery Employee, will share ways of adapting your tools, methods, and plant selections in order to conserve energy, stay safe, and garden smarter.

Seed Saving at Home Saturday, October 25, 2014 • 1:00pm Portland Nursery (Stark), Portland, OR

with Corina Reynolds-Stearns
Make your plant habit more self-sustaining and help preserve heirloom varieties! Corina will share the basics of seed-saving for veggies, herbs, and flowers. The class will cover important issues of cross-pollination and crop isolation, various seed-saving techniques, and how to properly store seeds for maximum viability.

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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-Jeff Gustin, President

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