

February 2015

# garden time

A Digital Monthly Magazine for Your Garden & Home

## Feeding the Birds

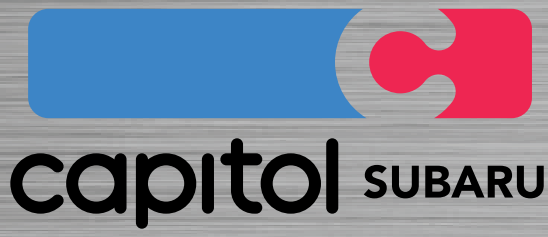
### How to Make Suet



**Portland Home & Garden Show**

***Cryptomeria Japonica***

*Ruhl Bee Supply Company's*  
**John Edwards**



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## Pura Vida

The phrase 'Pura Vida' comes from our recently finished Garden Time tour to Costa Rica. Pura vida is a characteristic Costa Rican phrase. It literally means pure life, however, the real meaning is closer to "plenty of life", "full of life", or "this is living!". It can be used both as a greeting or a farewell. We were joined by around 40 great Garden Time viewers for this very cool and educational trip that was full of life! I said cool, but actually it was quite warm. Our guide, Chris, took us from the sunny Pacific beaches to the rainy Cloud Forest, to the base of an iconic volcano and then to an eco-lodge on the Caribbean side of the country. We saw plants that would knock your socks off and enough exotic animals to fill a book. We enjoyed great food and wonderful hospitality from the terrific people of Costa Rica. We were also able to record 3 stories while we were there. Be watching in the first couple of weeks of our new season for a trip to a coffee plantation, a visit to a rain/cloud forest and a story on all the plants and animals we saw while we were there! We are just now looking at options for our next trip. We will be working with Collette Tours and Time to Travel Tours to pick out a great garden tour for 2016! Keep checking the Garden Time website for more details.

This month in the magazine we are living the 'Pura Vida' with some great stories. We have a few tasty stories to share with you, the first one by Judy who introduces us to the wonderful world of truffles. We recently went truffle hunting with Umami Truffle Dogs for the Garden Time show and found where they grow in Oregon. Now you can see how to use them to infuse some of your favorite foods. We also have a story about custards that will sweeten your day. Chef David tells us about the different styles of custards and how to make an award winning Orange Crème Caramel. Talk about the 'Pura vida'! Our final tasty treat is for the birds. It is a recipe for suet! There's looks at how making the right suet and creating the right atmosphere can attract a whole bunch of different birds to your winter and spring garden. Of course we don't leave out any plants in this month's issue either. William checks out the Cryptomeria 'Rasen' and also previews the Home and Garden show where he will be a speaker later this month. Not only a speaker, he will also be wearing a kilt! If you are getting a little cabin fever, you should mark your calendar to stop by the show and see what they have in new plants and garden designs for 2015.

Finally, as many of you have heard, we are now on a new TV station in the Portland Area. We recently moved to KPDX-TV (also just known as PDX-TV). This is the sister station KPTV, the FOX station, in Portland and we will be working with both stations to promote gardening in the Northwest. We will be on at 9am Saturday mornings. Recently, we had been airing our shows at 5pm in Portland and this new TV home will allow us to move back to Saturday mornings. We are back on the air on March 7th and if you have problems finding the show, you can always check out the Garden Time website. We are excited for the change and we think it will be a great move for our local viewers. Imagine! Our show on for 39 straight weeks with no interruptions for sports or news. We are pumped for our 10th season and we hope you are too!

**Happy Gardening,**

**Jeff Gustin, Publisher**

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## In this issue...

### Feeding the Birds

backyard....pg. 4

### Cryptomeria Japonica

got to have it....pg. 6

### Home & Garden Show

adventures....pg. 8

### John Edwards

hortie....pg. 10

### Truffles

eats....pg. 16

### Custards

home....pg. 20

### February Gardening

wtditg....pg. 24

### Gardening Events

play time....pg. 26



# Food for the Soul

Providing sustenance for our feathered friends can nourish our spirits, as well.

by Therese Gustin

Many of us strive to provide a landscape which will attract butterflies and birds throughout the year. We plant trees, shrubs and perennials to encourage wildlife to visit and stay awhile in our backyards. This time of year I love to sit in my family room and watch which species of birds visit my garden. Chickadees, robins, lesser gold finches, juncos, varied thrush, Anna's hummingbirds and other species remain in Oregon during the winter. During the cold months of winter it's more important than ever to help supplement the diet of our feathered friends. While seed heads, berries and insects are plentiful in the spring, summer and autumn, the winter can prove challenging for our birds

to find adequate food and water. Leaving the seed heads on your perennials into the winter can offer some food, but supplying additional bird food and suet can provide much needed protein and energy for birds to survive this time of year.

Some other tips to attract birds to your yard and help them survive the long winter include:

Providing dense shrubs or evergreens to shelter birds from the harsh weather and predators.

Preventing water in birdbaths from freezing by filling with fresh water and covering them lightly if there is going to be a freeze.

Cleaning out birdfeeders regular-

ly to prevent disease. To clean: Immerse feeders in a solution of 1 part chlorine bleach to nine parts warm water and soak for 2 to 3 minutes. Scrub with a stiff brush or scouring pad and rinse thoroughly with clean water. Allow to dry completely before refilling with seed.

Offering several birdfeeders around your garden at different heights and filling them with different types of bird feed will attract a variety of bird species. Black oil sunflower seeds attract the widest varieties of birds. Nyjer thistle will attract American Goldfinches, Brown-headed Cowbirds, House Sparrows, Mourning Doves, Pine Siskins, Purple Finches and Song Spar-

rows. Peanut pieces will attract Black-capped Chickadees, Chestnut-backed Chickadees, House Sparrow, Northern Flickers, Scrub Jays and Steller's Jays.

White Proso Millet will attract Brown-headed Cowbirds, California Quail, House Sparrows, Mourning Doves, Oregon Junco, Pine Siskins, Red-winged Blackbirds, Ring-necked Pheasant, Song Sparrows, Varied Thrush and

White-crowned Sparrows. One type of seed per feeder reduces waste and mess. Birds will rifle through seed mixes and only eat their favorite seeds dropping everything else and making a mess.

Providing suet offers a high energy food for the birds. The high fat content provides the energy birds need to maintain their high body temperatures. Bushtits, Black-capped Chickadees, Chestnut-backed Chickadees, Downy Woodpeckers, Northern Flickers, Red-breasted Nuthatches and White-breasted Nuthatches particularly like suet.

Don't forget to keep your hummingbird feeders clean and filled. Anna's hummingbirds stay all winter long in the Portland area and Willamette Valley.

Quality bird food and suet can be purchased at the various Backyard Birdshops in the Portland



metro area. You can also make your own bird food by simply spreading peanut butter on a pinecone and rolling it in good quality birdseed like millet or black oil sunflower seeds. You can also create your own suet block by using Wayne Hughes' recipe. His suet recipe was

featured in episode 307 of the Garden Time show on November 13, 2013. <https://www.youtube.com/embed/EUtFV490cds>

So put out some quality birdfeed and suet and make your backyard a bird's gourmet destination this winter.

## Homemade Suet

½ pound of lard  
1 ½ cups of bird seed (black oil sunflower seed, Nyjer thistle or millet)  
¾ cup whole wheat flour  
1 cup of oatmeal  
½ cup of peanut butter

Mix it all together and push it into a large cookie cutter. Attach a wire and hang from a tree branch.



PHOTO CREDIT: FISHHAWK VIA FLICKR.COM



# Hidden Gem

**From the Greek word for “hidden,” *Cryptomeria japonica* is a fascinating, twisted treasure.**

**by William McClenathan**

Several years ago I was at the International Rose test gardens. I noticed these beautiful coniferous plants on each side of one of the walk ways. They were a glorious burnt orange color, underlaid with a soft green. Their texture was soft and densely full. Pyramidal in shape and new to me, I asked what they were and was told they were *Cryptomeria japonica*.

That was my first encounter with *Cryptomeria*'s, but it would not be my last. Since then, this plant has exploded into the gardening scene.

Commonly known as Japanese Cedar, you should know that there is only one species of this amazing plant; *Cryptomeria japonica*. All of the massive varieties you find at garden centers today come from cultivation of this one plant species.

It is endemic to Japan, in fact, it is their National tree, and used there not only as an ornamental planting but it also has spiritual significance. The value of it does not end there as it is used for many applications in building as well. The fast growth and sturdy wood it provides is ubiquitous in



the Japanese culture.

The word crypto is from Greek kruptos for “hidden.” *Cryptomeria* means “hidden parts”.

This is philosophically interesting to me because so many wonderful varieties and cultivations are coming from *Cryptomeria japonica*...as though many were hidden within one.

One of those which is my favorite is *Cryptomeria japonica* 'Rasen'.

Upon researching this article, I found a host of descriptive state-

ments about it.

Some of them which people used in trying to describe it were,

“The needles looked like they went through a tornado, wrapped so tightly around the stems, and the stems wrapped around the trunk”.

“The needles on this tree are so tightly wrapped around the stems as to appear like dreadlocks”.

“This plant reminds me of a rung out dishrag, the needles tightly





wrapping and clinging to the branches”.

All of them have accuracy, as the texture of this variety does seem 'other worldly' in its ability to twist in upon itself. The difference is where some of our plants which are twisted naturally, seem to go in every direction, 'Rasen' does so in the same direction. Each limb and the trunk seem to spin like a top, always in the same direction.

This allows for it to have an amazing architectural feel to it, especially when young.

Once again I am baffled by the differences in the height of it. Some say 40' tall, others 20' tall. All agree that it has an open, airy growth habit and tends to be half as wide as it is tall.

My personal experience with it in my garden confirms the width, but only time will dictate how tall this amazing plant will get.

I have noticed over the years that some Cryptomerias have massive amounts of cones produced while others seem less prolific. 'Rasen', like its sister, "Spiralis", tends to cluster them on the ends of its branches, adding even more cool texture to this exquisite plant.

Although I found no scientific evidence of this, they do all have a very high pollen count! Meaning if hay fever and allergies haunt you, you may want to not plant these close to your outdoor living environment but away from it. To me, the beauty and structure of them is worth the sneezing which sometimes occurs.

Perhaps the best description I found was from the name of the plant itself. "Rasen" in Japanese comes from this word.

It means 'signboard pillar of barber shop'. With a little thought, we see that in the States we would call

that a 'barber pole'. Which while it is spinning, the stripes are forever wrapping around themselves.

Yep...that is the best possible explanation about this plant's habit.

This spring, spend some time at your favorite garden center and look into the family of Cryptomerias. With their vast array of color and textures, you are certain to find at least one which will delight you.





# On with the Show!

**It may be too early to spend time in our yards, but the Portland Home & Garden Show can help with our cravings.**

by William McClenathan

Each winter, we who love to garden go a tiny bit crazy. Some call it cabin fever, others call it winter strain. Whatever name you attach to it, they all basically mean the same thing; 'We miss our gardens, getting dirty planting seeds and plants, generally just being outdoors!'

By the time February rolls around, we want to see flowers, to plant beautiful things, to spend time in our yards and enjoy the beauty and grandeur of being outside. But it is still a little early for such things.

Enter the flower shows! These events occur each year from Seattle to San Francisco.

We are fortunate enough to have two here in Portland. I want to tell you about the Home and Garden show. This year they are doing something different.

From their website, "One of the most anticipated attractions this year is the unveiling of the Excellence in Landscaping area! We are moving the garden feature to the front of Hall E – with new designers, a new emphasis on plant material and flowers, new lighting effects and staging. It's going to be gorgeous! These amazing gardens are created to



tempt homeowners and those with a green thumb with the scents, sounds and warmth of spring.

Here is your chance to discover and see new garden designs and themes never before seen at the Portland Home & Garden Show! View the latest color trends, stunning rock work and of course plants of special interest.

No matter what your taste in gardens or landscape design, you'll find a garden overflowing with inspiring ideas for your

own home or backyard project. This is a great place to find a landscape designer or installer (contractor) to transform your backyard into a luxurious retreat or comfy nook."

Now that sounds delightful!

I will be there at Drake's new 'Outdoor Living Showroom' in the new landscape area. And because 'Outlander' (from the #1 selling books and the top rated TV show) is Drake's theme this year, I will be in a kilt! I am certain the beauty of the many different displays will more than compensate for me in such a garment!

You will see and experience so many booths too, several with plants fresh from the growers bursting with color. Many will be grown by some of our favorite growers. Like Rosie from N&M Herbs, Cherie from Cedar Glen and Ellen from Egan Gardens.

Plus there is a grand food court to take a rest from your 'spring-mania' and find some nourishment.

So no need to worry my friends, unlike "the Lion, the Witch and the Wardrobe", where it was always winter, never Christmas, for those of us who love to garden, Spring IS our Christmas... and it is right around the corner!



**For more information  
on the 2015 Spring  
Home and Garden Show,  
visit their website at**

**[www.otshows.com/phs](http://www.otshows.com/phs)**



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# Creating a Buzz

John Edwards' fascination with bees has turned into a honey of a business.

by Judy Alleruzzo

I know February seems to be a strange month to be talking about honey bees, but if you have been thinking about becoming a beekeeper, it is an important month to start planning.

Beekeeping is a fascinating pastime but to get started, it takes planning and knowledge. A great source of information and supplies is Ruhl Bee Supply Company in Gladstone, Oregon and as it happens, our Hortie of the Month,

John Edwards is owner of the company. John is originally from England and as a teenager, a friend from Ireland invited him to come and work for a time at his farm. John became enthralled by bees but actually it was a honeycomb that first caught his attention. One day in the farm's kitchen, John spied a honeycomb oozing with honey just sitting on the table. A flurry of questions came to mind: "Can you eat the honeycomb? What does it taste like? Are the bees mad

when you take the honey?"

John's friends answered these questions, Yes, the honeycomb is great tasting, please try some, and yes, the bees are protective of their honey. They went on to say that good beekeepers just take the hive's surplus honey and leave the rest so the bees will survive the coming winter. So began John's education of bees and beekeeping.

Fast forward to 2006 when



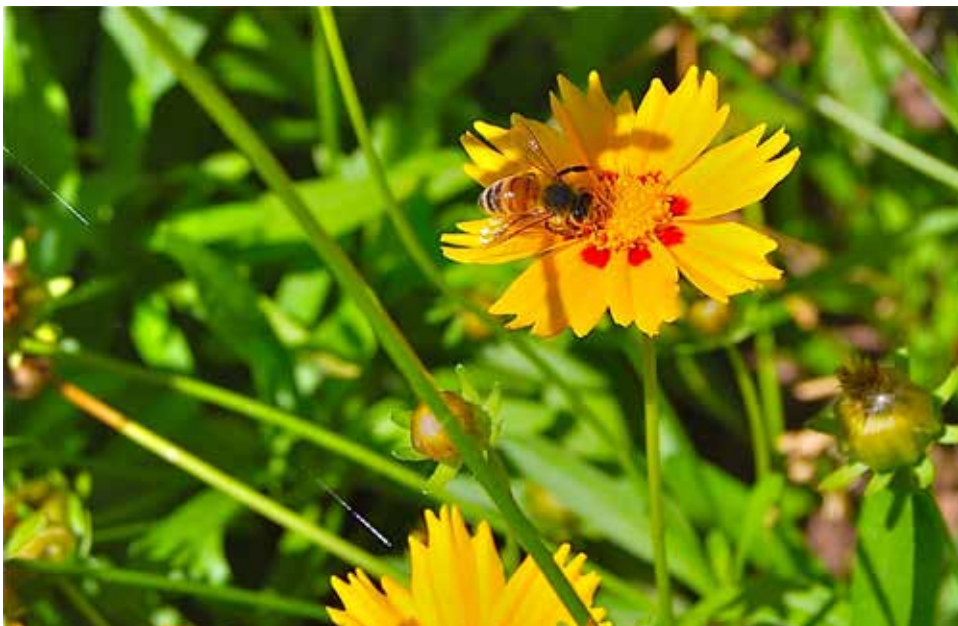
John purchased Ruhl Bee Supply Company in Gladstone.

He is just the third family to own this Portland area company since its beginnings in 1898.

John is a busy man working at the store, teaching Beekeeping classes and managing up to 50 beehives of his own. The hive total varies from year to year. He keeps beehives on both sides of the Cascade Mountains to have the same experiences his customers are having with their hives. He can address their problems and concerns as he is probably going through many of the same challenges. He also tests new equipment and different "livestock" of bees to check for quality issues. He even tries to make time to harvest honey for his personal use. John loves the taste of fresh honey. He relates that store bought honey is heated to be able to filter the thick substance. By heating the honey, beneficial enzymes are killed and food values are lost. He knows his honey with a few impurities is healthier for himself and his family.

I asked John if the recent popularity of beekeeping is just a passing fad. There has been a steady rise of urban beekeepers over the past few years. He said beekeeping has been around for a very long time, especially in rural areas. I researched a bit of history and found that there is archeological evidence of beekeeping in ancient Egypt, dating back over 4500 years ago.

The practices continued over the ages and in 18th century Europe, movable beehives were finally constructed so bee colonies were not destroyed to







harvest honey.

Human perseverance figured out bee biology to kind of “domesticate” bees as any other livestock on a farm. We do love our sweets!

John teaches classes for all levels of beekeepers at his store. I asked him who is taking classes to be beekeepers, who is interested? He said, “they are a diverse group. I have a student that is a truck driver and another a neurosurgeon”. They are from all walks of life from middle school aged kids to seniors to everyone in between. John went on to say, people become beekeepers for a few reasons. They want to feel more connected to nature and the environment. By managing bees, they are in essence, going back to the land to tend the bees and get the surplus honey for their prize. Some years no honey in the hives is surplus, so the keepers go without their sweet rewards. Many beekeepers just like to manage hives and be a “Bee Host”. They want to help manage a healthy environment for the bees. John said once you are a beekeeper, you are very thoughtful of the fragile web of our environment. You see how small changes can affect a bee’s life. You tread lightly in the natural world to not adversely affect the bees.

I asked John what 1 piece of advice he gives to new beekeepers to help them in their new hobby. He said beekeepers must learn the nectar flow cycle. If you know that, your bees will be healthy and productive. In spring so many plants in the wild and in gardens are blooming and full of nectar for the bees. After the mid June summer solstice, fewer flowers are in bloom and bees get more protective of their hives and honey. They are getting ready for winter and storing food reserves.

John wears a full protective suit when harvesting honey as the bees are less friendly later in the season. To keep an abundance of flowering plants for bees, here is a tip from John Edwards for us all. He recommends to beekeepers and gardeners alike to sow seed for 3 bee friendly plants; Phacelia, Buckwheat and Borage. These plants will continue to bloom and provide nectar for bees throughout the spring and summer.

For interested students there is a Beekeeping Basics Class at Ruhl Bee Supply Company. This 4 hour class covers a lot of information including what equipment to purchase, basic bee bi-



ology, the beekeepers calendar and hive manipulation techniques.

A start up hive can cost about \$300 to \$500 which includes a 3-5 comb hive, a package of 10,000 bees and a Queen and some protective gear.

John also has written a book to help in bee management, *Hive Inspection Basics for Northwest Beekeepers*. It's a small book but chock full of his experiences of managing bees in the Pacific Northwest. They also have a list of local beekeeper groups if you want to join up with like minded people.

Speaking of a package of 10,000 bees and 1 Queen, I asked John about Bee Day.

I remembered the Garden Time interview with John last spring. Off camera, he talked to William and me about Bee Day. He said that many years ago, bees were sent through the U.S mail to beekeepers. It was standard practice of how people got their bees. Now it's Bee Day. We had a conflict of schedules and we could not stop by to witness this extravaganza! John calls it "intense". Bee Day is the day a semi load of packages of bees arrive for Ruhl Bee Supply customers. Each package contains 1 Queen and 10,000 bees.

John says he know these are good bees with "good provenance". He knows who raised the bees and that they were well cared for before arriving at his store.

All winter, customers have been waiting for this day and the air is filled with excitement.

New and veteran beekeepers are ready to get bees for their hives. Once settled in the hives, the bees will be ready to go to work on that first warm spring day.

I asked John about mason bees and "hosting"

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them as pollinators for our gardens.

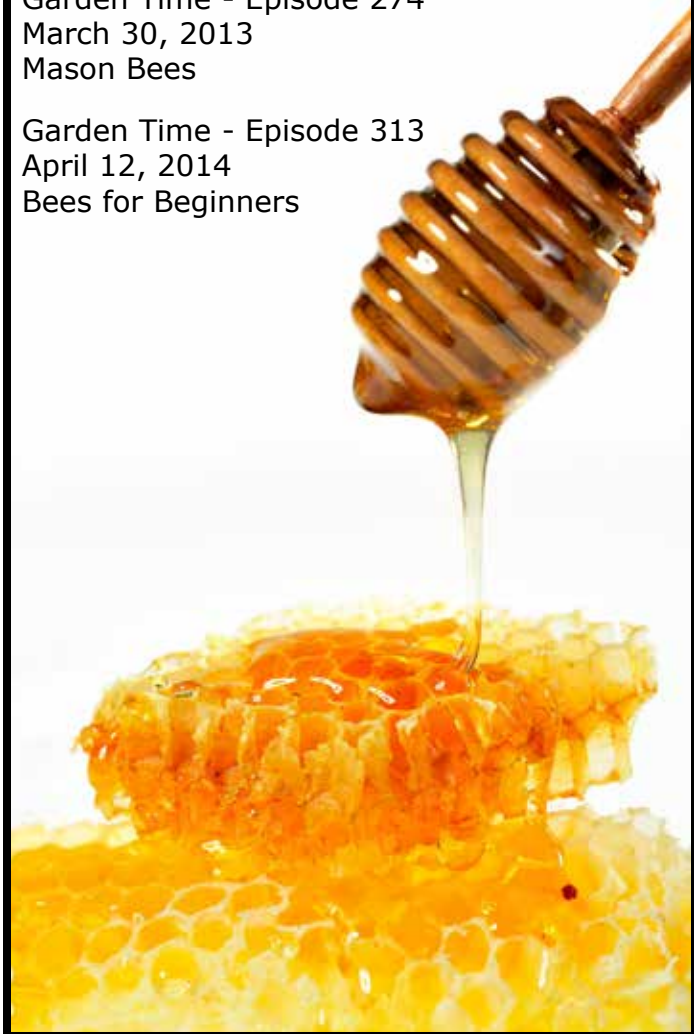
He said mason bees are solitary bees that look almost like a house fly. They do not need to live in a community of bees to survive and do not make honey, but they do pollinate flowers. They work a few degrees cooler than honey bees and are important pollinators to have around especially for early flowering fruit trees. For the next year's brood, female mason bees find the specially made mason bee houses, holes in a tree or a wooden fence post to lay her eggs. In these places, the eggs will stay dormant until the next spring, when they hatch and start the cycle again. The best part about mason bees is that anyone can keep them. You can even live in an apartment with a balcony and be a "Host" to a mason bee house. They are fascinating bees.

According to the Native Plant and Wildlife Garden website, "one-third of our food is pollinated by insects. Honey bees are responsible for most of it". It is imperative for all of us to be interested in the health of bees. As John Edwards says, we can help keep bees healthy by being careful with pesticides in our gardens and have a diverse assortment of plants to provide nectar for wild and foraging hive bees in our area. Sow some bee friendly seeds in your garden and just stand back to watch and listen for the bees.

**Check the Garden Time story archives at [www.GardenTime.tv/video.htm](http://www.GardenTime.tv/video.htm) for two bee-related segments:**

Garden Time - Episode 274  
March 30, 2013  
Mason Bees

Garden Time - Episode 313  
April 12, 2014  
Bees for Beginners



### **Oregon State Beekeepers Association**

[www.orsba.org](http://www.orsba.org)

### **Oregon Master Beekeeper Program**

[www.extension.oregonstate.edu](http://www.extension.oregonstate.edu)

### **Washington State Beekeepers Association**

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# Pack Up Your Truffles

**...into an airtight container, and infuse the delicious flavor into your meals.**

**by Judy Alleruzzo**

**Truffles infusing rice.**

Oregon native truffles are pretty tasty, but I don't mean the chocolate ones from the local companies of See's Candy or Moonstruck Chocolate. Oregon native truffles are found in many woodlands of the state during the months of November through February. These truffles are found from Northern California to British Columbia about 8-12 inches below ground level near Douglas Fir trees. Oregon white truffles are the fruiting bodies of *Tuber oregonense* and *Tuber gibbosum*. Umami Truffle Dogs is an Oregon company that will take you on truffle forays to harvest truffles or sell you truffles if available. Their website says white truffles have a stronger aroma and are better used to "infuse oils, butters, nuts and other oil containing foods". This truffle is described as having

a "very savory aroma with garlic and aged cheese".

The Oregon black truffle, *Leucangia carthusiana* is more expensive as it is more elusive to find on a truffle foray. They grow deeper in the soil and are less productive than the Oregon white truffle. Black truffle aroma has been likened to "tropical fruit, toffee, chocolate, vanilla or a good Parmesan or Romano Cheese", according to the Umami Truffle Dogs website. Since black truffles are a bit milder in aroma, they suggest infusing in whipped cream or pairing with pork or poultry.

Oregon experts say that the flavor of Oregon native truffle species rivals the Italian species and are more prolific. Oregon woodlands are more pristine than Eu-

ropean truffle areas and offer a greater yield. It's an untapped treasure trove. Oregon truffles earn about \$40 an ounce while their Italian cousins can garner almost 4 times that at over \$160 an ounce. This past December, an American football size Italian white truffle, about 4.16 pounds, was unearthed in Umbria, Italy. The truffle was auctioned off for \$61,250.

Two New York Charities benefited from the sale. The highest bid was by a Taiwanese gourmand! For Italian truffles, check out your local specialty produce shop or mail order them from the Dean & DeLuca website, \$245 an ounce with Next Day Delivery, of course.

**TIPS FOR INFUSING TRUFFLE FLAVOR**



Use an airtight glass or plastic container.

Place a truffle on a clean facial tissue or paper towel. Nestle next to the truffle, whole eggs, a container of butter, rice or salt for minimum of 2-3 days.

Change the paper product every day or so to keep out too much moisture.

Store in a cool, dry place like the vegetable drawer of the refrigerator rather than a refrigerator shelf.

The truffle companions will absorb the amazing flavoring and you have the beginnings of several wonderful meals. Shave a slice or 2 of truffle on top of the completed dish right before serving. Your guests will think they have gone to gourmet heaven and you will look better than a graduate of "Hells Kitchen"!

Use truffles within 10 days of harvest.

I asked my friends Renate and Eric Aebi for a few recipes using truffles. They are the only people I know who have actually cooked with truffles unlike the rest of us who read and dream about a glorious truffle meal. They are serious home chefs that LOVE great food. I received an email with their tried and true truffle recipes and tips.

I have included the entire email as their truffle love affair comes through Renate's heart-felt writing....

"Ahhh, Truffles, one of our favorites. We have 3 basic go-to's for these tasty morsels.

Here they are:

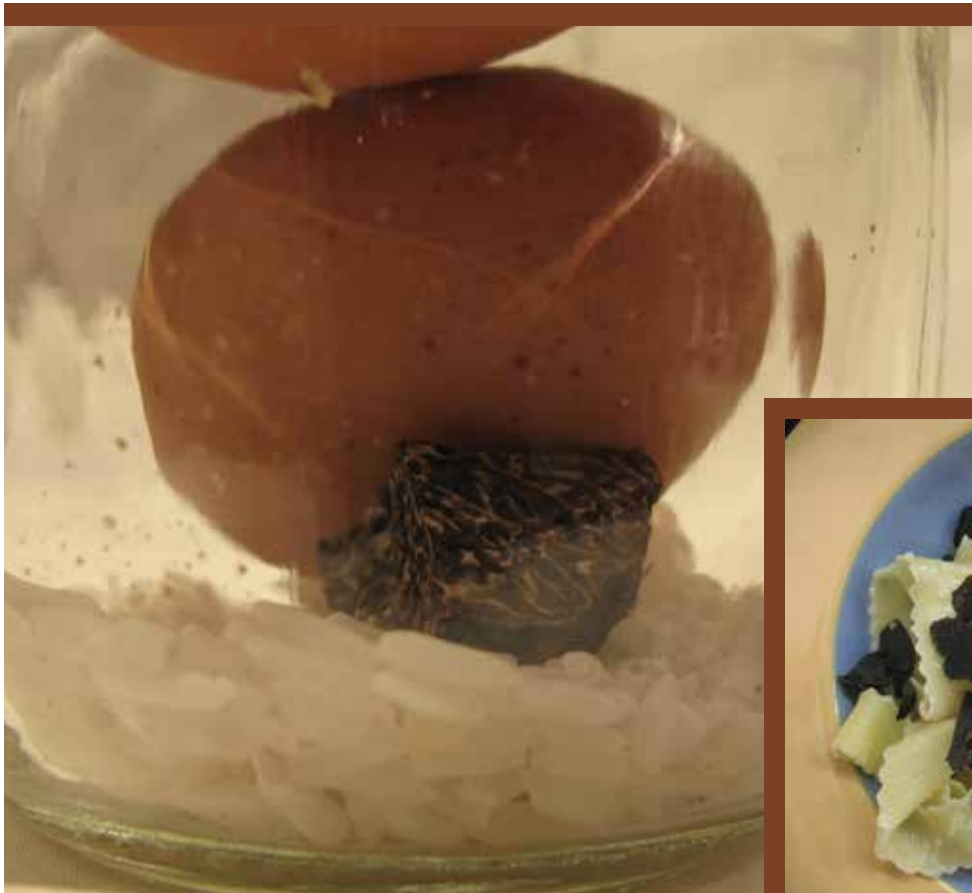
1. As your friend mentioned, storing the truffles in arborio or carnaroli rice infuses the flavor into the rice grains. Then make a risotto with the rice. Blend minced truffle with some olive oil, butter and Parmesan reggiano and fold it into the risotto once it is finished. Save a little truffle to shave over

the risotto before serving. We like a simple baked fish fillet with this and a salad.

2. You can also store them in a Tupperware with a few eggs. They infuse their flavor through the shells (so say the old timers) and then you make simple loose scrambled eggs with shaved truffles, baguette, and a side salad. Great for brunch with a Prosecco.

3. We make fresh pasta at home and cut it into linguine (available in many stores also). Cook in salted water, drain (save a cup of pasta water), melt butter and toss pasta to coat. Use pasta water to loosen the sauce if needed. Plate and shave truffle over the top. Add a little parmigiano reggiano and a crack of black pepper.

Lastly (or fourthly), and this is not for everyone, but truffle and foie gras is a combination of flavors that are meant for one another. 'Chop' or 'Laurelhurst Market' usually have "foie gras au torchon"



**Left:**  
**Whole eggs and rice nestled next to the truffle in an airtight jar.**



**Below:**  
**Shaved truffles over pasta.**



Finding a truffle.



"Goose" and his truffle treasure.

## Information on Truffle Forays with Umami Truffle Dog

[www.umamitruffledogs.com](http://www.umamitruffledogs.com)

for sale. A slice of that on a toasted baguette round, with a dash of sea salt and truffle shaving on top must be consumed with your favorite sparkling wine. Perfect for New Year's Eve.

If you are lucky enough to have an abundance of truffles, I would make a truffle butter to store them and freeze it. You can slice off a knob to melt over a chicken breast, or pork chop, or steak.

Or, rub some under the skin of a whole chicken and roast it. Or use it in the risotto dish above.

I find truffles stored in rice are good for risotto, but tend to lose some of the fragrance/flavor in the truffle itself over time. The truffle butter method seems to be the best for multi-purpose truffle storage, or you can cover them in olive oil and store them. This is less stable than the frozen butter method in my opinion as the truffle can spoil if not careful—probably best to store it in the fridge.

"BTW, truffle oil/butter on popcorn ain't too shabby, either".

Thanks for all the information, Renate and Eric!!!!

None of these recipes seem all that difficult and sound delicious, but truffles are an expensive ingredient. The going price for fresh Oregon truffles is about \$40 an ounce. If you have a truffle game plan, you can really get your money's worth. You do not need too much of a truffle for any 1 meal. Just plan to infuse as many ingredients as possible with the truffles and host a party. February is a great time to invite friends and family over for a cooking class of Cuisine du Truffle. Gather up the supplies, send out the invitations and toast the evening's repast!

Click on this Garden Time segment to  
see Umami Truffle Dogs at Work

[www.gardentime.tv](http://www.gardentime.tv)

Episode 344 • November 29, 2014  
Umami Truffle Dogs



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# It was Colonel Custard in the Kitchen with the Whisk

If you think making custard is murder,  
here are a few clues to solve the case.

by David Musial

"Temper, temper, temper!"

No, that's not my mom scolding me; it's my culinary instructor reminding our class that we are making custard, not scrambled eggs. At least that's the plan.

Having either failed in the past or hearing that they're difficult, many people shy away from making custard. However, with a basic understanding of eggs, a few tips, and some practice, you will be making a tasty treat instead of scrambled eggs for dessert.

Before we get started on the hows, let's discuss the whats of custards. Many people use the terms custard and creams interchangeably. They are both dishes made with a dairy liquid; such as cream or milk, and thickened with eggs. The difference is that custards are baked and creams are stirred.

Most of us are familiar with crème brûlée, topped with a glass like burnt sugar crust. Other examples of custard are crème caramel and flan. Common creams are crème anglaise; also known as vanilla cream, and pastry cream.

The origin of the word custard may have its roots in the medieval England word croustade. A croustade was a dish that cooked in a crust. It was not stirred and was solid; like modern day custards, when cooked. To this day we still make a type of croustade, but we call them a quiche.

Confusion also arises when calling panna cotta or pudding custard. They do use dairy as a liquid and contain a thickener, but custards use egg as a thickener while panna cotta uses gelatin and puddings use starch. Using eggs as a thickener gives custard a smoothness and richness. Other thickeners will not give the same result.

It is the use of eggs in custards that also make them temperamental. If not cooked to a high enough temperature the eggs in the custard won't set and if cooked too high, the custard collapses leaving behind scrambled eggs and moisture. Fear not, science is on our side.

Science has taught us that egg whites and yolks coagulate or set at different temperatures, and when you combine them together, yet another. The temperature that whole eggs whisked together will set at is approximately 165°. Since the egg in custard is diluted with other ingredients, the temperature that the custard will set is between 175°-180°. Exceed by more than 5° or 10° and you will have watery scrambled eggs.

Now that we have an understanding of the science, let's talk about the ingredients and the steps. Typical custard ingredients include a liquid, eggs, flavoring and sugar. The basic steps are heating the milk with the sugar and any flavor you want to infuse, tempering the hot milk into the eggs and cooking in a water bath in the oven.





**A water bath or bain marie will help keep your custard from over cooking.**

The first step in traditional custard making is to scald the milk. The sugar is added so it will dissolve and if you want to add flavor, you can steep ingredients such as orange peel or vanilla bean. If necessary, these ingredients can be strained out before proceeding to the next step.

We're now ready to temper the hot liquid into the beaten eggs. This is where it gets tricky. Hot liquid added to raw eggs sounds like scrambled eggs to me. The way to avoid this is to temper the hot liquid into the eggs. This means to add a little bit of the hot liquid at a time to raise the temperature slowly.

Next we place the egg mixture in ramekins and cook the custard in the oven. Since we know that we don't want to cook the custard to over 180°, we need a way to control the heat in the oven. Say hello to the water bath or bain marie. To create a water bath, the ramekins are placed in a casserole dish and hot water added about 2/3rds the way up the side of the ramekins. Since water boils at 212°, we know the water in the water bath won't exceed that temperature. We can now cook in the oven at an even and gentle temperature. Depending on the material of the bain marie; glass, metal or ceramic, the water temperature will actually be maintained between 180°-195°. Note that some recipes suggest putting a towel on the bottom of the bain marie to protect the custards bottom from overcooking. The problem is that it also prevents water circulation. I'd recommend no towel.

The final and possibly most important step is to determine when the custard is done. We do this by giving the ramekin a gentle shake. When done, the top of the custard should move or wobble slowly and a sharp knife inserted should come out cleanly.

When done, remove from the oven and immediately place the ramekins on a wire rack to cool. After cool-

ing, store in the refrigerator until ready to eat.

#### Tips:

- Heat gently. High oven heat may cook faster, but it is also slower to cool down.
- After tempering, remove any foam that may have developed on the surface.
- The more egg white, the firmer the custard; the more egg yolk, the creamier the custard.
- Place a wire rack in the water bath for the ramekins to set. This improves water circulation and keeps the ramekin from contacting the bottom of the water bath.
- Cook slowly. Don't try to rush.
- Custards will continue to cook when removed from the oven. If you believe you have overcooked the custard, place the ramekins in a water bath to stop the cooking process.

#### A few final thoughts.

Scalding was historically done due to the questionable quality and safety of milk. If desired, this step can be omitted. However, the scalding helps dissolve the sugar, infuse flavor and shorten cooking time.

In case I mislead you to believe that all custards use dairy and are eaten as a dessert, sorry. In Japan, they have a dish called chawanmushi, which is a savory custard made with dashi or chicken broth.

Lastly, for a successful custard, remember to watch your temper and don't overcook your custard or you'll be weeping over a weeping custard.



**Silky smooth crème brûlée with melted sugar on top.**



Five simple ingredients is all you need for a delicious Orange Creme Caramel.



PHOTO CREDIT: BAKINGBITES.COM

Adding the hot milk slowly, or tempering, will help to avoid making scrambled eggs.



With the caramel on the bottom of ramekin, it will become the topping when inverted and served.



Sugar, water and heat create a golden brown caramel.

## Orange Crème Caramel (Makes six 6 oz servings)

### Caramel

2/3 c sugar  
1/3 c water

### Custard

3 c whole milk  
1/2 c sugar  
zest of one orange, about 1 Tbls  
3 eggs  
3 egg yolks  
1 tsp vanilla

Preheat oven to 325°. Place six 6 ounce ramekins in a roasting pan.

To make the caramel, place the sugar and water in a heavy sauce pan. Over medium heat, cook without stirring until the sugar has dissolved and turned a golden brown, about five minutes. If the sugar is browning unevenly, you can give the pan a gentle swirl. Also, if the sugar splatters on the side of the pan, you can use a wet pastry brush to wipe down the sides to prevent the sugar from burning. When done, remove from the heat and pour into the ramekins. If the caramel does not evenly coat the bottom of the ramekins, give them a few turns to distribute evenly.

For the custard, add the milk, sugar and orange zest to a heavy sauce pan and bring to a simmer. Stirring occasionally, simmer for five to seven minutes. Do not allow to come to a boil. The sugar should dissolve and the orange zest should infuse



To create a water bath or bain marie, place the ramekins in a roasting pan.

PHOTOS CREDIT: DAVID MUSIAL





**Add the boiling water to the pan after it has been placed in the oven.**



**If the knife comes out clean, the custard has set.**

the milk. Remove from the heat.

While the infused milk is cooling down, whisk the eggs in a bowl large enough to hold the eggs and milk. Whisking constantly, slowly ladle in a little of the hot milk. Continue adding the milk a little at a time while whisking until it is all incorporated. This technique is known as tempering and will help to avoid making scrambled eggs. Next, whisk in the vanilla extract, and remove and discard any foam that may have formed on the surface.

Pour the custard into the ramekins or if desired, the custard may first be strained to remove the zest and egg chalaza (white stringy egg thing). Place the roasting pan with the ramekins on an oven rack placed in the middle of the oven. Add boiling water to come 1/2 to 2/3rds of the way up the sides of the ramekins.

Cook until the custard is set, approximately 35-45 minutes. Start checking at 30 minutes. When done, the custards should wobble gently when shaken and a knife stuck in should come out clean. When done, place on a wire rack to cool before placing covered in the refrigerator for three hours and up to three days.

To serve, remove from the refrigerator and place the ramekin in warm water for 10-15 seconds. Then insert a sharp knife around the side of the ramekin to loosen. Invert onto a plate. The caramel will ooze over the top and down the sides of the silky smooth custard. Enjoy!

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



**Cool the custard on a wire rack after removing from the oven.**



**Plated Orange Creme Caramel.**

PHOTOS CREDIT: DAVID MUSIAL



# WTDITG

**February, the month of Valentine's Day, is for lovers... of gardening! Sure, it's still a little cold, but your plants are preparing for their spring debut. Now is the time to give them a head start by pruning, cleaning, spraying and planting. Everything you do today will pay dividends for the rest of the year.**

## PLANNING



- Don't forget to add entries into your gardening journal! Planning ahead means you can be more focused on the important projects lined up for your garden spaces this year.

- Mason Bees: If you don't already have a Mason Bee nesting block, then this is the time to get one set up

so you can be ready to attract your own crop of pollinators. Mason Bees will start emerging late February or early March.



- Start thinking and planning what landscaping you want to do this year. Bring photos of spaces you'd like help with into your local independent garden center and ask for their advice.

## PLANTING



- Fruit time! Plant blueberries, strawberries and cane berries.

Most of the plants will be available sometime in February - early shopping yields the best selection.

- Bare root fruit trees are available this month.
- Plant sweet peas! These fragrant pretty flowers should be planted late winter or early spring directly into their garden space.



## TASKS, MAINTENANCE & CLEAN-UP

- Pruning can be done this month on fruit trees, blueberries, shade and flowering trees, as well as most shrubs. Rose pruning should be delayed until the last half of February. Please do some research before hacking away!

Briefly, pruning is done to improve the shape of the plant, to

open it up to allow more sun in and air to circulate through the foliage. Start your pruning by removing any dead or broken branches or crossing limbs. Suckers and water sprouts can be removed at



this time.

- Prune fall-bearing raspberries now. Check your local garden center for instructions.
- Hose off Blue Spruce and Alberta Spruce, or any spruce for that matter, with a hard stream of water to knock off any aphids feeding on the foliage.

# What To Do In The Garden

## FEBRUARY

- Dormant Spray with Bonide's All Seasons Spray Oil - a safe and natural pest control that smothers over wintering insects. If needed, dormant spray for diseases with Bonide's Copper Fungicide (dust or spray). Spray according to label directions. (Don't spray dormant oil on blue spruce.)



- Peach trees second spraying can be done this month for peach leaf curl with approved fungus control labeled for

peaches, like Fungonil or Microcop.

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

- Fertilize trees, shrubs and perennials with slow release fertil-

izer like 'All Purpose Tree & Shrub Fertilizer'.

- Soil prep for the garden. Dump on compost and turn over with a spade as it's too early and wet to rototill. You may find it interesting to know that spading the soil instead of rototilling is better for the soil structure, so don't fret if you don't have a tiller. Keep weeds pulled or smothered as you see them.



- Prune roses. The best month for pruning rose bushes is February. Please research good pruning meth-

ods for your rose bushes.

- Get your lawn mower ready for the months ahead with a sharper blade and maybe an engine tune up.

- Boost your lawn now with a

good lawn fertilizer. Do not apply grass seed until late April.

- Look for slug eggs out in the garden. The eggs look like little white BBs and can often be found under rocks and debris in the garden. Raking up and destroying all that you find now will eliminate many hungry adult slugs later. Use Slug magic to get rid of adults. Slug Magic is a very safe product that is only iron phosphate so the pets will not be harmed, but is deadly for slugs and snails. The broken down iron then gets to be consumed by the plants!



## VEGETABLE GARDEN

- Check soil temperatures for best planting times for crops desired. Refer back to soil temperature chart (January issue) for best seed sowing times and soil temperature for planting out young starts.



- Plant horseradish, rhubarb and asparagus starting this month. Make sure you hydrate asparagus crowns first by soaking the crowns in water for about 30 minutes to one hour just before planting. This will ensure the roots are well hydrated.

- Plant these veggies and herbs outdoors: peas, arugula, onions, garlic cloves, fava or broad beans, onion sets, chives, parsley and radish.

- Start these veggies indoors: artichokes, bok choy, broccoli, cabbage, celeriac. At the end of this month, start seeds for tomatoes, peppers and eggplant indoors.

- Plant onion sets, yellow, white or red.

- Watch for Walla Walla Sweets plant starts to come out late in the month or early March. It's a good idea to trim off any brown leaves from the green tops as well as set the roots into water to re-hydrate for one-half hour to one hour before planting out.







# PLAY TIME

## Gardening Events Around Town

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### **Small Fruit Series (4 Parts)**

**Sunday, February 1, 8, 15, 22, 2015 • 11:00am**

**Portland Nursery (Stark), Portland, OR**

**February 1: Strawberries; February 8: Blueberries; February 15: Blackberries; February 22: Grapes.**

With Ken Whitten of Portland Nursery. The shrubs and vines of these tasty berries and fruits are key elements in an edible landscape plan. Learn about the needs and qualities of different varieties that do well in this area, and how they can make your garden beautiful as well as providing tasty fruit for fresh eating or preserving. Classes in this series can be taken separately. Note special time for these classes.

### **The Essentials of a Garden Plan Workshop**

**Sunday, February 1, 2015 • 11:00-12:30pm**

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

A great garden begins with a great plan! Sign up quick for this great opportunity to get individual attention in planning your 2015 vegetable garden. Marc Scheidecker is a full-time, year-round vegetable gardener and student of gardening, focusing solely on growing vegetables. We will be developing a plan for each person's garden so the class will be limited to 10 people. Measure your garden and bring the dimensions to class; graph paper and pencil will be provided.

### **Medicinal Plants**

**Sunday, February 1, 2015 • 1:00pm**

**Portland Nursery (Stark), Portland, OR**

Join Gradey Proctor of the Arctos School of Herbal Studies for a class on the common medicinal plants that are easily grown in Northwest gardens. In fact, some of these plants may already be living in your garden! There are even examples of what we view as weeds as actually having medicinal usefulness. Gradey will discuss the healing properties of medicinal plants and some ways in which these garden herbs can be processed for medicine.

### **Home Composting**

**Sunday, February 1, 2015 • 1:00pm-2:30pm**

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

With Glen Andresen. Learn the basics of how to make compost in your own backyard. Join conservation enthusiast, Glen Andresen as he walks you through the process of transforming your food scraps and yard debris into rich, fertile compost. Glen will discuss compost "ingredients", various compost bin designs, basic composting science, and troubleshooting tips. This is a great class for beginners and will cover everything you need to know to get your own compost pile started, focusing solely on growing vegetables.

### **Friends of Portland Community Gardens Valentine Card Sale**

**Saturday, February 7, 2015 • 10:00am-3:00pm**

**Portland Nursery (Stark), Portland, OR**

Come pick out some sweet handmade cards and t-shirts for your sweetie, and help support Portland's community gardening programs!

**Seminar: Orchid Basics**

**continued next column**

**Saturday, February 7, 2015 • 10:00am**

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

Would you like to grow orchids but need some basic knowledge? Come to this free class to learn which orchids are best suited for your home or office, and what conditions they need to thrive. You can enjoy these colorful, long-blooming, exotic beauties with a few simple care requirements. Cost: Seminar is free and open to the public. Registration is not required. Speaker: Experts from the Oregon Orchid Society.

### **Kids Club: For the Birds...Nesting Materials**

**Saturday, February 7, 2015 • 11:00am(W)**

**Saturday, February 14, 2015 • 11:00am(S)**

**Saturday, February 21, 2015 • 11:00am(G)**

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

Spring is the perfect time to invite birds to make a home in your yard. Help them with their nest building by providing materials to make a cozy home. We will be filling suet feeders with nesting materials. Once the birds have collected all of the nesting materials they need, fill your suet feeder with food to keep them around. Cost: \$5.00 per child. Registration is required. Register online at [www.als-gardencenter.com](http://www.als-gardencenter.com), or call the store you would like to attend: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771.

### **What to Do in the February Vegetable Garden**

**Saturday, February 7, 2015 • 11:00am-12:30pm**

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

With Your Backyard Farmers. Join Donna and Robyn, of Your Backyard Farmer, for a great refresher on what to do in the veggie garden for the month of February. They will cover topics such as seeding and planting cool season crops, preparing and improving your soils, and how to be best prepared for the spring!

### **Growing Vegetables from Seed**

**Saturday, February 7, 2015 • 1:00pm**

**Portland Nursery (Stark), Portland, OR**

With Ian Wilson of Portland Edible Gardens. Come learn about the joys and benefits of growing vegetables from seeds planted straight into your garden! This class will cover where to source your seeds, which vegetables grow best from seeds, when and how to plant and care for your seeds, and much more! Save money, increase plant health, and witness the wonders of veggies grown from seeds!

### **Small Fruit Series: Blueberries**

**Sunday, February 8, 2015 • 11:00am**

**Portland Nursery (Stark), Portland, OR**

With Ken Whitten of Portland Nursery. The shrubs and vines of these tasty berries and fruits are key elements in an edible landscape plan. Learn about the needs and qualities of different varieties that do well in this area, and how they can make your garden beautiful as well as providing tasty fruit for fresh eating or preserving.

### **Mason Bees in your Garden**

**Sunday, February 8, 2015 • 11:00am**

**continued next page**



### **Farmington Gardens, Beaverton, OR**

Because it is native, the mason bee is one of the earliest spring pollinators. Now is the best time to make your yard attractive to them, create new homes or help the cocoons you have start the new season in the best possible way. Master Gardener and Native Pollinators Specialist Ron Splendal will share some of the 'best practices' he has learned. He presently is doing research at a variety of Washington County sites which includes maintaining over 400 nesting trays! Come learn how to site and set up your own mason bee house. Find out which plants best attract these hard workers that pay their rent by pollinating your spring blooming fruits and vegetables. e prepared to be amazed and intrigued by these live and local mason bees. Cost: Free but please register.

### **Workshop: Tillandsia Wreath**

**Sunday, February 8, 2015 • 1:00pm**

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

Attend this hands-on workshop and you'll make a unique living wreath to take home and enjoy, or to give as a gift! We'll use Tillandsia, one of the 'air plants' that lives without its roots in soil, to decorate a wreath, which can easily be mounted on a wall. Cost: \$35.00 per kit. Kit includes: 16" grape vine wreath, 3 Tillandsia plants, wire, moss, ribbon, Tillandsia care sheet. Registration is required. Please call the store you'd like to attend: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771. Speaker: Al's Experts.

### **Basics of Winter Pruning**

**Sunday, February 8, 2015 • 1:00pm**

**Portland Nursery (Stark), Portland, OR**

With Dave Pell of Quiet Man Garden and Tree Care. Bare branches and plant dormancy make late winter a good time to prune a number of things in the garden, from vines and shrubs to trees. Dave will tell you about some of the things that should (and should not!) be pruned around this time, and how they should be pruned to improve structure and guide future growth.

### **Staghorn Fern Mounting Workshop**

**Sunday, February 8, 2015 • 1:00pm**

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

With Bruce Fothergill of Fothergill's Tropicals. Join houseplant expert Bruce Fothergill, of Fothergill's Tropicals, for this hands-on workshop and take home your very own mounted Staghorn Fern! Bruce will walk you through the step-by-step process of properly mounting Staghorns to wooden boards. He will also discuss proper care, lighting and growing requirements to keep your fern healthy and happy for years to come! Materials Fee: \$15, payable to teacher day of class (\*\*Cash or check only). All materials included. Class limited to 15.

### **Happy Hellebores Open House**

**Friday-Sunday, February 13-15, 2015 • 10:00am-4:00pm**

**Out in the Garden Nursery, Molalla, OR**

Get a jump on spring planting this preview weekend. Lots of budded and blooming hellebores, cyclamen, and other plants with late winter and early spring interest.

**continued next column**

### **Seminar: Refresh Your Containers**

**Saturday, February 14, 2015 • 10:00am(W, G)**

**Saturday, February 14, 2015 • 1:00pm(S)**

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

Are your autumn or winter containers looking worn out and in need of replanting? In this complimentary class, Al's Experts will show you how to make them beautiful again for the new season! They'll show you plants to add to your existing container for fresh color and interest. If you need to replace them all with new plants, we can help you with suggestions and expert advice. Cost: Seminar is free and open to the public. Registration is not required. Speaker: Al's Expert's.

### **Rose Care 101**

**Saturday, February 14, 2015 • 11:00am-12:30pm**

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

With Portland Rose Society's rose expert Rich Baer. February is here and it's time to prune your roses! Come join rose expert Rich Baer, of the Portland Rose Society, to learn the basics of growing roses. He will cover the basics of various rose species, proper pruning timing & techniques, fertilizing & watering needs, pest & disease control, and other helpful tips to keep your roses healthy, happy, and blooming!

### **Fruit Tree Care 101**

**Saturday, February 14, 2015 • 1:00pm-2:00pm**

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

With Monica Maggio of Core Home Fruit. Thinking of growing fruit trees on your urban lot? Learn some great tips and techniques for successfully growing fruit trees with Monica of Core Home Fruit. She'll discuss site requirements & preparation, pollination needs, maintenance requirements of different fruits, and how to select good fruit trees for PNW home orchards. We get all of our fruit trees in February, making this class timely to help you succeed with your new fruit tree.

### **Growing Orchids in Terrariums**

**Saturday, February 14, 2015 • 1:00pm**

**Portland Nursery (Stark), Portland, OR**

With Michael Jenne of the Oregon Orchid Society. In follow up to basic orchid growing, miniature orchids and high humidity types can present problems when grown in the home. Terrarium growing is a good way to meet these challenges. Yet, orchids have specific requirements compared to your typical terrarium plants. Come discover clever ways to help your orchids thrive when grown in this unique way in the home.

### **Young Fruit Tree Pruning Demo**

**Saturday, February 14, 2015 • 2:30pm-3:30pm**

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

With Monica Maggio of Core Home Fruit. Confused about how to prune your young (1-8 years old, or 1-8' tall) fruit trees? Join Monica of Core Home Fruit to learn about the proper pruning techniques, tools and timing to maximize fruit production and increase overall health and beauty. Monica will guide you through the steps of pruning your young fruit trees

**continued on page 28**





# PLAY TIME

## Gardening Events Around Town, Continued

with live demonstrations and detailed visuals. Come and see how to shape your trees for long-term strength and abundance, and gain confidence in making the right cuts!

### **Small Fruit Series: Raspberries, Blackberries - Brambles**

**Sunday, February 15, 2015 • 11:00am**

**Portland Nursery (Stark), Portland, OR**

With Ken Whitten of Portland Nursery. The shrubs and vines of these tasty berries and fruits are key elements in an edible landscape plan. Learn about the needs and qualities of different varieties that do well in this area, and how they can make your garden beautiful as well as providing tasty fruit for fresh eating or preserving.

### **Gardening With The Intention of Creating Health**

**Sunday, February 15, 2015 • 11:00am-12:30pm**

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

With Marc Scheidecker of Portland's Community Gardens Program. Marc Scheidecker, a full-time vegetable gardener, student of gardening, and one of the Garden Managers for Portland's Community Gardens Program, discusses the importance of having our methods of gardening harmonize with our goals in gardening. If health is one of our goals, then we need to have the gardening skills to match. This class discusses several ways we can start our seedlings indoors with this goal in mind, that of gardening with the intention of creating health.

### **Seed Starting Workshop**

**Sunday, February 15, 2015 • 11:00am**

**Farmington Gardens, Beaverton, OR**

Some seeds are best started indoors at this time of year. By the time the outside temperatures are warm enough for planting, your seedlings will have that headstart on their production. Andrea from Territorial Seeds, a local company, will talk about which seeds should be started now for our area. She will show you which supplies are best used and how to do it. Yes, she will get her hands in the dirt while sharing secrets for getting your seeds off to a great start. Germination issues, space saving ideas, and light and watering guidelines will be yours. No large greenhouse required! Cost: Free but please register.

### **Workshop: Staghorn Fern**

**Sunday, February 15, 2015 • 1:00pm**

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

In this workshop, you'll learn about the long-lived Staghorn Fern, and then attach it to a decorative piece of tree bark for mounting on a wall. Also known as Elkhorn Fern, this plant gets its name from the leaves that are antler-shaped. The leaves get larger over time, making an excellent air purifier, and a stunning houseplant display. Cost: \$25.00 per kit. Kit includes: One 4-inch Staghorn Fern, bark, sphagnum moss, shade cloth square, nylon line, and wire for hanging. Registration is required. Please call the store you would like to attend: Woodburn 503-981-1245, Sherwood 503-726-1162, Gresham 503-491-0771. Speaker: Al's Experts.

**Planting Bulbs Now for Summer Blooms**

**continued next column**

**Sunday, February 15, 2015 • 1:00pm-2:30pm**

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

With Paul Taylor. Brighten your garden using stunning Spring planted 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 Summer 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!

### **68th Annual Portland Home & Garden Show®**

**Thursday-Sunday, February 19-22, 2015**

**Portland Expo Center, Portland, OR**

Hours: Thursday: 11am – 8pm; Friday: 11am – 8pm; Saturday: 10am – 8pm; Sunday: 10am – 6pm. Box office closes 1 hour prior to show closing. Price: \$10 General Admission; Free to children under 12.

### **Seminar: Easy Care Roses**

**Saturday, February 21, 2015 • 10:00am(W,S)**

**Saturday, February 21, 2015 • 1:00pm(G)**

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

Attend this complimentary class and learn about the low-maintenance roses available for today's gardeners. These modern roses include varieties that are disease resistant, re-bloom without deadheading, and some that are grown as groundcover. Come learn how easy it can be to grow these versatile, beautiful plants! Cost: Seminar is free and open to the public. Registration is not required. Speaker: Al's Experts.

### **Building Your Own Willow Furniture**

**Saturday, February 21, 2015 • 10:00am-4:30pm**

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

With Brian 'The Twig man' Phillips. If you love the look of willow furniture, why not make your own? Brian 'The Twig man' Phillips from the Willow Station, will take you through a step-by-step process allowing your creative juices to flow into a work that is unique to you! Choose to build your own rustic garden bench, chair, table, fern stand or trellis. All materials supplied, bring hammer, sack lunch, and knee pads. Material Fee: \$125 per item. Pay instructor day of class. Class partners can share fee and build one piece between them. Tell us which of the five possible items you'd like to build when registering. Class limited to 10.

### **The Art of Bonsai**

**Saturday, February 21, 2015 • 1:00pm**

**Portland Nursery (Stark), Portland, OR**

With Al Polito of the Portland Bonsai Society. A truly great bonsai may be hiding in your yard, on your farm, or at your local nursery--the trick is to spot it the way Michaelangelo spotted David in a chunk of marble. But you really don't need Michaelangelo's artistic genius, you just need to know a great trunk when you see one--or how to make one. In this class we'll explore what makes a great trunk, the foundation of any great bonsai. Common techniques will get you the rest

**continued next page**



of the way.

#### **Design With Summer Bulbs**

**Sunday, February 22, 2015 • 11:00am**  
**Farmington Gardens, Beaverton, OR**

Bulbs need time to grow roots that will support and nourish the plant. The better the soil conditions and bulb quality, the bigger and better the blossom and leaves. Elise will share best methods for the planting and care of various summer bulbs. Design guidelines for color combinations and bloom times will help in your creations. Don't miss out on the summer bulbs that can add color, texture and even a touch of the exotic to your garden. The second half of the class will be hands on. Bring your favorite pot or purchase a new one. We'll supply the potting soil! Elise can help you choose a combination of bulbs and accent plants. She will guide you step by step for some summer bulb magic. Cost: Free but please register.

#### **Raising Your Own Vegetable Transplants**

**Sunday, February 22, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

With Tim Lanfri of Community Garden Creators. Have you ever wondered if you should start a vegetable from seed or go ahead and purchase the starter plant? And what about choosing Heirloom verses regular varieties, or how to even properly start vegetables from seed? Then there's the fertilizing, the type of growing environment, and finally knowing when to move the plants outside? These are common conundrums. Let Tim Lanfri of Community Garden Creators demystify how to raise your own vegetable transplants in this highly informative and useful class.

#### **Small Fruit Series: Grapes**

**Sunday, February 22, 2015 • 11:00am**  
**Portland Nursery (Stark), Portland, OR**

With Ken Whitten of Portland Nursery. The shrubs and vines of these tasty berries and fruits are key elements in an edible landscape plan. Learn about the needs and qualities of different varieties that do well in this area, and how they can make your garden beautiful as well as providing tasty fruit for fresh eating or preserving.

#### **Keep It Simple: Easy Harvest Pruning**

**Sunday, February 22, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

With Ann Ralph, author of "Grow a Little Fruit Tree". Grow your own fruit in even the smallest backyard! Timed pruning offers a revolutionary approach to fruit tree care. Prune in winter for shape; summer prune to keep trees small and easy. This class covers fruit tree basics: the mechanics of pruning, how to prune for short stature and easy harvest, early training, seasonal routines, and pest and disease control. Participants leave this workshop confident in new pruning skills and relieved to discover that you don't need a degree in agriculture to manage a fruit tree.

#### **Yard, Garden and Patio Show**

**February 27-March 1, 2015**  
**Oregon Convention Center, Portland, OR**

**continued next column**

Hours: Friday: 10 a.m. - 7:30 p.m.; Saturday: 10 a.m. - 7:30 p.m.; Sunday: 10 a.m. - 5 p.m. Costs: \$12 regular admission; \$9 senior citizen admission (60+ and older); Kids 12 and under are free; Seminars: Free. \$7 Tickets at Dennis' 7 Dees Garden Centers.

#### **Seminar: Seed Starting**

**Saturday, February 28, 2015 • 10:00am**  
**Al's Garden Center, Woodburn, Sherwood, Gresham, OR**

Do you want to start plants from seeds but are not sure how or when, or which ones are easy? Come to this free class to learn all about seed starting, and you'll be ready for the coming growing season. Al's Experts will explain the simple process of growing from seed, so you'll feel confident to try it yourself at home! Cost: Seminar is free and open to the public. Registration is not required. Speaker: Al's Experts.

#### **Hands On Raised Bed Gardening**

**Saturday, February 28, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

With Portland Nursery's Tiffany Garner. Join staff member Tiffany Garner for the first in a monthly series of raised bed veggie garden classes. These hands-on classes will take place outside at our display veggie beds so be prepared for the weather. The raised bed classes are a monthly event that will cover what you need to do, when you should be doing it & the proper techniques so you can work smarter, not harder. From cold frames to compost & seeds to starts we will learn and grow alongside our raised beds.

#### **Intro to Fruit Trees**

**Saturday, February 28, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

With Bill Wilder of Portland Nursery. Come learn about selecting good fruit trees for your needs and your garden's design. Bill will share a wealth of information about the trees' soil, water, light, air, pollination and fertilization needs to help you plant and care for the tree successfully.

#### **Spring Herbal Tonics**

**Saturday, February 28, 2015 • 1:00pm-2:30pm**  
**Portland Nursery (Division), Portland, OR**

With Missy Rohs of the Arctos School. Early Spring is a great time to focus on supporting your health through gentle cleanses and healing herbs. Missy Rohs of the Arctos School will discuss seasonal tonic herbs and delicious ways to ingest them. Along the way, she'll talk about proper foraging guidelines and local sources for purchasing the ingredients -- if they're not in your garden already!

#### **LOOKING FOR MORE?**

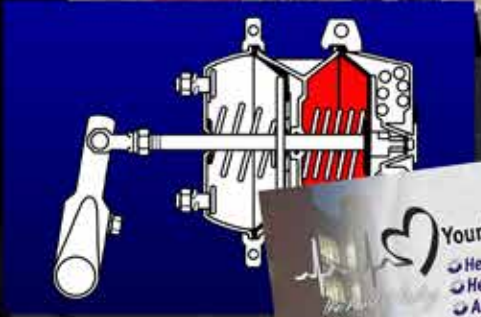
You will find more events and updated information on the Garden Time Events Calendar  
[www.gardentime.tv/events.htm](http://www.gardentime.tv/events.htm)



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