

March 2015

# garden time

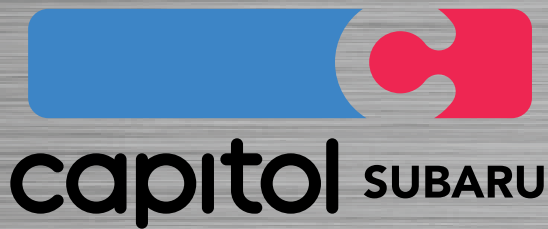
A Digital Monthly Magazine for Your Garden & Home

## Cinder Block Planters

Flair and Square

**Fruit Propagation Fair**  
**Shallots • Indigofera**

*Log House Plants'*  
**Alice Doyle**



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## Here We Go Again...

Are you ready? We are! As many of you know, Garden Time is returning to the air for a new, 10th season. We had a great start with our special program from the Yard, Garden and Patio show, but now we are in the 'meat and potatoes' of our season. We are getting back into shooting fresh stories and going to see new places! We are even talking about going to the coast to cover some locations there. But is there really anything new to see after 10 years? YES! We are constantly amazed at the diversity of the gardens and plant material in the Pacific Northwest. We will have new material for YEARS to come.

As most of you know by now we are on a new station in Portland, PDX-TV. They are a return to our past since we started the Garden Time show 10 years ago on their sister station, KPTV. It is great to see some old faces and be back in familiar surroundings. The move also allows us to have a more consistent show. We will not be preempted so much on the new station, either for sports or news. That means more gardening information for you. Now once in a while you will see a repeat segment on the show. That just means that we thought the information was still relevant and timely. We will still strive to bring you fresh information every week!

We also will continue to bring you the best in gardening information in our magazine, too! This month we introduce you to the Indigofera and, as the name might suggest, it is a plant that has a variety that is responsible for the indigo dye that we love in fabrics (and in the garden). It is even used as a hair dye. William also found out that it is relatively pest- and disease-free. Great for the garden. Another great plant that we have a tasty use for is the shallot. This member of the onion family is used in some of the great recipes around the world. It has roots in French, Thai, Asian and Middle Eastern cooking. Yum! Another story about roots takes us to the middle Willamette Valley to meet Alice Doyle. Alice is the owner of Log House Plants which has become known for the unusual plant introductions of the last few years like Indigo tomatoes (not related to Indigofera), grafted tomatoes and now the new 'Ketchup 'N Fries'. This new grafted plant combines tomatoes on the top of the plant with potatoes underground. Kind of mind-blowing!

What we find mind-blowing is how supportive you all have been over the years. We want to thank you for watching (and reading) Garden Time. Here's to many more gardening seasons ahead!

**Happy Gardening,**

**Jeff Gustin, Publisher**

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# Flair and Square

**Inexpensive, versatile and decorative. With a little creativity, cinder blocks make it hip to be square.**

**by William McClenathan**

Each month we strive to bring you great ideas and easy ways to enhance your gardens.

This month, I am going to tell you how to take a relatively inexpensive item and create some great planters out of them.

The item is cinder blocks.

Often they are relegated to construction work and mostly they get hidden into the bones of those structures or covered by stucco.

But with a modicum of creativity and a small amount of money, you can turn a plain, flat yard into a show piece. And, if you do not glue or concrete the blocks down, they can be removed easily, so this is a perfect plan for those who rent.

When it comes to making planters out of cinder blocks, there are only a couple of guidelines to work within.

Level spaces are extremely important. Steep inclines may be used, but there is a lot more effort into working with those environments. So for the sake of this article, we are going to stick with relatively level ground.

The other guideline is the height and width. From personal experience, I can tell you that making a container too tall without structural support is a disaster just waiting to occur. Water, soil and plants all have weight, and when too much stress is placed on objects not constructed to carry and withhold that weight, bad things can happen. The structure will push out and may even crumble, and your dream becomes a nightmare! I have found that anything higher than four blocks does need some kind of support. Whether that is a bonding agent for concrete (easily found at Parr Lumber) or internal stakes, just be sure and use common sense as you create your project.

One of the greatest things about making containers out of cinder blocks is how they can easily interact with each other, creating almost any shape, but smooth curves.

They also work very well for raised beds.

The thing to remember is that the number of blocks you use needs to be thought out before you place the first row.

The reason for this is because when measured correctly, you do not need to purchase half blocks at all, as the way you lay them out will absorb the dif-



ference on each level. The whole block becomes the half block needed to finish the row before putting on the next layer.

Easy.

I did a wall in Florida because I wanted better soil for my herbs to grow in. As I lived a short distance from the beach, my soil was literally all sand.

Once completed, the blocks held the potting soil nicely, allowing for my plants to grow beautifully.

Cinder block planters are a great way to alleviate 'less than great' soil anywhere.

And if you buy the concrete, rectangle stepping stone, they fit perfect on the top of your finished product. This can add more style and a more finished, professional look to your project.

They also paint easily too, making it very easy to add even more color to your outdoor area and customize your decor.

I have not added specific building plans nor have I added specific instructions in this article as there are countless websites with such info and entire websites given on pictures of ideas. They can be as simple or as difficult as your heart desires.

So before spring hits us with all its glory, take a look at your yard and see if cinder blocks may be just the thing you need to add beauty, sustainability and design to your garden.

No matter if it is a raised bed for vegetables or a fresh cut flower garden, a couple of planters on either side of a walk way or even a planter to define a space which may be often overlooked, nothing is less costly or more easily adaptable to build these things with then cinder blocks.



# Absolutely Fabaceae

Color from the Indigo plant is used to dye the cotton in jeans... but it will have you feeling anything but blue.

by William McClenathan

This month's 'Got to Have it' is a wonderful plant named Indigofera. Now granted, spend one day with me in a garden and you might hear me say a hundred times, "Oh! That plant is my favorite!"

And in that specific moment, it most likely is.

So please do not lessen the value of a plant when I say it is my favorite. And this month's is no exception.

There are over 750 species of flowering plants which belong to the family known as Fabaceae, Indigofera is one of them. It is a large genus widely distributed throughout the tropical and subtropical regions of the world. But that does not mean some do not thrive right in our area.

One of the things I love about writing on specific plants is the amount I learn from my study and search for information.

The common name of this plant is "indigo". Isn't it grand when a common name is so very close to the Botanical nomenclature?



The one I shall tell you about is Indigofera kiriwolii, and a couple more varieties at the end, just for fun.

I. kiriwolii is a deciduous shrub native to Korea, Northern China and Southern Japan. It has a medium growth rate up to 3-4 feet tall and wide. Some say it suckers. Mine never did, but that could have been a fluke, as Nature always seems to go off on her own at times. Even if it had suckered, I would have been ok with that.

The leaves clearly resemble the family it is from, the Pea family, with compound pinnate leaves (each with 7-11 rounded leaf-

lets) which are bright green and 4-6" long.

And the flowers? Beautiful. Mostly, they come in a clear lavender blue shade. But there are now varieties which also come in a pinkish hue as well. The plant features dense, axillary racemes (4-5" long) of pea-like flowers which bloom heavily in June and July and sometimes continue intermittently to September.

These are not finicky plants. A decent draining soil when planted, consistent moisture and full sun, to perhaps some afternoon shade, is what they thrive in, although they do live in full sun as well. I found that after a couple

of years, mine would even tolerate brief droughts.

It is zonally listed as 5-7. But in our harsh winters, there was a bit of die back on mine, although the plant seemed to rebound very well. As it blooms on new wood, lower zones could even prune it back hard each year and mulch it for protection if desired while still enjoying the blooms that summer.

And as an added bonus? No serious insect or disease problems!

Now here is the part I was unaware of!

A separate species, *Indigofera tinctoria*, is the species that has been used for many years to produce indigo dyes.

Companies like the Swedish jeans brand, Indigofera, which stands for tradition, quality, and hand crafted jeans culture. They say their name honors the indigo plant, which is traditionally used to dye the cotton for jeans. The brand's devotion to authentic cuts and materials – some of which are developed in-house – is unique. Indigofera doesn't follow the trend; Indigofera is the trend. Produced in Europe, the products from Indigofera will quickly become the favorite pieces in your closet – above all, the fantastic wool blankets made of 100 percent



virgin Norwegian wool. No couch should be without one! [www.burgundschild.com/list-en/brand/indigofera.html](http://www.burgundschild.com/list-en/brand/indigofera.html).

I included the website so you can look at it yourself if you so desire.

I also was unaware of the hair coloring which comes from the plant. Touted as the 'True Black Henna', it is all natural and has been used as far back as Egyptian times for men and women to blacken their hair.

So perhaps you can see why this amazing plant is our choice this month.

You can purchase it at fine garden centers like Portland Nursery, Dancing Oaks and Drake's. Always call before you make the trip to be sure they have it in stock!

Then enjoy the summer blooms of *Indigofera kirilowii* and allow its beauty to connect you not only to nature, but to fashion and beauty as well.





# Fair Exchange

**Learning to graft fruit trees seems less daunting with 800 friends.**

**by Judy Alleruzzo**

Growing fruit trees is a rewarding and tasty part of gardening. You get that wonderful feeling by walking out to the garden and picking a delicious, homegrown piece of fruit. My favorite was a four-way grafted pear tree I grew several years ago at my home in Silverton. I marveled at the tree with its four pear flavors, complete with a pollinator, all grafted onto one tree. I always thought that grafting fruit trees was a daunting process. After talking with a member of the Home Orchard Society (HOS), I can't wait to attend the Fruit Propagation Fair coming up later in March. This one day event is scheduled on Sunday, March 22nd at the Clackamas Fairgrounds in Canby, Oregon. There are literally thousands of fruit varieties just waiting to be grafted onto rootstock and to eventually become a fruit bearing tree.

For a little background of HOS, this is the opening paragraph from their website, "The Home Orchard Society, established in 1975, is a nonprofit educational organization dedicated to assisting both novice and expert fruit growers, preserving heirloom fruit varieties, and promoting the science, culture, and pleasure of growing fruit at home". They also have a wonderful quarterly newsletter called "Pome News". It's actually a tome of information on what to do in the orchard each calendar quarter.

Even members living outside of the U.S. get this newsletter to keep up to date with information for their orchards.

I met with Joanie Cooper, past President of The Home Orchard Society and present Society treasurer. She is a fountain of knowledge on the Fair and the Society itself. Joanie has been a member for almost 28 years with a backyard orchard dating back to the late 1800s. She affectionately calls

## **Home Orchard Society's Fruit Propagation Fair**

Sunday, March 22, 2015 • 10:00am to 4:00pm  
Clackamas County Fairgrounds/Main Pavilion  
694 NE 4th Ave, Canby, OR 97013.

Free parking.

Admission:

Members is \$4 and \$8 for families.  
Non-members pay \$6 each or \$10 for families.

Attendees who join the HOS at the door  
will be admitted free.

**[www.homeorchardsociety.org](http://www.homeorchardsociety.org)**

her old and decrepit fruit trees "Phone booth trees, as they are almost hollow inside but still producing fruit". She got involved in HOS when she brought an apple to be identified at the Society's Fall Fruit Show, another one of their seasonal events. She was smitten by the lure of learning to care for the fruit trees in her own orchard.

Joanie told me that the history of the Fruit Propagation Fair is as long as the Society itself. For the first few years, the fair was a small meeting of Society members. The word has gotten out during the past 40 years and over 800 fruit tree beginners and veterans attended the fair to get newly grafted fruit trees. Joanie shared these insights and advice, "People go to the Fair to make new fruit trees. I also suggest you bring a marking pen & masking tape. You will need these to mark the varieties of grafted trees you will be taking home that day. Don't think you'll be able to remember."

At the Fair there will be thousands of Scion wood to choose from including; Apple, Pear, Cherry, Plum, Kiwi, and Grapes. Scion wood is the variety of fruit that can be grafted onto a root stock. All scion wood is free with your admission. You can either take the scion wood home or bring to the grafters and they will graft it into a compatible rootstock for a fee of \$5. All the rootstock is hardy to the Pacific Northwest. The root stock is one year old as is the scion wood/fruit tree variety.

Once the grafts are completed there are many experts to answer fruit tree questions. Information is available to take home to make sure your grafted fruit tree is successful. The Home Orchard Society suggests this care of the newly grafted trees.

- Plant the newly grafted fruit tree in a container instead of a garden bed. The graft needs time to heal and grow before planting in the ground.
- Keep the container outdoors in a protected spot with filtered sunlight.
- Water as needed and fertilize a bit over the spring and summer months.
- It is best to plant in the ground in the fall or you can keep in the container for a few years.

The care is basic plant TLC; filtered sunlight, water and fertilizer.

There are no speakers or seminars at the Fair. Joanie says that "We found no one has the time to sit and listen". There is too much "electric energy and too much chaos" for a speaker to be heard above the din. The people attending the fair are "focused and we do not want to divert their attention"! There are numerous experienced people at the help



desk to talk to about growing fruit trees. This is the brain trust of home orchards in Oregon so bring questions and a notebook to get all the information in writing. One Green World will be at the fair selling traditional fruiting plants plus their unique assortment of fruiting plants from around the world.

In talking with Joanie, I asked if there has been an increase in home orchards with the renewed interest in vegetable gardening over the past few years.

She said there is new interest in heirloom fruit varieties not found at produce stands or farmers markets. People want to grow those varieties "before they are lost forever". Heirloom fruits have "tastier varieties" with more "diversity in the genetics". Younger people are interested in grafted trees for many reasons. Joanie states some want grafted trees for "more self sustaining garden practices", others want home grown fruit while other growers want tasty apples for another reason. Joanie knows the founders of Bull Run Cider who are also members of the Home Orchard Society. They grow certain apple varieties to create ciders for their customers and themselves to enjoy. They love fruit tree production as much as they love making cider.

After getting your fill of newly grafted fruit trees, another adventure would be to visit the Home Orchard Society Arboretum sited on the campus of Clackamas Community College. The almost 2 acre Arboretum was first planted in 1986 in a

## Home Orchard Society Arboretum

Clackamas Community College  
19600 Molalla Ave  
Oregon City, Oregon

**Open 9:00am–3:00pm  
Tuesdays and Saturdays, Year Round**

Contact: Tonia Lordy,  
arboretum@homeorchardsociety.org  
Phone: 503-338-8479  
(Call: Tues-Sat, 9 AM – 5 PM Pacific Time)

joint partnership between the HOS and Clackamas Community College. This orchard is a living classroom to demonstrate successful orchard practices and to preserve heirloom varieties of fruit trees. Even unusual varieties of fruit trees are showcased including Pawpaws, Medlars and olive trees. Small fruit plants like blueberries and kiwis are also in the Arboretum to remind visitors that these fruit bearing plants grow well in Oregon too.

The Home Orchard Society has a bright future with both young and veteran fruit tree growers. If this renewed interest in growing fresh fruit is for pies or canning, hard cider or juice, it's great to see the knowledge being handed down for all to be successful orchardists.



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# Joined Together

**Log House Plants' Alice Doyle and her partner Greg Lee combine innovation with excellence.**

**by Ann Lovejoy**

**Greg Lee and Alice Doyle**

Can you imagine a single plant that delivers the ingredients for one of America's signature sides? Tomatoes on top, potatoes below, Ketchup 'N Fries is an adventurous gardener's dream. True, tomatoes and potatoes are cousins in the nightshade clan, but can these kissing cousins really be wed into one? If you are Alice Doyle and Greg Lee, co-owners of Log House Plants, the answer is clearly yes.

Perhaps best known today as the US introducer of hand grafted vegetables for home gardeners, Log House Plants is a wholesale nursery with a long history of innovation and excellence. The influential nursery began modestly in 1974, as a collaboration between college friends who bought a wooded homestead near Cottage Grove, Oregon that included a back 40, a donkey, and an old log house built in 1929. They quickly built a greenhouse, opened a wholesale plant company, and started making horticultural history.

Back then, garden starts were often sold in wooden 'digger flats', hand dug plants with rudimentary labels (if any). Oregon and Washington growers had started selling "meat and potato" annual varieties in pots made of pressed paper and asphalt, byproducts of the flourishing timber industry. Hardly any perennials were available, certainly none in 4" pots. As plastics became ubiquitous, plant flats, pots and labels were re-imagined. Log House Plants was an early adapter, among the very first to add pictures and cultural information to labels. Their mission has always been to share their passion for amazing plants with increasingly eager customers.

That passion found an echo in thousands of gardeners as the market for unusual perennials blossomed. From the beginning, education was an integral part of the LHP plan, since informed

customer tend to be both satisfied and successful. Northwestern gardeners have always been trendsetters, eager to try new plants, the first to snap up new colors, the first to develop container plantings with hardy tropicals. LHP sparked this zeal by creating the first American gardening manual that explained what to do with English and European perennials as well as a colorful labeling system to help gardeners transition from growing annuals to perennials.

As Alice recalls, "Although Log House Plants is a wholesale nursery, we helped our retail customers work hand-in-hand with the gardeners who were turning American gardening into a new art form." This initially small niche was quickly expanded by LHP's educational tools and projects, which sold plants in groups, showed gardeners how to succeed with them, and created an end goal, whether a billowing herbaceous border, fabulous food



unavailable in stores, or a backyard butterfly sanctuary. "Every project came straight from the heart and every one succeeded because it was backed by passion, hard work, and love," she notes.

Seeking plant marvels, Alice searched England, Europe, Asia and India, visiting commercial nurseries, home gardens, and farmers' fields in remote villages. She soon developed a huge network of friends all over the world, one that continues through LHP's work with artisanal plant breeders. Closer to home, LHP sought out heritage vegetables, rare annuals, and noteworthy natives, all showcased in LHP projects.

Their first special project, Fall and Winter Vegetables, was developed in 1977. Though the traditional nursery plant cycle emptied greenhouses by June 1st, farmers and gardeners were direct sowing brassicas and greens during July and August, so why not offer them starts? LHP worked with local farmers, Oregon State University, and Northwest veggie guru Steve Solomon to develop their initial line of starts. The Macore Company, a label company in Lafayette, Oregon, helped LHP develop America's first color-coded labels so customers could immediately identify overwintering, fall or continuous-harvest vegetables. That was the start of branding, developing the now-familiar Log House look. Those overwintering varieties were magic, including eight Armado Cauliflower varieties hybridized for the Dutch home gardener. All eight are planted at the same time in mid to late August, but they mature in sequence at 2-week intervals, starting in March. Brilliant!

Never just marketing, LHP's educational offerings helped build a horticultural movement that changed

the way America gardens.

They have been first introducers of dozens of ornamentals and edibles, from newly invented vegetables like 'Petit Posy' (a kale/Brussels sprouts cross) to America's first hand-grafted tomatoes for home gardeners. The LHP home team includes long term staff members and two generations of family members,

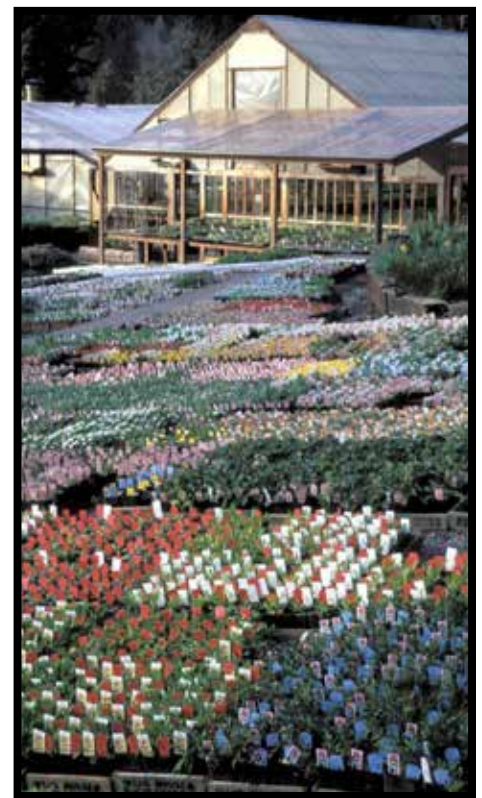


some of whom have mastered the delicate and demanding art of hand grafting, while others built the business, expanded markets, and brought in hundreds of new plants each year. Far from mere novelties, grafted plants increase gardening sustainability, increasing yields while reducing the need for fertilizers and pesticides. Within five months after introducing the first grafted vegetables to home gardeners, Log House partnered with the visionary Tim Wada of Plug Connection and John Bagnasco, host of Garden America... and the Mighty 'Mato brand went national.

All along, LHP has worked closely with top gardeners, breeders, growers and educators from around the world to develop their astonishingly wide palette of offerings. From native Oregonian

Erma Westcott's glorious Oregon Rainbow Iceland poppy strain to true wasabi, LHP grows over 2500 varieties each year. If high quality seed for desirable plants is not available, LHP tries to find a sustainable fix. For example, highly sought after Stevia had a famously poor seed success rate of less than 5%. To change that, in the middle '90s LHP worked with Dutch seedsman Kees Sahin to boost the germination rate to over 90%.

To do so, they walked their talk: Every day for three weeks, LHP staff used sheep's hair brushes to help filter down the pollen through the Stevia flowers. They did this from high noon to one p.m., when the ovary of stevia's self-capsulated flower was most open to fertilization. They then sent a box of dried flowers to Holland, as did a



Japanese grower. Sahin extracted the seed, interbred the two genetically separate strains, then moved the crosses around the world in receptive climates to grow three harvests each year. The super-successful seed that resulted dominates the world market today.

Deeply concerned about diminishing national food quality (tied to degraded agribusiness soils), SuperNaturals partners and seedsman Aaron Whaley work closely with artisan breeders to find vegetable varieties with increased phytonutrients, such as the INDIGO series of tomatoes. Through the "Participatory Plant Breeding" developed by the Organic Seed Alliance, the partnership grows out breeders' creations to create commercial quality seed stock, sharing



## Log House Plants

Cottage Grove, Oregon  
541-942-2288

Go to:

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

for a list of retail outlets.



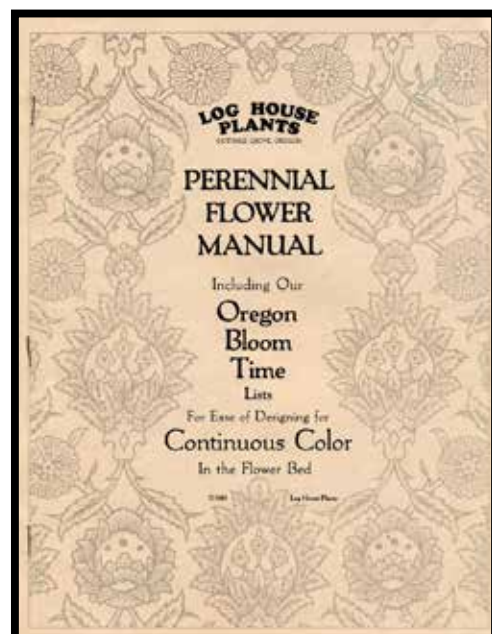
Alice in a Calcutta flower market.

proceeds with the breeder or University and distributing both nationally and now, internationally.

The Culinary Breeders Network strives to introduce chefs to extra tasty edibles, inspiring breeders to create new delicious varieties. Scrupulous about the quality of purity of the seeds they source and sell, LHP also actively strives to protect Oregon's Willamette Valley, among the world's most

fertile and uncontaminated plant- and seed-producing areas.

What's next? "We have the exclusive on Pixie, the world's first dwarf grape," Alice reports happily. A non-GMO hybrid created by a Cornell researcher, Pixie blooms year round, producing delicious Pinot, Riesling and Chardonnay grapes generously while remaining about 18" high.



# A Taste of France

Similar to an onion, formed like a garlic, shallots add an intriguing flavor to French food.

by Therese Gustin

Growing up with a mother who is French, I have been spoiled with some amazing French cooking over the years. She had a special talent for sauces...béchamel, gravies and even pasta sauces! One ingredient all these sauces have in common is shallots! Members of the onion family, shallots (*Allium cepa aggregatum*) add an intriguing depth of flavor to French food without overpowering it.

Of course shallots aren't only used in French cooking. They are used extensively in Southeast Asia. In fact, deep fried shallots are considered a delicacy! And rightly so...Who can resist an onion ring? Shallots are called bawang merah kecil in Malay, hom in Thai and katem krur hom in Cambodia.

Originally thought to have originated in the village of Ashkelon in Palestine, current thinking is they may have actually originated in Asia. Either way they were

brought to Europe by the crusaders around the 12th century.

Shallots are formed more like garlic than onions, with a head composed of multiple teardrop shaped cloves and each clove covered with a papery skin. Depending on variety, the skin color can vary from pale gray to brown to rose and the off-white flesh can have green or purple rings. There are different types of shallots. The French Grey shallots or *Ascium ascalonicum* are considered to be the true shallot and the most coveted. Griselle is a preferred variety. The American Red shallot doesn't have the same flavor as the French variety and isn't as sought after by discerning chefs. Whatever variety you prefer, shallots are easy to grow.

**PLANTING:** Shallots yield most when September planted, but still produce when started later in fall, or even in spring. Space 6-8" apart in rows 8" apart.

Plant the bulb root side down with the top of the bulb one inch below the surface. Shallots can also be started from seed in the spring. Direct seed ½ inch deep, ½ to 1 inch apart, in rows 10 to 18 inches apart, 2 to 4 weeks before average last frost. This rate will usually produce a single bulb from each plant. To produce clusters of bulbs, increase spacings to 6 to 8 inches.

**CULTURE:** Full sun and well amended soil. Provide regular water until leaves begin to turn brown. One planted shallot generally makes 6-8 shallots about the size of the planted one. Shallots need well draining soil.

**GROWING:** For really large bulbs, side-dress the overwintered plants late in Feb. and again on April 1st with a high nitrogen fertilizer such as blood meal at a rate of about 2-3 Tbs. per 5 row feet. Stop fertilizing and watering when the lowest leaves begin to yellow, usually in

June.

**HARVEST:** The green tops of shallots often make very tasty scallions; however, any leaves you take diminish the energy available for growing larger bulbs. Harvest bulbs when most of the tops have turned brown and fallen over. Loosen the soil first with a spading fork, and then gently lift the bulbs. Their skins have not hardened yet so take care to avoid bruising or tearing them.

**CURING:** After harvest, move bulbs with leaves still attached to a place with excellent air flow but no direct light, such as a covered porch or under an eave. Either hang bulbs, or place them on slatted tables or screens so air can move all around them. Use in the kitchen can begin immediately after harvest, but storage should be delayed for 6-8 weeks of curing. After curing, trim off the roots and stem, and brush off



as much soil as possible.

**STORAGE:** Like all onion bulbs, shallots need cool, dry storage with lots of air circulation. They are best hung in mesh bags at a temperature of about 40°F, but they will keep quite well at 50°F if they have been properly cured

and are not tightly packed. Most shallots can be stored for up to six months.

(Planting and storage information courtesy of Portland Nursery.)

Try growing shallots this year and bring a little taste of France to your table!

## Shallot/Mustard Vinaigrette Dressing



**1 Tbs. minced shallot**

**4 Tbs. Trader Joe's Orange Muscat Champagne Vinegar (or other Champagne Vinegar)**

**2 teas. Aioli Garlic Mustard (or Dijon mustard)**

**6 Tbs. Extra Virgin Olive Oil**

**Kosher salt and freshly ground pepper to taste**

**In a very large bowl, whisk the shallot with the vinegar and mustard (or add vinegar and mustard to a shaker bottle and shake vigorously). Gradually whisk in (or add to shaker bottle) the extra-virgin olive oil and season with salt and pepper.**



# No Bones About It

**How a childhood trauma taught me to prepare fresher, better-tasting fish.**

**by David Musial**

**Pan-fried fillets, simple and delicious.**

Growing up Catholic meant no meat on Fridays during Lent and this was usually a small sacrifice; except when Dad said let's go to McDonald's for dinner. You're probably thinking what's so bad about a kid getting to go to McDonald's. Well let me explain.

Since my family rarely ate out, it was truly a treat when we went to McDonald's as I was allowed to go next door to Der Weinerschnitzel and order chili cheese dogs with onions. My favorite! However, being Lent, that meant no Der Weinerschnitzel and no chili cheese dog. The only option was the McDonald's Filet-O-Fish sandwich which rated right up there with fish sticks which I also thoroughly disliked.

Being young and stupid, I thought if I complained and whined enough that I would get my chili cheese dog. What I got instead was a double Lenten sacrifice. No meat and no dinner. However, this article is about filleting fish, not how as a child I was traumatized with Filet-O-Fish.

If you're a fisherman, you probably already know how to fillet a fish and if you don't fish, you're probably wondering why you should

learn how to fillet a fish. The answer is freshness, price and utilization. Also, if you have friends that fish, they may be willing to share their catch, but will expect you to do your own cleaning and filleting.

Fish needs to be bought as fresh as possible and the freshest you can buy is whole fish. When buying whole fish, there are five things to check. First, look at the eyes. They should be clear and shiny, not milky. Then, look at the gills, they should be bright red. Feel the skin. It should be wet and smooth, not sticky which is a sign of decay. Press the flesh. It should feel firm, not mushy. Lastly, smell the fish. Fish should have a neutral smell like water or a slight smell of the sea if from the ocean. Oddly enough, even though it is fish, it should not smell fishy. If you do decide to buy fillets, be sure to apply the last three tests.

Like buying whole chickens, whole fish is more economical than cut-up pieces. It costs less per pound and you can get more utilization of the fish if you save the frame (bones) for fish stock. Also, if you like salmon cakes, rather than buying them from the fish market, make your own with the scraps leftover from fillet-

ing your salmon. Be sure when buying whole fish to have your fish monger remove the scales if it hasn't already been done. You don't want to scale a fish at home. It's very messy!

To get started filleting, all you need is a cutting board, a filleting knife, something to help hold the fish, and practice. We're going to assume that you have a cutting board and move right on to the knife. A filleting knife is a specialized knife. It has a thin blade which can be either rigid or flexible. For the purpose of filleting, a flexible blade is needed to help conform to the contour of the bones. Additionally, if a chef's knife is available it can come in handy to 'lop off their heads'!

Since fish are wet and slippery, and knives are sharp, being able to control your fish is im-



With a round fish, there are two fillets.

PHOTO CREDIT: WWW.POLYSCIENCECULINARY.COM

portant. There are gloves specifically designed for holding fish that work well, or if you have a knife glove, it will also work. The other option is to use a clean rag. If none of the above is available, dry the fish

completely with paper towels.

Before we start practicing, a little fish knowledge will be helpful. For the purposes of filleting, there are two types of fish, round and flat. Common

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Filleting a flat fish.

round fish are trout and cod, while halibut and Dover sole are flat fish. The bone structure of each shape dictates how the fish is filleted. With a round fish, you will get one fillet from each side; a flat fish will give four (see fish cross section photos).

To fillet a round fish follow the steps below and refer to the accompanying photos (note that the steps are for right handed individuals, reverse orientation if left handed):

- With the fish head facing to your left on a cutting board, make a deep cut just behind

the gills on both sides of the fish and remove the head. A chef's knife may be needed to cut all the way through.

- Turn the tail towards you and using the tip of the knife, cut along the spine to the tail. Keep the knife against the spine and make smooth even slices. Using long even cuts will avoid sawing the flesh.
- Once the fillet begins to pull away and you reach the ribs, keep the knife against the ribs and slice over the bones until the fillet is removed.

- To remove the second fillet, turn the fish over and repeat the process; only this time, start at the tail and cut towards the head.

Note that some methods recommend not to remove the head and only make a deep cut behind the gills. The rest of the procedure would be the same and the fillet will detach at the cut behind the gills.

To fillet a flat fish follow the steps below and refer to the accompanying photos (note that the steps are for right handed individuals, reverse orientation if left handed):

- Place the fish on a cutting board with the head facing to the left. Cut around the head in a 'V' shape as shown in the photo.
- Turn the tail towards you and using the tip of the knife make a cut along the left side of the backbone.
- Continue to cut along one side of the spine from head to tail. Keep the knife against the spine and make smooth even slices. Using long even cuts will avoid sawing the flesh.
- Continue to cut until the fillet is released.
- To remove the second fillet, turn the fish 180° and repeat the process; only this time, you will start at the tail and cut towards the head.
- Finally, turn the fish over and repeat the process.

Note that if you prefer to remove the head prior to filleting, you would make the 'V' cut on both sides to remove the head

**Steps to filleting a round fish. 1 Remove the head.**



**Round fish 2 Start filleting from the head to the tail.**



**Round fish 3 After removing the fillet, turn the fish with the tail towards you and cut from tail to head.**



and follow all other steps.

If you wish to remove the skin, lay the fillet skin side down and make a cut about 1/2" from the end of the tail cutting just to the skin. Do not cut through the skin. Firmly holding the skin with one hand, slowly cut

between the skin and the fillet with a slight upward angle.

**Tips**

- Fish flesh is very delicate. Be gentle in your slicing.
- To aid in filleting and see

that the knife is run close to the bone, gently pull the fillet back with your free hand while cutting.

- When cutting towards yourself, take your time and use extra caution.



**With a flat fish, you get four fillets.**



Preparing a stuffed fillet.

- Fillets can have bones; to remove, run your fingers against the grain of the flesh to reveal the bones, and then remove with tweezers or your fingers.
- Trim the fillet to make it uniform for cooking.

Once you've practiced and mastered the art of filleting, you too will be ready to make a fillet of

fish sandwich or better yet, try one of the endless number of fish fillet recipes found on the internet.

One of the simplest is to just pan fry in a skillet with a little clarified butter. When cooked, remove the pan from the skillet, add a little dry white wine, cook off the alcohol, add chopped chives and serve this simple pan sauce over the fish.

For a little showier presentation, you might try stuffing, rolling and baking the fillet. One of my personal favorites is to cook en papillote or in paper. The fillet is placed over a bed of thinly julienned vegetables on parchment paper. A pat of butter, a little wine and fresh chopped herb is added. Top with a thin slice of lemon and then the parchment is sealed into an air tight packet. While baking, the wine steams the fish, keeping it moist. An impressive presentation for your guests!



Using a flexible blade filleting knife makes it easier to cut closely to the bone.



Simple and elegant, fish fillet en papillote.

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# WTDITG

**They say March comes in like a lion and goes out like a lamb. But, for gardeners, March is more like a turtle: Slow and steady wins the race. Keep up with your gardening regimen, prune and fertilize--and stay ahead of the weeds. March is the month of Spring, and the bare branches of winter will soon be sprouting forth with color!**

## PLANNING

- Have you been making notes in your garden journal? It'll be fun to see what all you were able to accomplish this year when you look back on your notes!



- Do more vegetable garden planning to take advantage of all the space available. For instance, planting pole beans at the base of corn plants is a great combo! As the beans grow they have the corn to grow on for support and the beans add back to the soil ni-

trogen needed by the corn.

- We recommend you research some additional companion planting for your vegetable crops. By planting 'companion plants' together and keeping disagreeable plants apart, you can have the best production ever! If you can tweak your planting

plan to allow for these little natural friendships to develop, then your harvests will be more bountiful than ever!

Ed Hume's seed website has some good info on companion planting or you can find lots of companion planting information in a book by Louise Riotte, "Carrots Love Tomatoes".

Here are just three examples;

Beans like celery and cucumbers but do not like onions and fennel.



Corn lives happily with pumpkins, peas, beans and cucumber but does not like tomatoes!

Tomatoes like carrots, onions and parsley but don't plant them near cabbage or cauliflower.

## PLANTING

- This is a good 'general' planting and landscaping month, an excellent time to start looking at what's available to add color and drama to your landscaping. More stock will be available this time of year and the plants can get off to a great start as the soil begins to warm up.

- Your last chance to buy bare root fruit trees is this month. You want to get the bare root trees planted before they leaf out, so hurry in to your local garden center to see what's available.

- Plant berry crops: Strawber-



ries, blueberries and all the cane berries like raspberries and blackberries, currants and gooseberries.

## TASKS, MAINTENANCE & CLEAN-UP

- Clean up perennials and divide daylilies, hosta, asters, garden mums and other summer and fall blooming perennials. Cut back dormant perennial grasses to 2" above soil.

- Fertilize trees and shrubs, if you haven't yet, with an all purpose slow release fertilizer. This is the 'last chance' month to apply this six-month slow release formula. You want it to be used up by

# What To Do In The Garden

## MARCH

your plants by the end of July. This way your plants will have the months of August and September to get toughened up for winter.



- Prune roses if you haven't yet. Thin them out, spacing the branches you leave for best sun exposure. Fertilize roses with a granular slow release fertilizer to keep them strong and healthy, making the rose bush better able to resist disease and insects. Watch for aphids as they love the new growth on roses.

- Prune flowering trees and shrubs when they finish flower-

ing. After forsythia's blooms fade is when you should prune it. Cut out up to 1/3rd of the stems or branches all the way down to the ground. This allows for the new stems to grow that will bloom next season. Look up pruning tips for each plant you are thinking of working on. Your research now will payoff later in better looking trees and shrubs.

- Spread compost over the veggie garden and landscape beds to help enrich the soil.

- Early spring is a good time to apply a lawn fertilizer with extra iron for moss control. The seed germination inhibiting iron will be gone in time for your grass seedling in late April.

- Weeds? Remember that if weeds are allowed to go to seed, more and more work will be added to your garden. Keep up with this task by pulling them or covering the weeds with newspaper and compost, letting them rot beneath and then turning them into the soil once rotted.

- Watch for slugs. Use Bonide's slug bait called 'Slug Magic' to kill slugs safely with its active ingredient, iron phosphate.



## VEGETABLE GARDEN

- Check soil temperatures often this month to see what can be planted out by seed. Refer back to the soil temperature chart (in our January issue) for planting vegetables by seed out into the garden. The chart also lists the best soil temperatures for planting young starts.



- Vegetable garden: Apply organic compost to the soil. Spade in this amendment or roto-till. (If soil is still too wet, just spade in amendments as spading is better for the soil structure anyway).

- Start plants indoors, using good organic seed starting soil; broccoli, cabbage, cauliflower, celery, chives, green onions, leeks, lettuce, tomatoes, peppers and eggplant.

- Plant seeds outdoors, unless otherwise specified; beets, garden peas, fava beans, cabbage starts, cilantro, garlic cloves, green onion starts, onion sets, shallots, mustard greens, spinach, swiss chard and radishes.

Plant most of the perennial varieties of veggies now like asparagus crowns, artichokes horseradish and rhubarb. Plant carrot seeds at the end of the month.

- Plant Walla Walla onion set starts and the dry white, yellow or red onion sets.

- Pick up your seed potatoes this month as soon as they are available, since they should be chitted first before planting. (It's not a mistake, we do mean chit!) 'Chitting' potatoes is a term that means pre-sprouting seed potatoes. Place the seed spuds in a single layer, eyes facing up, in a cool frost free (no lower than 50F) but well-lit space. Good strong



light, even sun, is best for creating the plump, strong stubby sprouts, not any long weak sprouts you see from stored potatoes. When the sprouts are about 3/4"-1" long the tubers can be planted out in the garden. Chitting first helps with an earlier and larger harvest.



# PLAY TIME

## Gardening Events Around Town

**Yard Garden and Patio Show**  
**Sunday March 1, 2015 • 10:00am-5:00pm**  
**Portland Convention Center, Portland, OR**

**Growing Strawberries & Blueberries**  
**Sunday, March 1, 2015 • 10:00am-11:30am**  
**Portland Nursery (Division), Portland, OR**

With Ken Whitten of Portland Nursery. Are you interested in growing fruit? Strawberries and blueberries are a great place to start! 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.

**Being Successful with Roses in the NW**  
**Sunday, March 1, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

With Rich Baer of the Portland Rose Society Master Rosarian. Join Rose Society President and Master Rosarian Rich Baer for a basic class on roses: selecting roses, siting and planting them, and caring for them so they will bloom their best. Feel the Rose City pride, and pride in your own roses, whether they are for landscape or vase.

**Planning a Medicinal Herb Garden**  
**Sunday, March 1, 2015 • 1:00pm-2:30pm**  
**Portland Nursery (Division), Portland, OR**

With Gradey Proctor from the Arctos School. Learn how to put together your own herbal medicine kit from your own backyard. Gradey will discuss herbs that you can grow at home, planting and care methods and how to use them to stay in good health. He'll also mention a few common weeds that you might like to keep around for their medicinal uses!

**Birds, Bats & Bees**  
**Saturday, March 7, 2015 • 10:00am(S); 1:00pm(W) at Al's of Sherwood, 16920 SW Roy Rogers Rd, 97140**  
**Saturday, March 21, 2015 • 1:00pm(G)**  
**Al's Garden Center, Sherwood, Woodburn, Gresham, OR**

In this complimentary class you'll learn about some locals you may find working in your yard. Birds, bats, and bees are all important players in the natural world and contribute to insect control and pollination. An experienced naturalist will teach you about them, and explain how to encourage these helpful garden critters to visit or live in your yard. Seminar is free and open to the public. Registration is not required. Speaker: Elaine Murphy, of Tualatin Hills Park & Recreation Department.

**Kids Club: Strawberry Planters**  
**Saturday, March 7, 2015 • 11:00am(W)**  
**Saturday, March 14, 2015 • 11:00am(S)**  
**Saturday, March 21, 2015 • 11:00am(G)**  
**Al's Garden Center, Sherwood, Woodburn, Gresham, OR**  
Kick off the gardening season with a pot of strawberries. They are one of the easiest and best home garden fruits for

kids to grow, and they will produce delicious fruit throughout the summer. In this class, kids will plant up some strawberries to take home and learn more about how to grow and care for them. \$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.

**Mole Clinic**  
**Sat. March 7, 2015 • 11:00am**  
**Tsugawa Nursery, Woodland, WA**

Those pesky moles can create havoc in your garden and landscape. Learn how, what, where and when is the best time to try to tame those critters. We will share the best methods of how to convince them to find a new home... that is not your landscape. Free.

**What to do in the March Vegetable Garden**  
**Saturday, March 7, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

With Donna and Robyn, Your Backyard Farmers. Join Donna and Robyn of Your Backyard Farmer, for a seasonal tips you can use in your veggie garden for the month of March. Learn what vegetables can be grown right now and how to get your soil ready for the season.

**Backyard Chickens**  
**Saturday, March 7, 2015 • 1:00pm**  
**Al's Garden Center, Gresham, OR**

Are those chickens in your backyard? There could be, after you come to this free seminar to learn about the joys of keeping your own chickens. Fresh eggs & bug control are great benefits; they also can be wonderful pets. Several varieties of chicks will be available, and the Fidanzo family will share some basic practical tips for keeping healthy and productive backyard chickens. Al's of Gresham will have chicks this spring from February 26 - April 15, and again in the fall, with supplies available year-round. Cost: Seminar is free and open to the public. Registration is not required. Speaker: Tim Fidanzo, Manager at Al's of Gresham, and backyard chicken keeper.

**Wee Tree's Joe Gamblin on Air-layering**  
**Saturday, March 7, 2015 • 1:00pm-2:30pm**  
**Garland Nursery, Corvallis, OR**

Joe will be demonstrating air-layering deciduous trees, azaleas, and talking about saving and growing your own seeds. Seating is limited so call 800-207-3845 to register.

**Year-round Veggie Gardening: Beginner**  
**Saturday, March 7, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

With Polly Gottesman of Pumpkin Ridge Gardens. Polly has been providing vegetables year round to her CSA subscribers for decades, and her seminar on planning year-round gardens in our area has been a perennially popular one here. Come learn about the best timing, dependable varieties and other tips so you can garden like you eat – 12

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months a year. This is the first of two classes, and will present the outlines of four-season gardening in the northwest.

#### **Growing Brambles & Grapes**

**Sunday, March 8, 2015 • 10:00am-11:30am**  
**Portland Nursery (Division), Portland, OR**

With Ken Whitten of Portland Nursery. Brambles (like raspberries and blackberries) and vining fruit like grapes CAN be grown with control in our backyards. 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.

#### **Spring Lawn Care**

**Sunday, March 8, 2015 • 11:00am**  
**Farmington Gardens, Beaverton, OR**

#### **Understanding Fertilizer for Nutrient Dense Veg. Gardening**

**Sunday, March 8, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

With Marc Scheidecker. To harvest delicious, nutrient-dense vegetables we need to feed our soil microorganisms delicious (from their point of view!) fertilizer. So, what do microorganisms like to eat? Our soil "livestock" needs to be fed the right food in the right amounts at the right time. Not too much, or we will end up feeding the bad guys. Marc Scheidecker will break down "NPK", micro-nutrients that are so important, mycorrhizae, and Steve Solomon's newly updated recipe for Complete Organic Fertilizer. We will also go over what can be planted in the vegetable garden at this time.

#### **Rain Gardens in the City**

**Sunday, March 8, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

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

#### **Wee Tree's Lee Cheatle on Saikei Bonsai Landscaping**

**Sunday, March 8, 2015 • 1:00pm-4:00pm**  
**Garland Nursery, Corvallis, OR**

Part III of our three-part series will be landscaping (Saikei) our forest planting with rocks, moss, and other small plant starts. The class is open to any who want to landscape their own tray planting. \$25 for the 1 to 4pm hands-on class, landscape supplies and tool use provided. Class size is limited so please call 800-207-3845 to pre-register.

#### **Conifers: Amazing Easy-Care Evergreens**

**Saturday, March 14, 2015 • 10:00am-2:00pm**  
**Al's Garden Center, Sherwood, OR**

Conifers are the perfect plant for many landscapes. If you're looking for an easy care plant that looks good year round, consider a conifer. Join us for this event and see specialty conifers that are unique and gorgeous. Represent-

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tatives from local conifer growers will be in the Sherwood Garden Center with some of their finest plants. At 11:30am, Peter Gregg from Iseli Nursery, will talk about his "Favorite conifers for small, medium and larger yards." Enjoy 10% off all conifer purchases and enter to win fun prizes including a \$100 Al's Gift Card. Al's in Woodburn and Gresham will be stocked with special conifers and customers can also enjoy 10% off conifer purchases and a chance to win a \$100 Al's Gift Card. Registration is not required. The event is free and open to the public.

#### **Little Sprouts: Make and Take Garden**

**Saturday, March 14, 2015 • 11:00am**  
**Garland Nursery, Corvallis, OR**

#### **Make Your Own Mini African Violet Container**

**Saturday, March 14, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

Members of The Portlandia African Violet Club will provide up-to-date care and information on different types of leaves, blossoms, new exciting colors and hybridizers available in the world of African Violets! You'll learn step-by-step how to pot and care for your very own mini (or semi-mini) African Violet. We'll be potting them to display/self-water in Ball canning jars. Please bring \$5 cash or your checkbook. The society will provide everything you'll need to take home & care for your own cute baby African violet! Class limited to 24.

#### **Orchids: From Surviving to Thriving**

**Saturday, March 14, 2015 • 1:00pm**  
**Portland Nursery (Stark), Portland, OR**

With Michael Jenne of the Oregon Orchid Society. Dare to add unusual orchids to your collection! Learn to do it right with Michael Jenne of the Oregon Orchid Society as he discusses more exotic varieties of orchids and their care. He will provide insightful tips on repotting, water and fertilizer needs, promoting rebloom, and how to enjoy and display these orchids to best advantage.

#### **Cover Up! Keeping Pests Off Your Vegetables**

**Sunday, March 15, 2015 • 11:00am-12:30pm**  
**Portland Nursery (Division), Portland, OR**

With Marc Scheidecker. Are your plants covered? Anytime now the white butterflies are going to be laying their eggs on our young plants as well as a host of other things. It is time to cover up! Marc Scheidecker will talk about timing and techniques of covers, and will also discuss what we should be adding to our Garden Journal.

#### **Raised Bed Creating and Planting**

**Sunday, March 15, 2015 • 11:00am**  
**Farmington Gardens, Beaverton, OR**

#### **Creating a Patio Garden**

**Sunday, March 15, 2015 • 12:30pm**  
**Farmington Gardens, Beaverton, OR**

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# PLAY TIME

## Gardening Events Around Town, Continued

### **Creating a Fairy Garden**

**Sunday, March 15, 2015 • 1:00pm**

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

With Genevieve Layman. Enter into the enchanting world of fairy gardens, full of creativity and playfulness. Work together with your child and learn how to design, accessorize, and properly care for a magical miniature landscape in a container. With your imagination and care, you can create your own small world that tells a story. There is a \$30 materials fee for this hands-on class.

### **Medicinal & Edible Flowers for the Garden**

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

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

With Missy Rohs of the Arctos School. As you plan your garden for the year, why not include some gorgeous medicinal plants? Missy will discuss the healing properties and edible uses of ten fabulous flowers that thrive in the Pacific Northwest, including harvest and preparation tips.

### **Ladies Night Out: Spring Showcase.**

**Thursday, March 19, 2015 • 5:00pm-8:00pm**

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

Get Spring started with an evening of fun, food, fashion and friends! See the latest Spring fashions, watch cooking demonstrations and enter to win fun prizes. Buy a glass of wine and a delicious dinner and celebrate the beginning of Spring! Registration: Registration is required. Register online at [www.als-gardencenter.com](http://www.als-gardencenter.com). Cost: The event is free and open to the public.

### **Bonsai!**

**Saturday, March 21, 2015 • 11:00am**

**Tsugawa Nursery, Woodland, WA**

Join us for this informative class all about bonsai. All levels are invited. We look forward to seeing you! Free.

### **Introduction to Bonsai**

**Saturday, March 21, 2015 • 11:00am-12:30pm**

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

With Greg Brenden. Learn the basics of successfully growing indoor or outdoor bonsai. Greg Brenden will provide a great overview of bonsai styles, tree and pot selection, planting, watering, pruning and training. He will also discuss ideal growing conditions for different varieties and share great tips & technique for success.

### **Garden to Table -Potatoes, Cole Crops and Onions**

**Saturday, March 21, 2015 • 1:00pm**

**Garland Nursery, Corvallis, OR**

### **Fruit Trees: Best Fruit Tree Varieties for the PNW**

**Saturday, March 21, 2015 • 1:00pm**

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

With Monica Maggio of Core Home Fruit. Here in the Willamette Valley, we can grow many delicious types of fruit

trees – apples, pears, figs, plums, persimmons, and more! But some varieties of fruit trees are less prone to pests/diseases, produce a better harvest, and are generally much easier to care for than others. Rule of Thumb: "If you can buy that variety of fruit at the store, think twice before growing it at home". Come learn why with Monica Maggio of Core Home Fruit, and get a list of the most successful fruit tree varieties to grow at home in the Willamette Valley!

### **B.Y.O.B. – Bring Your Own Bonsai Workshop**

**Saturday, March 21, 2015 • 1:00pm-2:30pm**

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

With Greg Brenden. Sign up for a chance to bring in your own bonsai to work on with supervision by bonsai expert Greg Brenden. Drawing on his decades of experience, he'll help you gain confidence in repotting, rootwork and training your plant and be available to answer your questions regarding bonsai. Bring your tools or purchase new ones from our supply. Class limited to 15.

### **Orchids 101**

**Sunday, March 22, 2015 • 11:00am-12:30pm**

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

With Michael Jenné from the Oregon Orchid Society. Orchids are so diverse, and some are easier to grow than others. In our climate, only a few are winter-hardy, so many people grow them as houseplants or in greenhouses. Michael will give a basic introduction to choosing and growing the easiest orchid varieties for success in your home.

### **Terrarium workshop**

**Sunday, March 22, 2015 • 11:00am**

**Farmington Gardens, Beaverton, OR**

\$25 fee.

### **Houseplant 101**

**Sunday, March 22, 2015 • 12:30pm**

**Farmington Gardens, Beaverton, OR**

### **Year-Round Veggie Gardening: Next Steps**

**Sunday, March 22, 2015 • 1:00pm**

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

With Polly Gottesman of Pumpkin Ridge Gardens. Polly has been providing vegetables year-round to her CSA subscribers for decades, and her seminar on planning year-round gardens in our area has been a perennially popular one here. Come learn about the best timing, dependable varieties and other tips so you can garden like you eat – 12 months a year. This second session is for more advanced gardeners, and will delve more deeply into growing under plastic during the winter and methods specifically for unusual overwintering outdoor crops.

### **Vegetable Gardening 101**

**Sunday, March 22, 2015 • 1:00pm-2:30pm**

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

With Gardening Goddess, Jolie Donohue. If you are excited

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to grow your own food but have little to no experience, this is the class for you! Jolie will discuss the basics of site preparation, crop selection based on site elements, planting and care techniques. With her years of experience, Jolie will demystify growing your own food and share her tips and techniques for beginner success!

#### **Ladies Only! Spring Plant Show & Tell**

**Thursday, March 26, 2015 • 3:00pm-7:00pm**

**French Prairie Gardens, St. Paul, OR**

Featuring William & Judy from Garden Time. RSVP on Facebook for your 20% off shopping Pass or call 503-633-8445.

#### **Tulipfest**

**March 27–May 3, 2015 • Daily 9:00am-6:00pm**

**Wooden Shoe Tulip Farm, Woodburn, OR**

Open daily, Go to [www.woodenshoe.com](http://www.woodenshoe.com) for event details.

#### **Small Fruits & Berries**

**Saturday, March 28, 2015 • 10:00am(W,S); 1:00pm(G)**

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

Do you want to grow more of your own food? Strawberries, blueberries, grapes, and other small fruits and berries are easy to grow, and a delicious addition to your garden. Come learn from an expert how you can enjoy these simple 'grow your own' food plants in your yard. Cost: Seminar is free and open to the public. Registration is not required. Speaker: Woodburn- Mallory Gwynn, of 'Simply Gardening'. Sherwood & Gresham-Bradley Weeks, of Weeks Berry Nursery.

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

**Saturday, March 28, 2015 • 11:00am-12:30pm**

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

With Tiffany Garner or Portland Nursery. Join Tiffany for the second in a monthly series of raised bed veggie garden classes. These hands-on classes will take place outside at our display veggie beds so dress 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.

#### **Live Up that Lawn**

**Saturday, March 28, 2015 • 11:00am**

**Tsugawa Nursery, Woodland, WA**

Was winter a little unkind to your lawn? When was the last time you thatched or limed? Or are you unsure what that even means? This time of year brings a lot of questions about lawns especially when you have beautiful goals for your landscape. Join us as we discuss how to get your lawn back into shape and share how to maintain its healthy and vibrant greenness. Free.

#### **Mushroom Cultivation**

**Saturday, March 28, 2015 • 1:00pm**

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

**continued next column**

With Ryan Woolverton of Soul 2 Grow. Do you want to save money and grow your own mushrooms? Not sure how to go about it safely and efficiently? Join Ryan Woolverton of Soul 2 Grow for an informative one hour discussion on simple and cost effective outdoor Oyster mushroom cultivation. Topics will include species, site, and substrate selection. In addition, he will discuss how to prepare everything for a successful and plentiful growing season. Come learn how easy it is to grow large quantities of healthy and fresh Oyster mushrooms. It doesn't stop there. The discussion will also cover how mushroom cultivation byproducts enrich the garden by attracting beneficial insects, reducing plant disease, and building soil.

#### **Raising and Caring for Mason Bees**

**Saturday, March 28, 2015 • 1:00pm-2:30pm (Division)**

**Sunday, March 29, 2015 • 11:00am (Stark)**

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

With Rich Little. Learn how to make your yard attractive to mason bees and what to do to help them thrive. In turn, they'll reward you by pollinating your flowering fruits. Mason bees are gentle and hard at work during our soggy Spring season when honey bees aren't very active. Rich is a retired entomologist, a master gardener and a member of the commercial mason bee industry so we are very happy to share his expertise with you!

#### **Attracting Pollinators to the Fruit Tree Garden**

**Sunday, March 29, 2015 • 11:00am-12:30pm**

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

With Brenda Lee Calvert from Halfmoon Farm. 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.

#### **Pesticide Free Pest Control**

**Sunday, March 29, 2015 • 1:00pm**

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

With Glen Andresen of Metro. Discover effective, nontoxic ways to tackle weeds, pests and plant diseases. See how a few simple steps for preventing problems early on can save a lot of work later. Learn the latest techniques for managing problems safely, and find out where to go for reliable information. You can make your yard beautiful and safe for children, pets, wildlife and waterways.

#### **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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