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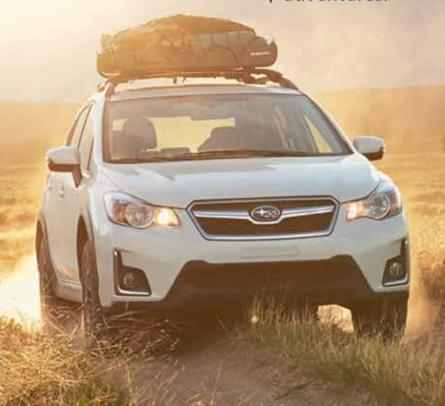
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#### Late Spring

Welcome to the late spring. No I didn't get mixed up on my calendar. It is amazing that we see each season differently. After the long cold spell of winter, the cool mornings and warm afternoons of spring seem rejuvenating! Now in the fall, even though we are experiencing the same fluctuations in temps, we seem to change our outlook, we are hunkering down and getting ready for the colder days ahead. Our mind set is completely different! Instead of getting excited in our gardens for every change, we are lamenting the changes and wishing for better days. Still the fall has a lot to offer, the changing leaf color, the plethora of fresh fruits and vegetables still available and all the festivals drawing us outside again. Fall is also a great time to plant. I know this has been said many times over the years, but it's true! In the spring we are waiting for the ground temperatures to get warm so we can get plants in the ground, but in the fall the soil temps are already warm and any plant you get in the ground now will have a jump start on growing roots needed for next spring. Plus fall is the only time for planting those spring tulips and daffodils!

Fall also means that we shift the focus of our stories in the magazine. We have to think about the cooling temperatures too. One way of dealing with the cooler nights is with a fire pit. Ron talks about the different types of fire pits and how you can build one in your back yard. What a great way to enjoy these cooler nights and still be outdoors! This month we are also talking about edibles. David introduces us to sauerkraut. This is just the latest in food trends; pickling or fermenting vegetables. He talks about how healthy this type of preserving is for your body, but also shares a quick and easy recipe to make your own sauerkraut. Another food related story involves olives. Did you know that you can grow your own olives here in the Northwest? Therese not only tells us what varieties to plant but also how to preserve them with an easy recipe from our friend Mirna Attar at Ya Hala restaurant. Finally, I take us on an adventure to the Long Beach peninsula in Washington for the Cranberrian Fair and Harvest Festival. This festival is all about the cranberry. They have been growing and harvesting cranberries since the late 1800s and during this special October weekend you can enjoy cranberry treats and even see a cranberry harvest!

There is so much to do during this 'late spring' season, it's hard not to 'fall' in love with it. Get the family in the car and get out and enjoy the various festivals and harvest events. You can always check out the Garden Time calendar of events at the back of this issue or on the Garden Time website at www. gardentime.tv/events.htm.

#### Happy Gardening, Jeff Gustin, Publisher

Garden Time Magazine 

◆ October 2016 

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#### In this issue...





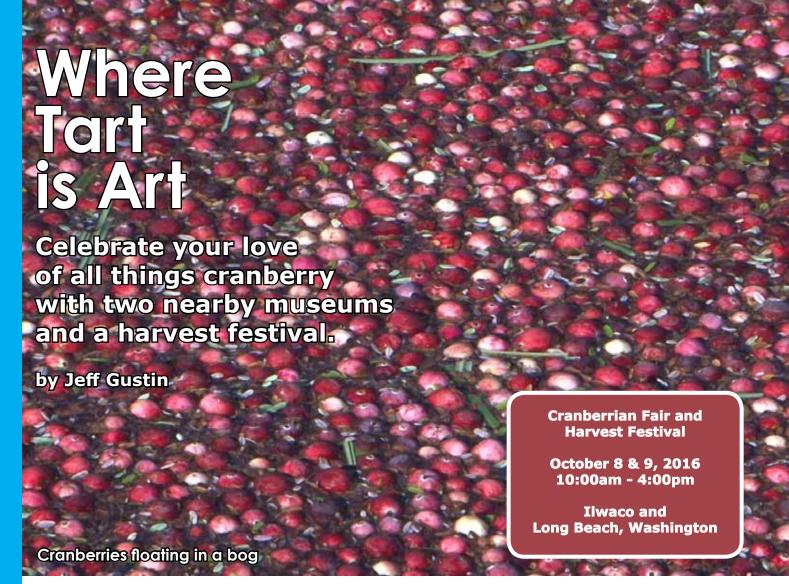












The cooler, late season breezes turn our minds to fall and the harvest of all our garden bounty. That bounty is widely celebrated with harvest festivals culminating in Thanksgiving! Part of that annual harvest celebration is the Cranberrian Fair and Harvest Festival, a celebration of the cranberry. This wonderful festival takes place on October 8th and 9th along the Long Beach Peninsula in Washington. This little bush berry is tightly tied to the fall season. Whether it is cranberry sauce, relish or one of the numerous cranberry desserts, cranberries are for fall! But did you know that cranberries are also linked to the Northwest? In fact, their history reaches back over 100 years along our Oregon and Washington coasts.

First a little bit about the plant.

The cranberry is a berry that is native to the northern hemisphere including central and northern Europe and the upper east coast of the United States. The cultivated cranberry (Vaccinium marcocarpon) is a low growing evergreen shrub with vine-like characteristics. The industry in the Northwest started in 1883 when plant starts were transported from Cape Cod, Massachusetts and planted on the Long Beach Peninsula of Washington. The name cranberry is actually derived from the word 'Craneberry', because the shape of the branching looks like a crane's neck. It was shortened over time to become 'Cranberry'.

Cranberries are long-lived. The vines will root themselves to create new plants and can create a dense mat of plants covering large areas of ground. Fruit

buds form on the plant in late summer and then they bloom the following spring. Berries form and are harvested in midfall. Based on pictures, most people think that the berries are grown in water, but that is only a way of harvesting this crop. In the early years the berries were 'dry' harvested. That means they were picked by hand with no water involved at all. It wasn't until a researcher at Washington State University started advocating a 'wet' harvest did the harvest method change. Now when the berries are ready, the fields are flooded and machines lightly beat the bushes. The ripe berries float to the surface and are harvested. This method allows for an easier and cleaner harvest, with less damage to the berry. In the Long Beach area Ocean Spray then processes the berries for





juice, cranberry sauce and lately as dried 'craisins' in trial mixes and other products.

One way to celebrate this love affair with this tart fruit is at the Cranberrian Fair and Harvest Festival in Ilwaco and Long Beach, Washington on the 8th and 9th of October, from 10am to 4pm. It takes place at the Columbia Pacific Heritage Museum at 115 SE Lake St. in Ilwaco and at the Pacific Coast Cranberry Research Foundation and Museum at 2907 Pioneer Road in Long Beach. This festival originally started

> Columbia Pacific Heritage Museum 115 SE Lake St, Ilwaco, WA 98624 360-642-3446

columbiapacificheritagemuseum.org/ cranberrian-fair

**Pacific Coast Cranberry Research Foundation and Museum** 2907 Pioneer Rd, Long Beach, WA 98631 360-642-5553

cranberrymuseum.com

# Where Will a Capitol Subaru Take You?



# **Local Events** October 2016

Pumpkin Patch, Pig Races, Mazes & More! Thru October 30, 2016 French Prairie Gardens, St. Paul, OR

People travel from all over to enjoy a day out in the country and have the opportunity to enjoy one of the main attractions - Pigtucky Derby! We have many fun new additions this year to help make your fall trip even better!

www.frenchprairiegardens.com

#### Fall Harvest Festival Thru October 31, 2016 Bauman's Farm and Garden, Gervais, OR

Dark hay maze, corn maze, obstacle course, rope maze, wood serpent maze, sock hop, jumping pillow, swing lings, giant slides, giant swings, hay ride, bug train, pedal carts, hoppy horses, corn tunnel, nut/grain bins, apple slingshot, apple cannon, gem mining, NEW laser adventure.

• www.baumanfarms.com

#### **Harvest Festival** Saturdays & Sundays, October 3-31, 2016 Fir Point Farms, Aurora, OR

Pumpkin activities every weekend in October! Charlotte's Web Corn Maze! Covered 3000 Sq. Ft Kids Zone (Ages 0 - 7). Cow Train, Giant Slides, Bounce Houses, Hay Rides, Nut House, Tire Swings, Nature Trail Path, Pumpkin Patch, Petting Zoo, Fresh Apple Cider, Donuts, Food Court, lots more.

• www.firpointfarms.com



capitolsubaru.com





in the 1920s and over time it went away, but was resurrected in the 1980s and has been going strong ever since.

During the festival weekend you can enjoy a lot of different events at both locations. At the Columbia Pacific Heritage Museum, you can visit a craft fair with people demonstrating ceramics, weaving, spinning, quilting and even a blacksmith just to name a few. There are plenty of local products made with cranberries and other local fruits and vegetables. Cranberrian Festival buttons are \$5 and cover your admission to the museum and craft fair. There will also be readings from 3 local authors from their books, all with interesting connections to cranberries!

The other location is the Pacific Coast Cranberry Research Foundation and Museum in Long Beach, a short drive from Ilwaco, but you can also ride the 'Cranberry Trolley' which will run between the 2 locations.

At the Cranberry Museum you can check out the research bogs and see them actually harvesting berries during the festival. This museum and gift shop are free and contain a great collection of machinery and pictures showing how growing and harvesting has changed through the years. Plus you can get everything 'cranberry' in the gift shop including t-shirts, posters, snacks and other unique cranberry products (even ice cream!)

Take the short drive up to Long Beach this October 8th and 9th and take in a sweet festival celebrating this tart fruit!













If you've ever gone camping in one of Oregon's many State Parks, then you know the utter joy that sitting around a campfire can elicit. The crackle of the burning logs. The tangy fragrance of wood-smoke. The orange-yellow flames dancing about, creating animated shadows in every direction. The *marshmallows*. Pure bliss!

Now that fall is here and the evenings bring with them a distinct chill, it is the perfect time to recreate that relaxing, zen-like, s'more-intense feeling in your own backyard, by installing a fire pit.

It's an easy task, to be sure. No doubt, you're familiar with some of the many different pre-fabricated fire bowls and rings that are available. Most of these can be set up and moved to almost any location in a matter of minutes. Some are simple, others more elaborate; some even use propane gas. But, how about something a little more stylish,

a little more permanent... a little less *expensive*?

If you have spent any time in your local Lowe's or Home Depot, you have probably noticed the large quantities of decorative concrete blocks that are available. These blocks come in a variety of colors, sizes and textures and are often used for retaining walls or as paving stones. Many of them are also shaped specifically for use in curved structures. That is, the sides are angled to allow you to turn the block slightly with each subsequent piece... perfect for making a circle! Best of all, they don't have to cost much. Some styles come in at under a dollar per block, a manageable price for even the most bargain-conscious do-it-yourselfer.

You can find patio fire pits available as kits or as separate components in most home improvement stores and many large retailers. Some are simply steel bowls with legs attached that can be set up and moved easily. Other kits are

comprised of concrete blocks, bricks or similar materials. As with so many backyard projects, the look, complexity and cost can vary a great deal, with simple projects costing under \$100 and going up (and up and up!) from there. In higher-end homes, you're likely to see elaborate fire pits constructed as part of a patio, using thousands of stones, sand, mortar or concrete and complex designs. These are great if you have the space, money and time, but a simple, good-looking fire pit can be created in a few hours with a few dozen blocks, a little engineering know-how and a modest amount of brawn.

#### Preparation

Before you begin construction, we recommend that you check your local ordinances or homeowners' association guidelines to see if fire pits are permitted. Some regulations will require that they be located a specific distance from structures or property lines (typically 20 feet). It is best

to ask these questions before you invest your time and money into the project.

Once you know what the regulations are, you now must decide where to place your fire pit. You'll want a location that's convenient and aesthetically pleasing, yet in an open area away from the house, low-hanging tree limbs or anything else that could catch fire. Some people like to have it near their woodpile for convenience, but a small amount of wood (say a paper grocery bag full) will make a modest, comfortable fire that will burn for about an hour, so preparing a couple of bags-full ahead of time is an easy task.

If you have a small yard or patio space where you wish to locate your fire pit, you should place a small flag at the selected location and check it over a period of a few days to determine the prevailing wind direction. You may discover that certain locations are exposed to too much wind or that the wind would blow the smoke in through a door or window. Consider the location of your neighbors' windows, as well.

#### **Constructing the Fire Pit**

As was mentioned earlier, the



complexity is entirely up to you, but creating a basic fire pit is easy and inexpensive and will provide many nights of enjoyment for the occasional-campfire lover. With that in mind, the easiest way to begin is with the purchase of a steel fire bowl. The round, black

variety is easy to find (almost any retailer with home or yard products will stock one) and extremely inexpensive - they are listed on Walmart's website for as little as \$30...quite a bargain! Higherpriced, fancier versions cost more, but since you won't be keeping the metal legs and most of the bowls look the same, it's okay to save a little money here.

You can also create your fire pit without the steel bowl, by using bricks or other fire-proof materials to line the pit, but the bowl does make cleaning easier and the included cover screen makes your pit safer by keeping sparks and hot coals from escaping the bowl.

A note of caution: Fire pits should be installed on concrete patios, stone pavers, gravel or bare dirt. They must not be installed directly on wood decks or other combustible materials. You can, however, purchase a fireproof barrier which sits underneath the bowl and is used on wooden decks or patios.





#### **Buying Materials**

The next step requires a little thinking and some decisions. There are many kinds of blocks that are available at your local home improvement store, in many different sizes and colors. The larger blocks will be sturdier and create more of an edge around the pit, whereas smaller blocks will be easier to handle and create a tighter circle around the bowl. When looking at blocks, place a few together to give you a better idea of how they will fit around the steel bowl. You will also need to do a little math to figure out how many blocks you will need to purchase, based on size and height. Most blocks are 4-inches high (so, three layers per foot), but you may find other sizes, as well, so you should know how high you want your fire pit to be before you make your purchase.

Most of these blocks are designed to fit together and remain sturdy without the use of mortar. On some, you will notice a "lip" on the bottom that prevents the block from sliding once set in place. This makes building your ring quick and easy. However, if you would like a more permanent base, you may build the fire pit ring using mortar. This would also allow you to

use other blocks that do not have the "lip", such as standard bricks or decorative stones.

#### **Creating a Base**

There are lots of options here. The easiest choice is using a preexisting cement patio. If you have one and it is far enough from your house and trees, it's pretty much a no-brainer. In the absence of such serendipity, you still have several choices. You can place your fire pit directly on the ground, if it is nice and flat. If that is not available, you can do a little digging (literally) and place three or four inches of crushed-rock gravel in a circle, slightly larger than your ring will be. Level it out and you're ready to begin. Or, you can add some sand and pavers on top of the gravel, making a small, flat square (about four-feet by fourfeet) upon which to anchor your creation. Use a level to make sure your pavers are the same height and not sloping. Concrete patio stones, at 12-inches-square, are an especially economical choice, at about \$1.50 each. Want something fancier? There are many other options, such as decorative stones, cobblestones, natural stone... the choices are almost endless.

Once you have your base selected and constructed, you're almost home.

If your blocks are flat on the bottom, use the screen cover from your fire bowl as your guide for placing the first course of blocks. This will help you determine the size of the fire pit ring, as the bowl is slightly larger than the screen and should sit nicely on top of the circle.

If the blocks you are using have a "lip" on the underside, use the bowl, turned upside-down, as your guide. This will create a base that is a little larger than the bowl, but since each subsequent layer will inset slightly, your circle will become smaller as you go up. You





may need to leave a little bit of a gap between each piece to compensate (or be prepared to cut a block to make up the difference).

Install the second layer of blocks on top of the first layer. Stagger the joints between the blocks to strengthen the wall. Install the next layers, continuing to stagger, until your ring has reached the desired height. There is no "right" height, but check its sturdiness as go you go along. If the ring seems unstable, you may wish to use mortar or a landscape block adhesive.

Once you're happy with the height, add the fire pit bowl, without the legs, to the top of the ring. The bowl should be snug, but sit firmly and flatly on the top layer of blocks. Install the fire pit grate and lid.

If you choose not to use a steel fire pit bowl, line the inside of the ring with fire-proof blocks.

Voila! You've just created a beautiful backyard fire pit. Now, get yourself a chair, a little kindling, some logs, a metal poker and a little newspaper or a starter log. It is also recommended that you keep a bucket of water, hose or fire extinguisher nearby.

One more thing: you should clean the ashes out of your fire pit regularly... but, good news for gardeners: You can mix the cool, extinguished ashes with compost and use them in your garden beds. It's the perfect ending to this easy, inexpensive and rewarding backyard project.







Every fall, I look forward to the change of colors of the season. I do love the spring flowers of pinks, yellows and purples, but my favorites are the foliage colors of autumn.

The cool days and chilly nights signal the turning of the leaves to the rich palette of golds and burgundys, reds and orange. We all have our favorite fall foliage shrubs and trees, but I want to introduce you to one you may not know about, Virginia Sweetspire, Itea virginica.

Sweetspire turns from deep green summer foliage to shades of burgundy, gold and orange at the turn of the season. The colored foliage hangs on for enjoyment all fall long, sometimes into early winter. It becomes a stellar focal point in the landscape.

The fall look of Sweetspire isn't just a one-hit wonder in the garden.

This shrub has three seasons of interest that begins with fragrant white flowers in late spring.

Long lasting, white 'racemes' of blooms linger on the shrub for weeks.

Proven Winners website states "Flowers shoot like fireworks." It is a riot of flowers blooming every which way on the shrub. The flowers are loved by butterflies.

In summer, the deep green foliage provides a nice backdrop for a selection of perennials and annuals. This foliage is not bothered by summer pests and diseases and is even deer resistant. Then on to fall, Sweetspire shows off that beautiful combination of fall colored foliage. This change of look each season makes Sweetspire a valuable shrub in your land-scape.

Besides being a pretty face, Sweetspire is also useful in challenging landscapes as they are adaptable to wet or dry soils. After planting and becoming established for about one year, they are drought tolerant and can take less summer irrigation. Sweetspire can take heavy soils and survive our winter's wet weather. This durable shrub's native species is found in swampy areas in the central, south and southeastern United States. Do add compost when planting, just to help Sweetspire grow as well as possible in your landscape.

Sweetspires can be a lone shrub in the landscape or allowed to naturalize to create a ground cover, erosion control or along a stream side. They make a beautiful statement as a mass planting in a woodland setting, too. Plant in full sun or with morning sun and afternoon shade. They will stand out even more if back lit by the fall setting sun as the foliage colors will seem to glow. Sweetspire may be a little known fall interest shrub but it's worth being the star this season in your landscape.

These two varieties of Sweetspire, featured on the next two pages, can be found at independent garden centers.

Call for availability at your favorite garden center.

# 'Henry's Garnet' **Sweetspire**

### Itea 'Henry's Garnet'

So named by Dr. Michael Dirr, Professor of Horticulture who suggested to name this shrub for Josephine Henry who gave the seedling to Scott's Arboretum at Swarthmore College in Pennsylvania. The Garnet in the name is for the school's color and not the shrub's fall color.

Large fragrant flowers in May to June

Full sun or morning sun and afternoon shade

Can be adapted to shade

Height 3-4ft; Width 4-6ft

Hardy to -20°F







# **'Little Henry' Sweetspire**

## Itea "Little Henry"

Fragrant flowers in early summer

Full sun or morning sun and afternoon shade

Can be adapted to Shade

Height 2-3ft, Width 2-3ft

Hardy to -20°F









## CUSTOMER APPRECIATION

Refreshments, discounts, free gift for the 1st 100 people Oct. 8th, 2016 10 am - 4 pm

20% Discount Oct. 8th, 2016



Stop in on Saturday, October 8th for our customer appreciation and fashion show event. The doors open at 10am with a free gift for the first 100 people. We will have refreshments, cocktails, and our friendly staff will show you some great fashion ideas. Stop in, you are sure to have a great time!







# SAVE THE DATE! **2016 HOLIDAY EVENTS**

October 8th • Customer Appreciation/Fashion Show

October 11th • Hydrangea Class

October 15th • Meet Hubbard Police K-9 Unit

October 29th • Kelly Rae Roberts Signing Event

November 12th • Christmas Open House

November 15th • Front Porch Holiday Decorations Class

November 25th • Black Friday

November 26th • Small Business Saturday

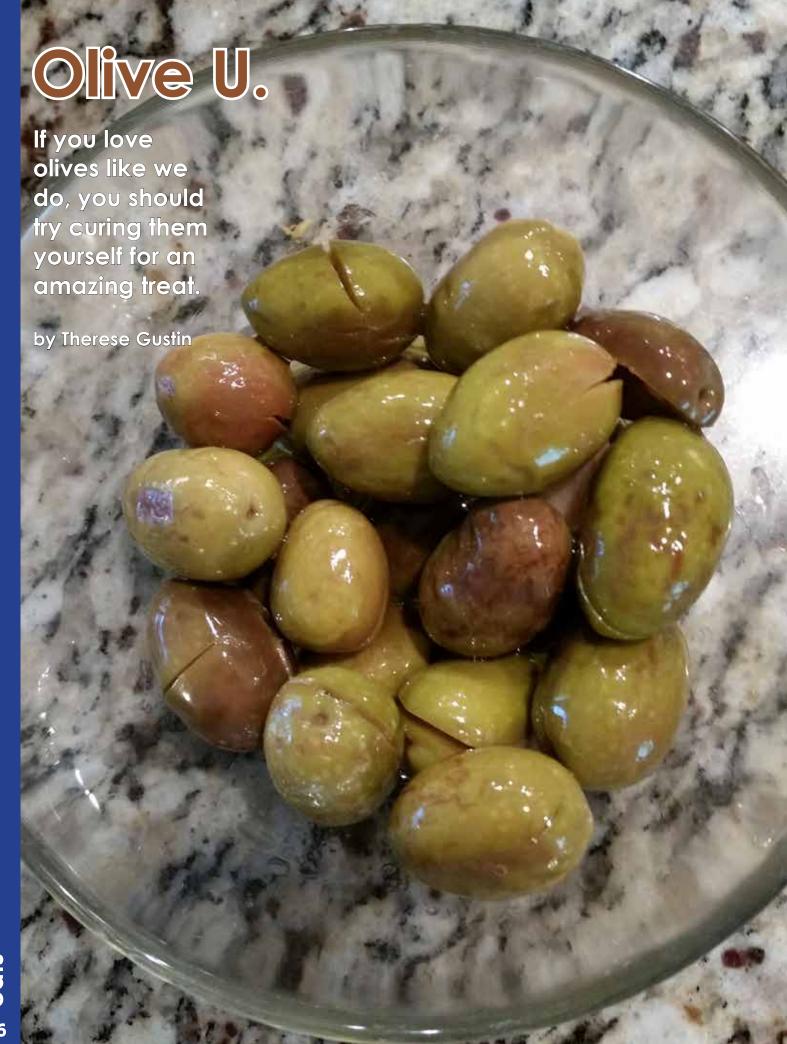
December 10th • Annual Cookie Contest

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Who doesn't love olives? Black, green, kalamata... nicoise, haven't met an olive I didn't like. **Numerous** nations include olives in their healthy diets... Italy, Greece, Spain, France, Lebanon, Portugal and even India to name a few. These briny rich and meaty appetizers add a salty tangy flavor to any antipasti plate. It's widely known that olive oil has many health benefits. Rich in vitamin E, olives contain anti-inflammatory properties as well as anti-oxidents.

Through our Garden Time adventures we've learned that there are some olive varieties that can actually grow in our Oregon climate. The Oregon Olive Mill at Red Ridge Farms in Dayton, Oregon started growing olive trees on 17 acres of their property 8 years ago and are experimenting with different olive varieties, looking for those varieties that offer the highest yields and increased hardiness. They use their own olives mixed with olives grown in Northern California to make their amazing olive oils.

Due to their smaller size, olive trees can be grown in most backyards either in the ground or in large containers. Some varieties need an additional variety for pollination but even the self pollinating varieties will produce more fruit with an additional tree. When planting olives it is best to wait until Spring so they have a full season to get established as they can be sensitive to a very cold winter. Olive trees are evergreen and shouldn't be pruned for their first five years in order to maximize their growth for earlier and more prolific fruiting.

Olives are actually the fruit of the tree Olea europaea. The Spanish variety Arbequina, is probably the most well known variety grown in the Willamette Valley. It is a compact tree reaching 8-10 feet at maturity. It is self fertile and early ripening. You can usually expect fruit one or 2 years after planting. Arbequina olives are hardy to about 10° or a bit below. They bloom in May and can be harvested in October. All olive trees prefer full sun and well draining soil.

The Italian variety Leccino is also fairly hardy in this area. It needs another variety like Arbequina for pollination. When planting another olive for pollination it is best to plant them less than 20 feet apart. It too is hardy to 10° and should bear fruit one to 2 years after planting. Leccino has a semi-weeping habit and can grow to a height of 8-10 ft. Its fruit is large and tasty.

A variety we discovered at Rare Plant Research in Oregon City was called Frantoio. This Italian variety is a bit hardier than the Arbequina and Leccino but on really cold winter days it should still be protected. It has larger olives and is a better producer of fruit. Burl from Rare Plant Research



also has a large old Arbosana olive. When we were there in May it was covered in blooms!

Unlike most fruits, olives can't be eaten right off the tree. They require special processing like fermenting or brining to reduce the bitter substance called oleuropein which is concentrated in their skin.

If you don't have space to plant an olive tree but still want to try your hand at brining them, you can find raw olives at Barbur World Foods in their produce department in late September and into October. Mirna Attar demonstrated how to make a simple recipe for some of the best olives I've ever tasted. I made them at home and highly recommend you give it a try. Next time you need to create an antipasti plate you can proudly serve your own personally brined olives!



You can purchase olive trees at the following locations

#### Red Ridge Farm

Redridgefarms.com

5510 NE Breyman Orchards Rd, Dayton, OR 97114 503-864-8502

#### **One Green World**

Onegreenworld.com

#### **Rare Plant Research**

Rareplantresearch.com

11900 S. Criteser Rd. Oregon City, OR 97045 503-780-6200

Or check at your independent garden center.





#### Mirna Attar's Olives

Curing green olives

- Crack the green olives using a meat tenderizer or clean mallet
  - Wash the cracked olives in cold water
- Let sit in cold water for 2 days, changing the water twice a day.
- Prepare a salt water solution (1 quart water, ½ cup of pickling salt). Mix well
  - Place olives in a clean jar with a tightfitting lid.
- Add salted water, lemon wedges, and garlic slices. (you can also add peppers, herbs and other seasonings to flavor your olives)

Add 3 tablespoons of olive oil to the top of the jar and then close with an airtight lid.

• It will take 2-4 weeks before your olives are cured. They will be good for at least one year.





# From From Farmer's Wife to Plant Ambassador

How Leigh Geschwill turned "happy wife, happy life" into "Happy Plants, Happy People, Happy Planet."

by Robin Burke

The Food Network has The Pioneer Woman. She lives on a ranch, cooks, cleans, and home schools her kids, all while hosting a television show, posting stories to her popular blog, writing cookbooks, taking perfect pictures of her latest recipe and throwing large dinner parties.

The Willamette Valley has Leigh Geschwill of F & B Farms and Nursery in Woodburn. When comparing the two, The Pioneer Woman looks like a slacker.

Geschwill's email address is "FarmersWife", which is accurate, but oh so humble. If she created a blog it would be adorned with photos of unusual plants, rows of crops and tips on propagating, not pioneering pistachio cake

without pistachios.

"We harvest hops, grass seed, specialty seed crops, row crops like wheat, vegetable crops like corn and peas, and we planted some hazelnuts," Geschwill says. "It's pretty typical for a Willamette Valley farm to be diversified, that's how it works here in Oregon."

Though Geschwill doesn't claim to know everything about farming, planting, and gardening, she does know enough to be the presiding President of the Oregon Association of Nurseries. At her day job, she's in charge of sales and customer service at F & B Farms where she helps with planning and forecasting for future plants to grow, and leads programs to

cut down on waste and improve efficiency.

"I never anticipated growing up that I would marry a farmer, but I do come from a long line of avid gardeners. My grandfather grew up on a farm shared his love of gardening with me and so did my parents. I'm a 'farm-ready' city girl."

Geschwill grew up in Portland, marrying into the farming life. Her husband, Fred (the "F" in "F & B Farms") is a third-generation farmer. His grandfather emigrated from Germany just before World War II. F & B Farms will proudly celebrate their 20th Anniversary next year.

**Nursery News** 

Much of the success of the farm has been in diversification, not only of crops, but also of the farm's business model in general. Geschwill has been instrumental in growing the nursery end of the operation.

"We started the nursery and it was all retail, word of mouth, everything was done by hand, we filled pots out of wheel barrows and filled seed by hand. About three years ago we started doing a little bit of wholesale and as time has gone by our wholesale has grown exponentially."

F & B Nursery grows annuals, perennials, organic herbs and vegetables, hanging baskets, and indoor flowering plants for independent garden centers in Oregon and Washington. They ship their merchandise on their own trucks.

Geschwill believes the success of the wholesale nursery side is the direct result of the farm's philosophy: Make the end user (that's you) happy.

"We want the consumer, the end user, the purchaser of the plants and flowers to be successful. If they have a positive experience and were able to grow a plant and it worked well in our climate and environment, then it's kind of a trickle up effect. They're happy and satisfied so they come back to our customers (the nursery owner) to buy more products and our customers buy more from us. It's really important that it's something the customer wants and can be successful with. If it's not a hardy plant, then be clear that it's not a hardy plant so they understand what they're purchasing."

#### **Gardening for the Gardener**

Dedication to customer service is basic, good business sense, but Geschwill says it's their knowledgeable customers who really drive it.

"Our marketplace, the Pacific Northwest, has a really discern-





ing group of gardeners," Geschwill notes. "Because we can garden four seasons out of the year, it reinforces that it is a different marketplace than other parts of the country. High quality is super important; we wouldn't have the business we have if we didn't have quality plants."

The retail side of the nursery is buzzing, too. The store at the F & B Farms location has a new moniker, The Happy Bee Garden Center, which boasts its own identity in the community. Geschwill says the customers keep coming, so they keep selling quality plants to them. You won't find much more than things that grow at the store. There are no tchotchkes for sale, just a few items made by a local artist and small seasonal displays.

"We have pumpkins and fall décor items like corn stalks and straw bales and we sell hop vines for people to decorate with. It keeps us busy year around."

#### To Grow or Not to Grow

For now, the nursery, both whole-sale and retail, is in a good place. There's growth, but not so much that the core components and philosophy of the farm need to change. "We're as big as we're comfortable being right now, I don't know if we're as big as we want to be forever."

Geschwill says there is no immediate expansion plan for the farm mainly because of the tough labor market. Difficulty in finding basic employees through technical staff is a hindrance to growth, but she

"The reality is more like getting in muddy ditches to fix things, getting calls at 2 in the morning that a truck is broken down isn't too exciting, but overall the benefits of farm life definitely outweigh the negatives."











is optimistic.

"It's great to see people getting connected to nature and understanding that strawberries aren't fresh from Oregon year around." Geschwill believes the typical customer is changing in the post-re-They are younger and cession. more curious about where their food comes from and how to grow it themselves.

"It's interesting that people want to cook and sew and can again. There was a time when I thought I would be the only one left who knows how to do those things. It's exciting to see people who want to gain that kind of knowledge coming into the garden centers."

Fostering the "old is new" theme, F & B Farms has taken part in the Oregon AgLink "Adopt A Farmer" program. Sixth grade science students connect with farmers and tie in what's happening on the farm with their science units.

"It used to be that you had a parent or grandparent who worked on a farm, but now a lot of these kids have never seen a farm."

Helping children get connected to the land falls in line with the other half of Geschwill's farm philosophy. "Plants really nourish life. Whether it's your mental health, your physical health, or your emotional health; if it's the beauty of the plants, if it's the food you're getting or the fiber you're getting, whatever it is... plants are a really important and integral part of our lives. That message is important, that connectedness to the land is something farmers uniquely un-

"The ground is owned by the family and we do have people in my daughter's generation that want to continue farming, so I don't think there's any reason it won't always be in the family."

derstand."

#### **Future Farmers**

It will be several years before it's time to pass the baton to the next

generation, but do not fear, the Geschwill children are here to take on the challenge of farming, including Leigh and Fred's elevenyear-old daughter.

"We've given her the choice. I don't want her to ever feel like she has to farm. In earlier generations it wasn't much of a choice, you were told you would take over the farm despite what you may want to do with

your life. She does see the advantages of being your own boss and she's definitely a country girl who

likes animals and being outside and loves being muddy, so there's a strong possibility that she will continue on."

Current farming practices are im-



plemented with these future farmers in mind. "We are mindful, too, as we build and grow that we do

so in a way that it's sustainable and can keep going so that if it is just her running it, she can do it on her own."

Preserving the farming way of

life is important to her family, but Geschwill understands that not everyone is able, or wants to live on a farm, which is why she says she advocates for plants everywhere.

"Our motto is 'Happy Plants, Happy People, Happy Planet'."

It may be time to change her email address from "Farmer's Wife" to "Plant Ambassador".

F & B Farms and Nursery and The Happy Bee are located just South of Woodburn on 99E.





# Evil nebrid







McBryde Garden

First 20
who sign up
receive a
Hawaiian Bag
with goodies
inside!
(Limit one per
household.)

Waikiki Beach

# Book before October 15th to save \$100. Space is limited!

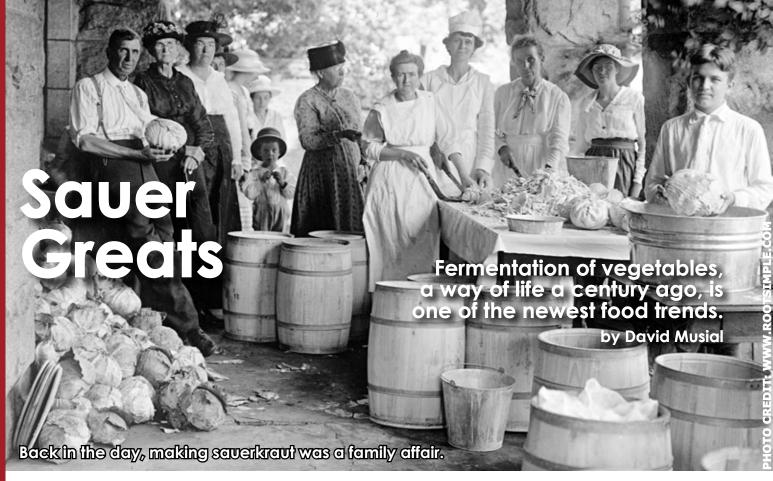
Surprise! Our February Hawaii Garden Tour is no longer one island but 4, not just a land tour but also a 7-night cruise around the islands and instead of 5 days it is now a 10-day cruise and tour, but the price is only slightly higher than the original trip. The price is being held for a very short time and airfare, hotel and cruise are not confirmed until deposit is received. Experience the cultural revival of Hawaii's past. Explore farms, gardens and unique locations on 4 Islands with private guides, land and cruise experiences and full-day itineraries designed just for Garden Time guests. See below for our itinerary and check out the videos to some of the destinations of this fabulous journey. If you've been waiting to go to Hawaii, THIS IS THE TRIP OF A LIFETIME, with special destinations and tours you won't find anywhere else. It's a trip you'll never forget, and you'll be joined by your favorite hosts, William McClenathan and Judy Alleruzzo. Come join us!

Join us for this exciting Garden Time Tour!
Participation is limited. We recommend you book early.

Link to this information on the Garden Time website: www.GardenTime.tv/tours

For more information, call Carolyn Horne, Time To Travel Tours • (503)684-5997





As a caterer and food lover, I am always on the lookout for the latest food trend. However, I have to admit that some are both amusing and confusing. Take the current farm to table movement. I applaud the effort to reduce the carbon footprint by eating local seasonal food, however, does this qualify as a trend?

As a child, I visited my Great Uncle Edgar and Great Aunt Agnes on their farm in Indiana. Just about everything I ate on that trip came from the farm. That included all fruit, vegetables, meat and milk. Farm to table was a way of life for my aunt and uncle, not a food trend.

This brings us to one of the newest food trends; fermentation of vegetables, which leads us to sauerkraut or fermented cabbage.

Fermentation of vegetables and cabbage in particular goes back over 6,000 years in China. There is evidence that the process predated food cultivation. At that time, it was a means of food preservation and not a food trend. Most countries have a history of fermenting vegetables with salt. In Korea, its kimchi, in West Africa, its garri which is fermented cassava root and as we all know, in Germany, it's the national food...sauerkraut (literally sour

vegetable).

When most of us think of fermentation, we think of beer and wine. However, sauerkraut and cheese are two other examples of fermented food.

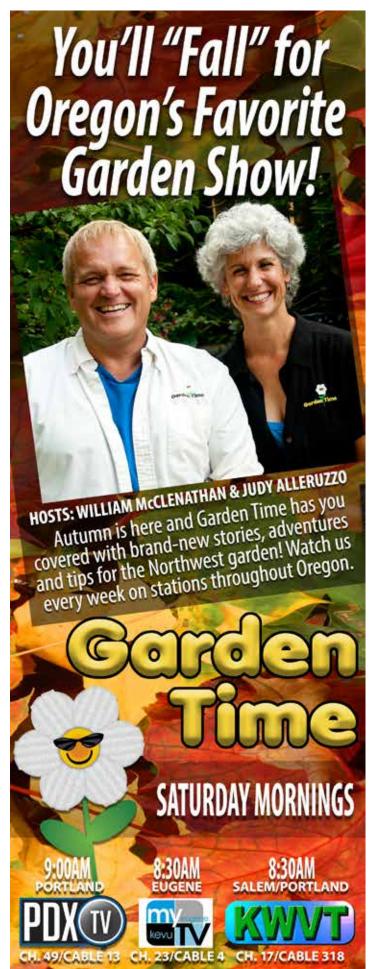
Although you might believe that sauerkraut is made with vinegar, it is traditionally a fermentation process that occurs











naturally using salt. The process is known as lactic acid or lacto fermentation. Salt draws out the moisture from the cabbage and creates brine. This brine acts as a preservative while bacteria feed on the starch and sugar which creates lactic acid. The process preserves the food and the lactic acid gives it the distinctive sour flavor.

Not just a food trend, but also a health trend. Fermented vegetables have been shown to have major health benefits. The process of fermentation breaks the vegetable down helping it to become more easily digested and the process creates beneficial bacteria or probiotics.

Considered an important part of a healthy diet by many health professionals, some of the stated benefits include:

- Improved digestive functions
- Supports the body's immune system
- Shown to reduce allergies
- Provide cancer fighting antioxidants
- Assist in weight loss
- Improve brain functions
- Reduces stress and improves mood

Since most commercially produced sauerkraut is not actually fermented, most beneficial bacteria will not even be present in the can or jar. Additionally, the pasteurization process removes both harmful and beneficial bacteria. If you want the benefits of fermented cabbage, you need the real deal. That leaves you with two options; buy fresh made sauerkraut from your grocer's cold section or make your own.



HOTO CREDIT: CABBAGESHREDDER.COM

#### Making your own fresh sauerkraut is easy and you just need a few items. The basic steps are:

- Chop the cabbage and place in a bowl
- Add measured amount of
- Knead and pound the cabbage until moisture is released
- Place cabbage and liquid in a wide-mouthed canning jar

- Push cabbage down and place a weight in the jar to keep the cabbage submerged
- Cover with a clean towel and allow to ferment
- Check daily to remove any scum that has rose to the surface
- After about two to four weeks give it a taste. If it has the tang you're after, transfer to an airtight container, seal and place in the refrigerator

#### For a detailed sauerkraut recipe, check out:

http://www.foodnetwork. com/recipes/alton-brown/ sauerkraut-recipe.html

If you are not up to making your own sauerkraut, but want to try the real deal, visit the annual Verboort Sausage and Sauerkraut Festival held at Visitation Catholic Church in Verboort, Oregon where the festival has been celebrated for over eighty vears. Over ten tons of cabbage is used to make the sauerkraut, using only salt. You can enjoy a dinner or buy sausage and sauerkraut to take home. The festival is always held the first Saturday in November. Be sure to arrive early as the lines start forming in the morning. Oh yeah, and if you plan to buy both sausage and sauerkraut to take home, bring a friend to stand in line as there is a separate line for each.

Back to Uncle Edgar and Aunt Agnes, they were ahead of another current food trend, Bone Broth, only they called it chicken stock!





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

# **PLANNING**

• Start to plan next year's vegetable garden. Take



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

Garden Journal catch-up time.

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

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

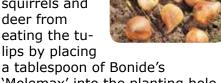
# **PLANTING**

- The best time to plant anything into the landscape is actually all winter long! You can move plants around in the yard now and plant in any new acquisitions to the landscape. With the rain coming on you won't have to worry about watering them until next spring sometime.
- Move the plants that are stuck beneath the house overhang under the eaves where rain doesn't reach.
- There are about two weeks left to plant a new lawn or over-seed an existing one. Lawns started in the fall start quickly but don't wait until the frosts are here or you won't have good results.
- Plant spring bulbs starting this month through December. There is no better time to get your spring bulbs in the ground for next year's bloom. This includes tulips, daffodils, hyacinths and crocus. Choose a sunny loca-

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

fertilizer.

• Bulb tip! Keep the squirrels and deer from eating the tulips by placing



'Molemax' into the planting hole before the bulb goes in.

# TASKS, MAINTENANCE & CLEAN-UP

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

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



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

# What To Do In The Garder

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

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



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

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

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

facilities.

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



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

product breaks down the plants

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

- Watering, especially under the house eaves, getting ready for colder weather. Plants that go into cold weather with dry roots are extremely susceptible to cold damage. Just like our skin, plants can take the cold better when hydrated. Water plants deeply this fall if the rains are not getting to the roots; like under evergreen trees and eaves of the house.
- Winterize the more tender plants you want to save for next year like the hanging fuchsias, geraniums, dahlias and tuberous begonias. Bring them into a protected environment before the frost gets them. Treating them as a houseplant can give you a head start on next year's flower gardens.

# EGETABLE GARDEN



- Be sure to pick the crops as they mature before they lose their best flavor. Some crops can stay in the ground over winter and pulled up when wanting to prepare them for a meal; like beets, carrots, parsnips & turnips. Mulch them in good with a think layer of leaves or compost.
- Planting cover crops to help fight weeds in winter and add back nutrients to the soil for next years crops. Give back to the soil the nutrition that your plants took out as they grew. Cover crops are the bee's knees when it comes to adding back some nitrogen plus other nutrients and adds lots of organic

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



 Plant Garlic cloves You still have time to plant some garlic this fall. Be sure to purchase some heads soon or they'll be gone before you get yours! Garlic gets planted in the fall and sends up a green sprout soon afterward. The cloves need months

to mature so you should get them in soon. After it sprouts you can pop a layer of compost over them to protect them this winter. Then mark your calendar for next July to harvest the best tasting garlic ever-your own crop!



#### Pumpkin Patch, Pig Races, Mazes & More! Thru October 30, 2016 French Prairie Gardens, St. Paul, OR

The crisp fall air signals it is time for a little Farm Family Fun at French Prairie Gardens and Family Farm's Pumpkin Patch! During this 5 week event, people travel from all over to enjoy a day out in the country and have the opportunity to enjoy one of the main attractions - Pigtucky Derby! We have many fun new additions this year to help make your fall trip even better! Pumpkin Patch Hours: Tuesday-Saturday: 9:00am-6:00pm; Sunday: 10:00am-5:00pm; Monday: Closed. www.frenchprairiegardens.com

#### **Fall Harvest Festival** Thru October 31, 2016 Bauman's Farm and Garden, Gervais, OR

Its time for Baumans Harvest Festival again! Thank you for voting us the #1 pumpkin patch in the Mid Valley again!!! Whats to do at Baumans: Dark hay maze, corn maze, obstacle course, rope maze, wood serpent maze, sock hop, jumping pillow, swing lings, giant slides, giant swings, hay ride, bug train, pedal carts, hoppy horses, corn tunnel, nut/grain bins, apple slingshot\*, apple cannon\*, gem mining\*, NEW laser adventure\*. (\*These activities are not included in the activity wristbands.)

Whats to see: Feed/Pet Lots of farm animals, Watch an Apple Cider demonstration, Comedy shows, Reptile show, Local Bands/Singers, Local Dance Studio Performances, Largest Giant Pumpkin Weigh off in Oregon, Giant Pumpkin Drop (Oct 3 @1:00), and more!

Whats to Eat: Apple Clder donuts, Cider Slushies, Hot Dogs/Sausages, Curly Fries, Nachos, Caramel Apples, Kettle Korn, Roasted Corn/Squash, NEW Baked Potatoes, Pie & Ice Cream and so so so SO much more!

Parking is FREE Every day. More information at www. baumanfarms.com.

#### **Pumpkin Weigh Off**

continued next column

#### Saturday, October 1, 2016 • 10:00am Bauman's Farm and Garden, Gervais, OR

Bauman's 2016 Giant Pumpkin Weigh Off is October 1st! The largest pumpkins and squash in the country have made their way to Bauman's Harvest Festival during the last decade. And wow, have records been made...last year, with the largest squash ever in Oregon, weighing in at 1,175 pounds. What records will be broken this year? Registration is from 7:30-8:30am. Giant pumpkin weigh off starts at 10:00am. The giant pumpkin drop is at 1:00pm. www. baumanfarms.com

#### Mason Bee Harvest and Winter Care with Billie Saturday, October 1, 2016 • 11:00am Tsugawa Nursery, Woodland, WA

We are excited to have Master Gardener Billie Bevers return to share her special wisdom and tips about mason bees. Billie will review how and why you should clean your mason bee nests. She will also share how to prepare our mason bees for the coming winter. These amazing pollinators care for our plants year after year and now it's time we return the favor. www. tsugawanursery.com

#### **Harvest Festival** Saturdays & Sundays, October 3-31, 2016 Fir Point Farms, Aurora, OR

Pumpkin activities every weekend in October! Charlotte's Web Corn Maze! Covered 3000 Sq Ft Kids Zone (Ages 0 - 7). Cow Train, Giant Slides, Bounce Houses, Hay Rides, Nut House, Tire Swings, Nature Trail Path, Pumpkin Patch, Petting Zoo, Fresh Apple Cider, Apple Cider Donuts, Food Court, lots more. All activities starts at 10:00am; All day long - all activities - \$12 for each person (or \$3 for each activity and \$5 for Charlotte's Web corn maze). (Pony rides not included). www.firpointfarms.com

#### 29th Annual Apple Tasting Event Friday-Sunday October 7-9 & 14-16, 2016 • 10:00am-5:00pm

#### Portland Nursery (Stark), Portland, OR

Portland Nursery is celebrating our 29th annual Apple Tasting festival! We'll be slicing over 50 apple variet-

continued next page



ies to taste, and we'll have dozens of locally-grown heirloom apples and pears for sale. Come enjoy our fresh-pressed cider, sample treats from local vendors, paint a pumpkin in the kids' tent, embark on a scavenger hunt, vote for your favorite scarecrow in our scarecrow contest, and dance to live music on Saturdays and Sundays. Please bring a donation of non-perishable food for the Oregon Food Bank. Apple Tasting is a Portland tradition! Visit our website for complete details.

\*Friday, Oct. 7th is school field trip day—hundreds of children from metro-area schools will be here! The Kids Tent will not be open, though there will be a special kids show on the stage. If you are interested in bringing a group of 10 or more, please contact the nursery to schedule a time.

#### 1st Weekend Music Schedule:

Saturday October 8th 11:00am - 1:00pm • Cascade Crescendo 2:00pm - 4:00pm • Mood Area 52 Sunday October 9th 11:00am - 1:00pm • Annalisa Tornfelt & The Tornfelt Family 2:00pm - 4:00pm • Pete Krebs and His Portland Playboys

#### 2nd Weekend Music Schedule:

Saturday October 15th 11:00am - 1:00pm • Little Sue & Lynn Conover 2:00pm - 4:00pm • Tim Acott and Billy Kennedy Sunday October 16th

11:00am - 1:00pm • Will West & The Friendly Strangers 2:00pm - 4:00pm • Carl Solomon Project

Kids' Club: 21st Annual Kids' Bulb Day Saturday, October 8, 2016 • 9:30am, 11:30am or 1:30pm Al's Garden Center, Woodburn, Sherwood, Gresham, OR

Don't miss this fun, FREE event! Join children from all over Oregon and Washington to plant a pot of bulbs and flowers to take home and grow. This day is full of smiles and fun, so don't forget your camera!

continued next column

#### Garden to Table-Fall Soups Saturday, October 8, 2016 • 10:30am Farmington Gardens, Beaverton, OR

Call 503-649-4568 or email events@farmingtongardens.com to register for one or all of our free classes this month.

#### Little Sprouts: Pumpkin Painting Saturday, October 8, 2016 • 11:00am Garland Nursery, Corvallis, OR

We are getting in the Halloween spirit and overflowing with pumpkins. Join us as our little sprouts paint up and take home their scary (or not so scary) pumpkins. \$7 per child.

#### Bonsai Care and Winterizing Workshop Saturday, October 15, 2016 • 11:00am Tsugawa Nursery, Woodland, WA

Cold weather is just around the corner and it's time to give your bonsai a little extra care and prep. In this class we will review how to check, remove, and rewire your bonsai and share tips and tricks on how to increase the bonsai trunk diameter through the fall. We will also share best fertilizing techniques and how to ensure your bonsai is winter ready. Fee is dependent upon materials used during class. www.tsugawanursery.com

#### Cider Making Workshop Sunday, October 16, 2016 • 11:00am-1:00pm Portland Nursery (Division), Portland, OR

With Nick Gunn, Cider-maker, Wandering Aengus Ciderworks. Come join Nick Gunn, Cidermaster and Co-Owner of Wandering Aengus Ciderworks for an instructional session on Cider making and Cider Apple selection. Held in conjunction with Portland Nursery's Apple Tasting event, this class will dive deep into the principals and practices of apple fermentations. Class fee is \$10. Discussion topics include: Apple Variety selection and the art of blending; Pressing your own juice versus using farm pressed/store bought juice; Yeast selection and other adjuncts that aid in fermentation; Fermentation management; Racking, Filtering, Carbonation, Bottling, and Stabilization; Fundamentals of unique cider styles, i.e. French,

continued on page 35





Spanish, New England, Ice Ciders, "Cider, Hard and Sweet" by Ben Watson will be available for sale at the class and includes follow up Cider making principals and graphics that will help the home cider maker excel at the art. Come take part in this fast growing phenomenon and broaden your appreciation of America's original drink. We hope to see you there!

#### **Heirloom Apple Festival** Sunday, October 16, 2016 • 12:00pm-4:00pm Smith Berry Barn, Hillsboro, OR

Apples, Apples, Apples! Join us for our 23rd annual celebration of all things APPLE! We grow over 20 varieties of modern and heirloom apples, which will be on display to sample and compare. Whether it's for baking a pie, making applesauce or simply for fresh eating, we can help you find the very best variety to suit your taste. Apple picking will be available, too... as long as we still have apples in our orchard! www. smithberrybarn.com

We will be grilling up our favorite chicken apple sausages and topping them with caramelized onions. Other treats include our signature squash soup, pumpkin chocolate chip cookies, hot apple cider, and of course, homemade apple pie! We bake our pies with individual varieties, so you can choose your favorite, or perhaps find a new one!

Live Music: Our musical guests are still to be determined, but plan on enjoying live music from 1pm -3pm. Stay tuned for more details! Family Activities.

#### **Fall Festival**

Saturday & Sunday, October 22 & 23, 2016 Farmington Gardens, Beaverton, OR

Call 503-649-4568 or email events@farmingtongardens.com to register for one or all of our free classes this month.

#### **Garden Buddies** Saturday, October 22, 2016 • 10:00am Farmington Gardens, Beaverton, OR

Call 503-649-4568 or email events@farmingtongardens.com to register for one or all of our free classes this month.

#### 6th Annual Barn Dance Saturday, October 22, 2016 • 6:00pm-11:00pm The Oregon Garden, Silverton, OR

In the Grand Hall, presented by Double "H" Western Wear. Tickets available now: \$15 each in advance; \$20 at the door. Oregon Garden members are \$13 with membership ID number. Attendees must be 21+. Tickets include line dancing lessons and your first beer from Seven Brides Brewing. Line Dancing Lessons. www.oregongarden.org

#### 2nd Annual Pumpkin Contest Saturday, October 29, 2016 • Store Hours Portland Nursery (Division), Portland, OR

Calling all pumpkin carvers and decorators! We're having a Pumpkin Carving Contest! Bring your carved or decorated pumpkin to our Division Street store for a chance to win prizes! We'll have face painting, a kids' hay maze, games and other free activities for kids and the family, as well as kids and adult category prizes! Contest details can be found on our Pumpkin Contest Page.

Chrysanthemum Show and Sale Saturday-Sunday, October 29-30, 2016 • 9:00am-3:00pm Portland Nursery (Division), Portland, OR

Annual Fall Chrysanthemum Society Show and Sale.

Japanese Maples with Mr. Lou Satuday, October 29, 2016 • 10:00am Sunday, October 30, 2016 • 10:00am Monday, October 31, 2016 • 10:00am Farmington Gardens, Beaverton, OR

Call 503-649-4568 or email events@farmingtongardens.com to register for one or all of our free classes this month.

LOOKING FOR MORE?

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



These are just some of the companies we've produced videos for:

Benson High School • Central City Concern • Malarkey Roofing Lewis and Clark Law School • Muscular Distrophy Association Oregon Cancer SkiOut • Regional Water Providers Consortium SOLV • Salem Hospital • Team Oregon • Willow Station

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