

July 2017

garden time

A Digital Monthly Magazine for Your Garden & Home

The Good Samaritan Stenzel Healing Garden

Remedial Weeding

AmpleHarvest.org

5 Ways to Make Your Backyard Fun

OCNP GARDEN DESIGN AND CONSULTATION'S

Paul Taylor

100th Issue!



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100 is a Good Thing!

100. What a significant number! It has good and bad connotations. For the kindergartener, learning to count to 100 is amazing. For the gardener, a temperature of 100 is miserable! If you use Celsius in the kitchen, 100 is the temperature for boiling water, the beginning of many meals I made when I was single! For us at *Garden Time*, 100 is VERY special this month. This is our 100th issue of the *Garden Time Magazine*. Our first issue was in April of 2009. Back then we were pretty much a newsletter. We started publishing and e-mailing it to viewers who signed up on our website. It was meant as a year-round way of getting great gardening information out to, and keeping in touch with, our viewers even when we weren't on the air in the winter. Plus, we promised to never sell or share your e-mail information with anyone!

Since then we have expanded and improved the magazine, but some things remain the same. We still get you the best in home and garden information every month. It still is free and delivered to your e-mail each month. We still send it only to people who have signed up with us directly, and we still don't share your information with anyone. We are often asked why we don't print and direct mail copies to subscribers. Well, it's all about the money. It would cost too much to print and mail each month. We've decided to keep it simple (and affordable) for everyone. And so, THANKS, for allowing us into your e-mail box each month!

This month we get to showcase another significant number. For our 'Adventure' this month we take you to the Stenzel Healing Garden as they celebrate their 20th anniversary. We featured this garden recently on the *Garden Time* TV show and learned how it was at the forefront of healing gardens in the U.S. and helped set the standard. This time of year, every garden is a healing garden as we all get outdoors to enjoy the sun. This month Therese shares five things to make your backyard more inviting. We're sure that they will help you enjoy your garden and help your mental health as well. Speaking of health, Robin did some research on gluten and if you ever had questions on this topic, they will probably be answered in her story. She even has a list of foods that are naturally gluten free and many grains and starches that are gluten free as well. There are even links for more information on the subject.

For viewers of the TV show you will notice this month that we are returning to a half hour program. It is that time of year again. Every year we expand the show from a half hour to an hour long program for 13 weeks for two reasons. One, there is so much to cover in the spring. From planting tips and flower festivals, to dealing with winter damage, we just can't seem to cover it all. Second, we have a lot of advertisers that want to be on the air in the spring. You are all excited about gardening and they want to share their great plants and products with you, and because you are excited about buying their products they continue to support us. It's almost like the circle of life in the *Lion King*! Thank them for their support! Remember, we will be on the air until the end of November with our half hour shows!

Happy Gardening!

Jeff Gustin, Publisher

Garden Time Magazine • July 2017 • Volume 9, No. 7, Issue #100

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Garden Time's Iconic Spokesflower Answers Your Questions!



Ask Mortimer

Dear Mortimer,

After this cold and wet winter, my fruit trees seemed to bounce back with a ton of fruit showing up this spring. Now I notice that a lot of that fruit is falling to the ground! What is wrong? Are they diseased? Is it an insect?

Please help!
Fruitless in Philomath!

Dear 'One Without Fruit',

There is nothing to worry about. What you are experiencing is called 'June drop'. This mainly occurs with apple trees, though some other fruit trees may experience it too. Your tree is just doing a little self-pruning of unpollinated, or poorly pollinated fruit. When your tree produces fruit not all of it is viable. Some studies show that only 1 in 20 flowers are actually pollinated, and a tree will probably not even support what's left. What nature is doing now is only saving you some time and effort later. Later this summer you may also need to do a little thinning to make sure you get large healthy fruit before harvest in the fall.

Yours,
Mortimer



PHOTO CREDIT: RHS



PHOTO CREDIT: RHS

Mortimer answers selected questions and comments every month in Garden Time Magazine. To send him your question, email AskMortimer@GardenTime.tv

PHOTO CREDIT: MOTHBALLS - MUSEUMS ASSOCIATION OF SASKATCHEWAN



PHOTO CREDIT: WIKIPEDIA



Mortimer,

We are having problems with skunks and rats trying to get under our garden shed. I read on the internet that spreading moth balls around the building will prevent them from digging there. Is that true?

Signed,
Not having a Ball in Boring

Dear Mothball Boy,

Is doesn't matter if it true or not, it is dangerous! Just because someone used them and they are available in the store, doesn't make them safe for use around your home. Moth balls are meant for protecting clothes from moths in enclosed spaces and have an active pesticide, either naphthalene or paradichlorobenzene as active ingredients. They are not being used per their printed label instructions.

This is true for any internet based solution to a problem. A lot of these methods are not tested and could be harmful for you, your family or your pets. Most commercially available products have been tested before going to market. For different methods of deterring pests around your home or garden, you should contact your local Extension Agent or stop by your local independent garden center. And, always remember to follow all label instructions. The label is the law!

Good luck,
Mortimer

Your Favorite Buds in the Garden!

HOSTS: WILLIAM McCLENATHAN & JUDY ALLERUZZO
More stories and fun from your favorite garden show, with tips to help you make the most of your summer garden. Watch us every week on stations throughout Oregon.

Garden Time

SATURDAY MORNINGS

9:00AM PORTLAND
8:30AM EUGENE
8:30AM & 12:00PM SALEM/PORTLAND

PDX TV **my kevu TV** **KWVT**
CH. 49/CABLE 13 CH. 23/CABLE 4 CH. 17/CABLE 318

Remedial Weeding

The Stenzel Garden celebrates two decades of healing outside the box.

by Judy Alleruzzo

Patient and family visiting in the garden

No one likes to go to the hospital but sometimes it's necessary. Advances in the science of medical care in the 21st century are just amazing. These amazing advances are not just new medicines and surgical techniques but also the healing use of nature. Research is showing that nature and gardening can figure greatly in the healing of patients in hospitals. In the Portland area, the Legacy Hospital System is at the forefront of Healing Gardens.

This summer marks the 20th anniversary of the first Healing Garden for Legacy Hospitals. All those years ago, many people had a vision to create a special place for patients and their families, hospital staff and the community. The Good Samaritan Stenzel Healing Garden was that creation and it has withstood the milestone of 20 years. This garden has in turn been a model for 11 more Heal-

ing Gardens on the grounds of Legacy Hospitals. "Legacy has 12 therapeutic gardens, several of which have won national awards on its eight campuses. Such gardens have been shown to provide benefits to patients in helping them leave the hospital sooner, take less pain medications and suffer fewer complications."

In 1996, several groups of people came together to start a conversation about what a garden would look like and how to accomplish that challenge. In that year, not much research was published about using nature or gardens to help in hospital patient's recovery. This was new territory of new therapies to try out in a hospital setting. Teresia Hazen, who has been the coordinator of Therapeutic Gardens at Legacy Hospitals for the last 26 years, remembers the group of planners as an "interdisciplinary garden

design team -- therapists, physicians, nurses, patients, family members, landscape architects -- prepared the garden plan in 1996. Using gardens for therapy, restoration and relaxation was an emerging concept. We were not quite sure what to call the place. Our landscape architect, Ron Mah, suggested "healing garden" and that worked! We have learned over time that the garden is used even more by families, visitors and employees than patients."

The Good Samaritan Stenzel Healing Garden was on its way to the formal planning stage in 1996. Dr Franz R. Stenzel, a Cardiologist at Good Samaritan (now Legacy Good Samaritan Hospital), also an Assistant Professor of Cardiology at OHSU and well know art collector of American NW Art and his wife, Kathryn provided the funding for the garden construc-

tion and a maintenance endowment. After Dr. Stenzel passed away in 1998, Kathryn was still involved in the Healing Garden. She promoted the garden and attended garden festivities for many years until she passed away in 2006.

The mission of this garden is for it to be available to many people and in so many ways. The basic uses are to be for hospital therapists to bring patients outdoors, weather permitting, to partake in therapy plus enjoy a garden. The patients could take steps on a pathway in a garden, just like they would at their own home. To get more details about the Stenzel Healing Garden, I called on Teresia Hazen to give me specific information and tap into the stories and events she has witnessed over the past 20 years. She is more than the coordinator of the therapeutic gardens for Legacy Hospitals.

She is head idea woman, head cheerleader and all around, 'Get it Done' person for this garden and all the gardens in the Legacy Health System. Since this healing garden is more than a pretty place with plants, I wanted to learn about the people that use it in their therapies from an illness or an injury.

Teresia told me this story about a patient and her therapist. "Denise, an OT (Occupational Therapist) worked with Paula, a patient with quadruple amputations, to learn how to use her new prosthetics. She used scissors to cut the ribbon for the garden dedication ceremony on June 6, 1997! The garden gates were open and the healing magic already began to unfold.



Visitors, both two-legged and four-legged, enjoying the garden

Where Will a Capitol Subaru Take You?



Local Events July 2017

Smith Berry Barn Berry Festival
Tuesday, July 4, 2017 • 11:00am-4:00pm
Smith Berry Barn, Hillsboro, OR

Join us for our 14th annual 4th of July celebration highlighting our bountiful harvest of fresh berries!
• www.smithberrybarn.com

Midsummer Madness!
Saturday-Sunday, June 8-9, 2017 • 10:00am-5:00pm
Cascade Nursery Trail, North Willamette Valley, OR
Drive off those doldrums of summer by coming out to see what's happening in our long day gardens! We will all be serving our favorite desserts so celebrate summer with a whole weekend of sweet indulgence! Anything goes at Midsummer Madness... so expect the unexpected.
• www.cascadenurserytrail.com

Art and Wine in the Garden
Saturday-Sunday, July 29-30, 2017
Garland Nursery, Corvallis, OR
Our beautiful gardens provide an amazing backdrop to wander through as you enjoy all the wonderful art and crafts from local artisans. Partake in great wine and live music. Wares include watercolors, fused glass, unique jewelry, sculptures, mosaics and much more. Free to the public. Wine, food, art and crafts for purchase. Over 40 artists plus local wines and spirits.
• www.garlandnursery.com



capitolsubaru.com



gonias after a demonstration of steps

- Increase Problem Solving - After session on teepee trellis, select green peas or sweet pea seed packet to take home, determine person who will be able to assist in getting supplies, plan placement—patio, deck, porch---and maintain the project
- Adaptive Strategies - Explain benefits of table top gardening indoors, on patio or in garage

Since the garden is open to all in the hospital, it is well used by hospital staff to relax and renew their energy. They sit in the sun, bring their lunches and take advantage of a garden event like a Farmers' Market or concert in the garden. Teresa says that she has noticed, "For the past two years the gardens across Legacy have become a key resource available to employees for taking regular daily breaks. Gardens support health and well-being. Research confirms how healthy workers provide better care." As gardeners, we're not privy to this published research, but we all know how happy we feel by working or just sitting in our gardens.

The invitation to The Stenzel Gar-

Teresa told me another story about a patient and her thoughts on using the garden. She remembered, "one rehabilitation patient commenting that on her first visit to the garden and how for her, it was the first time she felt like she could have some of her old life back. Just arriving at the garden, she knew that she could enjoy gardens, gardening and nature again! That was seven years ago. Every year on her stroke anniversary, she emails me to tell about her celebration of life with her family, her return to work and her love of creating her own beautiful garden." That is an amazing testimony of the power of this special garden.

I received many emails and photos from Teresa. She is also the keeper of archives and files of Healing Garden information. One email had a spreadsheet of the many activities used by the many hospital therapists that use the garden.

Here is an excerpt from that file:

--Therapy Departments--

PT - Physical Therapy

OT - Occupational Therapy

SLP - Speech Language Pathologist

RT - Recreational Therapy

HT - Horticultural Therapy

These 'Patient Goals and Therapy Activities' are only a few of the many on that spreadsheet.

- Problem Solving - Problem solve one-handed strategies while doing a houseplant cuttings project with Rabbit's Foot ferns

- Increase Attention, Following Directions - Planting tuberous be-



den is not just for patients and staff but for patient families, family pets and the neighboring community. What better way to take a break from the stress of an injured or ill family member than by strolling through the garden, watching birds or just taking in the pretty plants. Teresia has "Seen and talked with neighbors who come to the garden to read the Sunday paper, do their taxes, take a nap on a bench. They consider it their garden too! And, it is."

Another way to calm this stressful time is to bring the family dog to the hospital for a visit. Teresia and I talked about the value of pets visiting their humans in the Stenzel Healing Garden. Many patients are away from home for many days or even weeks. The family dog is a comfort to that recovering person. "Pets are a favorite of patients, visitors and the employees. Often people have tears when they interact with the pets. They are such a supportive and non-judgmental stress coping tool. Our patients may meet with their own pets from home in the Stenzel Garden any day!"

Apart from the stories of people and pets in the garden, I needed to ask about the plants.



Physicians enjoying lunch in the Garden

The planning group and professionals chose a wide range of plants for beauty and interest.

Teresia commented on a few of her favorite plants. She loves the upright Beech trees that "give scale, balance and height with 6 story buildings around the garden." These trees give interest to the garden in any season. When I first talked to Teresia in May, it was still Bearded Iris bloom time.

When she is in the garden or with

patients and their families, she mentions to "take time to stop and look inside to find the Iris beard. They don't last long enough but are real jewels and offer such reassurance of seasonal gifts." The Stenzel Garden has plants of interest in all 4 seasons of the year. Although they bloomed many months ago, she mentioned the beauty of winter blooming Camellias. "They give awe and delight when many people think nothing should bloom. They give good winter bones to any garden."

Many flowering plants are in the garden to attract pollinators like bees and butterflies. There are even several birdhouses to make the birds feel at home in the garden too. As with any healthy and well thought out garden, these natural visitors add another layer of interest and enjoyment for any garden guest.

The 20 year history of The Stenzel Garden would not be complete without mentioning the dedication of volunteers. Hundreds of volunteer hours have been spent in the upkeep of this healing place. I asked Teresia for a favorite story about garden volunteers. She told me, "Our volunteers range from 14 to 85. We have tasks for everyone! Volunteers give many



Music in the Garden

reasons for volunteering----giving service, caring for plants, working in a team, being a part of something very special, keeping physically active, memory practice, and more. Our garden volunteers relate how almost every day employees, patients and visitors thank them for keeping a beautiful healing environment. The dedication and caring of each volunteer make for my favorite story."

So finally, it comes to "the parties in the garden" part of the article. These are the best of times to visit The Stenzel Garden and the other Legacy Hospital Healing Gardens.

Teresia says, "We always have our regular open garden events with raffle prizes, garden tours, pet therapy, nature projects and more. For the past two years we have added Tuesday music in the garden with volunteer community musicians. Our own Legacy Brass Band gives a concert with Dr. George Brown, tuba player, and our CEO joined by other employees. Music and gardens provide restoration, renewal, relaxation--a great Rx for wellness! They are just what the doctor ordered!"

Celebrations for the 20th anniversary of the Good Samaritan Stenzel Healing Garden continues on the following dates in July and August.

**Monday July 24
4:00pm – 7:00pm**

**Tuesday August 15
11:30am – 1:00pm**

**Saturday August 26
10:00am – 1:00pm**

In all the Legacy Hospital Healing

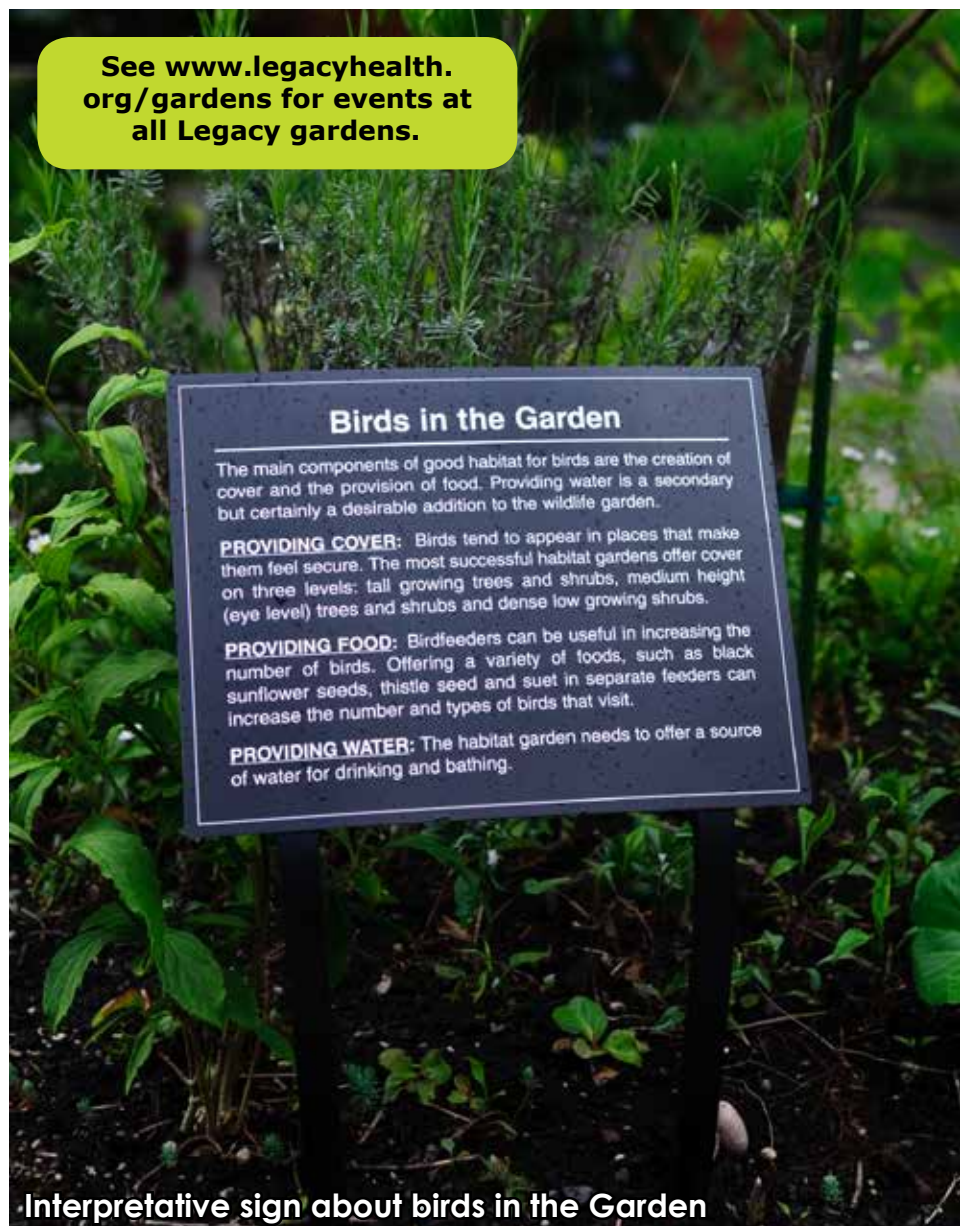
See William McClenathan's interview with Teresia Hazen of The Stenzel Healing Garden from the June 3rd episode of Garden Time.

<https://www.youtube.com/embed/utqvzfmwdeQ>



Teresia Hazen and a mini horse

See www.legacyhealth.org/gardens for events at all Legacy gardens.



Interpretative sign about birds in the Garden



Therapy in the Garden



Volunteer in the Garden

Gardens, we are so lucky to have these safe havens of beauty to relax in during stressful times and to enjoy during the fun events. It is so exciting to know Portland has a 20 year old garden that was a groundbreaking effort to help all people that visit. Teresia Hazen believes, "Hospital gardens promote health and well-being for patients, visitors and employees 24-7. Walk, read, sit, nap, rest, observe plants, touch, smell, listen, take a break, be more active, learn how to grow healthy food, choose health and nature every day." She has said it all in those few sentences. Take time this month to visit The Good Samaritan Stenzel Healing Garden or any one of the Legacy Hospitals Healing Gardens. They are special places to enjoy and to remember what gardening does for us all.

**Dedication of
The Good Samaritan Park
at NW 21st and Lovejoy**

July 12, 2017 at 12:00pm

Also check out The Callahan Garden inside the Park. It is named in honor of cartoonist John Callahan who passed away in 2010. He was a neighbor to the park. When the garden is completed this fall, several of his popular cartoons will be on permanent display in this garden.

Teresia states, "The revitalization of the Good Samaritan Park and the new John Callahan Garden will offer our patients and neighbors seeking respite a conveniently located beautiful nature setting."

After the event, Teresia Hazen will walk with guests, who want to walk, one block over to the Stenzel Garden for a tour and talk about plants. She will also explain how people may volunteer at the park and Stenzel Garden.

No registration required.

5 Things to Make Your Backyard Fun and Inviting

This could be your best summer ever!

by Therese Gustin

For those times when you can't get away but you really would like a vacation, consider making your backyard an entertainment destination. By including five elements to your outside area you can create a space you want to retreat to everyday.

Outdoor Lighting

Extend your relaxation time and set the mood with outdoor lighting. It can be as simple as lighting candles to as complex as accent lighting that highlights the branches of your trees.

- Place a ring of tealights around your umbrella stand on your patio table.
- Attach a string of lights under your patio umbrella.
- Attach a string of lights to the eaves of the house.
- Attach a string of lights from tree to tree.
- Hang tealights inside large mason jars from tree branches. (battery operated tealights will avoid danger of fire)
- Set out solar lights along a pathway.
- Add spotlights to highlight the trunks and branches of trees.



Furniture

Patio furniture can extend your living space outdoors. Whether dining or just relaxing, providing tables and seating invite you to spend more time with a cup of coffee...or a glass of wine...enjoying time in the garden.

- Tuck a small bistro set in the corner of your yard or deck.
- Surround a fire pit with overstuffed comfy chairs.
- Set up a hammock in the trees or move a portable hammock around your yard to catch some rays or lay in the shade.



Fire Pit

Whether you create a circular fire pit with bricks, purchase a freestanding one or have one built into your patio, a fire pit encourages friends to get comfortable and spend more time conversing on those chilly evenings. Who knows...you may even be inspired to make s'mores!

- Before adding a fire pit, check if your local ordinance allows them.
- Provide adequate room around it for seating.
- Set a portable fire pit or chiminea over a natural surface such as concrete, stone, gravel, brick or slate. Little Baja (www.little-baja.com) has a great selection of chimineas.
- A permanent fire pit is generally built on top of a bed of gravel.
- Make sure your fire pit is located a minimum of 10 feet from houses, fences, structures and overhanging branches.
- Always use caution when using a fire pit. Safety is key.

Water Feature

The sound of water in the garden can be very soothing. Even small properties can experience the comforting sound of water. Whether you place a small tabletop fountain on your patio, install a bubbler fountain or convert an area of your garden into a landscaped pond, adding a water feature can transform your backyard into a garden oasis.

- Check with your favorite independent garden center for great tabletop fountains. Portland Nursery (www.portlandnursery.com) and Garland Nursery (www.garlandnursery.com) have a nice selection of table top and larger fountains. Terra Casa in Damascus also has great selection of tabletop fountains. They are also a great source for bubbler and natural rock fountains. Our favorite places for anything pond related is Hughes Water Gardens (www.hugheswatergardens.com) and Tsugawa Nursery (www.tsugawanursery.com).





Whether you want to dine outside, play games, relax or entertain, make the most of the time you do have in your own backyard.

Games

Provide backyard games to turn any gathering into a fun loving party. A friendly game of Washoos provides plenty of competitive fun. (Washoos are like horseshoes that can be moved anywhere in the garden without the sand or mess!) Set up a net and invite family and friends for a lively game of badminton. Frisbee/Kan Jam® Kan Jam is a disc throwing sport that is fast-paced, interactive and easy to learn. You form teams of 2 and score points by taking turns trying to throw a disk (like a Frisbee) into the opening of the can. Or you can keep it simple and just toss a Frisbee around.

Perennial Problem, Perennials Solution



Pollinators like bees, butterflies, moths and hummingbirds bring us one-third of the world's food. Here are more tips to help attract them to your garden.

by Judy Alleruzzo

A hummingbird feeding on crocosmia

Perennials are a wide group of plants. From Astilbe to Zantedeschia, there are flowering perennials for every garden. Flowers are found in every color of the rainbow and flower shapes vary from round daisies to tall spikes. Pollinators are also a wide group of birds and insects that gather pollen from flowering plants to assist them in setting fruit or setting seed. Both of these actions ensure the plants' future generations.

This article is kind of a Part 2, to last month's article on 'Annual Flowers for Pollinators'. All of us at Garden Time think attracting pollinators to our gardens is an

important topic. We decided to split the information into two articles highlighting annuals and perennials. It is that time of year to add plants to our gardens for our enjoyment. Maybe think about selecting perennials to help feed all the natural world.

Beetles

Beetles make up 45% of all the insects in the world. They may have been the first insect pollinator. Research has found evidence of beetles over 150 million years ago, about 50 million years earlier than bees. Beetles are not looking for nectar, only pollen, rich in protein, and flower



Bean leaf beetle on a tansy flower



Ladybird beetle on a daisy

PHOTO CREDIT: FLICKR CREATIVE COMMONS/TONY FISCHER

petals which are food sources. Much of the pollination they perform is only a by-product of their search for food. They are definitely pollinators for magnolias, spicebush and water lilies.

Flowers that rely on beetle pollinating have:

- a spicy fragrance
- a lot of pollen
- large bowl-like petals

Flies - Diptera Family of True Flies

This family of flies has one set of large wings and a second smaller hindwing set.

Adult flies typically visit flowers to drink nectar for energy and ingest some pollen for protein. Many types of flowers attract flies, some that specialize in fly pollination are often brown to dark purple, rotten smelling and shaped like a shallow funnel or trap. Have you ever seen or smelled a Corpse Lily or Amorphophallus?

These stinky flowers smell like rotting meat as an attractant to get them to pollinate their flowers.

More information
on pollination

Beetles

<https://www.fs.fed.us/wildflowers/pollinators/animals/beetles.shtml>

Flies

<http://diptera.myspecies.info/diptera/content/flies-%E2%80%9393pollinators-two-wings>



Bee on rudbeckia



Bees on helenium flowers



Hummingbird feeding on a lobelia



Hummingbird feeding on a lobelia



Butterfly feeding on an echinacea

Flies are also important as a secondary pollinator to bees. They do not collect as much pollen flying to each flower, but still can distribute pollen as they feed.

In tropical areas, flies help to pollinate mangoes and cocoa plants.

In our climate, flies help to pollinate apples, pears, cherries, strawberries, raspberries, etc.

You may see Soldier Flies on Goldenrods and Asters.

Bees

There are about 20,000 bee species worldwide, more than the number of bird and mammal species combined. They completely rely on flowers for food during all of their life stages.

Bees are the most common pollinator in the world.

Plant lots of perennials in your garden to attract and feed bees. They are busy insects and usually don't bother us humans unless we are swatting at them or accidentally disturb them while they are gathering pollen.

Bees love all flowering plants. Mid and late season flowering perennials like Helianthus and Sedums will be blooming soon to

feed the bees in your neighborhood.

They also love Lavender that blooms from late spring to late summer.

Hummingbirds

Hummingbirds are built to feed on flowers and do a little pollinating on the side. Their tongues and beaks fit perfectly into the long tubular flowers that they gather nectar from and inadvertently get pollen on their bodies.

They love the nectar from a few of their favorite perennials, Crocosmia, Lobelia and Fuchsias.

Butterflies

Butterflies use our garden plants in 2 of their life stages.

Butterfly larva (caterpillars) eat foliage of many kinds of perennial plants.

Individual butterfly larva need special plant foliage for this stage of their life cycle.

For instance, Swallowtail butterfly larva need the Artemisia family of plants and Painted Lady Larva need Daisies, Bellis perennis.

It is best not to use insecticides in the garden as you put pollinator insects at risk.

Adult butterflies have straw-like mouth parts that are used to drink flower nectar from flat topped flowers. These flat topped flowers act as landing pads for the butterflies. Pollen gathering is secondary to the action of drinking nectar.

**Garden Time's Plant Picks
are from Little Prince.
Yours should be, too.**



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**Garland
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Hawk moth
and scabiosa



Butterfly feeding
on a monarda



Honey bees on sedum

Adult butterflies love many flowers for nectar such as Echinacea and Monarda.

Moths

One of the more unique pollinators in the Pacific Northwest is the Hawkmoth. The hawkmoth drinks nectar from nocturnal blooming flowers or other flowers that still produce nectar at night. They are attracted to sweet scented white or very pale yellow or pink colored flowers.

One perennial they really love is Scabiosa.

These are but a few perennials to plant in your garden this season.

Here are a few more tips to use to help invite insect and bird pollinators to your gardens.

- Provide a water source like a bird bath for birds and insects alike
- Leave a small wild area for the pollinators to rest or seek refuge from weather or predators
- Plant an assortment of flowering annuals, vegetables, perennials, shrubs and trees for an assortment of flowers for pollinators
- Do not use chemicals in the garden

Inviting pollinators to our gardens is really a simple task, just plant flowers and they will come!



Midsummer Madness

Drive off those doldrums of summer by coming out to see what's happening in our long day gardens! We will all be serving our favorite desserts so celebrate summer with a whole weekend of sweet indulgence!

Anything goes at Midsummer Madness...so expect the unexpected. If it's hot, we can squirt you with a hose. We want to remind you that there is no law against planting new plants in the summer months, in fact, we nursery people who have little time during the spring and fall, often find ourselves partaking in this defiant act with great success (with a little watering and mulch) so fear not! There are SO MANY things that look great this time of year. Come see what summer offers for your garden in flower and foliage (and share our tasty sweets!).

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Ample Opportunity

Thanks to AmpleHarvest.org, even a backyard garden can help feed the world.

by Ron Dunevant

For the backyard gardener, there is a palpable thrill in growing your own fruits and vegetables. The process is both a labor and a love: Choosing what to plant, preparing the soil, planting the seeds, watering and feeding, seeing your efforts grow day-by-day, and then harvesting the literal "fruits of your labors." It is a return to the old ways, when families grew their own food and farms covered much of the American landscape.

It is also a trend that continues to flourish – one in three U.S. households are growing their own food and the results are quite impressive. Whether it's that loaded tomato bush, rows of huge green zucchinis or box after box of freshly picked apples, we often have an embarrassment of riches. And, what do we do with our bounty?

Usually we share it with friends and neighbors, relatives, co-workers, friends of relatives, perfect strangers....

Often, even after we have exhausted our largesse, there is still plenty left over. What do we do with it? Sometimes we can it or store it, but usually, it gets tossed – or, if we're a little more earth-aware, we compost it. If only there was a way to make better use of our surplus.

The idea sounds simple, in retrospect. Find a way for people with too much fresh food to give it to people who don't have enough.

Enter AmpleHarvest.org, a free nationwide registry that connects two disparate groups: home gardeners and commercial growers with excess food and food pantries,



Too many tomatoes? Share them with your local food pantry.

PHOTO CREDIT: FLICKR CREATIVE COMMONS/DIANNA OTT

PHOTO CREDIT: FLICKR CREATIVE COMMONS/DEB NYSTROM

“AmpleHarvest.org is the answer to the classic ‘excess supply not reaching the demand’ dilemma that has up to now resulted in vast amounts of food wasted in millions of gardens across America while the needy in the community remained malnourished and hungry.”

**Gary Oppenheimer
Founder of
AmpleHarvest.org**

food banks and other hunger organizations desperately in need of it.

The organization was founded by Gary Oppenheimer, an early geek in the personal computing field and pioneer in the electronic mail industry. After purchasing a home in rural New Jersey, Gary planted an orchard and a garden, studied to become a Master Gardener, advocated for watershed preservation laws and became director of a community garden. It was there that, after seeing the large amount of wasted food, he created AmpleHarvest.org.

Interviewed by Garden Time’s Judy Alleruzzo in 2014, Gary explained his inspiration. “It started in May of 2009 as an idea to basically bring together the abundance of food that we have from 42 million gardeners from across America who often grow too much food to the 33,500 food pantries across America that help to feed 50 million people that almost never get fresh food.”

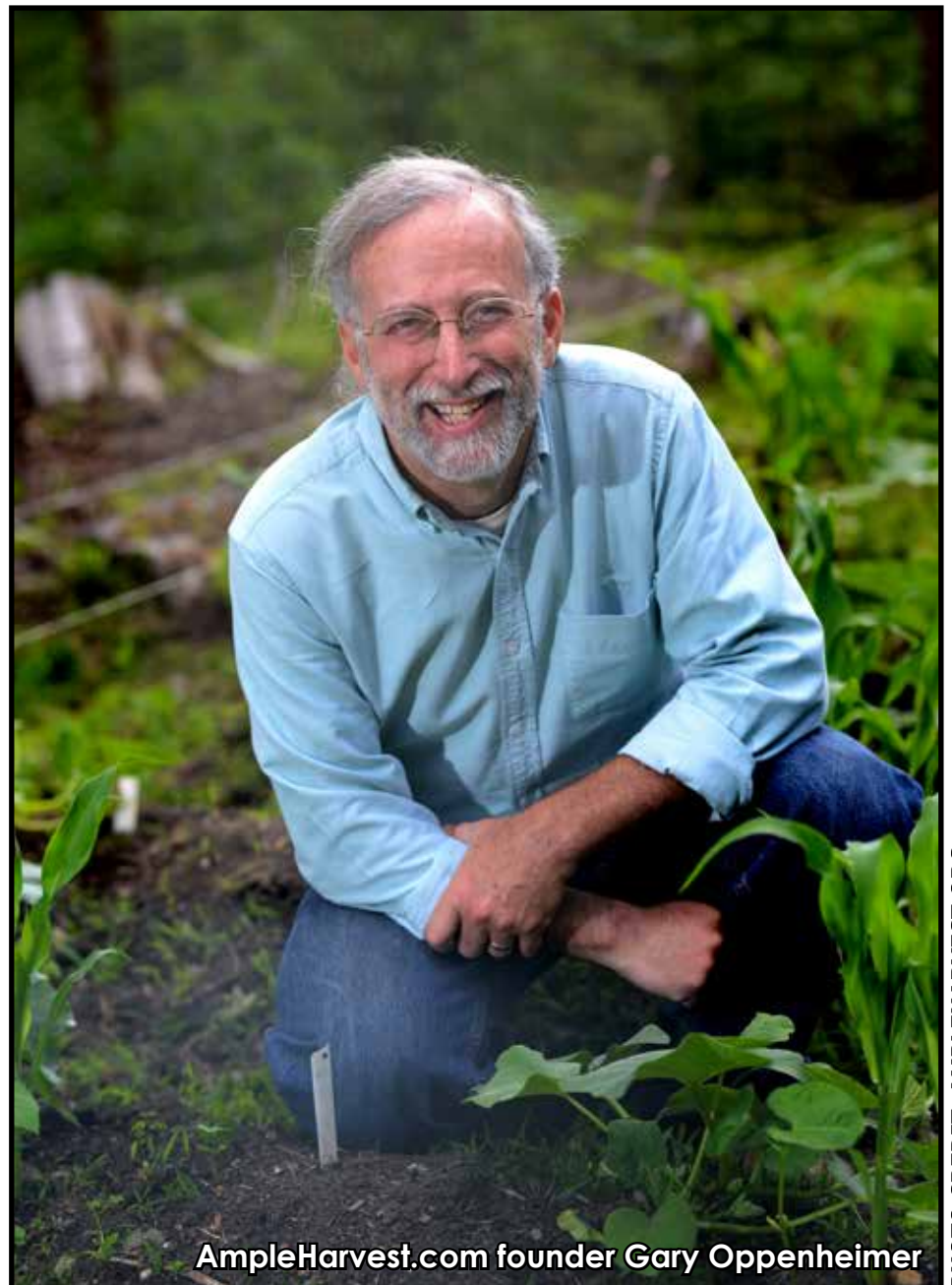
Many of us donate to our local food pantries, through food drives, door-to-door collections and local events that collect food. Most of that food, however, is in the form

of canned or packaged goods, which are the easiest to donate and also the easiest for food banks to store.

In contrast to grocery stores that receive regular deliveries of fresh produce, food banks deliver food less frequently to pantries. As the AmpleHarvest.org website explains, because “food banks are often providing food to hundreds of pantries within a large geographic area, it’s just not possible for them to get fresh produce out before it spoils.” Conversely, backyard gardeners can deliver excess produce to a food pantry on the same day it is harvested, allowing

their clients to benefit from food that is even fresher than what can be purchased at a supermarket. AmpleHarvest.org estimates that the food wasted because gardeners harvest more than they can use could feed 28 million people.

AmpleHarvest.org is not a food program, but rather a unique nationwide resource that strives to eliminate food waste. Their website is an assemblage of information and instruction for each link of the food chain. Whether you are a food grower with produce to donate, a home gardener with too many tomatoes, a food kitchen seeking to add fresh food to your



AmpleHarvest.com founder Gary Oppenheimer

PHOTO CREDIT: AMPLEHARVEST.ORG



Excess produce from an orchard ready to be delivered to a food pantry.

PHOTO CREDIT: FLICKR CREATIVE COMMONS/ SEMA FOOD SECURITY

stock on hand, or one of the millions of Americans who lives in a "food insecure" household, the guidance is invaluable for connecting those who have food with those who need it. The result is less hunger, better nutrition and an improved environment.

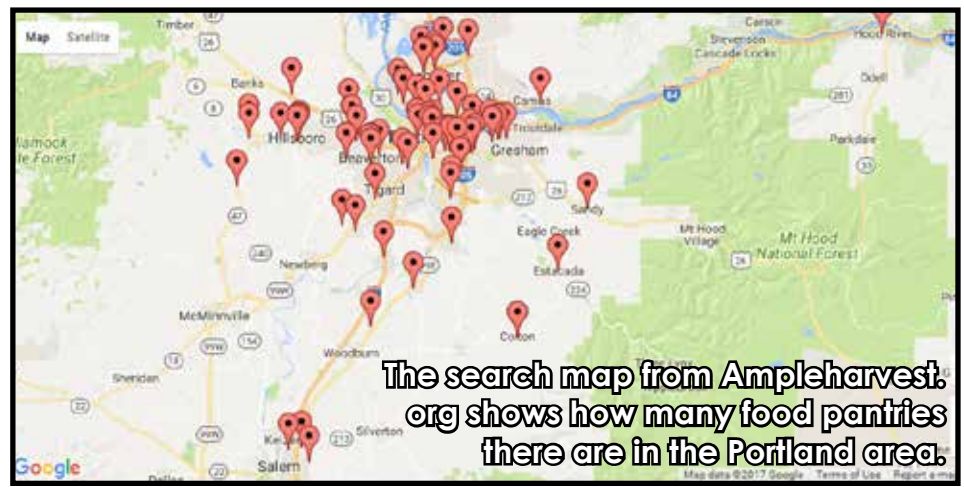
Currently, over 8,000 food pantries across the United States have registered, with more signing up every day. Through the connections created by AmpleHarvest.org, these organizations regularly receive millions of pounds of fresh produce donated by growers who willingly share their abundance with those in need.



Fresh produce a food pantry.

PHOTO CREDIT: FLICKR CREATIVE COMMONS/ U S DEPARTMENT OF AGRICULTURE

According to FoodPantries.org, there are 281 food pantries in Oregon and another 221 in Washington. For many, the biggest problem is that they are often hard to find. Says Oppenheimer, people sometimes do not realize how close they are, "You can't find a food pantry in your neighborhood, there's no big signs. A woman...found out that there was a food pantry that she did not know about in her town on her street two doors down."



The search map from Ampleharvest.org shows how many food pantries there are in the Portland area.

PHOTO CREDIT: GOOGLE MAPS VIA AMPLHARVEST.ORG

Connecting through the Ample-Harvest.org website is easy. A Google Map search, located on the website, will help you find the nearest food pantries based on your Zip Code. This results in a list with information about each entity, including address, contact names, donation days and times and any other pertinent details. If you have food to donate, you can contact the pantry most convenient for you and learn what days and hours they are accepting food. There are also links to help people seeking emergency food assistance.

Backyard gardeners will find this to be a valuable resource, not only to reduce the amount of waste from your garden, but also to plan



Fresh broccoli on display at a food pantry.

PHOTO CREDIT: FLICKR CREATIVE COMMONS/ U S DEPARTMENT OF AGRICULTURE

Watch Judy Alleruzzo's 2014 interview with Gary Oppenheimer

<https://www.youtube.com/embed/HwWc7O5mtjE>

your harvests to coordinate with your local food pantry. In addition, food given to a pantry is considered a charitable donation. The website provides a printable tax receipt for fresh food donations. Just fill it out before you drop off your food, adding in the fair market value and the pantry will acknowledge receipt of your items.

Perhaps the biggest benefit is that you'll also establish a relationship with your less-fortunate neighbors. Instead of giving them money out of your pocket, you are giving them food out of your backyard. Add that satisfaction to your love of gardening and you have the ultimate natural high.

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Beauty and the Stump

Paul Taylor finds inspiration and design in the most unusual places.

by William McClenathan

Every human has a story to tell. And each one is as individual as the human who lives their story. This month's Hortie, Paul Taylor, is no different.

I was intrigued to interview Paul as I knew hardly anything about him. The joy in writing for me is that I get personal and intimate information of each person I interview. This allows me to really get to know them and in doing so, share their amazing journeys with all of you.

Paul considered his grandparents "Depression kids". Although to most Americans, this concept is known only through books. Paul still remembers direct information from his grandparents about that tragic time in our history. From that time, as so many Americans did, Paul's grandfather muddled through and eventually moved to Nevada, where he became a cattle rancher.

Eventually, the family moved to Portland and his parents bought their home in Tigard.



Paul Taylor

His mother volunteered at the school named Durham which still exists to this date, and his father was an avid vegetable gardener. Back then, their home was surrounded by woods. Paul suspects this is where he first learned to have his "fascination with nature". Almost all passionate gardeners have such memories. Clear indications of where they first recognized the value of our planet.

Paul recalls an almost evangelical peace while living in that house in the woods. It is where he says he learned to recognize the 'beauty in a stump'.

I loved it when Paul said this. The simple purity of seeing beauty in all the things nature has is a priceless gift for one so young. It affected the rest of his life.

This was also the time when, as an adult he can look back and realize that his family was living a 'sustainable life' long before it become current and hip to do so. But concepts like this often become forgotten for a time as adulthood takes over. To be recalled and remembered only in future memories...

Paul went to college at Oregon State University from 1979-1982. He studied Architecture, Landscape Architecture and Liberal Arts. He had thought about becoming an Urban Architect, but as life so often does...his path was about to change.

This was the '80s and financial times were very difficult in those early Reagan years. Paul began working at a bank and as a waiter.

It was during this time that Paul worked hard to hone his people skills. He also began to garden a lot more than he had been through college. He also got married and began raising a family.

Eventually, banking became his full time job. It was not his true passion, but money was needed to support his new family and the promotions continued to present themselves. He worked at Benjamin Franklin and found that he enjoyed it. Over time he became the answer guy and was comfortable with his life. But Paul has a skill most of us do not have. He pays attention to life. And he did just that in banking; aware that something was happening (and it did) when Bank of America purchased Benjamin Franklin.

This was not bad news in and of itself for Paul as he had proven himself at his job.

He was offered a bigger paying





promotion but it would require he move his family to California. Paul did not desire to do that. The home he loved and lived in was his family's home, and had been for many decades. He felt like leaving Oregon for California was not his best choice to make.

Paul left banking and took a job at Lake Grove Garden Center in 1992. Although the money was less, his family would get to stay in the home and city they loved. Paul took advantage of this new path by learning about small business and to begin to understand the retail side of horticulture. In the mid 90's another garden store was opened. But Paul soon discovered that the stress of two stores added too much burden for the owner and they ran into conflicts.

At this time, Paul decided to start his own design business. He was, after all, degreed to do so and had been a gardener almost all of his life. So in 1998, he did it. He began



OCNP Garden Design and Consultation. He has been doing this for almost 20 years now.

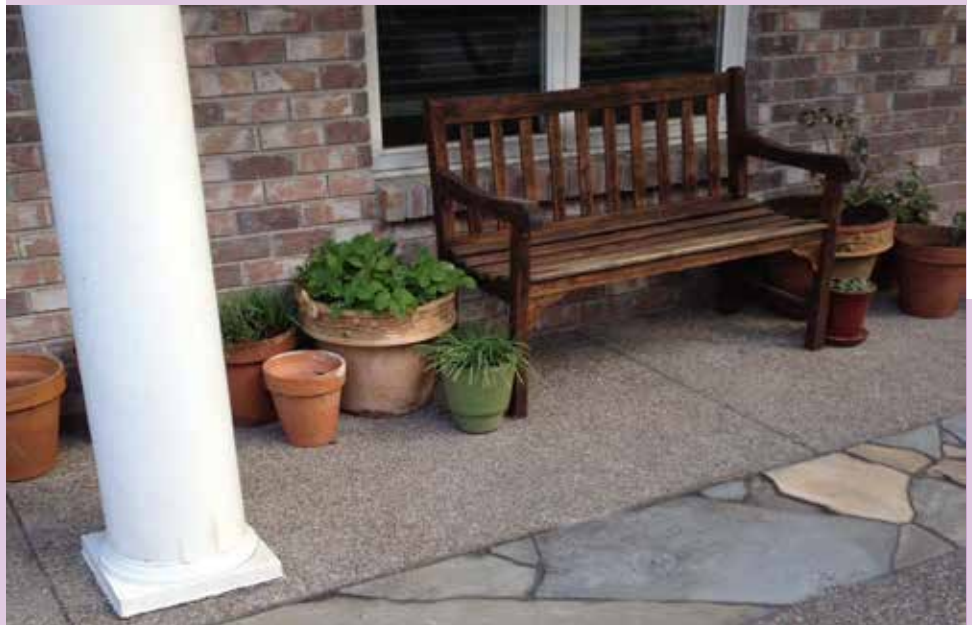
I was intrigued by the concepts and self-evaluation which Paul revealed to me about his new path, one of owning his own business.

As he worked on each new job, he tried with all good efforts to bring out the personality of his clients. He did not wish to change the client into what he thought was right for them. But better to try and figure out what it was they desired, but often could not clearly articulate. Paul perceived that his ultimate job was to improve the client's life. Paul also had a clear understanding of the skills he brought to the table. He has never desired to overcharge his clients, but also knew what his true financial value was and charged accordingly.

It was not long before Paul began adding more work on the installation side of his designs rather



To contact Paul about his design services, please go to <http://paultaylorocnpgarden.design.weebly.com>





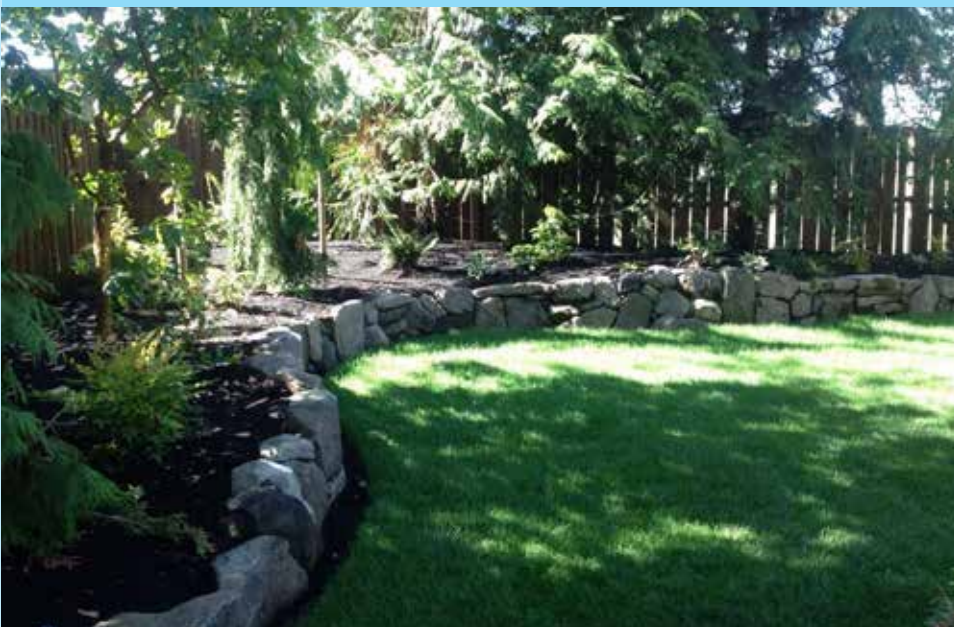
than just plant material. He began to take on even more of the project management role for each job, hiring and training others to fulfill the visions he and his clients would create.

And all through these years, Paul continued to volunteer at the school his mother had decades before. And still he volunteers at the Tualatin Elementary Sustainable Gardens.

When I asked him what his future goals were, his answer was quick and succinct.

"My wife, children and friends are my greatest calling. I wish only to age gracefully and continue to do what I do now".

He finished by saying, "ultimately, I wish to be my best self possible". Now what else would you expect from someone who even in their youth, saw the beauty of nature in a stump?



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Going Gluten Free

We hear so much about gluten and gluten sensitivity. But what is it, really?

by Robin Burke

For roughly ten years, gluten has been deemed the devil in our diets. Blamed for indigestion to joint pain to autism, gluten lurks in everything made with wheat flour—bread, pasta, pastries, and in things less obvious—licorice, soy sauce, beer.

What is Gluten?

The simple answer: It's what gives bread its delicious, chewy texture.

Gluten is the primary protein in wheat. Some wheat, called "soft", is low in gluten and used for cake and pastry flour. "Hard" flour contains more protein, thus more gluten, and is used for all-purpose and bread flours.

Spelt, Barley and rye flours are types of wheat and do contain gluten, as do malt and brewer's yeast.

Why is Gluten Bad?

Gluten can cause damage to the small intestine in people who are genetically predisposed. When gluten is eaten, the body's immune system is triggered to attack the small intestine. Eventually, the damage prevents nutrients from being absorbed into the body. This immune response is called Celiac Disease. It is hereditary and anyone with a parent, child or sibling suffering from Celiac has a one in ten risk of developing the disease, too. It can develop at any age.

The Celiac Disease Foundation estimates that one in 100 people, worldwide, have the disease and up to two-and-a-half million Americans are undiagnosed. If untreated, Celiac can lead to anemia, osteoporosis, infertility, rash, intestinal cancers, gall bladder malfunction and neurological disorders like epileptic seizures, migraines, and dementia.

Diagnosis

Celiac disease can be diagnosed with a blood test and intestinal biopsy. In order for the test to be accurate, gluten must be ingested and present in the system.

Symptoms for Celiac Disease in Adults:

- unexplained iron-deficiency anemia
- fatigue
- bone or joint pain
- arthritis
- osteoporosis or bone loss
- liver disorders
- depression or anxiety
- peripheral neuropathy (tingling, numbness or pain in hands/feet)
- seizures or migraines
- missed menstrual periods
- infertility or recurrent miscar-

riage

- canker sores inside the mouth
- dermatitis (itchy skin rash)

Notice that abdominal pain and chronic diarrhea are not on the list although these are the most popular indicators of gluten issues. (They are on the list for Celiac symptoms in children.)

Bottom line:

Celiac is a serious disease that can lead to other serious autoimmune diseases and even cancer. For this reason, gluten is scary. But, Celiac is relatively rare, so is there a disconnect in our society? Are people being duped into believing they should go gluten free when it isn't necessary?

Gluten Intolerance/Sensitivity

Here's where we find the middle-road group. The people who are not diagnosed with Celiac disease, but who benefit from the gluten free diet. Local Holistic Nutritionist Jill Maronde, says, "Roughly 1% of the population has true celiac disease, but it is estimated that as many as 10% deals with non-celiac gluten sensitivity. This means they experience adverse health consequences after consuming gluten, despite the fact there is technically no autoimmune component associated with it. A gluten free diet is important, if not critical, for these individuals."



More information about the gluten elimination diet:

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530>

Symptoms for gluten-sensitive people include diarrhea, constipation, abdominal cramps, bloating, headaches, fatigue, and muscle, bone and joint pain. Unlike Celiac, which can be diagnosed medically, gluten sensitivity is harder to pinpoint. Maronde says, "There is no gold standard diagnostic tool for non-Celiac gluten sensitivity. The most effective way to determine if you have a sensitivity is through an elimination diet. In this case,

you would eliminate gluten from your diet for a minimum of three weeks, make note of any changes in your symptoms and then reintroduce gluten containing foods to determine whether your symptoms return."

Still the question remains. Why do so many non-Celiac people believe they have issues with gluten? The most reasonable answer is that they haven't been tested, they tested while already gluten-free, or they are in the early stages of Celiac but don't yet have the medical markers.

"It is estimated that 83% of people suffering from Celiac disease are undiagnosed," says Maronde, "and many more have non-Celiac gluten sensitivity (undiagnosed)." She goes on to say, "It makes sense for people suffering with the suspected symptoms of gluten intolerance to try a gluten-free diet."

Sounds easy, but gluten is everywhere, and in nearly everything. You must be proactive and dedicated in finding out exactly what is in the food you eat if you haven't prepared it yourself.

Another Answer

There is another group of people who suffer from similar symptoms, but do not have Celiac disease. Instead, they have an allergy to wheat. This is different than a sensitivity and is most common in children, who often outgrow the



allergy by age 12.

Added to the symptoms are hives, rash, nasal congestion, itchy throat, trouble breathing, nausea and vomiting. Allergic reactions are usually within minutes of consuming wheat, but can be delayed up to two hours according to allergy experts. It also may not be the gluten protein in wheat that causes the allergy, but other parts of the grain; and some people who are allergic to wheat, can tolerate barley and rye.

Gluten Belly

The last group of gluten-free dieters are just that-- dieters. They want to lose weight, and eliminating wheat products such as bagels, waffles, bread, crackers, most desserts and beer is a sure way of doing it. And, like all diets, it's not meant to be long term and certainly not life long if it isn't necessary.

Just a Fad...

If you are still cynical about non-Celiac gluten sensitivity (NCGS), you're not alone. Many patients put themselves in this category because no other answer can be found for their digestive stress.

The Executive Director of the Celiac Support Association, Mary Schluckebier, says, "There are always people who just do better removing gluten from their diet, but we didn't know why. It's probably a family of diseases, and we don't have good names for any of it yet."

An Australian research team found that many patients who identified as NCGS, were actually sensitive to the fermented carbohydrates in wheat, not the gluten. Once these patients cut consumption of the carbohydrates below a certain threshold, gluten posed no problem for them.

And then, there's the business of gluten. Billions are being made in the production and distribution of "gluten free" foods. According to recent statistics, gluten free food accounted for 6.5 percent of all food sales in 2015, which equals to about 13.76 billion dollars. Market analysts report the trend is continuing, but has slowed in 2016.

This begs the question; is marketing driving the growth of gluten sensitivity? And if it is, even partially, is it good for everyone? It's a good money-maker for the

Jill Maronde, Holistic Nutritionist

Thistle Chiropractic and
Sports Clinic

503-706-2705
jill@jillmaronde.com



Many healthy foods are naturally gluten-free:

- Beans, seeds and nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry
- Fruits and vegetables
- Most dairy products



producers and retailers. It's even good for Celiac sufferers as it gives them more options at the corner market as well as at many restaurants. But marketing a "good thing" isn't good when it pushes everyone to certain products, re-directing consumers to a diet and lifestyle that may not be good for them.

"Gluten-free options can be unhealthy since they are often heavily refined and laden with sugar and fillers to enhance their taste," explains Maronde. "Rather, one would be better served to substitute gluten-containing products with unprocessed, whole grains such as brown or wild rice, quinoa or amaranth."

Lack of fiber is also a concern, along with too little vitamins and minerals. A recent "National Health and Nutrition" study also concluded a gluten free diet can be heavy in mercury and arsenic due to the reliance on rice and rice flour as a substitute for wheat. Rice is known to store the both

naturally occurring toxins, arsenic and mercury, at higher levels than other grains. This is the only study with this finding and more research is needed.

Following the gluten free diet doesn't mean everything gluten free is healthy or good for you. Gluten-free fast food is still fast food with the same preservatives, low fiber and high amounts of salt and sugar.

Experts agree, if following a gluten free diet doesn't make a positive and significant change in your health, it is not necessary to continue and doing so could have associated health risks.

Check with your doctor, dietician or nutritionist before starting a gluten free diet to discuss the specific health benefits and risks for you.

Read more at

<https://celiac.org>

Many grains and starches are gluten-free, such as:

- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Available Now! Garden Time Flowers

In celebration of Garden Time, there are now four flowers that have been named in our honor. The *Garden Time Tulip* is available through Wooden Shoe Tulip Farm, the *Garden Time Dahlia* comes from Swan Island Dahlias, the *Garden Time Rose* was introduced by Heirloom Roses and the *Garden Time Iris* is from Schreiner's Iris Gardens.



Garden Time Tulip



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W T D I T G

OK, July is officially summer... even if it is cool and rainy on some days. Be sure to take time to enjoy your yard. You've been working hard since January. Now, relax and soak in the beauty of a space you can call your own. Invite a few friends over, too, and let them see what a great job you've done!

PLANNING



• Plan to take time to have fun out in the garden now that most of the harder work is done! Maybe have a garden party to help celebrate all you were able to get done this spring. In other words, enjoy your garden and take time to relax out in it.

• If the first flower baskets were a flop because you went away for a few days and no one watered them, there are always more. So if for some rea-

son the ones you got earlier are not looking too great, give them a haircut, let them re-grow and in the meantime hang up some new fresh color just in time for the BBQs!



• Time for a little Garden Journal writing? Take the time to sit out in your garden and make lots of notes now, so next year you'll be ready for even more

gardening successes.

PLANTING

• Annual flowers are still plentiful this time of year, so you can pop in as much color as you'd like for the summertime display.



Add planters to decks and patios for that lush saturation of color you can get from annual flowers. Always

use a good quality potting soil in planters.

• Summer and fall blooming perennials are always available

this time of year and great to add some super color punch to the garden. We recommend you plant perennials in groups of 3-5 or more instead of onesie-twosies.

• Planting landscape trees and shrubs now is OK. It may be a bit harder to keep the young plants watered as often as they need this time of year but be assured that most of the time you can plant year-round. The rules are if you can dig the soil (not frozen) you can plant. Work in organic compost to the planting area and then make sure you mulch the

plants with compost or bark to help conserve precious moisture at the root zone.



• Look for blueberries and other fruit bearing plants to plant. As tasty as blueberries

are its hard to grasp they are so good for us too. Wouldn't it be fun to have a red, white and blue dessert with your own fresh strawberries, whipped cream and blueberries on the 4th of July?

TASKS, MAINTENANCE & CLEAN-UP

• Check on your watering... are you watering deep enough or just getting the top of the soil damp? Dig down a little into the soil and make sure the water is getting down into the root zone. Morning

is the best time to water, not evening. If you have to water in the evening, just water the soil leaving the foliage dry overnight to reduce possibility of diseases.

What To Do In The Garden

JULY

- Are you watering too often? Plants roots need to come up for air, unless it's a water lily! You should water deeply when you water and then let the top of the soil dry out a bit.



- Give your hanging baskets a mid-season haircut, cutting half of the long growth off, and shaving off the top 3-5" of growth. Keep the hanging baskets going strong with regular feeding. Apply fertilizer every other watering.
- Do a weed patrol around the landscape and vegetable garden. Taking care to get them while

they are small is a much easier task. Do a light hoeing, frequently and if possible just before a sunny day. The exposure to the sun kills small weed seedlings quickly.

- Stake the taller perennials like delphinium and hollyhock and check the tomato plants. Staking allows for better air circulation and less chance of disease.



- If you're growing asparagus and rhubarb get any weeding in the beds done this month, then apply an organic fertilizer. Then apply fresh topdressing of mulch.

- Keep a lookout for notched leaves on rhododendrons, azaleas and other broadleaf evergreen shrubs which is evidence of Root Weevils feeding on the plants leaves. The adult does the visible damage but their grubs are much more lethal,. You could use a chemical spray labeled for root weevils or get the organic answer, Beneficial Nematodes.

- Spider mite infestations favor dryer warm weather so it's time to start looking for the telltale signs: Dusty looking plants with grey dull looking leaves. The spider mites like dry, dusty, undisturbed plants. Often just keeping the plants cleaner with garden hose water wash downs will do the trick.

VEGETABLE GARDEN

- Don't overhead water tomatoes (or potatoes)! Unfortunately, we have a problem disease here in the Northwest and it affects tomatoes and potatoes severely; the dreaded late blight. The disease development is favored by cool, rainy weather and may be more severe under sprinkler irrigation. Avoid overhead watering and stake the plants up to allow good air circulation. Remember to rotate crops around so that tomatoes or potatoes are not in the same spot in the garden for at least three years. Pick off any affected leaves and spray plants with an approved fungicide if desired.



- There are plenty of herb starts and seeds available this time of year. Sowing more seed for basil and cilantro for instance, will keep crops coming on for fresh picking all summer.
- Mound the soil up around potatoes plants. Snitch a few of the young 'new' potatoes from the bed to cook up while you're there.

- Time to do some mid-season planting by seed for late season harvest. This is a great time to plant by seed; beets, bush beans, cabbage, carrots, cauliflower, cilantro, collards, broccoli, collards, fava beans, lettuce, kale, parsnips, peas, radishes, rutabaga, spinach and turnips. These crops will grow and produce good crops well into fall & winter!

- Check on the garlic crop - it's harvest time! Garlic is best planted in the fall and then harvested the following summer, in July. If you had planted your crop last fall then this month you should stop watering the garlic bed. Your signal will be that the leaves start to die back. Time to stop watering and when the leaves are dead a 3rd to 1/2 way down then harvest time is here.



- Cover the blueberry bushes with netting. Birds will let you know when they are ripe as you'll see them raiding the patch! This year get a head start on the marauders by getting the netting set up before the fruit is ripe. Yum!



PLAY TIME

Gardening Events Around Town

Beach Bucket Planters

Saturday, July 1, 2017 • 11:00am(W)

Saturday, July 8, 2017 • 11:00am(S)

Saturday, July 15, 2017 • 11:00am(G)

Saturday, July 22, 2017 • 11:00am(V)

Al's Garden & Home, Woodburn, Sherwood, Gresham, Wilsonville(V), OR

Summer is here and what better time to reminisce about the beach. Join in the fun with a colorful beach bucket, planted and designed by you with beautiful flowers. You won't want to miss this Al's exclusive class! Cost: \$7.50.

What to do in the July Vegetable Garden

Saturday, July 1, 2017 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

With Robyn Streeter of Your Backyard Gardener. Get the dirt on year-round vegetable growing in this monthly talk about vegetable gardening in the Pacific Northwest. This month Robyn will cover fall and winter planning and planting (plants that get put in in July for fall).

Kimchi Workshop

Saturday, July 1, 2017 • 1:00pm

Portland Nursery (Stark), Portland, OR

With Audrey Rycewicz of Portland Nursery. Kimchi has been extending the harvest and enriching the microbiomes for thousands of years. Come learn with Audrey Rycewicz about the history, science and methods of kimchi preparation and fermentation. You'll walk out with a jar of kimchi to ferment at home, a head full of fermentation facts, and a healthier gut. Please bring a quart size mason jar for the class.

\$5 dollar material fee. Limit 10 people.

Using Plants to Create Privacy

Sunday, July 2, 2017 • 1:00pm

Portland Nursery (Stark), Portland, OR

With Magi Treece of Living Structures. Its summer and you want to be outside – but not on display! By hiding unsightly views or creating a cozy private space, living screens beautifully solve common problems of the urban garden. Magi has years of experience in landscape design and will share some creative options outside the usual candidates for your space. gardeningportland.com

July 3rd Fireworks

Monday, July 3, 2017 • 10:00pm

The Oregon Garden, Silverton, OR

We received great feedback on our new and more inti-

continued next column

mate fireworks show, which we debuted in 2013, and we plan to host the same type of show in 2016. The fireworks display will begin around 10:00pm.

Join us on July 3rd for Silverton Day at The Oregon Garden! Enjoy great food and drink, live music and a beautiful fireworks display, planned by the Oregon Garden Foundation & presented by Roth's Fresh Markets.

Smith Berry Barn Berry Festival

Tuesday, July 4, 2017 • 11:00am-4:00pm

Smith Berry Barn, Hillsboro, OR

Join us for our 14th annual 4th of July celebration highlighting our bountiful harvest of fresh berries!

Fresh Berries & Divine Desserts!

We bake for days to bring you the tastiest desserts made with berries fresh from the farm. Enjoy mixed berry cobbler, raspberry rhubarb crisp or, for a decadent treat, try our extra-chocolate-y brownie topped with fresh berries and vanilla ice cream!

Hot Off the Grill

Our grills will be smokin' hot with traditional Fourth of July fare. We will be serving up German sausages from Al-tengartz, a local favorite. Also on the menu...hot dogs, potato salad, green salad and more. A percentage of our proceeds will be donated to the American Cancer Society.

Wine Tasting

Local winery, Provincial Vineyards (Forest Grove, OR), will be on hand to pour a variety of wines, including Pinot Gris and Pinot Noir. Neil always brings something special to celebrate this event! Wines available by the glass or by the bottle.

Live Music

11:00am-12:00pm: What is that Noise?

12:00pm-2:00pm: Woodlander

2:00pm-4:00pm: Tried and Blue

Family Activities

There's something for the entire family, but plenty of fun for the kids...visit with the alpacas from Easy Go Farm, take a farm tour, try your hand at our Berried Treasure Hunt and more! Free to attend. Individual activities may have a small cost or donation request. Parking may be limited, so plan accordingly.

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24500 SW Scholls Ferry Rd., Hillsboro, OR 97123, 503-628-2172. www.smithberrybarn.com.

Midsummer Madness!

**Saturday-Sunday, June 8-9, 2017 • 10:00am-5:00pm
Cascade Nursery Trail, North Willamette Valley, OR**

10-5 at all CNT Nurseries! Drive off those doldrums of summer by coming out to see what's happening in our long day gardens! We will all be serving our favorite desserts so celebrate summer with a whole weekend of sweet indulgence! Anything goes at Midsummer Madness...so expect the unexpected. If it's hot, we can squirt you with a hose. We want to remind you that there is no law against planting new plants in the summer months, in fact, we nursery people who have little time during the spring and fall, often find ourselves partaking in this defiant act with great success (with a little watering and mulch) so fear not! There are SO MANY things that look great this time of year. Come see what summer offers for your garden in flower and foliage (and share our tasty sweets!). www.cascadenurserytrail.com.

Talking to Plants and Gardening with Spirit

**Saturday, July 8, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR**

With Renee Stoops of Portland Nursery. Plants are living, dynamic beings making their own choices about how to move and respond in the environments they enter. Although we can, based on scientific research, often predict their likely responses to certain resource availabilities or human management actions, they will just as often surprise us. Yes, we do often try to make decisions for them- we plant them where we wish them to grow, we pull them where we don't, we prune, we fertilize . . . but the plants will still do it differently sometimes, even when all the horticulture texts said we did it 'right'.

Is there a way to have a conversation with a plant on their terms? To listen more than direct? To make decisions with them instead of for them? This is very much a part of the claim to success of famous gardens like Flndhorn or Green Hope Farm. Just as with people (and plants are a lot more like people than you might think!), if you respect their value, thank them for their gifts, and try to work collaboratively, the results are usually better for all parties. In this Talking Plant Series, we will explore some ways to stimulate our innate abilities to 'talk' to plants- to have a conversation that goes beyond the physical. The benefits can be friendship, emotional support, and medicine, in addition to fabulous gardens.

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Welcome to the conversation!

Bonsai is for Everyone

**Saturday, July 8, 2017 • 1:00pm-2:30pm
Portland Nursery (Division), Portland, OR**

With Lucy Davenport of Bonsai Akira. A follow-up to my class this spring on types and care of bonsai. Available for all bonsai enthusiasts-- no prior experience necessary. We will cover the basics of creating a bonsai from a nursery plant, including both indoor and outdoor species. Participants are welcome to bring a tree for styling advice/repotting, or purchase a bonsai at the nursery. Plant not required to attend. This will be a hands-on approach with demonstration of techniques covered. Materials provided: wire and raffia, soil. Fee: \$5. Class limited to 12 students.

Making a Sedum Pot

**Sunday, July 9, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR**

With Annie Colombo of Portland Nursery. Interested in creating an eye-catching, low-maintenance container for your outdoor space? with an astounding variety of colors and textures succulents and other sun loving ground covers are versatile options that provide visual interest for any size or style of garden. Annie Colombo of Portland Nursery will guide you as you choose, arrange and plant your own beautiful, easy to care for perennial containers. Bring some curiosity and creativity and a well-draining container about a foot in diameter - we'll provide potting soil, fertilizer, and tools for those who need them. Expect to spend \$15-\$30 on plant materials.

Movies in the Garden

**Thursdays, July 13-August 31, 2017
The Oregon Garden, Silverton, OR**

Doors will open at 7pm, and the show will begin at dusk on the beautiful Garden Green, in the heart of The Oregon Garden. It's also a great opportunity to catch a sunset in the Garden! Parking will be available in the lower parking lot, across from the Pavilion. Please, no outside food or drink.

Movies in the Garden will go on, rain or shine! If the weather doesn't cooperate, we'll move indoors. The parking and admissions locations remain the same. Since we won't be at the mercy of the sunset, the movie will begin at 8:30pm. www.oregongarden.org.

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PLAY TIME

Gardening Events Around Town (continued)

Art in the Garden

July 14-September 30, 2017

The Oregon Garden, Silverton, OR

Join us for Art in the Garden, which features stunning art installations in the Garden throughout the summer!

Cactus & Succulent Society Show

Annual Cactus & Succulent Society Sale.

Friday-Sunday, July 14-16, 2017 • 9:00am-5:00pm

Portland Nursery (Stark), Portland, OR

Orchid Society Sale & Pot Up

Art in the Garden Opening Reception

Friday, July 14, 2017 • 6:30pm-10:00pm

The Oregon Garden, Silverton, OR

The featured artists will give talks about their installations and inspiration, while guests enjoy live music and wine tasting. Guests will enter through the Visitor Center between 6:30pm and 8pm.

Bonsai Class: Pruning

Saturday, July 15, 2017 • 11:00am

Tsugawa Nursery, Woodland, WA

In July we will focus on pruning: What pruning practices are used for different species, and how we can best achieve the design and shape of the trees we wish to create. We will talk about what times of year these pruning techniques are most effective, and when we should cut, pinch, or allow our trees to grow, and how these choices affect the health and vigor of our trees. As always people are encouraged to bring trees they are working on and members of the group will work together to answer any questions and offer input and advice. We will discuss what to look for in selecting nursery material to work with. People at all levels of experience are welcome at our group. We will always try to make our groups helpful to beginners and more advanced practitioners alike.

Easy & Stylish Drought Tolerant Plants

Sunday, July 16, 2017 • 1:00pm

Portland Nursery (Stark), Portland, OR

With Katie Gwynn of Portland Nursery. Oregon's dry summers can be stressful on our gardens, but you can save water and time by choosing plants wisely. Katie will highlight plants for a variety of dry situations and teach you some strategies for establishing and caring for drought tolerant plants.

Fairy Gardens

Sunday, July 16, 2017 • 1:00pm-2:30pm

Portland Nursery (Division), Portland, OR

With Jess of Portland Nursery. Creating a miniature world fit for a fairy or two is a great way to get in touch with your creative, playful side. Jess will lead the group in this hands-on class and help you design, accessorize, and learn how to properly care for your enchanted world. Students of all ages are encouraged to bring items from their home or outdoors to incorporate into their fairy's garden. \$30 fee, payable at register day of class, limited to 15 students. Bring gloves.

WWW: Colorful Watering Can

Wednesday, July 19, 2017 • 4:30pm

Al's Garden Center, Sherwood, OR

In the heat of July we don't want to forget to water our flowers. This fun workshop project uses a classic watering can as a container and overflows with colorful annuals. Enjoy chilled wines and a seasonal snack as you create your colorful reminder to water. 21 and over only, please. Cost: \$35.00.

Floral Foraging – Arrangement Workshop

with Chas Thompson

Thursday, July 20, 2017 • 6:00pm-8:00pm

The Oregon Garden, Silverton, OR

Come join us with Chas Thompson of Wildflower Portland, a professional florist now based here with us in beautiful Silverton, Oregon. All floral material, and greenery will be foraged from the Oregon Garden during the class time so wear your walking shoes and lets go on a field trip! No supplies or previous experience required, other than a vase from home if you wish. Chas will discuss plant selection, how to create shape and volume, and give recommendations for color and texture combinations. You can view more of her work at www.wildflowerportland.com.

This class will take place from 6-8 PM and meet in the Trillium Room at the Oregon Garden Resort (Follow signs to the top of the hill, for "Resort"). The class fee is \$25 for non-members, and \$10 for members (please include your member number below). See our website, oregon-garden.org to learn how you can become a member for discounted tickets and free Garden admission!

Hands On Raised Bed Vegetable Gardening

Saturday, July 22, 2017 • 11:00am-12:30pm

Portland Nursery (Division), Portland, OR

With Tiffany Garner. Join Portland Nursery's Tiffany Garner



in a monthly series held right outside at our own raised vegetable beds. Dress for the weather & learn what to do with your own raised beds, when you should be doing it & the proper techniques so you can work smarter, not harder. From cold frames to compost & seeds to starts you will learn and grow alongside our fabulous vegetable gardener, Tiffany.

Gardening Without Pain Workshop
Saturday, July 22, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR

With Shelly Coffman of PT 360. Knee pain, back pain, hand pain getting in the way of your gardening? Come learn with Shelly Coffman of PT 360 about the most common mistakes, how to avoid them and how to stay healthy!

Growing Your Winter Vegetable Garden
Sunday, July 23, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR

With Ian Wilson of Portland Edible Gardens. Our mild winters provide the opportunity to grow an abundance of food in your garden right on through the winter! Come learn about the basics of growing a productive winter vegetable garden. We will cover factors affecting winter growth, which vegetables overwinter well in our climate, when to plant, and how to care for your winter garden. portlandediblegardens.com

The Therapeutic Garden Program Celebration
Tuesday, July 25, 2017 • 4:00pm-7:00pm
Legacy Good Samaritan, Portland, OR

Celebrate 20 years of healing, hope and health 1997-2017 at Good Samaritan Stenzel Healing Garden. June 6, 1997 John King, MD, Legacy CEO and Rehabilitation Institute of Oregon patients lead the garden dedication ceremony. All Legacy team members and community members are invited to join garden celebration activities:

Join us for garden tours, raffle prizes, therapeutic garden information, pet therapy and more. See rehabilitation, recovery and restoration in action in Legacy's first hospital healing garden. Legacy team members make this a family outing, and get your Good Health Passport stamped for these activities. For more information contact Teresa Hazen coordinator of therapeutic gardens thazen@lhs.org. See more about the garden at www.legacyhealth.org/gardens.

Art and Wine in the Garden
Saturday-Sunday, July 29-30, 2017
Garland Nursery, Corvallis, OR

Our beautiful gardens provide an amazing backdrop to wander through as you enjoy all the wonderful art and crafts from local artisans. Partake in great wine and live music. Wares include watercolors, fused glass, unique jewelry, sculptures, mosaics and much more. Free to the public. Wine, food, art and crafts for purchase. Over 40 artists plus local wines and spirits. 5470 NE Hwy 20, Corvallis, OR 97330 (541) 753-6601. www.garlandnursery.com

Fruit Tree Care: Selecting the Right Planting Site
Saturday, July 29, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR

With Bill Wilder of Portland Nursery. Come learn about how to select the right planting site for your fruit trees. Bill Wilder of Portland Nursery will share a wealth of information about the trees' soil, water, light, air, pollination and fertilization needs to help you plant successfully!

Wine & Cheese in the Garden
Sunday, July 30, 2017 • 12:00pm-5:00pm
Out in the Garden Nursery, Molalla, OR

Towering Heritage Oake Trees, meandering paths of color, friendly animals, local foods, wines, handcrafted products, gifts, plants and live music in a garden and nursery setting. Suggested donation: \$5. 32483 S Mathias Rd, Molalla, OR. Details at outinthegardennursery.com.

Orchid Class
Sunday, July 30, 2017 • 1:00pm
Portland Nursery (Stark), Portland, OR

With Sue Volek of the Oregon Orchid Society. It's summer and your orchid plants should be growing full steam ahead. What can you do to avoid plant summer stress while maximizing bloom potential? Should orchids go outside? How much fertilizer is enough? Would any other minerals be beneficial? Is it too late to repot? What to do if summer bugs invade? And what about that ice cube thing? Find out the answers to these and other hot weather orchid culture questions in a lively and entertaining talk from Sue Volek of the Oregon Orchid Society.

LOOKING FOR MORE?

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

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Clark County Fair • Exercise Equipment Northwest • Ludeman's
Neil Kelly • Parr Lumber • Portland Nursery • Salem Hospital
Terra Casa • Taggart's • Tsugawa Nursery**

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