

October 2017

# garden time

A Digital Monthly Magazine for Your Garden & Home

## Crazy Pumpkin Varieties Wacko Jack-Os

**U-Pick Apples & Pears**

**Floral Arrangements in Pumpkins**

THE BLOOM PROJECT'S

**Heidi Berkman**

'One Too Many' Pumpkins





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## Crystal Ball

What will we have next? Anyone want to make a guess? Last year we had an incredible winter. It was colder and wetter than most of us anticipated and it seemed to go on forever! Then the summer came and the pendulum swung back. We had such an extended dry period that we suffered through smoke and ash for many days in the Portland area. Now they are saying that the coming winter will be a possible repeat of this past winter. If you have a crystal ball, let me know what you see! I'm sure I'm ready for what is to come, but as gardeners, isn't that our mantra, 'bend whatever direction the wind blows'? It is definitely interesting to see the garden change through the seasons, and there is the lesson to be learned! Even with the tough winter and summer, the flowers still bloomed and the vegetables still grew. I guess the overall wisdom is to embrace the changes and find a way to thrive, no matter what the outcome.

Thriving is hard to think of when fall is here and winter is right around the corner (who can thrive in a parka and wool socks?), but you can still flourish with some of our great stories this month. We really squash the fall with our stories on Winter Squash and Crazy Pumpkin Varieties. Therese writes about winter squash and the most unusual and tastiest varieties, plus a recipe for roasting that will change your opinion on winter squash. Plus, Judy tells us about pumpkins. These are squash with an attitude! Gone are the days of the ordinary pumpkin. Welcome to the glorious gourds of fall! Her story will have you using pumpkins in your fall and winter décor and less for carving! Speaking of pumpkin décor, William discovers all sorts of new uses for pumpkins, outside of keeping them whole. He shows us how you can turn them into vases, bowls and even containers for plants. Imagine winter chili in a pumpkin bowl! Yup, you can do that!

Fall is not the end, it is the beginning! You don't need a crystal ball to see what is to come, you just need this magazine to know that the future is both beautiful and tasty.

## Happy Gardening!

**Jeff Gustin, Publisher**

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# Garden Time's Iconic Spokesflower Answers Your Questions!



## Ask Mortimer

Dear Mortimer,

I love my roses and want to give them one more shot of fertilizer to get them ready for the winter, but I've heard that is not a good idea. What should I be doing right now?

A loyal reader,  
A Rose Lover

Dear Lover (boy, does that sound weird!),

You should do one thing with your roses right now, enjoy them! The fall creates problems with rose lovers. A lot of you have been pampering them for the last eight months and have been enjoying the blooms, but now you should really reward them by doing nothing. If you fertilize or deadhead (remove old blooms) you are asking them to promote new growth and that is not good. Any new growth will just be asking for trouble. The first freeze is just weeks away and that new growth will just freeze and die. Your roses are starting to store food in their roots to help them survive the cold months ahead, don't mess with Mother Nature and let them do their prep work. When we get past the first frost you can cut them back to wrist height. That means, with your arms at your side, you will cut them to that 'wrist' height. That will help them from being whipped around in the winter wind. You can do your major pruning for the new season around President's Day in February. Now, lawns are a different matter. For the lawns you can provide an application of low nitrogen fertilizer to promote root growth. It can contain a little iron to help combat moss growth.

Your roses on the other hand will do much better with a little protective mulch and not much else. Enjoy them now, as you have all season!

A fellow plant lover,  
Mortimer



Roses in the fall: Let them be!

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





**Dahlia tubers: Let them be?**

Dear Mortimer,

I heard that you should dig your dahlia tubers and begonias in the fall from the garden and store them over the winter. Then replant them in the spring. Is that true?

Thanks,  
Confused in Cornelius


Dear Confused,

Yes, that is the normal recommendation for some spring and summer bulbs and tubers around the country, but here in the Northwest that is a judgment call. For most of our winters you can just leave your bulbs and tubers in the ground because we are so mild in temperature. However, this past winter was really tough! A lot of local gardeners, including my dear friend William, lost a few tubers due to the extended cold and wet of the past winter. What causes the most damage is the combination of cold and wet. The ground will get really wet and then the ground will freeze and that spells doom for bulbs and tubers. We tell people on the TV show to plant in 'well drained' soil. This is exactly why. If the water drains away from the bulb or tuber, it will not cause rot or create the environment for freeze damage.

If you are concerned, dig and store those precious bulbs and tubers. If you are a passive gardener, then let things be. I know a lot of gardeners let nature direct the course of their gardens. If it survives, great, if not, then it is an excuse to try something new for the next year. What type of gardener are you?

Yours in winter warmth,  
Mortimer


# You'll "Fall" for Oregon's Favorite Garden Show!



**HOSTS: WILLIAM McCLENATHAN & JUDY ALLERUZZO**

Autumn is here and Garden Time has you covered with brand-new stories, adventures and tips for the Northwest 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
<b>PDX TV</b>	<b>my 7 kevu TV</b>	<b>KWVT</b>
CH. 49/CABLE 13	CH. 23/CABLE 4	CH. 17/CABLE 318



# Wacko Jack-Os!

Orange may be the new black, but these fun and fancy pumpkin varieties are the new orange.

by Judy Alleruzzo



'Warty Goblin' Pumpkin

It's pumpkin time and you'll find crazy looking pumpkin varieties at your favorite garden center or farm store. Don't worry; orange pumpkins in all sizes are also waiting to be carved for the upcoming Halloween holiday. But, displayed right next to those pumpkins, are fancy varieties of pure white or with warts. In recent years, fall and Halloween front porch displays have been getting more and more elaborate. Not only are there more ghosts and goblins showing up, but creative displays of hay bales, corn stalks, and grapevine wreaths surrounding unusual shapes, sizes and colors of pumpkins.

I talked with three local pumpkin growers in Northwest Oregon. These three



'Casperita' Pumpkin





'Cinderella' Pumpkin



'Blue Star' Pumpkin

growers produce over 60 varieties of pumpkins between their farms. That's a lot of squash!!

Joe Ruef is the farmer of the Al's Garden & Home family. He has the huge task of growing all the pumpkins for their stores. This crop started as a family project to begin a college fund for Joe and Darcy's kids in 2003. Their kids saved the pumpkin proceeds and are beginning to use them for college tuition and high school activities. The one acre of traditional orange pumpkins they planted 14 years ago has now grown to 16 acres. That's about 55,000 pumpkins or 450 tons of all varieties of pumpkins.

Darcy told me they are growing four unique pumpkin varieties to complement the massive



quantity of orange pumpkins of all sizes. "Our customers love the 'Ghost' and 'Cinderella' pumpkins. This year, we wanted to try something different and especially love the new Blue Star and Warty pumpkins."

At Bauman's Farm and Garden, the mecca of fall fun, farming is a part of their daily life.

Pumpkins are just a small part



'Porcelain Doll' Pumpkin

PHOTO CREDIT: JOHNNY'S SEEDS



of their yearly list of vegetable crops. I asked Brian Bauman, why all the interesting varieties? He said, "We love to grow new varieties every year and with the fancy pumpkins, it's nice you don't have to carve them. They are a conversation piece when customers come into our Farm Store." Bauman's is growing a long list of about 20 pumpkin varieties, fancy and orange. Two favorite pumpkins of Brian's are 'Casperita', a small white variety and 'Warty Goblin'.

I called Stacy Pohlschneider Bunke at French Prairie Gardens and Family Farm.

The Pohlschneider's are long-time farmers in the St. Paul area with farm activities and events scheduled this fall. She





**Window Box Display**

told me she would have to email me the list of pumpkins as they grow "so many different varieties." Wow, what a list it is! The pumpkin list includes 20 fancy varieties and 12 varieties of orange pumpkins for all your carving needs. Fancy varieties include 'One Too Many', a light orange lacy patterned pumpkin and 'Porcelain Doll' a pinky-orange pumpkin with deep ridges. Stacy said, "We love to carry lots of variety for our customers but also love to try them out in our bakery! The 'Cinderella' pumpkin is our favorite to use in the bakery for all things fall!"

Fall traditions are changing! Long ago we got maybe one pumpkin to carve for Halloween and maybe one to bake for a pie. These days the sky is the

limit on pumpkin varieties.

The huge assortment of pumpkins can be used for unique front porch displays, Halloween Jack-o'-lanterns and for tasty pumpkin treats! Gather up your family and friends for a drive to a local pumpkin farm or garden center. Whether you choose a new favorite variety of mini white, warty or pink, it's PUMPKIN TIME!!!



**PHOTO CREDIT: SOUTHERN LIVING MAGAZINE**



# All Agourd!

If you adore the colors of fall, then pumpkins and winter squashes make the perfect addition to your autumn décor.

by  
**William  
McClenathan**



**Thanksgiving Centerpiece**

There are many, many people in the Pacific Northwest who are thrilled when the summer temps cool and we head into fall.

I adore the colors of fall, and all those delicious edibles which are available, like pumpkins, and winter squashes. And with all those delightful changes often comes our desire to decorate for the fall season, both indoors and out.

One of the most inexpensive ways to do that is with pumpkins and gourds, which means we are going to be showing some ways to accomplish this. One of the easiest ways is by using pump-

kins and gourds as containers for plants, floral arrangements, and even for serving some food in at parties and dinners.

So let's begin with floral arrangements, as this is the time of year when it's fun to create vases out of real pumpkins for our table and interior decorations. While it's tempting to carve the pumpkin early for your floral designs, you really should wait until the day before your event to do this. Fresh is always better.

Most of us know how to clean a pumpkin for Halloween carving. The steps for using them as vas-

es is the same. Cut an opening in the top that is large enough for the design you want to create. You may want to cut a circle and fit in a small glass container to hold the stems of the design.

Or, instead of a circle, you may want to cut a square, line the interior with plastic and then slip some soaked floral foam inside to help hold the stems. Be sure to trim the plastic so you don't see it coming out of the pumpkin. Also, make sure you get the correct floral foam. Some types are for water, some are not. Some are for soft stemmed flowers, others for firmer stems. Your local craft



store can help you in choosing the correct kind of floral foam for your needs.

Scoop out all the seeds and other stuff inside the pumpkin. You may also want to keep the top of the pumpkin with the stem attached as an accent to your design.

If you like the flower covered pumpkins, all you need to do is take the pumpkin and drill several holes, or even use an ice pick to poke holes all over it. Then, cut the flowers you want to cover the pumpkin with and stick the short stems in the holes. While this is very dramatic, it is best to use this type of design for a party or dinner celebration only, as the flowers will not stay fresh as long this way.

For all other arrangements, you would use the 'vase' just like any other one. Design is a personal choice so have fun with it! And just like traditional arrangements, you still need to check the water daily.

Making these arrangements is also a great way to involve the kids, as well. And if you save the pumpkin seeds, you can clean them and roast them while you are creating the floral pumpkin vases, getting a tasty snack after you are done. To use the cleaned out pumpkins and gourds as planters for living

plants in pots, the same rules apply. I have found most average-sized pumpkins will comfortably hold a six inch to one gallon container. All you have to do is adjust the size of the pumpkin for the size of the planted pot you want to use it for.

Then just sit the container in the cleaned out pumpkin, and voilà! A beautiful centerpiece or display is easily and quickly completed.

The last idea is using the shell of pumpkins for serving and eating from. I have done this before with bread. I just line the pumpkin shell with some plastic, then put an attractive linen napkin in it to place the dinner rolls in. Easy sea-



**Pumpkin Succulents**



**Fall Mums in Gourd Vase**



**Acorn Squash Vase**





## CHILI RECIPE

Here is one recipe for you to try which I found, and sounds scrumptious!

1.3 lbs ground turkey (extra lean)  
 6 small links (9oz) chicken maple sausage  
 1 sweet onion, chopped  
 3 cloves of garlic, minced  
 1 yellow bell pepper, diced  
 1 orange bell pepper, diced  
 1 15.5oz can cannellini beans, drained and rinsed  
 1 15.5oz can red kidney beans  
 1 29oz can pumpkin purée  
 1 28oz can diced tomatoes  
 1 12 fl. Oz. bottle pumpkin beer  
 ½ cup chicken broth  
 2 tbsp chili powder  
 1 tsp oregano  
 1 tsp cumin  
 2 tsp brown sugar  
 ½ tsp cayenne pepper (optional)  
 4 Tbsp olive oil  
 Sea Salt and pepper to taste



To garnish:  
 Sour cream  
 Grated cheddar cheese  
 Green onions, sliced

And here is the recipe's instructions.

Start by thinly slicing your sausages or taking it off the casing, if you can. Reserve with the ground turkey. In a large heavy bottomed pot, add 2 Tbsp of olive oil and sauté the garlic and the onion until translucent. Add the bell peppers and sauté for about 5 minutes.

In the same pot, add 2 more Tbsp of olive oil and brown the ground turkey and sausage. That should take about 10 minutes. Season with sea salt and black pepper.

Once the meat is browned, add back the vegetables and then add the diced tomatoes, the pumpkin, the beans and all the spices. Add the pumpkin beer and the chicken broth and stir.

Lower the heat to low and simmer for 1.5-2 hours, stirring occasionally. Adjust salt and pepper, if necessary.

Serve it with some grated cheddar cheese, some sliced green onions and a dollop of sour cream.

And for my vegetarian friends, all you need do to make this recipe vegetarian is simply omit the meat and substitute the chicken broth with vegetable broth. Easy and still delicious.

And remember, you will need to purchase smaller pumpkins to use as serving bowls...unless you are super hungry!

Here is the website I found the chili recipe from.  
<http://www.oliviascuisine.com/pumpkin-chili/>



sonal charm.

But my favorite way is to use the smaller pumpkins as bowls for soup and or chili. So I researched some websites for a pumpkin type of chili and found one not only served in pumpkin bowls, but a grand recipe to try as well! (See recipe, left.)

Most sites I found did say to roast your (clean) pumpkin bowls in the oven for 30 minutes. Here is how to do that.

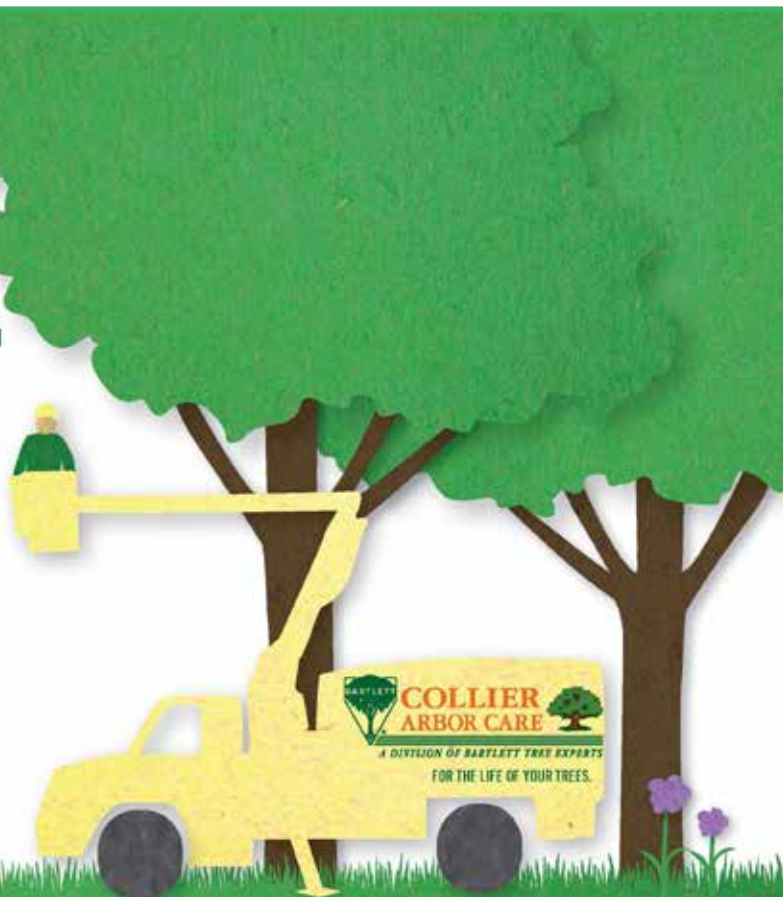
Preheat oven to 350F. Take you smaller bowl-sized pumpkins and slice the top off (about 1/4 of the way down from the top). Scoop out insides of the pumpkin using a grapefruit spoon or other utensil. This part takes some time, about ten minutes per pumpkin so budget your time. When your pumpkins are empty and cleaned out, brush the insides with olive oil and sprinkle on sea salt and ground pepper. Place them in a baking pan in the oven for 10-15 minutes. You



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**Pumpkin Soup**

will be eating the pumpkin flesh as you scoop out the chili, so you want it to taste delicious as well! Remove your pumpkins from the oven. When you are ready, fill the bowls three-quarters of the way full. Place pumpkins carefully back into the oven (again without the top) and bake for another 30 minutes. Once they are cooked, turn the oven off and leave pumpkins in the oven with the lid on to stay warm. They will stay hot in the oven for another hour if necessary.

As we head into fall, it can be a time to remember

and celebrate the summer and to continue to make beautiful memories. These are just a few ideas on how to help make all those memories more beautiful, and delicious!

I should tell you also that one of the best places to buy pumpkins is at Al's Garden and Home locations ([www.als-gardencenter.com](http://www.als-gardencenter.com)). Only \$1.99 for any size! The specialty varieties of pumpkins do vary in prices. With four different locations, one is near to you, I'm sure.



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**Mums in Pumpkins**



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A close-up photograph of a hand holding a green pear. The hand is positioned on the left side of the frame, with fingers wrapped around the pear. The pear is green with some yellowing at the top. The background is a dense cluster of green leaves, suggesting a tree. The lighting is bright, indicating it's daytime.

# Of U-Pick Proportions

**There's no better way to enjoy the bounty of the apple and pear seasons than by picking them yourself.**

**by Ron Dunevant**

**Tip your pear to a 45-degree angle. If it releases, it's ready to pick.**

My earliest memories of picking fruit from a tree take me back to my grandmother's house where, every summer and fall, we would pick apples and pears from two trees that had been in her yard since the early part of the twentieth century. Tall and a little gangly, by summer's end they were usually loaded with fruit and it became a tradition to use the annual bounty for canning, the pears halved or sliced and the apples mashed into sauce.

To make the picking easier, my grandfather had cleverly attached a tin coffee can to a long pole. With the finesse of a circus acrobat, I would stretch and reach the contraption as high as I could, maneuver the can around the fruit and shake it back and forth until... "plunk!"...it dropped in the can. Then, lowering it down to the ground, I would extract my reward.

This was fun, at first, but as the task and the day wore on, the can and pole became heavier and heavier. Less-ripe fruit would cling to the tree, requiring me to bounce the pole up and down or, in desperation, twist the branch around the pole and give it a good yank. This would be the reason I never found employment with Ringling Bros.

After my grandparents died, the fall canning ceased, and like many families, our fruit came from the local grocery store. To this day, though, I miss the taste of an apple or pear right off the tree. There's just something special about eating an apple I picked myself. It was literally the fruit of my labor.

So, the thought of picking my own fruit again filled me with a mixture of emotions... anticipation at eating some fresh delights... dread at climbing a tree or scaling a ladder. But I was curious about this concept called "u-pick" as it applies to apples and pears. How does it work? It must be popular, because I see it advertised more and more on websites and signs at local farms.

A quick Google of "u-pick apples near me" yields nearly two dozen options, from Hillsboro to Hood River and no doubt there are more. Once you have chosen a location, check for their hours and days of operation. Some are open only on weekends, others have limited times for u-pick. Also, if you have your heart set on a particular variety of fruit, you'll want to browse a website or, better yet, call. Specific varieties have harvest "windows" and





The blackboard at the u-pick station announces what's available that day.

you'll want to know what is available on a particular day.

One of the closer u-pick stores to my location was a name I recognized: Smith Berry Barn. They have been featured in several Garden Time segments, so I am familiar with their farm and the quality of the fruits and vegetables they sell. First opened in 1978 as a u-pick raspberry farm, it was purchased in 2002 by present owners Joelle and Rich Hildner. Located in Hillsboro on Scholls Ferry Road, it's a picturesque setting on a sunny day, and exactly what I hoped it would be. Clean and quaint, a combination of old-fashioned and modern, it has a farmhouse style-look to it. A perfect mix of suburban amenities and rural sensibility.

I had called ahead and, upon arriving, was met by Rich. As a newbie to the u-pick scene, I asked him to take me through the process and show me how to get the most out of my experience.

To the left of the main entrance is the u-pick stand, where an artfully-designed chalkboard announces what's available this day: Akane Apples and Bartlett Pears. Smith Berry Barn grows about three acres of apples and pears, mostly heirloom and heritage varieties, but today, as we near the end of September, only a few are available. Is this unusual? Says Rich, "Winter was so wet early on that a lot of the trees

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• [www.baumanfarms.com](http://www.baumanfarms.com)

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Every weekend in October is harvest time. Fall at the farm is all about having a great time with family!! Pick your own pumpkins in our Pumpkin Patch while getting your own corn stalks or hay bales for decorating. Celebrate Autumn with us and our many fun activities. Free admission and parking.

• [www.firpointfarms.com](http://www.firpointfarms.com)

**Pumpkin Patch, Pig Races, Mazes & More!**  
October 7-31, 2017

French Prairie Gardens, St. Paul, OR

Fall on the farm is much more than just pumpkins, we have animal feeding, giant slides, a corn maze, a hay maze, and a farm ninja challenge! There is so much to do for all in the family it's hard to believe there could be a favorite, but the event everyone talks about is our Pigtucky Derby. The derby is our famous pig races!

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**Our adventure begins at the u-pick stand.**

didn't get pollinized and then it got so hot this summer, everything that was there is three to four weeks early." Whether or not you believe in climate change, the difference in the fruit trees is evident. Many that should still be bearing fruit were picked weeks ago, with anything left over having dropped to the ground.

The idea of picking your own fruit is not a new concept, but its rise from casual curiosity to summer-time staple is. "I think it's a lot more common now," says Rich. "I see the same people three times a week that will come out with their kids. They'll come out more often because it's like a family adventure."

So, how does this u-pick idea work? The rules, explains Rich, are pretty straightforward. "When people come for u-pick, they'll come, they look at the board, they know what's going on and we give them a bucket or they can bring their own container and we give them directions where to go. Then you go out and pick. Whatever you bring back, you pay for."

Sounds simple enough, but how do



**A refractometer tells Rich when fruit is ready for picking.**



**An apple tree, loaded with fruit, awaits u-pickers.**





**Smith Berry Barn owners, Joelle and Rich Hildner**

I know what to pick? If, like me, you're one of those people who has trouble choosing the ripe fruit when it's sitting in a display in the store, you may wonder what chance you have out in the orchard, where there are thousands of samples and no signs.

In this case, there's a little science involved. A refractometer, a cylindrical device that reminds one of a pirate's spyglass, is used to measure the sugar content of the fruit. Rich tours the orchards and, when the sugar levels are

optimal, opens that variety to picking, first by his crew to be sold in the store, and then for the u-pick crowd. "I don't open the whole orchard...I only open it when certain things are at the correct sugar content," says Rich. "So you're not picking over-ripe

fruit." It's as close to fool-proof as you can get. You know the fruit is ready to pick because you're allowed to pick it.

As we approach the grove, I am surprised that the trees are only about 10 feet high. They are full-grown but Smith Berry Barn maintains them at 10-12 feet and prunes during the winter. Rich picks from top down, leaving the fruit at bottom for u-pick. For safety reasons, u-pickers are not allowed to use a ladder, but there's plenty to choose from just standing on the ground. Easy accessibility is part of what makes this a fun family activity. Joelle underscores that, "Someone asked me the other day, 'is it toddler friendly?' and I said, 'well, you can pick your toddler up!'"

Now the fun begins. Walking from tree to tree, it's up to you which fruit you choose and how many. For apples, a simple lift-and-twist movement yields results. For pears, tip the fruit to a 45-degree angle. If it releases from



**Borrow a bucket from Smith Berry Barn or bring one of your own.**

## 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**



**Garden Time Dahlia**



**Garden Time Rose**



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**Garden Time**





the tree, it is ready to pick. Since these trees are at their peak of ripeness, you have to be extra careful, as some of the fruit will fall off with the slightest jostling. Rich leaves the fallen fruit on the ground to nourish next year's crops. Seeing this, some people are tempted to pick up the fruit off the ground, but Joelle cautions against this, as it may have spoiled. "We want people to pick good apples (off the trees) because every apple out there isn't perfect." But what if I knock one off as I'm picking it? Does the

"five-second rule" apply? Laughs Joelle, "If you can tell which one it is, it applies."

I asked Rich and Joelle for some "insider tips" that I could share. First, be sure to go several rows into the orchard. Many people pick only from the first row, so you're likely to find some excellent fruit on the trees further in. Second, be gentle with the trees. Apples and Pears often grow in clusters and if you're not careful, you may knock off more than you pick, missing out on some of the better pieces. The biggest insider tip is to pick only the varieties that Smith Berry Barn says are ripe. "We like to tell people which varieties are ready," says Joelle, "because they can look ready and either not be up to full sugar or they can be well past." In other words, you're buying fruit from the people who grow it. Take advantage of their expertise.

That wisdom is also available through resources provided to help you get the most from your fruit. A flyer named "Apple Advice" and a leaflet called

"The Perfect Pear" are available at the store, with information on when to pick, how to ripen, how to store, recipe and snack ideas and varieties that are available at different times during the season. Check out the Smith Berry Barn website for details on specific varieties, recipes and availability, which can change daily and even throughout the day. Once you've gathered all you want, return with your buckets to the u-pick stand. Your harvest will be weighed and noted. Pay





for it inside the store and you're good to go.

As far as eating your bounty, you should treat apples and pears differently. Apples are ready right from the tree. The ones that I picked with Rich were sweet, crisp and had a flavor much bolder than what I'm used to with the produce in my neighborhood grocery store. For the pears, "we actually want to pick them before they're fully ripe, but at a particular sugar content," Rich says. "They are best when counter-ripened for a few days." Counter-ripening is, just as the name suggests, letting the pears sit on your kitchen counter. Having sampled a pear right off the tree, though, I have to say it was delicious. I can only imagine how much better it would be after ripening for a few days.

Contrary to what you may have heard, you don't need to put your fruit in a paper bag, but if you do, it can speed-up the process. Rich tells me that apples give off more ethylene gas than pears (which is what allows fruit to ripen after being picked). Thus, they will ripen faster. In fact, if you have a pear that you want to ripen more quickly, put it into a bag with an apple.

Many regular u-pickers gather just enough to keep them in fresh fruit for a week, and then return to pick again, but if you wind up with more than you can eat, refrigeration is the best way to increase their storage life, often by many months. If you plan on enjoying them sooner, you can opt for a garage or shed, and the fruit will ripen faster. It is recommended to check each piece

regularly, in case you get some spoilage, as that will affect the pieces next to them.

My visit to Smith Berry Barn was fun, informative and enlightening. Clearly, the advantages of u-pick are many: Being able to get the freshest fruit possible, creating a relationship with the food you eat and the people who grow it, and learning what it takes to get that food from farm to market to table. It is also worth noting that you will pay less for apples and pears that you pick yourself.

As for the resurgence of the u-pick concept, Joelle thinks a change in how we view our food is responsible. "People are just more knowledgeable in general about their food sources and what's in their food, not just doing it yourself but knowing what's in there and having control of the ingredients."

There is also the entertainment and educational aspect to consider, especially for kids. Says Joelle, "It's just a great experience to pass along from generation to generation. I feel like it was becoming a lost art and now it's being reintroduced back into families...this is where food comes from, it grows on a tree and you pick it and take it home."



Left: Apple and pear handouts available at Smith Berry Barn.





# Winter of Our Content

As the weather grows colder outside, we look forward to warming up on the inside with a delicious winter squash.

by Therese Gustin

Buttercup Squash

PHOTO CREDIT: BLUESTEM FARM VIA FLICKR.COM

There's nothing like a bowl of winter squash soup to comfort you on a cold and windy fall or wintry day. Even the rich aroma of roasting squash is a treat for the senses. It seems like every fall there are more and more winter squash varieties popping up in farm stores, farmers markets and grocery stores. Besides the traditional, acorn, butternut, spaghetti and delicata, I'm seeing unusually-shaped, richly-colored varieties that are quickly becoming popular alongside their traditional cousins.

All winter squash varieties share some common traits. Although winter squash, summer squash and pumpkins are all in the cucurbit family, the main difference between winter and summer squash is that summer squash have very thin skins and are harvested when immature...think zucchini. Because of the thin skin they do not store for very long. Winter squash varieties are harvested when mature and have a thick skin or rind which allows them to be stored for long periods of time without rotting. Winter squash is bursting with nutrition. Not only does it contain anti-inflammatory properties, it is also full of beta carotene, iron, vitamins A and C, fiber and some B

vitamins. And it's only 40 calories per cup.

Growing winter squash requires quite a bit of space and a long growing season. The vines can reach 10 to 20 feet long and maturity takes as long as 120 days. If you do choose to grow your own squash, plant the seeds in full sun when all danger of frost is gone, or start your seeds indoors six weeks before setting them out. Squash does better in well-draining soil amended with compost. One way to cut down a bit on spacing is to grow them upward by providing a strong trellis to support the vines. You can harvest the squash when the vines start to die back. Be sure to cut the squash off the vine leaving about three inches of stem. This will help prevent the squash from rotting. Leaving the squash to dry for a few days will also allow it to store longer.

Whether you choose to grow winter squash or buy it, look for these lesser-known varieties to expand your palate.

## Buttercup Squash

Not to be confused with Butternut squash, buttercup squash is squattier and round with a dark



green rind that has grayish-green striations. Its dense, vivid orange, sweet creamy flesh is considered sweeter than most other winter squash varieties. You can distinguish it from kabocha squash by the round ridge on its bottom. Choose a squash that is heavy for its size with even coloring and no blemishes or soft spots. Buttercup squash can be stored in a cool, dry place for up to three months. It is best to prepare this squash by steaming or baking. This variety is best used in curries.

### **Kabocha Squash**

Kabocha squash looks similar to buttercup squash in size and shape but differs in that its base points out and its skin is dull



**Buttercup Squash**

PHOTO CREDIT: WOULDPKR TB VIA FLICKR.COM



**Kabocha Squash**

PHOTO CREDIT: VIRY MAGALLANEZ VIA FLICKR.COM



green and sometimes has small lumps. Its bright yellow-orange flesh is sweet and nutty tasting with a texture similar to a combination of sweet potatoes and pumpkins. Choose a squash that is dull green, free of soft spots and blemishes and heavy for its size. Kabocha squash can be stored in a cool dry place for up to one month. Kabocha is a very versatile squash and can be roasted, steamed, and used in pies or soup. Chef David Musial used this squash variety in an amazingly delicious soup!

## Turban Squash

Aptly named, turban squash has an irregular turban shape with multi colors including green, cream, orange and yellow. Its rind is dull and may have a few bumps. This is a large squash which boasts a very mild nutty flavor. Choose a squash that is heavy for its size and free of soft spots. Though mostly used for decorative purposes, you can use turban squash like you would use acorn or butternut squash. It even looks great hollowed out as a soup tureen.



## Blue Hokkaido Squash

This is a type of Kabocha squash, small in size weighing 2 to 3 lbs. Its skin is a dull blue-grey in color and has shallow ribbing around the fruit. Its flesh is bright yellow-orange, dense and very sweet and nutty. This variety stores for a very long time, as well. It stands alone nicely roasted with a little butter and salt as well as making an excellent soup. Mashed, it works great in baked goods and is also perfect for stuffing and roasting.



Turk's Turban Squash



# How to Roast Winter Squash



Roasted Kabocha Squash

PHOTO CREDIT: HEATHEREATSALMONDBUTTER.COM

This is the basic method for cooking winter squash either to eat as is, or to prepare it for something like soup or as a ravioli or tortellini filling. This process works for most winter squash, with the only variation being the times, which will change based on thickness of the squash. Be careful cutting the hard rind of the squash. A meat cleaver is best to cut through the rind.

## INGREDIENTS:

- 1 winter squash
- 1 Tbsp olive oil

Salt and pepper to taste

## METHOD:

Pre-heat the oven to 425°F. Line a sturdy baking dish with foil (this will make cleanup much easier).

Split the squash and remove the seeds and threads.

Coat the inside of the squash with oil, paying special attention to the cut edge.

Sprinkle the inside with salt and pepper.

Place cut side down onto the foiled baking dish.

Place in the center of the oven and bake 30 minutes.

If the squash is getting soft to the touch at this time, turn over and finish cooking for ten more minutes. Cook so the edge of the squash caramelizes a bit and you can smell the sugars from the squash. If it still feels hard, continue cooking skin up until squash is soft to touch.

When squash is done, remove from the oven and use as needed.

Squash can be cooled and used elsewhere, or serve it as is with butter.



# LOVE IN BLOOM

**Heidi Berkman turned personal loss into a crusade to brighten the days of hospice patients.**

**by Judy Alleruzzo**

Flowers surround us all for many occasions. Flowers are a part of the celebration when we are born, have a birthday, graduate from school, get married, have an anniversary and then grace the memorial service when we pass away. Flowers bring smiles, joy and happiness and soften a very sad day. Heidi Berkman lost a loved one who was in hospice care at the end of their life. She witnessed the care and compassion of hospice staff during this hard time. She had an idea of making a very sick person smile, maybe for the last time. Heidi thought about brightening the day of hospice patients through a gift of a floral bouquet. She believes the "aspects of this beautiful tool opens conversations, improves morale and lightens the mood" in a patient's room. It becomes a place of calm and serenity. The beautiful flowers help to spark happy memories especially for Alzheimer and dementia patients.

Heidi rallied friends to meet in her Central Oregon garage to



**Heidi Berkman**

form the beginnings of The Bloom Project in 2007. These volunteers began building what would become the extensive Portland-based organization it is today. It is a straightforward concept that received overwhelmingly positive responses from florists, grocers, suppliers, volunteers and hospice caregivers. Previously, Heidi worked in event planning and the hospitality industry before beginning The Bloom Project. She knew many people and companies that worked with flowers and knew these beautiful perishable items usually ended up in the trash. She

realized she could obtain the leftover flowers and repurpose them into bouquets to brighten the day for hospice and palliative care patients. The weekly delivery of bouquets contains flowers that will look lovely for the patients for at least five days. The flowers are not so far gone that they wilt upon delivery, but have a second life in a room or home. The Bloom Project volunteers have a large workspace at Teufel Holly Farm, just outside of downtown Portland. Larry Teufel has been a very generous partner to The Bloom Project. He transformed an



unused greenhouse into a workspace, complete with a walk-in floral cooler that is a perfect fit for The Bloom Project. Since my Garden Time interview with Heidi in November 2015, Larry has further supported them by doubling the workspace used by the volunteers. They occupy this space four days a week. This year, there are about 200 volunteers working as designers, drivers or serving on various committees. Heidi told me, "There are a few longtime volunteers who have been with The Bloom Project since the beginning. Right now 60 people are on a waiting list for 16 volunteer positions." The volunteers are trained to assess the flowers brought to the workshop, groom and sort them and, finally, to create stunningly beautiful bouquets.

In July and August of this year alone, over 4,800 bouquets were

**The Garden Time Interview  
with Heidi Berkman**

Episode 382  
November 14, 2015

[https://www.youtube.com/  
embed/Tf7nkqRXN9g](https://www.youtube.com/embed/Tf7nkqRXN9g)







**A thrilled patient receives a bouquet.**

designed and distributed to hospice and palliative care patients. During the peak seasons of flower holidays, overflow flowers are shared with the two children's hospitals in Portland and Meals On Wheels clients. Not only does the organization repurpose the flowers and foliage, they also compost any plant material to lessen the waste from their work. This is very important to Heidi as she strongly believes in the care of people and the Earth in all phases of The Bloom Project.

According to The Bloom Project website, I found these statistics about the organization. "Since 2009 to the present, 184,000 bouquets, 300-plus volunteers with over 84,000 volunteer hours, \$584,486 in cash donations, over \$4.96 million in-kind products and services."



**Bidders at the Bouquets of the Heart auction.**

Heidi is a busy woman as the founder and president of this organization. She still helps out at the flower workspace during busy times. "I am also on-site to lead tours with donors, foundations and key community members. My family is very supportive and cheers me/us from behind the scenes." I wondered if Heidi took care of herself by enjoying flowers in her own home. She of all people knows the power of flowers to reduce stress and add so much positive vibe to a home or office space. She emphatically told me, "I love having flowers in my home! While I tend to prefer spring flowers, I am currently enjoying a bouquet full of dahlias, lisianthus, scabiosa, mini gerbera daisies in a variety of colors, mint and a variety of greens!" She went on to tell me, "My favorite flower in my garden is the Daphne bush that I have planted near my front door. It reminds me of my great-grandmother and grandmother who also had a bush close to the door. I often cut a sprig and keep it on my desk in my office so that I can take in the sweet scent and think of them! I even enjoy its leaves during the rest of the year.



**Auction items at Bouquets of the Heart.**



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TRIP BOOKED THROUGH





It is recovering and filling in nicely after the ice from last year's winter broke off a section!"

Besides giving away bouquets of flowers each week, The Bloom Project is also hosting two events coming this fall. The first one is "Bouquets of the Heart", a fund raising luncheon on October 27th at The Multnomah Athletic Club. <https://thebloomproject.org/events/bouquets-of-the-heart/>.

Tickets went on sale September 15th. Check the website to see if tickets are still available. If sold out, mark your calendar for ticket sales in September 2018.

Debra Prinzing from The Slow Flower Movement, will be the host of the festivities featuring creative floral works from five local floral designers complementing artwork from five local artists. The event also includes an assortment of silent and live auction items. It all sounds like a beautiful afternoon plus a good way to support the awesome works of The Bloom Project. The funds generated from this event help to "support operational expenses and new programs fulfilling the mission of The Bloom Project."

The second fall event is "Give Back to The Giver Week", November 6-10, 2017. Heidi states, "The purpose of this event is to honor our partner social workers, nurses, chaplains, volunteers and other medical staff through the gift of flowers to raise awareness for the work that they are doing, caring for hospice and palliative care patients each and every day. This will be the second year that we have held this special focused event."

The Bloom Project will deliver 500-600 bouquets for all of these angels on earth, to say thank you for all they do in caring for their patients. Last

year Heidi heard that many of the caregivers gave their bouquets to their patients anyway. They are a wonderful group of people. Mayor Ted Wheeler of the City of Portland will be providing an official declaration of the week. Watch for that official proclamation on social media and the local news.

Heidi knows the weekly flower bouquets go to men and women of all ages, even young children, of all nationalities and religions, of all walks of life. We are all joined together as just people on these last days in this world. Heidi told me some of the patients are enjoying these flowers as the first bouquets they



Volunteers at The Bloom Project.



Processing the blooms for bouquets.



# The Bloom Project





**Podcast of  
Heidi Berkman and  
Debra Prinzing**

**[www.debraprinzing.com/  
2017/08/23/episode-  
311-the-bloom-projects-  
heidi-berkman-and-the-  
healing-influence-of-  
flowers](http://www.debraprinzing.com/2017/08/23/episode-311-the-bloom-projects-heidi-berkman-and-the-healing-influence-of-flowers)**



ever received. She makes a point on a podcast with Debra Prinzing of the Slow Flower Movement, for all of us to buy flowers for someone for no reason but to just give a beautiful gift. What a great idea! You can make sure they enjoy a bouquet of flowers during their lifetime and not just as a memorial. The Bloom Project receives emails, letters and phone calls from patients and family members thanking them for this special gift of flowers. The stories are heartwarming and you understand why The Bloom Project has been so successful in helping to bring beauty to these patients and their loved ones.

After Heidi told me about the wonderful space Larry Teufel has donated to The Bloom Project, about all

the flower partners and the waiting list of volunteers, I asked what can the rest of us do to help this organization. Heidi is so strong an advocate to keeping The Bloom Project ever moving forward, she didn't miss a beat to answer this question. She said, "We are always in need of monetary donations to keep the organization going strong and to help in implementing The Bloom Project model for other non-profit hospice organizations in other U.S. cities. The vision would be a network of Bloom Projects across the U.S. with a sharing of ideas,

training of volunteers and being a support to each other. They know their model works and want to help spread their knowledge of how to make it successful across the US.

I think this call to action is a beautiful idea to support The Bloom Project. The 'medicine' of being surrounded by flowers or gardens is well documented in scientific reports. Heidi and The Bloom Project do an incredible service of helping to care for our loved ones at the end of their lives. Take a hint from their important work by supporting The Bloom Project and by giving flowers or growing them for flower bouquets. The world is a better place through the power of flowers.





# Nectar of the Gods

**Despite competition from craft beer and artisan ciders, the ancient drink known as mead is making a triumphant return.**

by David Musial

The traditional Ethiopian tej (mead) vessel.

PHOTO CREDIT: WWW.WHATSFORFATS.COM

The ancient Greeks called it the Nectar of the Gods. To the Poles, it was known as miód pitny, and to Ethiopians, tej. Me, I just call it mead.

While craft beer is still going strong (yeah!) and artisan ciders are gaining in popularity, the ancient drink known as mead is making a triumphant return.

So what exactly is mead? Basically it is an alcoholic beverage made from honey, water and yeast that many believe goes back over 8,000 years and predates wine and beer. Mead was known to exist in Europe and Russia, and there is evidence to show that it existed in Africa, China and Japan. Pretty much anywhere that honey existed, there was one form or another of mead.

Like the history of other ferment-

ed beverages, there is no proof as to how it was discovered, but the speculation is that it was stumbled upon accidentally. The theory goes like this: ancient man in search of water finds an upturned beehive that has filled with water. Thinking it will be a sweet elixir, drinks the naturally fermented beverage and experiences man's first alcohol buzz. Thus started the ancient quest for water filled beehives. Side note, I wonder if the term buzz came from mead? Honey, water, wild yeast, alcohol, buzz!

All kidding aside, early man had no understanding of fermentation and attributed the mysterious transformation of honey into alcohol as a gift from the gods. Hence the association of mead and divine beings.

It was also considered the drink

of Norse gods and in Norse mythology, it was believed that upon reaching Valhalla, beautiful maidens would deliver you a draught of mead. In many European cultures, bees were considered the messengers of the gods. It follows that mead would be used in religious and sacred ceremonies.

Mead was believed to increase strength, enhance health and prolong life. They were combined with herbs to combat specific illnesses; bee balm to aid digestion and borage for the seriously ill. The Greeks even believed Mead increased wit and improved the ability to write poetry.

Mead has also played a role in words used today. The term honeymoon is thought to be based on mead. In England, the practice was for the bride's father





Like grapes, different honey results in different mead.

to provide a dowry of enough mead to last the month-long celebration of marriage and ensure a fruitful union. Since mead was thought to have the power of virility and reproduction, this would make sense.

With no knowledge of fermentation, creating a beverage such as mead was hit-or-miss. Wild fermentation achieves varied results, but with the understanding of fermentation in the 1800s quality improved. Now, most mead is made from strains of wine yeast, although some have worked to isolate wild yeast that can provide consistent results.

Over time, mead fell out of favor due to the ability to grow grapes and make wine, which was easier and more predictable than mead. However, the popularity of mead continued in northern Europe where grapes were less available. Even in grape-producing areas some mead continued to be produced to meet the needs of religious rituals.

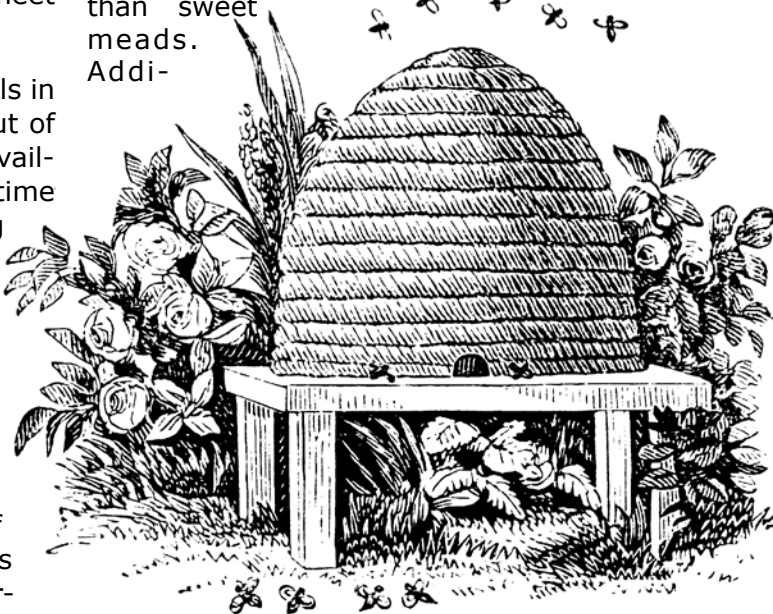
As with beer and wine, mead had specific vessels in which to drink. Historically, mead was drunk out of horns and later mazers. Before glassware was available, horns were the vessel of choice and over time they became quite ornate. Even today, drinking vessels are made in the shape of horns. Mazer cups were bowl-shaped vessels made out of wood. They ranged from the simple to the elaborate.

Today, mead is typically drunk out of wine glasses. The shape of a wine glass focuses the aroma and clear glass allows the beauty of the liquid to be seen. Some prefer the deep bowl of a red wine glass, but a white wine glass works as well. Sparkling mead should be drunk in a narrow champagne glass to channel the bubbles. For the traditionalist, mead horns are still avail-

able if you want to drink like a Viking.

The popularity of craft food has made its way to mead. There are over 300 meaderies or mead houses in the U.S., up from less than thirty in the early 2000s. Meads have come a long way since early attempts to ferment honey and come in many different styles. They range from dry to sweet and still to carbonated. The color ranges from golden to dark amber depending on the honey used. Although most want to classify mead as a wine, it isn't. Just as hard cider is not beer or wine, mead is a unique fermented beverage.

The big question, what does mead taste like? That can be hard to describe, but all meads have a core taste of honey with at least a touch of alcohol. In drier meads the honey is less forward than sweet meads. Addi-



Early beehives for honey, beeswax and mead making.



tionally, the type of honey not only affects color, but also flavor. Just as different varieties of grapes produce a different style of wine, so too, with honey. Compare a clover to a buckwheat honey. Clover honey is mild with a floral characteristic and buckwheat honey is more like molasses with mineral traits, and the mead produced from each will have a different flavor profile.

Although many prefer traditional mead with no additional flavor, mead has existed for years with the addition of fruit or herbs and spice. Like hops, the addition of botanicals adds flavor and aroma, as well as preservative properties.



Norse horn mead cup. Horn-shaped eyebrows optional.

PHOTO CREDIT: WWW.DANHOSTEL-RIBE.DK



A mead mazer cup.

PHOTO CREDIT: FOXHILLMEAD.COM

- Cyser uses apples
- Perry uses pears
- Pyments uses grapes

Sack – Made with more honey, resulting in a sweet and fortified dessert-style mead, not unlike Sherry.

With so many options, there is sure to be a mead to suit your tastes and fill your mead horn. For me, I intend to do additional research to determine which mead the Greeks believed improved writing skills. Once discovered, I intend to do some personal research when writing my next article.

Each style of mead is known by a different name and below are just a few:

Braggot – This mead was originally made with hops and later with malt, with or without hops.

Metheglin – This is traditional mead made with the addition of herbs and spice. The word is derived from the Welsh words med-dyg or healer and llyn or liquor. Combined, the word means healing liquor.

Melomel – Any mead that is made with fruit is known as a melomel. Depending on the fruit, a more specific name may be used:

- Bilbemel uses blueberries



Several varieties of Polish miód pitny (mead).

PHOTO CREDIT: WWW.REGIOALKO.PL



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# WTDITG

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

## PLANNING

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



- Garden Journal catch-up time.

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

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

## PLANTING

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

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

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

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

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

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



## TASKS, MAINTENANCE & CLEAN-UP

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

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

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



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



# What To Do In The Garden OCTOBER

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

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



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

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

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

facilities.

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



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

product breaks down the plants

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

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

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

## VEGETABLE GARDEN



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

- Planting cover crops to help fight weeds in winter and add back nutrients to the soil for next 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!





# PLAY TIME

## Gardening Events Around Town

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### **Autumn Moon Festival**

**Saturday-Sunday, September 30-October 1, 2017**

**Lan Su Chinese Garden, Portland, OR**

Most cultures have a harvest festival and China is no exception. Zhong Qiu Jie, the Autumn Moon Festival, has roots back to ancient times and is an important traditional Chinese holiday. Taking place on the fifteenth day of the eighth month of the lunar calendar, the Autumn Moon Festival is usually on or close to the time of the "Harvest Moon" when the moon appears at its fullest during the autumnal equinox.

Celebrate the Autumn Moon Festival, one of the four most important holidays on the Chinese calendar, at Lan Su Chinese Garden the weekend of September 30 & October 1!

Autumn Moon Festival weekend at Lan Su includes:

10:00am-12:30pm — Story Time  
10:00am-5:00pm — Chinese Calligraphy Demonstration  
10:00am-5:00pm — Chinese Folk Art Demonstration  
10:00am-5:00pm — Mooncake Sale  
11:00am-12:00pm — Cultural Performance  
11:00am-5:00pm — Red Lantern Family Craft Activity  
1:00pm-2:00pm — Lion Dance  
3:00pm-4:00pm — Cultural Performance  
5:00pm-6:00pm — Lion Dance

### **2nd Annual Cider Fest**

**Sunday, October 1, 2017 • 10:00am-4:00pm**

**Bauman's Farm & Garden, Gervais, OR**

Taste specialty ciders from across the Northwest.

12:00pm-2:00pm – Entertainment: Mikael Pederson (duo)

3:00pm-5:00pm – Entertainment: Nate Botsford Trio

### **O-Tsukimi, the Moonviewing Festival**

**Wednesday-Friday, October 4-6, 2017 • 6:00pm-9:00pm**

**Pavilion, Portland Japanese Garden, Portland, OR**

There is no better place in Portland to share the romance and mystery of the full moon than from the eastern overlook of the Portland Japanese Garden Pavilion, with a cup of sake or tea in hand, gazing at the harvest moon as it rises above the city. But before it rises, you are invited to enjoy a peaceful stroll through the lantern-lit Garden and observe a quiet tea ceremony in the Kash-intei Tea House. Members: \$35, public: \$45. [www.japa-](http://www.japa-)

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[nesegarden.org](http://nesegarden.org)

### **All Day Apple Cider Tasting & Pressing**

**Saturday, October 7, 2017**

**Blooming Junction, Cornelius, OR**

Have you explored the wide world of heritage apple flavors? Check out our tasting assortment, and if you'd like you can select your favorite apples to make your own apple cider. We'll have lots of tasty apples, you can sample bites, and if you like, you can buy your own apples and a container and grind and squeeze your very own juice to take home! Prices vary on apples and containers—come have fun! 35105 NW Zion Church Road, Cornelius, OR 97113. [www.bloomingjunction.com](http://www.bloomingjunction.com).

### **Pancake Breakfast**

**Saturday, Oct 7, 2017 • 9:00am-11:00am**

**Bauman's Farm & Garden, Gervais, OR**

### **Giant Pumpkin Weigh Off**

**Saturday, Oct 7, 2017 • 10:00am-3:00pm**

**Bauman's Farm & Garden, Gervais, OR**

The giants will roll in from across the west to get their official weight.

### **Winter Care for Mason Bees**

**Saturday, October 7, 2017 • 11:00am**

**Tsugawa Nursery, Woodland, WA**

We are excited to have Master Gardener and mason bee expert Billie Bevers back to share with us how to prepare our mason bees for the coming winter. These amazing pollinators have cared for our plants and now it's time we gave them a little care, as well. Free.

### **Giant Pumpkin Drop**

**Saturday, Oct 7, 2017 • 1:00pm**

**Bauman's Farm & Garden, Gervais, OR**

A pumpkin weighing over 1,000 lbs will fall from the sky!

### **Harvest Time**

**Saturdays & Sundays, October 7-29, 2017 • 10:00am-5:00pm**

**Fir Point Farms, Aurora, OR**

Every weekend in October is harvest time. Fall at the farm is all about having a great time with family!! Pick your own pumpkins in our Pumpkin Patch while getting your own corn stalks or hay bales for decorating.

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Celebrate Autumn with us and our many fun activities. Activities run every weekend starting Saturday October 7th thru October 29th. Free admission and parking. [www.firpointfarms.com](http://www.firpointfarms.com)

**Pumpkin Patch, Pig Races, Mazes & More!  
October 7-31, 2017**

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

The crisp fall air means it is time for some family fun at our pumpkin patch. Fall on the farm is much more than just pumpkins, we have animal feeding, giant slides, a corn maze, a hay maze, and a farm ninja challenge! There is so much to do for all in the family it's hard to believe there could be a favorite, but the event everyone talks about is our Pigtucky Derby. The derby is our famous pig races!

The pumpkin patch event runs for 4 weeks in October from the 7th to the 31st. Unlimited event wristbands are available for purchase and cover most of the things to experience. See below for specific pricing information.

Weekday General Admission – \$8 per person

Unlimited Slideland, Unlimited Obstacle & Farm Ninja Challenge Course, Unlimited Kid's & Adult Maze, Unlimited Tube Slide & Tire Pile, Unlimited Corn Maze, Unlimited Farm Animal Pavilion, Unlimited Hand Pump Duck Races, Unlimited Farm Swings, Unlimited Rollers, and Farm Games, Pumpkin Patch Entry, & Pumpkin Land. All other activities are CLOSED during the week. \*Pumpkins are sold Separately. – Only Valid Tuesday-Friday – NOT VALID FRIDAY 10/13

Weekend General Admission – \$8 per person

Unlimited Slideland, Unlimited Obstacle & Farm Ninja Challenge Course, Unlimited Kid's & Adult Maze, Unlimited Tube Slide & Tire Pile, Unlimited Corn Maze, Unlimited Farm Animal Pavilion, Unlimited Hand Pump Duck Races, Unlimited Farm Swings, Rollers, and Farm Games, & Pumpkin Patch Entry. \*Pumpkins are sold Separately. Only Valid Saturday & Sunday AND Friday 10/13.

PRICE DOES NOT INCLUDE: Pigtucky Derby Pig Racing Show, Pig Barrel Train Rides, Sling Shot & Corn Cannon, & Tractor Wagon Ride.

Farm Fun Wristband – \$15 per person – Weekends

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Unlimited Pigtucky Derby Pig Races, Unlimited Slideland, Unlimited Tractor Wagon Ride, Unlimited Obstacle & Farm Ninja Challenge Course, Unlimited Swing Central & Farm Games, Unlimited Hamster Rollers, Unlimited Hand Pump Duck Races, Unlimited Kid's Maze, Unlimited Pig Barrel Train Rides, Unlimited Tube Slide & Tire Pile, Unlimited Corn Maze and Adult Maze, Unlimited Farm Animal Pavilion, Slingshot (1 shot), Corn Cannon (1 shot), & Pumpkin Patch Entry. Only Valid Saturday & Sunday AND Friday 10/13. \*Pumpkins are sold Separately. Cost includes General Admission. Groups over 10, please call for discount pricing.

PRICE DOES NOT INCLUDE: Jump Pad and Pedal Karts. Tickets must be purchased for those items. [www.fpgardens.com](http://www.fpgardens.com)

**30th Annual Apple Tasting Event**

**Friday-Sunday October 13-15, 2017 • 10:00am-5:00pm**

**Friday-Sunday October 20-22, 2017 • 10:00am-5:00pm**

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

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

**22nd Annual Kid's Bulb Day**

**Saturday, October 14, 2017 • 9:30am, 11:30am, and 1:30pm**

**Al's Garden & Home, Woodburn, Gresham, Sherwood, Wilsonville, 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! There are 3 sessions at each of Al's 4 locations: 9:30am, 11:30am, and 1:30pm. Register your kid today!

**Little Sprouts Pumpkin Painting**

**Saturday, October 14, 2017 • 11:00am-12:00pm**

**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. [www.garlandnursery.com](http://www.garlandnursery.com)

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# PLAY TIME

## Gardening Events Around Town (continued)

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### **Gourd Crafts**

**Saturday, October 14, 2017 • 11:00am-1:00pm**

**Blooming Junction, Cornelius, OR**

Decorate your own gourd with colorful designs to make a bird house or feed-er. It's tons of fun, so join us to give it a try! Makes a great decoration for your home or garden—or a wonderful handcrafted holiday gift. Junction expert Amelia Emory shares her decorating tips and techniques. Preregistration required Class fee \$25. 35105 NW Zion Church Road, Cornelius, OR 97113. [www.bloomingjunction.com](http://www.bloomingjunction.com).

### **Succulent Pumpkin Centerpiece**

**Sunday, October 15, 2017 • 1:00pm**

**Al's Garden & Home, Woodburn, Gresham, Wilsonville, OR**

Cost: \$30.00. Includes pumpkin, sedum & succulent cuttings, and expert instruction. It's fall! And what says fall more than pumpkins and succulents? Create a unique and beautiful centerpiece out of our Grown By Al's pumpkins and a variety of succulent and sedum trimmings. Al's Experts will walk you through the steps and provide you with tips and tricks to help extend the life of your creation. You are sure to wow your guests at any autumn gathering with this handmade piece. Plants provided may vary depending on supply.

### **Portland Nursery Elder Day at Apple Tasting**

**Wednesday, October 18, 2017**

**Portland Nursery (Stark), Portland, OR • 1:00pm-3:00pm**

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

### **Wine & Workshop Wednesday:**

**Succulent Pumpkin Centerpiece**

**Wednesday, October 18, 2017 • 4:30pm**

**Al's Garden & Home, Sherwood, OR**

Cost: \$35.00. Includes pumpkin, sedum & succulent cut-

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tings, wine, and a light dinner. It's fall! And what says fall more than pumpkins and succulents? Sip wine while you create a unique and beautiful centerpiece out of our Grown By Al's pumpkins and a variety of succulent and sedum trimmings. Judy Alleruzzo will walk you through the steps and provide you with tips and tricks to help extend the life of your creation. You are sure to wow your guests at any autumn gathering with this handmade piece. 21 and over only, please. Plants provided may vary depending on supply.

### **Cataclysms on the Columbia: The Great Missoula Floods** **Wednesday, October 18, 2017 • 7:00pm-8:30pm**

**Leach Botanical Garden, Portland, OR**

Geologist Scott Burns joins us to share the story of the floods that are famous for carving out the Columbia Gorge but also might just explain the soil (or rocks) we find in our own back yards. The Missoula Floods are one of the greatest set of geological events to ever have occurred in North America. Scott's talk will focus on the story of J. Harlen Bretz's discovery and interpretation of the geological evidence of the floods throughout the Pacific Northwest and how that explains the landscape we know today. Scott received his PhD from the University of Colorado and has taught for 47 years, 27 of them at Portland State University where he is a Professor of Geology. Scott co-authored the book *Cataclysms on the Columbia: The Great Missoula Floods* with John Eliot Allen and Marjorie Burns. No-host bar opens at 6:00pm. Pre-registration required for everyone: \$10 (Free for Leach Garden Friends.) Leach Botanical Garden 6704 SE 122nd Avenue, Portland, OR 97236. Thank you to Portland Nursery, sponsor of this year's lecture series. [www.leachgarden.org](http://www.leachgarden.org).

### **2017 All About Fruit Show**

**Saturday & Sunday, October 21 & 22, 2017 • 10:00am-4:00pm**

**Clackamas County Fairgrounds, Canby, OR**

Home Orchard Society's famous annual fall tasting event The "All About Fruit Show" is for fruit enthusiasts of all ages! Attendees will have the opportunity to see and taste hundreds of varieties of heirloom fruit from the Pacific Northwest including apples, pears, plums, grapes, kiwis, quince, and more. Home Orchard Society aims to help lots of folks launch into the pleasure of growing good fruit at home. If you love fruit or want to grow your

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own fruit trees, this is the place to be!

- Free with entry – hundreds of varieties of fruit to see and taste
- The Apple Detectives will work to identify your unknown varieties. Check out the website for guidelines for ID.
- Large fruit contest
- Speakers on a diversity of fruit-growing topics (visit the website for dates and times for the speakers)
- Cider pressing demos & tastings (fun for the whole family!)
- HOS expert table to answer your fruit growing questions

Plus ... mason bee supplies, fruit tree growing publications, order custom-grafted fruit trees, door prizes, & more! Admission: \$5 for members (family \$10), \$7 for non-members (family \$12), Free if you join HOS at this show. If you would like to volunteer for the show, please contact us at [info@homeorchardsociety.org](mailto:info@homeorchardsociety.org). If you volunteer, your admission is free! [www.homeorchardsociety.org/events](http://www.homeorchardsociety.org/events).

#### **Pumpkin Carving Workshop!**

**Saturday, October 21, 2017 • 11:00am-1:00pm**

**Blooming Junction, Cornelius, OR**

Come explore your pumpkin artistry under the guidance of expert carver Barbara Millikan. Tools and suggested patterns will be provided. Class fee includes a medium size pumpkin—negotiable if you want a larger size, or multiple pumpkins. Preregistration required. Class fee \$25.

#### **7th Annual Barn Dance**

**Saturday, October 21, 2017 • 6:00pm-11:00pm**

**Grand Hall, The Oregon Garden, Silverton, OR**

Presented by Double "H" Western Wear. Dance only tickets: Just want to get your boot scoot on? Admission to the event is \$25 pre-sale (\$22 for Oregon Garden members). Includes admission, line dance lessons, and your first beer is on us! Dinner and Dancing: Get the full meal deal for \$40 pre-sale (\$37 for Oregon Garden members). Includes admission, line dance lessons, a pig roast dinner, and your first beer is on us! Attendees must be 21+.

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If you purchase a dance only ticket and decide once you get here that you want something to eat, no worries! Adam's Ribs will be on site selling Pig Roast dinners. Dinner will run around \$17 and typically includes pulled pork, slaw, beans, corn bread, and a beverage. They will also have items for sale a la carte. So bring your appetite!

Line dance lessons and DJ services will be provided by Rockin' Robyn's DJ and Dance. Between dance lessons, a DJ will play country music.

Pig Roast Dinner & Drinks: Adam's Rib Smokehouse will offer a wonderful barbecue dinner available for purchase. Your first beer is included with your ticket. Beer, wine, spirits and non-alcoholic beverages will be available for purchase. [www.oregongarden.org](http://www.oregongarden.org)

#### **Bonsai Class: Topic TBA**

**Saturday, October 21, 2017 • 11:00am**

**Tsugawa Nursery, Woodland, WA**

Join us and learn about this fun, relaxing and artistic hobby. All levels are invited. We look forward to seeing you! A fee for materials may be added once topic is determined. Call us for more information. [www.tsugawanursery.com](http://www.tsugawanursery.com)

#### **All Day Halloween Drop In Fun!**

**Saturday, October 28, 2017**

**Blooming Junction, Cornelius, OR**

Visit Blooming Junction in your costume and bring your kids and pets in their costumes, too! Take a drive in the country to enjoy the beauties of Autumn in Oregon! We'll have farm fun activities going on, and we'll be taking pictures and handing out prizes to reward your costume creativity all day. We'll be serving up hot cider and candied apples, and you can use our pumpkin carving station to carve that pumpkin to keep your home free of seeds and mess.

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

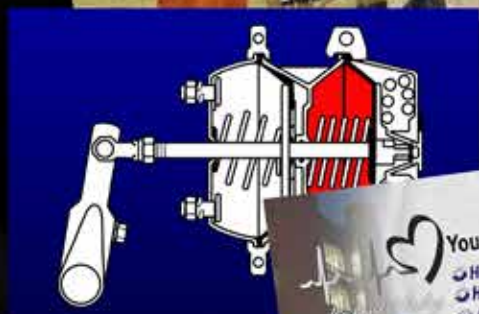
You will find more events and updated information on the Garden Time Events Calendar  
**[www.gardentime.tv/events.htm](http://www.gardentime.tv/events.htm)**



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