

August 2018

garden time

A Digital Monthly Magazine for Your Garden & Home

A-Pickin' and a-Grinnin' When to Harvest Your Heirloom Tomatoes

Crape Myrtle
The Enchanted Forest
TSUGAWA NURSERY'S
George Tsugawa

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The Dry and Dusty Road

If you have ever been on a country road you know that there is nothing drier on a hot summer day. This year our gardens feel like those country roads. We recently returned from a two week vacation in Chicago and even with daily attention our garden is a little on the crispy side. It has been hot! These days a well-tended garden is still not out of the woods when it comes to staying hydrated. This summer is only half over and it will only get worse for plants that are on the edge. Keep that water on and check your plants in the morning and in the afternoon!

For the Garden Time crew the dusty road is taking us to Europe in less than a week. These tours are a great way to see the world and some of the beautiful gardens in it. As you may know we are going to London, Paris and Belgium. We will see firsthand how they are handling the heat across the pond! Yup, they are in the middle of a hot summer over there too! If you would like to see pictures of this trip, you can become a follower on Facebook, where I'll be posting pictures during our travels. You can find the icon to link to our Facebook page on the upper right hand corner of our website at www.GardenTime.tv.

This month's issue of our magazine takes the hot and dusty freeway to Woodland, Washington to visit with George Tsugawa, our hortie of the month. Judy sat down with George and heard how he and his wife Mable, started Tsugawa Nursery in the '80s when they already had a successful berry farm. It has become the 'go-to' nursery for a lot of people who live north of the Columbia River. This month we also feature a great plant that loves this dry and dusty heat, the crape myrtle. It normally thrives in the heat of Texas, but newer varieties are showing up in Northwest gardens. William tells us about the wonderful summer blooms of the newer varieties, but also shares some details about the wonderful bark too. Plus we can't forget, it is harvest time! Sarah shares some tips on successfully growing sweet onions and even shares a great recipe for making some tasty onion rings! Finally, I did a little research about heirloom tomatoes and found out how you can tell when your 'interesting' varieties are getting ripe, even when they're not red!

So, even with the dry and dusty conditions, remember we will always have some very satisfying stories each month for you.

Stay Hydrated and Happy Gardening!

Jeff Gustin, Publisher

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Garden Time's Iconic Spokesflower Answers Your Questions!



Ask Mortimer



GMOs... OK... or OMG?

PHOTO CREDIT: USDA VIA FLICKR CREATIVE COMMONS

Dear Mortimer,

Recently I've been seeing more signs for non-GMO fruits and vegetables on the shelves of my grocery store and at the farmers markets around the area. I'm still confused on what a GMO is. Can you explain?

Thanks,
Keeping it clean in Clatskanie

Dear Clean,

There is still a lot of confusion about the term 'GMO'. It stands for 'Genetically Modified Organisms' and refers to a plant or animal that has had its genetic makeup modified by 'scientific engineering'. This means that the original gene in a plants/animals DNA has been 'recombined' with parts of new genes from another plant, animal, bacterium or virus to achieve a certain goal in the new plant/animal. This goal could be a more-productive variety or one that's resistant to certain bugs or chemicals. Some believe that this 'scientific' manipulation of the gene is un-natural and they don't want to have it in their body, so they avoid GMO foods. I know this is an over simplification of the process, but it gives you the idea. The problem for some people is that they are getting GMO confused with 'cross hybridization'.

This happened recently at Smith Berry Barn. Joelle told us that a customer came to the store and asked about a new variety of berry that they were growing. They

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

wanted to know if it was 'a GMO'. Joelle told them it was a hybridized version of two older varieties. They said 'No thanks!' and almost left. She then had to explain that cross hybridization is what happens when pollen is shared between two plants and it produces a new plant. Bees do this all the time. For growers, the cross pollination is done by hand so they can control the traits that they want in the new variety. It is an all-natural process. It is how we get all the new varieties of fruits, vegetables and flowers for our gardens each year.

I like to think that we are all GMOs, meaning that we are a genetic modification of our parents. Maybe a better name for GMO would be a SMO, a Scientifically Modified Organism.

Hope that helps answer the question,
Mortimer



A hybridized blackberry

Dear Mortimer,

If I kill a yellow jacket wasp, does it attract other wasps?

Thanks,
On Wasp Patrol in Wilsonville

Dear Wasp,

To answer your question... yes and no. Wasps and bees do release a pheromone when their nest or hive is threatened. This pheromone tells the rest of the hive to attack the intruder to protect the hive. But, do they also release this pheromone when you swat one at your picnic table? The short answer is yes, but since the hive is not threatened, the response of other wasps or bees is not the same. Can you imagine if they swarmed every time 'one' was threatened? It is only when the 'many' are under attack that they will all respond.

In late summer it might seem that they are responding to one being killed, but it is a function of the time of year.

Right now, the wasps especially, are getting touchy. The sources of protein that they need to acquire for the long term survival of the hive and the queen is at the top of their list. The heat and shortening of the days will make them more aggressive than they normally are.

Control them using traps or other biological controls. If you are going to use a chemical spray to remove them or destroy the nest, remember to follow all the instructions on the label.

One last thing, wasps, even though they can be a pain both literally and figuratively, they are a beneficial insect in the garden. Leave them alone if you can and you will have a more diverse garden for all the other animals and garden visitors.

Stay sting-free my friend!
Mortimer



Wasps... is it OK to call the SWAT team?



Wasps building their nest

A-Pickin' and a-Grinnin'

Growing your own
heirloom tomatoes
is a real treat, but
how do you know
when they're ripe?
by Jeff Gustin

August harvest

PHOTO CREDIT: REBECCA WILSON VIA FLICKR CREATIVE COMMONS



Author's harvest from last year

One of the best trends in edible gardening is the rising popularity of heirloom fruits and vegetables. These 'throwback' edibles from the past are not only easy to grow, they are tasty as well! The problem that most gardeners have with the fruit is knowing when it is ripe and ready for eating. Since a lot of these 'older' varieties are not the traditional colors of their newer kin, people tend to leave them on the vine too long. I have done a little research and I have few tips for knowing when your tomatoes are ready to be picked. I'm focusing on tomatoes since that is the most popular heirloom vegetable in most gardens. First, don't assume that your tomato is going to get the same size as its supermarket counterpart. It can be really confusing! Some of the heirloom varieties can be bigger or much smaller than the ones you will find in the produce aisle. Plus, in addition to the traditional red color, we now have black, purple, pink, green, orange, and even striped and speckled fruit to deal with too!

Your first indication of ripeness is by looking at the fruit. If you have the seed packet or plant tag, you can get a really good idea of what the ripe fruit should look like. The internet is good too. Pictures of your variety on-line will give you a good starting point. Experts then recommend that you use all your senses to determine when the tomato is at its peak. Sight, smell, feel and taste are all tools in the gardening chef's toolbox. You will need to start by taking a close look at your fruit. Is the skin glossy and shiny, or dull and flat? Shiny skin is an indication of ripeness. If it is starting to look ripe, gently feel it to see if it is soft but firm. It should slightly bounce back when gentle pressure is applied to the skin. If you think it is ripe give it a soft pull. If it is ripe it will snap off into your hand. If it puts up a fight, it may not be ripe! Smell the fruit to see if it has a fragrance or odor. Ripe fruit smells different than underdeveloped fruit. Unripe fruit may not have any smell at all. The vines will have a much stronger and different

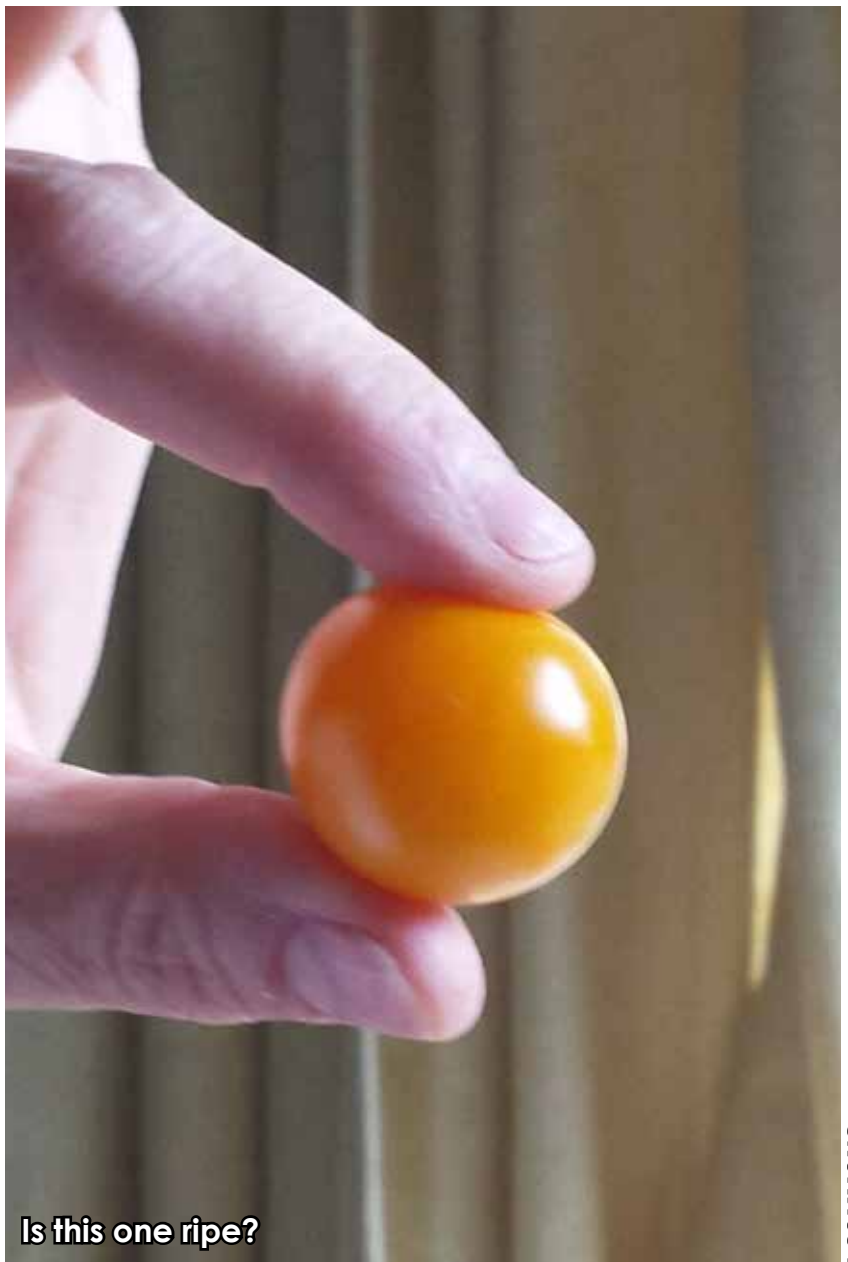


PHOTO CREDIT: CHRIS BENNETT VIA FLICKR CREATIVE COMMONS



fragrance then the ripe fruit. The smell will change throughout the day as well. It is best to pick your fruit in the early morning or early evening since that is when the flavor is at its peak. Finally taste! Does it taste ripe? This little test will help you gauge ripeness for the other fruit on your plant as they mature. If you get a bunch that are not quite ripe, leave them in a paper sack on your counter, away from heat and out of direct sunlight for a day or so.

Once you start harvesting, cut back on watering and check your plants every day or so. The stress of less water and the heat of the day will force your tomatoes to go into full production! As they get ripe you will want to get the fruit before the birds and other garden visitors get there first. Good luck and we hope you have a great and heavy harvest.

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The Crepe of Things to Come

This old favorite is seeing a lot of wonderful changes.

by William McClenathan

Lagerstroemia are commonly called Crepe Myrtle, and for a good reason: the petals of the clustered flowers replicate the look of crepe paper. But, that is where the similarity ends.

Over the last few decades, many wonderful things have occurred for the home gardener in this family of plants. Things like leaf color, from the constant green to new darker leaves, and the selection in color of the blooms. Bloom colors now go from white to almost true reds, and all the shades of pink between the white to red color spectrum. Their size now has changed dramatically as well. Where

once you had to have a larger garden to even plant a crepe myrtle, today we are offered varieties that seldom get over four feet tall.

My first encounter with this family was back in Texas when my partner Sherry and I got a glorious, old, rundown 1865 Victorian in the city of Plano, TX. It was not until our first spring there that we found out the original owners, the Lamb family, who's matriarch was an avid, although history says rather insatiable (with leaning towards crazy) gardener. She had at some time decades before planted a white crepe myrtle. I think she sounds like many of us

gardeners are today... Our passion for gardening can make us a wee bit crazy.

So there, outside of the parlor windows was a white crepe myrtle which was taller than the house was, making it over 30 feet tall. But even better than the size, was the bark! Smooth and shiny, a patch work of brilliance, as each year it continued to grow and the last years bark peeled away. I seldom hear anyone speak of the beauty of the bark. That may happen because it takes a very long time for this part of the shrub's nature to be revealed. But I promise you. It is worth the investment of time.

The problem now though with the mini and dwarf varieties is that the bark is seldom worth looking at on such small plants.

If you want to see this bark, there is a Mexican Restaurant we eat lunch at sometimes in Woodburn when filming in that area, with some well maintained and beautiful older specimens. It is on Hwy. 99E across from the Safeway. You could always drive right down the road to Al's in Woodburn to buy a crepe myrtle for your own garden if these beauties inspire you as they do me.

The bullet point here is that now with sizes becoming only two to four feet at maturity, even a sunny patio in an apartment or condo can have the summer beauty that crepe myrtles afford us.

In the realm of colors, two things have occurred.

First of all, there was a time when the only option of leaf color was green. Now there are ones which have dark leaves, some almost so dark they appear like dark chocolate to almost black.

Second, are the bloom colors. When I started in Horticulture in the early '80s, we had white and a few various shades of pink. And the most popular ones came with names like Cherokee, Seminole and Catawba. All of these are still sold today, which speaks of their hardiness and beauty.

Now today though, the colors have been expanded to reds and 'almost' light lavender colors.

I was also delighted to see



Crepe Myrtle
'Infiniti Magenta'



Crepe Myrtle
'Dallas Red'

some of the new 'mini' varieties like Bourbon Street, being grown in hanging baskets.

I shall remind you that this family of plants loves heat and sun. They are great options for growing besides sidewalks or driveways, and love the reflected heat too. And although they might survive without all day sun, they do prefer it. As gardeners, we should want the plants we spend money on to thrive, not just survive. That is why they are so widely used in the South. And once established in our area, they are a great plant to use if you are trying to conserve water.

They generally have a fall color of yellow to golden before dropping their leaves for the winter. Some varieties do hold some leaves, but generally I have found they are an entirely deciduous plant. That just makes the bark better to view in the winter on older, larger varieties.

And in our area, there are little to no pest or disease problems.

Although they can tolerate different soil types, they are not aquatic plants at all, so do not plant them in a place which does not drain well and never in a location which may collect standing water, especially in our fall to spring rains. They simply will not tolerate that nonsense.

And pruning is a rather simple task. In fact, I have found that I prune only for shape on these plants. That used to be more difficult but with the new sizes available currently, it makes it even easier. I also do snip off old blooms as even fall can be a very busy time



Crepe Myrtle
'Delta Jazz'



Crepe Myrtle
'Bourbon Street'

of year in the garden. Sometimes after they have completed blooming, and sometime in the late winter early spring is when I prune them. It honestly just depends on my schedule and the time I have each year.

Most garden centers still sell varieties from *Lagerstroemia indica* and *Lagerstroemia x fauriei* (a crossing of *L. indica* and *L. fauriei*) as breeding has bettered their bloom color and resistance to disease values substantially.

And there are other species like *Lagerstroemia fauriei* and *Lagerstroemia limii*. I would suggest you may be able to find more information and maybe even availability for purchase at nurseries like Xera or Dancing Oaks.

One of the many things I adore about gardening is the memories plants and gardens give to me. Mrs. Lamb's 150 year old garden had an effect on me then and still does to this day.

So if you choose to fall in love with Crepe Myrtles...give a little shout out of thanks to Mrs. Lamb. She might just hear you in her massive hat she used to wear in the garden, and it will make her smile, I'm sure.

Xera

<https://xeraplants.com>

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dancingoaks.com](https://dancingoaks.com)



Crepe Myrtle bark



Crepe Myrtle
'Bourbon Street'

Land of Enchantment

Nestled among Oregon's picturesque timberlands is a magical place of flora and fantasy called The Enchanted Forest.

by William McClenathan

European Village at Enchanted Forest

It was almost 50 years ago when I first encountered The Enchanted Forest just south of Salem off of I-5.

In my young mind, I was aware it was 'new' but words like new and the idea of things like 'time' mean very little to the young.

I do however recall exactly how it made me feel.

Delighted. Ecstatic. Amazed. Intrigued. Safe, yet at moments, terrified. All of the feelings that an Enchanted Forest should make one feel!

And although I recall few specific things about that day, I do recall all those feelings.

That was 1974.

Imagine my delight to return to this place which enchanted me decades ago to interview the owner Roger Tofte, for this article.

Within moments of meeting him, I could see immediately why he was the creator of this place.

He had an almost magical, kindly energy about him. As we sat down in the picnic area, he said, "I

see you are not using a tape recorder or camera for this interview. You are using paper and pen...I like that!

"Very old school."

His idea for creating Enchanted Forest came from his visits to small, family owned parks he went to visit on his travels.

He was in the Navy Reserves, a watch maker by trade and artist at heart. When the first Norman Rockwell book came out, he was thrilled and fell in love with those works, and...he started painting. To this day, unless you are trained as an artist, you would not know that much of Rogers's art was not painted by Norman Rockwell himself, they are just that good.

He once went to New York to interview with McGraw-Hill. They said he needed to go to Chicago and take a six week course in composition and they would hire him. But big city life was not something he desired, so he did not choose that path.

Instead he and his young family ended up back in

Oregon where he went to work for the State Highway department. Even then, he still did watch repair for his fellow workers at the State for extra money.

In 1964 he found the property which would eventually become The Enchanted Forest.

Purchased for 4000 dollars, he put 500 dollars down and paid 50 dollars a month. He began to work on his first creation. The Pumpkin from the nursery rhyme, *Peter, Peter, Pumpkin Eater*.

He would haul bags of concrete up in his old VW as there was a spring which fed a small pond there. The pond is still part of the park to this day. That is where he got the water from to mix the concrete.

In 1971, The Enchanted Forest opened. The cost was 50 cents to enter and the first day they had 75 people show up. No register or cash drawer...just an old cigar box. Roger was elated!

Much has changed since that first day.

In the 1970s a Haunted House was added, along with a Comedy Theater which works with schools and colleges in the area utilizing students as actors. And Tofterville western town was born as well.

The 1980s found the addition of the massive ICE Mountain ride, the first stage of the Old Europe vil-



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The carousel was added in 2017.



lage, and the Jolly Roger Water-Light show, which is very beautiful to hear and see.

But Roger did not stop there! The 1990s allowed the Kiddie bumper and Ferris wheel rides for kids to be added, along with part two of the Old Europe village and the Big Timber log ride. At the time this was built it was one of the tallest and longest log rides in America. It was so well done, even some Disney engineers came up to Salem to check it out, and some of the animated, moving displays as well!

2002 gave us Crazy Bumper cars, but this ride was for the adults.

2006 offered the Challenge of Mondor. A fantasy ride which rivals some of the best ever made. Roger can be seen at his most talented and creative as you



Roger Toffe, artist extraordinaire



European Village under construction



The Haunted House



Inside the Challenge of Mondor

The Enchanted Forest

8462 Enchanted Way SE
Turner, OR 97392
503-371-4242

www.EnchantedForest.com

enter this ride. The art work is beautiful. Look for the Druid faces and dragons created in the concrete walls.

Then in 2017, a beautiful carousel was added with horses, bunnies, pigs and ostriches.

I asked Roger what construction skills he had to be able to create so many amazing things. He said he had none. He was just always a creative kid. That skill clearly stayed with him.

Three generations of the Tofte family now work together at the park. Certainly, it is a family affair.

I wanted to know what the future looked like for The Enchanted Forest. Roger answered, "Looks good". Then wryly smiled and said, "I still have a few good ideas in my head". He winked and added, "Which I shall keep secret."

When I asked Roger what brought him



Roger Tofte prunes a bush.



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the greatest pride and joy about The Enchanted Forest, without hesitation he said smiling, "Watching the families and school children come through the park and seeing the smiles on their faces and hearing their laughter.

I would have expected nothing less.

Roger had always wanted the Enchanted Forest to look like a natural forest. He did not want swaths of annuals everywhere. So a natural forest it does look like.

And do not be surprised if when you are there, you see an 80-something year old man, driving around on his moped, stopping to take his pruners out and doing some pruning. He will be the first to tell you he has NO horticultural experience. But he knows what he likes and how to make all the customer's pathways feel safe and maintained.

So if you have never been, go this summer. And if you have not been for a very long time, revisit this magical place again.

I suspect Roger might be a kind of Magician himself, because after all, he did create The Enchanted Forest.



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Laud of the Rings

**What's even sweeter
than a Walla Walla
onion? Making
onion rings at home
with fresh-from-the-
garden onions!**

by Sarah Gustin

I love sweet onion ring season! It's the most wonderful time of the year! But the cost of sweet onion rings this time of year got me thinking, how hard is it to grow my own sweet onions? Not too tricky if you follow a few tips!

You can purchase onion seeds, seedlings, or "sets". A seedling will look like a green onion, and a set gives you an even better head start with a tiny bulb. If you choose to start your onions from seed, make sure to check that your seeds are fresh, less than a year old. Start them mid-winter indoors and transplant them in the spring. In the Northwest it is best to plant onions in March or April, to give them time to grow before the long days of summer encourage them to bulb. The bulb size is dependent on the plant size, so you want to give your plant plenty

of time to grow. The easiest, least finicky way to grow your sweet onions is from starts or sets.

Vidalia and Walla Walla are the most common varieties of sweet onion available on the market. Your local garden center may also have other long-day sweet varieties.

If you are buying onion sets, remember: size matters! Smaller onion sets will grow larger sweeter onions. Larger sets will bolt faster, before they have a chance to form a bulb. If your sets include larger bulbed plants, you can still plant them and harvest them early to use as green onions. If you are planting starts for green onions they can be planted closer together, about an inch apart, because they will be harvested before bulbing.

The most confusing part about getting into onion growing is understanding long-day and short-day onions. Onions need to be planted with full sun. Depending on the variety of onion, the length of sun exposure will trigger the growth of the bulb. Long day varieties are triggered by 14 to 16 hours of sunlight and tend to be sweeter. In the Pacific Northwest our days are longer than they are in the southern US, which is PERFECT for growing sweet onions! Of course, when you go to your local garden center to pick up your seeds, starts, or sets, you can double check that the sweet onions you are purchasing are suited to growing in the Pacific Northwest.

Onions grow best in raised beds with lots of drainage and nutrients. They have a very limited root system, so they need lots of water, but also very good drainage to ensure large bulb growth without rotting. The more water the onion can get, the sweeter it will be. Make sure that you amend the soil with compost and fertilize your onions regularly. Plant them one inch deep and four inches apart. If they end up crowded, growing





too close together, you can always harvest them early and use them the same way you would use a green or spring onion.

Some onions store very well, and can be cured and stored. Sweet onions are not that kind of onion. Sweet onions are best enjoyed straight from the garden! You will know they are ready for harvesting when the tops begin to bend and brown. You can stop watering for a day or two to allow the onion to dry and "cure" if you wish, but with sweet onions it is not strictly necessary. Harvest and store in the fridge. Use ASAP to make your own sweet onion rings!

Beer Battered Sweet Onion Rings

You know what isn't sweet? Paying \$1 for a single onion ring when you can make your own at home with fresh-from-the-garden sweet onions!

Ingredients

Canola oil for frying

1-2 Walla Walla or Vidalia sweet onions

1 bottle of local wheat beer

1 cup flour

¼ cup cornstarch,
(optional, use if you like
crunchier onion rings)

½ tsp salt

½ tsp pepper

½ tsp garlic powder

Fill a high walled sauce pan with about 1 inch of canola oil.

Heat oil at just above medium heat. Heat the oil to 350 degrees. If you don't have a thermometer, flick a little drop of cold water into the oil. It is ready when the water drop instantly sizzles.

Cut onions into ½ inch sections and separate them into rings.

Whisk together dry ingredients. Add beer a little at a time and whisk until it comes together in a smooth batter. Stop adding beer when it becomes the consistency of pancake batter. Coat a few rings at a time with the batter and place in the oil.

Turn once when the first side is light golden. Remove when golden and place on a plate covered in paper towels to drain and cool.

Enjoy with your favorite sauce!



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Beyond the Ordinary Hero

Tempered by time in a Japanese internment camp and challenged by an erupting volcano, George Tsugawa remains the guiding force of Woodland's Tsugawa Nursery.

by Judy Alleruzzo

George Tsugawa

George Tsugawa is a unique Hortie for this month's Garden Time profile. He is a berry farmer, a nursery owner, a man that loves his family and most of all he has a huge heart.

George grew up in Everett, Washington and then moved to Hillsboro, Oregon where his family farmed and sold vegetables at a roadside stand. His Dad passed away in the mid 1930s and the family did the best that they could in the following years. In 1942, just two months after the bombing of Pearl Harbor, the family lost their farm and almost all their possessions and was sent to Minidoka, Idaho to an Internment Camp from 1942 to 1944. George's brother, Henry enlisted in the service in army intelligence and was sent overseas. George, his mother, three siblings and one duffel bag of personal belongings were taken by train from Hillsboro, Oregon, to Idaho,

where they lived in the camp for almost two years. About 120,000 people of Japanese ancestry, mostly from the West Coast, were interred in camps. It's interesting to note that two-thirds of these people were U.S. citizens.

Daily life was difficult during these years, but the Tsugawa family was released from the Minidoka camp in 1944 as George's mother was dying of cancer. After her passing, the family began farming once again near Beaverton, Oregon. Henry also survived the war and joined them in Oregon. George married his lovely wife Mabel in 1950 and began a family, having six children over the next years; Marty, Mary Lynn, Lori, Karen, Dan and Brian. In 1956, Henry found rich farmland for sale in Woodland, Washington, perfect to begin a new berry farm. The first crop was strawberries and assorted vegetables. The family

added more land as the years went by to about 200 acres at peak production. The family's life was busy with raising kids and berries and then the craziest event happened, Mt St. Helens exploded in May 1980 and destroyed their strawberry crop!

Life went on and business needed to go on too.

Mabel had an idea of a business to compliment the family's berry farm. She noticed a closed down retail nursery along I-5 in Woodland, Washington and convinced George to open a nursery in 1981.

As George says, "we didn't know anything about the nursery business, but Mabel was a determined woman and I supported her. She was a city girl wanting to prove herself to her farm boy husband. The property was really land with a shed on it but she said, 'I



Tsugawa Nursery in Woodland

sure want to run it,' so I said, 'go ahead and buy it.'" The first day of business Mabel only sold one four-inch geranium plant but she was not down hearted. George went on with the story he so loves to tell, "In spite of that, she kept on and never,

never, never gave up. She wanted to make the nursery into something."

It was a big learning experience but with the expanding population from Vancouver, north to Woodland, their

customer base grew as did Tsugawa Nursery.

Over the next years, Mabel, and when he wasn't at the berry farm, George, worked hard at Tsugawa Nursery. In time, their oldest son Marty, became manager of the nursery. Tsugawa Nursery and the gardening industry were growing together in the Northwest. The nursery expanded to convert a pool at the back of the property to a water garden area for Koi and water plants. A wide selection of Japanese Maples became



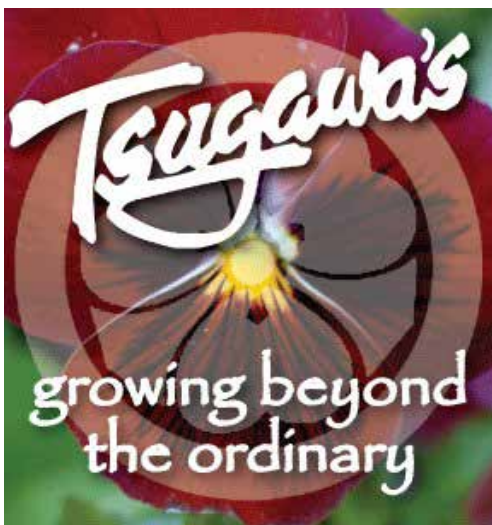
Clockwise from left, Karen, Brian, George and Mabel Tsugawa

Tsugawa Nursery

**410 E Scott Ave.
Woodland Washington
360-225-8750**

www.TsugawaNursery.com

Follow them on FaceBook



a staple at the nursery plus Bonsai supplies, plants and classes all joined the nursery experience. Tsugawa Nursery became a destination to find garden plants and of course in-season, fresh berries!

George really is the farmer in the family and always supplied crates of berries to the store. Every year, the nursery customers looked forward to George's fresh picked berries. The first year Garden Time filmed at Tsugawa Nursery was

during strawberry harvest. They were delicious!

As it happens many times in life, sad times came to the Tsugawa family as Marty passed away in 2000 after a long illness. Brian stepped up from his responsibilities at the farm and became manager at the nursery. The family worked together in the next years creating a wonderful place for gardeners to select plants for their gardens. After 61 years married life and working together, Mabel passed away in 2011. Their son Dan passed away in 2013.

A family goes through many changes over the years and the Tsugawa family has kept the nursery and farm going strong all these years. The berry farm has downsized in recent time but for over 35 years, George has made sure the nursery's customers get their fresh-picked berries when in season. Marty's daughter Jenny, is one of the nursery's managers and George and Mabel's daughter, Karen is part of the team too.

George has a big heart for his family and country. He told me he holds no bad feelings toward the U.S. government for what happened to his family during World War II. "The U.S. is the greatest country in the world. Bad things happened long ago. I have no hard feelings. In war, everyone suffers. I still love this country. I have my children and grandchildren around me. I am the luckiest man!" He ended our talk by telling me, "My granddaughter said to me, Grampa, because of you, I am 50 percent Japanese!"

George Tsugawa is a man with a big heart of 96 years that has created a wonderful legacy that spans three generations and he knows how to grow delicious berries!



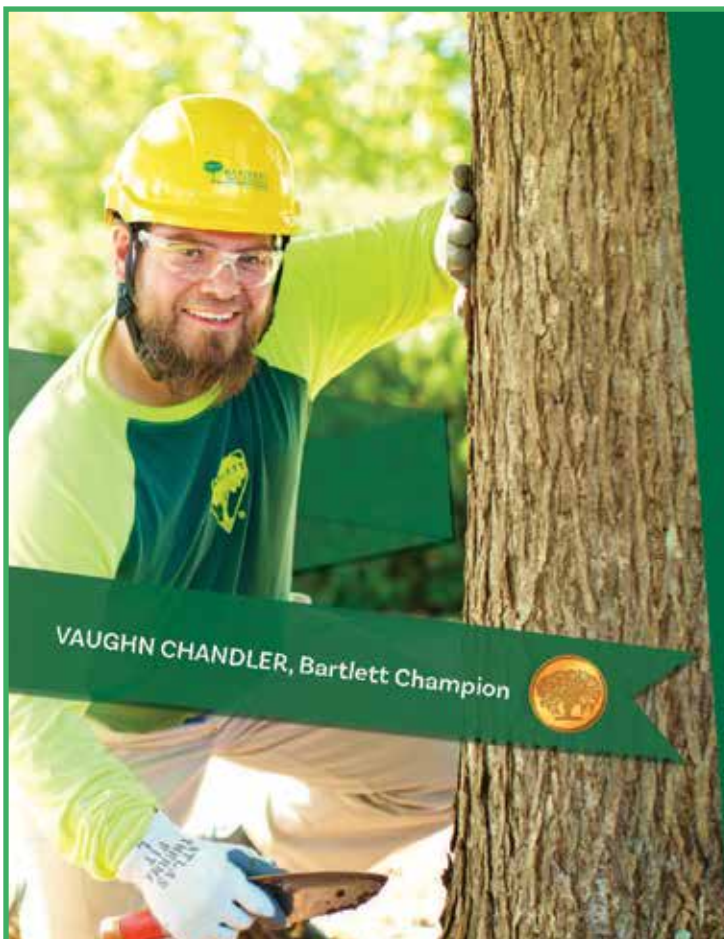
George and Mabel Tsugawa



George and Mabel Tsugawa



George enjoys a good laugh.



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Brine Dining



Fermenting vegetables, a millennia-old tradition arrives in the modern kitchen.

by Ron Dunevant

Sauerkraut Fermenting

There is an old saying, usually attributed to French novelist Jean-Baptiste Alphonse Karr that states, "the more things change, the more they remain the same." There is, perhaps, no better example of this than the foods we eat and the way we prepare them. Just like fashion fads, culinary trends come and go, but unlike the latest Paris creations, some of them have been cycling in and out of popularity for thousands of years. And so it is with a food preparation and preservation technique called fermentation, a method that has been employed for 8,000 years and is, once again, becoming an increasingly popular trend in the home.

Fermented foods are present in every culture on earth and they have a long history. The earliest records of fermentation go back to 6000 BCE in the Fertile Crescent, an area that stretches

from the Nile River in Egypt to the Tigris and Euphrates rivers in Iraq, encompassing such countries as Israel, Lebanon, Jordan and Syria. Nearly every civilization has a culinary heritage that includes fermented foods. Besides the preservation aspect, it is also a critical component in food safety, eliminating natural poisons from some foods or protecting against foodborne illnesses in areas with poor sanitation. Fermentation is big in many Asian countries, represented by the Japanese natto (soybeans), Vietnamese mắm (seafood), Chinese douchi (black beans), Lao pa daek (fish sauce) and Korean kimchi (spicy pickled cabbage), items that are part of their everyday cuisine.

So what, exactly, is fermentation? It starts with healthy bacteria, single-celled microorganisms that are added to food to metab-

olize some of the natural sugars in a food. This process forms lactic acid which inhibits the growth of harmful bacteria. Through this process, the food is preserved and often enhanced with unusual flavors and textures, because it breaks down the components of the vegetables into forms that are easier to digest and often more nutritious than the raw vegetables, themselves.

The key ingredient in this process is a brine consisting of water and salt, whey or a starter culture. Salt is an important ingredient in fermentation. It keeps unwanted bacteria from multiplying and helps keep the vegetables crisp and crunchy. It also preserves vitamin content and allows flavor to develop more fully by slowing the fermentation process.

This method is somewhat different than the technique known as

"pickling." Foods that are pickled are preserved in an acidic medium such as vinegar. Many of the pickles you see at the grocery store employ this practice. So, even though vinegar is a product of fermentation, the pickles themselves are not fermented and therefore do not provide the probiotic value of fermented vegetables. If you're looking for fermented pickles at the supermarket, check the refrigerator case. Those sold on the shelf at room temperature are made with vinegar.

Chances are you have been eating or drinking fermented foods for years. Some of the most popular are pickles, sauerkraut, yogurt, sourdough bread, and beer. With modern food preservation techniques -- namely refrigeration -- available in the developed world, fermentation is less of a necessity for keeping food safe. Therefore, these foods have become more of a delicacy for those who love the enhanced flavors and textures

that this process enables.

While many foods can be fermented, dairy products and fruit among them, using vegetables, especially if they are home-grown or fresh from the farm, are a wonderful way to engage this process. Among the vegetables that can be fermented are cabbages, cucumbers, onions, turnips, carrots, garlic, soybeans, olives, radishes, peppers, beets, turnips, parsnips, okra, string beans, green tomatoes and cauliflower. Microbiologists, food scientists and fermentation advocates say that, if done properly, almost any raw vegetable can be fermented at home (although it should be noted that leafy green vegetables such as kale, which are high in chlorophyll, are not to most people's liking.)

Fermented veggies can also be safer than raw vegetables, because lactic acid, which forms during fermentation, kills any harmful bacteria that might be present.

Even so, basic food-safety practices should always be followed, such as making sure the items have not come into contact with manure or compost which may have pathogens like Salmonella or E. coli in it. Thoroughly washing each piece, plus the use of clean utensils, cutting areas and clean hands is essential, as it is in the preparation of any food.

Fermented veggies also have many dietary benefits. Eating these foods can increase the range of healthy bacteria in your gut, which has been associated with weight control and reduced blood sugar.

So, can you ferment vegetables at home? Yes, but having the right equipment will make it easier and more successful. For people familiar with traditional canning, the two big differences in fermenting come in what is NOT used: vinegar and heat.

There are several steps involved in



Fermented Carrots

PHOTO CREDIT: JULES VIA FLICKR CREATIVE COMMONS

the fermentation process, and several options available. Check the link at the end of this article for specific directions from the Cultures for Health website, which gives step-by-step instructions for fermenting veggies. Listed here are things they say you should consider for the best results.

Choosing the Fermentation Equipment – First, it is recommended that you have high quality kitchen utensils, a good knife for chopping or a food processor, and a pounding tool to break apart vegetables. Glass, ceramic or porcelain containers are preferred and plastic containers, which may contain undesirable chemicals, are not recommended. The type of lid you choose will also contribute to your success. Lids with airlocks will keep oxygen away from your veggies but still allow gases to escape. A lid without an airlock will need periodic “burping,” but will reduce the chance of mold developing.

Preparing the Vegetables – Whether you choose to grate, shred,



Cucumbers, garlic and green beans fermented in the same container

PHOTO CREDIT: SO FUEGO PRODUCTIONS VIA FLICKR CREATIVE COMMONS



Fermented Brussels Sprouts

PHOTO CREDIT: MARCUS BUCHWALD VIA FLICKR CREATIVE COMMONS

slice, chop or leave whole, the type of vegetable will determine which method will yield the best results. Some vegetables ferment better when shredded or grated. This is especially true of hard or crunchy vegetables. Thinly slice firm vegetables while using thicker slices for soft veggies. Chopped vegetables will usually take longer to culture than grated or sliced veggies. Small vegetables, such as Brussels sprouts, green beans, radishes or cucumbers can be left whole.

Choosing Salt, Whey or a Starter Culture – Some recipes will call for a specific one of these, but the choice is up to you. Dietary requirements, personal taste or certain vegetables may make a different method the right choice for you. There are also various kinds of salt that can be used in culturing.

Using the Best Water for the Brine – We have excellent tap water here in the Pacific Northwest, but if your water is hard, comes from a well or goes through a water softener, you may prefer to use bottled water (but check the source, some bottled water has fluoride added.) Boiling tap water before use will remove chlorine. A charcoal filter can remove other impurities. Bottom line: the better the water tastes, the better your vegetables will taste.

Keeping the Veggies in the Brine – Vegetables often float, and if they rise above the level of the brine, they won't ferment as well. There are several methods for keeping your veggies below "brine level," including weights, a cabbage leaf, or a ceramic dish or plate. It is important to keep everything away from the oxygen at the top of the jar during the fermentation period.

After Fermentation, Place in Cold Storage – When your vegetables have finished culturing, they will need to be kept cold. However, it may be difficult to determine when they are ready. Fermentation is a continual process and the taste



Fermented Beets

PHOTO CREDIT: ALISON VIA FLICKR CREATIVE COMMONS



Korean kimchi in a crock.

PHOTO CREDIT: NHLORD VIA WIKIMEDIA COMMONS



Preparing the vegetables: Good utensils are a must.



Packing the container before adding the brine.

of your vegetables will change over time. Bubbles, indicating gases created by the lactic acid bacteria are a good sign. You can also open the jar and sniff for a sour, vinegary aroma after a few days. It's a good idea to check, as the smell of spoiled or rotten food will be an indication that a particular batch did not turn out right.

Fermentation is Not an Exact Science – Every batch may turn out differently. Mold or yeast may form on the surface of your brine, caused by oxygen. Carefully removing this layer may reveal that the contents of the jar are perfectly fine, but let your senses make the final determination. A sour aroma is okay, but a spoiled or rotten-food smell is an indication of exactly that.

Cultures for Health offers a comprehensive guide, suitable for first-time and experienced fermenters. Check it out for the



Sauerkraut and sour pickles ready to ferment.

PHOTO CREDIT: CBARR VIA FLICKR CREATIVE COMMONS

finer details involved in this process.

Just like anything made from scratch, home-fermenting vegetables involves planning, some effort and knowledge. Luckily, there is an abundance of resources on the internet. So, next time you have a craving for vegetables, give fermentation a try, and rediscover this millennia-old tradition that has made its way around the world, and into our kitchens.

Cultures for Health

www.culturesforhealth.com

Article:

"How to Ferment Vegetables"

www.culturesforhealth.com/learn/natural-fermentation/how-to-ferment-vegetables/

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Garden Time Flowers

In celebration of Garden Time, we are proud to tell you about three flowers that have been named in our honor. 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. Check them out and put a little *Garden Time* in your yard!



Garden Time Dahlia



Garden Time Rose



Garden Time Iris

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Garden Time

WTDITG

Our Northwest summers aren't nearly as hot as other places in the country, but it's not uncommon to have a few 100 degree days. Plants, just like people, need special care when the temperature rises. Be sure you give your plants the same attention during these hot spells that you would your pets or kids.

PLANNING

• Have you been good about keeping up with the journal writing? We won't tell if you want to just sit down and cheat some notes from spring and summer now. If this helps you grow better crops

next year we think you'll enjoy the act of noting the good and the bad things that happened in the garden this season.

PLANTING



- Time to plan on a new lawn? August through mid-October is prime time to get a new lawn put in. In the late

summer and fall the grass seed germinates in the warm soil so much faster than in April or May. Good grass seed blends will give you the best looking lawn on the block, plus add some lime and good fertilizers to start lawns with!

- Time to over seed a tired lawn? For the same reasons given in the above note on planting a new lawn, over seeding an old tired lawn is great to do now too. Mow the lawn short, (this one time we give you permission to mow it short) thatch (rent a thatching machine to make the job a lot easier) and then seed with premium lawn seed blends for this area. Cover the seed barely with some Organic Compost to keep the birds away from the seed. Fertilize with natural lawn fertilizers for outstanding results. Keep the compost dark with moisture

while seed is starting.

- Plant perennials and biennials from seed this month directly in the garden. The seed germinates pretty quickly in the warm soil and big beds of future flower



color can be created starting with seed now.

TASKS, MAINTENANCE & CLEAN-UP

- Clean up the strawberry beds. After final harvest, cut off all foliage (fun and fast to run over the bed with a lawn mower set on high, so as not to damage the plant crowns). Water and fertilize with Azalea & Camellia fertilizer to encourage strong new growth. You can also reduce a thick planting at this time by removing the "mother" plants, leaving the newer "daughter" plants.

- Mulch the garden and ornamental beds if needed to conserve soil moisture. If you have not mulched the garden beds yet you'll notice they dry out very fast. Get topdressing on the beds of Organic Com-

post or bark to hold in soil moisture, retard weeds and make it easier for soil to absorb water. Keep the flowering annuals dead-headed and fertilized to keep them going strong until fall.



- Prune Raspberries and other cane berries after harvest.

Summer crop raspberries produce fruit on two-year-old canes. After harvest, the two-year-old canes that produced the fruit begin to die. Remove the old

What To Do In The Garden

AUGUST

canes anytime after harvest.



During the growing season, keep only 1 to 2 of the strongest new one-year-old canes per plant. Continually cut out all

the small canes and sprouts. The big, strong canes will produce the following summer's crop.

Ever bearing raspberries produce their main crop of berries in the fall, on the top 12" of one-year-old canes. After harvest, you have two choices: 1) remove the top portion of the cane that has fruited, leaving the rest of the cane to produce a crop the following spring, or 2) cut the canes off at ground level in mid-October, thus allowing the plant to fruit only in fall (the fall crop on ever bearing varieties is superior to the spring crop). If you choose to let the plant produce two crops, remove the two-year-old canes after harvest.

- Make sure the irrigation system is working properly if using one or create one if you haven't yet—it's never too late. Watering plants thoroughly and deeply is

very important this time of year.

- Work on your compost piles. Make compost out of grass clippings and any clippings or pulled plants that are ready to be re-cycled, unless foliage is diseased. If you have a pile going already,



turn the compost over and water it if necessary. Do not use grass clippings in compost if you have used weed kill-

ers on the lawn! To get the pile decomposing faster use compost starter. The addition of microbes and good bacteria will help plant material break down faster.

- Mow the lawn higher in hotter weather. Grass 'roots' length is directly related to the grass 'shoots' length. In other words if you scalp the lawn short, then the roots will be ultra short too. The longer grass blades help shade the lawn roots, help the grass compete with weeds for space and allow the grass plants to lengthen its roots deeper to where the soil does not dry out as quickly. Plus the leaf blades are where photosynthesis takes place

so when you cut the lawn short it can no longer feed itself!

- Water the lawn with 1 inch of water once a week. To determine how long to water, place empty cat food or tuna fish cans out on the lawn under a sprinkler and time how long it takes to fill the can to 1" deep. That is all the water needed, once a week to maintain a beautiful lawn.

- If you have been maintaining your lawn with irrigation then apply a good fertilizer to carry it into the fall. Use natural lawn fertilizer for a dose of natural pro-bi-

otic microbes that will help break down naturally, thatch and encourage deep root development.



- Keep an eye out for fresh notched leaves on ornamentals. Root Weevil adults are still feeding this month.

- Apply Beneficial Nematodes to the beds below rhododendrons and azaleas to fight root weevil damage.

VEGETABLE GARDEN



- Continue to fertilize the vegetable and herb crops. This will aid in maintaining good production through your harvest months.

- Seed out, directly in the garden, for fall and winter crops;

Arugula, basil, broccoli raab (aka Italian broccoli) cabbage, cauliflower, cilantro, collards, kale, lettuce,

mache, mustard greens, radishes, salad greens, spinach, swiss chard and turnips.



- Plant a cover crop called 'green manure' in the spaces vacated by harvested crops. This 'green manure' will be turned over, into the soil before it flowers to decompose, adding rich nutrients back into the garden soil.



PLAY TIME

Gardening Events Around Town

Art in the Garden

July 13, 2018 – September 30, 2018

The Oregon Garden, Silverton, OR

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

Predator Plants

Wednesday, August 1, 2018 • 4:30pm(W)

Wednesday, August 8, 2018 • 4:30pm(V)

Wednesday, August 15, 2018 • 4:30pm(S)

Wednesday, August 22, 2018 • 4:30pm(G)

**Al's Garden Center, Woodburn, Wilsonville(V),
Sherwood, Gresham, OR**

Feed me, Seymore! We have long been fascinated by the juxtaposition of a meat-eating plant. How strange that something so lovely and seemingly harmless could snatch a fly or capture spiders in their own sticky trap. In this workshop, we will talk about all the different crazy types of carnivorous plants and create a lovely terrarium with carnivorous plant to take home. Just be careful not to cut yourself and give them the taste for human. Cost: \$40, includes supplies, plants, expert instruction, local wine, and a light meal.

Portland Nursery Summer Houseplant Sale

**Thursday-Wednesday, August 2-8, 2018 • Store Hours
Portland Nursery (Stark & Division), Portland, OR**

30% off all Houseplants including indoor Bonsai and Orchids, 30% off all Decorative Pots. Purchase a plant and a pot and get a free Pot-Up!

Largest Selection at our Division location. www.portlandnursery.com

Botanical Art with Jane Nash (Two-part Class)

Saturday, August 4, 2018 • 9:00am-12:00pm

Saturday, August 18, 2018 • 9:00am-12:00pm

Leach Botanical Garden, Portland, OR

You will begin with detailed sketches of your favorite flower or plant in colored pencil or watercolor. These sketches will then inspire creation of a finished 12" x 18" botanical illustration that is ready to frame. This class is suitable for all art skill levels. Supplies pro-

continued next column

vided. Located in the Upper Meadow tent. Preregistration required. Adult class suitable for all skill levels. \$70 for the series To register visit www.leachgarden.org or call 503-823-1671. Leach Botanical Garden, 6704 SE 122nd Avenue, Portland, OR 97236. www.leachgarden.org

Grow a Hairy Caterpillar

Saturday, August 4, 2018 • 11:00am(W)

Saturday, August 11, 2018 • 11:00am(S)

Saturday, August 18, 2018 • 11:00am(G)

Saturday, August 25, 2018 • 11:00am(V)

**Al's Garden Center, Woodburn, Sherwood,
Gresham, Wilsonville(V), OR**

We will teach your young gardener about planting seeds and germination with this fun garden project! Each child will plant their very own "hairy" caterpillar to take home, water, and watch grow before their eyes. Do you have a tomato for our Great Big Tomato Contest? Don't forget to bring it in! It is also the official contest weigh-in and we will be awarding the prizes for the biggest tomatoes. Cost: \$7.50 to cover the cost of materials.

Annual Judged Fuchsia Show and Display

Friday, August 10, 2018 • 12:00pm-6:00pm

Saturday, August 11, 2018 • 9:00am-6:00pm

Sunday, August 12, 2018 • 9:00am-1:00pm

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

There will be prize winning fuchsia plants from the Friday judging, display plants brought by members, an extensive display of blossoms, opportunity to get fuchsia questions answered, and a modest selection of baskets and gallon uprights grown by members. Plant sales do not begin until noon on Friday. On the grounds behind the buildings at Portland Nursery at 5050 SE Stark Street, Portland.

Summer Sippin' Lecture Series: Cider

Wednesday, August 15, 2018 • 7:00pm-8:30pm

(Doors open at 6:00pm for refreshments & strolling.)

Leach Botanical Garden, Portland, OR

Deron Davenport, Production Manager/ Cider Sha-

continued next page



man at the Portland Cider Company joins us to talk cider. He'll give us some background on the history of cider in America, then talk about the apple varieties grown today and how those varieties influence cider styles. We'll learn the basics of cider making and the difference between traditional and Northwest cider styles. And then Deron will take us on a guided tasting through different cider styles and the science behind the drinking experience.

Portland Cider Company was founded by Jeff Parish, an Oregon native, and his wife Lynda, an expatriate from the Somerset region of England (the Mecca of cider) in 2013. Deron is now the Head Cider Maker and has been instrumental in the cidery's innovative cider making reputation.

\$15 admission. (\$40 for the whole series) Advance registration required. To register go to www.leachgarden.org (click on "learn") or call 503-823-1671. Leach Botanical Garden, 6704 SE 122nd Avenue, Portland, OR 97236. www.leachgarden.org

Bonsai Class: Topic TBA
Saturday, August 18, 2018 • 11:00am
Tsugawa Nursery, Woodburn, 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

Pruning, Wiring & Styling: Juniper 'procumbens Nana'
Sunday, August 19, 2018 • 1:00pm-3:00pm
Garland Nursery, Corvallis, OR

Pruning, Wiring & Styling series is for beginning bonsai students. This class covers basic care and concepts for a Juniper. Student will go home with a trained Juniper in plastic container to grow on. Cost: \$25. 5470 NE Highway 20, Corvallis, 97330. www.garlandnursery.com

Oregon State Fair
Friday, August 24-Monday, September 3, 2018

continued next column

Oregon State Fair & Exposition Center, Salem, OR

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Iris Society Bearded Iris Sale
Saturday-Sunday, August 25-26, 2018
• 9:00am-4:00pm
Portland Nursery (Stark), Portland, OR
www.portlandnursery.com

The 2018 Annual Dahlia Festival
Saturday-Monday, August 25-27, 2018
Saturday-Monday, September 1-3, 2018
Swan Island Dahlias, Canby, OR

A must see for the dahlia lover, or if you just love flowers. View over 400 floral arrangements of dahlias, over 15,000 cut dahlia blooms on display, in our three indoor display rooms. This is the largest display put on by one grower anywhere in the United States! Floral arranging demonstrations and talk on dahlia culture take place daily during the festival at 1pm. Live dahlia tuber dividing demonstration 12noon to 4pm each day during the festival. You can also take a stroll through and view almost 40 acres of dahlias in full bloom during the festival. Be sure to take some cut flowers home with you to extend your visit and remember the beauty.

Dogs are NOT allowed in the indoor display rooms or the gift shop during the 6 days of the festival. Dogs are allowed outside only on the premise and only on a leash. Even though they are allowed we do not recommend them to be brought during this extremely busy event. Thank you for your cooperation and for thinking about the safety of your 4-legged friends. Indoor Display Hours: 10 am to 6 pm. Field Hours: 8 am - 6 pm. 995 NW 22nd Ave, Canby, OR 97013. www.dahlias.com

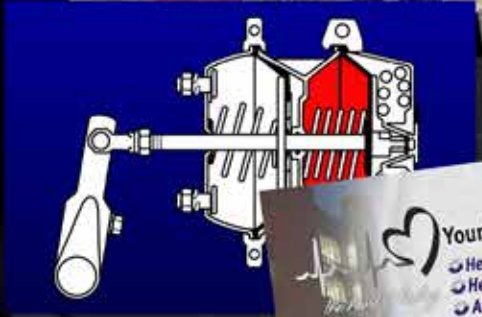
LOOKING FOR MORE?

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

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