

September 2018

# garden time

A Digital Monthly Magazine for Your Garden & Home

## Dressed for Success

The Best Top Dressings  
for Your Landscape

**Bird Refuges**

**Ergonomic Tools**

EDUCATOR, COOK & AUTHOR

**Barb Randall**





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## Hot Time, Summer in the City

This month I'm borrowing the lyrics from the famous song by the 'Lovin Spoonful'. Not only have we set a record for the number of days above 90 degrees in the Portland area, but we have done it under the haze of smoke from fires in the western US. And have the gardens suffered! Our normally healthy and happy trees are crispy and some of the leaves are tinged in brown, and you know it is a hot summer everywhere when you travel outside the area. We just returned from our Garden Time tour to Europe and it has been a long hot summer there too! We even had one of our garden stops cancel because the gardens were too dry from the persistent hot weather. The garden was just not doing well! Still, the last few days are a welcome break and a reminder that the summer season is rapidly coming to a close. Soon the only things that will remain hot are the back to school fashions and the upcoming holiday sales. Look back on this past summer and know that we and our gardens have survived... for the most part!

The change of the seasons also means a change in the things from our gardens. One of the things that is maturing and soon to be on the table is sweet potatoes... or are they yams? Ron will take a closer look at the differences between the two, if there are any! Also, apples are being harvested and that means fermented apple juice is popping up more and more. We're talking hard ciders and Chef David will talk about this new beverage craze, which has actually been around for centuries! Plus, as you get your garden ready for fall, William will check out some ergonomic tools and Judy will tell us about the differences between bark-dust, gravel and mulch.

We hope that you can look back on this past summer as a lesson in gardening. I think we all have picked up some tips on growing our gardens in extreme heat. Let's hope we don't need to apply those lessons again too soon!

**Happy Gardening!**

**Jeff Gustin, Publisher**

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# Garden Time's Iconic Spokesflower Answers Your Questions!



## Ask Mortimer

**Two scents worth: Rain  
after a dry spell, fresh...**

Dear Mortimer,

After this long dry summer with little or no rain, recently there was a good shower in our area and everything smelled so fresh. My question, does rain have a fragrance and what makes that smell?

Signed,  
All Wet in Wilsonville

Dear Wet,

That smell you are experiencing is called 'petrichor'. That is the combination of two different chemical reactions, first discovered and named by two scientists in Australia. It is the smell of plants and soils releasing scents from chemical reactions that occur when rain falls after a long dry spell. Another scent that you may smell is that of ozone. That is more common during thunderstorms when lightening causes oxygen and nitrogen molecules to split and recombine as nitric oxide.

Our brains tell us that this smell is 'fresh', when it really is just a different smell than we are used to having around us during dry spells. The rain itself may not have any smell at all, but it causes this chemical reaction in plants and soil that triggers a response in our brain. This smell doesn't always happen when it rains. Sometimes the change of environments changes the smell. For example, if you are in an urban setting, the rain may activate the smell of refuse that has become

*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)*

PHOTO CREDIT: KEITH EWING VIA FLICKR CREATIVE COMMONS



dry and that is definitely NOT a fresh smell that you want to experience!

My response to you is to just enjoy that mystical chemical reaction and celebrate that refreshing shower.

Yours,  
Mortimer

. . . . .

Dear Mortimer,

We have a BIG problem with skunks. It never seemed to be a problem before, but this year we've been treated to a summer of scents. What can we do?

Signed,  
Stinky in Stayton

Dear Stinky,

First of all embrace your inner skunk and relax. Skunks are pretty non-confrontational; they are just wandering and looking for food. There are two kinds of food sources that attract them. The first are naturally occurring insects, and the second is food that is left out by humans for their pets and other garbage we produce.

Starting with the natural insects. Skunks are nature's insecticide! They are great at going after the pests that could be eating your plants. They will avoid your plants to attack the bugs on your plants. They love beetles, grasshoppers and grubs. If you see (or smell) them, they are just attracted to that food source. On another note, they can also eat baby rats and mice and deter

other rodents in your garden. They are also attracted to pet food and garbage in our yards. Covering or removing both of those sources will help reduce their visits too.

Some people have problems with them burrowing in their homes or sheds. This happens more frequently in the spring when they are looking for a place to have their young and need a protected area. Cover your window wells and screen open areas around your foundation near the soil line.

The one thing to remember is that they are also incredibly nearsighted! We look like moving blobs to them. They only trigger their stinky sprays when they are threatened, like when a dog runs up to them fast, barking! If you move slowly away from them, they probably won't even notice you, their eyesight is that bad! You can sprinkle cayenne pepper around areas where they are active to help them move on to other areas for foraging.

Now, if you get sprayed the Humane Society of the U.S. recommends that you use this neutralizer: a quart of 3-percent hydrogen peroxide, 1/4 cup of baking soda and 1 teaspoon of liquid dishwashing soap. They have more information at their website, [http://www.humane-society.org/animals/skunks/tips/solving\\_problems\\_skunks.html](http://www.humane-society.org/animals/skunks/tips/solving_problems_skunks.html). The final option for removal is to contact a certified pest contractor in your area.

So, don't get upset when you see these little insectivores. Celebrate the fact that we have this natural pesticide in our area.

Fragrantly yours,  
Mortimer



...and skunks in your  
backyard, not so fresh.



PHOTO CREDIT: WIKIPEDIA

PHOTO CREDIT: GREG SCHECHTER VIA FLICKR CREATIVE COMMONS



# Dressed for Success

Choosing the right top dressing for your garden beds will create a host of benefits for your plants.

by Judy Alleruzzo

Barkdust used in a landscape bed

September is the time to start getting our gardens and landscapes ready for the fall and winter seasons. The weather is still warm and the traditional time of rainy days probably will not begin for several more weeks, or at least we hope so.

It's time to spruce up containers for fall and winter interest, pick what perennials to trim back and decide to get some kind of material to "Top Dress" the garden beds or landscape.

"Top Dressing" is a word of very broad meaning in regards to materials to put as a layer of organic or inert material on top

of a garden or landscape bed.

There are several kinds of materials to use; Mulch, Bark Dust or Gravel/River Rock.

- **Mulch** is made up of composted plant material.

When evenly spread out on the beds, it is a very dark looking material, giving an even tone to your landscape. It may be made from a mix of composted or aged plant material from fall leaves, grass clippings, disease and pest free garden debris and kitchen scraps. You can buy mulch in bags, get a load delivered to your home, have a company

blow it onto the landscape or even make it yourself. The simple phrase, "If it grows, it goes", is the rule of thumb of what to put into a backyard compost bin for later use on the garden.

- **Bark Dust** is a byproduct of lumber milling production. Sometimes the bark has a brown or red tone to the material. This is a nice look in the landscape or garden areas.

There is a drawback to using bark dust. It is a fresh, non aged, non composted plant material. This means the bark dust will pull nitrogen from the





**Mulch and river rock**

soil as it ages/breaks down on top of the landscape or garden beds. If using bark dust, add a slow release fertilizer to add nutrients to the plants. This will counter balance the action of the bark dust as it ages.

• **Gravel or River Rock** - This material is great to use around new trees or in wildfire prone areas or as a long lasting top dressing. Put down a weed barrier fabric so gravel /rock

doesn't disappear into the soil.

Why use these materials for a top dressing?

- *Weed Suppression* - The addition of a top dressing material will help to block the sun from the weed seeds which hinders their germination.
- *Moisture Retention* - The layer of these materials keeps the soil moisture from evaporating quickly. In summer, this

added layer can reduce water evaporation by about 75%.

- *Soil Temperature Regulation* - The additional layer of a top dressing material insulates the soil. It helps to keep an even hot or cold temperature range.
- *Soil Compaction Reduction* - The long months of seasonal rains pound at our soil in the Pacific Northwest and can add to soil compaction. The layer of



**Mulch around a tree**





**Woman applying mulch**

materials takes the abuse of rain and disperses that action.

- Introduces nutrients and texture to the soil – Plant based mulches will break down and eventually become part of the soil structure. Rain and irrigation water will help this process proceed throughout the year. As this happens the material will enhance the texture and nutrient value of the soil. Add more mulch material as needed to keep 2-4 inches of top dressing on the beds.

- Beauty-Using a top dressing on a flower garden or landscape is just the last garden chore to make it all look like a finished project.

Here are several tips to attain all of the wonderful qualities of using a top dressing material.

- Add 2-4 inches of your preferred material to the top of the garden bed or landscape, making sure not to cover stems of plants.

- With all trees planted in a lawn, clear away at least a 3 foot wide area at the tree base and add 2-4 inches of the top dressing material. This wide of an area prevents tree trunk damage from lawn mowers and string trimmers. Remember to NOT place top dressing materials against the trunk of the tree as this may rot the outer layer of the bark or encourage rodents to nest or be hidden as they gnaw tree bark.

- If using mulch or bark dust, this is a good equation to figure out just how much material you will need for the project.

$(\text{Length} \times \text{Width of area}) \times 2$  inches deep divided by 324

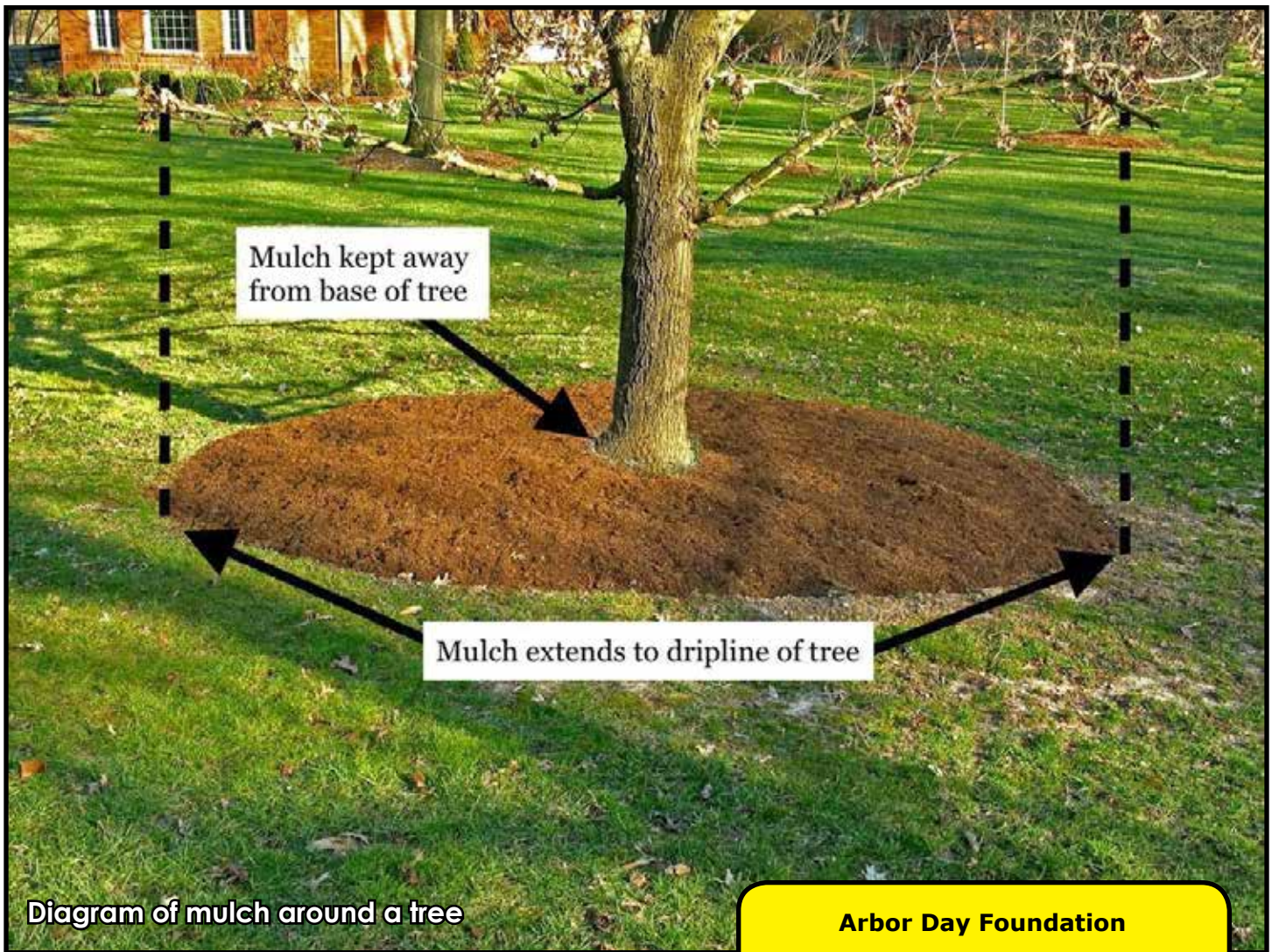
Measure the length times width of the area. Take this number and multiply by 2 as this is the approximate depth of the mulch in inches. Then divide this total by 324.

324 is 1 cubic yard of mulch which will cover 324 square feet, 1 inch deep.

Fall is a great time of the year to plant shrubs and trees into your garden landscape.

Roots are still active in the warm soils of this season. It is a very good idea to add a top dressing around the new plants too. The material will help to retain moisture and prevent soil compaction which is especially important in the soil around new





**Diagram of mulch around a tree**

**Arbor Day Foundation**

<https://www.arborday.org/Trees/tips/mulching.cfm>

roots.

Weed control is also necessary for newly planted and really, all garden beds.

Competition is reduced and new roots can thrive, helping to establish the plants as soon as possible.

Top Dressing garden beds and the landscape around your home may seem like just another project to add to that long To-Do list this fall. It may be a chore but an important one that gives far reaching positive results to your garden or landscape. After this project is completed, you'll stand back and know your landscape will be beautiful for you and for all to enjoy.



**Blowing in mulch**



# Hand-y Tools

*Using the science of ergonomics, tools are being adapted into forms that are easier to use and less stressful on our hands, wrists and backs.*

*by William McClenathan*



**Pot-Lifter**

Ergonomics. What does that actually mean?

My favorite dictionary is my Webster's Ninth Collegiate Dictionary.

It defines ergonomics as: an applied science concerned with the characteristics of people that need to be considered in designing and arranging things that they are used in order that people and things will interact most effectively and safely – called also human engineering – (1949)

With a few word choice differences, Collins, Meriam-Webster and Cambridge dictionaries basically agreed.

So from that I thought ergonomics was a relative new concept of mod-

ern man ideology. Science had made us better, right?

But in deeper research I found that the history of ergonomics can be traced back to Ancient Greece where they used ergonomic principles in the design of their tools, jobs and workplaces.

The term ergonomics is actually derived from the Greek words, 'ergon' which means 'work' and 'nomos' which means 'natural laws'.

I also found this more sophisticated



**Felco number 7 ergonomic hand pruning shears**



ergonomics definition; 'Ergonomics is also known as human engineering, a science that is centered on many disciplines. It is comprised of studies spanning psychology, mechanical engineering and other sciences to create a human oriented area of study that better the bond between the human body and mind and the work environment'.

So how does this ancient concept, spun with modern technology, assist those of us in the garden?

I found out a lot by being friends with Theresia Hazen of the Legacy Health Systems, Healing Gardens Department.

With anything we do, a little education and research will ultimately save time and physical and mental suf-



**Rabbiting Poachers Spade**

## **Dramm thumb water wand**



fer-  
ing in the  
future.

That sounds so  
simple!

That's because it is.

For gardeners, the layout  
of the garden, like creat-  
ing raised beds, can save ex-  
cessive stress on the knees,  
shoulders and backs of us all.

Or making sure the tools we use in  
the garden are designed correctly.  
No garden becomes beautiful without  
having the right tools for the job.

Felco has done wonders by creating their hand prun-  
ers with designs which cause far less stress on our  
hands and wrists with their ergonomic hand pruners.  
Those who hand prune vineyards will be the first to  
praise these tools. <https://www.felco.com/>

Dramm tools have added the thumb switch and  
softer hand grab to regulate their watering tools.  
It's a very simple adjustment that maintains better  
use of even the smallest parts of our bodies, our  
thumbs. But for those with arthritis, it makes all  
the difference on a day of watering in the garden.  
<https://www.dramm.com/>

Even our own local garden tool King, Bob Denman  
of Red Pig Tools, did a great segment on yet another  
simple change...longer handles on shovels and hoes.  
Toolmakers used to use the correct length on garden  
tools, but over time, the cost outweighed the human  
value, so the handles were shortened. This simple  
change makes the effect on our backs, shoulders  
and arms instantly noticeable. The key for the length  
of the garden tools like shovels and garden hoes is  
literally about an extra few inches in the length of  
the handle. That small addition of length can relieve  
pressure on the lower back and shoulders while us-  
ing these kinds of tools, which allows the body to  
let the tool do the job it was originally designed to  
accomplish. And, it makes those jobs easier as well.  
<http://www.redpigtools.com/>





Clay Spade with a long handle



Clay Spade close up

And let's not forget the Pot Lifter. Judy and I easily lifted a very heavy pot while doing a segment on this for the show.  
<https://youtu.be/9myL56ainTk>

It really was a lot easier to move heavy pottery, whether already planted or still empty. This product uses ergonomic principals to assist in reducing back and shoulder pain.  
<https://www.gardeners.com/buy/pot-lifter/>

Although much of Ergonomics leans toward those sitting in a chair at a desk in an office using a computer all day, the same concepts of better designs for healthier use of our bodies and less pain, works just as well in the garden.

Ergonomics is all about using the best design of tools and space so the human body has less

stress, less wear and tear on it, and is still able to accomplish the many tasks required in the garden.

The concept of ergonomic tools for the garden is not just for those of us getting older, it is also a great idea for the young gardeners to begin to use as well. Many of our great local garden centers now carry a grand selection of ergonomic gardening tools. Find out more information on these tools while you visit your favorite garden centers to buy some new plants.

Less stress on the human body can start in our youth and makes gardening even more fun as we age, because it will lessen the long term damage involved on our bodies while we work hard to create those beautiful gardens we all adore so much.





## Cascade Nursery Trail

Follow the trail for a plant adventure...  
2018 is the year of "Bring a friend!"  
Friends help friends be gardeners.



## Colors of Fall Festival

Late season gala brings glowing surprises in the garden that are seldom seen! Unique items featured for fall planting and winter interest. This time of year brings the promise of warm soils, cooling ambient temperatures and coming rains – **the perfect time for planting!** Wander thru our gardens and let us be your muse...it is also time to ponder winter interest additions and spring surprises. There is always a great variety of established pots, begging to be taken home and planted in your garden this time of year. We are happy to advise and suggest. As we rev up our wagons one more time to collect our visions for next year's dreams, we find that THIS is the time to score some really good stuff!



Saturday & Sunday  
September 22nd & 23rd  
10am to 5pm  
At each of these  
members' nurseries



Visit [www.CascadeNurseryTrail.com](http://www.CascadeNurseryTrail.com) for details  
*Follow the trail for a plant adventure...*



# Watch the Birdie!



Chestnut-backed Chickadee

**The best place to view our feathered friends is in their own neighborhoods. Luckily, there are many that are close to our neighborhood.**

**by Judy Alleruzzo**

## **Garden Time has filmed countless birding segments over the years.**

We all want to bring birds to us, so we can watch them from our kitchen window or while working in our gardens. But, really, the best place to see birds is in their neighborhood, out in nature! In the Pacific Northwest there are countless wild areas to see birds and there are many refuges that were specifically created to protect land for local bird populations, migratory birds and wildlife.

September is a perfect time to visit a wildlife or bird refuge. There is probably one closer to your home than you ever thought!

## **Tualatin River National Wildlife Refuge**

"Just a few short miles from the center of Oregon's largest city,

the honking geese replace the honking of cars. This special place is a refuge, a haven for wildlife and people." This refuge is located right off 99W in Sherwood, Oregon. Once you start walking the easy grade trails, the noises of the highway do seem far away. The natural sounds come to the forefront of your surroundings. In September, if the fall rains have begun early, you can see the wetlands starting to fill up. The land is getting ready for even more birds that stop to take a rest or find a snack in this protected area.

In the 1990s, the U.S. Fish & Wildlife Service began to study the wetlands in this area to create a habitat for birds and wildlife and also for people to enjoy as well. Bird enthusiasts and neighbors joined in this project of pre-







**Tualatin Refuge**

serving the land for us all. The refuge opened in 2006 with 1,358 protected acres. Additionally, there are 2000 more acres that many are hoping will formally be brought into the refuge protection in the future.

In the fall and winter you may see Tundra Swans, many species of ducks and of course, Canada Geese which many of that species stay the whole year. It gets pretty loud, but it is so interesting to be able to listen to and watch the mass of birds in the water, on the land and in the air of the refuge. Their website states, "The refuge is now home to nearly 200 species of birds, over 50 species of mammals, 25 species of reptiles and amphibians and a wide variety of insects,



**Tualatin Refuge**

# Where Will a Capitol Subaru Take You?



## Local Events September 2018

**Portland Nursery Senior Gardening Day**  
**Wednesday, September 19, 2018 • 1:00pm-3:00pm**  
**Portland Nursery (Division), Portland, OR**

A variety of hands-on activities and special gardening demonstrations aimed at the elder gardeners of our community. Relax, visit with friends and enjoy refreshments. Pot up crocus bulbs, make lavender sachets and learn about fall container gardening.

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

**Autumn Moon Festival**  
**Saturday, September 22, 2018**  
**Lan Su Garden, Portland, OR**

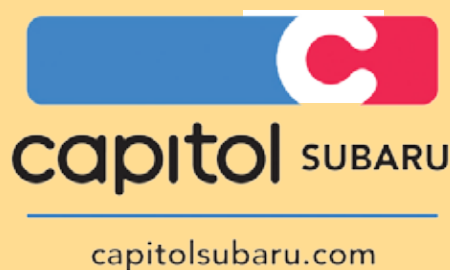
Celebrate one of the four most important holidays on the Chinese calendar. Lan Su Chinese Garden will have festivities, including lion dances, cultural performances, calligraphy demonstrations, craft activities and much more—great for all ages!

• [www.lansugarden.org](http://www.lansugarden.org)

**Fall Garden Fair**  
**Sat. & Sun., Sept. 22 & 23, 2018 • 10:00am-5:00pm**  
**The Oregon Garden, Silverton, OR**

Peruse a horticultural and floral showcase to learn more about the plants that grow in our region. Plant sale and hands-on activities.

• [www.oregongarden.org](http://www.oregongarden.org)





fish and plants.”

For more information about the Tualatin Refuge, take a tour of the Wildlife Center. It is filled with the history of the area, the inhabitants of the refuge and the community efforts that helped to create this protected wonderland. Friendly volunteers are also on hand to answer questions about the wildlife you have seen during your visit.

No Fee is required and parking is free. Open Dawn to Dusk all year long. In fall when birds are migrating, some trails may be closed.

### **Audubon Society of Portland Sanctuary**

If you have never been to the Audubon Society of Portland, this is the time to enjoy their 4 miles of walking trails or extend your walk to include Forest Park right next door. On a quiet patch of your walk, you may see a “Stellar Jay, Chestnut-Backed Chickadee, Varied Thrush or Mourning



Dove plus native plants, animals and amphibians.” This 150 acres is truly a sanctuary in the heart of Portland. During your visit, take a rest or bring a lunch to eat while sitting under the pavilion near the Sanctuary’s Pond. Even while en-

joying the scenery here, you may spy pond creatures enjoying a sunny spot on the water’s edge. When your walk is over, take some time to tour the Wildlife Care Center. “The Wildlife Care Center is the oldest and busiest wildlife rehabilitation facility in Oregon. Each year, the care center treats about 3,000 animals for release back into the wild and responds to more than 10,000 wildlife-related inquiries. Our goal is to give injured animals a second chance at life in the wild and to reduce wildlife hazards in the community. The care center operates under permits issued by the Oregon Department of Fish and Wildlife and the U.S. Fish and Wildlife Service.” The other best part of the Wildlife Center is the Audubon Society’s resident birds of prey. These birds have been rehabilitated from injuries but not able to be released back to their native habitats. They are a living exhibit to educate us about their species.

Free to the public. The Sanctu-



**Audubon Wildlife Center**



ary is open Dawn to Dusk all year long. The Wildlife Center is open 9am to 5pm everyday of the year.

### Oaks Bottom Wildlife Refuge

"Oaks Bottom is a floodplain wetland located along the east bank of the Willamette River. Part of the park is built on a sanitation landfill consisting of 400,000 cubic feet of construction waste material layered with soil. The City of Portland acquired the landfill property from the Donald M. Drake Company at the beginning of 1969 to block its development as an industrial park. The area was believed, at the time, to be one of the few remaining marshland areas in Portland, and local residents were strongly opposed to its development as industrial property." Finally by 1988, through many years of work from local conservationists and the city, the area was formally protected as

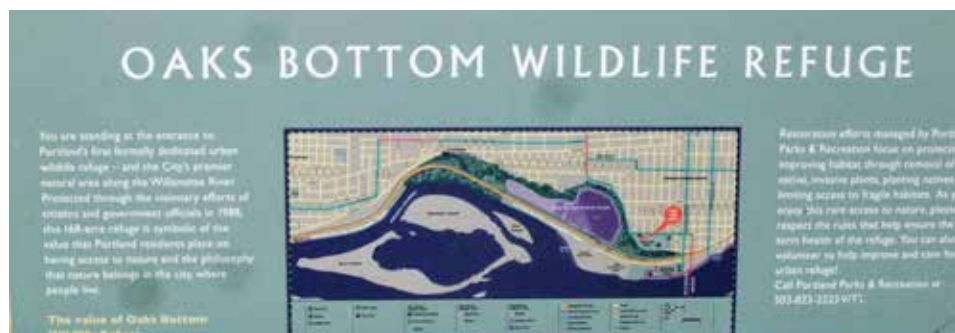


Oaks Bottom Mural

Portland's first wildlife refuge. The 141 acres in SE Portland offers 2.3 miles of easy walking trails. There have been over 180 bird species recorded at this refuge including blue herons, as it is close by

a heron rookery on Ross Island in the Willamette River. Besides the sights and sounds of this riverside area, there is a beautiful 45,000 square foot mural on the refuge side of the Portland Memorial Mausoleum. The amazing artwork showcases migratory birds and flowers on a light, sky blue background. The mural blends into this wild area making the refuge an even more special place to visit.

No entrance fee. Hours: 5am to Midnight.



Oaks Bottom Viewing Platform

### Ridgefield National Wildlife Refuge

"The Ridgefield National Wildlife Refuge was established in 1965 to provide wintering habitat for the dusky subspecies of the Canada goose. Today, the Refuge preserves both habitat for wildlife and evidence of the people who once lived here."

Located in Clark County, Washington, this 5,300 acre refuge contains a wide assortment of habitats supporting many different birds, visiting water fowl and native wildlife. In fall, you may see many species of water birds including Wood Ducks and Greater Yellowlegs or even birds of prey like Peregrine Falcons. It's interesting that only 2 areas are open





for humans, to bring us close up to see and experience birds in the wild. It's not like a zoo but the real thing. The remaining 3 areas are off limits to people. These areas let birds hang out without the pressure of humanity, so check out the other open trails to view the birds.

Besides bird watching and walking the wonderful trails, visitors to the Ridgefield Refuge can also

see an archaeological site that was continuously inhabited for 2,300 years. This site contains the Cathlapotle Plankhouse serving as a visitor's center which was built in 2005 by over 100 volunteers. The architecture was based on archaeological information discovered on the site. This Plankhouse contains the history of the people living in the area and artifacts of the Native American Chinook village of Cathlapotle found on this



site. The whole project was completed through the partnership between the US Fish & Wildlife Service, the friends of the Ridgefield National Wildlife Refuge and the Chinook Indian Nation. It is a unique cultural heritage site to visit on spring and summer weekends while at the refuge.

\$3 per car entrance fee. Some trails may be closed October to April to keep a quiet atmosphere



Ridgefield National Wildlife Refuge



for migratory birds.

These four wildlife refuges are just a few of the many protected areas in Oregon and Washington. In the ever increasing encroachment of subdivisions and strip malls on rural land, bird and wildlife refuges are important

for us all. The refuges allow native animals and birds the freedom to live or just rest while passing through to another destination. We are the lucky ones able to visit these sanctuaries close to home and explore nature. At all these refuges, there are opportunities to be

a more active participant in nature, through educational programs or as a volunteer. Check out the refuge's web pages for more information OR, better yet, visit your local refuge and take a walk to see a few birds.

### **Tualatin River National Wildlife Refuge**

19255 SW Pacific Hwy  
Sherwood, OR 97140

[https://www.fws.gov/refuge/  
Tualatin\\_River/](https://www.fws.gov/refuge/Tualatin_River/)

### **Audubon Society of Portland Sanctuary**

5151 NW Cornell Road,  
Portland, OR 97210.

[https://audubonportland.org/  
sanctuaries/visiting](https://audubonportland.org/sanctuaries/visiting)

### **Ridgefield National Wildlife Refuge**

28908 NW Main Avenue,  
Ridgefield, WA 98642

[https://www.fws.gov/refuge/  
Ridgefield/](https://www.fws.gov/refuge/Ridgefield/)

### **Oaks Bottom Wildlife Refuge**

SE 7th Avenue and  
Sellwood Blvd, Portland, OR

[https://www.portlandoregon.  
gov/parks/finder/index.cfm?pro  
pertyid=490&action=ViewPark](https://www.portlandoregon.gov/parks/finder/index.cfm?propertyid=490&action=ViewPark)

### **Great Bird Watching Spots Around Oregon**

[https://www.oregonlive.com/  
travel/index.ssf/2017/09/20\\_  
good\\_bird\\_watching\\_spots\\_  
ar.html](https://www.oregonlive.com/travel/index.ssf/2017/09/20_good_bird_watching_spots_ar.html)



**Stellar Jay**

## **Discover the World of Clematis**

# **Visit, Learn and Buy**

## **Welcome dawn to dusk daily**

**Buy plants 10 am - 2 pm  
Fridays and Saturdays  
May thru September**

**See what's in bloom each week**

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A close-up photograph of a baked yam, split open to reveal a deep orange interior. It is topped with a pat of melting butter and several small, white marshmallows. The yam sits on a light green plate. The background is dark and out of focus.

# I Yam What I Yam

**But what IS a yam?  
And why are restaurants calling them  
sweet potatoes?  
Your intrepid report  
aims to find out.**

**A baked yam...or is it a sweet potato?**

**by Ron Dunevant**

PHOTO CREDIT: VEGAN FEAST CATERING VIA FLICKR COMMONS

For as long as I can remember, sweet potatoes have been a part of my family's Thanksgiving and Christmas dinner celebrations. I used to watching my grandmother prepare them. First she would bake the potatoes in the oven. Then, she would scoop the white-yellow insides out of their skins, mash them up and add milk (like for mashed potatoes), then combine them in a bowl with some crushed pineapple, butter, mini marshmallows and a scoop of brown sugar. She then baked it like a casserole and served it, piping hot, on the big day. Delicious!

This was nothing like the yams that other people served at their holiday dinners, which were sliced into two-to-three pieces, covered with marshmallows and then baked (although I liked those, too, just not as much.)

So it was with great anticipation

that, upon dining several years ago at a Gresham steakhouse, I was able to order a baked "sweet potato" to accompany my entrée. The thought alone stirred up holiday memories. When the meal arrived, I excitedly sliced into the foil-wrapped orb and squeezed it open, only to find...a dark orange inside. What's this? "This isn't a sweet potato," I complained to my dinner companions, "this is a YAM." I politely mentioned it to my waitress who nodded, but clearly did not know the difference, and I ate my yam, disappointed. It was good. It even came with a scoop of brown sugar and some butter, but it wasn't a sweet potato. How could a restaurant make such a mistake? Should I sue them for false advertising?

I decided that no litigation was necessary, but over the next several years, I saw the "sweet potato" show up on menus at many

eateries. Some even offered "sweet potato fries." Each time I ordered one, though, it was the same thing. They were serving yams. Why didn't they know the difference? I certainly knew the difference. I had gone to my local grocery store many times, and there they were, sitting in the produce section. The sweet potatoes were light colored, a light-brown yellow-toned skin wrapped around a white-yellow interior. The yams were clearly different. A much darker brown skin and deep orange interior. The store knew the difference. Why didn't restaurants?

I even had celebrity backing. Ellen DeGeneres, on her talk show in 2014, complained that restaurants were serving yams instead of sweet potatoes. She asked her audience, "How many people thought that sweet potatoes were orange?" She looked into the au-



dience. "Fools!" she proclaimed. "Sweet potatoes are not orange. They're white and they look like regular potatoes." She even showed pictures to demonstrate the differences, proclaiming yams to be "as orange as the day is long." She concluded, "You know how you go to a restaurant and you order sweet potato fries? Guess what? Your ass has been ordering yam fries." Amen, sister!

With Ellen cheering me on (at least, I *assumed* she would be) I decided to settle this once and for all.

Let's begin with a few facts: The sweet potato (*Ipomoea batatas*) is a plant that belongs to the bindweed or morning glory family *Convolvulaceae*. It is a root vegetable and only distantly related to the potato. The long, tapered, tuberous root of a sweet potato is edible, starchy and sweet-tasting with a smooth skin ranging from yellow to orange, red, purple, beige or brown. Its flesh can be white, beige, pink, violet, yellow, orange or even purple.

The sweet potato is native to the tropical regions of the Americas. In fact, they are grown all across the United States, but the biggest producers are North Carolina, Louisiana, California, Mississippi and Texas. In all, the United States grows about one million tons every year, but this pales in comparison to other regions such as Central and South America (2 million tons), Africa (14 million tons) and China (80 million tons!) Its origin is traced to either Central or South America, where domesticated sweet potatoes were present over 5,000 years ago.

Historians credit members of Christopher Columbus's expedition as the first Europeans to taste sweet potatoes. He then took them back to Europe after his 1492 voyage. In the U.S., George Washington is said to have grown them at Mount Vernon and George Washington Carver developed over 100 products from sweet potatoes, including starch for sizing cotton fabrics and a glue for postage stamps.

A surprisingly nutritious vegetable, sweet potatoes are high in vitamin A, B5, B6, riboflavin, thiamin and niacin. They're fat-free, low in sodium and have fewer calories than a white potato.



Sweet potato fries

PHOTO CREDIT: PATRICK HUMPHRIES VIA FLICKR COMMONS



Sliced "yams"

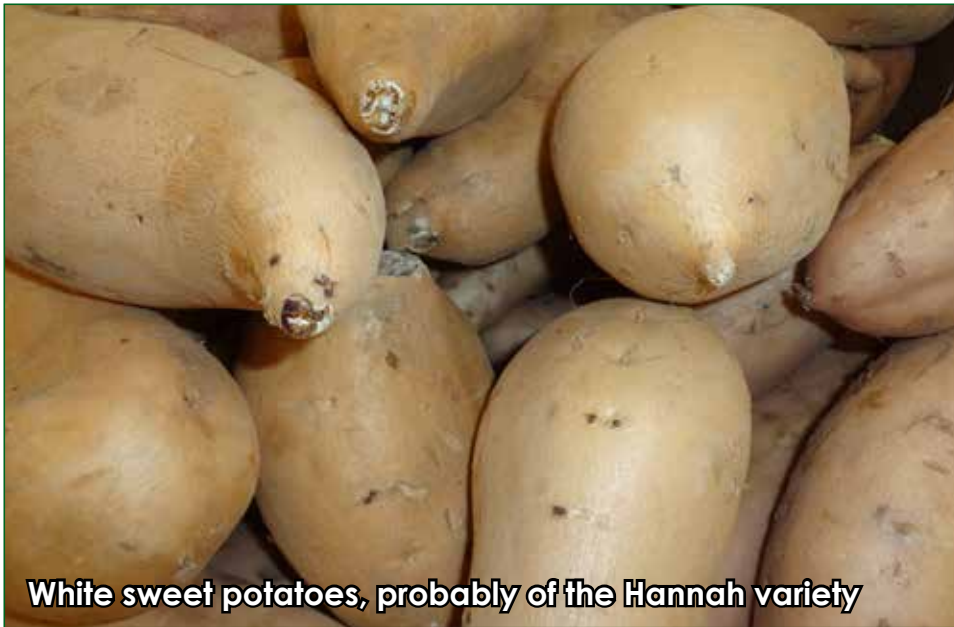
PHOTO CREDIT: KIMBERLY VARDEMAN VIA FLICKR COMMONS



Difference in flesh color of sweet potato varieties.

PHOTO CREDIT: NORTH CAROLINA SWEET POTATO COMMISSION





White sweet potatoes, probably of the Hannah variety

to. They do have more sugar, but they boast a low glycemic index (which means they release sugar slowly into the bloodstream.) Sweet potatoes can help steady the levels of blood sugar and are better for people with diabetes than white potatoes. They're also a good source of dietary fiber.

The yam, on the other hand, is an edible tuber from the genus *Dioscorea*, grown in many temperate and tropical regions of the world. It is a native of Africa, Asia, and the Americas and there are more than 800 varieties, 95 percent of which are grown in Africa.

They are starchier and drier than a sweet potato. The tuber has a rough skin which is difficult to peel, but softens after heating. The skins can vary in color from light pink to dark brown, with the "meat" ranging in color from white or yellow to purple or pink.

Wait a minute. This doesn't sound like any yam I've ever eaten. What gives?

For the answer, we turn to, of all places, the U.S. government. According to the Library of Congress, which runs a website called "Everyday Mysteries" (<https://www.loc.gov/rr/scitech/mysteries>), this is all a marketing ploy.

"In the United States, firm varieties of sweet potatoes were produced before soft varieties. When soft varieties were first grown commercially, there was a need to differentiate between the two. African slaves had already been calling the 'soft' sweet potatoes 'yams' because they resembled the yams in Africa. Thus, 'soft' sweet potatoes were referred to as 'yams' to distinguish them from the 'firm' varieties."

Because of this, the U.S. Department of Agriculture (USDA) now requires labels with the term 'yam' to also contain the term 'sweet potato.' If you want to eat a genuine yam, you'll probably have to look in an international market.



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The "yams" you find in your local grocery store are, most likely, sweet potatoes.

Here are a few varieties you will probably find in your local grocery store:

**Hannah** – With a tan skin and off-white interior, the flesh takes on a yellow cast when baked. They have a lightly sweet flavor, and a dry texture that's great mashed. This is probably the variety listed as "sweet potato" in your grocery store.

**Garnet** – Named for their red-purple skin, they have an orange flesh that has a moist, heavy, pumpkin-like quality. Great for use in a sweet potato pie.

## Frances Enbrecht's Holiday Sweet Potatoes

Makes 4-6 servings

*If you're unfamiliar with the "white" variety of sweet potatoes, you're missing a treat. Here is my grandmother's sweet potato recipe, handed down to me by my mother. This has been a tradition in my family going back at least sixty years. It's easy to make and delicious. Enjoy!*

### INGREDIENTS

4 medium-sized sweet potatoes (*the white variety, not the "yam" kind*)

Leaving skins on, wash potatoes and poke several times with a knife. Place on a foil-lined cookie sheet and bake at 425° until potatoes feel soft when pierced with a fork.

Let potatoes get cool enough to handle, then scoop out the insides with a spoon into a mixing bowl. Discard the peels.

Add milk and beat well, until of a smooth consistency, just like mashed potatoes. (*I prefer using a potato masher instead of an electric mixer*).

### ADD

2-3 tbsp brown sugar

1 cup mini marshmallows (*optional, grandma always put them in, but I think the potatoes are sweet enough without them*)

½ cup crushed pineapple

½ stick butter (*if the potatoes are cold when you do this step, you can melt the butter and pour it into the mix*)

A little pineapple juice (*leftover from the crushed pineapple*)

### PREPARATION

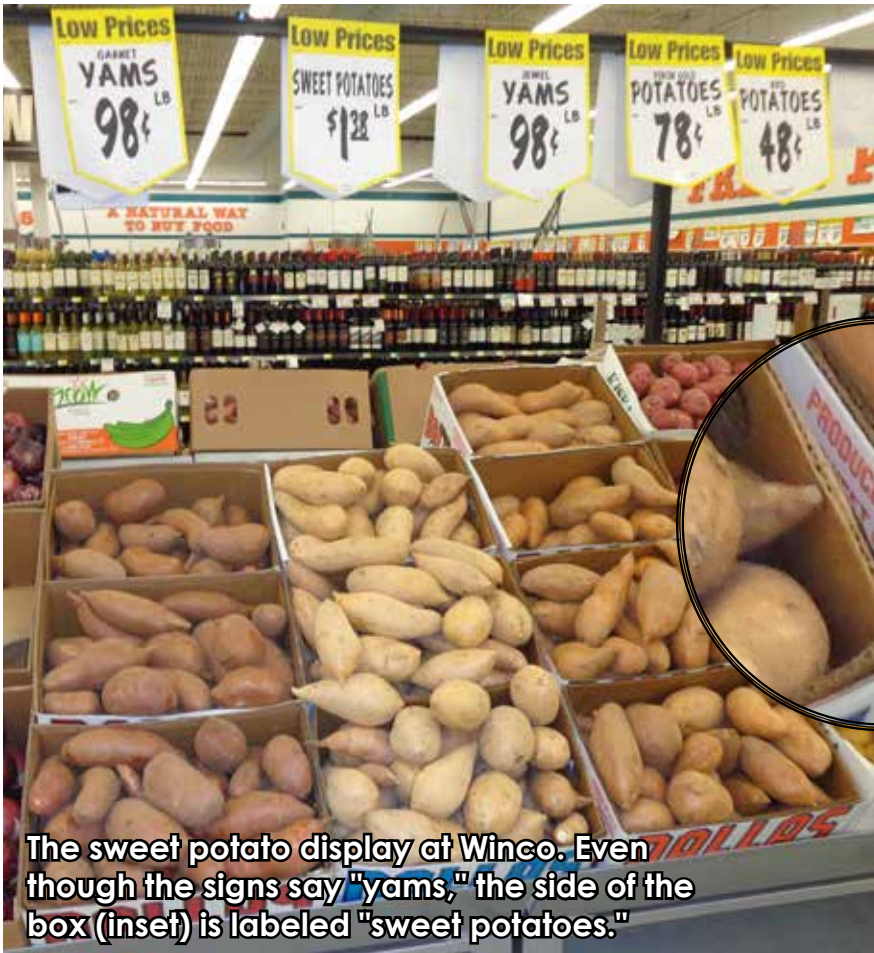
Mix together and put into a casserole dish. Bake at 325 for 20-25 minutes. The potatoes will be brown on top.

Can also heat, covered, in a microwave, for about 10 minutes. Stir and check after 5 minutes.

*This recipe is great for a Thanksgiving or Christmas dinner, as you can prepare the potatoes a few days beforehand and then do the last step on the day of the dinner. Great with turkey, ham or even prime rib. Delicious with some turkey gravy poured over the top.*







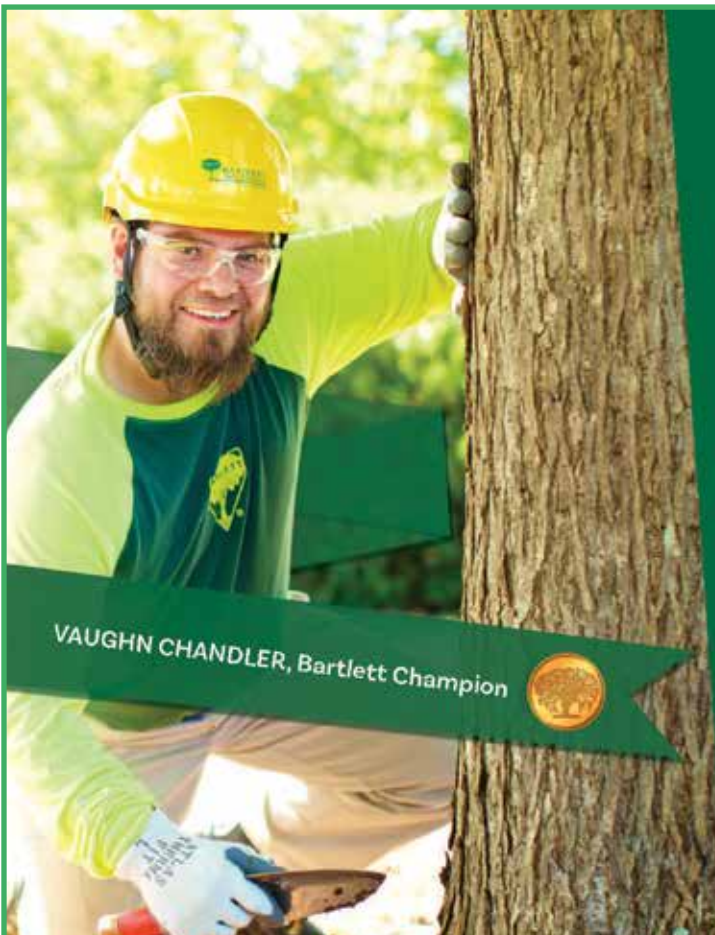
The sweet potato display at Winco. Even though the signs say "yams," the side of the box (inset) is labeled "sweet potatoes."

**Jewel** – Copper skinned with a deep-orange flesh that's moist and tender when cooked. Great for traditional baking and casseroles.

**Beauregard** – The most widely grown commercial sweet potato, it has a dusky red-skin. A versatile variety that lends itself to baking, boiling, mashing, or frying.

So, mystery solved. A yam is a yam and a sweet potato is a sweet potato, but the "yams" most people have been buying are actually sweet potatoes. In fact, chances are, you've never eaten a "true" yam, it has been a sweet potato all along. Go figure.


This changes very little, of course. I still prefer the "white" sweet potatoes to the orange yams, but both are delicious. And, now that I know what I'm in for, I just may go back to that steakhouse and order a baked sweet potato.



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# The Write Stuff

**Barb Randall learned about making great food in a childhood filled with good fun and good times. Now she shares that experience as a writer and a teacher.**

**by William McClenathan**



**Barb Randall in the vineyard**

What is a Hortie?

For us at *Garden Time* it is the people behind the scenes adding their expertise to an industry we love. Often they too are passionate gardeners but their careers took a different path than a traditional horticulturist. Career paths like Authors, Chefs, Cooks, Landscape and Interior Designers, Artists and Educators.

This month's Hortie is an educator, cook and author. Allow me to introduce you to Barb Randall.

Barb currently writes for both the Lake Oswego Review and the West Linn Tidings. Each week another segment comes out on cooking, foods in various cultures and currently also on wines. So of course I wanted to know about

her childhood. As it turns out, that is where her passion for gardening came from, but also her love of cooking and sharing those passions.

One of five children, Barb has fond memories of working in the garden, gathering produce with her mother and then heading into the kitchen as her mother regaled her with information about each vegetable, while she also taught Barb how to make a delicious meal with them. In Barb's family, they cooked for entertainment! Each meal was so much more than just nourishment for the body; it was a feast for the mind and soul as well. In Barb's childhood, this made every meal feel more like a party.

But this love of gardening and

food went back even further. Her grandparents lived in Lebanon, Oregon. Every year the family would go there and attend the local Strawberry Festival. Barb's mind is still crammed with memories of good food, good fun, good times...and always, she learned something new. Not only about strawberries and other produce and how best to grow them, but information on canning and cooking them as well.

One of her grandmothers was also a cook at a cattle ranch for the entire staff. It seems like Barb's childhood was surrounded by people who cooked and canned and gardened. Sounds like a perfect childhood to me.

But Barb began to realize that what she actually loved to do was





**Barb at a book signing**

to write and teach others about making great food at home. Not only in the creating and preparing of those meals, but also in the instruction of picking great produce. Things like teaching when a vegetable is ripe, when to pick them in their prime and what herbs and meats enhance their flavors. She had always believed she was a good writer, and soon she would discover that she was an excellent teacher as well.

In the '90s Barb started to teach cooking classes at 'In Good Taste'. She continued there until the business closed.

But that did not stop Barb. She then went to 'Sur la Table' and taught classes there to kids and adults. She loved teaching the children how to cook because they were so will-

ing and open to learn. She wanted to write though so while working at Sur la Table she applied for a clerk job opening at the Lake Oswego Review. She had her doubts about be-

ing hired until the person interviewing her asked, 'What can you bring to us that we don't already have?' That's when she knew she would be ok! Because her passion for food began in a garden and that lead her to teach people not only HOW to cook, but what they were using to cook, why certain things taste the way they do, how to enhance a meal with the right produce and the timing of ripeness.

During this time, she also discovered about herself that she adored other cultures and people. She began learning what they cook and how they cooked it. To Barb this was an easy way to learn about other folks in our world. Nothing says more about someone who is from a



**Dave, Mark, Barb and Cole in 1996**



different nation and culture than you as what they eat and why. In Barb's mind, people have a hard time hating someone when they have cooked a meal together and shared it. Because making good food leads to making good friends.

With all the info I was gathering from the interview, I stopped and asked Barb what was the biggest negative and positive she found in teaching these cooking classes.

The negative made me laugh. She said it was when someone came to a class (and generally it was always a man) and they would not study the recipe first, they would jump right into making the dish. Inevitably this ended in disaster. I laughed out loud when she said this because as a man...I totally got that concept. We men do sometimes jump into something without quite all the facts and information.

The best and most positive occurrence was watching the learning experience unfold. Showing them the fruits and vegetables and teaching them about flavors, when something was ripe and at its best. It is that moment a teacher knows that a student 'gets it'! And to the many teachers I know, it is a very rewarding moment indeed.

I then asked the same question about her writing.

The negative was not feeling like

she ever had enough time to accomplish the best in her writing. As a writer myself...I completely understood that concept.

But the big positive to Barb is that she really does love to share information with people. Opening their eyes to how much Nature blesses us humans

with such a vast array of delicious edibles from all over the planet. Remember to her mother, each meal was like a celebration. And with all the varieties of edible fruits and produce available to us, no

in Oregon. It was shocking to me when I read the book that we have only been growing vineyards and making wine for about 50 years in our state. Now she will be taking classes on enology (the study of wine) to sharpen her knowledge about wine and wine making.

Barb's passions for writing led her to teaching. Her passion for teaching led her to teach cooking classes. And now her passion for cooking has led her to wine.

Where will she end up next? Clearly, wine is her next big challenge, but Barb is so happy that she and her husband Mark had two boys, Dave and Cole, and both of them are into cooking, she is not sure she could be any happier. She adores her family and loves what she does every day.

You can find Barb's writings each week entitled "Bon Appetite!

Making eating an adventure" online or in print in the Lake Oswego Review.

You can also find it in the West Linn Tidings.

And to purchase her book 'Willamette Valley Wineries' you can go to Amazon or purchase it directly from Barb at <https://www.barbarasmithrandall.me/>

However you choose to read her writings, you will find that the best things in life often begin from within the garden.



Barb Randall (far right) with her Grandmother Etta Sue holding baby sister Becky with sister Carol and brother Doug.

meal should ever be dull or boring.

With all of this activity happening in her life I wanted to know if there was something new that she was interested in. There is and it is wine. I should have already known the answer to that because of interviewing her on the show when her book came out on the history of wine in Oregon.

Titled 'Willamette Valley Wineries' it is the entire history of wineries



Barb Randall, age 2, left, and her sister Carol sit on the porch of their home in Klamath Falls in their cowgirl outfits.

Barb's column in the Lake Oswego Review

<https://pamplinmedia.com/lake-oswego-review-home>

Barb's column in the West Linn Tidings

<https://pamplinmedia.com/west-linn-tidings-home>

Barb on Garden Time: "Cooking with Peas"

<https://youtu.be/Z5YKYXFBXZs>

Barb on Garden Time: "Willamette Valley Wine Book"

<https://youtu.be/6gCK89sPVt4>





Barb Randall grew up in Klamath Falls and her mother grew flowers and vegetables in a side yard. The garden is in full bloom in this photo.

A close-up photograph of two ripe red apples hanging from a tree branch. The apples are bright red with some yellowing at the base. Green leaves are visible in the background.

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# Core Curriculum

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**If you like apple juice and enjoy fermented beverages, you definitely need to give hard cider a try.**

**It takes several types of apples to make a complex hard cider.**

**by David Musial**

If you know me or have read many of my articles, you are probably aware that I like a good craft beer. However, it is not an exclusive relationship and I have been known to enjoy a hard cider on occasion; even more so now that my son is the market manager for a California based cider producer. Also, now is a great time to explore the world of hard ciders as they are making a comeback in the US from their near extinction after prohibition.

Before we explore the history of fermented apple juice, let's discuss the terminology. In the US, the term apple cider has generally referred to unfiltered raw apple juice and apple juice has referred to a filtered juice. However, in the grocery store juice aisle you will see bottled cider and juice and they look the same. Go figure. What is consis-

tent is that fermented apple juice is known as hard cider.

In Europe, it is much simpler. If the apple juice is not fermented it is called juice and if it is fermented it is called cider. This could be problematic though when traveling to Europe with small children and you inadvertently buy them cider. In days of past, that would not have been a problem as young and old alike drank cider.

For the sake of consistency and since most of the readers are in the US, I will endeavor to say hard cider when discussing the fermented variety of apple juice.

Hard cider is a cousin of beer and wine, and the exact date of its origin, like beer and wine, is not exactly known. However, there are landmark years in the history and evolution of hard

cider. You can also be fairly certain that wherever apples have grown, there has been hard cider as a byproduct of apple juice. That makes me wonder if Adam and Eve made hard cider after getting over the shock of being naked.

Although the origin of hard cider may be in question, some of the earliest recorded references date back to the early Romans. It was during their invasion of England around 55 BC that they found hard cider was being made. It was after the French invaded England in the 1100s, that many new varieties of apples were introduced in England, resulting in a higher quality hard cider. During this same time, hard cider was popular throughout France and Spain.

Crossing the pond, hard cider was produced about ten years



after the pilgrim's arrival in the US. It was a common beverage and somewhat preferred to the questionable quality of water. Even children would drink hard cider. Hard cider could also be used to make vinegar which was used to preserve food.

The production of hard cider is similar to wine and beer; except apple juice is used in place of grape juice or grains. The yeast can be either wild or cultured and in addition to the yeast, what makes an individual cider unique is the variety of apple used. Before cultivation of apples, much of the fruit was bitter, making it more suited for hard cider than eating.

Early cultivation of apples was from the planting of seed. This resulted in an orchard that produced apples that varied from tree to tree and in most cases a more tart or bitter apple. When grafting became more widely

used in the 1400 and 1500s, apple flavor profiles could be more consistently produced, resulting in more control of the finished hard cider.

An interesting fact in the evolution of apple production in the US is that Johnny Appleseed planted apple seeds, not grafts, in his journeys. Planting seeds resulted in a tart fruit, or spitter as it was known, more suited to hard cider than eating. Although grafts were available, Johnny Appleseed only planted seeds and some say it was due to a religious belief and others due to his belief that the graft physically harmed the tree. One thing is certain; Johnny Appleseed knew that if you planted fifty apple trees on a homestead you could lay claim to the land. He did this throughout Illinois, Pennsylvania and Ohio and became quite the land baron.

With German immigration to the US, came the popularity of beer

and the decline in hard cider consumption and subsequently production. The final straw was prohibition which saw both the destruction of hard cider producing apple orchards or changing production to eating apple due to economic reasons.



Johnny Appleseed

PHOTO CREDIT: WWW.EXPLOREPAHISTORY.COM



Early Cider Press

Page 106.

PHOTO CREDIT: WWW.COMMONSWIKIMEDIA.ORG



Fast forward to the craft food movement, which now embraces hard cider. Although many hard ciders are mass produced there are several small producers that are reintroducing heirloom apple varieties from the past to create more authentic hard ciders.

Hard ciders available today can be classified as either modern or traditional. Most U.S. hard ciders fall in the modern classification while hard ciders from Europe, would be considered traditional.

U.S. hard ciders are generally sweeter due to the apple varieties used and the demands of the US market. Fuji, Golden Delicious,

Gala and McIntosh are a few of the apple varieties that may be used. The addition of other fruit; such as cherry and berries may be used as well as the addition of hops. Spices are another ingredient that may be used to create the mulled cider flavor profile. As mentioned though, there is a movement to plant heirloom varieties to produce more authentic hard ciders.

Of the traditional hard ciders, England and France are the two standouts. English hard ciders tend to be drier and are more nuanced in flavor like a fine wine. Although the aroma may come through it is not as pronounced

as in US or French hard ciders.

French hard ciders are generally sweeter than English ciders due to the use of a technique called keeving. This technique stops fermentation prior to all of the sugar being converted to alcohol. The process creates a lower alcohol hard cider.

Both English and French hard ciders use a blend of apples. The apples used are classified based on their acid, tannin and sugar content. In England, the apples are classified as bittersharp (high acid/high tannin), bittersweet (low acid/high tannin), sharp (high acid/low tannin) or sweet (low acid/low tannin). In France they use a similar classification with the addition of sugar content, and are classified as bitter (low sugar/low acid/high tannin), bittersweet (high sugar/low acid/high tannin), acidic (low sugar/high acid/low tannin) and sweet (high sugar/low acid/low tannin).

English apple varieties include the bittersharp Kingston Black, bittersweet Yarlington Mill, sharp Crimson King and sweet Morgan Sweet. French apple varieties include the bitter Domaine, bittersweet Bisquet, acidic Rambault and sweet Germaine. These may not be familiar apples in the US, but they are in Europe.



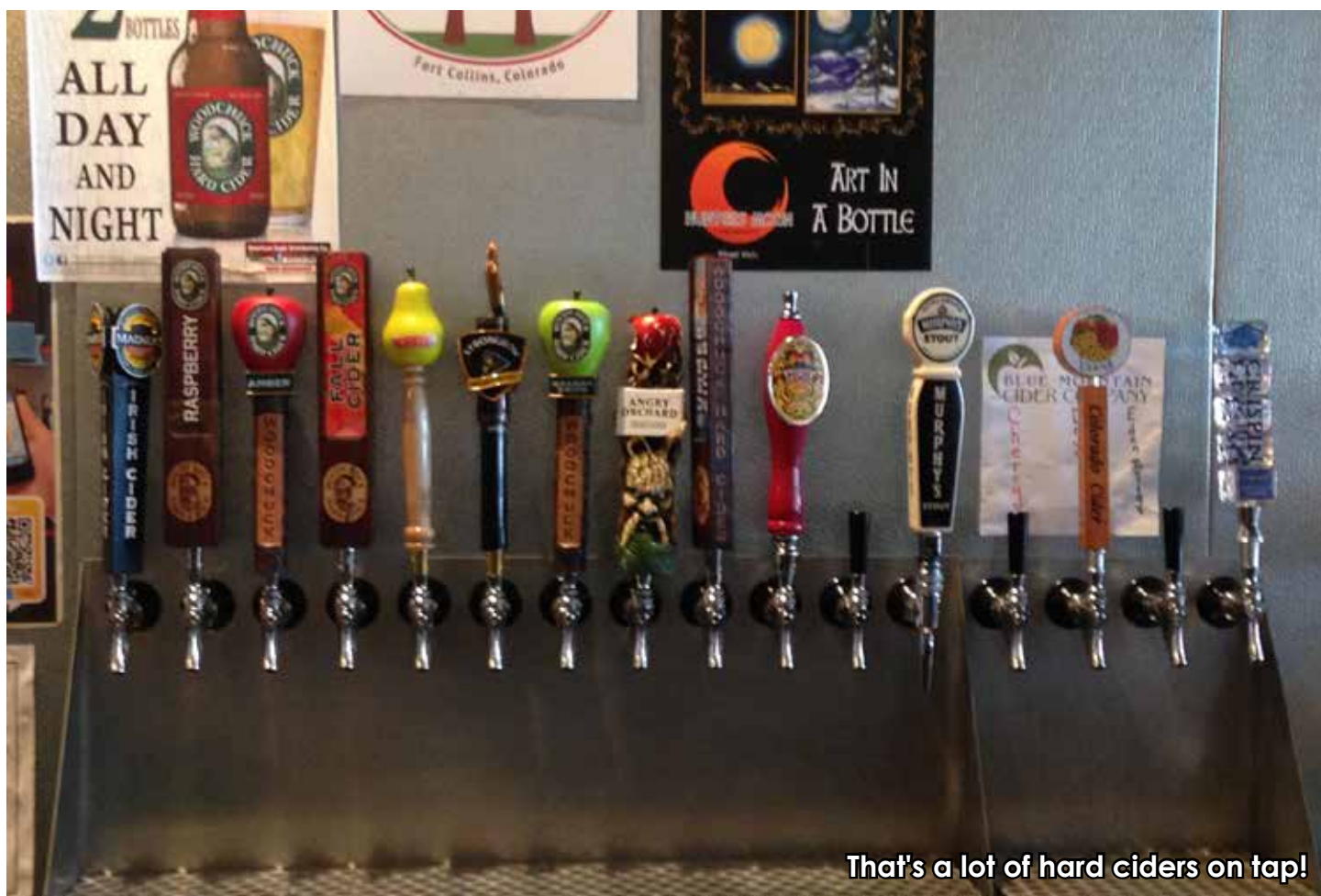
#### Hawaii 5-0

- 5 oz ACE Pineapple Cider
- 1 oz Coconut Rum
- Garnish w/ pineapple wedge
- Serve over ice

#### The Polynesian Astronaut

- 5 oz ACE SpACE Blood Orange Cider
- 5 oz ACE Pineapple Cider
- ½ oz Spiced Rum
- Serve over ice





That's a lot of hard ciders on tap!

PHOTO CREDIT: WWW.CIDERSAGE.COM

If all this talk of hard cider still doesn't interest you, how about a hard cider cocktail? Hard cider can be used as the star ingredient or as an accompaniment in a cocktail. In fact, the company my son represents, Ace Cider Company, has several cocktail recipes that are really quite good. Two recipes are provided at the bottom of the previous page.

In closing, if you like apple juice and enjoy fermented beverages, you definitely need to give hard cider a try. With so many styles available, you are sure to find a favorite and the journey in finding your favorite involves tasting and that is the best part. For me, I find that I prefer a drier artisanal cider with just a hint of apple. However, when choosing a beer, my current favorite is a fruity-citrusy hazy pale ale. It's good to have choices and it's good to live in the Pacific NW where artisanal hard ciders and craft beers abound!

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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!



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**Garden Time Rose**



**Garden Time Iris**

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**Garden Time**



# WTDITG

**The time goes so fast! With Summer winding down, it's time to enjoy the last warm days of the year, and turn our focus to Fall. September is a good month to plant, and it's a great time to start planning your garden for next year. With Fall rains coming, new plants will get established before the cold weather arrives.**

## PLANNING

- Plan some new color for spring by figuring out where to plant some spring bulbs. Creating pots with 'layers' of bulbs would be fun. A cluster of



bright yellow daffodils planted at the base of a tree or three will really liven the yard up in the early months. Daffodils aren't eaten by squirrels or deer so they should remain intact for years giving you more color every spring.

- Check on the vegetables to be harvested. This is an important time to check on the crops, picking them before the veggies lose their flavor.

- Since September is a good month to plant and there are usually sales now on nursery stock, why not do a little landscape renovation? If you need help, bring some photos and notes into your local independent garden center. They can help you put together some good ideas of what to plant and where.

## PLANTING

- It's time for shopping and planting spring bulbs! As the weather cools, that should be your signal to purchase some bulbs for a spring display of sunny color. Tulips, daffodils, hyacinths and crocus can be found now. You'll have up until late October to plant them, but

selection of the coolest bulbs is gone early so don't delay.

- Fall is an exceptional time to plant landscape trees and shrubs! With the rains coming on soon and the soil being so warm from the summer sun, the plant's root systems take right off this

time of year. Most likely there are sales to take advantage of, so the savings make it even more enticing.



## TASKS, MAINTENANCE & CLEAN-UP

- Apply Beneficial Nematodes to the beds below rhododendrons and azaleas to fight root weevil damage. Root weevil adults do the damage above ground that is visible so you'll know if they are around. The grubs below ground are the killers, girdling the trunk, besides eating the majority of the roots. Beneficial Nematodes are microscopic creatures that hunt out and destroy these pests and 229 more species of insects, but are not harmful at all to earthworms, humans or pets. They are active for two years in the soil too!



are easy to spot and get rid of, if you know what they look like. Slugs lay eggs under stones, pavers, boards, plant debris or wherever they can find a hiding spot. The eggs are usually clustered in groups and look like little BB's, but are a creamy

color. By finding and destroying these eggs before they hatch, you will take care of hundreds of the slimy leaf-chompers before they can get to your plants.

- Be on the lookout for slugs and their eggs. Fall is egg laying time again for the slimy creatures. Eggs

- Begin to get plants ready for winter by holding



# What To Do In The Garden

## SEPTEMBER

back on the watering and stop any fertilizing this month. The plants need to get toughened up for the coming winter. If watered frequently and fed too late in the season the leaves are more tender and apt to freeze or be severely damaged.



- September is an excellent month to start a lawn from scratch or over seed a thin lawn. In fact this time of year is about the best and fastest time to start a lawn.

- Fertilize the lawn now if you haven't done so for a couple of months. With the cooler weather and rains on the way you will notice the lawns becoming greener and thicker again, naturally.

- Pull up begonia tubers before it gets too cold or at least move the pot into a garage or shed. Let foliage die down naturally, then remove foliage, lift bulb out of the soil and store the begonia tubers separately in paper bags (breathable!) in a protected cool, not cold, environment like a basement or a chilly room.

- Dahlias: to dig or not to dig? If you dig up the dahlias to store them, and then divide and replant in the spring, they will continue to come up bigger and better every year. If left in the ground eventually they will poop out, getting many smaller stems and fewer flowers.

Dig the tubers at least one week after a frost and after the stalks have died down. Dahlias dug too early will not store well. Cut the stalks down to 6-8", shake the loose soil off the clumps (don't



wash the clump) then allow the clump of tubers to cure or dry for a few days before being stored indoors

in a cool dark area. Check stored tubers occasionally for any rot developing. You will divide and replant them next May.

- This is a great month to divide iris and other spring and early summer blooming perennials. Iris and other perennials can become overcrowded and that slows down on its flowering show. By lifting the clumps, cutting out the old centers or mushy parts and then replanting the leading growing edge of the clump immediately back into the garden, the perennials can again take off and give you additional years of flowers.

## VEGETABLE GARDEN

- You can still seed these crops right into the garden: Arugula, beets, cabbage (for spring harvest), carrots, endive, fava beans, garlic cloves, lettuce, kale, mache, onion sets, radish, salad greens and shallot bulbs.

- Mulch the mature carrots, beets, turnips and parsnips for winter harvesting. By applying good 3-5" thick mulch you can store these veggies right out in the garden. Pull some up whenever you want to fix some for a meal.

- Harvest the winter squash when the 'ground spot' turns from white to a cream or gold color. (The ground spot is just what it sounds like, the part of the squash fruit that lay on the ground.) Winter squash can be harvested whenever the fruits have turned a deeper color and the rind is hard. Harvest the main part of the crop in September or October, before the heavy frosts. Cut squash from the vines

carefully, leaving two inches of stem attached if possible. Squash that is not fully mature, has been injured, or had their stems knocked off, or has been subjected to heavy frost will not keep.

- Harvest potatoes when the tops die down and before the first frost. Dig up the tubers, being careful not to nick the spuds with the shovel. Any tubers that have a damaged spot from digging should be cooked up and not stored. By hand remove any soil clinging to the potatoes and then leave them on top of the soil for a few hours to dry out - if they are stored damp, they will rot. Leaving them on the soil surface in the sun will harden the skin slightly, doubling the storage time.

- Protect the tomatoes, peppers and eggplant from early frost. Drape the plants with Harvest Guard protective yard and garden cover. Pick green tomatoes and ripen indoors if cold weather threatens.





# PLAY TIME

## Gardening Events Around Town

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### **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](http://www.oregongarden.org)

### **Oregon State Fair**

**Friday, August 24-Monday, September 3, 2018**

**Oregon State Fair & Exposition Center, Salem, OR**

Where fun shines, with concerts, competitions and animals! Get Face to Face with Fun! [www.oregonstatefair.org](http://www.oregonstatefair.org)

### **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](http://www.dahlias.com)

### **Labor Day Sale**

**Friday & Saturday, August 31-September 1, 2018**

**• 9:00am-4:00pm**

**Garden Gallery Iron Works, Hubbard, OR**

Don't miss our biggest sale ever! Come to our Hubbard store for our Biggest Sale EVER! Warehouse, clearance,

**continued next column**

designs, samples iron, overstock items, scuffed and scratched. Everything is 25% Off! Look for great deals in our warehouse, store, parking lot and overflow area. More than just a sale...it's a clearance! We will open early at 9am on both days. Closed Sunday and Monday. [www.gardengalleryironworks.net](http://www.gardengalleryironworks.net)

### **Chalkboard Planters**

**Saturday, September 1, 2018 • 11:00am(W)**

**Saturday, September 8, 2018 • 11:00am(S)**

**Saturday, September 15, 2018 • 11:00am(G)**

**Saturday, September 22, 2018 • 11:00am(V)**

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

Just in time for back to school, these adorable terra cotta pots are perfect for a teacher's gift or a fun container to display at home. We will be planting a flower in a terra cotta pot and personalizing it by attaching a chalkboard label, specially designed and written on by your child. Cost: \$7.50 to cover the cost of materials.

### **Teaching Gardening at Detention Facilities/Schools/Neighborhoods**

**Tuesday, September 4, 2018 • 6:50pm**

**First Baptist Church, Beaverton, OR**

Presenter: Rima Green. Location: First Baptist Church 5755 SW Erickson Ave, Beaverton, 97005. Free event, free parking, no registration needed. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

### **Under The Sea**

**Wednesday, September 5, 2018 • 4:30pm(W)**

**Wednesday, September 12, 2018 • 4:30pm(V)**

**Wednesday, September 19, 2018 • 4:30pm(S)**

**Wednesday, September 26, 2018 • 4:30pm(G)**

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

Using easy-care air plants, shells, and decorative branches, we will create a delightful waterless aquarium. This under-the-seascape will look nice and tidy (get it?) for a long time. No worrying about feeding the fish, or cleaning the bowl. Cost: \$40 includes supplies, plants, expert instruction, local wine, and a light meal.

### **Salem Hardy Plant Society Fall Sale**

**Saturday, September 8, 2018 • 9:00am-3:00pm**

**Sebright Gardens, Salem, OR**

**continued next page**





Come browse over a dozen nursery and garden art vendors, talk directly with the nursery owners, buy a lunch from Gustav's and have a picnic in the beautiful display gardens of Sebright Nursery, free parking and free entrance. Come support your local nurseries. Vendors: Arbutus Garden Arts, Carniflora, Dancing Oaks, Egans, Gosslers, Gourmet Hometown Heroes, Highland Heather, Millers Manor Garden, Nowlens Bridge, Oh Grow Up, Oregon Native Plant Nursery, Out in the Garden Nursery, Perennial Obsessions, Pumpkin Ridge Pottery, Rogerson Clematis Collection, Secret Garden Growers. Sebright Gardens, 7185 Lakeside Dr NE, Salem, OR 97305.

**Pruning, Wiring & Styling: Dwarf Hinoki**  
**Sunday, September 9, 2018 • 1:00pm-3:00pm**  
**Garland Nursery, Corvallis, OR**

This series is for beginning bonsai students. This class covers basic care and concepts for a Hinoki. Student will go home with a trained Hinoki in plastic container to grow on. Cost: \$35. 5470 NE Highway 20, Corvallis, 97330.

**Leach Garden Summer Sippin' Lecture Series: Tea**  
**Wednesday, September 12, 2018 • 7:00pm-8:30pm**  
**(Doors open at 6:00 for refreshments & strolling.)**  
**Leach Botanical Garden, Portland, OR**

Minto Island Tea Co., one of the few farm-scale tea plots in the United States, is thriving right here in the Willamette Valley! Tea grower Elizabeth Miller will share her story and give us some insights on growing, processing, and brewing tea. Processing tea is truly an art form. Even avid tea drinkers are often unaware that all teas derive from the same plant: *Camellia sinensis*, which has been in cultivation for more than 2,000 years. What makes the different types of tea is how the leaves are processed. We'll learn about the creation of green, black, and oolong teas as well as the biochemical changes that take place in the tea leaf over the harvest season. Then we will get to taste the difference between teas made from the spring flush and those made from leaves plucked later in the summer.

Elizabeth and her husband Chris Jenkins tend to 200 fully established unique cultivars on a half-acre of land outside Salem, Oregon, that has been in Elizabeth's family since the 1970s. \$15 admission. (\$40 for the whole series) Advance registration required. To register go to

**continued next column**

[www.leachgarden.org](http://www.leachgarden.org) (click on "learn") or call 503-823-1671. Leach Botanical Garden, 6704 SE 122nd Avenue, Portland, OR 97236. [www.leachgarden.org](http://www.leachgarden.org)

**Healing Gardens: Promoting Health and Well Being**  
**Saturday & Sunday, September 15 & 16, 2018**  
**• 9:30am-5:00pm**

**Legacy Emanuel Medical Center, Portland, OR**

Legacy Therapeutic Garden Program presents its 15th therapeutic garden conference. The natural environment can foster well-being and enhance people's ability to function. Join with conference participants to learn and share strategies to promote interdisciplinary approaches to planning, programming. Target participants: Therapists, landscape architects, planners, designers, fundraising teams, horticulturists, garden volunteers, activity professionals, public garden professionals, health and human service providers, parks and recreation teams, students and philanthropists. Conference objectives: Learners will be able to:

Identify needs of and stressors for families, patients and employees in the health care setting, identify three nature resources to combat stress, outline processes and strategies to promote interdisciplinary approaches to planning, programming, sustainability and evaluation of gardens and identify three to five new resources to aid in program development.

Cancellation Policy: Seven calendar days before Saturday, Sept.15, is possible with \$30 processing fee retained. If less than seven calendar days cancellation, there is no refund of fees. Legacy Emanuel Medical Center Lorenzen Conference Center, 2801 N Gantenbein Ave, Portland, Oregon 97227. [www.legacyhealthevents.org](http://www.legacyhealthevents.org)

**Seeds: Sowing/Harvesting/Saving**  
**Saturday, September 15, 2018 • 10:00am**  
**Learning Garden at Jenkins Estate, Beaverton, OR**

Presenter: Sarah Gramm Wolf. What the seed packets don't tell you when planting seeds; heirloom varieties and seed harvesting (when to harvest, how to clean the seeds); seed saving (storage conditions); and do-it-yourself viability testing before planting your saved seeds. Pioneers brought their saved seeds with them when they crossed the Oregon Trail ... the tiny, mighty seed!

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# PLAY TIME

## Gardening Events Around Town (continued)

In the Garden Series, Learning Garden at Jenkins Estate, 8005 SW Grabhorn, Beaverton, OR 97007. On weekends, use the Camp Rivendale entrance on Grabhorn Road, park, then walk past the play structure down to the Learning Garden. Free event, free parking, no registration needed. \*Class is approved for one hour MG Education Credit. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

### **Learning Garden Open House**

**Saturday, September 15, 2018 • 10:00am-1:00pm**

### **Learning Garden at Jenkins Estate, Beaverton, OR**

Tour the Master Gardener Learning Garden and attend FREE workshops, get help on your gardening questions from Master Gardeners at the Master Gardener Clinic held on site.

Learning Garden at Jenkins Estate, 8005 SW Grabhorn, Beaverton, OR 97007. On weekends, use the Camp Rivendale entrance on Grabhorn Road, park, then walk past the play structure down to the Learning Garden. Free event, free parking, no registration needed. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

### **Bonsai Class: Fall Care**

**Saturday, September 15, 2018 • 11:00am**

### **Tsugawa Nursery, Woodland, WA**

Learn how your work in the fall will set you up for achieving your desired results next spring. We will discuss and demonstrate how pruning and wiring choices can make the most this crucial time of year. 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)

### **Winterize: Putting your Garden to Bed**

**Saturday, September 15, 2018 • 11:00am**

### **Learning Garden at Jenkins Estate, Beaverton, OR**

Presenter: Sue Ryburn. Fall signals the coming of our winter months and the time to prepare the garden for cooler, wetter days. Learn about steps to protect your plants, take advantage of the indoors for some garden tasks, prepare for spring and also support the ecosystem in your garden.

Learning Garden at Jenkins Estate, 8005 SW Grabhorn, Beaverton, OR 97007. On weekends, use the Camp Rivendale entrance on Grabhorn Road, park, then walk past the play structure down to the Learning Garden. Free event, free parking, no registration needed. \*Class is approved for one hour MG Education Credit. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

### **Tomato Tasting**

**Tuesday September 18, 2018 • 9:30am-12:00pm**

### **WCMGA Demonstration Garden, Hillsboro, OR**

Taste heirloom, old standards, and sample new varieties of tomatoes while touring the Washington County Demonstration Gardens. Vote for your favorite tomato. You are welcome to bring 3-4 samples of your favorite variety that are labeled washed, and ready to slice. Homemade salsa/chips or tomato snacks encouraged. The remaining tomatoes will be donated to the Oregon Food Bank. Join us for this last tasting at the Demonstration Garden. The combined gardens of the WCMGA and TVGC will close at the end of the year.

884 NE 28th Ave., Hillsboro 97123. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

### **Portland Nursery Senior Gardening Day**

**Wednesday, September 19, 2018 • 1:00pm-3:00pm**

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

Sponsors Home Instead, Earthtones Music Therapy Services and Portland Nursery team up every year to bring a variety of hands-on activities and special gardening demonstrations aimed at the elder gardeners of our community. Tables are set up under cover surrounded by beautiful and blooming displays. Relax, visit with friends and enjoy refreshments. Pot up crocus bulbs, make lavender sachets and learn about fall container gardening.

### **Leach Garden Summer Sippin' Lecture Series:**

#### **Cocktail Bitters**

**Wednesday, September 19, 2018 • 7:00pm-8:30pm**

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

### **Leach Botanical Garden, Portland, OR**

Cindy Capparelli, proprietor of Portland Bitters Project, teams with The Meadow to help us understand the world of bitters and how to make best use of them. Bitters have been around a long time but with literally hundreds on the market today, many of us are uncer-

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tain about where to begin. We will learn about bitters' original medicinal history as well as their modern-day uses. And we will learn how essential bitters are made - starting with organic roots, barks and seeds. Then, in the tasting, we'll experience the role that bitters can play in adding complexity and punch to new as well as classic cocktail creations. Cindy founded the Portland Bitters Project in 2014. Mark Bitterman, owner of The Meadow, is the author of Bitterman's Field Guide to Bitters and Amari. \$15 admission. (\$40 for the whole series) Advance registration required. To register go to [www.leachgarden.org](http://www.leachgarden.org) (click on "learn") or call 503-823-1671. Leach Botanical Garden, 6704 SE 122nd Avenue, Portland, OR 97236. [www.leachgarden.org](http://www.leachgarden.org)

**3rd Thursday Happy Hour - Fall Fest**  
**Thursday, September 20, 2018 • 4:00-7:00pm**  
**Garden Gallery Iron Works, Hubbard, OR**

Join us for our last 3rd Thursday Happy Hour of the season! Say farewell to summer and toast fall's arrival with friendly people, unique iron and decor pieces and a refreshing beverage. Show while you enjoy a special fall cocktail, beer or wine, plus appetizers and entertainment. 25% Off your entire purchase. Free gifts to first 50 customers, plus a free drawing. [www.gardengallery-ironworks.net](http://www.gardengallery-ironworks.net)

**Autumn Moon Festival**  
**Saturday, September 22, 2018**  
**Lan Su Garden, Portland, OR**

Celebrate the Autumn Moon Festival, one of the four most important holidays on the Chinese calendar. Lan Su Chinese Garden will have festivities, including lion dances, cultural performances, calligraphy demonstrations, craft activities and much more—great for all ages! [www.lansugarden.org](http://www.lansugarden.org)

**Colors of Fall Festival**  
**Saturday-Sunday, September 22-23, 2018 • 10:00am-5:00pm**  
**Cascade Nursery Trail Nurseries, Aurora to Salem OR Area**

At all CNT Nurseries! Late season gala brings glowing surprises in the garden that are seldom seen! Unique offerings chosen for fall planting and winter interest will be featured for this celebration of season. This time of year brings the promise of warm soils, cooling ambient temperatures and coming rains – the perfect time for planting! Wander thru our gardens and let us be your

**continued next column**

muse...it is also time to ponder winter interest additions and spring surprises. There is always a great variety of established pots, begging to be taken home and planted in your garden this time of year. We are happy to advise and suggest. As we rev up our wagons one more time to collect our visions for next year's dreams, we find that THIS is the time to score some really good stuff!

**Iris Society Sale**  
**Saturday-Sunday, September 22-23, 2018**  
**• 9:00am-4:00pm**

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

Come to Portland Nursery and shop a wide selection of gorgeous irises for sale.

**Creating a Hellstrip Garden – From Sod to Super!**  
**Saturday, September 22, 2018 • 10:00am-12:00pm**  
**PCC Rockcreek Garden, Portland, OR**

Presenter: Susan Albright. Want to reclaim an under-used portion of your yard? Curious about the term "Hellstrip" and if you have one? Answers to these questions and more will be covered in this session. Come learn about site preparation, plant selection and design, planting techniques, water concerns, and maintenance for hellstrips. Reference materials will be available for perusal. A handout of resources will also be provided. If timing of garden installation allows, we will have some hands-on activities in the garden.

PCC Rockcreek Garden, 17705 NW Springville Rd. Portland, OR 97229. Building 4 Classroom. Enter from Springville Rd, go straight on the first stop sign, turn right on the second stop sign, turn left onto parking lot D. Walk south towards Building 4. Parking is free campus-wide on Saturdays. Free event, free parking, no registration needed. \*Class is approved for one hour MG Education Credit. [www.washingtoncountymastergardeners.org](http://www.washingtoncountymastergardeners.org)

**Dehydrating Fruits and Vegetables**  
**Saturday, September 22, 2018 • 11:00am-12:00pm**  
**Blooming Junction, Cornelius, OR**

Learn the ins and outs of using a food dehydrator to preserve popular fruits and veggies, such as apples, carrots, potatoes, tomatoes, herbs, onions, etc. Farmer Justin will take you through the process including pre-

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# PLAY TIME

## Gardening Events Around Town (continued)

treating and cutting food, checking for dryness, temperature settings and storing dehydrated products. Class fee is \$10. Please register for the class by the end of day Thursday, Sept 20th by emailing [justin@bloom-ingjunction.com](mailto:justin@bloom-ingjunction.com)

### **Fall Garden Fair**

**Saturday & Sunday, September 22 & 23, 2018**  
• 10:00am-5:00pm

#### **The Oregon Garden, Silverton, OR**

Join us this September for the Fall Garden Fair, presented by the Oregon State Federation of Garden Clubs, an event that invites visitors of all ages to engage with and learn about gardening in the state of Oregon. Peruse a horticultural and floral showcase to learn more about the plants that grow in our region, learn about beautification projects throughout the state and efforts to preserve pollinators. Find a new addition for your own garden from local nurseries at the plant sale and get hands-on during a live lecture or workshop. Above all, enjoy the thriving gardening community we're so lucky to be a part of.

Activities: Plant sale, Floral showcase, Horticultural showcase, Judged floral design show, Educational workshops and lectures, Free gardening book and magazine booth, Children's crafts and activities, Food... and more! [www.oregongarden.org](http://www.oregongarden.org)

### **Impact NW Summer Garden Party**

**Saturday, September 22, 2018 • 6:00-9:00pm**  
**Portland Nursery (Division), Portland, OR**

Impact NW's Annual Garden Party is a delightful fundraiser at the Portland Nursery on SE Division where guests enjoy all the best the Northwest has to offer. Impact NW's Annual Garden Party is an opportunity for business and community leaders and caring individuals to come together to strengthen Impact NW's mission to help people prosper through a community of support. It's a delightful occasion to enjoy all the best the Northwest has to offer. The Garden Party features fresh from the farm cuisine, a beautiful garden setting, live and silent auctions, local wines and craft beers. We hope you can join us! Division store will close at 4:00pm for this event.

**continued next column**

### **Portlandia African Violet Fall Sale**

**Saturday, September 29, 2018 • 10:00am-3:00pm**  
**Portland Nursery (Division), Portland, OR**

Take a break from the dreariness of winter and explore the wonderful world of African violets, displayed for show and sale by the Portlandia Violet Club! Take in all the colors and shapes of African violets while strolling our warm tropical greenhouses, purchase a violet to bring home.

### **Fight For Your Life 5k**

**Sunday, September 30, 2018 • 10:30am**  
**French Prairie Gardens, St Paul, OR**

Run, Walk or Crawl...we'd love to have them all!! Fight for your Life 5K was created in remembrance of Emily Pohlschneider-Edwards. The race is hosted at Emily's Family farm, our very own French Prairie Gardens, where she grew up and helped work the fields. This flat course will be located on dirt roads winding through the farm land out in the country. Great for Runners, Joggers, Walkers or all ages. Family Friendly event. Join us for the Kids Dash, an 800 meter race for kids ages 5-10. Receive 1 activity wristband along with your race registration to use all of our family fun activities, visit our Brew area, and food vendors for a day of fun! All Race proceeds will go towards our foundation, Em's Fight to help local women fighting cancer. For more information on our foundation visit: [EmsFight.org](http://EmsFight.org).

Early registration is \$30 by 9/16/18, late registration is \$35 and day-of registration \$40 per person. Registration includes race t-shirt, race packet, one beer (Must be 21+ for beer), & receive 1 Activities Wristband along with your race registration to use for all of our farm fun activities for a day of fun!

Racers 13 and under are \$5 – and do not receive a t-shirt or race timing/race number. If you would like to purchase one you may do so in the form under extra t-shirt for \$10. [www.fpgardens.com](http://www.fpgardens.com)

### **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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