

August 2020

garden time

A Digital Monthly Magazine for Your Garden & Home

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Sweet Corn

Urban Farm Animals

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What Next?

In these times it is a good question to ask. It seems like 2020 has been a year that a lot of people would like to forget, and we're only half the way through it! Masks, social distancing, and washing our hands is great to help keep everyone safe and healthy, but it can really wear one down. The one place that a lot of people are traveling to is their gardens (because they can't go anywhere else). Here, in the garden, you can find a little peace and a lot of hope. Audrey Hepburn once said 'To plant a garden is to believe in tomorrow', and we believe it. The effort that you put into your garden is rewarded 10 fold. You can find food, beauty, solitude, quiet and relaxation if you look hard enough or stay long enough. It is easy to forget all about the troubles in the world if you take a few moments and disconnect.

I remember when I was a kid in Salem, lying on my stomach on the grass and watching the bugs crawl or checking out the flowers from their level. Then, rolling over and watching the sky, the leaves in the trees, or closing my eyes and hearing the birds chirping or the bees buzzing. Now, I find myself chasing weeds or deadheading flowers. Still, as Jenny Iglow has said, 'We might think we are nurturing our garden, but of course it's our garden that is really nurturing us' and I have found that any time in the garden can be a respite from every day cares and worries.

We hope that this month's articles can help you take your mind off current problems as we get a little tasty in the garden. Therese shares a story on sweet peppers you can grow. Did you know that eating a hot pepper can actually make you feel cooler? Hmmm... I wonder what a sweet pepper will do? What about sweet corn? Well, if you love sweet corn, Ron tells you about different types and how to grow it. If you are looking at growing some farm animals instead of corn, Ryan tells us about getting farm animals that you can raise in an urban setting. Finally, if you are looking to get out of the house and do some good in our community, I'll fill you in on ivy pulls. These are groups that organize volunteers to go out and clean up invasive ivy from our urban forests and parks.

We know that the next few months will be challenging for some, but head out to the garden and find a little break from all the stress. Remember, 'Where flowers bloom, so does hope' (Lady Bird Johnson).

Happy Gardening!

Jeff Gustin, Publisher

Garden Time Magazine • August 2020 • Volume 12, No. 8, Issue #137

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Garden Time's Iconic Spokesflower Answers Your Questions!



Ask Mortimer

Dearest Mortimer,

I bought a lovely variegated plant a few years ago and it is growing well in its new home. However there are some new branches that don't have the wonderful variegation that the original plant had. What is happening? Is the plant sick?

Signed,
Colorful in Corvallis

Dear Colorful,

Normally this is nothing to worry about. This is called 'reversion'. If you get a variegated plant a lot of times it is a mutant! Not a 'come from Mars' kind of mutant, but what we call a 'sport'. This is a normal plant that suddenly will send off an unusual shoot from the mother plant. This 'new' plant is cut off, propagated and tested to see if the new coloring stays true or if it 'reverts' back to the original coloring of the mother plant. Even with all the testing some plants will want to go back to the original parent DNA. That is what is happening to your plant.

What you want to do is to cut off that offending 'shoot'. If you leave it to grow, it is the dominate plant and soon your lovely variegation will be gone and you will be left with the



Plant Reversion

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

original boring DNA of the mother plant. Cut out those shoots when you see them to save your plant.

There could also be another problem with your plant that is disease or insect related. Keep an eye on it and see if any other problems pop up. If they do, take a clipping in a plastic 'ziploc' type bag to your local garden center and see if they can help you figure it out.

Best of luck,
Mortimer

.

Mortimer,

I am enjoying these wonderfully warm evenings on my deck, but so are the local mosquitoes. I'm allergic to a lot of the repellants on the market and I have heard that there are some plants that can repel mosquitoes. Is this true and if so what are they???

Thanks,
Bit in Beaverton

Dear Bit,

Yes, there are plants that can help deter mosquitoes from hanging around your deck or patio, but before you spend a lot of money on new plants (never thought I would say that), start by looking around your garden to try and control the environment which makes it easy for them to breed. Eliminate standing water



Basil is a mosquito repellant.

where they lay their eggs and clean up your yard of other water reservoirs. Any standing water is a welcome mat for the female mosquito. You can also use Bt (*Bacillus Thuringiensis*) a natural bacteria that only kills mosquito larvae. Check out this handout from Portland Nursery (<https://portlandnursery.com/docs/bestpractice-solutions/MosquitoesBP.pdf>) for more cultural solutions. Bonide (www.Bonide.com) also makes some mosquito products that you can use around your garden to prevent them from hanging around.

As far as plants go there are lots of lists that you can find on the internet. One thing that you may notice with all of them, is that they have highly fragrant foliage. There are plants like lemon balm, basil, peppermint, garlic, marigolds, lavender and citronella (a common natural ingredient in most mosquito products). There are even plants that have been marketed as mosquito repellants, like certain geraniums. We found one at a local nursery that was labeled 'Moskito Schocker'. It is a scented geranium from the grower, Monrovia. You can plant these in pots around your deck or patio to help keep the little pests away from your evening activities. If you need a little more scent, you can just crush a few leaves between your fingers to make it more smelly and, hopefully, scare them away.

Your heavily scented buddy,
Mortimer



Moskito Schocker Plant Tag



The Spice of Life

After years of trying to grow sweet bell peppers, this time I'm determined to get a decent crop.

by Therese Gustin

Sweet pepper on a plant.

One of my favorite vegetables to eat is also one of the most difficult for me to grow. I'm talking about sweet bell peppers (*Capsicum annuum*). Over the years I've tried growing them in the ground, raised beds and in containers with limited success. I know how to grow them, I know their needs...I just don't seem to get the same yields that my friends seem to. Not one to give up easily...I'm trying again this year. This time I'm determined to grow a decent crop of delicious peppers.

The number one growing condition needed for abundant peppers is heat! They need abundant heat to develop and ripen. In the Willamette Valley of Oregon, we don't always have long hot summers so our yields don't always measure up to those grown in warmer parts of the country. We can however

improve our harvest with some basic tips.

1. If starting from seed, sow seeds indoors 6 to 8 weeks prior to transplanting outside (when outdoor temperatures are above 70°)
2. Set out transplants when soil temperatures are above 65° and night time air temperatures are consistently above 55°.
3. Place in full sun (at least 8 hours per day)
4. Set out plants 12-18" apart in row. 2-3' apart.
5. Keep your beds well weeded and slightly moist.
6. Cover your plants early on with a floating row cover to prevent damage from beetles and other

insects. Aphids, spider mites, flea beetles and slugs are the most common insect pests on peppers.

7. Peppers are relatively drought tolerant but do well with weekly slow, deep watering.
8. Fertilize every two weeks with a mild liquid fertilizer once fruits start to appear.
9. Harvest when peppers have reached mature size and color. Any type of sweet pepper can be harvested when it is full sized but still green to get green peppers. Some sweet peppers will turn red if left on the plant to mature. Cut fruit with a 1" stem for maximum storage time. Peppers can store 2-3 weeks in the refrigerator.

Sweet peppers come in many colors including green, red, yellow and orange. Green peppers are actually unripe peppers and are usually less sweet than their fully ripe pepper counterparts. If left on the vine to mature they will change color to their red, yellow or orange mature fruits. Peppers are rich in vitamins and antioxidants including Vitamin C, Vitamin B6, Vitamin K1, Potassium, Folate, Vitamin E and Vitamin A. They are also a good source of fiber.

Because the sunny areas of my garden are limited, I'm growing a mini-bell pepper variety called 'Sweetie Pie' in a container in a very sunny spot. This variety should mature 60 to 70 days from transplanting and can be harvested green or when they turn red. The fruits grow to about 2 ½ to 3 inches and can be used in stir-fries, sauces, grilled, stuffed or eaten fresh. I can't wait to try them fresh and combined with some of my other summer vegetables that ripen about the same time. I cook them all together for a delicious side dish or vegetarian pasta sauce I call 'Zucchini ala Gustini'! Okay...I made up that



PHOTO CREDIT: TOM SACKTON VIA FLICKR.COM



PHOTO CREDIT: MARCO VERCH VIA FLICKR.COM

Fresh Red and Yellow Peppers



Green Peppers



'Sweetie Pie' Sweet Pepper Plant

rhyming recipe name... it was my sneaky way to get my toddlers to eat vegetables!

If you have that perfect warm sunny spot in your garden, why don't you try your hand at growing sweet bell peppers? I believe in the old adage...If at first you don't succeed..try, try again!

Portland Nursery recommends these varieties for the Willamette Valley:

Best Producing Bell Peppers

California Wonder.

Goldenbell

Gypsy

Northsta.

Valencia



Zucchini ala Gustini

- 1 medium zucchini
(cut into ½ inch pieces)
- 1 red and/or green bell pepper
(seeded and cut into ½ inch pieces)
- 1 medium onion (cut into ½ inch pieces)
- 2 or 3 large tomatoes (roughly chopped)
or 1- 14.5 ounce can of diced tomatoes
- 2 Tablespoons Olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon sugar
- Salt and pepper to taste

Heat olive oil in a large skillet. Add zucchini, peppers, onion and tomatoes and sauté on medium heat until zucchini, peppers and onions are tender, about 8 to 10 minutes. About halfway through cooking add the basil, oregano, sugar, salt and pepper. Mix thoroughly. Delicious on pasta or rice or as a side dish with chicken or fish.



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D'Vine Intervention



If not removed from the soil, ivy climbs again.

When faced with this particular challenge, we all need to pull together.

by Jeff Gustin

Who knew that Ivy was so spiritual. For those of you who are dealing with the climbing type of ivy, we might be praying for a little help!

We've all seen it. The variety, *Hedera helix*, also known as 'common ivy' or 'English ivy', climbing up trees and covering the forest floor. This species can, over time, take over a forest or garden if it is not taken care of. There is also evidence of *Hedera Hibernica* in the area as well. The spiritual meaning has a lot to do with its every day growing characteristics. It is said that ivy symbolizes fidelity (it won't easily let go of something it has attached itself to) and eternal life (because the plant is evergreen). Yup, that's

the stuff that is climbing all over everything! Did you know in Oregon ivy is considered an invasive species and banned for sale in the state? In some areas however, especially areas in Europe, it is used to cover buildings for its looks and the ability to cool buildings in the summer. Some people even use it for weed suppression on hills and steep banks, but once it is established it is hard to get rid of.

What makes it so hard to remove is the many different ways it can spread. Once it has entered a welcoming area for growth, usually by a bird distributing a seed through its droppings, it is hard to eradicate. It can cover a flat surface by

sending out little roots and vines. To get rid of it, once established, requires the removal of the entire root system because any leftover piece will just establish the plant all over again, and the removal of the vine as well. Once again, any piece of the vine will re-root and your problem will have returned. If that vine encounters a tree or other structure, it will climb, up to 100 feet if it can. It forms a strong and large branching system to hold it upright and those little rootlets will cling to the tree to support the weight and help it climb. You can cut the large trunks of the vine, which will kill the structure of the plant above that cut, but unless you can remove it from the soil around the base of the tree, it will start all over again. The death of the host tree usually comes as the weight of the vine proves too much for the tree to hold. If left to grow upright into the sun, it will flower and berry. The birds will then eat the berries and spread this seed to new areas. Here we go again!

How can you get rid of this invasive vine. For the home gardener, some will want to 'spray it away'. There are sprays that can take care of the problem, but because the waxy leaves make it hard for sprays to stick, and because it can grow anywhere, it is not as effective as you need for removal. This plant requires a lot of sweat and elbow grease to remove!

Those characteristics which make it hard to remove in your garden are multiplied when you find it out in the forest. There you need a group of people, and a plan! That is where organized Ivy Pulls come into play. There are numerous groups around our area that are committed to removing this invasive species and establishing native plants in their place. One of the most active groups is the No Ivy League/The Ivy Files through the City of Portland Parks Department. On their website you can find methods for removal, education about the plant, and even community resources to help point you in the direction of groups that you can support in the removal of this problem plant. They even organize an annual 'No Ivy Day'. This year it is scheduled for October 24th. Last year they had over 320 volunteers at 19 different sites. They removed two acres of ivy, saved 172 trees and planted 500 native plants. You can check their website (listed below) for more information on this year's event.

However, not all the resources and groups are listed on this wonderful site and, as we found out last year, there are groups that are fighting the good fight in their local communities. We traveled to Camas, Washington, for the Garden Time show

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The Oregon Garden, Silverton, OR

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• www.oreongarden.org

Cascade Nursery Trail Jewel Box Sale

Saturday, August 22, 2020 • 9:00am-3:00pm
Sebright Gardens, Salem, OR

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• www.sebrightgardens.com



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Ivy crawls until it can climb.



A forest where ivy trunks were cut and the plant dies on the tree.

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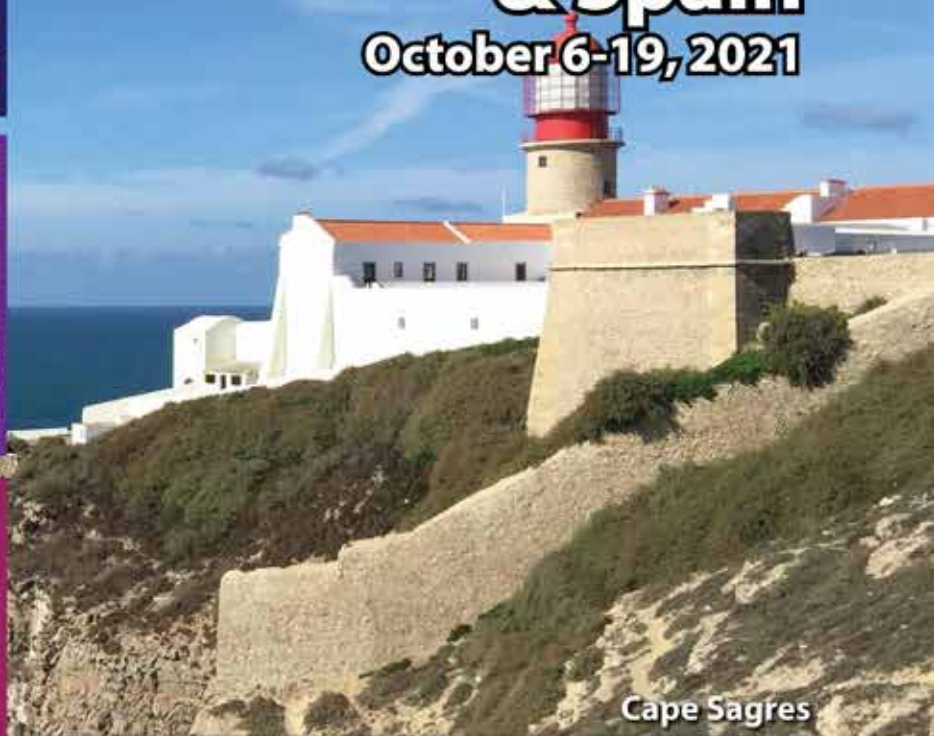


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Ivy bloom and young berries.



Once the ivy is cut it dies on the tree

to see a group that was tackling small areas one at a time, to get the upper hand on this plant. We talked to Cassi Marshall about the dedicated group that they had put together to cut back, and remove ivy from local parks and open spaces. These efforts have to be constantly monitored so that the ivy doesn't return to 'clean' areas. These types of groups are all over the state. We have found listings for ivy groups all over Oregon and Washington. There are groups in West Linn, Yachats, Oregon City, Corvallis and Milwaukie. There are also groups like SOLVE that organize group 'ivy pulls'. We would recommend that you contact your local parks department to see what is going on in your area.

Be aware that during this time of Covid-19 that some of these organized events may be modified or even canceled due to unforeseen circumstances so call or check their websites for up-to-date information.

So next time you are walking in your neighborhood or the forest, keep an eye out for this invasive and dangerous plant.



Ivy climbing trees.

The Ivy Files/No Ivy League

www.portlandoregon.gov/parks/article/201781

Ivy Removal in the Home Landscape – OSU Extension

<https://extension.oregonstate.edu/gardening/techniques/ivy-removal-home-landscape>

SOLVE Oregon

<https://www.solveoregon.org/>

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Keep Your Ear to the Ground

Corn-on-the-cob is one of the best parts of summer, made even better when you grow it yourself.

by Ron Dunevant

Summer is the season for barbeques and outdoor eating! Burgers, hot dogs, chips, fresh fruit, salads. But what would this festive occasion be without that perennial favorite, corn-on-the-cob? We corn lovers wait all year for the opportunity to bite into those sweet morsels, relishing in the experience of butter running down our chin and a kernel lodging itself between a molar and a bicuspid. This is summer living at its best!

But, delicious corn-on-the-cob doesn't have to come from the supermarket. You can actually grow it in your own yard. With just a little bit of effort and the right conditions, you can have fresh, home-grown sweet corn at your summer barbeque.

Now, the first question you might have is, "what is sweet corn, and how is it different from regular corn?" Well, sweet corn is probably what you would consider to be "regular corn." It's the corn we see in the produce section of the supermarket and in cans on the shelf. But, in actuality, it is just a tiny portion

of the corn that is grown.

The United States is the largest producer of corn in the world, with over 95 million acres dedicated to its production. You'll see corn fields in just about every state, but the heartland states of the country, Iowa, Illinois, South Dakota, Nebraska, Ohio, Missouri and Kentucky grow the most. Iowa, the top producer, contributes over 2.5 billion (with a "B") bushels per year, according to data from 2018. In that same year, Washington produced 18.7 million bushels, and Oregon a mere 8.7 million bushels. So, Iowa richly deserves its status as the corn capital of the world.

But all those stalks can be deceiving, because the majority of the corn you see in the fields is not the corn you see in the supermarket. In fact, 99 percent of the corn grown in the United States is not the kind that humans eat on the cob. It is known as field corn (also referred to as "cow corn," because it is used to make cow feed.) Field corn is what pro-

ducers use to create all the items we buy that are made from corn, such as cornmeal, corn syrup and corn chips. Field corn also makes up 95 percent of the grain used in animal feed. In addition, it is used in the creation of fuels such as ethanol and plastics, which use polymers created from the fermented plant starch. As you can see, corn is an amazingly versatile plant.

The remaining one percent of corn is the kind we are accustomed to seeing in the supermarket, and is known as "sweet corn". It is so named because it has that sweet taste that we all love to put butter on and eat off the cob. It is harvested when the kernels are at the point of development called the "milk stage," in late summer or early autumn. At this point, the kernels are full of sugar and moisture, giving them the taste and tenderness we love so much. On the other hand, field corn is not harvested for another two months in order to gain dietary starch. Think of the corn you put into your cornucopia at Thanksgiving and you can see why field corn never shows up at a summer barbeque unless it's in muffins.

As with many vegetables and fruits, sweet corn has evolved over the last twenty years, with new varieties that are superior and highly disease resistant. The eating quality is also greater than the heirloom varieties and older hybrid varieties. The bottom line: Growing corn is something you can do with just a little bit of effort and attention, and you can expect it to be really good!

Here are the steps:

Get Some Seeds • While we talk about sweet corn as one type of corn, there are actually hundreds of varieties available, and you can find seeds for most of them at your local garden center, big box store or on Amazon. In addition, you can also get seeds for popcorn, decorative corn, Indian corn, dwarf corn and, of course,



Dry corn seeds...soak them before planting.

PHOTO CREDIT: STEVIE ROCCO VIA FLICKR CREATIVE COMMONS



Plant corn seeds
9-12 inches apart.



Watch the tassel, it will
tell you when the corn is
ready to harvest.

PHOTO CREDIT: SLGCKGC VIA FLICKR CREATIVE COMMONS



At about 6" high, you'll want to thin out the extra starts, keeping only the best ones to reduce crowding.

corn for animal feed.

Sweet corn, itself, is divided into five genetic types: Standard/Normal Sugary (su), Sugary Extender or Sugary Enhanced (se), Super-sweet (sh or sh2), Synergistic SE (sy), and Augmented Supersweet (shA). In those categories, you can find corn in yellow, white, bi-color and sometimes multicolor. Each of these combinations offers its own advantages. Sweeter varieties will stay sweet longer after harvest. Others are more resistant to bacterial diseases or will produce a higher yield. While some varieties can take over 90 days to mature, some will be ready in just over two months. So, there's still time to plant corn for this year! You can also plant another crop of sweet corn two weeks after the first one, to extend the harvest.

Wikipedia has a comprehensive article on the different sweet corn varieties, with descriptions, growing times and pertinent notes. https://en.wikipedia.org/wiki/List_of_sweetcorn_varieties

Choose a Sunny, Protected Spot

- Sweet corn needs to have full sun and well-draining soil. Find a spot that is also protected from the wind, as gusts of wind can damage the plant. If the soil is hard, loosen it by hand or with a garden tiller. Plant the corn seeds about one inch deep, nine to 12 inches apart, in soil that is 60 degrees or above (as it does not germinate well in cold soil).

Corn has shallow roots, so it will need frequent watering. You should provide at least one inch per week once the tassels appear, making sure that the soil does not dry out between waterings. Mulch will help reduce evaporation.

Designate Your Planting Area

- You are probably used to seeing corn grown in rows, but that is in a field where there are acres and acres of corn planted. Since corn is pollinated by the wind, a single row of corn in a small garden will make pollination difficult.



As the corn continues to grow, be sure to keep it adequately watered, making sure the soil does not dry out.

Instead, plant your corn in blocks. Four rows of five stalks each is much better than one long row of 20. Also, the pollination occurs when pollen from the male tassels makes contact with the female silks, so planting your corn close together means more contact. Because of wind pollination, different types of corn can cross-pollinate. If you plant more than one variety, keep them at least 25 feet apart, or plant varieties that mature at different times.

Add Some Fertilizer • Corn needs a lot of nitrogen. Augment your soil with a nitrogen-rich fertilizer with a 10-10-10 formula (10 percent nitrogen, 10 percent phosphorus and 10 percent potassium).

Soak the Seeds • Your sweet corn seeds may appear shriveled when you remove them from the package. Help them along by soaking to help them plump up. Put them in water at room temperature overnight before planting.

You may be tempted to start growing your corn indoors and transplant the seedlings. However, sweet corn does not transplant well from seedlings. You will have the best results if you direct-seed after the danger of frost has passed. If you must use seedlings, use a biodegradable pot that you can place directly into the ground.

Create Furrows in the Soil •

Stretching a string along your planting rows will help you to space your seeds evenly and have nice straight rows. Use a garden tool to create a furrow, about one to two inches deep along one side of the string. Remove the string and drop your seeds into the furrows, about four to five inches apart. Planting two or three seeds in the same spot will ensure good germination. Rake one to 1½ inches of soil over the seeds, using the extra soil created when you made the furrows.

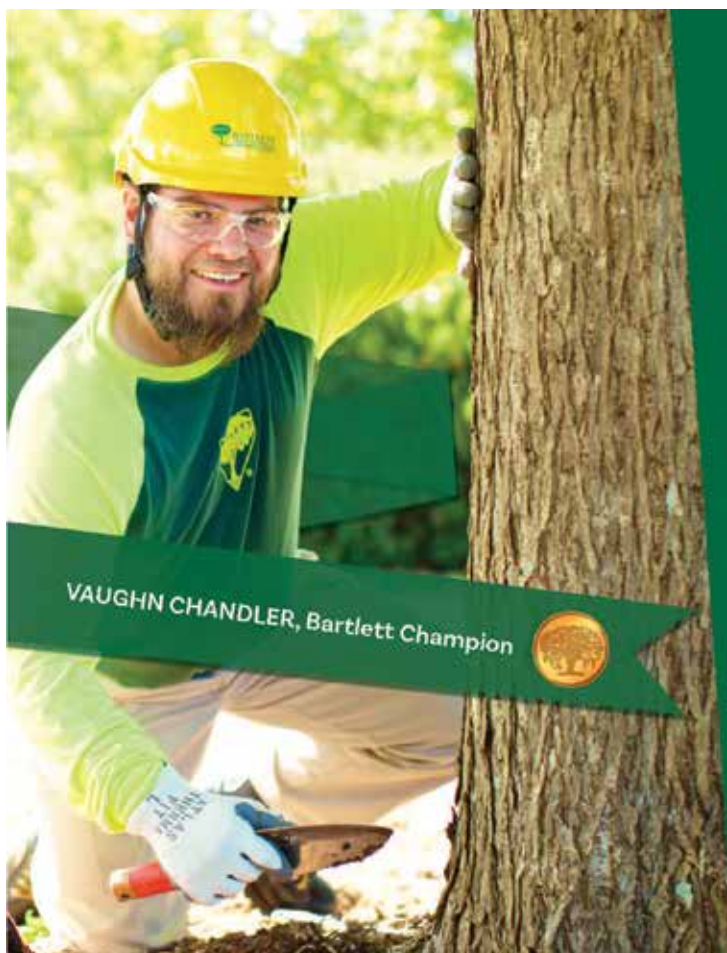
Water and Protect Your Corn •

When you have finished planting, water your rows well to ensure



A brown tassel...
time to pick!

PHOTO CREDIT: ALAN LEVINE VIA FLICKR CREATIVE COMMONS



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germination. As the seedlings emerge, mound soil around the stems to support them against the wind. When the plants are about six inches tall, thin the seedlings to 8" to 10" apart, keeping the best looking ones. Crowded corn stalks will produce smaller ears that are poorly filled.

As your plants grow, increase watering. If roots appear at the base of the stem, cover them with soil or mulch to keep them from drying out.

Harvest • When the tassels begin to turn brown and are one to two inches longer than the tip of the ear and the cobs have begun to swell, it is time to harvest. This usually occurs between 80 to 95 days after planting. The kernels should be full and milky. The cobs will stand out from the stem at a 30 degree angle. To remove the ears from the stalks, pull downward and twist.

You can test your corn by poking your thumbnail in an end kernel. It should produce a milky white sap. If the liquid is clear and watery, give your corn a few more days on the stalk. Generally, each stalk will produce only one ear of corn, although many varieties will produce a second, smaller ear.

Sweet corn will begin to lose its sweetness soon after harvesting, so the best time to pick your corn is just before eating it. However, it can be stored in the refrigerator. Keep the husk on, and wrap it in a damp towel to keep it from drying out. Sweet corn also freezes well, especially if removed from the ear before freezing.

You probably didn't realize how many different types of corn there are, but they all grow in the same way. Check out the different varieties and choose one that catches your fancy. Then, try growing some of your own. Chances are, eating your own home-grown ear of corn will be the best part of those amazing summertime meals.

PHOTO CREDIT: FERRYMORSE.COM



Early Golden Bantam

PHOTO CREDIT: AMAZON.COM



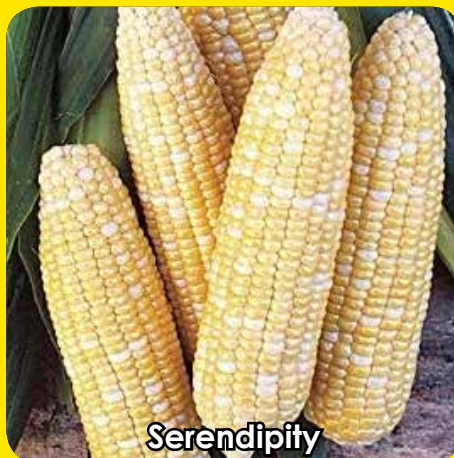
Peaches & Cream

PHOTO CREDIT: AMAZON.COM



Country Gentleman

PHOTO CREDIT: AMAZON.COM



Serendipity

Sweet Corn by Color

There are many different types of sweet corn (see the Wikipedia article for descriptions) but all sweet corn falls into four color categories. Here are a few of each, with their estimated growing time.

(Information provided by Wikipedia, "List of sweetcorn varieties," https://en.wikipedia.org/wiki/List_of_sweetcorn_varieties)

Yellow

Sundance – 69 days
Early Golden Bantam – 80 days
Merit – 80 days
True Gold – 80+ days
Precocious – 66 days
Sugar Buns – 72 days
Merlin – 84 days
Krispy King – 78 days
Passion – 81 days
Inferno – 73 days

White

Martian Jewels – 80 days
Country Gentleman – 92 days
Silver Queen – 92 days
Spring Snow – 65 days
Could Nine – 77 days
Treasure – 83 days
Camelot – 86 days
Avalon – 82 days
Charisma – 74 days

Bicolor

Double Standard – 73 days
Butter & Sugar – 75 days
Honey & Cream – 84 days
Trinity – 70 days
Temptation – 72 days
Ambrosia – 75 days
Honey 'N Pearl – 78 days
Phenomenal – 85 days
Peaches & Cream – 83 days
Serendipity – 82 days

Multicolor

Triple Play – 70 days
Painted Hill – 75 days
Double Red – 80+ days
Ruby Queen – 75 days

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FRONT

BACK

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Animal House

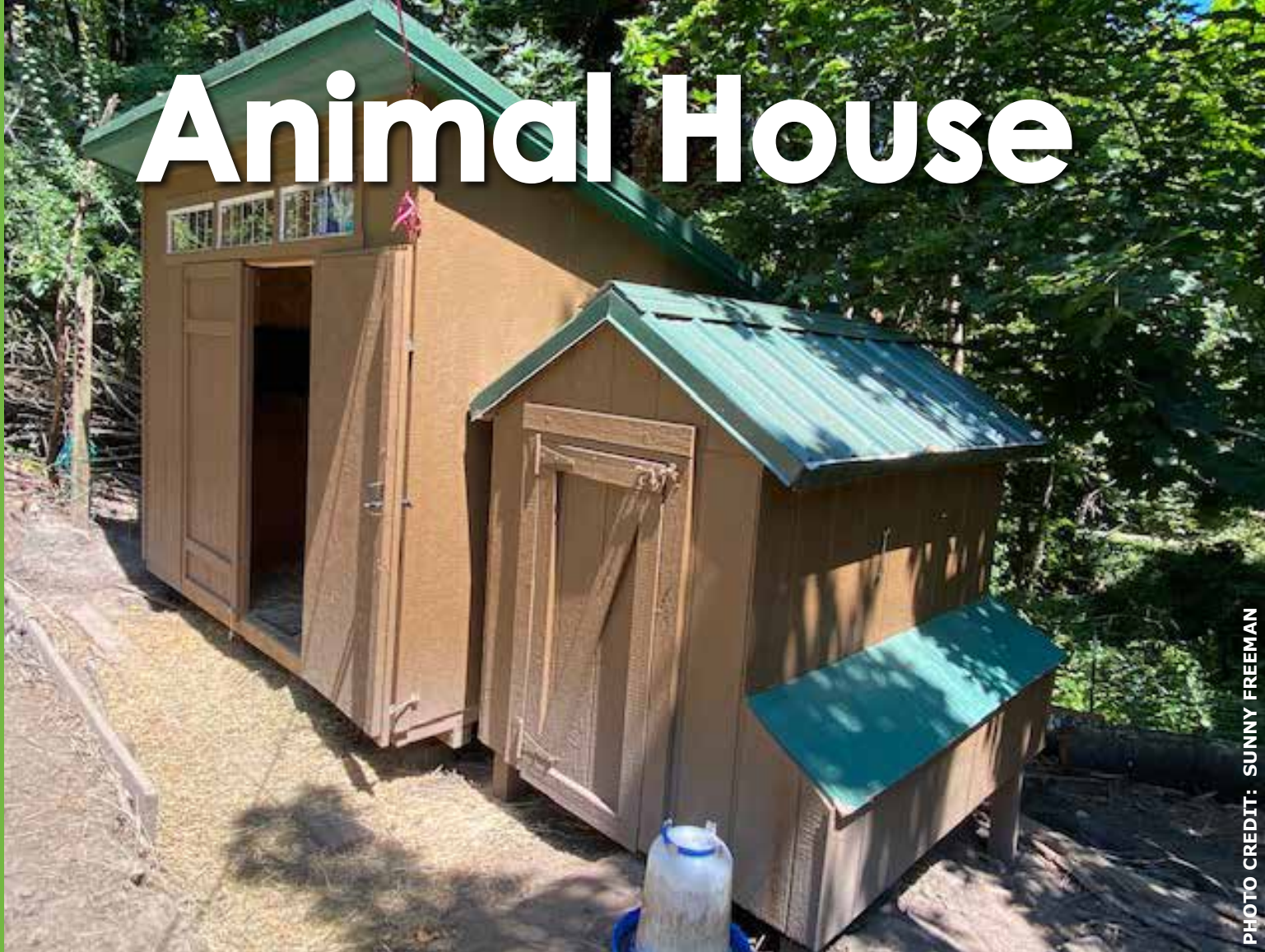


PHOTO CREDIT: SUNNY FREEMAN

Much like the thrill of your first vegetable garden, having your own urban farm can be fun and rewarding.

by Ryan Seely

For years, my wife has pestered me to consider a few chickens in our Lake Oswego backyard. The idea of fresh eggs for breakfast, coupled with our backyard's Pacific Northwest natural habitat, makes this idea of hers quite feasible. Economic and environmentally-friendly, and similar to the idea of growing your own garden, where one could walk outside to gather the bounty for a meal, is I must admit, satisfying. I haven't yet committed to chickens or any other animals quite yet, but it made me research just

exactly how to start your very own urban farm.

First, let's consider the types of animals most often found in urban farming:

- **Chickens:** The most popular animal and often times the first animal to be introduced to an urban farm. They are small and easily managed. Chickens will also devour kitchen scraps and are also egg-cellent composters. The reward is clear – farm fresh eggs, available at your fingertips. Having said that, I would be remiss to not
- **Quail:** These birds are often over-looked, and while they lack the composting power of chickens, both their egg and meat production are superior to chickens. And, these smaller birds tend to

mention that buying chicken feed at your local co-op or farm store can be expensive, making chickens not terribly economical, but the results are worth it! Also, be aware of urban predators, especially dogs, coyotes, foxes, hawks and owls, which are prevalent in the Pacific Northwest.

be more economical than chickens. Quail are also more responsible egg-layers, laying an egg a day in their prime without fail. They also reach maturity quicker than chickens, and are ready for eating in 8 weeks, if you like quail meat.

- Rabbits: Cute and fluffy, rabbits are wonderful manure manufacturers for us gardeners, as their manure is a fertilizer that doesn't require any type of composting beforehand. They grow quickly, and are wonderful companion animals.
- Ducks: This foul requires water, and must have a pen with water deep enough to submerge their head, which is about the height of a kiddie-pool. The eggs from ducks are incredible, due to more albumen or egg white, resulting in fluffier pastries. Their eggs keep longer due to the thick shell. Having said that, ducks do require more work than chickens and are quite dirty. You will need to clean out their pen regularly.
- Goats: Nothing is cuter than a few baby goats! But be warned, these mischievous creatures take a bit more work than the other animals mentioned before-hand. First, you



PHOTO CREDIT: DARCY STOCKTON



PHOTO CREDIT: DARCY STOCKTON



PHOTO CREDIT: SUNNY FREEMAN

PHOTO CREDIT: DARCY STOCKTON



should know that you will need to get not one, but two goats at a minimum. Goats require more space than fowl or rabbits, and the size of the space depends on the breed of goats. They require some shade cover, as well as a barn space, with secure fencing as these animals are escape artists! They can be raised for both meat and milk, in addition to their weed-whacking abilities. They prefer to eat trees, weeds including ivy and bushes rather than grass. They are especially fond of Himalayan blackberries.

- **Bees:** These industrious workers are vital to our gardens, pollinating our vegetable and fruit trees, while producing amazing honey. They are more difficult to keep and require some basic woodworking skills. If you are allergic to bees, you can farm with stingless bees, although their honey production will be lower. If you are interested in bee-keeping, I would suggest seeking out the expert opinion of a bee-keeper to get you started.

Now, before you run out and buy a few animals, it's important to consider each municipality's zoning laws and ordinances. Each municipality has its own set of rules. For example, the City of Lake Oswego does not restrict chickens or

PHOTO CREDIT: SUNNY FREEMAN



PHOTO CREDIT: SUNNY FREEMAN

roosters. However, they do regulate the building of chicken coops and do have specific noise complaint hotlines. Conversely, City of Portland has stated that no permits are necessary if you keep three or fewer chickens, ducks, rabbits or pygmy goats, as long as you don't exceed three animals in total. Any animals in excess of three must require a permit. City of Portland also defines livestock as turkeys, geese, peacocks, cows, horses, burros, sheep, llamas and bees, and these specific animals, regardless of quantity, do require specific permitting. Interestingly, City of Portland does not allow roosters or swine, unless it is a Vietnamese Pot-Bellied Pig that is 18 inches or smaller at the shoulder. Clearly, these rules are complex and do require quite a bit of research within your own city or county, prior to planning or purchasing any animals or livestock.

In spite of my misgivings, I can see how fun and rewarding it would be to have your very own urban farm, much like the thrill and excitement of your very first vegetable garden. The idea of raising your own eggs, milk, honey and meat, and knowing exactly where your food came from is fulfilling. So much so, it makes me re-think the idea of a few chickens!



PHOTO CREDIT: SUNNY FREEMAN



PHOTO CREDIT: SUNNY FREEMAN



PHOTO CREDIT: DARCY STOCKTON



A Touch of Class

If you'd like to turn your love of gardening into a career, Portland Community College can help you make it a reality.

by Judy Alleruzzo

Landscape Students at PCC

Did you ever think about taking your love of plants and planning and nurturing a garden into a career or just gaining more knowledge? If you have thought about this new path, Portland Community College (PCC) has a curriculum of classes to focus your studies. PCC at the Rock Creek and Sylvania campuses have classes under the large umbrella of horticulture studies. The landscape curriculum is at Rock Creek and Horticulture Therapy is at the Sylvania campus.

In the ever-changing atmosphere of education during Covid-19, fall and future classes may be a whole different scenario. For more information, please check the PCC website.

The Landscape Technology programs offer 3 degrees and 2 certificates of completion.

The degrees include an Associate of Applied Science (AAS) degree in Landscape Technology

Landscape Technology Design

Environmental Landscape Management Technology.

A shortened list of classes prepares you for an entry level job as, "landscape maintenance and gardening and landscape designer." You can earn a Career Pathway Certificate: Landscape Service Technician or Landscape Technology Entry Level.

Landscape studies encompass a wide range of classes to prepare you for a career in designing, installing or maintaining landscapes and gardens. The assortment of classes includes, "biology, horticulture, mathematics and landscape knowledge." Classes at the Rock Creek Campus also include a

large greenhouse growing facility to learn plant propagation and plant care and open areas to try out landscape equipment, build patios and install irrigation.

Class time is split between hands on and in class learning activities. Each term the schedule may include these classes,

- Plant Materials, Evergreen and Deciduous
- Plant Anatomy and Physiology
- Landscape Design
- Landscape Construction Practices
- Sustainable Landscapes

This is just a small sampling of the many classes for the degree and certificate. Detailed descriptions of the classes are on the PCC website.

In my research, I saw this quote that goes to the credibility of the program, "More than a dozen members of the landscape technology advisory committee help keep the program up-to-date and relevant. They include landscape contractors, suppliers, greenhouse growers and other professionals in the field." The landscape degree and certificate are well thought out programs.

The other horticulture-based program at PCC is the Horticultural Therapy (HT) program found at the Sylvania campus. PCC provides both "the core HT requirements" for a horticultural therapist (HTR) and a therapeutic horticulture activity specialist certificate. The completed certificate helps students "to work as therapeutic horticulture activity specialists with diverse populations in therapeutic gardens and horticultural therapy programs within pediatric, geriatric, psychiatric, offender, vocational and medical rehabilitation facilities, and other day or residential treatment and care facilities and activity or life



Landscape Construction Students

Available Now! **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



PCC Horticulture Therapy class, Melissa Bierman with client.

enrichment programs.”

When students are ready, they can choose from three internship programs accredited by American Horticulture Therapy Association

Legacy Health Therapeutic Garden Program,

Earthtones NW and Unity Center for Behavioral Health

As with the Landscape program, the Horticulture Therapy programs are well composed as they are accredited by the American Horticulture Therapeutic Association.

Exciting news at the PCC Sylvania campus is that a future hands-on learning Horticulture Therapy Garden is planned with an open invitation for community use too. The garden will be a beautiful and useful addition to the program and

the campus.

This fall, Horticulture Therapy Classes include Therapeutic Hort Strategies which “covers the design and development of wellness activities associated with therapeutic gardens.” These techniques can then be practiced in “retirement and long-term care communities, vocational and medical rehabilitation facilities and developmentally disabled settings.”



Hort Therapy Planting seedlings.



Students in Learning Garden PCC



Students at Rock Creek PCC



Working in a garden.

Another fall class is 'Interior Plants' which explores the common plants used in horticulture therapy in care facilities, in commercial and residential settings and for a hobby for all ages. This class is also useful for students looking for careers in the retail and wholesale interior plant industry. The class includes basic information of plant ID, health benefits of indoor plants, care, propagation and pest control.

As gardeners, we all know what a sanctuary our own indoor and outdoor gardens are for our own physical and mental well-being. The research of using gardens and plants to help people is amazing. It is exciting that horticulture therapy is used in a wider arena than our own backyards and to help people with serious concerns.

Portland Community Colleges are an incredible part of our area. These horticulture-based programs are just two of the many degree and certificate programs found at the colleges.

This fall, school will be different with virus protection scenarios, so be patient and check out the links below to see exactly what PCC is planning for students. Whatever the time or place of classes and whatever level you want to "go back to school", PCC is there to help.

Portland Community College

<https://www.pcc.edu/>

Landscape Technology

<https://www.pcc.edu/programs/landscape-tech/>

Horticulture Therapy Programs

<https://www.pcc.edu/programs/gerontology/horticulture-careers.html>

Garden Time Archive

Teresia Hazen Interview at Legacy Emmanuel Medical Center Therapy Garden

Episode 376, October 3, 2015

<https://www.youtube.com/embed/b6fR9rOJCoA>



Zucchini Pasta

Eat More, Meat Less

Trying out a plant-based diet? Having tools that make the task easier will make it more enjoyable.

by David Musial

There is a growing move towards a plant-based diet and the phrase has many meanings and even definitions vary. Reasons for embracing the diet also vary from wanting to embrace a healthier diet to environmental concerns. One definition of a plant-based diet is 'A diet that consists of minimally processed fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spice and excludes all animal products, including red meat, poultry, fish, eggs, and dairy products'. Another is 'A diet consisting of mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes, and fruits, and with few or no animal products.'

So depending on who you talk to, a plant-based diet can be considered vegan; no food from animal sources, vegetarian; which can include eggs and dairy, but not meat, or a diet that contains some meat.

Perhaps the distinction should be I'm on a plant-based diet for those eating no meat products or I'm moving towards a plant-based diet for those that eat meat products.

Those embracing a plant-based diet generally do so as they agree that the diet is healthier and that not consuming meat creates less of a footprint on the environment. For me, the return of my son to Portland has prompted my household to place more emphasis on a plant-based diet. For me, I'm still in the meatless Monday stage, but hey, it's a start.

So now that you have decided to join the plant-based diet movement, how does that change the cooking tools required in the kitchen? For the most part not at all. The basic kitchen tools, gadgets and gizmos will still come in handy...blender, mixer, knives, pots and pans, salad spinner, avocado knife (unnecessary gadget), pickle picker (unnecessary

gizmo), etc. However, there are a few specialized tools that most will not have in their kitchen and will come in handy on the plant-based diet journey.

Vegetable Spiralizer



Make 'zucchini pasta' with a vegetable spiralizer.

This is a go-to tool for those on a plant-based diet as well as those looking to reduce carbs in their diet. So what is it? Basically it is a tool to turn vegetables into faux noodles. I am not going to be one of those that say that zucchini spirals taste just like pasta, because they don't. However, they do create a visually satisfying and tasty meal in lieu of pasta.

The most common vegetables to spiralize are zucchini, yellow squash and sweet potatoes. Zucchini is the go-to spiralized vegetable as it has a fairly neutral flavor and is a great substitute in pasta dishes.

Although not as healthy of an option, but delicious, spiral cut sweet potatoes make awesome curly fries. Other vegetable choices for spiralizing would include root vegetables like turnip, parsnips or celeriac. Quickly sautéed in a pan and served with a complimentary sauce. Beets can be spiralized and create interest in a salad. Be sure to experiment, but whatever you choose to spiralize, you will have the most success with firm fruits and vegetables.

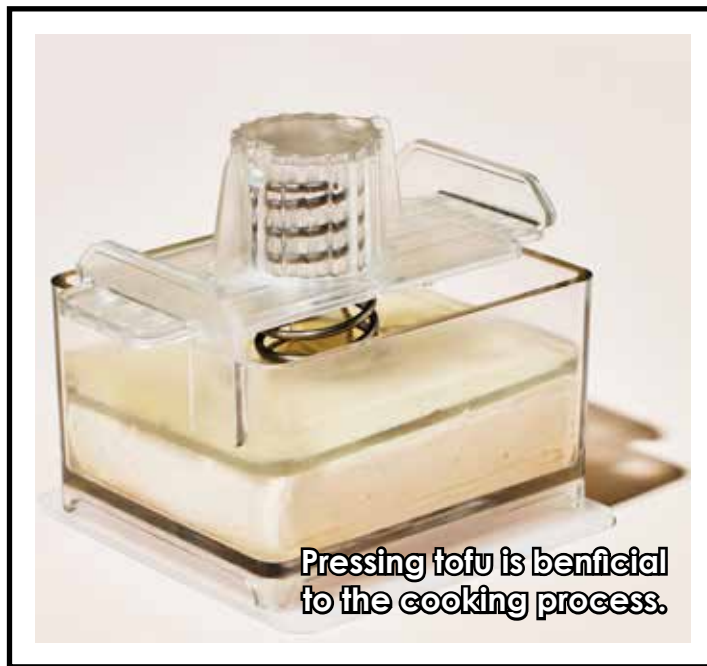
There is even a website called inspiralized.com. Seriously. Dedicated to all things spiralized.

I currently have a zucchini plant that is producing an abundance of zucchini and plan to make 'zucchini pasta'. Cooked al dente, covered with a pasta sauce, chiffonade of basil and grated parmesan cheese, and served with a salad, will make a tasty Meatless Monday Meal.

Tofu Press



Old school and precarious tofu press.



Pressing tofu is beneficial to the cooking process.

For most people, there seems to be a love hate relationship with tofu. As a great source of protein in a plant-based diet, it can be an important component in the diet. What quite often puts people off is the



With most of the moisture removed, you can get a nice brown when stir frying tofu.

texture, not the taste.

Tofu is very high in water content and when cooked, does not easily crisp up. By removing the moisture, you can create tofu recipes that will result in browning and crispness. One other advantage is when you remove moisture; you can add back moisture by marinating.

There is a work around to removing moisture that has been used for years and it consists of lots of paper towels to absorb the liquid, a plate on top of the tofu and multiple cans to create the weight needed to press out the liquid. This can work, but if you eat tofu regularly, the tofu press does remove the hazard of cans toppling or the waste of paper towels. Enter the tofu press.

There are many models available, but the principal is the same. Tofu is placed in a container that contains a mechanism to mechanically press the tofu block to remove the moisture. In some models, the container can also be used for marinating.

One final point, if you're new to tofu, be sure to buy a firm or extra-firm.

Milk Nut Sack

For those on a plant-based diet that will not include dairy, finding a good milk substitute is important.

The good thing is there are many options and one such option is nut milks. Although many believe that almond milk is a new craze, it actually dates back to the 12th century where it was used in many dishes as a substitute for milk that was being used for but-



A nut milk sack is beneficial when making nut milks.

ter or cheese. Today, nut milks are being made with walnuts, hazelnuts and macadamia nuts to mention a few.

So where does the need for a nut milk sack come in? The process of making nut milk consists of soaking the nuts to soften and then blending. After the nuts have been pulverized in the blender, the contents are poured into the nut sack and gently squeezing, the nut milk comes out and the pulp remains.

Nut sacks are made of natural material, such as cotton, or nylon, which is more durable, but not as eco-friendly. Both can be washed. Although you could use a strainer and cheesecloth, a nut sack is much easier to use, especially when squeezing out the milk.

Making your own nut milk is easy, preservative free and you can make the quantity desired. It also gives you the ability to experiment with different nuts.

Grain Mill

When gravitating towards a more plant-based diet, there is increased interest in whole grains and not just for cooking, but also to make flour for baking. There's barley, rye, buckwheat, farro and many more that add interest and flavor to baked goods. You can buy the grains already cracked or as flour, but once you break the grain it begins to deteriorate and the oils turn rancid. The solution is to buy whole grains and only crack or turn into flour the quantity you desire. To accomplish this, you will need a grain mill.

There are many models available and you will need to decide on a manual (crank) or electric mill. If the plan is to use the mill on a regular basis and for high volume grinding, I would lean towards an electric, as cranking out a couple pounds of flour takes time and energy. Muscle power required aside, manual mills do a fine job.



A hand crank grain mill works, but takes some muscle.

A decision will also need to be made on the type of grinding mechanism, burr or impact. The burr uses two plates for grinding. They can be metal or stone. The impact mill uses plates with teeth that spin to



For volume grain grinding, an electric grain mill is a good choice.

create flour. Both are capable of making very fine flour, but the impact mill is only available in electric models.

A final consideration in buying an electric mill is the noise level. Read reviews prior to investing in a loud grain mill.

Yogurt Maker

I left yogurt makers last, as it falls in the 'moving towards a plant-diet' and if included first may have turned off those that exclude dairy in their diet before completing the article.

Let me start by saying that I have had a yogurt maker for well over thirty years and yes, it still works. It's orange if that tells you anything about its age or mine. It has seen action on and off over the years, and with the current environment where everyone is exploring making food from scratch, it is once again back in use.

So why buy a yogurt maker when yogurt is so readily available? Primarily to control ingredients. You can choose the fat content of your milk, and the type and amount of sweetener used. There are also a variety of yogurt cultures available to suit your taste and style of yogurt. For me, my current interest is in Greek yogurt for its taste and texture.

Your kitchen may already be equipped to make yogurt if you own an instant pot. Although most haven't tried the yogurt setting, it is available on many models and I hear the results are good.

Whatever the reason for moving towards a plant-based diet, or any diet for that matter, success is tied to the pleasure of the food you create. Part of that pleasure is in preparing the food, and having tools that make the task easier will make it more enjoyable.

Enjoy your plant-based diet journey.



My '80s yogurt maker is still turning out delicious yogurt.

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 recycled, 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-



biotic 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

As state and local restrictions are lifted, some gardens and garden centers are reopening their venues and scheduling events.

The information printed herein was accurate at the time of publication, but we cannot promise it will remain so. Therefore, we encourage you to visit the websites of the nurseries or organizations sponsoring specific events to make sure you are reading the most accurate and up-to-date information.

Thank you for your understanding.

--The Staff at Garden Time Magazine

While events are cancelled and public gardens are closed, spring blossoms remain undeterred.

Hoyt Arboretum in Portland is posting virtual tours and preschool walks. Check its Facebook page for the latest videos.

Portland Japanese Garden is offering "60 Seconds of Serenity" videos on its Facebook page and YouTube channel.

Lan Su Chinese Garden in Portland has posted a "30 Seconds of Calm" video featuring elements of its garden.



PHOTO CREDIT: STEVE MORGAN VIA FLICKR CREATIVE COMMONS

And, The Oregon Garden in Silverton has shared this video tour of its 80 acres of specialty gardens.

These virtual tours are not just limited to Oregon. Check online for virtual tours of gardens in other states and also around the world including Kew gardens in the UK (kew.org)



Portland Japanese Garden is Open!
Open Wednesdays-Mondays

• 10:00am-5:00pm

Portland Japanese Garden, Portland, OR
Throughout our re-opening process, we have followed guidance provided by the CDC, the State of Oregon, and Governor Brown to be a safe and restorative outdoor space for our community. We've made a number of additional changes to our operations in response to COVID-19 to help all our guests enjoy the Garden while still feeling safe. See our website for some ways in which we've adjusted. www.japanesegarden.org

Lan Su Chinese Garden is Open!
Open Daily • 10:00am-5:00pm

Lan Su Garden, Portland, OR

Garden capacity and duration of visit are limited to allow for appropriate social distancing. During your visit, you can traverse our reconfigured one-way route as many times as you like. You may choose to detour for a stop at the Tao of Tea take-out window and/or include a stop at our Garden Shop, now located within the Hall of Brocade Clouds. Pause at our Knowing the Fish Pavilion and enjoy the koi and water lilies. The path may have changed but it is still the garden that you know and love.

You can now reserve your spot by clicking "get tickets" on their website. www.lansugarden.org

Art in the Garden
Through September 27, 2020

• 10:00am-4:00pm Daily

The Oregon Garden, Silverton, OR

Presented by Capitol Subaru. Local artists will showcase their handcrafted pieces throughout the summer, giving guests an opportunity to purchase new pieces for their home and garden! Artwork ranges from smaller, glass-blown items to large-scale, permanent art installations. A majority of the art will be for sale, while some may become permanent installations in the Garden. www.oregongarden.org

Cascade Nursery Trail Jewel Box Sale

Saturday, August 22, 2020 • 9:00am-3:00pm

Sebright Gardens, Salem, OR

One Day Only! 9-3 at Sebright Gardens! We will all be at Sebright's to celebrate our 8th annual Jewel Box Sale! Stop in and pick out some gems from the hand picked selections of CNT Members, all in one place for your shopping delight! This time of year is always great for obtaining nice full pots ready to be tucked into the garden. Tour Sebright's spectacular gardens and shop their huge variety of hostas and companion plants. A great time to stock up for fall planting. This has become a popular and well attended event, so for the best selection, plan on arriving EARLY! 7185 Lakeside Dr. NE Salem, OR www.sebrightgardens.com

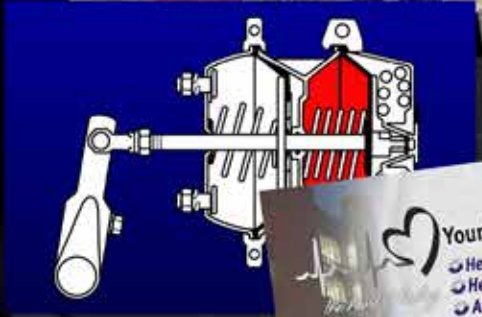
LOOKING FOR MORE?

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

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SOLV • Salem Hospital • Team Oregon • Willow Station**

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