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Old Enough to Know Better (and More)

Happy New Year. For us at Garden Time, this new year is the start of our 17th season for the garden show. Yup, we're now old enough to drive! Of course, with age comes wisdom, or does it? Even though we have done numerous stories on dealing with plants, seasons and pests in the garden, it seems like we just keep making the same mistakes over and over again. That is why I'm really getting to like our archives on the Garden Time website. When I want to get more information on Dormant Spraying for my winter trees, I can go to the archive and type in a simple phrase like Dormant Spray and up pops our stories in the magazine and on the TV show. Once the results pop up, I just scroll down past the advertisements from Google, and the listing of stories are there. I can link to the videos, shows or various stories about my certain topic. I've found that keeping your request simple will get you the best results. Too much detail in your request will make it tougher to get the information you need. An example, instead of typing 'How to plant tomatoes', just type in 'Tomatoes'. Then you won't miss any great Garden Time information.

If you are looking for great information, look no further than this month's issue of Garden Time Magazine. In the spirit of giving, I will bring you a story on the best winter plants for birds. Bringing some great winter plants into your garden can help give your feathered friends some delicious berries to eat. Talking about berries, Therese talks about elderberries which can benefit your birds, and can be put on your dinner table as well (just make sure they are cooked). Her story will shed a new light on these great landscape plants. Our Hortie for this month is someone who has spent a career shedding a light on the hidden benefits of plants, both edible and medicinal, Laura Altvater. Through her work at Portland Nursery and growing her own plants, she knows lots of the hidden benefits of plants that she loves to share. For our plant lovers, Judy has a great article on peperomia. Peperomia is being celebrated this year and is a favorite indoor plant for lots of gardeners.

As the years have passed, we hope that you've been able to get some great information from the Garden Time crew. Be sure to check out our archive and website for even more great information, and Happy New Year from all of us.

Happy Gardening!

Jeff Gustin, Publisher

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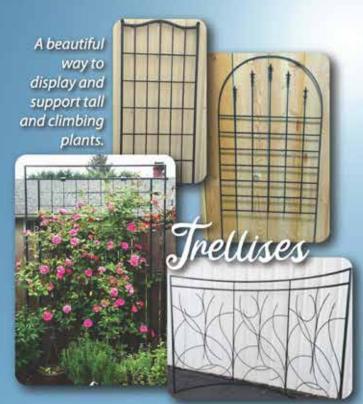
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Even though it's only January... It's Time to Plan for Spring!



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Dear Mortimer,

I decided to get a lemon tree this past year. It was doing great in a garden container and when it started to get cold, I pulled it inside my sun room. It is now dropping leaves and I'm wondering if I'm going to lose it. Is there something I can do to save it?

Thanks, Love my Lemon

Dear Lemon,

Citrus in our area can be touchy to grow and maintain. If you have been to the tropics, or pretty much any place that is warmer than our area, you know that citrus can get pretty tall and covered in fruit. What makes growing citrus here possible is the fact that different varieties have been introduced to our area in recent years. These newer varieties are great in containers, which can be moved indoors or very warm and protected areas, and they tend to stay small. If you understand their needs, they can be very productive and full of fruit.

First of all citrus, even those varieties hybridized for our area, LOVE heat and sun. If you move them and give them a little bit of a shock, they can become stressed and start to drop leaves. If it was doing well outside and you haven't changed your care regiment it could just be the minor shock of the light and temperature changes of the fall and winter. Remember that your tree/shrub is dealing with a little bit of dormancy too. As it gets less and less sun it will slow its growing, and as temperatures cool it needs a little less watering. Over or under watering are one of the major reasons for citrus to have problems. Also, make sure it gets as much sun as it can (at least 8 hours a day if possible) and that it isn't



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

AskMortimer@GardenTime.tv



exposed to freezing temperatures.

People who are successful with citrus, know when to water and they make sure that their plant is warm, with as much natural light as possible. They move their plants inside when temps get below 45 degrees and, when the threat of frost is gone, they move their plants back outside to enjoy those long, hot, summer days. Also, when you are moving your plants either inside or out, you want to make sure that you give them a good cleaning with a little bit of fresh soil as a top dressing. Good air circulation, not too hot and not too cold, is helpful as is a good fertilization program during the year. We tend to fertilize every two months in the summer with a 16-16-16 or a quality citrus fertilizer.

So, the short answer is that you may not be losing your plant. It may just be going through its normal routine, with a little seasonal stress, and just needs a tiny bit of attention.

> Good luck, **Mortimer**

Dear Mortimer,

I saw slugs in my garden and there have been ants in my house. Can I treat for these during the winter or is it too cold? I thought the cold would reduce my garden pests.

> Yours, Bugged in Beaverton

Dear Bugged,

At any time of the year, you can notice garden pests in your home or garden. They could attack your home or garden if you welcome them in. An example of that could be food or crumbs left out on your counter during the summer, in the case of ants, or planting tasty plants in your garden, in the case of slugs. You can also invite

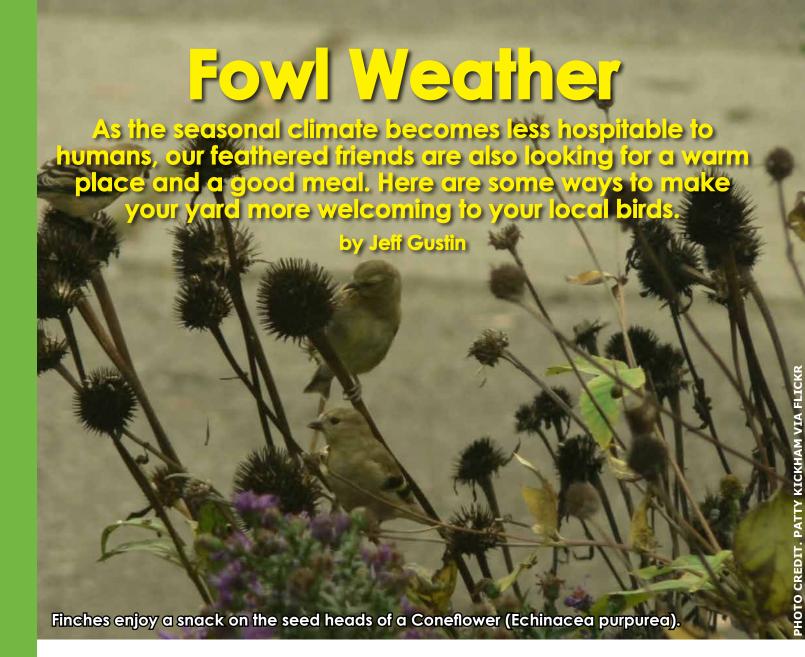


pests by creating conditions that seem welcoming. For ants, this could be a nice warm house during those cold winter months. Slugs look to hide under rocks, pots and pieces of wood to stay protected during the winter. This fall has been warmer than usual and that has led to a larger amount of pests that are surviving and thriving.

When we get a nice extended cold spell (which we just had) then you will start to see the pest populations drop. Sub-freezing temps will get rid of a lot of garden pest and their eggs, reducing your problems. Baiting outside right now is not a good idea. The cooler outside temperatures are not good for any baits to work to their full potential, plus the rains will wash the baits away at a quicker pace than normal, wait until the weather warms a bit before baiting outside for your slugs. Inside you can use a borax-based bait to get rid of your ant problem. Always read the labels for correct applications of any pest product that you use.

I hope this helps with both problems, **Mortimer**





As the cold winter winds blow, everyone seeks a nice warm place and a good meal. That is true for almost everyone I know, and it is true for even the smallest of creatures. In the winter there are a lot of things you can do to make your garden more welcoming for your local birds. For one thing, you can have plenty of feeders full of seed and suet, but you can even go beyond that and offer them a buffet full of tasty choices when you have plants that offer berries and seeds for them as well.

When you offer a variety of edibles, you'll also attract a larger variety of birds who visit your garden. Cedar Waxwings, robins, wrens, chickadees, flickers and many more will spend more time in your garden, providing a wonderful winter show as you gaze out your windows. I have done a little research and have come up with some great selections for the Pacific Northwest gardener. Remember this is a small list and there are many, many more choices of plants that you can choose from.

Always check with your local garden center for even more selections.

Some tips about these plants. First of all check out your yard or garden now for places to place these plants. Sunlight exposure requirements and sizes can make a big difference when you are choosing spots for these plants. Many of them may not be available from your local garden center, so make a note to purchase them when they become available. Sometimes your local garden center can tell you (and possibly even call you) when they will be available. Still, pay a visit to your garden center to see what they have available right now to help you pick one that looks good now. When planting, pick a time when you can expect some warmer weather for a week or so. Temperatures in the mid 40s or warmer would be good. Avoid planting when we are experiencing freezing temps.

All that being said, here are a few of our selections.



Firethorn -Pyracantha coccinea Zone 5

This one is popular with all kinds of animals because it is loaded with clusters of red to orange fruits (not berries, but pomes). It is an evergreen shrub that is covered with thorny branches. Some varieties can get quite tall, at 15 feet or taller, so you can use this against a fence or wall, but it can be pruned to shape. In fact, we've seen this pruned and trained along fences and as hedges. Some people use them as a theft deterrent along their houses below windows because of those spiky branches. The pyracantha is also related to the rose family and blooms with little clusters of white flowers in the late spring.

Rose - Rosa rugosa Zone 2

Roses are a natural for winter feeders because of their colorful rose hips (seed pods). The rugosa is one of the most popular for your winter bird friends. The rugosa is a species rose and not a hybridized variety. Its hips are some of the biggest and juiciest in the rose family. It is popular along beaches because it tolerates salty conditions well. Because it adapts well to conditions it can get big, though a lot of people prune it to fit as a shrub in their landscape. It is resistant to rust and blackspot, so you don't need to use a lot of synthetic sprays which is good for those winter visitors. Not only do animals like it, but a lot of people use it in jams and jellies.





American Cranberrybush - Viburnum trilobum Zone 2

This plant, a member of the viburnum family, also gets loaded with big clusters of red berries in the winter. These berries are edible for people and animals, but they are very small, so people usually leave them for the wildlife. It can get as tall as the pyracantha, at around 15 feet tall, and is semi evergreen. It is a native for our area so you can use it in a woodland area or as a screening plant in your garden. It prefers a cooler area (woodland plant) but can handle full sun. It starts blooming in the late spring and is covered in flat topped clusters of white flowers, which is great for those summer bees and butterflies.

Crabapple -Malus Zone 4

A relative of the apple family, these usually take the shape of trees. There are many varieties to choose from in various sizes and shapes, and some do much better in our area than others. They usually are covered in blooms in the mid-spring and are a bee magnet as they bloom. Those blooms turn to fruits (or pomes). Be sure to avoid spraying while the pollinators are present in the spring. Unlike their 'large fruit' cousin, they can be covered in tiny clusters of fruit and don't need to be thinned. You can choose varieties with different flower and fruit colors if you prefer, the birds won't care as long as you have the fruit.





Elderberry -**Sambucus** Zone 3

Elderberry is a favorite plant for local gardeners with varieties like 'Black Lace' found in lots of gardens. A North American native, the elderberry can get pretty tall, 12 feet tall and wide, and prefers a richer type of soil. It has flat clusters of tiny white flowers that produce bunches of dark purple or black fruits. This plant has medicinal benefits according to some people and used as a supplement for relief of different conditions, and some even make wine out of the berries. I would recommend leaving the berries for the wildlife.

Beautyberry -Callicarpa bodinieri Zone 5

The beautyberry is one of the showiest of your winter plants. The 'Profusion' variety is covered in metallic purple berries in the winter, so it catches your eye when everything else in the winter garden is dull and brown. It will stay a little shorter than your other shrubs at about 5-8 feet tall and loves full sun. It thrives in a rich, well-drained soil. We have even used it as a cut 'flower' in our winter arrangements, but it had plenty of fruit that we could share with the local birds.





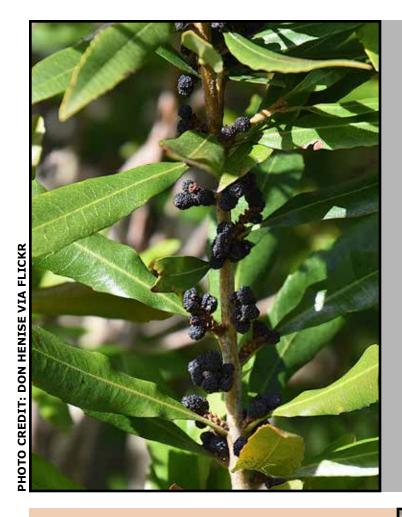
Snowberry -Symphoricarpos albus Zone 3

The snowberry is a hard one to miss in the winter garden. It has clusters of bright white berries that last well into winter. The rest of the year it really is not much to look at so you will want to mix it into your other plantings in a full sun area. Poisonous to people, birds love to eat the fruit. The snowberry can handle a lot of different conditions including clay and sandy soils, but fruit better in the full sun. It is a medium grower topping out at around 4 feet tall.

Oregon grape -Mahonia aquifolium Zone 5

The Oregon grape is not a grape at all, but a member of the barberry family. It has large clusters of bright yellow flowers in the fall and winter, but those clusters leave behind bluish black berries, that appear later in the spring. All types of local wildlife love these berries. A native shrub in our area, it is the state flower of Oregon, it does well in woodland settings and can get 6-12 feet tall. It does like part shade and acidic soils, so it will do well under your fir trees.





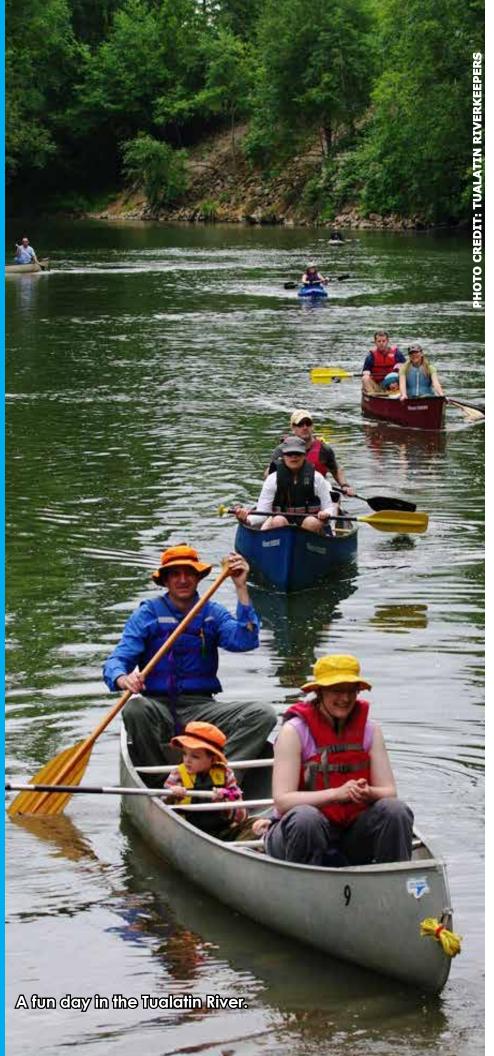
Pacific wax myrtle -Myrica californica Zone 7

This one is a big one! The wax myrtle can get as big as 30 feet tall and 20 feet wide. It is a great plant to use as a barrier or screen plant to block out bad views. It is one of the easiest plants to grow. It is drought tolerant with yellow flowers in the late spring. Then it gets clusters of small purple/black fruit. This one isn't as hardy as the others on our list so make sure you are in a warmer area in the Northwest for it to thrive.

Coneflower -**Echinacea purpurea** Zone 4

The coneflower/echinacea is a perennial that has many uses. This one doesn't have berries, but seeds that attract birds. It loves full sun areas and is a bee and butterfly magnet in the summer and has multiple stalks of purple colored blooms. In the winter the flowers fade into coneshaped seed heads. This sturdy plant is pretty pest resistant too. For those who are into native medicinal uses, it has been touted as beneficial for your immune system and some believe that parts of the plant can help reduce the severity of colds and flu.





River Runs Through It

There are many ways to experience a waterway like the Tualatin River, thanks to the Tualatin Riverkeepers.

by Judy Alleruzzo

It's January in the Pacific Northwest. Yes, we love the rain to ensure a good water supply for the rest of the year, but aren't we dreaming just a little bit, for a sunny, warm day to be out on a nearby river? In case this is your state of mind, read further and make a note to check out the Tualatin River and the Tualatin Riverkeepers (TRK), Garden Time's Adventure for January. Their mission statement on their website reads, "Tualatin Riverkeepers is a community-based organization that protects and



restores the Tualatin River watershed. We build watershed stewardship through engagement, advocacy, restoration, access, and education." Organized since 1990, TRK has worked to ensure this river is safe and protected for all to enjoy. They all love this river and enjoy sharing that joy with the community.

There are many ways to experience a waterway like the Tualatin River, sitting along the banks, dipping your toes in or cooling off in the river on a hot summer day. To do all this, always remember to be safe and wear a Personal Flotation Device, PFD when swimming or boating. If you want to experience the river by actually being on it, check out the kayak, canoe and stand-up paddle board rentals from The Tualatin Riverkeepers at Cook Park in Tigard and Alder Creek Kayak and Canoe Rentals in Brown's Ferry Park in Tualatin. Rentals will begin again in late May 2022. You can take out a watercraft by yourself or make a reservation with an experienced guide through the Tualatin Riverkeepers website. This way you will receive a running commentary about the Tualatin River and the surrounding ecosystem. The beauty and intricate mosaic of nature can be seen from a canoe or even on the nature trails along the riverbanks. TRK believes that education creates a bond once the river is truly experienced. These guided tours with "trained naturalist guides" can be scheduled between May and October. The links to reservations can be found on the website listed at the end of this article.

In October 2020, The Tualatin River Water Trail received the National Trail designation from the National Park Service. This is a federally recognized water trail "for nature education and outdoor recreation." Over 10 years in the making, the Tualatin Riverkeep-

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Local Events January 2022

O-Shogatsu, Japanese New Year Sunday, January 09, 2022 • 10:00am-2:00pm Portland Japanese Garden, Portland, OR

Kadomatsu, traditional arrangements of pine, bamboo, and plum branches, are displayed in the Garden. Activities include the exciting shishi-mai, or lion dance, and presentations of tea ceremony, and koto music. Included with Garden Admission.

www.japanesegarden.org

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www.als-gardencenter.com

Bringing Orngmentals from the Mountains to Your Garden: China's Gift to the West Thursday, January 13, 2022 • 12:00pm-1:00pm Lan Su Gardens, Portland, OR

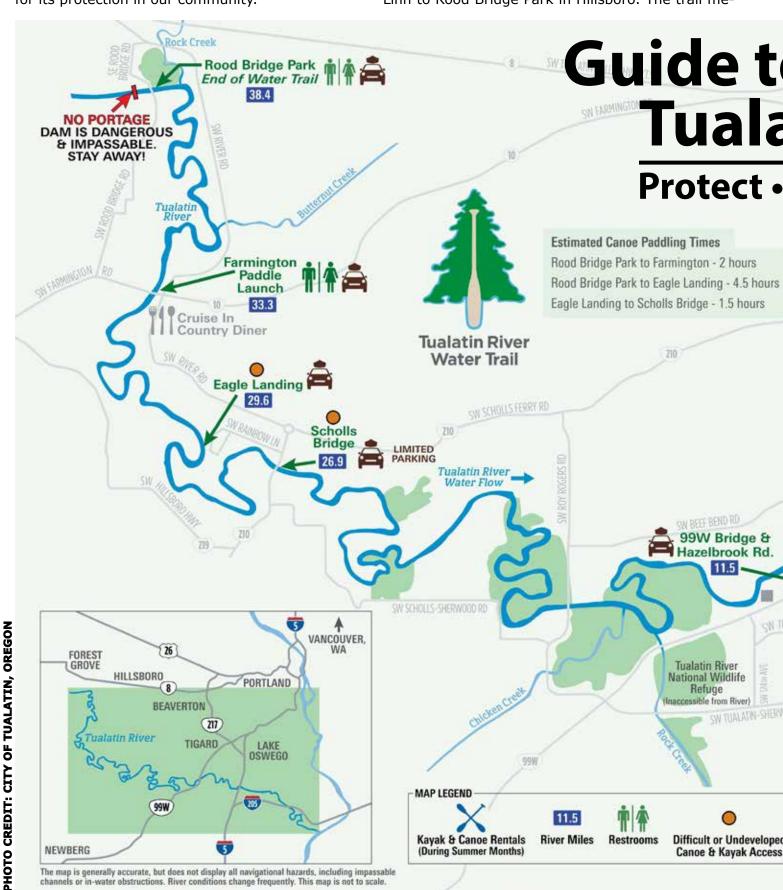
Lecturer Bill McNamara has botanized extensively in the wilds of Asia, has had numerous articles published and won many awards. Free with admission. No registration is required. Seating limited.

www.lansugarden.org



capitolsubaru.com

ers partnered with local government agencies and community organizations to receive this designation and they are also allowed "to continue to advocate for its protection in our community." The Tualatin River Water Trail Map was a work of love through the Riverkeepers organization. It is a comprehensive map from Willamette Park in West Linn to Rood Bridge Park in Hillsboro. The trail me-



anders thirty-eight miles over the Tualatin River with twelve access points to enjoy a short ride or you can paddle all the way to the end. The trail map is detailed to show restrooms, parking, mileage counts and safety notes.

Besides enjoying the fun side of the river, TRK hosts workshops with community involvement through-





out the year.

- Rain Barrel Workshops highlight information of the how and whys of installing a rain barrel in your garden. Space and paint are even provided to get creative and personalize your own rain barrel!
- Storm Drain Murals showcases the importance of storm drain education, "Through artist talks and brightly colored murals painted around downtown storm drains, we strive to create awareness of stormwater pollution and increase stewardship, while leaving behind a beautiful piece of art."
- Tualatin River Discovery Day is an annual event held each summer to celebrate the river. It was the event that started the Tualatin Riverkeepers all those years ago, so it's an anniversary party too. Check out the website for all these event dates in 2022.

In our area, really, as close as in our neighborhoods, the Tualatin and local rivers are an important part of our existence. The Tualatin Riverkeepers are a great group that leads to the protection and enjoyment of this precious resource. This quote from the website goes to the heart of their organization, "At Tualatin Riverkeepers, we envision a thriving watershed that acts as a valuable community resource for everyone and strive to exist at the intersection of environmental justice, protection, and conservation so that we all have equitable access to clean water, healthy ecosystems, and enjoyable river opportuni-

ties." Make a date to hang out along the riverbank, riverside parks or take a tour on the water this summer. It will be a great adventure!

Check website for 2022 events

http://tualatinriverkeepers.org/

Follow the Tualatin Riverkeepers on

Facebook • https://www.facebook.com/ TualatinRiverkeeper/

Instagram • https://www.linkedin.com/company/tualatin-riverkeepers/

Link to the Tualatin River National Water Trail Map

https://tualatinvalley.org/ local-favorites/tours-routes-trails/ tualatin-river-water-trail/

Guided Tour Reservations

http://tualatinriverkeepers.org/ river-experiences/trips DON'T MISS THIS NEW TOUR SCHEDULED FOR SUMMER 2022!

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Aalsmeer Flower Auction







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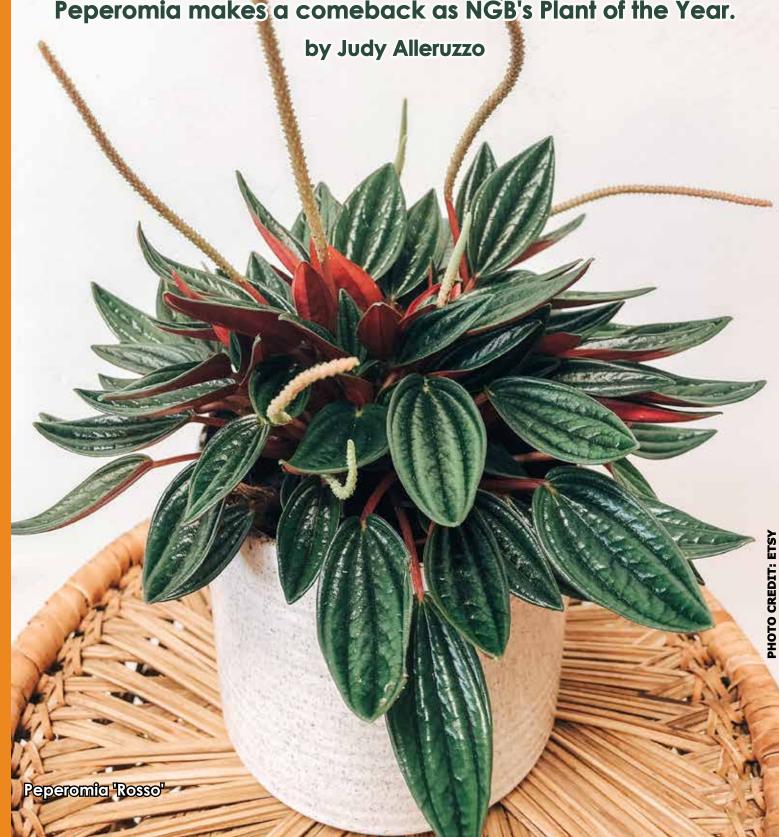
As with every Garden Time Tour, you'll see local gardens and landmarks, with tours set up especially for our group. Plus, we'll stay at fine hotels, enjoy excellent meals, drink delicious wines and experience the sights and sounds of these amazing destinations.

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Everything Old is New Again

Popular during the last houseplant craze in the 1970s, Peperomia makes a comeback as NGB's Plant of the Year.



Looking at the positive notes in the past two years, the surge of interest in houseplants makes the Top Ten list. Being stuck at home, staring at four walls and needing a break from a computer screen, live green plants was the smart choice to add to home décor. One of the popular houseplants on the scene was Peperomias. This really old fashioned, been around for a long-time plant, is Garden Time's "Got to Have It" this month.

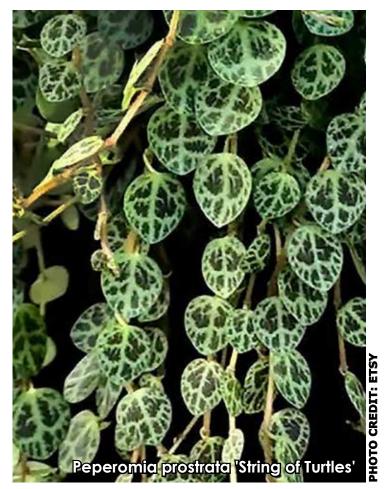
Speaking of the popularity of houseplants, The National Garden Bureau has added this category to their "Year Of" program. Peperomias are the first entry to this new 2022 category. They join the other categories of "Year of" edible, bulb, annual and perennial plants.

There are over 1000 species of Peperomias native to areas of Central and South America. They fall into the Piperaceae family in which it shares the foliage-look of its pepper plant cousins.

Really, this plant has been around, meaning it was popular during the last houseplant craze of the 1970s. Many of the old favorite Peperomias are back in voque, but as recent horticulture has taught us all, plant breeders have spun their magic and created many, many new cultivars to temp us to covet for our collections.

Peperomia leaves are unique in form having the stem attached at almost a central spot on the leaf underside. Peltate is the term for this kind of leaf. The flowers are unique too, being a long, thin, creamy white stalk rising out of the plant crown. Teeny flowers are arranged on this stalk and may or may not all open up in a home setting. Peperomias are easy care plants, they like bright diffused light and to dry out a little in between waterings. High humidity is appreciated so a bathroom setting is great if enough light is provided!

An old favorite that graced many a dorm windowsill way back when is the Peperomia argyreia, also called Watermelon Peperomia. The thick, roundish foliage of this Peperomia has silver and green stripes just like the









stripes of a watermelon. The habit is upright and kind of mounding. Watermelon Peperomia can reach about 6-8 inches tall and wide.

Peperomia prostrata, String of Turtles is a new species on the houseplant market in the last year or so. The mosaic-like markings on the small, rounded leaves, resemble a turtle shell and together with the vining habit, the common name was created.

It is a slower growing vining plant that will make a cute statement of tendrils of turtle shells hanging down from a hanging container.

Peperomia 'Rosso' is another new variety in the plant world. According to the World of Succulents website, it is a cross between "Peperomia marmorata and Peperomia metallica in a breeding program of Obed Smit of Smit Kwekerijen in Sappemeer, Netherlands. Smit Kwekerijen brings this plant onto the market under the Eden Collection brand. Peperomia 'Rosso' was selected in 2010 and patented in the US in 2012." The plant is a tight rosette of teardrop, heavily corrugated textured leaves in deep green. The leaf undersides are a rich burgundy, making a striking contrast. This Peperomia has a mounding habit to 8 inches tall and wide.

Whether Peperomias are an old or new favorite to you, find a space on that windowsill for one of the many varieties found at your favorite garden center or plant shop.

National Garden Bureau

https://ngb.org/year-of-the-peperomia/

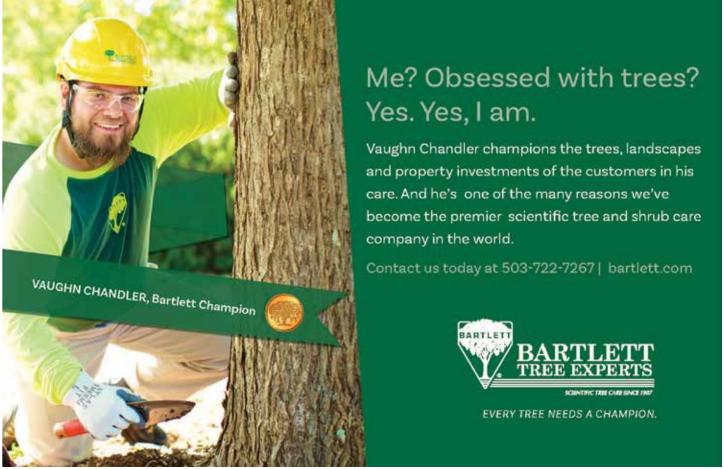
House Plants Expert

https://www.houseplantsexpert.com/ watermelon-peperomia.html

World of Succulents

https://worldofsucculents.com/ peperomia-rosso/





eats

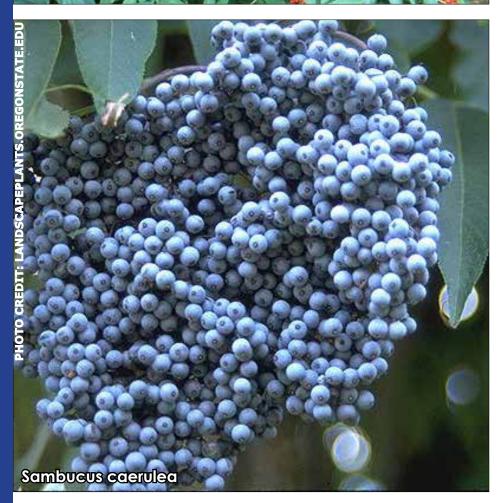
PHOTO CREDIT: LANDSCAPEDLANTS. OREGONSTATE.EDU

Sambucus racemosa

In a Jam

I discovered that Elderberries are toxic. So how can we eat and drink them in jam and wine?

by Therese Gustin



While researching my article topic for this month, I discovered something interesting about Elderberries... the plant is toxic to humans. This posed a bit of a dilemma considering the category of this article is under the heading Eats! Most of us have heard of elderberry wine and jam, which of course are edible, so I dug a little deeper and found that the cooked berries are edible...just don't eat them raw!

Elderberry was first considered part of the Honeysuckle family (Caprifoliaceae) but DNA testing has shown that it is now part of the Adoxaceae family which also includes Viburnum. They are native to the Americas, Europe, Asia, East and Northwest Af-

rica, Eastern Australia and There are two Tasmania. varieties native to Oregon, Sambucus racemosa (Red Elderberry) and Sambucus caerulea (Blue Elderberry).

Sambucus racemosa is found west of the Cascades and is found in the mountains and the lowlands usually along streams, swamps or riverbanks. It has a multistemmed shrub-like structure and can reach a height of over ten feet tall and ten to twelve feet wide. They form conical or pyramidal sprays of small white flowers in late spring which later in the summer form clusters of bright red berries. If you would like to grow this native in your backyard, be sure to allow it plenty of room to You'll be rewarded thrive. with lots of berries for making jam or sharing with the birds!

Sambucus caerulea found east of the Cascades and can grow in a variety of conditions. It can reach 20 feet when mature and generally forms a broad tree form. Although it is more tolerant of hot dry conditions, it prefers moist conditions and is usually found by streams and waterways. The flowers are yellowish-white in color and are more flat-topped in form. These flowers are followed by beautiful medium blue berries. Birds love the berries from these native elderberries and they are often used in cooking and jams.

Elderberries are easy to grow and have few to no pests









making them a low maintenance plant for your garden.

There are also varieties of Sambucus that are grown more for their ornamental properties. Generally smaller in stature, these ornamental elderberries come in an array of leaf colors from green to purple and include cream and green variegated varieties as well. Some varieties can grow up to 12 feet but can be pruned to reduce their size in the home land-scape.

Sambucus canadensis or the American Elderber**ry** grows 5-12 feet tall and at least as wide. It can be pruned in spring to keep it shorter. The leaves are medium green and the flowers are creamy white. The black berries are often used to make wine, liqueurs and pies. With this Elderberry, two different varieties are needed for pollination to produce berries. Sambucus canadensis is hardy to zone 2-4.

Sambucus nigra or Euro- pean Elderberry comes in a variety of leaf colors. They form an attractive fountain shape and are a great addition to the garden.

Sambucus nigra 'Black Beauty" has dark purple leaves that can be tinged with green in cooler weather. The buds are pink and the flowers are pink to white and true to its name, the berries are black. This variety grows 8-12 feet by 8-12 feet in five years. It prefers full to part

sun and is hardy to zone 4.

Sambucus nigra 'Black Lace' is a standout in the The dark purple garden. leaves resemble the leaves of a Japanese lace-leaf maple. The large clusters of pink flowers really pop against its dark leaves and these flower clusters are followed by black berries. 'Black Lace' is said to reach 8 -12 feet but in the Willamette Valley can realistically grow to 20 feet. It can be pruned to remain smaller or you can give it a spot where it can grow to its full potential. This variety prefers full to part sun and is hardy to zone 4.

Sambucus nigra 'Madon**na'** is a variegated Elderberry variety that grows slower and bushier than other forms and stays a bit smaller, 6-8 feet by 6-8 feet. Its leaves are gold, white and green with white flowers and black fruit and prefers full to part shade.

Sambucus nigra 'Variegata' is a variegated Elderberry variety that grows to 8-12 feet by 8-12 feet. Its leaves are cream and green with frothy cream flowers and black fruit. It prefers full to part shade and is hardy to zone 4.

Portland Nursery carries a good selection of Sambucus varieties so whether you want to feed the birds or feed your family, consider adding an elderberry shrub to your landscape. Just remember to cook the berries!





Elderberry Jam

from greatbritishchefs.com



1 1/8 lbs. elderberries

14 ounces of sugar

1 Tbs. lemon juice

4 one cup jars with lids (sterilized)

Begin by putting a plate in the freezer. This will help you test when the jam is ready later on.

Remove the berries from their stems with a fork and wash thoroughly to remove any bits of leaf and stalk.

Place the elderberries in a heavybased pan and gently crush with a potato masher, just enough to release some of the juices.

Add the sugar and lemon juice to the pan and leave to simmer on a low heat. Keep stirring to prevent the jam sticking to the bottom of the pan.

Cook down for around 20 minutes, skimming off and discarding any scum which has come to the surface.

To test if the jam is at the right consistency, remove the plate from the freezer, and place a small dollop of the jam on the plate. Put the plate in the fridge for a few minutes, if the jam forms a skin it is ready, if not, return to the heat and keep repeating the test every 5–10 minutes until ready.

Spoon the jam into sterilized jars and once fully cooled seal the jar and label with the date of production. The jam will keep in a cool dark place for 1 year, once opened keep in the fridge.



Gardeners don't go dormant.







Color Our World

As the "Color Buyer" for Portland Nursery on Stark,
Laura Altvater uses the experiences from a colorful past
to help make our future more beautiful.

by Judy Alleruzzo

It's a new year and this month's Hortie is an old Garden Time friend, Laura Altvater from Portland Nursery.

Laura is the "Color Buyer" for Portland Nursery's Stark Street location, a position she has

had for many years. Beyond her job at the nursery, Laura also has a nursery business called "Mostly Medicinals," selling medicinal herbs and tinctures plus educating her customers at Farmers' markets. She also has spoken at seminars at Portland Nursery and at various herbal symposiums.

With such an interesting adult history, what was Laura doing in her younger years? Growing up in Connecticut, she has gardening memories with her grandmothers on both sides of her family.

She related that, "My Grandmas Connors and Altvater went to England to go to the Chelsea flower show together. I wish I could find the photo of my 'Grammy A.' planting white Impatiens in her New York garden in her 90s. 'Grammy C.' had a big veggie garden and all sorts of flowers in Ohio."

After living on the east coast and even in Quebec, Canada, Laura's family moved to Arizona. She mentioned it was August and said, "never move to the desert in August if possible." She was only 10 years old but remembers that month specifically. The extreme heat must have made a big impression on her! Her gardening experiences in Scottsdale were challenging but remembers a garden during her high school days that the Kniphofia did well!

Laura's college years saw her return to a more temperate climate at Connecticut College in New London, CT where she majored in Botany. This college has a 750-acre botanic garden that includes a whole island. I bet her grandmothers were happy about her line of studies!

Laura had an awesome opportunity in her junior year to study abroad "with the School for Field Studies in the rainforest of the Atherton Tablelands outside of Cairns, Australia. The second semester I went to James Cook University in Townsville." Laura had many great experiences and even helped with a large vegetable garden on the James Cook University campus.

Botany is a wide field of study and in her senior year Laura zeroed in on medicinal plants. "Since I started studying Botany in college the relationship of plants and people has always fascinated me. When I was a Senior in college, I got a copy of "The Herb Book" by John Lust. That opened the flood gates."

Time passed and Laura moved to the Pacific Northwest. She has worked at Portland Nursery since 1998. Working there, she has gained more experience and knowledge in all kinds of plants and for the last 19 years has been the

"Color Buyer" for the Stark Street location. Check out the photo of Laura and her buying partner for all these years, Bebhinn Smuda from the Division Portland Nursery location. Good friends and co-workers! Laura has many stories of buying beautiful flowering plants over the years in this position, but one has stood out. "I still remember the year I bought 60 Delphiniums from Ellen Egan (Egan Gardens). They were in perfect bloom. I thought I was crazy for buying that many. Margie, our display coordinator, fell in love with them and created this amazing display with them at the front entrance. When I came in on Sunday after my weekend only six were left." What a great story and can't you just visualize the flowers in that display?

For many years, Laura has worked at a second business, Mostly Medicinals, a medicinal herb nursery. She has grown herbs, made tinctures and given classes to relay her knowledge, plus has been interviewed on Garden Time. I chose two of the many segments to highlight, and you can click on the links below to watch the interviews.

I really love the segment from 2016 as Laura had so many interesting herbal teas, vinegars and liquors to talk about during the segment. She even brought me one of her vintage aprons to wear while we talked and sampled her concoctions. Laura was always so prepared for her interviews that Jeff Gustin, Garden Time's producer, gave her extra time for her segments. She is a wealth of medicinal and culinary herb information and loves to share that knowledge.

Laura is a busy woman but makes time for herself on spring and summer weekends to tend her flower garden. "My favorite thing to do on my weekends is to cut flowers in the garden and make bouquets."

When asked about a favorite winter plant, this was her answer, "Only one?! I guess I would have to go with Hellebores because there are so many with their own unique personality. Last year I got a Picotee Pearl that was a pure white anemone form. How can you not love a flower that has a tutu!" Always so hard for a "Hortie" to choose just one favorite.

In closing, Laura related a memory of a trip to India.

"I was visiting a wildlife sanctuary in Tamil Nadu, India. I got a group together so we could hire a guide to help us find elephants. Our guide was solemn and says usually they do not find elephants this late in the day. We were pleasantly surprised to find them! On the way back I asked our guide if this plant was Ageratum? Our guides face lit up. He said yes. We trailed behind the rest of the group the whole way back to the entrance sharing the Botanical names of the plants we passed. At the end of the tour, he explained that he has been studying the botanical names every night after work. He then asked me what is this plant? It was a bright pink vine with papery flowers. "Bougainvillea" I responded. It was invasive there. It was a delightful experience showing how botanical names are used in all parts of the world."

This story encompasses Laura as the nice person she is and as the true botanist she is, always learning or teaching about plants, in Oregon or across the world, wherever she may be.

Garden Time Archive • May 17. 2017 Episode 435

Herb Plants for Medicinal and Culinary Uses with Laura Altvater

https://www.youtube.com/embed/ IMyvd8FP1jw

Garden Time Archive • June 11, 2016 Episode 399

Herbal Teas, Vinegars and Liquors with Laura Altvater

https://www.youtube.com/embed/ vxn4rpVcY6E

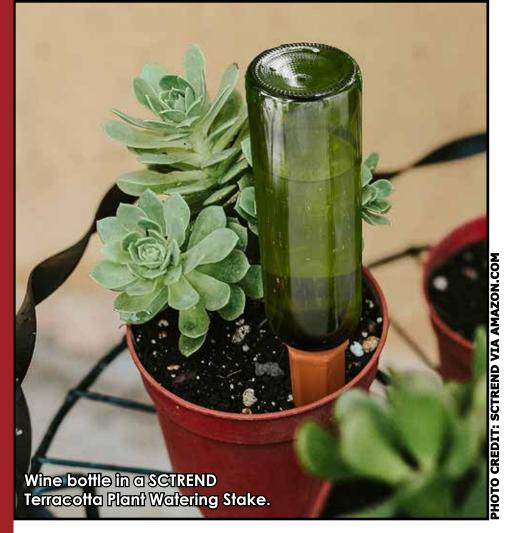
Mostly Medicinals

https://www.facebook.com/ MostlyMedicinals









Have a Nice Drip!

Take the worry out of your next vacation with a watering system for your indoor plants.

by Ron Dunevant

Ah, vacations! Remember those? The chance to get away from the day-to-day grind and see something new... or something old. It doesn't really matter, as long as it gets us away from the house and all the chores. Of course, the hardest part about vacations (next to having to return home) is taking care of everything you're going to leave *behind*. Let's check the list: Secure the house, turn some lights on, board the pets, stop the mail and garbage... now what is it I'm forgetting? Oh yes, water the plants!

Unless it's the middle of summer, Mother Nature does a good job watering our outdoor plants. For those times when she need some extra help, there are a number of outdoor watering systems that can handle it for you. If you need a refresher course, see our article on "Garden Watering Systems" in the June 2020 issue of Garden Time Magazine (https://www.gardentime.tv/gto/2006/GTDM-2006-P.pdf).

But what about our *indoor* plants? If you're going to be gone more than a few days, they're going to need some attention. If you can't persuade a friend to drop by, or if you'd rather take care of it yourself, there are a variety of options to help you accomplish this chore with a minimum of fuss and expense.

Before deciding which setup will work best for you, a

few questions will need to be answered. How many plants do you have? Are they all in the same room or are they spread throughout the house? Will they all need the same amount of water or does each plant have different needs? How often do you want them watered? It's a lot to think about, but luckily there are products available for each.

Whether you want something basic and adaptable or need a system that is more high tech, there are several choices and, in general, the prices for each are below fifty dollars. Quite a value for peace of mind and returning to a house with healthy, live plants.

So here is a look at some of the gadgets that will allow you to keep your indoor plants happy while you are away.

Terracotta Watering Spikes

SCTREND 6-Pack Terracotta Plant Watering Stakes (\$29.99 on Amazon.com)

This option may be the simplest in design, and therefore the most adaptable. The plant watering spike works by using gravity to give your plant an external reservoir upon which to draw when the soil becomes dry. The spike is made of porous terracotta, just like those reddish-brown pots that are so popular, and is shaped like a bullet or a funnel.

The spike, about an inch in diameter, is inserted into the soil so that it sits almost flush with the surface level of the soil in your container. The spike is pre-soaked, then inserted into the container so that it is anchored into the soil. Then, a plastic bottle is tipped into the open end of the spike and set upright. The spike fills with water, but once the surrounding soil is saturated, the remaining water stays in the bottle. As the plant absorbs the water, it is replenished from the container using gravity. The size of the bottle you use depends on the size of the plant, from small single-serving containers to the large two-liter soda bottles. You can even use a fancy wine bottle (after you drink the wine, of course). Take extra care with the larger bottles, which can become top-heavy when full. You may wish to support the bottle against a wall or attach it to a stake.

The biggest advantage to this setup is that the watering apparatus is self-contained so you can take it to each plant in your house and tailor the bottle size to the pot size.

Watering Globes

Wyndham House 4 Piece Plant Watering Globe Set (\$26.95 on Amazon.com)

If you're looking for something a little more decorative than the terracotta spikes, consider a plant watering globe. Made from blown glass, the units, large orbs positioned at the top of a long skinny tube, come in a variety of colors and sizes that may rival the appeal of the plant itself. You just







fill the globe with water and insert the spike into the soil. The design allows the plants to draw-up water through their soil and root systems at their own pace.

It works the same way as the terracotta spikes, with gravity pushing the water to the roots of the plant and providing an extra reservoir to keep the soil moist.

One of the benefits of this system is the slim design of the spout which makes it easy to insert into the soil. This is especially handy for plants in small pots where you may not have room for the larger spikes. Unlike the terracotta spikes, however, you are limited in the amount of water you can store, based on the size of the bulb.

Gravity-Dependent Drip Irrigation

Puininhuy Plant Self Watering

Planter Insert Devices Spikes (\$22.99 on Amazon.com)

This system uses plastic bags to hold water, which is distributed through a long tube and into the soil of the container, much like an IV drip in a hospital. The system is also suitable for potted plants, hanging plants, and outdoor gardens. The water can be combined with a nutrient solution to feed your plants at the same time. The Puininhuy system offers large capacity bags (3.5 liter) that can provide continuous watering for more than a month. A regulator precisely controls release of the liquid.

While a little more involved than spikes or globes, this is still a simple system because there are no electronics involved. Again, gravity does all the work. Compared with watering globes or terracotta spikes, this system gives you more control over the amount of

water that is released.

The bags are hung from a hook and therefore can be placed in any convenient location such as a coat hanger, the back of a chair, or a nail in the wall, as long as it is higher than the plant container. The bags can be reused and are easily filled from a faucet.

The two biggest advantages to this system are the large reservoir of water provided by the bags and the flow control regulator on the hose, which allows you to set the drip from 0 to 250 milliliters per hour. This allows for continuous, steady watering of your plant over a long period of time.

Self-Watering Pots

ETGLCOZY Self Watering Planter Pots (\$21.99 on Amazon.com)

Here's an interesting take on the concept: Instead of sending water





to the pot, make the water reservoir *part* of the pot. That's how the self-watering pot works. Seated below the actual pot is another pot that holds extra water.

A cotton rope connects the soil in the upper section to the reservoir below. Like a wick in a candle, the soil draws water up to keep the plant roots moist for up to (or perhaps more than) 14 days. The lower portion of the pot is made of transparent plastic so you can see the water level. An injection port in the upper pot allows water to be added easily and also maintains

air circulation through small holes on the bottom of the upper pot.

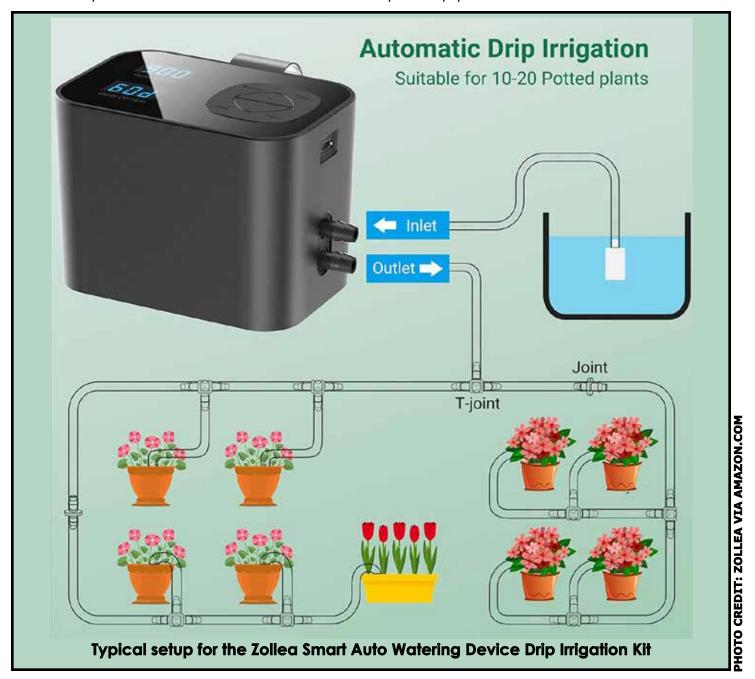
Some of the appeal of this system is in the aesthetics. Since the reservoir is part of the actual container, you don't have unsightly water bottles, hanging bags or stringy tubes tangling around your plants. You can also move the pots easily without having to reset or rehang the watering system. There are also no electronics involved in this unit. Of course, you are limited in the amount of water that can be stored, but for shorter trips, this offers a no-fuss way to keep your

plants happy.

Drip Watering Systems

Zollea Smart Auto Watering Device Drip Irrigation Kit for Potted Plants (\$36.99 on Amazon.com)

Now we get into the fancier gizmos. This electronic unit has an advanced timer and power pump that can be set to deliver a preset amount of water for your plant. With a 60-day programmable timer, this is made for an extended trip where specific watering patterns are desired.



The programming settings you enter into the unit will remain in memory even when the power is off, assuring that the system will work even in a power failure. It also allows a time interval from 1 hour to 60 days and amounts of water from 10 to 990 ml, which allows the user to tailor the water amount for specific plants and containers.

The system built-in has а 2000mAh lithium battery that can be charged with a USB plug. The battery will last for over 10 days. For longer trips, the device should be connected to a charger. The timer unit has a hang buckle which can be used to mount it on a water source such as a bucket or bowl. The LED screen shows the time interval, water supply volume and battery level. The kit contains nearly 33 feet of tubing plus 10 joints that will allow you to water multiple plants from one system. (Note that each plant will get the same amount of water, there are not separate settings for each output.)

If you are comfortable with electronics and want to set up an intricate watering system for multiple plants, this will certainly do the trick. As with all things, the more advanced the system, the more chance there is for something to go wrong. If you are planning a long trip, you may wish to test it out while you are still close by, in case something needs an adjustment.

In the end, what these different approaches demonstrate is that there are watering systems to fit almost any need, whether it is a few days away or a monthlong sabbatical; whether you are watering a couple of plants in one room or multiple containers throughout the house. So, establish your needs, research the type of system that best fills those reguirements, and set it up. Then pack your bags. Your vacation adventure awaits!





wtditg

WTDITE

Welcome to 2022! In January, the air is crisp and cold, the decorations are put away, and there is a distinct lull after the craziness of the holidays. There's no better time to get outside for some fresh air and daylight... and begin your garden's best year ever!

PLANNING

• Create a garden journal for future reference of what worked best, where and when. Consider using a 3-ring binder so you can tab the months and years and add more pages where needed.



• Create a pruning calendar so you can 'Prune according to what the plants needs are'. Do a bit of research first to see how and when to prune your plants this year and you won't be disappointed. Many mistakes can be stopped before the damage is done if a little reading

takes place first. For instance on hydrangeas; cut back only the stems that had blossoms last year. The flowers for this year are going to come from the stems that grew up last year but did not have blooms on them. As a general rule, most flowering plants will perform best if you prune them after they flower. Fruit trees, shade and flowering trees can be pruned this month, but next month will be better. Thinning cuts are better than heading cuts

or 'chopping the branches back'. Again, do some research first so you won't be sorry later!

• Plan the vegetable garden. January through March is a great time to get the planning done. Create your 'garden map' with a crop rotation plan set on paper. Figure the dimensions, number of rows, planting dates, etc.



It's fun to look back on these notes to see what was planted and when, what was a great success and what was not so great. Mark this as 2020 Map so you can rotate crops around next year. Rotating your crops discourages disease and insects.

PLANTING

• Plant Perennials. Get them planted soon for best blooming display later this summer and fall.



• Plant some bare root fruit trees. The sooner they can be planted the better the root development will

be before the trees leaf out this spring. More roots grown at this

time will allow the plant greater strength to take on summer's heat later. If you are unable to plant the trees as soon as you get them, 'heel' them into the garden soil on a temporary basis (just bury the roots into soil to keep them moist) until you can plant properly, but do get them into their permanent space in the garden as soon as possible.

• Plant any tree or shrub now that you'd like to add to your landscape. Early planting makes for a stronger start this spring. • Plant Primroses. Every January, nurseries bring out their spring crop of primroses. Use dark weather feed to keep them blooming strong.



TASKS, MAINTENANCE & CLEAN-UP

• There is still time left to clean Mason Bee cocoons, but not much! This will be the last month to be able to clean things up before the bees emerge late February or early March.



 Recycle your old cut Christmas tree by cutting it up and using the boughs to cover cut back perennials and

any other frost sensitive plants.

- Peach trees: Spray by mid January for peach leaf curl. Use labeled product for this disease like Bonide's Fungonil or Lilly Miller's Microcop. If weather is cool and wet spray 2-3 more times at 3-4 week intervals.
- Check your Blue Spruce for aphids! Most winters around here the spruce aphid attacks the Blue and Alberta Spruce trees. They suck on the juices on the prior season's needles and when the

new growth starts in spring, the older foliage falls off and leaves the tree looking half naked. Spraying them off with a hard stream of water will usually do the trick but insect sprays for aphids can be used too, according to directions.



 Get after any weeds that are growing in the gardens now. Early removal will be easier if smothered first with

layers of newspaper covered in compost.

- Mulch the beds with a new layer of organic compost, bark or other mulch.
- Dormant spray the fruit trees with horticultural Spray Oil to kill overwintering insects and their eggs. Use the Bonide Copper Fungicide spray or dust, (copper sulfate) as a disease control spray now.

 Water any plants that are underneath the overhang of the house or under wide growing evergreens, where soil can become auite dry.



/EGETABLE GARDEN



- Plant early veggies like radishes, peas, onion sets and fava beans. Start seeds indoors for leeks, lettuce, arugula, endive and onions.
- Cover your early crops with Harvest Guard row cover for best protection from cold and

insect attack. You can make a movable frame to attach Harvest Guard to with PVC pipe and rebar driven into the ground.



• Monitor garden soil temperature to see what you can plant and when. On the next page is a handy chart of popular veggies and what soil temperatures are ideal for them to germinate from seed, or best soil temperature for transplanting young plant

starts out.

Soil Temperatures Ideal for Growing Vegetables

Vegetable	Will Germinate	Ideal Germination	Transplant Seedlings Out
Asparagus	50F-90F	70F	
Beans	60F-90F	80F	
Beats	40F-90F	80F	
Broccoli	40F-90F	80F	50F
Cabbage	40F-90F	80F	45F
Cantaloupe	60F-100F	90F	65F
Carrot	40F-90F	80F	
Cauliflower	40F-90F	80F	
Celery	40F-80F	70F	45F
Chard	40F-90F	80F	
Corn	50F-100F	80F	60F
Cucumber	60F-100F	90F	63F
Endive	40F-75F	75F	
Fava Beans	40F-65F	50F	
Lettuce	40F-75F	75F	
Okra	60F-100F	90F	70F
Onion	40F-100F	90F	45F
Parsley	40F-90F	80F	
Parsnip	40F-90F	70F	
Peas	40F-80F	70F	45F
Peppers	60F-90F	80F	65F
Pumpkin	60F-100F	90F	65F
Radish	40F-90F	80F	
Spinach	40F-80F	75F	
Squash	60F-100F	90F	65F
Tomato	50F-100F	80F	60F
Watermelon	60F-110F	90F	65F



COVID-19 PANDEMIC: The information listed herein was accurate at the time of publication, but may be subject to change. 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.

Christmas Festival of Lights at the Grotto Through January 2, 2022 The Grotto, Portland, OR

Adults: \$11; Kids: \$6. Presenting the sights, sounds, and sensations of the season, The Grotto's Christmas Festival of Lights features over two million lights and is the largest Christmas choral festival in the world. Featuring nightly indoor holiday concerts performed by many of the region's finest schools, churches, and civic choirs, the Festival reflects the special season of hope that Christmas offers. This year's Festival will look a little different due to the ongoing pandemic. 8840 N.E. Skidmore St., Portland, OR 97220. https://thegrotto.org/ festival-of-lights-returns/

Zoolights Through January 9, 2022 Oregon Zoo, Portland, OR

Oregon's most popular holiday tradition is back and better than ever! Kids and adults alike agree: it wouldn't be the holidays in Portland without a visit to ZooLights. In addition to the classic walk through a dazzling display of 1.5 million lights, you can bring your family and friends to explore the lights by car with a drive-through experience on select nights. https://www.oregonzoo. org/visit/zoolights

Silverton Christmas Market, presented by Power Kia Through January 9, 2022

The Oregon Garden Resort, Silverton, OR

Silverton Christmas Market, presented by Power Kia, celebrates the magic of Christmas with hundreds of thousands of twinkling lights, cozy fire pits, artisan vendor booths, visits from Santa, authentic German cuisine and more! Enjoy an immersive holiday event based on a traditional European-style Christmas Market, where you can experience the sights, sounds and smells of the season. https://silvertonchristmasmarket.com/

O-Shogatsu, Japanese New Year Sunday, January 09, 2022 • 10:00am-2:00pm Portland Japanese Garden, Portland, OR

continued next column

Kadomatsu, traditional arrangements of pine, bamboo, and plum branches, are displayed in the Garden. Activities include the exciting shishi-mai, or lion dance, and presentations of tea ceremony, and koto music. Included with Garden Admission. www.japanesegarden.org

Houseplant and All Indoor Pottery Sale January 13-24, 2022

Al's Garden and Home, Woodburn, Sherwood, Gresham & Wilsonville, OR

Get 20% off our large selection of houseplants and indoor pottery.

www.als-gardencenter.com

Bringing Ornamentals from the Mountains to Your Garden: China's Gift to the West Thursday, January 13, 2022 • 12:00pm-1:00pm Lan Su Gardens, Portland, OR

About the Presenter: In company with horticulturists from the Royal Botanic Gardens, Kew, the Howick Arboretum, and others, Bill McNamara has botanized extensively in the wilds of Asia. For the past thirty-three years, he has ventured into the mountains of China, Japan, India, Nepal, Vietnam, Bhutan, and Myanmar in search of plants. He has a master's degree in Conservation Biology, has had numerous articles published, lectured widely, and won many awards and distinctions over the course of his illustrious career in the botanical field. Please note: This is an in-person presentation, free with Lan Su membership or admission. No registration is required. Limited seating is available for the best practice of social distancing, www.lansugarden.org

LOOKING FOR MORE?

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

TV-Station-Quality Commercials Independent Company Price

At Gustin Creative Group, we have the same equipment as the big broadcast TV stations. The same cameras, lights, editing and graphics programs. Plus, our staff worked in local commercial television, with over 20 years average experience in the field. What does that mean to you? It means you get the quality of a big TV station, but the price of a small, independent company. Same great commercials at a price you can afford. Contact us today and see what we can do for you!





These are just some of the companies we've produced videos and commercials for:

America's Mattress • Al's Garden Center • Chown Hardware Clark County Fair • Exercise Equipment Northwest • Ludeman's Neil Kelly • Parr Lumber • Portland Nursery • Salem Hospital Terra Casa • Taggart's • Tsugawa Nursery

"Together, We Create the Message"



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