



The

# Garden Gate

Lane County Master Gardeners™

June 2007



Our hard-working president reports MG news

## President's message

Wendy Gardner, LCMGA



Digging in the garden, I come across an interesting creature. The glossy brown pupa, having the appearance of wood polished tenderly and often, is really quite lovely. It is a little over an inch long and cigar-shaped. Concentric rings at one end culminate in a pointed end twitching as though to say, "What? What is this jiggling that disturbs my waiting for what comes next?" Later I find that several like him have piqued the curiosity of the gardening public, and at least two have come calling at the hotline office asking for ID. "Probably a ground beetle pupa," says Pat, and we know to leave his fellows undisturbed.

The pupa contains its own certainty. The creature growing within, the cells which swell and multiply, become only the being its genetic make-up has told it to be. Yet nature and life are inherently uncertain. The ignorant gardener may crush the pupa; a jay may discover it under disturbed earth. Then again, the beetle may emerge unscathed, immediately busy with an insect's sense of purpose.

The defeat of the County Income Tax and the failure so far of Congress to renew the Secure Rural Schools Fund is cause for uncertainty. What I can tell you now is that everyone involved is discussing options and solutions. Several Master Gardener Board members are meeting with local and state OSU Extension staff to determine what the various future scenarios may mean for our association. The OSU/Lane County Extension Service will remain open

with some reduced hours so they can live within their means. You will be kept apprised of changes and choices as they come.

But, hey! There is no reason for doom and gloom! We have many reasons to celebrate, have fun, and meet the needs of the public this summer. Check committee news for ways you can help. Then get out your calendars and mark some dates: **Thursday, June 28**, the caretaker of the Owen Rose Garden is going to take us on tour beginning at 2 p.m. This will be a free event and you can bring a friend or two. Next we'll take a short walk over to Skinner Butte Farm where Sarah Cantril will show us *Huerto de la Familia* plots. We'll see gardens worked by local organizations and individuals and possibly the most enormous worm bin in existence!

**July 6 through 8** MG Recycled Garden Art will be part of Art For Your Garden in Alton Baker Park. **July 13-15** is the Oregon Country Fair. On **Tuesday, July 17** everyone is invited to our annual MG dinner diagnostic to be held at the Sandgathe residence on the banks of the McKenzie. **August 1 through 4** is OSU/OMGA Mini-College in Corvallis; see *The Gardeners Pen* for registration materials. Our second free summer tour is **August 12**: the Ostrofsky Garden, The Kate Gessert Garden, and Northwest Garden Nursery. The Lane County Fair is **August 14-18**. Our seminar **August 21** will be about garden journaling;

**September 18** we will raise chickens, at least in our imaginations. **October 6** will be our Bulb Sale, always a relaxed, enjoyable day.

No need to twitch nervously and blindly and wait for the sky to fall! Come out in support of your Master Gardener activities and volunteer opportunities. We can be certain of our commitment to our mission, the public, and each other.



### June Seminar

Please join us Tuesday, June 19, for the LCMGA Business Meeting and Seminar, Extension Auditorium, 7 - 9 p.m. We welcome Megan Temple, who will give a talk on "Pesticide Free Gardening." Pruning Specialist are invited to celebrate receiving the International SFE Award. Bring a friend and a treat.

# Mini College Approaches!

Liz Cratty, MG

Oregon State Gardeners' Mini-College will take place Wednesday through Saturday, August 1-4, 2007, on the campus of Oregon State University.

Mini-College is not only a spectacular social event, according to Lane County Master Gardener past president Patty Driscoll, but an opportunity to meet new friends across the state with similar interests, learn a lot, and find out what the other Master Gardener chapters are doing.

Wednesday will be leadership forum classes. These deal with chapter administration: how to make your chapter bigger and better, how to run a plant sale or other fund raiser, how to retain membership, parliamentary procedures, etc. Chapter members share information on what has worked well for them. Wednesday night will be a social dinner for everyone. It's usually a nice barbecue held outside, weather permitting.

Each chapter creates a display for the lobby, demonstrating its activities in relation to the year's motto. This year the theme is "Growing Our Future."

Thursday morning will be the first General Session, including a speaker and two-minute reports from each chapter about what they've been doing the past year. After the morning session, concurrent classes will be held for the rest of the day. In past years, there has been an excellent choice of classes in every time slot. The word of advice from Mini-College veteran Keri Elliott is to choose your classes (first and second choice for competing time slots), and then get your registration in **early** to make certain you get the classes you want. (Many of the classes qualify for recertification.) The schedule should

be posted online mid-May, and registration opens the first of June. Thursday night usually includes arranged garden tours in the Corvallis area.

Friday morning's general session (in addition to a speaker) is the "Search for Excellence" presentation, where projects from the three finalist chapters are presented, followed by an afternoon filled with classes. Friday after class is the end of the silent auction, and that night is the awards banquet, with good food, a top-notch keynote speaker and awards. This is your chance to dress up, if you like. Everything is allowed, from jeans to gowns!

Saturday morning is usually a hands-on session or a tour. One year they held a class in making hypertufa planters. Another year was a bonsai workshop. This event is over by noon, and you'll go home with a pocketful of new friends, a headful of new information, and a universe full of inspiration.

Mini-College attracts over 250 Master Gardeners every year. The OSU dorms are available with a meal package, or if you prefer, many stay at the Hilton Gardens Hotel, a short walk away. Obviously, since we live close, you could commute daily, but that takes some of the adventure out of the whole immersion experience.

While Mini-College is a great experience for every Master Gardener, it is particularly recommended for the new MG graduates.

Keep your eye on the website for updated information and Mini-College registration forms which are now available. <http://extension.oregonstate.edu/mg/omga/minicollege.php>.

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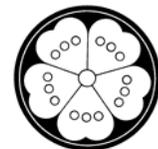
For Garden Tips, newest research and Gleanings go to web site <http://extension.oregonstate.edu/lane/gardens>

Note **NEW** Username & Password!

**User Name: ext\_mg**  
**Password: Lmg\_01**

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*Garden Gate Staff:*  
Pat Patterson, editor and  
Michael Kennedy and  
Linda Renslow, typesetters.





# Committee Reports (cont.)



## GrassRoots Garden Committee

Merry Bradley, MG

**Calling all Master Gardeners, Families and Friends.** All those wonderful volunteers who helped us get our spring garden going in March, April, and May will decrease significantly in June. This is the month when student groups from public and private schools suddenly stop coming to the Garden. The main school year is over, and parents and kids head out for long awaited vacation time. Yet, this is the month that we will have a heavy need for an extensive amount of help with harvesting spring crops, such as radishes, beets, chard, peas, lettuce, spinach, cabbage, kohlrabi, bok choy and cauliflower. We will also need to re-prepare the beds with soil amendments and composted manure, and plant summer crops, such as tomatoes, peppers, corn, cucumbers, onions, leeks, celery, beans, carrots and squash. This is when Master Gardeners and other community volunteers can be of great help. There will be some limited help from summer youth groups (Day Camps and Looking Glass youth) starting in July, but it's not nearly enough to fill our needs. It will be a quiet time in the Garden where there is more opportunity for one-on-one organic gardening learning experiences.

Come out and give us a hand while having your gardening questions answered as you learning by doing.

**Organic Gardening Tip of the Month:** In this area, many garden favorites are often devastated by the voracious appetite of the striped cucumber beetle. These crops include summer and winter squash, pumpkins, cucumbers

and melons. After marginal success with other control methods such as hot wax pepper spray or hand picking and smashing, and wanting to avoid the use of pesticides like rotenone or pyrethrin, we have found the best way to avoid cucumber beetle damage is exclusion. This can be accomplished by covering our young starts with Reemay as soon as they are put into the ground. The Reemay is simply laid loosely over the plant and tacked down on the edges with metal ground staples, rocks, or small boards placed about 15" apart with the plant centered under the cloth. The idea is to keep the young plants covered during the time they are the most tender and tastiest to the adult beetle. This also prevents the adult beetle from laying its eggs in the soil at the base of the plants. These eggs when hatched become root grubs in the soil and later adult beetles. After a few years of this kind of exclusion, the cucumber beetle population in your garden will gradually diminish. By the first part of July, when the plants are quite large (and less vulnerable and tasty) and have filled the Reemay like Jiffy Pop Popcorn, the Reemay is then removed and the plants are good to go.

**Summer Garden Hours (Tues. through Sat. 9 a.m. to 2 p.m.)** The GrassRoots Garden is located at 1465 Coburg Rd., across from Safeway, behind St. Thomas Episcopal Church. For more information contact: Merry Bradley at 484-7144 or merrybradley@yahoo.com. Thank you for your caring and support

## Extension Beautification Committee

Gwendolyn Scott, Chair

You may or not have noticed some changes in the front beds of the Extension Building. At the moment, the changes are the plants which have been removed for the very successful Garden Fair and Plant Sale. Five Master Gardeners dug out enough plants in an hour to pot up 72 sale plants. Next we begin the task of transplanting plants from the more crowded beds to the not so fully planted beds for a more continuous look. The process will take awhile. Keep watching for more changes.

We meet the fourth Friday of the month from 9:30 - 11:30 am. The next meeting will be May 25th. Please join us if you want to help change the look of the Extension Building front beds.

### Bulb Sale Update

Dianne Twete, VP

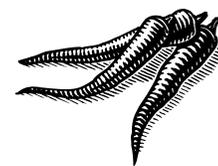


Our first bulb sale was held May 7, bulbs have been ordered successfully, with plans for the sale on October 6th. We still need help for the many tasks ahead for those who are interested. Please contact me at dctwete@hotmail if your are interested.

# Committee Reports (cont.)

## *Huerto de la Familia* (The Family Garden)

by Sarah Cantril, MG



*Huerto de la Familia* is a small non-profit whose mission is to alleviate poverty and hunger among low-income Latino families by assisting them to grow their own vegetable gardens and offering classes on personal health issues.

*Huerto de la Familia* began the season in mid-March. We are serving 28 families at Churchill Community Garden, Skinner City Farm and the Youth Farm in Springfield. This year, we are serving 6 new families and welcome back one of the most experienced and prolific gardeners. Most families have prepared their plots and planted early season crops such as peas, cilantro, onions, lettuce, spinach, beets and carrots. Some families are already enjoying cilantro and carrots planted last fall and are eating early planted lettuce.

**Greenhouses at Skinner City Farm:** Last year, one of the families constructed their own greenhouse out of an old bed frame, scraps of wood, and pieces of reused plastic. She inspired us to build two new greenhouses in collaboration with Jan Van der Tuin, the founder and manager of Skinner City Farm. Both greenhouses are 10 by 14 feet and are made with PVC hoops and greenhouse plastic. Volunteers and families spent many hours putting these greenhouses together. Thanks to Ramon Galvan, MG, for hours of labor toward this effort! We have taught two seed starting classes using a soil blocker to create plant starts instead of using plastic planting pots. A soil blocker is a metal tool which can be filled with a seed starting mixture that contains soil, nutrients and green sand as a binding material. This mixture is stamped out of the soil blocker to create 1, 2 or 4 inch blocks of soil in which seeds are planted. The families are growing the following plant starts: winter and summer squash, melons, beans, cilantro, herbs and flowers.

The children of participants have enjoyed drawing on hard boiled eggs, making paper bag baskets, reading the Grouchy Lady Bug by Eric Carle and releasing 1500 ladybugs at both of our main sites, reading Sunflower Houses

by Eve Bunting, planting sunflower seeds in pots, and exploring the garden with magnifying glasses. The new site of the Children's Garden suffered greatly last year from water damage. This year the garden is covered with cardboard and compost to build up the beds. We hope to create a garden with a covered picnic table, a wall of sunflowers, a teepee structure with trailing scarlet runner beans and flowering vines and an area to grow colorful radishes, pumpkins, and flowers.

Two volunteers from Sheldon High School, Stephanie Bellissimo and Katherine are creating a beautiful notebook of colorful collages which includes ideas and materials for educational activities for the Children's Program. We also welcome two volunteers through the Americorps L.I.N.K.S. Program, Alex Bibicoff and Aileron Moran, who are helping families grow food for themselves, leading activities with the children, and providing much needed help to Churchill Community Garden and Skinner City Farm. We also welcome new MG volunteers Linda Damon and Brad Stolba, who have expressed an interest in assisting us this year, and we welcome back Jackie Fern who has volunteered with *Huerto* for a few years. Many new volunteers from the community are also working with us this season.

One of the most exciting events that will be happening this spring is a visit from Tony Machacha, from Heifer International. He is an Agricultural Engineer and Rural Sociologist. He will be offering us his insights, but also informing the families about his program, the National Immigrant Farming Initiative.

We also look forward to a Master Gardener walk through at Skinner City Farm on June 28th at 2 p.m. Please come join us and see our new greenhouses and the seven gardens of *Huerto de la Familia* families.

If you would like more information about our programs or are interested in volunteering, please contact Sarah Cantril at 687-0819 or [sarahtom@efn.org](mailto:sarahtom@efn.org)

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## Garden Tour



Our June garden tour is set for the 28th at 2:00 pm. We will be touring the Rose garden near Skinner Butt, the local community garden and *Huerto de la Familia* with Sarah Cantril. We are encouraging all to come. This will be a wonderful opportunity to meet Sarah and see what is

happening with *Huerto de la Familia*.

We'll meet at the Rose garden and end with *Huerto de la Familia*. For further information or directions please call or email Dianne Twete at 895-4154 or

# Committee Reports (cont.)

## Garden Fair & Plant Sale Report

Joan Ojerio, 2007 Plant Sale Chair

With many hands working together we were able to net \$12,287 from the sale. There are many people to thank, from those who attended planning meetings, potted plants in rain or shine, distributed flyers and bookmarks, cut bookmarks, laminated signs, hauled trees, stored garden art items, brought sawhorses, strung caution tape, hung signs, set up tables and canopies, priced plants, and helped with check out and sales. Well, the list goes on, but we just could not do such an intense and successful event in the short amount of time we have without all your help. Thank you.

A special thank you to Wendy and Pat Gardner who contributed not only hours of time working on all aspects of the event, but came up with ideas for changes we made this year that helped make this a real Garden Fair. The Gardner family was responsible for acquiring the music, which MGs and the public just loved, and suggesting the children be given a craft area.

The Recycled Garden Art subcommittee brought in over \$1100. All who worked on the glass garden sculptures, twig projects, and furniture painting found it to be a fun and creative way to share a Saturday with MG friends.

Silent Auction brought in over \$1500 also. Thank you Susan Petersen, JoAnn Napier, and Sue Gabriel for finding a large variety of auction items.

Thank you John Fischer for providing TV publicity, excellent weather, and managing the city waste and recycle containers.

Thank you Patty Driscoll for bringing in a nice selec-

tion of vendors who contributed \$437 from their sales.

Thank you Nancy Sorensen for organizing donated books and bringing in \$250.

Thank you Carole Quam for organizing the Bake Sale.

Thank you to the cashiers and talliers who handled efficiently and cheerfully the hoards of frenzied shoppers -and would have loved to be able to jump right in to carry off their own plant buys if they weren't committed to their MG assignment.

Thank you to Kayre Axe, Lynne Romans, Denise Ashley, Patty Driscoll and Linda Renslow for their graphic design work and all those computer tasks.

Thanks to Charlotte Barnhart who helped with Potting Parties, Silent Auction, Publicity and any other task that I requested of her.

And the dedication award must go to Sandra Horne who set her crutches aside and worked Friday and Saturday to set up and manage the Holding Area, a vital part of any successful plant sale.

I would encourage you to appoint Plant Sale Co-Chairs in the fall. Donation requests should be sent out in January as vendors start making plans and commitments early in the year for the many spring garden sales in Lane County.

In the past few years we have made great progress in planning and documenting the Plant Sale. The layout for the sale areas worked well this year. I see only a few minor changes needed for next year. We have a good inventory of signs. We have forms, documents and outlines that will enable future planners to recreate a successful sale with a minimum of time spent reinventing the processes.



## Garden Books ... and Magazines!

Nancy Sorensen, MG

A huge Thank You to all who donated or purchased garden books, worked the book table, or shuttled heavy boxes for our successful spring sale.

No time to get books gathered for spring? Donate now for our fall sale (October 6). Books may be left in the "Book Box" in Master Gardener hotline room, or call for

pickup if you have a large quantity.

Magazines proved popular, so we will expand our sale to include *gardening-related* and *cooking* magazines, **recent issues only** (2005-2007). Please *call first* before donating magazines: 302-5938.

Thank you for your continued support.

**In the end, there is really nothing more important than taking care of the earth and letting it take care of you.**

— Charles Scott —

# Committee Reports (cont.)



## Adaptive Gardening Committee

Ma'Carry Cairo and Charlene Bigelow, Co-Chairs

Adaptive Gardening Committee will meet Monday June 4th from 10 - 12 am. We will discuss the purchase, installation, and decorating of two large stock tank planters. We plan to install them between the Extension porch and the disabled parking spaces. We will build a bench and "lean bar" so the tanks can be tended from a seated position. The drip irrigation is installed in the demo garden and will be installed in the new stock tanks. If you know of a group which might benefit from a presentation on adaptive gardening give us a call. "Garden Smarter" and Enjoy Your Summer!

## Adaptive Garden Tips

Dona Clarke, MG, AGS

It's not called "Adaptive Gardening" for nothing – we need to **ADAPT** our minds and bodies as well as our gardens.

Tips to keep you gardening no matter what your age and abilities are ...

The internet is a wonderful way to educate yourself on ways to adapt your garden, and the way that you garden to your abilities as they change with age or disease. Simply "Google" Adaptive Gardening and you can find all sorts of helpful information from various sources – uni-

versities, retail products, adaptive garden forums, etc.

Here are just a few web sites that offer excellent advice and products for adaptive gardening:

### Gardening with Ease

<http://www.gardeningwithease.com>

The founders of Life with Ease which offers very useful ergonomically-designed tools for daily living, now offers a complete line of gardening tools, plus a customer service line to answer questions or locate more gardening tools or solutions for you: 1(800) 966-5119.

### The American Horticulture Therapy Association

<http://www.ahta.org>

### Gardenscape Ltd.

<http://www.gardenscape.on.ca>

Fine garden tools, quality brand names, and innovative and enabling gardening products for gardeners of all ages and abilities.

### Gardening Tips for People with Impaired Vision

[www.gardenforever.com](http://www.gardenforever.com)

### A good Arthritis web page

[www.arthritis.org](http://www.arthritis.org)

**Dona Clark has donated a video of the Eden Project from Cornwall, England.**

**To check it out, contact Linda Renslow.**

Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are part of nature and therefore part of the mystery that we are trying to solve.

— Max Planck, German physicist —

# MGs Between the Rows

## Opportunities

**Dunes City Festival**, Saturday, August 18, 2007 from 10 a.m. to 3 p.m. at Dunes City Hall, 82877 Spruce Street, Westlake (off Hwy 101 south of Florence). There will be tables available and outdoor and indoor demonstrations on a variety of topics related to the environment and preservation of the lakes. We would like a talk/demonstration based on the booklet "Natural Gardening". Your contact person from the Festival Planning Committee is Linda Lauck, 541-997-6004

**Camp Creek Elementary School** on Upper Camp Creek Rd. in Springfield is looking for an MG to work with kids creating a garden with them. Contact Becky at 741-2720.

**Veterans Administration** needs a speaker for June 8, 2007 at 1:30 p.m.. We have 5-8 Veterans as audience, regarding one of these topics: Fertilizing plants, Garden maintenance and upkeep, or Organization and placement of plants/herbs. The speaker can meet us at the Community Reintegration Service Center, 2400 River Road, and go with us to the Whitaker Community Garden or simply meet us at the Whitaker Community Garden at 1:45 p.m. at plot #56. Contact Catherine or Bud at 345-5395.

**Help Protect Drinking Water:** The Springfield Groundwater Guardian Team is looking for volunteers to help with projects, i.e., well water sampling and education. For more

## Oregon Country Fair

Barb Bohn, 513-2736



Volunteers are needed to staff the MG booth at the Oregon Country Fair on July 13, 14 and 15 from 11 a.m.-7 p.m. The booth is located in the Community Village with other non-profit community-based organizations. We share booth space with the Klamath Valley Birding Observatory group and representatives from Community Supported Agriculture. We offer our usual MG question and answer clinic and a varied plant and recycled container display.

There is a sign-up sheet on the MG office door. For more information contact Cort Richer at 937-4359, or Steven Ramey at 344-1146 or [georgegeorge30@hotmail.com](mailto:georgegeorge30@hotmail.com).

## "Through the Garden Gate"



The OSU/Linn County MGs will hold their 8th annual **Albany Garden Tour** on Saturday, June 16, from 10 a.m. - 4 p.m. Seven private gardens will be on display, with varied themes and styles ranging from "English Eclectic" to "Edible," from "Poetic Abandon" to "Peaceful." The gardens are works of art in themselves, but during the tour, most will also feature artists - painters, photographers, musicians - at work.

Tickets are \$10 each (children under 12 years of age free). Call the Linn County Extension Office, [AlbanyGarden-Tour@yahoo.com](mailto:AlbanyGarden-Tour@yahoo.com) or call 888-883-0522.

information contact Ross Penhallegon, OSU/Lane County Extension Service at 682-4243 or Amy Chinitz from Springfield Utility Board at 744-3745.

## KLCC Garden Tour

**KLCC Garden Tour** would like to have a LCMG table staffed by Master Gardeners to answer questions. Sunday, June 24, 2007. For more information, contact Kathy Heerema for the KLCC in Bloom Garden Tour at [kheerema@efn.org](mailto:kheerema@efn.org) 485-5883.

Dona Clarke will take a shift, but several more people are needed. Call Renate Tilson 431-1788 to sign up.

## Hotline Reminder

Please call or email Linda Renslow if you can't find a substitute for your hotline shift. There is a substitute list on the MG office door. Feel free to call for names and phone numbers. Let us know who will come in your place too.

MG Hotline: 682-4247

Linda Renslow: 682-7308 (leave a message) or [linda.renslow@oregonstate.edu](mailto:linda.renslow@oregonstate.edu)

# MG Between the Rows (cont.)

## Lost & Found

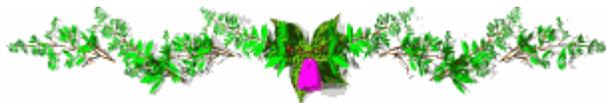
A Lt. Blue Eddie Bauer Sweatshirt, size large, was found in the Auditorium on Saturday of the Plant Sale. It was still in the Hotline Room on Wednesday 5/2.

## Swap and Shop

We also have badge magnets for sale. All MGs need a good magnifying lens. For only \$10 you can be properly equipped to diagnose insects and diseases. Wall o' Waters™ are in stock. Still lots of MG T-shirts. Very nice!

## Get Well Soon

To any of our MGs and their families who are under the weather, our very best wishes for a quick recovery.



## Congratulations

Nellie Oehler, MFP guru, finally received her 25 year pin from OSU.

Cindy Wise is a grandma again. Marina Rose Hall was born May 25, 9 lbs. 8 oz.



## In Sympathy

Carol Jacobs, lifetime Master Gardener, passed away May 23. She will be missed.



# June Hort Happenings

*Juanita Manley, MG*

.2-3 Healing Harvest Plant Sale, 10:00 to 4:00.  
yasoualoha@comcast.net

3 Eugene Bonsai Society, 7:00 p.m., 1645 High St.  
Instructions on removing pine candles.

3 Eugene Tree Foundation 10th anniversary special tree walk led by Whitey Lueck. Meet at the SE corner Broadway and Charnelton, 1-3 p.m.

3 Rhododendron Society is in Summer Picnic schedule. Info 541-988-9133.

**4 MG Board Meeting, 11:45 a.m. Extension.**

10 Plants of Mount Pisgah with botanist David Wagner. 10 a.m.-noon. Fee. 747-1504.

10-11 Soda Mt. Butterflies & Mardon Skippers. On Monday, June 11 the BLM in Ashland will guide our NABA trip to visit the only site in Oregon for the rare Mardon Skipper...It will be necessary to stay over on Sunday to be available for this trip. Jackson Co. is a paradise for butterflies. Dixie 541-343-3028.or Ellie 684-8973. Limited to 15 persons

19 Eugene Garden Club is planning a state convention. Info. 686-2697

**19 MG Seminar (see front page)**

**28 MG Garden Tour. dctwete@hotmail.com**

30 Rain date Sunday, July 1, 4<sup>th</sup> of July Butterfly Count. Eugene and Springfield. Pre-registration is required. There is a \$3 fee for participants which supports activities of national NABA. To pre-register, please call Ellie Ryan at 541-684-897: email her at woodnymph 3000@gmail.com.

## August

2 Native Plant Soc., Field trip to Horse Rock Ridge Research Natural Area in the Coburg Hills with Alan Curtis. Must RSVP 541-746-9478.



But it does seem to me that we have an obligation to know what we're doing, whom we are killing, when we grab up a bottle of spray or a packet of lethal dust. It's perfectly obvious that without insect life on earth things would come to a pretty pass. There might not be any vegetation at all. And although I don't for a minute imagine that my ninety-eight-cent can of poison spray will annihilate a whole species of insect and thereby throw what the ecologists call "the totality of interrelationships" out of kilter, I do worry that I might kill villains and heroes indiscriminately, repay the kindness of my invaluable friends, the birds, with a case of acute gastritis and possibly even jeopardize the health and well-being of those great gardening assistants, my grandchildren. - Celestine Sibley.

# July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 a.m.-noon Linda D. Judith Gabriel JoAnn Napier 1-5 p.m. Arlene Taylor	3 9 a.m.-noon Linda D. Virginia Callister 1-5 p.m. Arlene Taylor	4 <b>Holiday</b>	5 9 a.m.-noon Susan M. Richard Kutsch 1-5 p.m. Mary Leontovich Richard Kutsch	6 Closed	7
8	9 9 a.m.-noon Linda D. Judith Gabriel Lara Coulson 1-5 p.m. Arlene Taylor	10 9 a.m.-noon Linda D. Susan Mincks Judith Gabriel 1-5 p.m. Judi Shirk Sharon Hanes	11 9 a.m.-noon JoAnn N. Richard Kutsch 1-5 p.m. Dianne Twete Richard Kutsch	12 9 a.m.-noon Ann Bales George Jeffcott 1-5 p.m. Mary Leontovich Earl Dill	13 Closed	14
15	16 9 a.m.-noon Linda D. George Jeffcott Lara Coulson 1-5 p.m. Arlene Taylor	17 9 a.m.-noon Susan M. George Jeffcott 1-5 p.m. Chris Phillips Susan Mincks	18 9 a.m.-noon Dawn G. 1-5 p.m. Linda Knight Sharon Hanes	19 9 a.m.-noon Ann Bales Richard Kutsch 1-5 p.m. Mary Leontovich Richard Kutsch	20 Closed	21
22	23 9 a.m.-noon Linda D. JoAnn Napier Lara Coulson 1-5 p.m. Sharon Hanes Margaret Hyland	24 9 a.m.-noon Barbara Wallace Steve Wallace 1-5 p.m. Linda Knight	25 9 a.m.-noon JoAnn N. Richard Kutsch 1-5 p.m. Earl Dill	26 9 a.m.-noon Chris Phillips Susan Mincks 1-5 p.m. Mary Leontovich Dianne Twete	27 Closed	28
29	30 9 a.m.-noon Linda D. Judith Gabriel 1-5 p.m.	31 9 a.m.-noon Judith Gabriel 1-5 p.m.				

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We are pleased to send this material to you as a part of the educational activities of the OSU/Lane County Extension Service Master Gardener Program.

**Extension Service  
Lane County**



Ross Penhallegon  
Extension Educator, Horticulture



***Pesticide Free Gardening  
with Megan Temple***  
Extension Auditorium  
June 19 ~ 7:00 p.m.  
Bring a treat to share!

We will endeavor to provide public accessibility to services, programs, and activities for people with disabilities. If accommodation is needed to participate at any meeting, please contact the ADA Coordinator at the Lane County office of OSU Extension Service at 682-4243 or 1-800-872-8980 at least two weeks prior to the scheduled meeting time.

## Food for Thought

Gardeners know that playing in the soil is good for lifting the spirits, and now it seems there's a biological reason for it. Researchers from Bristol University and University College London found that naturally occurring "friendly" bacteria found in soil may affect the brain in a similar way as antidepressant drugs. Previous studies have linked childhood exposure to bacteria to protection against allergies and asthma. Now it seems it helps with depression as well. Researchers first became interested in *Mycobacterium vaccae* bacteria after hearing that cancer patients treated with the bacteria reported increased vitality and cognitive function and a decrease in pain. The scientists theorized that *Mycobacterium vaccae* might stimulate serotonin production. Low levels of serotonin are linked with a number of disorders including anxiety, depression, obsessive compulsive disorder, and bipolar disorder. Researchers treated mice with *Mycobacterium vaccae* and found that it did stimulate the part of the brain that produces serotonin. Researchers commented that it sounds like we all can benefit from a little more time playing in the dirt.