



# Garden Beet

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Newsletter of the Jackson County Master Gardener™ Association      September 2011

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## Diary of a Locavore

A year ago, after reading Barbara Kingsolver's book *Animal, Vegetable, Miracle, A Year of Food Life*, I decided to see if I could eat only locally grown food for one year. (The definition used for "locally grown" is "grown within 100 miles.") Like Kingsolver's family, I did this for many reasons: saving energy used to grow, process, and transport food; ability to verify claims made about my food; supporting the local economy; etc.

I officially started my adventure on October 1, 2010, allowing exceptions for coffee, tea, and my favorite wine. I also made an exception for meals at which I was a guest. Now, as I enter the twelfth month, I'd like to share thoughts I've had along the way.

**October** I've dried apples, tomatoes, peppers, zucchini, onions, yams, peaches, strawberry leather and apple leather. I've frozen applesauce, tomato sauce, spaghetti squash, grated zucchini, strawberries, and blueberries. Acorn squash lines a cool closet. Sources for local meats have been located. I got three chickens and a duck for eggs. I'm set! Things I'm going to give up and already miss are chocolate, avocados, almonds, and bananas. It seems so strange to leave the grocery store with only toilet paper in my bag!

**November** A-a-a-a-agh! The last Growers Market was the middle of this month. Panic sets in - what if I run out of produce before they reopen in four months? Double a-a-a-a-agh! I didn't think about the holidays and the traditional foods we fix using ingredients found only in grocery stores. My first compromise - holidays will also be exceptions. The chickens have stopped laying but the duck is giving me one, sometimes two eggs a day.

**December** The month of dilemmas! Buy a locally-raised but non-organic turkey or an organic one from Pennsylvania? (Local won out.) OK to eat non-local foods I discover in the cupboard? (Yes, realizing they won't be there as this experiment continues.)

**January** Found a wine from the Applegate that I like as well as my favorite. I discovered Rogue Valley Local Foods, an online Growers Market (<http://www.localfoodmarketplace.com/roquevalley>) selling locally raised food. No lettuce anywhere so I'm growing sprouts as a substitute. But, oh, joy of joys! At the lunch for new Master Gardeners, they had

wraps with avocados!

**February** So sick of acorn squash! How many did I think I needed anyway? To top it all off, many varieties of squash are available online. I also overestimated on frozen blueberries and strawberries. I've found that I only like frozen strawberries in smoothies, so I've made more strawberry leather. The last tomato on the windowsill finally got red, although it was pretty wrinkled and had very little taste.

**March** The Indians called February the "month of starvation" but here's March and I'm still well-fed. However, I just made stir-fry with the last of the dried onions, peppers, tomatoes, and zucchini. The strawberries and the applesauce are gone. The last of the acorn squash has gone to the chickens. I started broccoli, cauliflower, lettuce, cabbage, spinach, and peas only to have the chickens devour all of the seedlings. But, halleluia! The Growers Market is open again and there's lettuce online! Dried apple slices have become a favorite evening snack. Lots of apple leather left but too sweet for me.

**April** Rogue Valley Local Foods linked to a website where I can enter my zip code to see a 100-mile radius around my home. To my surprise, the coast north of Coos Bay south into California was included. That means fish, shrimp, and cranberries can be a part of my diet this year.

**May** There is a lot growing but little to eat from the garden yet. To complicate matters, my 21-year old grandson has come to stay with me for the summer. Love him to death, but that boy can sure eat! When preparing for this year, I didn't count on a 24/7 appetite in the house. He came prepared to pay for his own food, but not to buy like Grandma who's off on her latest wild notion! The newest dilemma, cook the food he can afford and my food separately or compromise and use both together? (A combination of these options proved to be most practical-I eat my food, he eats both.)

Continued on page 12

## Inside This Issue

front cover

**Advisor's Report**  
page 2

**President's Message**  
page 3

**Garden Tour Update**  
page 3

**Garden Letter**  
page 4

**Gardening Gourmet**  
page 5

**Herban Renewal**  
page 6

**Grocery Shopping in the Summer**  
page 7

**Scott's Garden**  
page 7

**Reduce, Reuse, Recycle**  
page 8

**Classes in September**  
page 8

**Winter Dreams, Summer Gardens 2011**  
page 9

**Featured Garden**  
page 10

**Splinters**  
page 11

**September Calendar**  
back cover

# OSU Advisor's Report

Gardening is great physical exercise, results in nutritious fruit and vegetables, and is a way to enjoy nature and improve your outlook on life. There is research that shows not only are gardeners more physically healthy as a result; they have a more positive outlook as well. So be aware of safety so you can continue getting the benefits.

Here are several things you can do to stay safe in your yard and garden:

Protect yourself from flying or crawling pests, sharp implements, harmful chemicals and too much sun.

Wear safety goggles, sturdy shoes, and long pants when using equipment.

Gloves should be a given for most gardening chores protecting from cuts, scrapes and plants like poison oak.

Rogue Valley winters make us cherish summer sun, but protect yourself from too much sun. Wear long sleeves, wide-brimmed hats, sunshades, and sunscreen.

Prevent heatstroke and dehydration. The hottest days of the summer may be over, but dehydration can occur even when it is cooler.

Drink plenty of water throughout the day to replace lost fluids. Don't wait until you're thirsty to drink.

When it is hot outside, garden early or in the evening and avoid the peak heat hours of 11 am - 3 pm.

What is the favorite hint? Take a break, rest in the shade to cool off and stop working if you experience breathlessness or muscle soreness.

Choose your tools carefully and maintain them in good condition.

Use tools that fit you. Too large or small a tool makes the job harder and an accident easier.

Keep your cutting tools sharp. It makes the job easier and a sharp tool is safer than a dull one.

Look for ergonomically designed tools, especially if you have arthritis or other conditions that limit your movement. More are available all the time.

What is the most important suggestion? Always consider safety first. Don't take shortcuts, take time to

do it safely, read labels and safety warnings, and follow directions.

Finally, enjoy your garden. Not only will you eat better, you will feel better as well.

**Bob Reynolds**

*Jackson County OSU Home Horticulture Agent*  
*Master Gardener 2005*

## BEET BOX

### Editor

Carolyn Trottmann: [trottm1@charter.net](mailto:trottm1@charter.net)

### Graphic Design & Layout

Shari Dallas: [jcmgagardenbeet@gmail.com](mailto:jcmgagardenbeet@gmail.com)

### Photography

Glen Risley: [grisley6315@charter.net](mailto:grisley6315@charter.net)

### Proofreading

Judi Holdeman: [judilois@msn.com](mailto:judilois@msn.com)

Maryen Herrett: [maryen@charter.net](mailto:maryen@charter.net)

Susan Kiefer: [skief2155@earthlink.net](mailto:skief2155@earthlink.net)

Linda Holder: [lholder@charter.net](mailto:lholder@charter.net)

### Mailing

Lead: Pam Harmon Alternates: Valerie Sherier, Barbara Kellis-Ring

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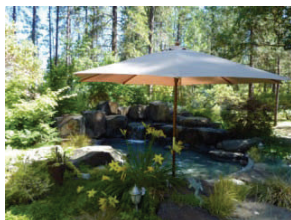
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## Garden Tour Update

Mark your calendar for our next garden tour for Friday, September 16!

I have a wonderful line up of Ashland gardens for our gathering on that day. We will start off visiting the Peyton garden off Highway 99. They have eight acres that they transformed from compacted clay soil that was full of thistle, overgrazed, and badly neglected. They designed a plan befitting the natural setting that was sensitive to the numerous mature oaks, while producing privacy, windscreens and wildlife habitat.



Since they do most of the work themselves, ease of maintenance was crucial.

Tons of soil, rock, compost and mulch were

brought in to create berms and islands. Come see the diversity of evergreen and deciduous trees, shrubs, hardy perennials, annuals and bulbs—all tended by organic methods! Each of the many islands or borders has its distinct planting scheme and four seasons of interest!

Next up, we will travel to the other side of town to visit what Winn Frankland has created over the past 16 years. A Master Gardener herself, she was a professional landscape designer in North Carolina before moving to Ashland. Among the profusion of plants are many roses throughout the garden. Come see how she designed and created fences, screens and gates adapted from others she had seen, to keep the ever-present deer at bay. An ever-changing landscape throughout the seasons...

I am also working on a visit to a community garden to conclude our tour!

Look for details on where and when to meet up on Friday, September 16, via a future email!

October brings us back to Applegate Japanese Maples for a stunning display of fall colors!

Come take advantage of a wonderful Master Gardener benefit! See you then!

**Judie Richardson-Loveless**  
*Master Gardener 2008*

## President's Message

Dear JCMGA members,

I hope your summer is going well and all your gardens are flourishing.

In the past few months, many of you have responded to e-mails, phone calls and town hall meetings to give input in the process of developing our Mission Statement. The Board of Directors approved the Mission Statement, "We are committed to learning, practicing and teaching the art and science of gardening in the Rogue Valley." The Mission Statement defines our purpose in a simpler way. It will help us share with the public what we do and who we are. It will also help us in decision-making. Thank you all for providing your input!

As many of you have heard, Gramma's Garden and Greenhouse are in the process of combining their programs. The new program will give all the students the opportunity to learn from both Gramma's Garden and Greenhouse. Jane Moyer and Janet Rantz piloted the program last year and received positive reviews from the students. Under the leadership of Jane Moyer, Sharon May and Janet Rantz, the mentors from both programs have been meeting together to work out all the details for the new program. They have defined their Mission as "We are committed to learning, practicing, and teaching the art and science of propagation and care of plants in the Rogue Valley." They have chosen "The Master Gardener Practicum" as the new program name. If you would like to participate in the new program, please contact Jane, Janet, or Sharon.

The picnic and the third Quarterly membership meeting went well. All had a fun time. Thank you for your participation. Special thanks to Susan Bowden and Walt Shontz for the great food and entertainment!

The Awards and Graduation Banquet is on October 22. Come and join the fun.

Again, Winter Dream and Summer Garden (WFSG) Symposium is on November 5, Saturday. Mark your calendar for the best gardening education symposium between San Francisco and Portland!

The next Board meeting is on September

7, at 10 am in the library. Please come to join us around 9:30 am to meet fellow members and attend the meeting.

Li Harder  
*President*  
*Master Gardener*  
2009

### Old Boots and Shoes Needed for the Children's Garden

The Children's Garden is in need of old boots and shoes to use for planting. The beat up, the better! Please no sandals only closed toe. If you have boots and shoes to donate, they can be left in a marked box at the south end of the Extension auditorium. The Children's Garden staff will pick them up Thursdays.

# Garden Letter



On July 2, 2011, I lost a friend I never knew and the gardening world is in mourning. Dulcy Mahar, the *Oregonian* Home and Garden columnist passed away after a long struggle with cancer. For the past twenty years, she wrote a column that many people enjoyed. Dulcy had a way with words, an offbeat sense of humor, and a penchant for the truth. She told about gardening the way it is, warts (work) and all. She championed the idea that our gardens were personal, the choices were ours, and if you liked flamingos or trolls, so what! I have two new pink flamingos in my Hawaii garden now to remind me of her sage advice, "Have fun with your garden."

As I write this letter, it is early August. Summer is here, I think. There has been strange weather this year, extra rainfall, a long wet spring, and cool weather into summer. It adds to the challenge of gardening. If my flowers are late it doesn't matter so much, but the vegetable gardeners are under more stress. I will be lucky to have Fourth of July tomatoes by the last of August. I am a perennial gardener by choice but have added two 4' x 4' squares for vegetables this year. I have had beets, carrots, and my favorite little green onions. I don't really know what I am doing yet, but it sure tastes great. The spring crop of kale and broccoli raab were huge - a friend called them Jurassic Park. Besides being entertained by the vegetables, I am impressed with the lush growth the long spring encouraged. I have to tie up things that I have never tied before. This is the fourth year in this garden and I can see the need for division.



It won't be long before the bulb catalogs come. I cannot imagine where a planting spot could be found for what I wrote down on my spring bulb list. Mostly I just add more of the same things every year. The little spring bulbs are my favorites and they bloom when I really need them. Crocus, iris reticulata, species tulips, and daffodils are favorites for me. They come back faithfully. Most of the tulips do not do well in my garden. I do buy some for pots, which provide color splashes each spring. I can have different ones each year, consider them outdoor bouquets and I do not have to wait for them to turn yellow. The Heath's garden on Modoc and Siskiyou had a spectacular display this spring. Tulips really prefer a fairly dry spot to summer over and mixing them in perennial beds is not as successful as grouping them by themselves. The

biggest thing about bulbs is that they bloom the first year. It is best to site them where they will return year after year successfully. Knowing the requirements of the bulb really makes a difference for future years.

The Hydrangeas are in bloom and many people love them. Someone asked me when to cut the flower heads off after they have finished blooming. I did not know for sure so I checked with my favorite resource, the public library. I found a great book, *Hydrangeas* by Toni Lawson-Hall and Brian Rothera. British, but the information was excellent. Some people wait until spring to remove the flower heads

thinking it protects the new buds, but that is not really the case. If you have left the flower heads over winter, remove the dried blooms back to the uppermost pair of new buds after the last frost. At the same time, any dead stems should be removed to the ground or to where new growth is appearing. Any spring frost damage can be removed too.

They go on to say that little if any pruning on hydrangeas is needed except to shape or remove

dead stems. *H. macrophylla* can be deadheaded in the fall since the flowers bloom on the second year growth. *H. arborescence* and *H. paniculata* produce their flowers on the current year's wood. Cut *H. arborescence* to 1' above the ground in February or March. Prune last year's wood on the *H. paniculata* to two buds at the base of each stem. Alternatively, leave them unpruned and you will just have smaller flower heads. Got it? Now the real problem is to know just what kind of hydrangea you have! Clue--*H. macrophylla* is the most common.

When it cools down again, fall is a great time for planting and dividing. Since some of the nurseries do not want to winter over things, there will be some good sale prices. Our fall can tend to be dry and warm; so do not forget to give them TLC to get them started off right before winter comes. Ease into the fall cleanup gently, there is another burst of garden labor coming up. Meanwhile harvest time and good eating. Come visit the Extension grounds and enjoy them. You are welcome.

**Cora Lee**  
Master Gardener 1994

## Gardening Gourmet

# Growing Down Under

Although sowing garlic seems to signify the summer's last seeding, it also sets the scene for the season of winter gardening. When that first frost finds us fleeing for flannel and a flaming fireplace, garlic will be gleefully growing in its underground grotto.

*Allium sativum*, garlic, has enjoyed many centuries of such growing grandeur amidst many ancient civilizations. Prized around the world for its powerful flavor punch being an indispensable ingredient in cuisines, it's also sought for its therapeutic abilities.

Garlic grows very well in the Pacific Northwest. Since it doesn't produce viable seed, it must be purchased. Grower's markets are great sources for local native stock. For unusual and rare varieties, try on-line catalogs. Whatever your source, procure early in the summer for the best available selection. Note: Avoid bland supermarket bulbs of unknown origin, as they are likely tainted with chemicals to inhibit sprouting.

Since garlic does best when overwintered, sowing September - November will ensure proper spring bulbing. Autumn planting also gives these little guys a great boost to begin rooting that will secure them in their beds.

As garlic prefers a friable, fertile, well-drained environment, amend soil with rich compost. Raised beds or ridged rows keep roots contented. Before planting, beds may be further amended with alfalfa or soybean meal to provide nutrients during bulbing.

To plant, carefully break garlic heads into individual cloves with skin intact. This shouldn't be done more than 24 hours before planting or they'll dry out. Save cloves that are punctured, broken or without skin for cooking. Make a hole 1"-2" deep for each clove, (a dibble or 1" diameter piece of dowelling works well for this task) then drop one clove into each hole making sure the pointed tip is up and flat end down. It takes a lot of energy to send a leaf stock to the surface when it's pointed upside-down. Cover the cloves with about

2" of soil then mulch lightly to keep them comfy for the winter.

Hand water newly planted cloves to keep regularly moist until rain clouds burst forth, blessing the soil with their booty of significant showers. Then you can curl up with your seed catalogs, a cup of hot cocoa and possibly a four legged planting companion.

When those first emerald shoots emerge in early spring, feed voracious young plants an organic high-nitrogen diet of fishmeal every two weeks. Stop when bulbs begin forming in mid-spring.

Although garlic should be irrigated regularly, once tops start turning golden, cease watering to prevent molds and staining of maturing heads. When 3-4 green leaves per plant remain, (each leaf provides one layer of protective covering for the heads), it's time to harvest. Heads of fully dried stalks will be blown open with poor keeping quality.

To harvest, thoroughly soak soil. Gently loosen bulbs with a spading fork placed well beneath heads and lift by their tops. Tie in bundles, (soft necks may be braided) then suspend in a shady well-ventilated location 2-4 weeks until dry. Once cured, store in a dark, dry, cool area, (pantry or insulated storage building) at 55°-65°. Keep garlic in bundles or remove the cloves and store them in mesh bags, screened shelves or old panty hose.

Remember to save the best stock to sow next seasons'. Rotate location annually to foil foes from following your cloves to another corner of the garden and ensuring a stealthy stock for future seasons seeding and harvests.

Sources:

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

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

This place has one of the largest selections of seed garlic

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

**Sydney Jordan Brown**

*Master Gardener 2000*

## Roasted Garlic Paste

- Whole heads of garlic - stems and root tips trimmed
- Olive oil
- Sea salt
- Extra virgin olive oil

Rub heads of garlic with just enough olive oil to lightly lubricate the skins. Place heads in heavy aluminum foil, sealing package closed. Place on a grill at low heat. Turn package after 15 minutes and cook another 10-15 minutes until cloves feel soft when lightly pinched. Remove package from grill and let cool. Once cool enough to handle, cut tip ends off with kitchen shears. Squeeze out soft cloves into a bowl. Mash garlic together with salt (about ½ tsp per head) until mixed. Pour in extra virgin olive oil (1 tsp per head) and stir until incorporated. Store paste in glass jar with storage lid. Paste is safe to keep in refrigerator for two weeks. Freeze in teaspoon-sized mounds on a sheet pan then place in storage bags. Great addition to dressings, sauces, rubs, spread on toast or wherever garlic flavor is desired.

# HERBAN RENEWAL

## Goldenrod (*Solidago spp.*)

In the human world, we sometimes get a bum rap and it also happens in the plant world. Although this herb, a member of the Asteraceae (Compositae) family, can cause allergies, the real culprit for hay fever sufferers is ragweed whose inconspicuous flowers bloom at the same time as those of goldenrod. Ragweed pollen is airborne, while goldenrod pollen is propagated by bees and other insects.

Goldenrods are erect perennials mostly native to this country. They grow from New Hampshire south to Florida and west to Texas. A few of the roughly 100 species are native to Europe, Asia, the Azores and South America. The 3' to 7' plants are found along roadsides and open fields in average to poor, well drained, slightly acidic soils in full sun in Zones 3-9. In good soil, goldenrod grows tall and sprawls. The dark green narrow



leaves that grow on rather woody and branchless stems, sometimes with a purplish cast, may be simple, alternate, toothed or smooth depending upon the species. The leaves may grow to 5" and taper to the top. (The leaves of *S. odora* are smooth and, when held to the light, translucent dots are visible.) The small yellow---what a surprise!---flowers, which appear in August and September, are profuse and form showy spikes, panicles or racemes. One species, however, has white flowers. The brown fruit are angled almost cylindrical achenes. The seeds may be planted in the spring or the crown may be divided in spring or autumn. Goldenrod is harvested when it is flowering and should be dried quickly. The flowers dry to a golden color. Various shades of yellow dye can be obtained from the plant, depending upon the mordant used. The herb attracts predatory wasps, lacewings and ladybugs; about the only problem is powdery mildew. The British have developed dwarf varieties with large flowers.

Although modern medicine doesn't offer evidence that goldenrod is effective for anything and the *Physicians' Desk Reference for Herbal Medicines* doesn't list it, the herb has been associated with wound healing by diverse peoples. (The genus name is from the Latin *solida*, which means whole, and *ago*, which means to make; in other words to heal or cure.) There are three species generally listed as having some medicinal properties. *S. virgaurea*, European goldenrod, contains saponins which are antifungal and was used to treat arthritis, chronic eczema, kidney disease, high blood pressure and periodontal disease. In China, it was used to treat headaches, flu, malaria, and measles. This species also has the common names of Goldruthie, woundwort and Aaron's rod. *S. canadensis* was used to

treat sore throats. *S. odora* was used as a carminative and stimulant and a tea made from the leaves was used for flatulence. It was listed as a stimulant, carminative and diaphoretic in the *U. S. Pharmacopoeia* from 1820 to 1882. Common names for *S. odora* include sweet goldenrod and Blue Mountain Tea; it has the flavor and fragrance of anise or tarragon.

In 1948, an agricultural experiment station in Texas published directions on sweet goldenrod farming for production of goldenrod oil to be used for flavoring candy and chewing gum and in deodorants. It apparently didn't work. Another idea came from Thomas Edison who hoped to make a rubber substitute from the sap or latex in goldenrod. Apparently that didn't work either. Something that partly

worked, according to one story, is the making of Liberty Tea after the Boston Tea Party. A botanical explorer, Frederick Pursh, said, "The flowers, gathered when fully expanded and carefully dried, give a most agreeable substitute for tea, which for some time has been an article of exportation to China, where it fetches a high price."

British folklore claims that goldenrod is a healing herb for both the body and the pocketbook, since golden plants pointed toward hidden treasures and marked hidden springs. Another story says that anyone carrying the herb will find a treasure and thus this plant is a symbol of good fortune. Still another tale says a tired and footsore ugly old woman was walking in the woods and asked the trees for a walking stick. They refused but an old broken stick volunteered. When the ugly old woman emerged from the woods she turned into a beautiful fairy and asked the old stick what it would like to be. The stick wanted to be loved by children so the fairy sprinkled it with gold dust and declared children would love it.

Sweet goldenrod is the official state flower of Alabama, Nebraska and Kentucky. It is the official state herb of Delaware thanks to Dr. Arthur Tucker. Oregon has a state flower, bird, tree, fish, animal, insect and rock. Mint was declared the Herb of the Year in 1998 and, with Dr. Tucker's help, I made a strong effort at that time to have peppermint (since it's such a large crop in this state) declared the state herb of Oregon. No luck! How about some ideas? Other states on the east coast are considering state herb proposals. Oregon, get with it!

**Ellen Scannell**  
Master Gardener 1986

## Grocery Shopping in the Summer

I love grocery shopping in the summer! A few steps out my door and I'm already at the store. Most of the vegetables we eat, eggs, and even some fruits are available, and I don't even have to start the car. I love getting up early and taking a walk through the garden to see what Mother Nature has provided us. The chickens love this time of day, too, because they get to



come outside their coop and wander around the property eating bugs and plants. It's fun to say "hello" to the little frogs that are in abundance in the garden and all over our property. Even an occasional snake rustles through the garden, not stopping long enough to say "hello," but reminding me that it's there to help keep our garden rid of those unfavorable pests who lurk about. What fun it is to find surprises like the plants that my daughter-in-law quietly places in the spots that have been vacated by early plantings. She has such a good sense of how to keep the garden producing for us.

As this article is being written, the garden is at its finest. The cukes are coming on like gangbusters, zucchini and summer squash is - well, you know what they do. The peppers are getting huge and the green beans will need to be picked daily to keep them producing. The grapes are loaded for the first time this year. Hopefully, the birds will share them with us. What about the tomatoes? Well, even they are not disappointing me. After a cold and wet spring and delayed planting, the tomatoes are starting to ripen; I think in plenty of time to stock the freezer with wonderful salsas and sauces for the winter. By the time this article goes to press the canning and freezing process will have commenced. The garlic and onions are pulled and already in the barn to be used as we need them. There is pesto in the freezer from the basil, which loves to be picked so that it can continue to furnish us with more of its wonderful flavor to spice

## Scott's Garden

The most recent taping of Scott's Garden was done in the beautiful, productive, and abundant working garden of Gwen Evans. Gwen taught us how to attract beneficial insects, increase limited gardening areas by growing vertically, grow berries, and to plan for next year's garden. Mary Foster taught us how to harvest, store, and then roast garlic - very yummy! These segments and all previous ones can be viewed at [kdrv.com/scotts\\_garden](http://kdrv.com/scotts_garden). Next month we will be filming at Mary Foster's garden as she introduces us to her chickens and bees! Thank you Gwen and Mary for excellent lessons!

Scott's Garden is all about community outreach and education. I appreciate Bob Reynolds (*August Garden Beet*) and others for reminding us that our number one mission, as per our bylaws, is to disseminate gardening information to the community. We exist solely to educate. To continue Bob's discussion on becoming a subject-matter expert, think about being a speaker on Scott's Garden next year or hosting our camera crew on location in your garden. It's great fun and educational!

**Linda Holder**  
*Master Gardener 1998*  
*Scott's Garden Chair*

### Continue Grocery Shopping

up a variety of dishes.

It's time to start planting for the fall. Already lettuces and cilantro are coming up, shaded of course so that they don't bolt before we have time to eat them. The *Garden Guide for the Rogue Valley* says it's time to plant onions, radishes, spinach, arugula, beets, collards, kale, lettuce, mustard and turnip greens and many other wonderful vegetables. It's such a great reference for gardening here in our valley.

I feel so fortunate to live in a climate that allows us to grow much of our own food year round. What we can't grow in our yards can usually be found at the exceptional growers markets that occur several times a week beginning in March.

Yes, I love grocery shopping in the summer!

**Carolyn Trottmann**  
*Master Gardener 2007*



## Reduce, Reuse, Recycle

**Reduce:** At a recent medical appointment, my doctor used vinegar as part of a procedure, leading to a discussion of the merits of vinegar and its many uses. That led to an exploration of the ways it might be useful to a gardener trying to reduce or replace more harmful substances. The following hints were found on my vinegar package:

Liven up slightly wilted vegetables by soaking them in cold water and vinegar.

Add two tbsp. of vinegar plus three tbsp. of sugar to a quart of warm water (100°F.) to keep fresh cut flowers blooming longer.

Add vinegar to the cooking water of boiling cabbage to prevent the odor from permeating the house.

Quickly remove the odor of onions or garlic from your hands by rubbing them with distilled vinegar.

Kill unwanted grass and weeds growing in the cracks of sidewalks and driveways by pouring on vinegar.

**Reuse:** If that vinegar bottle is made of plastic, it can become a handy-dandy garden tool once emptied. Remove the lid and cut the bottom off. Then use the bottle upside down as a funnel. Alternatively, remove the lid, cut the bottom and the side opposite the handle off to make a scoop. Cut the bottom off and use it to prevent sprays from hitting anything besides the plant being sprayed. Do this by removing the lid, placing the bottomless bottle over the weed (or whatever the spray is meant to hit) and spraying through the pouring hole. This will prevent drift onto other nearby plants.

**Recycle:** Throw those plastic vinegar bottle lids and the pieces of plastic cut from the bottle into your plastic recycling along with any other plastic to be disposed of. Remember the Plastic Roundup is coming up again next month on Friday and Saturday, October 14 and 15 at two sites, the Jackson County Expo in Central Point and the Ashland National Guard Armory. Plastic taken to the Roundup needs to be sorted into three categories: hard plastic (all numbered plastic, patio furniture, buckets, drip irrigation components, etc.), soft plastic (plastic bags, bubble wrap, tarps, woven landscape fabric, etc.), and nursery plastic (pots, trays, etc.) For more information and the link to a complete list of acceptable plastic items go to <http://roguedisposal.com/news/plastic-round-up/>.

**Jane Moyer**

*Master Gardener 2005*

## Classes in September

Even though a few weeks of summer remain, fall is in the air. Days are starting to get noticeably shorter and I'm hearing acorns pinging on the metal roof next door.

Fall is a favorite time of year for many gardeners. The days gradually get cooler, making it more pleasant to work outdoors. The fruits of our labor are materializing. Winter gardens are going in and we are already planning for next year's.

As you plan your next flower garden, remember irises. Showy, drought tolerant, and deer resistant, they are perfect for the Rogue Valley. On September 8, Thursday, (7-9 pm), Master Gardener Marjorie Neal will teach on "Invincible Irises." She views them as the pot of gold in a garden. A brief catalog of the iris family will be presented, followed by a discussion of cultural needs, including division. The focus will be on bearded iris and water-loving iris. Iris-loving Master Gardeners will be admitted free. All others will be charged the bargain price of \$5.

Ever thought about making your own wine? What better way to preserve those grapes that are now ripening! If you're not sure exactly how, "Beginning Home Winemaking" taught by Linda Donovan of Pallet Wine Co., is the class for you. This two-evening class will be held September 14 and 15, Wednesday and Thursday, (7-9 pm). It will take you through the complete process of winemaking, from harvest to bottle with the goal of learning to make 10 gallons of "drinkable wine." The charge for all participants is \$30.

Fall is an ideal time for planting trees and shrubs. Mild rainy winters provide perfect conditions for them to become established before the hot dry summer hits. On September 20, Tuesday (7-9 pm), "Trees and Shrubs for the Rogue Valley" with Christie Mackison, co-owner of Shooting Star Nursery, will cover our climate, the most successful trees and shrubs for the Rogue Valley, and tips for giving them a good start. Master Gardener tree and shrub aficionados will be admitted free. All others will be charged \$5.

Need a little more winemaking information? Linda Donovan will be back for "Advanced Home Winemaking," also a two-evening class, on September 28 and 29, Wednesday and Thursday, (7-9 pm). This is a chance to expand your knowledge of wine chemistry and sensory evaluation. Prerequisite: Beginning Home Winemaking or its equivalent. The charge for all participants is \$30.

These classes will be held in the OSU Extension Auditorium. Refreshments will be served.

**Jane Moyer**

*Master Gardener 2005*

# Winter Dreams, Summer Gardens 2011

New opportunities, new technology, new relationships and new knowledge.

That is why we should all attend the "Winter Dreams, Summer Gardens" symposium on November 5, 2011. We are always growing, in every sense, as Master Gardeners, but we are also growing as people.

For me the art of gardening is so humbling that to learn from other people's experience is to fast track success. That is what we try to give you on November 5.

This symposium is for life long learners, we never will know it all but we are aware of that which we do not know.

This year we have put more emphasis on trees and shrubs to enhance the knowledge that Rose Gerstner and her wonderful team, nominated by Jackson County Master Gardeners as the Behind the Scenes O.S.M.G.A. members of the year, gave us in Volume 2 of the *Garden Guide to the Rogue Valley*.

But there really is something for everyone, beginners and experts. We must not be too pretentious to think that we can stop learning. If we stop learning, we have stopped thinking; if we stop thinking we are no longer Master Gardeners.

On a more mundane level, last year the lunch experience was disappointing for many of us, and thus, this year we have new caterers and are planning a designated lunch area where we can meet up and discuss our news with each other.

The new mission statement of JCMGA is that "We will LEARN, PRACTICE, and TEACH the art and science of gardening in the Rogue Valley."

Winter Dreams, Summer Gardens is all about learning the art and science of gardening. With forty classes from which to choose the annual difficulty is choosing only four. Apart from classes on trees, from bonsai to the urban landscape, topics include soils, compost and fertilizing, bats, heathers and even the Gardens of Frank Lloyd Wright.

So please mark you calendars for November 5, and come to the Higher Education Center in Medford and support the teaching role of JCMGA.

Michael Riding  
Master Gardener 2009  
Chair of "Winter Dreams, Summer Gardens 2011"

Jackson County Master Gardener Association's  
**13th Annual Gardening Symposium**

WINTER DREAMS  
SUMMER GARDENS

A full day of Gardening Classes  
and  
Parking is free as City parking  
regulations are not in force on weekends

Saturday, November 5, 2011  
A full day of classes-9:00 to 5:00  
RCC/SOU Higher Education Center  
101 South Bartlett St, Medford, Oregon  
Registration fee: \$40 includes Lunch

For Class Descriptions & Registration Materials:  
541-776-7371  
<http://extension.oregonstate.edu/sorec/mg>

This event is produced by the Jackson County Master Gardener Association in collaboration with and support of the Oregon State University Extension Master Gardener Program.



## Featured Garden of the Month

# The Children's Garden Program—Ten Years of Success



Roots, Shoots, and Boots, Oh My! On any given Thursday morning throughout the summer months, you may see young people, ages 5 through 13, hard at work in the Children's Garden. They plant, weed, harvest, create trellises and scarecrows, build worm bins, and even set out annuals in old shoes and boots!

Claire Wight and Toni Van Handel designed the Children's Garden program at Extension in 2001. Claire had been a professor of education at San Bernardino Junior College and director of its Child Development Center. Toni was a child psychiatrist, who often created her own puppets for working with her patients. Together they developed the program to give young children the opportunity to explore the joys of gardening. At Mini-College in 2003, they won the prestigious statewide Search for Excellence award for their presentation, "Children in the Garden," based on their program at Extension.

In its first year, the Children's Garden was located by the road, near the current Lavender Garden. It enrolled 24 children, ages 5-8 who met bi-weekly for six sessions. Each session lasted for 2-½ hours and included working in the garden, a special topic or lesson, as well as a snack, stories, songs, and crafts. Children learned to plant seeds and transplant seedlings, to identify good and bad bugs, and to use tools appropriately. They also learned about sun protection, appropriate clothing for the garden, and the importance of washing hands before coming inside. The grand finale, session six, was the pizza party to which families and siblings were invited to share the bounty of the garden.

Although the program has evolved through the years, its basic structure remains intact.

Three years ago, an additional class was added for 9-13 year olds, with more challenging topics and projects. This group has built bird houses, learned to "wrap and frap" tripod structures for climbing plants, designed ornamental gardens and made hypertufa

plant containers. They have had lessons in botany and learned about the social structure of a beehive, led by Sarah-Red Laird, the "Bee Girl." The Children's Garden program has even inspired two of its graduates to become certified Master Gardeners in 2010! Congratulations to Colton and Wesley Duval!

This year, the program has maxed out with nearly 80 young participants. A lovely shed has been added with neat storage compartments for a variety of child-friendly tools. Plans are underway for the construction of two picnic tables and benches to create an outdoor learning center. This lovely spot in the shade will be dedicated to the memory of beloved Master Gardener/teacher Bill Dietz. Do come and check out the activity on Thursday mornings during the summer months! The enthusiasm of the children as they harvest their first radish or marvel at the size of their sunflowers is quite catching!

**Janet Rodkey**  
*Master Gardener 2004*



## Officers' Reports

**President (Li Harder)** We received two thank you notes this month: one from Betty Faller, president of OMGA, thanking us for our donation toward the silent auction at Mini-College; the other from Ryan King, the 2011 recipient of our \$2,500 OSU scholarship. Li commented that Polk County donated \$13,500 in scholarships in 2010. She'd like JCMGA to reconsider its scholarship amounts for 2012. The Board approved the 2011 Nominating Committee. It consists of Michael Riding (President-Elect), Ron Bombick (Past President), Li Harder (President), Sharon May, Carol Oneal and Judy Williams.

## Committee Reports

**Plant Clinic (Wendy Purslow)** Reported by email that 627 questions were asked of Clinic volunteers.

**Audit (Diane Seitz)** The treasurer's books are in excellent shape.

**Children's Garden (Toni Van Handel)** There's a marked increase in the size of the 9-13 group in the Children's Garden and one-third of both groups are boys - an excellent showing! The Bill Dietz Memorial fund is providing the money for two worktables and benches. Toni hopes to have them by the end-of-the-session pizza party. The fund has also provided "bug kits" (plastic jars with magnifying lids), an insect identification book from the National Wildlife Federation and several children's books about bugs.

**Mini-College (Barbara Davidson)** The JCMGA display board created once more by Jane Moyer has won the "best of show" at Mini-College this year. Special thanks to Jane and to Bob for taking it back and forth.

**OSU Extension Agent (Bob Reynolds)** 5,781 hours of work has been reported by volunteers. OSU's website traffic reports that 62% of viewings have been on gardening topics. Eighty percent of the traffic on the website is gardening-related. Seventy percent of the Ask-an-Expert questions are gardening-related. Recently, there have been several questions about fall webworms in both Ask-an-Expert and the Plant Clinic. Bob Reynolds, Wendy Purslow and Marjorie Neal answer questions in Jackson County.

**Scott's Garden (Linda Holder)** There have been eight sessions in July, 32 for the year. Gwen Evans'

and Mary Foster's gardens are being featured.

**Advisory Council (Linda Holder)** The Advisory Council is being renewed by Phil VanBuskirk. With 11 voting members representing the spectrum of Extension interests, its objective is community communication.

**Winter Dreams (Michael Riding)** Asked the Board for its support by attending Winter Dreams this year. It will be held on November 5, 2011. Organizationally, it's going well.

**Awards Committee (Michael Riding)** wants YOU on this committee! Please contact him with your enthusiastic YES!

Janet Rantz received the JCMGA County Gardener of the Year award. Dave Rugg was Jackson County's nominee for State Gardener of the Year and our nominees for the State Behind-the-Scenes Gardeners of the Year were the creators of the *Garden Guide on Ornamental Trees and Shrubs*.

Thank you to Toni for all her work in the Children's Garden. Drop in on Thursday morning to see what they're doing.

Next Board Meeting: September 7, 2011, Wednesday in the Extension Research library.

Nancy Hunt, Acting Recording Secretary



## VOLUNTEER OPPORTUNITIES

Calling all Master Gardeners! If you're looking for a way to get more involved, there are two great new opportunities to volunteer!

- JCMGA is about to launch a new website, and there's a need for a volunteer Webmaster. If you're interested in being responsible for up-loading data and photos to our association website once the new site is launched, contact Carol Oneal at 541/621-8585 or caroloneal@charter.net.
- Alex Ganoe is getting ready to explore new opportunities with JCMGA, and as a result is looking for someone to take over in 2012 as the Head Gardener for the Waterwise Garden. If you think that might be you, contact Alex at duckyone53@embarqmail.com.

**JACKSON COUNTY  
MASTER GARDENER ASSOCIATION**  
Southern Oregon Research and Extension Center  
569 Hanley Road, Central Point, OR 97502

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## Calendar of Upcoming Events

September 7, Wednesday, 10 am-noon,  
JCMGA Board Meeting

September 6–November 15, "Land  
Steward Program"

September 8, Thursday, 7 pm-9 pm,  
"Invincible Irises," Master Gardener  
Marjorie Neal \*

September 14 and 15, Wednesday and  
Thursday, 7 pm-9 pm, "Beginning Wine  
Making," Linda Donovan of Pallet Wine  
Company

September 16, Friday, Garden Tour

September 20, Tuesday, 7 pm–9 pm,  
"Trees and Shrubs for the Rogue  
Valley," Christie Mackison, co-owner of  
Shooting Star Nursery \*

September 28 and 29, Wednesday and  
Thursday, 7 pm–9 pm, "Advanced  
Home Winemaking," Linda Donovan of  
Pallet Wine Company

October 22, Saturday, 2011 Class  
Graduation & Recognition Banquet

November 5, Saturday, "Winter  
Dreams/Summer Gardens"

## Archive Report

The Archive Committee is still searching for:  
Board Minutes from the 1990's  
Garden Beets from the 1980's  
Calendars  
OMGA reports from any decade  
We will accept CD's, computer files, paper copies, floppy discs,  
handwritten notes, or smoke signals!

Thank you.  
**Linda Holder**  
*Archive Committee*

### Front Page Continued

**June** Just when the chickens were starting to lay again, foxes had their litters under my back deck. Two chickens and the duck have disappeared. Luckily, local eggs are easily available.

**July** The freezer and cupboard are getting bare. It's time to decide if buying food like this will continue. Need to start preparing again if it will. Probably will add back avocados, bananas, chocolate, and almonds, just not eat them as often as before.

**August** Defrosting the freezer, starting to harvest a few things, freezing and drying again but with a better idea of quantities needed and without the sense of trepidation.

**September** Here we go again! Many have said to me that eating locally is too expensive, takes too much preplanning, or it won't make a difference. Two statistics have hit home with me: 1) each food item in American meals travels an average 1500 miles to get to our tables and 2) if every Jackson County household spent \$10 per week on locally grown food, an additional \$18.6 million would be pumped into the local economy for every six-month growing season.

**Jane Moyer**  
*Master Gardener 2005*