Notes from the Editor

Refresh, renew, regain your strength for growing and sharing your knowledge. It is that time of the year when we start thinking of cozy gloves, jackets, crisp air, and delicious pies. Autumn is coming, leaves will be changing, and it is time to enjoy fall ripened fruits and veggies.

**Refresh** your home by cutting a few flowers and/or herbs and enjoy them indoors. Bake or have a friend bake you a pie - Oh my!

**Renew**. How about adding a few winter veggies to your garden, touring the Inspiration Garden, and/or **Renewing** your flower pots? Asters are a great autumn flower. There is a wonderful Aster called Blue Autumn that is actually a violet-blue color with yellow centers. This daisy like flower will bloom until frost and the bees will get an extra boost.
Regain your gardening strength by visiting and tasting the Brunk House Apple Cider on September 28. Gain knowledge of the types of apples they grow at this location. Check out Article #3 - Oh so good!

CONGRATULATIONS FOR 30 YEARS AS POIK COUNTY MASTER GARDENERS!

Thank you for your encouragement and newsletter articles. Please know your comments, suggestions, and submissions are always welcome at polkmgnews@gmail.com.

Happy Gardening!
Lorena Elliott

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**Calendar for September, October, November**

**September 2019**
- 05 - Board Meeting @ Extension Office, 1:30 pm
- 12 - Chapter Meeting Thursday, 7:00 pm @ Trinity Lutheran Church, Speaker: Judy Wardrum & Jo Arras - *Yoga for Gardening: Poses to Practice in the Dirt*
- 28 - Brunk House Cider Press and Clinic, 9am -12 for the Clinic, Cider Press 9 am - 2 pm, 5705 Salem Dallas Hwy NW, Salem, Marsha Graciosa 503-999-6129 or Gayle Birch 503-831-0892
October 2019
03 - Board Meeting @ Extension Office, 1:30 pm
10 - Chapter Meeting Thursday, 7:00 pm @ Trinity Lutheran Church, Speaker: George Woodward, Bees

November 2019
07 - Board Meeting @ Extension Office, 1:30 pm
14 - Chapter Meeting Thursday, 7:00 pm @ Trinity Lutheran Church. Speaker: Bernadine Strik, "Berries - Tips for Winter Care and How to Get Ready for Spring."

- Dallas Youth Garden: August/September/Early October - Tuesday & Thursday, 4-5, Saturday, 9-11
- Brunk House Work Days: Tuesday & Thursday, 9 a.m. to noon
- Inspiration Garden Work Days: Friday, 9 a.m. to noon
- Delbert Hunter Arboretum: Tuesday, 9 am to noon

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**September Desk Calendar**

Click here

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**You will LOVE this! Brunk House Cider Press**

September 28, 2019, 9:00 am - 2:00 pm
Located at 5705 Dallas-Salem Highway 22
Event sponsored by: Polk County Cultural Coalition and Polk County Historical Society

- See cider made on a 100-year-old press - 2 gallons per family limit for purchase
- Free tours of Brunk House built in 1861
- Stroll the gardens
- Fiddle music by Truman Price
- Free crafts and activities for children
- Delicious apple desserts for sale
- Polk County Master Gardeners Clinic 9:00 - noon

Questions: Marsha Graciosa 503-999-6129, mkgrac@yahoo.com or Polk County Historical Society 503-623-6251
President's Corner

We have had a busy month. Hope your gardens are doing well.

We had about 15 folks attending the fermenting class at the Gathering Place. Laurie DeLapp did a wonderful job of teaching us how to ferment our garden veggies. She is a great teacher and we all gained confidence with these new fermenting skills. Thank you Laurie for a job well done.

We did 3 days of Clinics at the Polk County fair and the State Fair in Salem began the last week of August. Thank you Gail Birch for setting up all the clinics.

We have been busy at the Inspiration Garden, watering, weeding, harvesting veggies, brush cutting and greatly looking forward to the new paving that will be done. There was a leaf casting class at the Gathering Place as well. Thank you Marsha Graciosa and Suzy for putting on this class that was well attended.

Lastly I wanted to thank the PCMG Board for all their work on the 30th Anniversary Celebration on August 3rd. Kelly Gablics kicked of the event with a proclamation signed by the Polk County Commissioners. Thank you Kelly for executing this wonderful honor for Master Gardeners in Polk County. Judy Wardrum, our Treasurer and local Historian, shared the history of Master Gardeners in Polk County. Judy Wardrum, did a fantastic job. I think we all learned something new. Thank you Judy. The rest of the Board came with their treats and goodies and set up the beautiful tables. It was a grand day. Who knows, maybe in a few more years we can do something like this again. Celebrating is always fun.

Enjoy your August and September days.
30 Years Celebration! Thanks for Coming!
August 03, 2019. What could be more meaningful than gardening friends, food, flowers, and learning about our history. Congratulations Jerry Murphy for being the only tomato pie contest entry!

WHAT IS THIS? **VOODOO LILY**!
Thanks to Gayle Birch for introducing us to new and fascinating
New Salemtowne Garden Club
Community wide garage sale on September 7, 8:00 am - 3:00 pm
2900 Oakcrest Drive NW, Salem, located off Wallace Road NW

Salemtowne's Retirement Community NEW Garden Club will be selling "garden related items and plants" that have been donated. Men’s Golf will be selling donated items and Women’s Golf will be having a bake sale. The library will be selling books and individual homeowners will be hosting garage sales in their garages and driveways. Cars, trucks, RV’s and trailers will be for sale in the main parking lot and at private homes. A food truck will be on site in the main parking lot for hungry shoppers.

Submitted by Luanne Whitaker: Questions? Email: whitaker62@comcast.net
News from the Inspiration Garden

Troop 38 Boy Scouts Community Project: Planting Olive Trees
Completed August 10th

Sean Stephensen, Eagle Scout candidate, planned, organized and completed a community project along with his Boy Scout Troop 38. The project at the Inspiration Garden included clearing a hillside for planting olive trees. This project was Sean's last requirement for his Eagle Rank. David Gibbons was the Polk County Master Gardener who oversaw the work.

The volunteers cleared out rocks, brush, berry-vines, and heavy grass from the quarter of an acre west sloping hillside. After raking the hillside level and mulching the planting area, they dug holes for 24 Olive Trees cultivars which have shown promise to survive Oregon winters. Because we have had a dry summer, each hole was filled with water three times prior to planting the olive trees. The planting medium was supplied by Scotts Miracle-Gro Company on Hanna Rd, Independence, Oregon. Congratulations Sean!

Submitted by Sean Stephensen and Darrell Ward

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Grow your own snacks: Peanuts in the garden

Contributed by Karen Lippsmeyer

Peanuts, *Arachis hypogaea*, are legumes native to South America. Also, known as groundnuts, monkey nuts, and goobers, we tend to think of peanuts as a warm weather crop grown in the south. However,
peanuts have been cultivated as far north as Ontario, Canada.

Four varieties of peanut are grown for specific characteristics:
* Valencia Peanuts are the sweetest and eaten raw, boiled or roasted.
* Spanish Peanuts are smallest and have the most oil. They are grown for roasting, peanut oil and snack mixes.
  * Runner Peanuts are used for grinding peanut butter.
  * Virginia Peanut are the largest and roasted in the shell.

Peanuts are interesting plants because they are self pollinating and produce little yellow flowers above ground. After pollination, they form peduncles, or "pegs", which grow down into the ground where the peanut filled pods are produced, see picture.

Last year, I planted peanuts at the Inspiration Garden and none of them germinated. I tried again and failed. This year I planted Tennessee Red Valencia Peanuts which have a shorter number of days to maturity. They were planted in 4" pots and placed on a heat mat to overcome cool soil temperatures. This resulted in almost 100% germination. Peanuts were kept on the heat mat until 3-4" tall and then transferred to my garden.

Did you know?
* A healthy peanut plant can produce 50-100 peanuts?
* The average American eats 6 pounds of peanut products per year.
* You should grow 10-12 peanut plants per household member.
Yoga for Gardening: Poses to Practice in the Dirt

Judy Wardrum became a Polk County Master Gardener in 2017. She and her husband built their home in Dallas, OR in 2012 after Judy medically retired in 2009. She had a lifelong interest in gardening and the desire to landscape the blank slate of new construction.

Beginning with terraces and raised beds filled with good soil; then taking the Master Gardener Class and investing in ergonomic tools was not enough. She found that strength, stamina and balance were lacking. Losing weight, physical therapy, walking and pool exercises were not quite doing the trick, especially for balance and pain management in the garden.

In March 2017, she enrolled in a class at the Dallas Yoga and Balance Studio with fellow Polk County Master Gardener Willie Thompson. Her ability to build core strength, flexibility, and balance improved. Weight loss accelerated as well. The proper stretching, posture and balance she has learned in the Yoga class is becoming a natural part of her life and has greatly improved her gardening enjoyment.

Jo Arras is a yoga instructor at Dallas Yoga and Balance Studio. She will be joining Judy at our September meeting to discuss and demonstrate how to bring yoga into your gardening experience. Shoveling, squatting, kneeling and bending over – the forms your body has to assume to plant and care for your garden - all take a toll on your body. They will share tips on how to minimize the effects of some of gardening’s most popular positions. You will learn before, during and after garden stretches, proper lifting, balance principles to avoid falls, as well as getting down close to the dirt and getting back up again.
Wear comfortable clothes and come join the fun. See you there. Namaste!

Submitted by Judy Wardrum

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Summer Clinic News
- Serving our community by promoting research-based, sustainable gardening practices -

West Salem Farmer’s Market

Crazy Days, Dallas

Polk County Fair
Community Crush!

Date: Saturday, September 14
Time: 10:00 am - 5:00 pm
Place: E.E. Wilson Wildlife Refuge & Spiritopia

Join us for a free, family-friendly apple harvest and pressing day at E.E. Wilson Wildlife Refuge and Spiritopia Distillery! Come pick the wild orchard apples at E.E. Wilson or bring your own fruit, and get a certificate for a free glass of fresh-pressed cider just a few miles south at Spiritopia.

Or, if you prefer more immediate gratification, head straight to Spiritopia to enjoy the fruits of the day's labor with a glass of fresh cider or pommeau (cider plus brandy). Better yet, you'll be sipping that apple-y goodness knowing that part of the proceeds for each glass will be donated to the Luckiamute Watershed Council in support of local watershed conservation!

For more information, visit http://www.spiritopia.com/1st-annual-community-cider-crush-91419-10-5pm/

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Suzanne Teller
Outreach Coordinator
Luckiamute Watershed Council
165 D Street
Independence, OR 97351
Office: 503-837-0237
Mobile: 971-312-7192
Vicki Brink Presents:  GARDEN COLORS BLOOM! WOW!

Color doesn’t have to come JUST from flowers!

Here are some of my new colors this summer and they’re all comfortable too!

(No watering or weeding required)
From the Eyes of a Polk County Master Gardener, Amelia Gardner, who happens to be a gardener.

Bees are among us. The grapes are the ones I got from Darlene and they are looking good. The apple is a way to show why it is important to thin apples.

Some of us preserve and can not let anything go to waste. I was only going to do a single batch but we ended up with a variety instead. The spice of life, pickled!!

Important Things to Know

Mission: “To serve our community by promoting research-based, sustainable gardening practices.” OSU

Polk County Master Gardeners
Neil Bell, OSU Ext. Horticulture Agent
Rachel Villwock, Program Assistant
Carla Cudmore, Program Assistant

Membership dues: $20/year

Please send inquiries, address changes, and membership renewals to:
Polk County Extension Office
289 E. Ellendale Ave, Ste 301
Dallas, Oregon 97338
Extension Office: 503-623-8395
Master Gardener Merchandise:
Jan Quintens - 503-623-9442 cell: 541-659-3012
Cuttings Through the Year $9
Mac's Field Guides (each): $6
  NW Trees
  NW Wildflowers
  NW Good/Bad Garden Bugs
  NW Park/Backyard Birds
Trees to Know in Oregon (2010) $14
Shrubs to Know in PNW Forests $9

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Polk County Master Gardeners
Oregon Master Gardeners Association
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