CULTIVATING is a quarterly publication of Oregon State University Polk County Extension Service and Polk Soil And Water Conservation District. Included in these pages, readers can find practical information on farm and forest management, on home and lifestyle choices, and on the many programs and services available through the Service and the District.
The Polk County Office of the Oregon State University Extension Service provides research-based educational information and programs in Agriculture, Forestry, 4-H/Youth and Family and Community Development for the citizens of Polk County.

OSU Extension's mission is to convey research-based educational information and search-based knowledge in a way that is useful for people to improve their lives, their homes, and their communities.

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### Calendar of Events

#### June

- All Month  
PSWCD – Taking special pre-orders for native fall bulbs sale
- June  
PSWCD – Finance Committee Meeting – Polk SWCD Office – 580 Main St., Suite A, Dallas, OR 97338 – 9am (First Thursday)
- 12 – PSWCD – Monthly Board Meeting and Budget Hearing – ACF Arts & Crafts Brady – 5205 S. Pacific Hwy, Rickreall, OR 97377 – 6pm
- 17-18 – OSU Extension – Youth Nature Day Camp – Monmouth
- 17-19 – Youth Tractor Safety Course – Aumsville – andrea. leco@oregonstate.edu
- 18-20 – OSU Extension – Youth Nature Day Camp – Dallas
- 25 – OSU Extension – Preserving the Valley’s Fruits Workshop – Salem
- 26-28 – OSU Extension – 4-H Summer Conference – Corvallis

#### July

- 1 – PSWCD – Personnel Committee Meeting – Polk SWCD Office – 580 Main St., Suite A, Dallas, OR 97338 – 5pm
- 4 – OSU Extension and PSWCD – Closed in observance of Independence Day
- 4 – PSWCD – Independence Day Parade – Independence
- 10 – PSWCD – Monthly Board Meeting – Polk SWCD Office – 580 Main St., Suite A, Dallas, OR 97338 – 6pm (Second Wednesday)
- 16-18 – OSU Extension – 4-H Wild West Camp – 4-H Center W. Salem
- 18 – Shovel Me Timbers – Drying Fruits & Veggies Workshop – OSU Extension Polk County
- 20 – Fair Beautification Day – Polk County Fairgrounds – Volunteer Opportunity
- 23 – OSU Extension – Pressure Canning How To Workshop – Salem

#### August

- 3 – OSU Extension – Tuna Canning Workshop – OSU Extension Polk County
- 5-9 – OSU Extension Polk County office CLOSED – move to Polk County Fairgrounds
- 6-9 – OSU Extension – 4-H Horse Camp – 4-H Center W. Salem
- 8-10 – PSWCD at Polk County Fair
- 8 – PSWCD Monthly Board Meeting – Polk SWCD Office – 580 Main St., Suite A, Dallas, OR 97338 – 6pm (Second Wednesday)
- 10-11 – Polk County Fair – Polk County Fairgrounds
- 10-12 – Cultivating Activity Tent – Polk County Fair – Free with Admission to Fair
- 10 – OSU Benny Beaver at the Polk County Fair
- 12-17 – OSU Extension – 4-H Wild West Camp – 4-H Center W. Salem
- 20 – OSU Extension – Preserving Tomatoes & Salsas Workshop – OSU Extension Polk County

#### September

- 2 – OSU Extension and PSWCD – Closed in observance of Labor Day
- 11 – PSWCD – Monthly Board Meeting – Polk SWCD Office – 580 Main St., Suite A, Dallas, OR 97338 – 6pm

### Who We Are

Nearly 3,000 Soil and Water Conservation Districts (SWCD) across the United States are helping local people conserve land, water, forest, wildlife, and related natural resources. SWCDs are charged with directing programs to protect local renewable natural resources.

Polk SWCD was formed in April 1966, and promotes erosion control, reduction of invasive species, improvements to farms and forests, control of animal waste, as well as improving wildlife habitat and water quality/quantity issues in Polk County. The Polk SWCD is administered by 7 locally elected volunteer directors representing 5 zones and 2 at-large positions within the county. The Polk SWCD is a source of information and education on natural resources.
Oregon’s Newest AVA Gets Its Due

By Mitch Lies
Cultivating Editor

Jeff Havlin of Havlin Vineyards has long known his grapes are unique to others in the Willamette Valley. Getting the Alcohol and Tobacco Tax Trade Bureau to recognize that, though, was no easy proposition.

But, after seven years, a lot of dotted “I’s” and crossed “T’s”, an initial rejection and a lot of patience, Havlin and other vineyard owners and winemakers in the newly designated Van Duzer Corridor American Viticultural Area have gained their due.

“Waiting and making sure everything was on track was the hardest part,” said Florent Merlier, the winemaker at Van Duzer Vineyards. “We were eager to get that approved as early as we could, and we fairly quickly realized that everything takes a little bit longer.”

Van Duzer and Havlin Vineyards are two of nine brands that make up the Van Duzer Corridor AVA. The corridor is the seventh sub-AVA of the larger Willamette Valley AVA and the nineteenth AVA in Oregon.

Other wineries in the roughly 36-square mile Van Duzer Corridor AVA include Firesteed Wines, Left Coast Cellars, Andante Vineyard, Chateau Bianca Winery, Namaste, Johan Vineyards and Holmes Gap. The AVA forms a triangle bordered by Oregon Highway 22 and Oregon 18 and coming to a point near Chateau Bianca Winery. A total of 18 vineyards are in the AVA.

Difficulties in establishing a new American Viticultural Area became apparent early in the process, Havlin said. Take something as simple as establishing a name. “Finding the right name was problematic,” Merlier said.

“Waiting and making sure everything was on track was the hardest part.”

Florent Merlier
Winemaker at Van Duzer Vineyards

The corridor’s informal AVA committee, which Havlin chaired, originally chose the name Perrydale Hills. According to AVA rules, however, a name must have historical significance and only through printed reference can that be established. Finding the name Perrydale Hills in print proved difficult and, ultimately, the committee was unable to do so.

“I had 18 affidavits from county people and other government people,” Havlin said. “The old guys at the museum on Highway 99 told me that is the name of this area. Folks said it has always been called the Perrydale Hills.

But the lady at the Alcohol and Tobacco Tax Trade Bureau said it had to be in print.”

In the end, the winemakers and vineyard managers settled on Van Duzer Corridor, only to again have difficulty finding the name in print.

“I sent the lady nine different things,” Havlin said. “She said none of those are good enough. Then she called me back on Monday and said, ‘I got on my government computer. They are a little stronger than yours, and I found it. The name is good. You can go with it.’

“This woman was so helpful,” Havlin said. “She really went to bat for us. And so, we got the name.”

Proving that Van Duzer Corridor grapes were different from others in the Willamette Valley was the next step. For that, the group took temperature readings at the airports in Salem and McMinnville and compared them to temperature readings at a weather station near Adante Vineyard, which is about one mile from Havlin’s property, northwest of Dallas.

“I had four years of numbers to show,” Havlin said.

Because of winds that funnel from the Oregon Coast through the Van Duzer Corridor, the
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corridor’s degree days are roughly 10 percent behind other areas of the Willamette Valley, according to the readings.

“They get winds in the Eola Hills, too,” Havlin said of the adjacent AVA, “but by the time the winds get there, they are all dispersed.”

According to data that Merlier has uncovered, the wind speed at Van Duzer Vineyards is roughly double the average wind speed in the Willamette Valley.

“You come here in the summer and the spring, and you will see that in the early afternoon, we start getting the wind,” Merlier said. “Usually by two, three o’clock in the afternoon, that really nice wind kicks in.”

In addition to lowering the temperature, the winds dry out grapes, which lowers disease pressure. And, as temperature drops, grapes react by thickening skins.

“I can’t tell you how many different winemakers have come out here and said, ‘Your skins are so thick,’” Havlin said. “And that is a cool thing, because in wine grapes, that is where your color and your flavor is. Consequently, our wines are darker and they have more flavonoids.”

In recent years, which have been relatively hot, Van Duzer Corridor grapes have had a little less sugar accumulation and a little less acid degradation than grapes in the rest of the valley, Merlier said.

“That allows us as winemakers to extend maturation on the vine and create the perfect ripeness for colors and tannins,” Merlier said.

The wind’s buffering effect also contributes to more consistency, year in and year out, Merlier said.

“For me, this area is one of the few areas within the Willamette Valley where I think we can produce wine that is extremely balanced from vintage to vintage,” Merlier said. “I think the proximity of the Van Duzer Corridor and the buffering we get is set up like turning down some of the extremes that you might get.

“I want wine that is fruit forward, that has bright expression, and I think I get that from fruit that comes from this AVA, and especially from these vineyards right here (at the Van Duzer site),” he said.

Several varietals perform well in the corridor, Merlier said, including, Pinot gris, Chardonnay and, most notably, Pinot noir. With climate change, the corridor could see warmer varietals in the future, he said.

“The average amount of degree days that we are getting now versus what we were getting 30 years ago is drastically different,” he said, “and I think there is kind of an opening for a warmer varietal in this area. That said, we aren’t going to be growing Cabernet sauvignon in the next 25 years, but I think there is an opening for some Cabernet franc, for example, and also for some Syrah.

“Obviously, it is not going to be like Rhone Valley Syrah, but I think it is going to be a representation of what this area can produce,” Merlier said.

With only nine wineries in the AVA, the Van Duzer Corridor is one of the smallest AVAs in Oregon, a fact that could inhibit efforts to promote it. Several of the corridor’s wineries are pooling resources, however, and hope to begin online promotions, including posting an online map of Van Duzer Corridor tasting rooms, in the near future.

“I think it is up to us to market the area and create an interest in the AVA,” Merlier said. “That may mean producing truthful wines that represent and reflect the quality that we are producing, and also explaining to consumers why we are so different and why this area is so unique and so special for wine production.”

Merlier said it may take six months before the new AVA logo starts showing up on labels. When that occurs, wine connoisseurs will have a little better idea of the quality and unique characteristics of the wine behind the label, and Van Duzer Corridor wineries will finally have their due.
OREGON'S
WILLAMETTE VALLEY

The Willamette Valley is the largest, oldest, best-known and most-visited American Viticultural Area in Oregon. It encompasses the Willamette River watershed from south of Eugene to north of Portland. Protected by the Coast Range to the west and the Cascade Range to the east, the AVA is famous for its Pinot noir and accounts for more than 80% of the wines made in Oregon.
Q: 1. What is a resource management plan?
A: Have you ever tried to visualize how you would like your land to be used or how it should look? A resource management plan is the first step to successful land and natural resource management. The District or our partners can help you define what you want and what the resources on your property are capable of. We can assist you in developing forestry, range, farm, wildlife, and wetland management plans, amongst others. Stop by and make an appointment with one of our resource specialists.

Q: 2. Are there types of funding available to help me implement my management plan?
A: The information the District collects from our Local Working Group meeting every January helps us define the natural resource interests and needs of our constituents. We try to provide funding for those needs and interests through partnering with the Natural Resource Conservation Service (NRCS), applying for grants through the Oregon Watershed Enhancement Board (OWEB), Oregon Water Resources Department (OWRD), non-profit groups, and other public and private sources. Currently we have some funding for forest health projects including oak woodland restoration, and for creating vegetative buffers along waterways and wetlands to help filter nutrients and pesticides (if associated with agriculture). A new biennium of grant funding from OWEB for small resource management projects up to $15,000 will begin in June 2019. We are also working on two new funding pools for 2020 with the NRCS that will address soil health in orchards, specifically newly established hazelnuts; and to continue the forest health project funding pool, but with some new twists. All funding sources are competitive and must be applied for and then ranked for eligibility. Please inquire. There are also funding programs available for underserved constituents. Historically underserved programs with the NRCS include: Beginning Farmer/Rancher (operating less than 10 consecutive years), Veterans, Socially Disadvantaged (African American, American Indian, Alaskan Native, Asian, Hispanic, and Pacific Islander), and Limited Resource Farmer/Rancher (farm sales less than $176,800 and family below poverty level).

Q: 3. How can I prepare my home against wildfire danger?
A: An often-overlooked management plan is that for protecting your rural home or buildings from wildfire danger. Each year more people move into or utilize previously uninhabited forested or rural areas. In Polk county we often have hot, dry, summer weather which greatly increases the risk of fire danger. Please remember that rural fire departments have longer response times, limited water hydrants, and unpaved roads to travel to try and help you. A great website to visit to learn about wildfire prevention around your home and buildings is: www.firewise.org.

Q: 4. How can I tell what kind of soil I have?
A: A soil test is essential for determining soil type and fertility on your property. Figuring out your soil type can help you prevent unnecessary erosion, its ability to filter or retain water, to choose the right kinds of plants for your soil, it’s depth to bedrock, etc. It is a requisite to good natural resource management. A free on-line document called the NRCS Web Soil Survey can teach you generally about the properties of the soil on your land and can be found at: websoilsurvey.nrcs.usda.gov. If you would like a formal soil test, visit our website at: https://www.polkswcd.com/soil-fertilizers-and-soil-testing-information.html for a list of resources.
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Clerodendrum

Clerodendrum trichotomum

Koelreuteria

Koelreuteria paniculata

Lagerstroemia
The list of annuals, perennials and even shrubs that can color the summer garden is very long in each case, so with a good complement of plant choices from these groups, it’s easy to assure bloom in the garden all summer long. And although your choices of spring blooming trees is similarly plentiful, if you are seeking a tree that will provide bloom in July through early September, the list is quite a bit shorter. Nevertheless, there are some attractive trees that will fulfill this role and complement the rest of the garden. The list below provides a bit more detail on some of these trees and their characteristics.

**GLORYBOWER**
*Clerodendrum trichotomum*

Although not really widely planted, this deciduous shrub or small tree is native to Eastern China and Japan and is instantly recognizable, even from a distance, by its broad dark green leaves (which are pungent when crushed and reputed to smell like peanut butter) and most importantly, the fragrant white flowers, which appear in August. The scent of the flowers can carry a considerable distance on warm summer days. The flowers eventually produce blue fruit surrounded by a red calyx. One thing to consider if you are thinking of this tree is that it does sucker with abandon, so some strategy to corral the spread of the root system might be advisable before planting.

**SILK TREE**
*Albizia julibrissin*

This deciduous tree is native from Iran through central China. It grows quickly to 20-30’ and develops a spreading crown. It is curious in that it is one of the last trees to leaf out in the spring, so do not be alarmed if it lags behind all the other plants in your yard in spring. The leaves are large and composed of many leaflets, giving the tree a fine-textured appearance unlike anything else. The fragrant flowers are borne in abundance and appear like pin cushions. They drop from the tree individually as they finish blooming, so be prepared to rake or mow them up. There are several cultivars available, including ‘Summer Chocolate’ which has dark red leaves that turn reddish-brown or brown.

**GOLDENRAIN TREE**
*Koelreuteria paniculata*

This deciduous tree is native to China, Japan and Korea and grows to 35’ tall with a rounded crown. The flowers are yellow and borne in clusters up to 15” in mid-summer, covering the canopy of the tree. There is an upright form of the species called ‘Fastigiata’ available.

**ANGELICA TREE**
*Aralia elata*

This deciduous shrub or tree is native to China, far eastern Russia, Korea and Japan. Mature specimens may grow to be 45’, though they are typically much shorter. This is another suckering shrub/tree whose suckering requires management, ideally by controlling the spread of the root system. The stems are upright and spiny and leaves are large and compound, giving the plant an unusual look. The flowers are borne in broad, flat terminal clusters at shoot tips in mid-summer. This plant is highly attractive to pollinators like honeybees and can frequently be buzzing audibly with their activity.

**CREPE MYRTLE**
*Lagerstroemia spp.*

These deciduous trees or shrubs are native to China and Korea. Many hybrids among the principal species have been bred which are resistant to disease and also bloom well in the Willamette Valley. These plants have very attractive peeling bark, which is a major ornamental attribute. The characteristic for which they are best known, though, is the clusters of flowers at the shoot tips in late summer and fall. There are a number of very showy hybrids which are available. These include, among others, ‘Arapaho’, ‘Dynamite’, ‘Hopi’, ‘Natchez’ and ‘Tuscarora’.
Well Going Dry?

By Chrissy Lucas
OSU Extension Groundwater Education

While changes in an aquifer can result in a well producing less water than in the past, many people overlook the possibility of a pump or well construction problem. This page will help you determine which of these may be the cause of your problem.

Water tables often fluctuate naturally from season to season. In general, the shallower the well, the greater the risk of water levels falling in response to dry conditions. This is because many shallow wells are drawing water from surface (water table) aquifers that are recharged primarily through precipitation. If you are unsure if you have a shallow well, check your well log or contact your watermaster for assistance.

Another potential change in the aquifer is if overpumping is occurring. The level of water in an aquifer can fall if water is being pumped at a rate that exceeds natural replenishment. Pumping creates a cone of depression in water table aquifers. This localized lowering of the water table can be significant when pumping is excessive. In addition, if the cones of depression for two or more wells overlap, well interference can occur.

In some regions, the amount of water in the aquifer is limited due to geology making the groundwater resource especially vulnerable to depletion. There are several areas in Polk County that have been identified as limited water areas. This designated effects new development of land for housing and other land use.

Since wells draw water from aquifers below the earth’s surface (in some cases, many hundreds of feet below the surface), the amount and accessibility of this water can be altered by geologic events including earthquakes, volcanoes, and mudslides. In diagnosing limited water problems, consider the possible effects from recent geologic activity. The activity may not be considered a “large” event, but something smaller and not felt on the surface can still affect the aquifer.

Sometimes limited water or issues with water coming from your well can be tied to the pumps we use to pull water from the aquifer.

CLOGGING

- Wells and well components require periodic maintenance to ensure efficiency. Pumps should be adequately screened. In addition, sometimes pumps can become clogged from small bits of debris that have entered the bore hole over time. Contact your well or pump contractor to discuss pump maintenance.

MALFUNCTION

- While pumps can last for many years, they sometimes need to be serviced or replaced. If you think your pump is not functioning properly, contact your well or pump contractor.
PUMP PLACEMENT

• Pumping a well will cause a cone of depression to form in unconfined aquifers.
  • If the water level within the cone of depression drops below the depth of your pump you will be temporarily unable to reach water. Decreased water demand will allow the water level to rise again if the aquifer is not already depleted.
  • In some cases your pump can be lowered to increase access to aquifer water. Consult with a well or pump contractor to determine if this is an option.

Sometimes limited water can be a result of issues with the well itself, all wells may be put in to the same construction standards, but wear differently over time.
  • Decreased well efficiency can sometimes be associated with the following:
    • Deposits in the well bore hold (this can occur naturally and over time the deposits need to be cleaned out).
    • A well that was never fully developed
    • Inappropriate screening to allow for free water movement (wire wrap screens are usually preferable to slotted screens).
  • Bacterial deposits (e.g. iron bacteria)
    • If you know your well is shallow and you have had water supply problems in the past, you might consider deepening your well. If at all possible, contact the original contractor who constructed your well.
    If your well is unable to meet your domestic water needs you will need to consider either deepening the existing well or drilling a new well. DO NOT attempt to deepen your well or construct a new well without the help of a licensed well contractor. DO NOT pour water from another source into your well. Your well is connected to an aquifer and is not a storage device.

NEVER EXPERIENCED WATER ISSUES? MAKE SURE TO MONITOR!

• Note changes in water pressure. Reduced water pressure may be a forewarning of a lowered water table and aquifer depletion. However, keep in mind that loss of water pressure may also indicate well inefficiencies or problems with your pressure tank.
  • Talk to neighbors who may be drawing water from the same aquifer. The more information you have about the water level in your aquifer, the better prepared you and your neighbors will be for ensuring that your water needs are met.
  • Protect your pump. If you have not already done so, you can install an automatic low-flow shutoff switch (“pump saver”) that will protect your pump in the event of a dry well. This shutoff can be easily installed in the control box for your well pump and typically costs under $150.
  • Additional water storage devices. Storage devices such as above ground holding tanks and underground cisterns may provide needed water while allowing more time for the aquifer to recharge during the dry periods.

Adapted from http://wellwater.oregon-state.edu/limited-water
Schools out; summer’s here. For most kids that means a fun carefree summer of sleeping in, video games, skateboarding and playing with family and friends.

But if you’re in 4-H, it’s one of the busiest times of year. We’ve got kids going every direction: attending a weeklong stay at Oregon State University for Summer Conference, youth experience campus life, living in the dorms, eating in the cafeteria and taking classes in college classrooms. We’ve got younger members participating at 4-H camp at the 4-H Center in West Salem. The end of June, our shooting sports members will take part in their state tournament, working towards a national trip to Grand Island, Nebraska, for next year.

Don’t miss our Polk County Fair, August 8th, 9th and 10th at the Polk County Fairgrounds in Rickreall. We’ll have over 350 4-H members exhibiting over 2,200 projects. They’ll be judged by qualified judges from across the state on their efforts and receive ribbons, trophies, and cash prizes for all their hard work.

Don’t miss our Polk County Fair, August 8th, 9th and 10th at the Polk County Fairgrounds in Rickreall.

Members gain a wide array of basic living skills that will prepare them well for what lies ahead as an adult. They learn responsibility through caring for their animals; they learn time management as they work on getting their entries and projects completed on time. They gain skills in teamwork, leadership and tenacity as they work together as a club vying for their club herdsmanship (barn housekeeping) awards. Above all they’ll learn sportsmanship — how to be a grateful winner as well as graceful loser. Their public speaking skills will serve them well in adulthood.

With all these busy events and a whole lot more throughout the summer, most of our 4-Her’s look forward to school starting so they can get a chance to rest from their busy summer.

If you want to share your talents as a leader or get your school-age child (K-12) involved in 4-H, our new 4-H program year begins on October 1st. Come on in to the Polk County Extension Office, 289 East Ellendale, Suite 301, to find out all the opportunities available in 4-H. You can also go on line to our Extension webpage to see all the projects offered in 4-H. Complete a member-interest survey and we’ll work to find a club for you. Watch our webpage as well as Facebook page for our 4-H STEP (Short-Term Educational Programs) classes.
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Cross-sector collaborations foster success!

By Tonya Johnson
OSU Extension Family Community Health

Born out of an idea to increase access to fresh fruits and vegetables in the Edgewater District, the West Salem Farmers Market is back for a second season of food, fun and festivities.

Edgewater is home to Northwest Human Services (NWHS), a federally qualified health center whereby 66 percent of clients live at or below the 200 percent poverty level, and 44 percent live in a food desert. Recognizing that poverty and food insecurity lead to poor health outcomes, NWHS desired to work upstream to increase access to fruits and vegetables at or near the health center.

In March 2018, partners gathered together with NWHS to explore the feasibility of bringing a farmers’ market to the Edgewater District. Partners included a neighborhood-building group called Edgewater Partners, NWHS, Salem Community Markets, City of Salem, Salem Leadership Foundation, and OSU Extension Service. Due to strong cross-sector collaboration and local business sponsorships, the market opened July 5, 2018 and ran weekly for 13 weeks averaging 22 stalls per week. Neighbors, passersby, vendors, sponsors, and partners shared how much they enjoyed the market. Not only did the market increase access to fresh fruits and vegetables, it built community!

With the support of partners and sponsors, the market returned for its second season on May 2nd. It will continue to take place every Thursday from 9:30-1:30 pm through September 12th. The Market is located in the greenway along Edgewater Street, between Gerth and Kingwood Streets in Salem – directly across the street from Northwest Human Services. Special events are planned for the second Thursday of each month.

In this second year, partners hope to continue to bring the Edgewater community together to support local vendors, to build relationships and vibrancy, and to support healthy living in our area. The market is open to everyone in the community, promoting diversity and acceptance among all supporters. The market hosts a variety of vendors highlighting items grown or handmade in the Willamette Valley, including Pharaoh’s Farm and Stella B Naturals from Polk County. There are also information booths promoting community resources, and OSU Extension Service will offer food demonstrations, Food Hero recipes, and tips to safely preserve the bounty!

Please join us once again at the West Salem Farmers Market - Thursdays May 2 - September 12 from 9:30-1:30pm. Don’t forget to stop by on June 13 to enjoy a special event activity for all ages – one not to be missed! We look forward to seeing you there!

Need additional info? Find details and upcoming events at www.facebook.com/edgewaterpartnership or at https://www.salemcommunitymarkets.com/thursday-market.html
Salad Greens Provide Vitamin K

By Carly Kristofik
OSU Extension SNAP-ed

Salad greens are an excellent source of vitamin K, which helps stop bleeding. When shopping for salad greens look for leaves that are fresh and show no signs of wilting or spoiling. Buy an amount that you can use within about a week. Whole heads of lettuce might cost less than containers of ready-to-eat greens and salad kits. Check a farmers’ market or farm stand for a variety of local fresh greens in season.

When kids help make healthy food, they are more likely to try it. **SHOW KIDS HOW TO:**

- Swish greens in a bowl of water to remove dirt.
- Peel or cut fruit or veggies.
- Measure and stir ingredients for salad dressings.

Try making this Food Hero’s Spring Green Salad and Food Hero's Ranch Dressing at home with your kids. For more Salad Greens recipes visit FoodHero.org.

Las hojas verdes para ensalada son una fuente excelente de vitamina K, lo que ayuda detener el sangrado.

Cuando compre hojas verdes para ensalada busque hojas frescas y que no se están marchitando o echando a perder. Compre una cantidad que pueda utilizar dentro de una semana aproximadamente. Cabezas enteras de lechuga podrían costar menos que los paquetes de hojas verdes listas para comer y kits de ensaladas. Busque en un mercado de agricultores o un puesto de granja para una variedad de hojas verdes frescas en temporada.

Cuando los niños ayudan a preparar los bocadillos, son más propensos a probarlos. **ENSEÑÉLES A LOS NIÑOS A:**

- Revolver las hojas en un recipiente con agua para quitar la tierra.
- Pelar o cortar las frutas o las verduras.
- Medir y revolver los ingredientes para un aderezo para ensaladas.

Trate de hacer la Ensalada de Primavera y el Aderezo Ranchero de Héroe de Alimentos en casa con sus niños. Para más recetas con hojas verdes visite FoodHero.org/es.
On April 19th 2019, the Oregon State University Olea Olive Research Project and the Mid-Willamette Valley Small Farms Program hosted the first annual Oregon Olive Growers Meeting for new and potential olive growers in Oregon. The gathering, which took place at the Marion County Extension Office in Salem, was an opportunity for olive growers, industry partners, and OSU Extension to have informal conversations about the current state of olive production in Oregon.

At the meeting, the Olea Project gave updates on research progress and fielded questions from growers and anyone interested in growing olives. The meeting was a chance for growers, both new and existing, to learn more about opportunities to participate in collaborative research and to give feedback to the Olea Project. A panel discussion was held with three growers, Paul Durant, Myron Redford, and Tom Vail, who are currently producing olives in Oregon. They shared their experiences, including the challenges, of growing olives in Oregon, and answered questions from the audience of prospective new growers.

The Olea Project looks forward to hosting similar events in the future. We have been busy with several research trials and it was exciting to share the initial findings with interested parties. If you are interested in learning more about the project, please visit our website at blogs.oregonstate.edu/olives.
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Polk County wine grape grower Jeff Havlin thought he knew what he was getting into in 2016 when he agreed to provide habitat for Fender’s blue butterfly. All of his skills gained through Master Gardener training and grape growing, however, were tested.

Growing Kincaid’s lupine, the preferred host for the endangered butterfly, it turns out, is much harder than he imagined. Even getting the seed was difficult, but Havlin eventually found seed through the Institute for Applied Ecology, an organization out of Corvallis.

“I figured like other seeds in the pea family that you rough up the seed coat, then cold treat them, plant them and they will grow,” he said.

Havlin and his wife, Ling, placed the roughed-up seeds in a refrigerator between two sheets of paper towels, got them to sprout, planted them in pots, watered them up, only to watch the plants die by year’s end.

Havlin went through a similar process in 2017, this time shortening the duration the plants were in pots, only to watch them die again.

“My contact at the Institute for Applied Ecology told me the weather wasn’t conducive that year and that nobody got anything,” Havlin said.

So, Havlin repeated his efforts in 2018. “I’ll be darned if we didn’t get a nice little stand,” he said. “They lived all summer, and I guess we’ll see now if they live through another year.”

Fender’s blue butterfly was thought to be extinct from 1937 until it was rediscovered in the Willamette Valley in 1989. According to the U.S. Fish and Wildlife Service, it currently occupies 32 sites in Yamhill, Polk, Benton and Lane counties.

“Tremendously important seeds in the pea family”

Much like milkweed is for the monarch butterfly, Kincaid’s lupine is critical to the survival of Fender’s blue butterfly. The butterfly lays its eggs on the lupine; the lupine’s nectar provides food for its larvae; larvae overwinter at the base of lupines before reemerging the following spring to again feed on fresh lupine leaflets, eventually reemerging as a butterfly to restart the cycle.

Havlin was informed that his property could provide a well-positioned breeding ground for the butterfly by a Fish and Wildlife Service biologist, who was on Havlin’s vineyard to talk about preserving the oak savannah that rims his property.

Far from being discouraged by the difficulties he’s encountered in establishing Kincaid’s lupine, Havlin said his interests in preserving the butterfly have only increased since he started on the project. “I’m all in,” he said. “I know I’m going to make it work. I don’t care if it takes me until I fall over. I have the land, I have the plants, and it is kind of like that movie: If you grow it, they will come.”

If any doubt persists about his resolve, note that Havlin recently changed his vineyard’s name. Havlin Vineyards is now Fender’s Rest.
Efforts Continue to Eradicate Water Primrose

ACTIVELY TREATING INVASIVE SPECIES IN POLK COUNTY

By Jackson Morgan
Associate Farm Specialist
Polk SWCD

With the current level of global interconnectivity, the introduction of invasive plants and animals that cause millions of dollars’ worth of damage, and cost millions more to begin to control, is to be expected. The most commonly referenced research on the topic (Pimental et. Al. 2005) states that invasive species cost the United States upwards of $120 billion in damages each year; Whether tucked away in a pallet coming internationally, hidden in firewood, or intentionally brought in as pets or for landscaping purposes, human activity has been responsible for the introduction of many of these species.

Many of the damages associated with invasive species are easy to quantify (loss of product value, increased management/eradication costs, etc.) but the ecological damages are hard to put a price on. Invasive plants and animals threaten devastation of our natural areas, our native species and unfortunately, many of our currently listed endangered plants and animals. Fortunately, Oregon isn’t currently faced with an infestation similar to that being experienced in areas such as the Great Lakes region regarding Asian Carp, or in the Southern U.S. with Burmese Pythons and Kudzu, but we do have our share of invasive species that we are actively fighting against.

The Polk Soil and Water Conservation District is currently in its second year of funding for the treatment of one of those species, Ludwigia Hexapetala, more commonly known as water primrose or Uruguay water primrose. Ludwigia is an aquatic plant initially brought into Oregon for “pondscaping” purposes that forms dense mats in waterways, out competing native vegetation, and reducing available oxygen for native fish. A native to South and Central America, Ludwigia Hexapetala was first identified at the Baskett Slough National Wildlife Refuge in the fall of 2016. As Baskett Slough is home to over 600 acres of federally protected wetlands that provide ample habitat to over 200 species of birds and waterfowl, the introduction of this species represents a substantial threat to suitable habitat. Although unsure of how it arrived at the refuge, the working theory is that an aquarium containing Ludwigia Hexapetala as a decorative plant, was dumped into Morgan Lake, which helps to feed Baskett Slough proper and its associated wetlands.

In several months, when the water levels recede within Baskett Slough NWR, contractors and staff with the U.S. Fish and Wildlife Service will begin chemical treatment of all known patches of Ludwigia. Between 2017 and 2018, these treatments resulted in a 30 percent reduction in Ludwigia presence. Given the efficacy of these treatments, and the intensive management possible within the wetlands, those associated with the project are optimistic about controlling and eradicating the species in the near future. While no stranger to other parts of the state including the main stem of the Willamette river, the infestation of Baskett Slough is the only known presence of Ludwigia within Polk County, if you suspect otherwise, or aren’t quite sure about what you’re seeing in your waterways, don’t hesitate to give me a call, and I’ll do my best to get to the bottom of it!
Medusahead (Taeniatherum caput-medusae), an invasive annual grass species, is now being found in the Willamette Valley, right here in Polk County. Why should you worry? If you own or manage naturalized open space, pastureland, vineyards, oak woodlands or oak savannah, please read this article.

Medusahead, among other invasive annual grass species, has been changing the western landscape of the Great Basin, including states such as Utah, Nevada, California, and Oregon, since 1887. It has slowly made its way into the Willamette Valley. This highly competitive grass germinates in late-summer and winter, develops its roots over winter and begins to grow in late winter, long before desirable perennials start to grow in the springtime. They use up valuable moisture and nutrients at a time when most perennial grasses are still “sleeping” so that by the time they are ready to wake up and grow, there isn’t much energy for them to utilize.

Medusahead’s competitive approach is such that once it has matured and produced seed, it dies and creates a thick thatch layer that doesn’t breakdown easily. The seeds are well adapted to growing up through this thatch, but many desirable forage grasses and forbs cannot. A thick layer of highly combustible fine fuels can develop if unchecked, just waiting for a fire to catch hold of it and create the perfect threat to you, your crops, livestock, wildlife, and buildings located on your property. Not only does the risk for wildfire increase, but the spread of this invasive annual grass, reduces quality forage for cattle and other livestock because of its high silica content and short growing window. It also outcompetes flower producing forbs thereby reducing pollinator habitat.

It is cost prohibitive for many land managers to have to restore, replant, and reseed large areas. Once established the annual grass seeds can remain established in seed banks in the soil for many years. If you can catch the spread of medusahead early enough and reduce the seed bank, already established perennial grass and forbs may have time to repopulate the area. Or you can drill in new preferred forage or use a lawn aerator and hand toss desired perennial species into the holes.

There are a variety of methods one can use to control medusahead populations early on, including prescribed burning, mowing and tillling in the fall, heavy grazing at the right time of year, using an herbicide that has been approved for use in Oregon, such as imazapic, or using an integrated approach of these methods. If you would like more information on controlling invasive annual grasses, the District has a variety of resources for you to read on our website at: https://www.polkswcd.com/invasive-species-watch.html

The Salem Electric Habitat Improvement Fund (HIP) has provided funding for the purchase of native seed and plants for the new pollinator garden at Eola Ridge Park. The Glenn and Gibson Creeks Watershed Council (GGCWSC) is partnering with the City of Salem to increase pollinator habitat in Salem Parks. This is an important environmental issue due to recently documented sharp declines in all insects. We especially care about pollinators because we are dependent on them to pollinate our food, fiber and flower crops.

The insect decline is thought to be related to pesticide use so the watershed council encourages gardening with native plants that require less water and no chemicals to thrive.

For the new Eola Ridge Park pollinator garden, Marion County Community Service crews prepared the garden soil and planted native plants to provide habitat for pollinators. The pollinator garden will be a beautiful addition to Eola Ridge Park. Eola Ridge Park users and neighbors should notice increased use of this park by hummingbirds, butterflies, dragonflies, honeybees and other pollinators.

A big THANK YOU to all partners including Salem Electric HIP donors, City of Salem Parks Operations, Marion County Corrections and neighbors of Eola Ridge Park for making this project possible.

Salem Electric members wishing to contribute to the HIP may do so at the Salem Electric website www.salemelectric.com/members/habitat-improvement-program

All donations to this program go directly to habitat improvement projects in West Salem watersheds.
The pollinator garden will be a beautiful addition to Eola Ridge Park. Eola Ridge Park users and neighbors should notice increased use of this park by hummingbirds, butterflies, dragonflies, honeybees and other pollinators.
History Still Seen in Today’s Landscape
Big events of the past can still be seen in the landscape and vegetation today

By Brad Withrow-Robinson
Forestry & Natural Resources Extension Agent, Benton, Linn and Polk Counties

I was recently on a tour where we looked at how growing conditions, productivity and plant communities all change across the landscape according to elevation, soils, rainfall, aspect and other factors. These are often included in the term “site productivity”. These factors give important insights to the ability of a site to support different types of plants, and also how well they will grow there. This capacity to produce biomass, or support tree growth is often expressed in the important forestry concept of site class as described in this article.

We traveled from near the crest of the Coast Range back to the Valley floor to watch changes in site class and vegetation. Our final stop was a rock sitting on a small hill beside a vineyard in Yamhill County, looking out across the Willamette Valley.

It is a large rock (about 90 tons), unrelated to any of the bedrock of the hill. This rock helps tell a story of events during the last ice age that shaped the Willamette valley and its historic vegetation. It influences the present, largely agricultural, vegetation as well.

Near the end of last ice age (between 10,000 and 15,000 years ago), a finger of the continental ice sheet moved down along the mountains near today’s Idaho/Montana boarder. There it blocked the Clark Fork River with a massive wall of ice, which formed Glacial Missoula Lake. The lake was almost 3,000 square miles and up to 2,000 feet deep, and held as much water as both lakes Erie and Ontario do today.

Eventually the lake built up to a point when the dam failed catastrophically, sending a huge surge of water rushing across the landscape of eastern Washington. It raged towards the ocean, scouring out Washington’s coulees and channeled scablands, battered the Columbia Gorge (where it flowed nearly 1,000 feet deep), and spread out into the Willamette, forming a large lake. This happened not once, but repeatedly, perhaps dozens of times over centuries.

These violently rolling waters carried dirt and debris scoured from Washington and the Gorge into the Willamette valley. It raged towards the ocean, scouring out Washington’s coulees and channeled scablands, battered the Columbia Gorge (where it flowed nearly 1,000 feet deep), and spread out into the Willamette, forming a large lake. This happened not once, but repeatedly, perhaps dozens of times over centuries.

These violently roiling waters carried dirt and debris scoured from Washington and the Gorge into the Willamette valley. This heavy sediment load settled out as the water slowed and flowed up the Valley towards present day Eugene, dropping layers of soil on the valley floor now 100 feet deep or more. Larger, heavier particles settled first in the lower valley, finer clay particles stayed suspended and were carried farther up the valley. This is reflected in the soils of the Valley. The mid and southern valley floor is dominated by heavy, poorly drained clay soils, reflected historically by the vast wet prairies and savannas (also promoted by frequent fires). It is reflected today in the dominance of crops which are tolerant of wet ground, such as grass seed.

Of our trees, oak and ash like these soils, but conifers struggle.

So what does our rock at Erratic Rock State Natural Site have to do with this? Well, along with all the soil swept from Eastern Washington, the Missoula floodwaters carried icebergs, remnants of its glacial imprisonment in Montana. Embedded in the icebergs were rocks from Canada and Montana. After being swept into the valley, the icebergs ran aground near the edge of the lake, and eventually dropped their payload as they melted, often a hundred feet or more above today’s valley floor. The number and distribution of these glacial erratic rocks helps illustrate the extent of the floods, which reached up to near 400 feet above sea level today. That means Eugene would have been lakeside real estate during the floods 12,000 years ago, and Corvallis and Albany would have been under a couple hundred feet of water. Wow.

That puts the April 2019 floods into perspective, doesn’t it?
By Marc Bell  
Resource Conservationist  
Polk SWCD

The Natural Resource Conservation Service (NRCS) and the Polk SWCD have encouraged landowners and funded programs and projects to enhance and restore Oak savanna and woodlands for many years. The most critical step in Oak restoration involves reducing competition to ensure healthy oak trees for years to come. Fir, maple and other tree species can quickly outgrow the long lived and slow growing oaks, shading them out and reducing the oak’s ability to survive, much less grow readily. These programs continue to help private landowners release their ailing oaks but what comes after that?

Even “dense” oak woodlands are not meant to have a closed canopy; after a release is done, significant additional solar energy reaches the forest floor, warming the soil, spurring additional germination and vegetative growth in the understory. To no one’s surprise, this means a large number of weed and exotic or agricultural grasses can grow significantly, especially since releasing the oaks likely has disturbed the soil and left bare ground patches. A released oak stand without native grasses or flowering species is only half of the equation for oak habitat enhancement. An understory filled with native species is not only more diverse than sites dominated by one, two or three invasive species but also provides resources critical oaks habitat wildlife. Native flowering species in particular play a critical role of providing nectar resources for native insects which in turn pollinate other species and are a high protein food source for a variety of resident oak habitat bird species in the critical spring transition from juvenile to adult, as well as fuel for migration later in the fall season.

The NRCS Plant Material Center in Corvallis conducted two multyear studies in Yamhill and Polk county on abandoned orchard and pasture lands, as well as unmanaged oak stands, to research oak release mixes of native flowers and grass seed so land managers can find the most effective mixes to prevent the spread of invasive species into recently released oak stands. These studies are critically important not only for the ecological benefit but also because of the economic costs. With tailored native seed mixes of native plants available commercially, landowners can expect prices of some mixes upwards of $130 and $160 per pound of seed for premium mixes with up to 15 species of natives in them. As native seed is suggested to be spread at 5-10 pounds per acre, it is important to choose the right mixes and application rates!

The results of the study showed that applications of herbicide and mechanical mowing of sites repeatedly over the first year after release are critical to preventing a re-infestation of blackberry and non-native velvetgrass, tall fescue, bromes and oxeye daisy. Areas with no follow up weed control or seed were essentially native-free within a short period of time. No seed control plots were dominated by non-native grasses, blackberry and scotch broom. Seeding native mixes of 35 percent grass species and 65 percent forbs at 5 and 7.5 lb/ac (30 and 50 seeds/ft²) fared equally as well competing with weed species but adjusting to 10 lb/ac total (70 seed/ft²) made a significant difference, weed coverage was reduced to 21 percent from the near 70 percent weed species of the other two treatments. The most tenacious and readily germinating natives found were California oatgrass, Roemer’s fescue, yarrow, rosy seablush, selfheal, and meadow checkermallow. Armed with this knowledge private land managers can ensure their native seed budget goes as far as it can by including these species as a large portion of their mix.

Low level seeding trails resulted in natives finding small purchase among the weeds, but by densely seeding natives, land managers were able to see significant native species dominance with some weeds present. The data from this study and others that can help land managers ensure their efforts and budgets go as far as possible are available by contacting the NRCS Plant Material Center in Corvallis, the Polk SWCD or NRCS staff in Dallas for more information.
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