

J U L Y 2 0 1 7

Garden Beet

Newsletter of the Jackson County Master Gardener™ Association

It's me, your Editor checking in!



Did you know there is a Kite Festival in Brookings July 15th – 16th? Did you know that Central Point's Rogue Creamery has been called the best rest stop in Southern Oregon? Try their Rogue River Blue. And, did you know that on July 18th there is an extension class on "Summer Survival?"

This has been a fantastic first six months. The 2017 Master Gardener

class was amazing getting all our plants ready for Spring Garden Fair. Then, they volunteered hundreds of hours working the event. Do you realize we had 100% student participation? Phenomenal don't you think?

Another interesting event was the tour given by Botanist Frank Callahan in Central Point. He took several of us on a nature walk talking about our natural surroundings in the Rogue Valley. We saw *Triteleia ixioides scabra*, *Triteleia laxa* and *Freemontodendron californicum* to name a few. Frank was funny, knowledgeable, and obviously enjoys teaching. If you have a chance please sit in on one of his lectures. It will be a couple hours well spent laughing and learning. Fingers crossed he will be teaching at the Winter Dreams/Summer Garden Symposium in November.

Hopefully you are having a fun filled summer. Whether you are gardening or rafting the Rogue make it a safe summer. Don't forget to send me your short articles on what you did to share with everyone.

Land Steward Training Program

Tuesdays
12:00 – 5:00

Rachel Werling
Coordinator
541-776-7371
rachel.werling@oregonstate.edu

September 5 – November 14

<http://extension.oregonstate.edu/sorec/land-steward-program>

Whether you own a few acres or a few hundred, this field-based program will help you manage your natural resources more effectively.

Retreat

June 16th Master Gardener committee members got together in the auditorium for what we called a retreat. My idea of a retreat is sitting on a beach with a drink that has an umbrella. However, I digress. We worked from 9-3 on ideas to improve procedures, set goals and make sure they meet the "SMART" standards. Meaning, the goals of the organization are "specific, measurable, agreed upon, realistic, and time based." By the end of the day it was clear that some of our goals at this time are not realistic however most were not only achievable but were better for Master Gardeners and our Rogue Valley Community. More on that to come!



Patches



by **Kate Hassen**
President
Master Gardener 2013

Today we ate a cabbage and carrot salad from the garden. Nothing special just cabbage, carrots and onions with a creamy celery seed dressing – crispy, crunchy and chewy with a little bit of heaven in each bite. Now, that may seem a strange thing to say about the lowly cabbage and carrot. But, every time I make this salad, it takes me back to Mr. Mac who lived

next door to my grandparents.

Mr. Mac, whose real name was McFarland, was the first real gardener I ever met. His garden was a vision straight out of Beatrix Potter. It had all the usual veggies – carrots, lettuce, radishes and tomatoes all growing in straight rows. And he, in his overalls, hoed diligently day after day. As he lived right next door to my grandparents, I was invited to visit frequently. He and I would wander up and down the rows while he would pick vegetables and berries for me to eat. I ate raw beets, green onions and kale which I would never have touched at home. Then, we would stop by the amazing cabbages, whopping heads of green that I could not imagine eating.

When the cabbages were ready to harvest, Mr. Mac invited me to lunch. Mrs. Mac was a wonderful cook. I can still taste her blackberry pie. But this time, we had cabbage and carrot salad. I know it was wonderful because to this day I can remember sitting in their homey kitchen with the red checked tablecloth and eating that cabbage salad. Growing what I ate became important that day.

Mr. Mac is one reason I am a gardener. Although I never worked in his garden with him, he shared his love of gardening with me. I watched him love and care for his plants and shared the bounty of his harvest. Without realizing it and in the most natural way possible, Mr. Mac had made a gardener out of that redheaded girl from next door and all for the price of a lowly cabbage salad.

JCMGA has our own Mr. Mac. Her name is Roberta Heinz. The students call her Patches. She and her 15 Master Gardener helpers are “growing gardeners” in the Children’s Garden. Roberta shares her love of gardening with kids who will learn to grow what they eat. This year’s program began in June with 61 students ranging from 5-12 year olds who will attend classes through August. The students will plant, care for and harvest vegetables from their garden and eat the fruits of their labors on a pizza.

Beyond the work in the garden the students will be learning about beekeeping, pollinators, and Monarch butterflies. The program emphasizes safety in the garden, recycling and working in cooperative groups that are all natural extensions of working together in a garden. All very good reasons that the Children’s Garden program has won the OMGA Award for Excellence twice!

I am confident that many of the children who participate in this program will look back and say, “The reason I am a gardener is

because of Patches. She taught us to plant seeds and grow plants and make pizza.”

Roberta and her crew are practicing the most important task of gardening – they are “growing new gardeners.” Teaching the next generation about the joys of growing their own food.

The lesson I have thoroughly learnt, and wish to pass on to others, is to know the enduring happiness that the love of a garden gives. - Gertrude Jekyll



Roberta Heinz aka “Patches”



Yard Sale Volunteers

Top Photo: Zack Alexopoulos

Bottom Photo: Frank Stets, Helyn Thomas,
Gayle Stets and Kate Hassen

Things to do in the Garden for July!



by **Julie Engleson**
Master Gardener 2012

Here we are, half way through the year with the season of SUMMER finally here! I love this time of year for many reasons. But perhaps the best reason is the labor-payoff begins to happen. Are you starting to eat from your vegetable garden yet? What about all those lovely flowers decorating your yard? I have

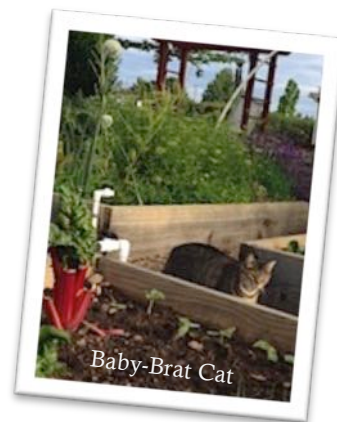
enjoyed cut roses from my garden in the house now since Mother's Day, and am always delighted when the bouquets are free. I've been eating peas, lettuces and carrots, green onions and Swiss chard for about six weeks now. As the cooler weather months subside and the heat of summer comes on, I am excited to be having cucumbers, summer squash, eggplant, tomatoes and peppers on my menu. Don't you just love summer dinners with all the fresh goodies?

About the only work to be done now is keeping tabs on the pests, keeping up with the watering and mulching and enjoy the slowed pace of summer with a nice glass of iced tea. If you anticipate starting a Fall/Winter garden, this is also the time to be preparing a space to grow these crops. Choose your seeds now, and towards the end of the month begin your seed starting. If you have never tried growing veggies into the Fall and Winter months, I encourage you to try. It really is easier (you'll have the advantage of warmth to germinate seeds fast), less work (or at least it feels that way with the longer day-time hours), and such fun to continue the growing season (like I've mentioned before, nothing beats fresh food at Thanksgiving time!). If you choose not to grow food-plants, you can always plant a cover-crop to enrich the soil for next year, which is worth the efforts.

Some other things to do would be to feed your berry plants and on raspberries and other cane berries, pruning out some of the older canes now helps encourage new growth. At the end of this month, I'm looking forward to picking wild blackberries and putting up jam for the rest of the year. As we have really had record rainfall this past year, the berries ought to be aplenty! Make a pie or cobbler and really celebrate these free gifts!

And last, but certainly not least...keep a watchful eye out for the lovely pollinators. I have only seen one honeybee this year, and I have 12 lavender plants in full-bloom, as well as poppies, borage and many other bee favorites out for them. I have seen many bumblebees, mason bees and many others, but I think the cooler weather has really disoriented the honeybees. I am hoping the heat of high summer will bring them around; I'll remain ever hopeful. If they have been somehow disrupted this season, be watching your cucurbit crops for lack of pollination. Know that this is a weather-related phenomenon, C'MON HONEYBEES!!!

Gardening should be fun, so happy gardening everyone!



Mina's Vet Visit

I took my dog Mina to the vet and Dr Margaret said she had to loose five pounds. She said no ice cream, bacon, or store bought dog treats. UGH! But, carrots are ok! And, the recipe below. Double UGH! File this under something I said I'd never do, until now.

1 medium ripe banana
1 cup shredded carrots
¼ cup applesauce
⅓ cup water
1 ½ cups whole-wheat flour
1 cup rolled oats
Additional flour for rolling

350-degree oven
Knead until dough is formed
Roll dough ½" thick – cut with dog bone cookie cutter
Bake on parchment paper 30 minutes – cool on rack
Keep in refrigerator 3 weeks
Mina would like this with bacon grease drizzled on top ☺

Red, White and Blues



by **Sydney Jordan Brown**
Master Gardener 2000

It's surely that good old summer time again as there's nothing like twisting in the tire swing or sipping fresh berry lemonade while lounging on the shaded porch glider. As the residential parade passes, we wave small American flags cheering on streamer-

bedecked bicycles with smiling faces of families and their patriotically adorned pets in tow parading about the block.

Exploding rocketing flares only heightens what continues to spike our enthusiasm for the once sprinkling of brilliant white starry white blooms unfolding to fields of blues amidst swaths of raspberry reds.

With many fruits yet to ripen upon their pendulous positions, berries are bursting out in all their brilliance. From strawberries to cane berries there's still nothing like those bushes bedecked with their dusted balls bursting of true blue bliss.

And what could be more of a tribute than these patriotic fruits native of our own American heritage. More species of highbush (lowbush native to other parts of the world) berries are native to the US than any other continent as well we produce over half of all blues on a global basis well over Canada a far second in production. That's about 275 million pounds (beyond 550 million pounds worldwide) from Maine, Michigan, New Jersey, Oregon and N Carolina with Maine producing the largest worldwide crop lowbush berries.

Native American Indians consumed these wonderful fruits (not to be confused with huckleberries of a different family), long before the first European settlers arrived quickly catching on to

their treasured blues. In 1615 Samuel de Champlain observed Indians along Lake Huron harvesting, drying then beating into powder blueberries combining them with cornmeal, honey and water to make pudding called "Sautautig". Lewis and Clark found Indians smoked their blues preserving them for winter uses. They were offered such berries pounded in to meat as a festive meal.

It's no wonder then since 1997 the consumption of blueberries has increased cultivation to near 100,000 acres moving this sought after berry to the most commonly consumed second only to the strawberry. So move over reds as the blues, also known as cowberries, bilberries, farkleberries and 4th of July sparkleberries, are on the march!

Vaccinium, rooted in the Latin "vaccinus" meaning cow, (connection between cow and blues perhaps that cows once consumed these berries) blueberries belong to a well-travelled family going way back, perhaps even to the Garden of Eden. Like the world's bears, we humans might well travel long distances to feast on this delicacy excepting nothing but the succulent blues when in season. And there's nothing like them.

To grow blues here, they'll thrive with daily fogging mists. They also need filtered afternoon shade and acid-type mulch (like oak leaves, pine needles, aged sawdust).

Aside from taste, blues offer an intense amount of anthocyanin antioxidants from their intense pigmentation, vitamins K and C, manganese, fiber and copper. Just picked, berries may be stored refrigerated for one week (unwashed) in open baskets. If that weren't enough, freezing doesn't damage any of these nutrients, so you can enjoy them all year long.

So, even well after that July 4th bang is long past, there's nothing like savoring your own or organically grown (highly recommended without exception) blues to remind you of those good old days of summer and one of our patriotic-native-American heritage fruits.

Blueberry Dumplings

Recipe:

3 cups fresh (washed) or frozen organic blueberries
1/2 cup sweetener of choice (honey, organic sugar, agave, stevia (use equivalent for 1/2 cup conventional sweetener or other)
Zest of one lemon
1-teaspoon cinnamon
Pinch of salt
2 tablespoons white whole-wheat flour or quick cooking tapioca
1-cup water

Dumpling dough:

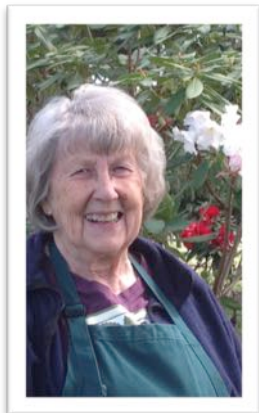
2 cups white whole wheat (or gluten free choice) flour
3 teaspoons aluminum free baking powder
1/4 teaspoon salt
1/4 cup organic sugar or preferred sweetener of equal sweetness
2 tablespoons of extra virgin olive oil
Juice of one lemon
Two 5 oz. containers of lemon yogurt
1/2 teaspoon fresh grated nutmeg

In a large pot mix berries, sweetener, lemon zest, cinnamon, salt and thickener. Slowly add water stirring until mixed. Stir mixture over medium heat until it comes to a boil and thickens. Remove from heat and pour in to a buttered large/deep ceramic baking dish.

Mix together white whole-wheat flour, baking powder, salt, sweetener, and lemon zest. Stir together olive oil, lemon yogurt and lemon juice. Pour over dry ingredients and stir with a fork just until mixed. Drop by heaping tablespoons atop hot berries. Bake in 375 oven for about 25 minutes until top is golden and dumplings are cooked through but still moist inside (use toothpick to check for doneness). Makes about 8 servings. Serve hot or cool with fresh whipped cream or vanilla ice cream.



Peggy's Propagation Garden



by **Peggy Corum**
Master Gardener 1989

If you aren't checking our sales area often, you are really losing an opportunity: good buys, low prices, a chance to get some of those shrubs you've always thought you'd acquire "one of these days"! Like, spring blooming red current or black elderberry growing in the garden next to the rose garden? My source for green leafed Japanese Maples is moving into a retirement community, so I will not be offering these in the future. Like Daphne Odora? We had good luck

rooting this hard-to-root, wonderfully fragrant, spring bloomers that we aren't going to root more this year. Need a hedge? These shrubs are eager to be part of your landscape.

By de way, we recently learned the green growing thing under the cherry tree, is a bird-planted privet, eclipsed Ligustrum or Japanese Tree Lilac. It is presently blooming and oh so sweet. We're planning to propagate it. We have some nice pink blooming Oxalis that a friend says she brings into the house during the



winter to brighten her windowsill. But yes, it's winter hardy outdoors. We have small citrus starts that are not winter hardy and an interesting pink blooming thing called Justicia Carnea. Orchid Cactus anyone? We have a couple with red or



white blooms. Are you going to be canning and need a soothing treatment for unavoidable burns? We have aloe Vera plants. For outdoors we have a nice selection of hydrangeas. Forest Farm donated some unlabeled Hydrangea shrubs a few years ago and

Sharon Maurin has raised them in the south border. We have propagated them as #1 or #2 as they appeared in her border planting. A few are showing buds and blossoms.

We have nice pink Crepe Myrtle plants, which you will appreciate later this year as they appear here and there in neighboring landscapes. Has anyone noticed they are VERY late leafing out in the spring? You think they are dead and then suddenly there are new leaves and a fast spurt of growth. Think ahead to Fall bloom and pick out some Japanese Anemone now. We have grapes, Thompson Seedless, Cabernet Sauvignon and more varieties propagated from our seedless table grape selections from the Extension Vineyard. The olive trees appear to be fast growing small trees and not bad looking. We have a couple Red Twig Dogwoods begging for a trimming and a permanent home.



If you want something "exotic", come talk to me about the Black Lily growing in my back yard. This is the one that smells like a dead

ripening animal when it is in flower and attracts flies, which pollinate it. It takes a great sense of humor to grow this thing, but I still don't want it in my back yard. Prices in nurseries are what I consider to be high and the bulb is not easily found, but I still don't want it in my back yard. I'd like to dig it, just for you. PLEASE come talk to me.

Rosenelle Florencechild

Master Gardener 2013

Thank you to all our volunteers who helped groom the gardens during the weeks leading up to the Lavender Festival and to those who braved the heat wave to welcome visitors to the Lavender Garden.

Because of the triple digit temperatures we staffed the garden with volunteers until 12:30 and left out signs welcoming visitors for self-guided tours. As a result, our count of 157 visitors is half of what we had in previous years. However, those who came to the gardens were super enthusiastic. And who wouldn't be.

The *L. angustifolias* were at their peak creating a multi-sensory experience of sight, scent, sound and touch. Visitors lingered under our canopies to sample all things lavender--shortbread cookies, lemonade, and sachets. However, the biggest hits by far were the generous donations we received from Rogue Creamery, LaDeDa Lavender Cheddar, and Lillie Belle's Lavender Sea Salt Caramels. Two hungry college students who visited as we were closing up on Sunday, left with a generous care package of goodies. And a family from Northern California was more than happy to fill their bottles with Lavender Lemonade before departing.

Children's Garden



by "Patches" **Roberta Heinz**
Master Gardener 2012

The Children's Garden is up and running every Thursday morning through August 31. We have about 30 eager children learning how to garden. What fun!! Plant a seed, watch it grow, harvest it and enjoy.

This year, we are trying a new approach to our garden. We are trying Community Garden style with a twist. All the beds are the responsibility of all the children. One week, it might be thinning the radishes and watering. The next week, you may be weeding or picking zucchini. This way, every child is involved with the entire community of the class by working together to get the "job done". The younger children will be working right along with the older children, each with their job to do and with a hand there to help if needed.



We are excited to be able to finally use our greenhouse. It comes to us from Terry Halter with a generous donation from Patrice Kaska to refurbish it and outfit it in kid-sized tables. Ron DeJong has made one potting table for

us and will be making a second. The goal is to have some of the older children begin their Children's Garden activities in April when they will be starting the tomatoes, peppers and other plants for us then watching over them until they can be transplanted out into the garden in May or June.

Up to this time, volunteers have been planting the starts for the children from plants received either from the Practicum or from those of us who start them at home. This will be a new program next year. We are anxious to see how well we can implement it and what success we will have.

This year, we are blessed with 15 volunteers who are spending their Thursdays with the children. Five are returning Children's Garden veterans, 7 are volunteers from the 2017 class and 3 are veterans who are volunteering their time to take a group of children, teach a lesson, host a craft or be a floater to fill in where needed. Because of this, our program has reached a size that it has not had in a long time. We have 11 groups of children divided between the two sessions.

This year, we also have one of our students, Austin Bangs, mentoring along with an adult group leader. He is 12 years old and has his own greenhouse at home. This is an exciting new direction for us. We have had older youngsters who have aged-out of the program but still had a keen interest in continuing. This way, we can make it happen.

On another note, to further explain the excitement that has been generated in the Children's Garden, we have 42 children on the waiting list for next year. It looks like not only are we growing gardeners; we may have to look at growing our garden to accommodate the interest in the program by our community in coming years.

"In the Garden"



by **Maxine Cass**
Master Gardener 2015

Plants are looking *delicious* on "In the Garden." June brought full summer, with veggies, herbs and edible plants on Master Gardener speaker's menus.

Kenda Swartz, ITG's newest speaker, debuted with a segment covering a frequent gardener nemesis—the bright but prolific dandelion. Newswatch 12 Midday host, Erin Maxson, featured a shot of Kenda's dandelion pesto, complete with the recipe. Growing culinary herbs with Maxine Cass was next on the menu. Robin McKenzie beat the heat with colorful shade plants and Laurin Parker showed kids how easy, fun, and colorful marigolds can be. De Davis-Guy emphasized that summer is the time for do-it-yourself projects such as making one's own plant markers and getting a big bang planting with a tiny bit of work as she demonstrated constructing seed bombs.

In July, viewers will explore ornamental herbs, edible flowers, and flowers that lure hummingbirds to the garden. Kenda tackles another garden nemesis and menace—the mosquito. Mid-month, Kristina Lefever shares the most practical ways to keep cool in the summertime garden from tips gathered from the ITG speaker team.

"In the Garden" co-chairs Linda Holder and Maxine Cass welcome ideas for upcoming segments. Comments and suggestions from fellow Master Gardeners are helpful and are shared.

"In the Garden" speakers like knowing that fellow MGs watch them on the air.



Tune in to KDRV Channel 12 Newswatch Midday on Wednesday and Friday between 11:00 to 11:30 or stream "In the Garden" on your computer (www.kdrv.com) to root for your Master Gardener Speakers. Segments repeat the weekend immediately following. The KDRV website also has all of 2017's segments online under Community/Features/In the Garden.

ps.....The Doves that took up residence in the KDRV equipment had a baby.

Photos by Maxine Cass, Kenda Swartz and Linda Holder



Jackson County Master Gardener™ Association

Board Minutes – June 2nd, 2017



SPRING GARDEN FAIR

The 2017 Spring Garden Fair was a great success largely due to the efforts of our dedicated Master Gardener volunteers. We had 217 Master Gardener Volunteers involved and there were four Co-Chairs; President Hassen, Linda Holder,

Jane Moyer and Kari Gies. Their tireless efforts helped the Spring Garden Fair run like a well-oiled machine. The amount of pre-planning and work behind the scenes were mind-boggling, but these four ladies helped to enhance the experience for our Master Gardener volunteers, as well as our loyal gardening community and vendors. We achieved our financial goals, plus our returning and new vendors expressed wishes to return next year. A huge round of applause was given for all the time and talent so generously given by all of our Master Gardeners. The Spring Garden Fair was a tremendous success because of each, and every one of you.

BOARD RETREAT

The JCMGA Board of Directors will have their annual retreat Friday, June 16th from 9:00am to 3:00pm. Board members are excited to spend this time working together to go over JCMGA's 2017 accomplishments, future projects, and focus on remaining goals for the Association.

GARDEN GUIDE

Regina Boykins updated the Board on the progress of our updated Garden Guide. Our book was sent to the printer this past Wednesday and should be printed by next week. Regina took the time to thank Pam Hillers and Michael Riding for their extra help getting the book ready for print. President Hassen thanked Regina once again for all her professional skill and her 'over-and-above' efforts to make this project happen.

GRANTS

Susan Koenig spoke about the two grants we have applied for

and added we should have a Grant Administrator to write and follow-up on all grants we request. It was noted, Annette has already volunteered over 500 hours this year as our Treasurer. Writing grants will require more time and attention from our Treasurer, so Gayle Stetts, our Assistant Treasurer will be doing more work to help Annette. Susan Koenig will be our Grant Administrator and will work closely with Annette and Gayle to attain grants for JCMGA.

NEXT MEETING: July 7th, 2017

Respectfully submitted,

Cindy Tilley Case

Recording Secretary
Master Gardener 2015

Photos by Cindy Tilly Case



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All information provided by the Garden Beet is believed to be accurate. A product named in an article does not constitute an endorsement of said product by JCMGA

JULY 2017



Annette Carter – Treasurer
Does so much work with so little credit. Thank you Annette!



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