

October 2017

# Garden Beet

Jackson County Master Gardener™ Association

## A GARDEN FROM THE REARVIEW MIRROR

*by Kate Hassen, President*  
*Master Gardener 2013*

**A** tour through our garden in October is a trip down memory lane.

It started with the seed catalogues in January followed by several weeks of decisions. And then the seeds came and in March I started the nursery in the greenhouse. Every little seedling was precious and deserved numerous visits throughout the day. Were the babies warm enough? What about the watering? Is it time to pot up yet. Is there enough room for everything in this greenhouse? And a million other nurturing questions that range through my mind in Spring.

By April the carrots in the garden were sporting their first feathery tops and I had planted the beets twice. (For some reason, the first seeding did not sprout. I think it was old seed!) We grew a bountiful crop of lettuces this year. And they were beautiful shades of red and green. Fresh salads were soon to be on the table and on the horizon for the foreseeable future.

During the month of May the pace sped up. We were making sure the drip systems were working and taking soil temperature in preparation for transplanting warm weather crops into the garden. While, at the same time planting seeds for melons, squashes and dried beans. We used a modified

*continued on page 2...*



Vineyard



Daylily



Lavender



Rain



Wanda Hauser

*Photos from the Master Gardeners demonstration gardens at the Extension campus. See more photos inside: Pages 6-7*



## A GARDEN FROM THE REARVIEW MIRROR

by **Kate Hassen**, *continued from front cover...*

"Three Sisters method of planting beans and squashes together around a teepee of bamboo. Looking forward to a black bean soup and roasted squash in January.

By June everything was in and we began the unending job of weeding, watering and waiting. Waiting for the first tomato blossom, the first squash bug and the first tiny watermelons to appear. And, yes each of these did happen all in its own good time. The first tomato blossom appeared in early June; the first baby watermelon was spotted in mid-June; the first squash bug in late June. We battled those bugs off and on all summer. But armed with box tape and persistence we managed to hold them off. We have a great crop to last us through the winter. In our house, we freely substitute butternut for any recipe calling for pumpkin. In fact, we have squash pie at Thanksgiving dinner.

In July and early August, we harvested potatoes and storage onions. Potatoes were a little slim this year but we made up for it with onions. The leeks and

garlic also did well this year. We made garlic powder out of half of the garlic. The leeks will be left in the ground for the winter as will the carrots. There is nothing better than leek and potato or French onion soup on those cold foggy days in February.

By September, we were well into high harvesting. For some reason, the tomatoes and green beans did not ripen until later this year. But in September they ripened by the bucket load and soon became the jewel colored jars lining the shelves in the canning room. I tried a new roasted red pepper jelly recipe this year. It will be wonderful on Christmas day over a wedge of brie.

By October the memory banks are full of what worked and what didn't. And the cupboards are full of produce. It is time to glean the final vegetables, plant some garlic, clean up and put the garden to bed with a comforter of alfalfa hay. It seems a little sad when it is all done. But both, we and our garden need a time of rest. It is the way of nature. And it is beautiful in its simplicity. ❖



## PEGGY'S PROPAGATION

by **Peggy Corum**, *Master Gardener 1989*

**W**e're wondering if anyone "needs" (that's a gardening term!) more Fall color in their garden. Have you seen our old fashioned Michaelmas Daisy, Japanese Anemone and of course the Pink Oxalis which has been blooming all summer? Have we mentioned that although it is winter hardy, a friend places an Oxalis indoors on her window sill for something cheerful on a dark day?

If you've been impressed with the lovely pink Crepe Myrtle shrubs and/or trees as you drive throughout the Rogue Valley... we've got em. Come on by.

The beautiful red leaves of Black Elderberry ever call out to you?

If you are attracted by red stems of Red Twig Dogwood and don't want to wait 100 years (exaggeration) for a nice sized shrub, we have a couple ready to insert into a mature landscape.

Grape vines ... had a chance to taste test your favorites? We just may have the one you like. Seems to me it takes more than one variety, since the winner this year may come in also-ran the 2nd year. You know, soil, water, weather and just-because.

Ponderosa Lemon, Meyer Lemon, Key Lime anyone? Yeah, yeah, we know: you'd like a Kefir Lime. We're working on it. Patience. I often tell people: this is not a get-rich-quick proposition. But the prices ARE right.

Hope to see you soon. At least, come say "Hi" and cheer us on. ❖

◀ **Plein Air artists paint in the Lavender Garden this summer.**

*Photos by Cindy Tilley Case.*





## IN THE GARDEN

by **Maxine Cass**, Master Gardener 2015



*Planting and care of Oriental Lilies was one of the topics relayed to the KDRV "In the Garden" audience by Master Gardener Rhonda Nowak.*

Intrepid gardeners throughout the Rogue Valley welcomed mid-September's smoke and heat relief when rain (finally) came. "In the Garden" speakers forged on through it all with a menu of autumn tasks for KDRV viewers.

Ronnie Budge covered vegetable harvesting and storage strategies and later demonstrated how to divide perennials. Laurin Parker returned this September with her annual how-to for tulips and other bulbs procured in garden stores for next year's Spring blooms.

"The best time to plant trees and shrubs," Sherri Morgan advised home gardeners, "is in the six weeks before first frost, generally October 20 in the Rogue Valley." And, fall planting of those permanent garden plants establishes a broad root system, she

noted, following the old adage, "First year, it sleeps; the second year it creeps; and the third year, it leaps!"

Kristina Lefever became September's "Lazy Gardener," taking it easy by suggesting viewers relax in a lawn chair while admiring their cost-effective plants that were free and from volunteers that popped up in the garden. Her plantings made food for birds and insects and created nesting spots for soon-to-over-winter beneficial insects. Even the compost pile serves the lazy gardener, Kristina assured those about ready to wrap up the year's gardening: regenerative material for the next season decomposes into fine organic material with bare attention from the gardener herself.

Erin Krenzer picked up on the 'less work in the garden' theme. Edible native plants can be garden grown or foraged with little effort in the wild. Naturally adapted to local climate and attractive to wildlife and pollinators, Erin's native edibles list includes currants and gooseberries, thimbleberries, Oregon grape, ferns, chokecherry fruit, elderberries, field mint, and nettles.

Rhonda Nowak debuted on "In the Garden" with the planting and care of Oriental lilies beloved of both Shakespeare and modern gardeners who love large, showy flowers with masses of blooms. Jane Moyer looked at the other end of the spectrum, the well-loved houseplant, the African violet.

With an eye to the future, Jane also previewed the 2018 Master Gardener certification class. ♦

## 2 WAYS TO WATCH!

In tandem with local gardens, "In the Garden" will finish up for 2017 in October. Watch 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](http://www.kdrv.com)) to see season wrap-ups on soil, mushrooms, garlic, deer resistant plants, overwintering Anna's hummingbirds and winterizing drip irrigation.



## CHILDREN'S GARDEN HARVEST PARTY CELEBRATION

by Roberta Heinz, Master Gardener 2012



▲  
*Happy gardeners revel in this season's bountiful harvest.*

On August 31, we bade farewell to the 2017 Children's Garden classes with our annual Harvest Party. There were over 90 children, parents and other family members in attendance. You could feel the excitement as the children escorted their guests out to the garden to show them what they had done. Harvesting began in earnest to ferret out every cucumber, tomato, squash, pepper and flower ready to go home with them.

Right on time, everyone began tramping back in with their bags of veggies all ready to "get the party started." After the introductions, the garden song was sung, announcements about the 2018 plans were made and table colors were explained, the pizza preparations were begun. Since this is a make-it-yourself type of pizza, everyone patiently waited

their turn to create their muffin pizza from the assortment of ingredients. Many ingredients were straight out of the Children's Garden.

The fantastic Children's Garden volunteers were busy moving around the room visiting with the parents of the children that they had come to know throughout the summer. It was so much fun to watch our little gardeners explaining to their parents and siblings just what the garden was all about and how they passed on their knowledge.

I want to take this opportunity to express my thanks to the volunteers we had this year. Without them, the children's experiences would not have been nearly as bright and wonderful. We had a crew of 15 wonderful participants. Throughout the program, each person stepped up at one time or another to take on an unexpected task and did it with panache and grace.

Beginning in October, we will be putting the garden to bed for the winter. We have begun searching for grant money to complete the raised beds on the south side of the garden. If we are successful, these beds will be built in the Spring. At that time, we may be asking for help so if you would like to be part of the fun, please let us know.

Next year, we are expecting to increase our enrollment by about seven children. This will bring us up to capacity of 72 budding gardeners. This means that we will be looking for more volunteers to make this possible. We have four more junior gardeners who will have aged-out of the program who have asked to come back and work with

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**Children's Garden,** *continued from previous page*



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the children. That will make five junior gardeners in the program. If you think you would be interested in joining in on our fun, please contact either Roberta or Wendyn and let us know. There is always room for one more volunteer. Why should we be the only ones having all of the fun? ❖



*Above: The 2017 Children's Garden participants and mentors.  
Photos by Roberta Heinz.*





Birds, Bees, & Butterfly



Waterwise



Entry



Perennial



Culinary Herb



Propagation



Children's





Grass & Dahlia



Succulent



Rose



Food Security



Native



Kitchen





## GARDENING GOURMET — NUTILLY WONDERFUL

by Syd Brown, Master Gardener 2000

**W**ith the onset of October, its alluring autumnal air augments a yearning for fires in the hearth, warm-hearted meals and the scooping up of walnuts deposited beneath the branches of their amber-clouded canopies.

There are many specimens of walnuts scattered throughout the valley. These steadfast trees, a vast majority of them relics of another era, may tower to 100 feet with leafy canopies encompassing a 40 foot piece of the sky. Although many lesser trees thrive along the edges of highways and neglected orchards may appear craggy and stunted, they're living proof of this incredibly-endurable long-lived (some for 200 years) species.

These walnut trees not only provide us with exceptional tasting nuts (it takes ten growing seasons for most walnut trees to produce mature fruit), they are one of the most versatile hardwoods on this planet. Carpenters and sculptors alike treasure the timber for their trades. The tree, leaves and fruit are used for decorating properties. The hulls are used as dye for fiber, fabrics, paper and hair.

These trees have been valued through history. Ancient Greeks referred to the walnut as "The Nut of Jupiter," believing its attributes made them worthy of the gods. Our native Americans extracted oil from the tree for cooking corn and beans.

As we crave more substantial fare during this season of crisp-chilled air, walnuts fill our stomachs with their very healthy nutmeats (containing high levels of omega-3 fatty acids, iron, protein and antioxidants; a handful of black walnuts have more protein than two slices of bacon). Walnuts surpass all other nuts as replacements for pecans in recipes. ♦

### Rosemary Chicken with Glazed Figs and Toasted Walnuts

#### Ingredients

⅔ cup walnuts chopped very coarse  
3 cloves garlic, peeled and pressed  
2 tablespoons extra-virgin olive oil  
½ teaspoon sea salt  
1 tablespoon fresh rosemary, finely minced  
4 skinned and boned chicken breasts  
8 fresh figs cut lengthwise in halves  
½ cup each Sherry wine and chicken broth  
3 tablespoons honey  
3 tablespoons almond flour  
Extra virgin olive oil for cooking

#### Instructions

Toast walnuts in 350° oven for about 12-15 minutes until lightly browned. Remove and let cool enough to handle.

Meanwhile, combine garlic, 2 tablespoons olive oil, sea salt, and rosemary together. In food processor grind 1/3 cup walnuts then add to rosemary mixture and thoroughly mix together. Place chicken breasts in a plastic bag with 2/3 of rosemary mixture. Shake until thoroughly coated.

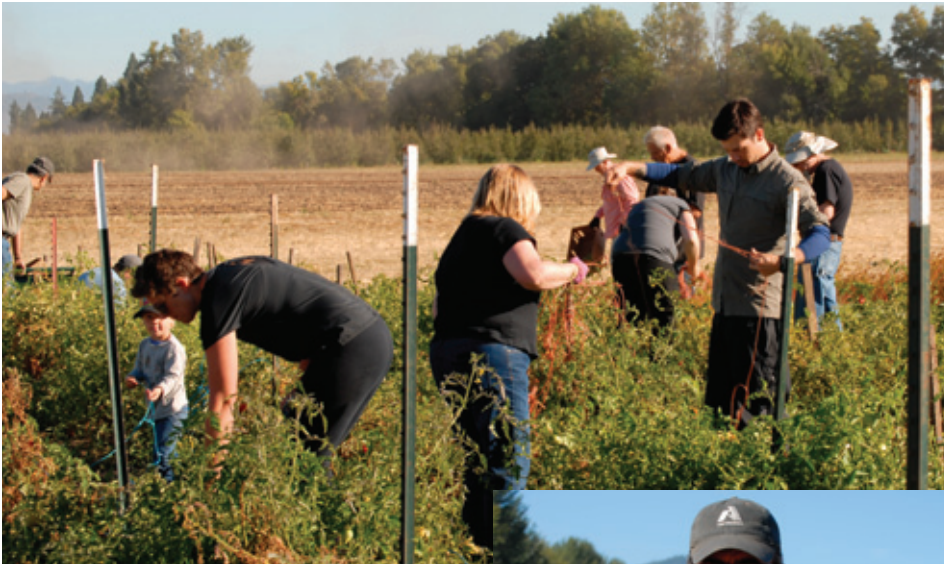
Heat 2 teaspoons olive oil in heavy sauté pan and brown chicken breasts on medium high, about 5 minutes then remove. Add 1 teaspoon olive oil and honey to sauté pan and brown figs, cut side down, on medium high about 2 minutes until glazed. Remove and set aside.

Place chicken breasts back in sauté pan. Add wine and chicken broth and braise covered on medium low, about 12-15 minutes, until done and juices run clear. Remove from pan and keep warm. Stir together ¼ cup wine or broth with almond flour then add to pan with remaining rosemary mixture. Stir on high to deglaze until mixture thickens, about 5 minutes.

Serve chicken breasts topped with glazed figs and wine sauce sprinkled with remaining toasted walnuts. Good served atop forbidden black rice on a base of arugula.



## FOOD SECURITY GARDEN



*The Food Security Garden teamed with the Compost crew and others to harvest this season's tomato, squash and pepper crop. Once the harvest was complete all spent plants were removed and transported to the compost area.  
Photos by Anna Eichner*



## winter dreams summer gardens

2017  
GARDENING  
SYMPOSIUM

Saturday  
Nov 4  
9-4:30

OPEN TO  
THE PUBLIC

Classes  
Bookstore  
Demonstrations  
Keynote Speaker

Presented by  
Jackson County  
Master Gardeners

For more information  
[www.jacksoncountymga.org](http://www.jacksoncountymga.org)

541.776.7371







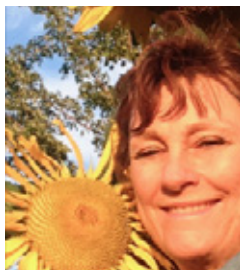
## FROM THE EDITOR

by **Cindy Williams**, Master Gardener 2014

**L**etting go and paring down has been at the forefront of my mind lately as I have contemplated not only packing up my house but letting go of things I haven't looked at in six years. The feeling of letting go of "stuff" opens up space in our lives for what is a better fit or simply leaves more room to breathe and move more freely, effortlessly and unencumbered.

Winter is coming and if you're dreading entering your garden shed after a long growing season remember cleaning and storing your garden tool won't be any easier in the spring. The crud stuck on the shovel, clippers, and rake will be even more stuck after months of storage.

Three little steps can make your spring more enjoyable. Step 1 is to remove the items from your gardens shed. Step 2 is to clean all the surfaces and Step 3 is Organize your stuff by grouping similar item together. I can tell you from experience, if you clean your garden shed now you will be happier in May after you bring home your purchases from Spring Garden Fair. ♦



## THINGS TO DO IN THE GARDEN

by **Julie Engleson**, Master Gardener 2012

**I**t is already that time of year again...the garden is changing by itself almost daily. As the cooler days and nights of Autumn take over the lengthy, warm days of summer, many of my plants that have trudged along like well-disciplined soldiers, producing lovely fruit and vegetables are now signaling, "Finito!" The first to go was my squash plants, followed closely by the beans. Each plant curled up, dried out and died. I still have tomatoes, but I'm now starting to feel like the plants: I'm done, too!

The funny thing is, I really love this time of year. As much as I have enjoyed the heat of summer, and nurturing things during their growing processes, I'm exhausted, too. I've been sleeping in and falling asleep as soon as the sun sets. This had me thinking: putting the garden plot 'to bed' for winter is a lot like the rituals we all have in place for our slumber time. Check out the comparison...

When I'm ready to head to bed at night, the first thing I do is wash my face and brush my teeth. That's like

removing the old, spent plants, and rolling up the hoses and storing my tools away. The next thing I do is set out the things I will be using in the morning—perhaps my gym bag, or my clothes for the day. This is like laying down some cover crops or planting the garlic and onions sets; perhaps some new kale plants for over-wintering. The next thing I do is gather up my night's reading material, glasses, and glass of water, then I fluff blankets and pillows. This is like putting on that layer of compost, leaf litter or straw on the beds—tucking them in for their long winters' nap. And now, time to dream about next years' garden.

Of course, there are many things that need to be done now. If the weather predictions are accurate, the window of opportunity will be a short one this year. So, put spring bulbs in now, frost-proof all sensitive plants, start up a new or revised compost pile, and then store all your tools and hoses. Sit back and appreciate a well-deserved rest! I know I will — and dream about the garden to come! ♦

*"Gardeners are as diverse as the gardens they create. Some gardeners study to perfect their skills. Others fall into gardening accidentally and muddle along as best they can. There are those who live to garden, and those who garden in spite of themselves. Some believe firmly in using whatever tools are at hand to bring the natural world under control. Others observe the lessons Nature offers on how best to make their gardens grow."*

—Jane Billingham, "Gardeners Rampant,"  
*The Armchair Book of Gardens, 2011*





## BOARD OF DIRECTORS MEETING, SEPTEMBER 8, 2017

by **Cindy Tilley Case**, Master Gardener 2015

### PRESIDENT'S REPORT

President Hassen announced Bill Gabriel (class of 2017) has volunteered to serve as JCMGA's Outreach Chair. As outgoing Outreach Chair, John Kobal assured the Board he will still finish the Board of Directors Handbook and do his usual work around the Extension. Rhianna gave a special thank you to John for all his great work, especially the Seed to Supper program. Members of the Board also gave many compliments and words of thanks. Board Members are excited to begin working with Bill and we appreciate his willingness to step forward and help.

### RHIANNA'S MATERNITY LEAVE

Rhianna spoke about the JCMGA Program Assistant (.49 FTE) who will help during the time she is on Maternity Leave. Rhianna said this position will help support Winter Dreams Summer Gardens and will also help with New Student Orientation. Rhianna thanked the Board for helping pay the JCMGA Program Assistant (our own Jane Moyer) for her work in this temporary support position. Rhianna added her last day will be September 21st, then she will be on Maternity Leave until November 15th. The Board resoundingly wishes Rhianna a Maternity Leave that is a joyous and beautiful bonding experience with her family.



### JCMGA ELECTIONS

President Hassen told the Board the JCMGA Nominating Committee has met and the process of nominations, contacting nominees and ballot preparation is going very well. The next Nominating Committee meeting will be held Wednesday, September 20th. President Hassen noted the election ballots will be going out in October and the completed ballots must be returned by November 7th. The votes will be tallied and the newly-elected candidates will be announced by President Hassen at the November Board of Directors meeting.

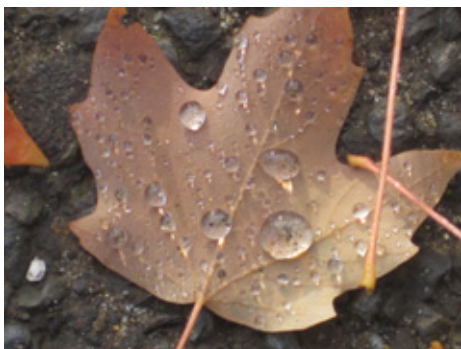
### REPORTS

Barbara Davidson told the Board of Directors the OMGA State Board meeting will be here in the Rogue Valley September 15th and 16th. She said on Friday, the 15th in the afternoon Heart Wilson will be speaking on the topic of projects and project development. The gathering will start at 10:00am and go until 3:00pm. Barbara added OMGA is looking for officers to serve in a statewide capacity.

### NEXT MEETING

October 6, 2017

Respectfully submitted,  
Cindy Tilley Case  
Recording Secretary





# Beet Box

**Editor** ..... Cindy Williams.....[cindy@clwnet.com](mailto:cindy@clwnet.com)

**Graphic Design** ..... Pete Livers and Karen Finnegan

**Photography** ..... Cindy Tilly Case, Karen Finnegan, Roberta Heinz,  
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## Your Calendar

### Monday, October 9

Deer Resistant and Still Beautiful  
3:00-5:00pm

Bonni Criswell, Master Gardener

Just because you have deer, doesn't mean you can't have an incredible garden. Learn what to plant despite the deer.

### Thursday, October 26

Garden Tour: Fall Color Must Haves  
10:00-11:30am

Master Gardeners

Take a guided tour of the Extension demonstration gardens to see first-hand what trees, shrubs, and perennials still look great in Fall.

### Saturday, November 4

Winter Dreams Summer Gardens  
Symposium

This is a fun one-day conference full of great classes! For more information go to [www.jacksoncountymga.org](http://www.jacksoncountymga.org).  
Location: HEC/ RCC More info online

[www.JacksonCountyMGA.org/Calendar](http://www.JacksonCountyMGA.org/Calendar)



### JACKSON COUNTY MASTER GARDENER ASSOCIATION

Southern Oregon Research and Extension Center  
569 Hanley Road, Central Point, OR 97502

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