



February 2019

"Please renew your membership before February 15th to be included in the 2019 Chapter Directory."



President's Column Susan Koenig

Master Gardener 2016

New Beginnings: In January Everything Is New Again

On Jan. 11, I arrived at the Extension by 8:30 a.m. to ready the room and myself for the first Board meeting of the year. This was the beginning of a new year for the Association and my first meeting as President. I wanted it to go well. I made the coffee, put out the apple cake I had made, and crossed my fingers. I wasn't disappointed!

This meeting was mostly about closing out the old year and beginning anew. We welcomed five new members and said farewell to those who were stepping off. The ad hoc Board committees from last year were disbanded and several Working Group and key

committee chairmanships were vacant. A month ago, I wondered how we could ever fill those shoes, but miraculously, others have stepped up to begin the new year and carry forward our work. The Board approved two new Working Group chairs for this year. *We are still looking for a Winter Dreams/Summer Gardens chair or co-chairs*, but I am now hopeful we will find someone. Gina Velando (2018) will be the new Apprentice Coordinator to carry out with our plans to reinvigorate that program. The Board also passed the Association's budget for 2019. Now, a budget sounds like a dry subject, but it is actually a new beginning. Hidden in all those numbers is the story of how we want our year to unfold. We have money again, at least on paper! Now we have to make it happen. We are thinking optimistically, while trying

to be realistic, given several challenges we face. The first is that the Association has been asked to bear most of the cost for electricity for the greenhouses – an estimated \$3,500 per year. We have not had to pay for this expense since the Extension Service District was passed in 2014, but times change, and the Board has agreed to step up. The prohibition against accepting SGF plant donations that have been planted in the ground is also a challenge, because it eliminates a large portion of our sales for the Practicum Plant Sale at SGF. However, we also have the impetus to find new sources of plants to sell.

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How is the Association dealing with these two challenges? Many members have said that given our substantial energy use (greenhouses), we should look at solar energy. That's just what we are going to do with the Solar committee I appointed at the January Board meeting. SOREC Director Rich Roseburg, MG Program Coordinator Erica Szonngtag, Lynn Kunstman (2012), Dennis Jackson (2014), Eileen Beall (2018) and I (2016) will convene our first meeting to conduct a solar feasibility study soon, and eventually we will make recommendations. The Practicum mentors also decided to try an experiment in warming the greenhouse with thermal mass in the form of huge water-filled barrels that Dennis Jackson has installed in Greenhouse #2 under the benches. The theory is that during the hot part of the day, the barrels absorb heat which they re-radiate as the greenhouse cools at night. With respect to how to boost our sales and replace donations for the Plant Sale, the Practicum Seed Committee has been brainstorming possibilities, including using plugs, growing starts over the year from cuttings and starting more native species, which are hard to find in nurseries. Wouldn't it be great if Master Gardeners

became known as the "go to" source for natives in the area? Another way that has been proposed is to ask members to take cuttings and propagate donations from their house plants at home. My sister, who is a Master Gardener in Washington State, mentioned to me that house plants are one of their biggest money makers at their plant sale. If you have house plants that can be easily propagated, please start now!

weeks before class, over 20 students signed up! Hooray for the procrastinators! The 53 students who assembled on the first day strike me as a knowledgeable group, more than I remember from other years. We began class with introductions, and everyone shared their favorite plant. Some favor the classics, such as roses and lavender, while others mentioned natives, herbs and even pot! Sorry, we can't help you with the last



JCMGA can earn money every time you shop at Grange! How cool is that? Whenever you shop at any of the Grange Co-Op locations, tell the clerk you are a Jackson County Master Gardener and they will credit our account with the amount of your purchase. At the end of the year, JCMGA will receive a percentage of all our accumulated credits back in the form of cash! This is like free money since we all buy plants, tools, and garden supplies!

If you have a personal account with Grange, you cannot receive the credit for both your account and the Master Gardener account; you will need to make a choice. With that one caveat aside, this is one of the simplest and easiest fundraisers

Money is only part of what makes the Association go. What really counts is the people, who are the life blood of our organization. As it so happens, January is a new beginning for that, too. On Jan. 16, the new class arrived at the Extension ready to begin class. As I looked out over the group I was addressing, I saw lots of gray hair, but also a few unlined faces. In early January, Erika told me we had 30 students. My heart sank. How could we only have 30? In the last 2

one, but hopefully that person has broader interests. Welcoming our new class, about 30 veterans, mostly practicum mentors but others as well. The message I principally wanted the new students to get from me was that they have three jobs: 1) have fun 2) learn something and 3) GRADUATE. New members are important to our organization, and we hope we will give you many reasons to join us after you become certified Master Gardeners.



Dear Master Gardeners,

The following article was published in the January issue of the Gardener's Pen by OSU. It is quite helpful and an interesting way to learn about plants. Please take a minute to read, you will find it helpful in identifying plants.

What is This All About Plant Apps?

...by Marcille Ansoorge, OMGA Secretary, Tillamook

Have you ever been at a plant clinic and a client shows you a plant or a photo and says, "What is it?" We study the leaves, the blossom, ask questions and may be able to respond. Now there are tools that may make the activity simpler. Those are the plant apps for your phone. A plant app can look at a photo and instantly identify it. Well, maybe not that easily but it can be a useful tool in helping to do so.

I recently attended a presentation by Kristy Lund, four days away from becoming a certified Tillamook County MG, in which she showed us how to use plant apps and what information a MG could get.

She began first with asking the question, why use apps when we already have books that could answer many of the questions needed? The answers: books are heavy and take time to page through; because we can; and to learn quickly.

Second question: android phone or iPhone? It doesn't matter but camera quality is important for point and shoot apps and it can vary on phones.

How does one choose an app? Important question. As of November 6, 2018, there were 163 available in the Apple Store and by today there may be more. You can google "**plant ID apps**" for hours of entertainment. Reviews can be helpful but be sure to look at the negative reviews as well as the positive ones to get a good balance of what can be done with the app. And beware of imposter apps. They use the same icon but may have a slightly different spelling and may cost something or more even though the original may not. Some apps are free and some apps do cost a fee.

When choosing an app, consider what is your comfort level with technology, how familiar you are with botanical terms, and what is your area of interest. One app does not do it all.



Kristy listed four different approaches for Master Gardeners to consider when choosing an app and gave examples of each.

Digital guides in area and plant type. Two examples are Oregon Wildflower Search and Oregon Wildflower. The first is a free app and the second is from OSU and comes at a cost of \$9.95. She noted that this helps OSU support its research and that there are no ads that come with it. With the Oregon Wildflower Search, you

give information about the plant such as location, flower color, time of year it blooms and then it gives you possibilities of what the plant could be. The OSU app, Oregon Wildflower, can do the same but you can also start with a photo. And it is important to know that it is not just a means of identification; both apps give lots of information about the plants on the sites.

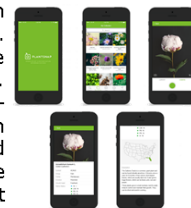


OregonWildflowers

Specific areas. These apps will give information in different areas of the world and are useful for travelers who are curious about flora in areas they are visiting. Again, you put in the characteristics of the plant you want to identify and the app will narrow the list with photos to confirm the plant. She demonstrated with DenaliFlora, which concentrates on plants in Denali National Park.

Share information with others. These types of apps let you become a "citizen scientist" by letting you put your experience with a plant on the site and also learn from the experience of others with the same plant. Kristy demonstrated with iNaturalist. These work well for those who are comfortable with social media.

Cover a broad area. An example of this is PlantSnap. You take a picture of the plant and it will identify it. Its database is updated constantly and it "learns" with new information. She noted that the app does require good photography and that it has a tutorial on how to take photos.



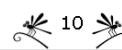
She ended with the following tips.

- Use the tutorials that come with the apps to know how to use them effectively.
- Update the apps frequently.
- Learn basics of information about plants so you know how to key in correct information.
- The better the photo, the better the ID.
- No app can ID 100% of the time, which is why it may be helpful to have more than one app.

Kristy is happy to share her information with other MG Chapters and organizations. She may be reached at Kplund55@gmail.com



The Gardener's Pen



[Click her to email KristyP Lund](#)

Jackson County Master Gardener™ 2019

Working Group Chairs

WELCOME



OSU Program Support
Erika Szonntag



Spring Garden Fair 2019
Linda Holder MG 1998



Communications
Kate Hassen MG 2013



Gardens
Kari Gies MG 2015



Finance & Fundraising
Sandy Hammond MG 2015



Community Outreach
Bill Gabriel MG 2017



Community Outreach
Jim Buck 2018



Winter Dreams
“OPEN”

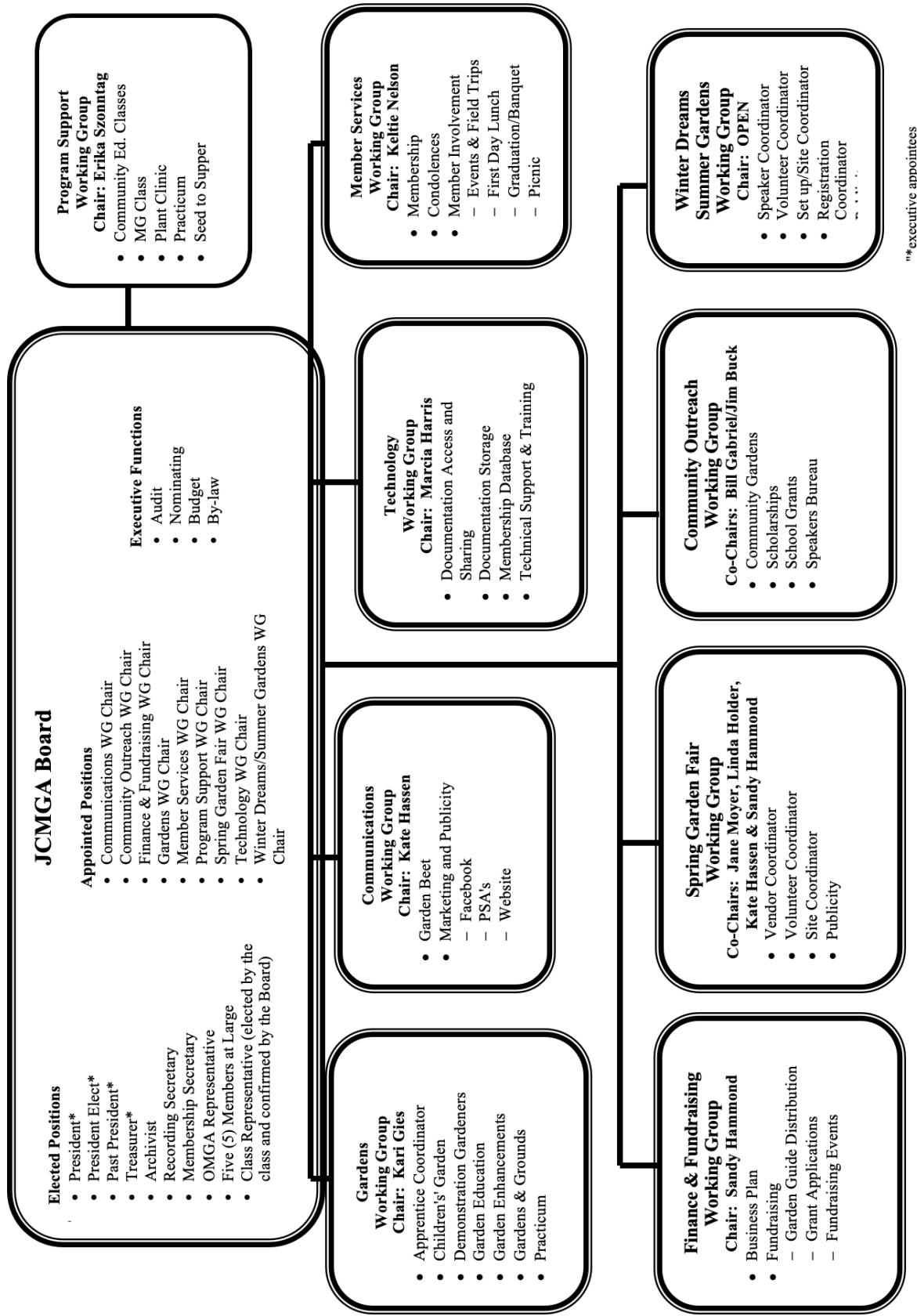


Member Services
Keltie Nelson MG 2016



Technology
Marcia Harris MG 2018

JCMGA Working Groups Organizational Chart



**executive appointees

This is an Exciting New Year!

by Erika Szonntag

Dear Master Gardeners,

February has arrived, and so has the annual 2019 Master Gardener Training! The first day of class was just two days shy of my seven-month anniversary here at SOREC, and how time does fly! During my first couple of weeks, I could hardly imagine what coordinating the program would be like, but here we are, and it went off without a hitch. So, I want to extend a huge THANK YOU to all of the veteran Master Gardeners who came to support the program on Jan. 16. Your presence brought vibrancy and energy to the day, and I have already heard from a couple of students that they really enjoyed meeting many of you. I also want to extend my gratitude for all of the assistance you have given me (this includes MG's who were not there on the first day), not only in helping the first day go smoothly logistically, but also for supporting me over the preceding weeks to prepare. I still feel like the newbie, but having such tremendous support eases the effort. A sincere thanks to all.

Additionally, because this is my first year running the program, it will remain similar to years past, as I want to avoid "reinventing the wheel". I have, however, added some



classes that I think are important to our region and current climate, which include a Firewise Landscaping class (taught by Max Bennett here at the Extension) and a Waterwise Landscaping class, which I am developing and will be delivering in partnership with Jacquie Fern of the Oregon Department of Environmental Quality. I am looking forward to teaching this class, in addition to learning from all of the great speakers we are going to have.

It is exciting to have 53 fresh faces in the Master Gardener community. It will be exciting to see what skills, knowledge, and talent people bring to the table. I actually saw one of the students at the DMV the day after the first class, and he had only good things to say. He already felt a sense of connection and community with the other students in class and expressed how excited he was to learn new things and continue to meet new people.

I am grateful to work with such a sincere, talented and dedicated group of people. Thank you all again.



Julie Engleson

Master Gardener 20012

Julie has been writing for the Garden Beet for three years. She has decided to retire. Even during the worst part of her illness she always came through with an article on time, without complaint. She is my friend and I want to thank her for everything she has done for me and the members of the Jackson County Master Gardener Association. If you would like to write Julie and thank her also, please do. wildpony2411@gmail.com



Janice Alderman takes care of our wonderful Facebook page. Her sense of humor is amazing. If you would like to write, email

jcmgafacebook@gmail.com

40th annual
Jackson County
Master Gardener[™]
Association

Spring Garden Fair 2019



Betty LaDuke, Flower Harvest, 2014

Jackson County EXPO
1 Peninger Road
Central Point OR 97502

Free Parking
General Admission: \$3
Ages 12 and under: free

Saturday May 4th 9 - 5pm
Sunday May 5th 10 - 4pm
Over 100 Exhibitors

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541-227-1358

Visitors interested in having their well water tested should bring a one cup sample



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Extension Service
Jackson County

digital artist: luigi bogni, master gardener

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Sue Bowden:
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There is a signup sheet on the
counter in front of Sheila's
desk at the Extension. You
can leave checks there also.
Thank you for your orders!

[Click Here to Email Sue](#)

Oregon State University Extension Service

Master Gardener

2019 Community Education Classes

Location: OSU Extension Auditorium, 569 Hanley Rd in Central Point, OR 97502

Classes are \$10 if pre-registered & pre-paid at least 24 hours in advance.

Classes are \$15 at the door (unless otherwise noted)

Additional \$5 discount for Master Gardeners & other Extension volunteers.

All classes are eligible for MG recertification education hours

Refunds only available 48 hours before class

Monday, February 18
6:00 – 8:00 pm

Plants for School Gardens

How to select attractive, functional, and educational plants for school gardens.

*Christie Mackison
Shooting Star Nursery*

Tuesday, February 26
6:00 – 8:00 pm

Urban and Container Gardening

Build your garden up! Learn different techniques for trellising, creative ways to use containers, and vertical gardening.

*Eric Suing and Toby Habeck
Master Gardeners*

Saturday, March 2
9:00 am – 12:00 pm

Fruit Tree Pruning

Bring loppers and gloves to this fun, hands-on pruning class for several species of popular fruit trees.

*Terry Helfrich
Bear Creek Orchards*

Tuesday, March 19
5:30 – 7:30 pm

Firewise Landscaping

Protecting your home from wildfire begins with prevention. Learn how to incorporate attractive, fire-resistant plants and landscaping techniques into your property.

*Kara Baylog
OSU, My Southern
Oregon Woodlands*

Monday, April 1
6:00 – 8:00 pm

Weed Management

The first step to conquering weeds is learning to identify them. A management plan can then be formulated using an integrated weed program.

*Maud Powell
OSU Small Farms Program*

Thursday, April 18
5:30 – 7:30 pm

***Grapevine Pest and Disease Management**

Identify common grape pests and diseases in the Rogue Valley, plus innovative techniques to both treat and prevent them in your vineyard.

*Dr. Alexander Levin
Oregon Wine Research Institute*



Jackson County Master Gardener Association Board of Directors Meeting Jan. 11, 2019



Announcements

Susan Koenig announced the board is now composed of 21 members, making a Quorum 11.

The 2019 Master Gardener enrollment is now 53 students.

Erika Szonntag announced the Plant Clinic would like to have copies of the Garden Guides donated to the public library. This will be considered under New Business at a later date.

President's Report:

Susan Koenig distributed copies of the 2019 board roster (Attachment #1) and, for those who didn't attend the orientation for new board members, a Robert's Rules of Order cheat sheet (Attachment #2).

Susan Koenig reappointed the Business Plan Committee (Kate Hassen, Jane Moyer, Sandy Hammond, Michael Riding, Bill Gabriel, Kathy Allen, Eileen Beall, Annette Carter, and Roberta Heinz) and the Bylaws Committee (Michael Riding, Susan Koenig, Ronnie Budge, Linda Holder, Pam Hillers, Kate Hassen) as ad hoc committees. She also

appointed the Executive Committee (Susan Koenig, Kate Hassen, Ronnie Budge, Annette Carter, Kathy Apple, Jim Buck, Kari Gies) and the Solar Committee (Susan Koenig, Erika Szonntag, Rich Roseberg, Dennis Jackson, Lynn Kunstman, Eileen Beall).

The February board retreat has been cancelled to allow Working Groups more time to work on the new 5-year goals. The next retreat is scheduled for June 26, 2019. Member Services and Gardens Working Groups will report at that retreat. Outreach, Finance and Fundraising, and Technology Working Groups will report at the September board retreat.

Treasure's Report:

Annette Carter reminded the board that, when looking at the Treasurer's Report, membership dues might not look like much because many members paid them in the last months of 2018, but the report shows only what arrives in 2019.

Winter Dreams Summer Gardens shows a loss of \$289 due to an unexplained larger than usual number of copies. (10,000 vs. an estimated 3,000—4,000) Working Group chairs were asked to remind committee heads to instruct members to log off when finished running copies.

Annette asked for a list of committee chairs who can authorize payments. An ad hoc Expenditures Committee, made up of Kate Hassen, Kari Gies, Ronnie Budge, and Annette Carter was formed to develop procedures.

Continued on next page...

Roberts Rules of Order Cheat Sheet

We are a decision-making body. Although we do have reports listed on the agenda, most reports are filed on Dropbox to conserve time. To keep the focus on decision making, we need to understand the following procedure:

To speak in the meeting, you must be recognized by the Chair (and/or be on the agenda).

To discuss something, you must make a motion about it. (Usually best to write the motion out or prepare something ahead of time.

To make a motion, say "I move to _____." The motion needs a second. Say, "I second the motion."

Debate should be on the subject and not personal.

Or someone says, "I move the previous question." If this happens, we vote on calling the question. We need 2/3 vote to stop the debate.

The chair will repeat the motion and a vote will be taken.

Continued from previous page...

Unfinished Business:

Approval of 2019 Budget: Kate Hassen moved that the 2019 JCMGA budget be Approved as written and reviewed by the board. Approved unanimously.

New Business:

Approval of Technology Working Group Chair/ Board Rep: Kate Hassen moved that Marcia Harris be approved as chair of the Technology Working Group and as a member of the JCMGA Board of Directors. Approved unanimously.

Approval of SGF Working Group Co-Chair/Board Rep: Pam Hillers moved that Linda Holder be approved as the voting representative to the board for the Spring Garden Fair Working Group. Approved unanimously.

Approval of Communications WG Chair/Board Rep.: Pam Hillers moved that Kate Hassen be approved as chair of the Communications Working Group and as a member of the JCMGA Board of Directors. Approved unanimously.

Bylaws Change/Assistant Treasurer Position: Pam Hillers moved the board approve an Assistant Treasurer position to be an elected board position and that this recommendation be referred back to the By-laws Committee. Approved unanimously. Susan Koenig appointed Roberta

Heinz to the position until the Bylaws Committee can make this change.

Winter Dreams Artwork: Kate Hassen moved that, in the absence of a Winter Dreams Summer Gardens Symposium chair, the Communications Working

REMEMBER

All Master Gardeners
can attend Wednesday
classes to receive
educational and
volunteer hours for
required 2019
volunteer time

Group chair be authorized to work with Luigi Bogni and a committee to develop the WDSG art work. Approved unanimously. Sandy Hammond, Patrice Kaska, Keltie Nelson, and Jane Moyer volunteered to be on the committee.

Communications Policies:

Kate Hassen reported the website is being updated. All working group and committee chairs need to check their website information to make sure it is up-to-date.

Kate needs names of all members, including new students, who should have access to the member side of the website.

Requests for Mailchimp (group emails) should go to Erika Szonntag with cc to Kate Hassen. Requests for Facebook should go to Janice Alderman with cc to Kate Hassen.

JPR Underwriting: Jane Moyer moved the board approve underwriting advertising through Jefferson Public Radio at a level consistent with current budget levels. Approved unanimously.

Help on the First Day of MG Class: Snacks have been arranged; board members will help set up at 8 a.m.; Susan Koenig will send lunch menu to Erika for those who have food restrictions.

Garden Guide Inventory: Based on recommendations from the 2018 audit, Barbara Davidson moved a system be developed between the Garden Guides chair and the JCMGA treasurer to track the number of Month to Month and Trees and Shrubs Garden Guides and provide a quarterly report to the JCMGA Board of the number of each available and the number sold. Seventeen in favor; none opposed; two abstentions.

Next board meeting: Feb. 8, 2019

Jane Moyer
Recording Secretary,
Master Gardener 2005





Welcome to the Class of 2019



*by Jane Moyer
Master Gardener 2005*

The first day of the Master Gardener class always takes me back to the first day of school. There's the same excitement, the same smiling faces, the same happy chatter. And, it never gets old!

This year was no exception. Some students arrived at 8 a.m. for the 9 a.m. start of class and jumped right in to help set up tables and chairs. Veteran Master Gardeners arrived with snacks to welcome the newcomers. Required forms were picked up, pictures were taken, introductions were made, and we started to learn a little about each other.

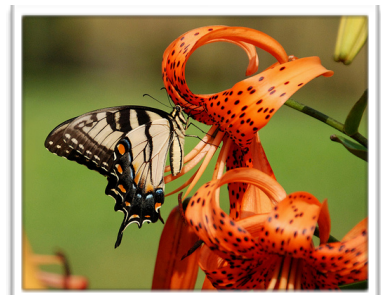
So, who are these new Master Gardener students? Of the 53 registered, 43 are female and 10 are male.

Although not all listed a city on their registration form, 22 come from Medford, 12 from Ashland, 6 from Jacksonville, and 6 from Central Point, with 2 each from Talent. Eagle Point, Trail, Rogue River, Phoenix, and White City have each added one student to the class.

Thirty-three students self-identify as gardening beginners while 12 said they are advanced. The remainder either see themselves somewhere "in the middle" or didn't say. Many have known about the Master Gardener Program for years as they waited for the freedom of retirement to take the class. Friends, neighbors, family members, and veteran Master Gardeners seem to be the main source of information and encouragement. Others learned of the opportunity through the JCMGA website, OSU Extension activities (classes, Plant Clinic, Spring Garden Fair, Land Stewards). Only six came to join because of true advertising venues (newspaper, flyers, the Extension reader board, the Central Point Parks and Recreation Guide).

The variety of occupations, past and present, is always interesting. Twenty-five are retired. One, besides being a MG student, is a student

in the rest of their life. Three are taking the class to further their professional knowledge. As usual, a large number come from both the education and medical fields. This year's class also includes a fish biologist, park ranger, restaurant manager, customer service/sales representatives, graphic designer, interior designer, executives, carpenters, self-employed, writers, lawyers, and a non-profit developer. In the end, gardening and giving back to our community will become the great unifiers and friendship platforms.



So, we want to extend a big welcome to you. This will be one of the best experiences of your life! Welcome to the Master Gardener Program and the Jackson Co. Master Gardener Association!





Oregon State University
2019 Master Gardener Program Training Schedule
 Wednesdays 9:00 am to 4:00 pm
 Jackson County

Date	Time	Topic	Instructor	SG
16-Jan	AM	Orientation and Introduction	SOREC and JCMGA	
	PM	Sustainable Landscape Design	Sherri Morgan	21
23-Jan	AM	Botany Basics 1	Rachel Werling	1
	PM	Botany Basics 2	Rachel Werling	1 & 22
30-Jan	AM	Roots	Rhianna Simes	
	PM	Soils	Scott Goode	2
6-Feb	AM	Volunteer Fair & Native Pollinator Plants	Tom Landis & Suzie Savoie	
	PM	Pesticides	Gail Langellotto	19
13-Feb	AM	Tree ID	Erika Szonntag	9 & 22
	PM	Plant Pathology	Brooke Edmunds	16
20-Feb	AM	Pruning Strategies	Steve Siewert	4
	PM	Home Orchard and Fruit Trees	Steve Renquist	4 & 10
27-Feb	AM	Vertical & Urban Gardening	Tobie Habeck & Eric Suing	
	PM	Vegetable Gardening in the Rogue Valley	Lynn Kunstman	7
6-Mar	AM	Entomology- Insect ID	Marsha Waite	14
	PM	Beneficial Insects	Lynn Kunstman	
13-Mar	AM	Plant Diagnosis review	Katy Mallams	16
	PM	IPM	Heather Stoven	20
20-Mar	AM	Firewise Landscaping	Max Bennett	PNW 590
	PM	Sustainable Lawns	Alec Kowalewski	12
27-Mar	AM	Composting	Scott Goode	5
	PM	Vertebrate Pest Management	Dana Sanchez	18
3-Apr	AM	Waterwise Gardening	Erika Szonntag	6
	PM	Weed Management	Jane Moyer	17
10-Apr	AM	Demo Gardens, Plant Clinic Orientation, & Native Pollinators	Head Gardeners & Tom Landis	
	PM	Plant Clinic exercise (reports)	Plant Clinic Mentors	
17-Apr	AM	Exam Review/Potluck lunch		

All regular class sessions are eligible for re-certification for veteran Master Gardeners

Gardening Gourmet

Sweetest of the Sweet



by Sydney Jordan Brown
MG 2000

**Mirror Mirror
On the wall
Who's the sweetest one
Of all?**

If the wicked queen knew it wasn't Snow White but a plant that was the sweetest, she'd be even greener with envy and rage. But none the less it's true. Now who'd ever guess there could be such a miraculous plant that's 40 times sweeter (up to 330 for concentrated forms) than sugar?

If not for a long ago ancient tribe, the Guarani people of Paraguay, we likely still wouldn't know of the existence of stevia. So you might be surprised to know the desire for sweet tasting foods didn't start with that familiar-refined white granulated stuff derived from sugar cane or beet.

About 1500 years ago this plant, native to Paraguay, was discovered by the Guarani. They found its

sweet-delicious leaves had incredible sweetening power. When crushed only a few leaves sweetened the bitterest hot mate tea-like beverages.

The Guarani also discovered this same plant they'd christened kaa he-he (meaning sweet herb) had many other uses. They found it softened skin, aided in digestion, balanced blood sugar and smoothed wrinkles as well healed blemishes, sores and wounds.

After its abundant growth spread throughout Brazil and Argentina, it wasn't long before European settlers discovered the amazing benefits of ka he-he. In 1887, Dr. Moises Santiago Bertoni heard of a "very strange little plant" on a mate plantation. After sampling leaves, he announced his "discovery," adding it to a botanical journal renaming it Stevia Rebaudiana in honor of the chemist Rebaudi who identified stevioside as the stevia's sweetness source.

In 1908 over a ton of stevia was harvested but it didn't become more commercially viable until 1931. In the 1960's, Japan became one of the first large scale users/producers of stevia. To market, to market to find

a sweet deal.

That took a lot longer, only approved by the US FDA in 2008.

Stevia is not only a better/healthier choice than laboratory created artificial sweeteners, but gardeners may grow their own! Actually, as with other natural occurring beneficial things, such as unpasteurized honey, only stevia's leaves (fresh, dried, powdered or green liquefied) contain beneficial nutrients. Packets or bulk white powder or clear liquid stevia have no nutrient values. So why not grow your own?

Sow seeds indoors this month in well-moistened sterile seed start mix in individual cells. These little guys will be delighted to grow on a very warm heat source 70. Have faith and a gardener's patience since sprouting takes up to 21 days.

Continued on next page...



Keep evenly moist but not soggy (at all life stages). At about 4 weeks old, transplant seedlings to individual six packs returning them to protective conditions beneath good grow lights until about late May or June when it's warmer than 45°. Not interested in sowing seed? You can order plants from catalog sources.

Grow stevia outside until danger of frost. Keep the

tidy by continually trimming before blooming. You'll also get bunchier plants. An ideal plant for pot culture, you can continue growing all winter inside. Root cuttings to start more for keeping or even better sharing to sweeten the heart of your sweetest friend or sweetheart who'll think you're even sweeter for such a gift.

Seed sources:

Baker Creek Heirloom seeds
www.rareseeds.com

Johnny's Selected Seeds
www.johnnyseeds.com

For stevia plants:
Territorial Seeds Company
www.territorialseed.com

Raintree Nursery
www.raintreenursery.com

Recipe:

Stevia works well for substituting all or part of sugar in recipes. However, if making baked goods (cakes, sweet breads and so forth) stevia doesn't have the properties like sugar to whip egg whites to stiff peaks or make syrups for candies.

Single Serving Crock Pot Cheesecakes

4-5 squatty half pint jars
2 8 oz packages light cream cheese
1 teaspoon powdered stevia leaf
1/4 cup your choice of regular sweetener (coconut sugar, sucanat)
3 extra large eggs
Zest from one small organic orange
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1/8 teaspoon sea salt
Whipped cream, (sweetened with a pinch of stevia, salt and 1 teaspoon vanilla), ground cinnamon & chopped toasted nuts



Fill Crock-pot with 1" of water then preheat on high 30 minutes.
Blend all ingredients together in food processor or blender until smooth. Divide between jars filling halfway up.
Place jars, in Crock-pot (adding water if necessary to cover half way up jars) and cook 2 hours on high. Cheesecakes are done when puffy, pulled away from jar sides at top edge. Use canning jar lifter to remove jars to cool. Refrigerate overnight.

Berry topping:

2-3 cups fresh or frozen thawed berries of your choice
A pinch or two of ground stevia leaf and/or 1 tablespoon of honey or agave to taste

Mash berries and sweetener together then spoon atop cheesecakes.
Top with a dollop of whipped cream sprinkled with ground cinnamon and chopped toasted nuts (optional)



Beet Box

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