



CENTRAL GORGE MASTER GARDENER

JULY 2018

GO BEAVS!

The 2018 World Series Champion Oregon State Beavers! Oregon State won its third College World Series Championship with a 5-0 win over Arkansas Thursday evening!
[\(Athletic Communications\)](#)



Month at a Glance

July 5: Thursday 8-12pm: [Learning Garden work party](#)

July 9: Monday 6-9pm: [Garden visit to Melissa Hollister's garden, then on to Dennis Carlson's garden for a visit/potluck](#)

July 10: Tuesday 10-12pm: CGM-GA Exec Committee Meeting, extension meeting room, everyone's welcome to attend

July 13-14: Friday-Saturday: [OMGA Growing Gardeners conference](#) (formerly mini-college) at Linfield College

July 19: Thursday 8-12pm: [Learning Garden work party](#)

July 25-28: Hood River County Fair: Plant Clinic and 5-minute lectures from 1-5pm daily

July 27: Friday 11am: [Waterwise presentation at the Hood River County Library](#)

August 1: [Wednesday 5pm: CGM-GA Summer BBQ/Potluck at Bill Sturman's garden.](#)

[Check our Website](#) for more calendar information

CGMGA AND OMGA

CGMGA

Summer has arrived and a lot is happening for Master Gardeners.

This past week, your Garden Tour committee members have been visiting candidate gardens for the 2019 Tour. We've seen small city gardens, expansive country gardens, decked-out sheds, secluded ponds, gorgeous perennial borders, and much more. We make the selections a year in advance in order to obtain seasonal photos, arrange parking requirements, and have the lead-time necessary for publicity and outreach.

What has struck me during these visits, is how each gardener in her own way, has found such serenity in their gardening endeavor – even as the knees and back protest the pulling, dividing, digging, mulching and dead-heading. For these gardeners, and I suspect for all of you, the tasks are never-ending but the joys are ever increasing.

Enjoy your summer garden – whether it be a single container on a balcony or an expansive country garden.

CGMGA's garden projects continue through the summer and provide

plenty of opportunities to fulfill volunteer hours and to gain useful knowledge that we can apply at home or at the plant clinics. Moreover, this month of July brings the G- 2 Growing Gardener's conference at Linfield College in McMinnville (July13-14), as well as the Hood River County Fair (July 25-28). The G-2 conference is open to all – master gardeners and members of the public alike. You can register for the entire conference or to just attend one session.

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CGMGA & OMGA

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[Hood River County Master Gardeners](#)

GROWING GARDENER'S CONFERENCE

NO REGISTRATION DEADLINE

WALK-IN REGISTRATION OKAY



[G2 Conference](#)
Formerly Mini-College

Pre-registration is not required. Check it out at <https://omga.org/growing-gardeners-formerly-mini-college/>

Our County Fair Exhibit, located as usual in the Floral Building, will feature shade gardening information and will include new 5-minute pop-up sessions on various topics of interest. The booth will also host a daily Plant Clinic. Come on by and say hello.

I'll close with a quote. I hope it brings a smile.

Someone is sitting in the shade today because someone planted a tree a long time ago. Warren Buffett.

Heidi Nastasi
CGMGA President

OSU Extension's New Website

If you looked at the website recently, your bookmarks may not have worked. It's because OSU Extension launched their new website!

We are still working on content and some kinks,

but take a look at the links below and explore.

OSU Extension:

- OSU Extension: <https://extension.oregonstate.edu/>
- Master Gardeners: <https://extension.oregonstate.edu/mg>
- Hood River County Extension: <https://extension.oregonstate.edu/hoodriver>
- Hood River County Master Gardeners: <https://extension.oregonstate.edu/mg/hoodriver> : Take a look at all the pages on the left column, which are updated.

I will be posting the monthly newsletter and all



Association materials on the blog website <http://blogs.oregonstate.edu/cgmga/>.

Save these pages for future reference!

[Ask an Expert](#) is now conveniently located on our page. Although this resource is helpful for our community members, it is not the best system. It doesn't provide samples, sometimes pictures and is often difficult to get the right answer. The other thing, the "Expert" is yours truly. All the questions are routed to campus and then routed back to me. I'm the only one in the Gorge that is answering horticultural questions (even in Wasco County) at the moment. If you or someone you know has a question, please come to the clinic, with a sample and a few minutes to answer questions. Coming directly to the plant clinic will give you the best information. Of course, you all probably didn't know I was the "Expert" because I never feel like one, just an imposter. Thanks for all that you do!

Rachel Suits

OMGA REPORT

Growing Gardeners Conference Update

July 13-14 at Linfield College in McMinnville
<https://omga.org/june-2018-gardners-pen-newsletter/>

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CGMGA & OMGA

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GARDENER'S
PEN

DEADLINE

AUGUST 23

NO REGISTRATION DEADLINE

Walk-in registration OK
Conference open to non-master gardeners. Bring a friend.
A great gardener conference (and you get training hours) with great statewide speakers

Keynote speaker: Phillip Mole, Director of Oregon Climate Change Research Institute & Professor in the College of Earth, Ocean & Atmospheric Sciences. He will be discussing what climate change means to the gardener.

Gail Langellotto, Professor of Horticulture at OSU and Coordinator of the State Master Gardener Program, will be presenting a vision for the future of the Master Gardener Program in Oregon.

The Silent Action, the OMGA major fundraiser, will be held during the conference. CGMG has donated some GREAT items. Come to the conference for a chance to bid on cross country ski lessons, a garden cart, two original water colors by Bill Sturman, the list goes on!
Conference Volunteer's



Social on Thursday evening, 7/12.

Other activities such as the award banquet and dorm party on Friday eve.

Growing Gardener Conference Scholarships: NOW Available. Contact Sandy Montag or Heidi Nastasi if you are interested.

Rewards Programs to support OMGA

Amazon and Fred Meyers offer rewards programs. Amazon will donate to your charity of choice (in this case, OMGA) when you purchase from them. The program is called smile.amazon.com. Sign in at smile.amazon.com and go to your account. From the dropdown list, choose the option to change or choose a charity. Search for Master Gardener Association, Corvallis and check the box. That is it! Whenever you log into Amazon, log in to smile.amazon.com. This is free money that our organization can use for our benefit.

Fred Meyers Community Rewards Program: This program is aligned with your rewards card. Sign into your account and sign up for the Community Re-

wards Program.

The deadline for the next Gardener's Pen is August 23rd.

Sandy Montag

Highlights of the OMGA Leadership Forum in Sutherlin, OR June 2018

I was asked if I would attend the OMGA Leadership Forum in Sutherlin, OR this year. As a relatively new MG and co-chair of the Learning Garden, I was eager to learn as much as I could and meet others faced with similar challenges.

The focus of the Forum was Demonstration/Learning Gardens and the challenges they face both in recruiting and training new and returning volunteers as well as how do they provide 'exposure' to the communities they serve. Four panelists representing two demonstration gardens, one in Douglas County and the other in Jackson County shared their projects and were available to answer questions. While both projects serve a much larger community and have a significantly larger volunteer base than the CGMGA demonstration gardens there were some take-aways I found useful and relevant.

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EDUCATIONAL TIDBITS



When flowering from early summer to fall, knapweed has upright branched stems 1-5 ft tall.



Knapweed flower heads can be pink, purple, or white, depending on the variety.



Knapweed threatens wildlife habitat, pastures and grasses.

Weed of the Month Knapweed

Hood River County has many kinds of knapweed, but the three most commonly found are Spotted, Diffuse and Meadow. Although slightly different, they all have similar impacts on the environment.

Knapweed readily out-competes grasses and other pasture species thanks to a toxin produced in its foliage and roots that slows the growth of surrounding vegetation. Knapweed prefers full sun and well drained soils. It will invade native prairie, oak savannah and even clear-cuts. It can be found on roadsides, sand and gravel bars, riverbanks, irrigated pastures, moist meadows and forest openings. This invasive weed threatens wildlife habitat, causes significant loss of grazing forage and increases erosion.

Knapweed is a perennial that grows from a deep taproot. The branched upright stems can grow 1 to 5 feet tall when flowering. Leaves can be up to 6 inches

long and 1.25 inches wide. They become smaller as they advance up the flowering stem. The flower heads can be pink, reddish purple or white. They can be oval or almost globe shaped and about one inch wide. Flowering begins in the early summer and can last into the fall. Knapweed reproduces by seed and can also re-sprout from root crowns. Seeds can remain viable for up to 8 yrs. Seeds are spread by water, animals, humans and vehicles.

Although there are several methods for controlling knapweed, it is best to know which of the three varieties you are trying to eradicate. Check with the OSU Master Gardeners for publications about knapweed identification.

Knapweed is easiest to find and ID once it starts flowering. Small infestations can be hand-pulled or dug up. It is important to pull as much of the tap root as possible. If there are too many plants to remove manually, an herbicide la-

beled for knapweed can be used. Knapweed can also be mowed before flowering to lessen seed production. This will not eliminate the plant but will slow its spread.

When disposing of pulled plants, be sure to bag flowering plants. Bagged plants should not be composted but placed in the garbage.

For more information visit the website: <https://columbiagorgecwma.org/>

Future Webinars

7/26 *Meet the New Neighbors: Emerging Pest Issues in Oregon* w/ Robin Rosetta <https://learn.extension.org/events/3434>

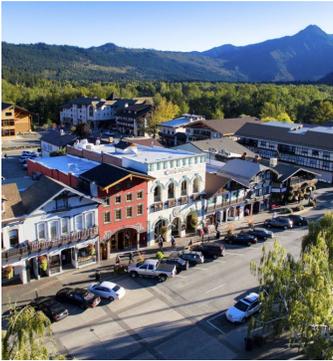
8/30 *The latest research on bees in the garden: Updates from the OSU Garden Ecology Lab* w/ Gail Langellotto <https://learn.extension.org/events/3443>

Brooke Edmunds, Ph.D.



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EDUCATIONAL TIDBITS



Downtown Leavenworth, Washington. Photo by Leavenworth Chamber of Commerce..

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WA DNR Annual Program

This WA DNR annual program in Vancouver, WA should be of interest to Master Gardeners. Open to everyone, but especially of interest to those who live in the urban-wildland interface.

Vancouver: Thursday, Au-

gust 30, 8:30 a.m. – 12:00 p.m

Washington State Department of Natural Resources Urban & Community Forestry Program, annual urban forestry program will focus on how to identify and manage threats to forest health for the sake of people living in urban, suburban, and wildland-urban interface communities.

This year’s seminar, “Healthy Trees, Healthy Communities,” will investigate common forest health issues faced by Washington communities and the resulting impacts on people who live within them.

www.dnrtreelink.wordpress.com/2018/06/11/2018-community-tree-seminars-coming-to-a-city-near-you

Karen B. Jenkins

CGMGA & OMGA

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Find ways to engage volunteers other than weeding

- New volunteers are considered trainees for the entire first year
- Pair new volunteers for an entire year with a mentor. Mentors can have 2 or 3 trainees.

The mentor need not be an expert in all topics however he/she must be willing to learn and to commit to the year-long engagement of time and support for their trainee Mentors complete a short training on mentoring skills and parameters. Mentors also incorporate

self-motivated learning for each volunteer on a particular project of their choosing. Trainees select early on a garden feature/ project of their choice, develop it, and in turn present a lesson at the end of their year to their colleagues. The project they choose includes general maintenance of that garden feature.

MG training classes are year-round in order to take advantage of hands on learning opportunities in the gardens

A designated number of volunteer hours are committed to maintaining the demonstration gardens. That’s the way they can fully maintain gardens

This process resulted in engaged volunteers with

knowledge in some aspect of the demonstration gardens which they were comfortable sharing with the public. Over the years they gain more and more knowledge and expand areas they can share with the public. This in turn supports tours from schools and a variety of regular workshops for the general public

Recruitment of new volunteers requires availability on a specific day(s) of the week when demonstration gardens are open, however on occasion some volunteers are able to work independently on their projects during off hours.

Sylvianne Whiting

“HEALTHY TREES,
HEALTHY
COMMUNITIES,”
SEMINAR
INVESTIGATES
COMMON FOREST
HEALTH ISSUES FACED
BY WASHINGTON
COMMUNITIES AND
THE IMPACTS ON
PEOPLE WHO LIVE
WITHIN THEM



VOLUNTEER ACTIVITIES

**Learning Garden
Work Party**

The Learning Garden Volunteers have been busy and are planning several activities in the coming months. There are two work parties scheduled: July 5 and July 19 from 8am-noon. We are starting earlier in the morning so as to stay ahead of the heat. Our focus this month will be the 'Hellstrip', removing the rocks and replacing them with mulch as well as removing unwanted plants.

We've planned a 'field trip' to the Portland Japanese Garden on July 17. Come join your fellow MG's for a

visit to the garden and follow up visit with Sadafumi Uchiyama at noon. If you are planning on attending please RSVP to Sylvianne. We are hoping to carpool and leave from the extension office parking lot at 8:30am.

Please join me in welcoming Savannah Teller Brown as our new lead for the Native Garden!

Thank you to all the volunteers who came and worked in the gardens during the month of June. If you would like to complete some of your volunteer hours and cannot attend our scheduled 'work parties' please contact Sylvianne

ties' please contact

Sylvianne

sylviannej6@hotmail.com to schedule a time of your convenience and a project to work on.

**Wanted! for a Weekend
Work Party at OCH**

Volunteers needed to load and transfer a pile of decomposing garden waste from the One Community Health Garden to the Transfer Station. We also need a truck or trailer to transport the garden waste. Contact Kathy McGregor at 541 806 0958 or doc_kathy@charter.net

LEARNING
GARDEN WORK
PARTIES

JULY 5 & 19

8 AM TO NOON



[Portland Japanese Garden](#)

UPCOMING EVENTS

**July Garden Visit
Melissa Hollister and
Dennis Carlson
July 9, 6:00 - 9:00 pm**

Our next Garden Visit will be a quick tour of Melissa Hollister's garden, followed by a tour and potluck at Dennis Carlson's place. This is the last chance to visit Melissa's garden, as she is selling her house this year. Dennis, as always, will have new garden areas to enjoy. Besides his herbs, roses, fruit trees, berries, vegetable beds, and perennials,

he will be happy to introduce you to his two pigs. They are still small enough to be very cute and sometimes playful.

This is a potluck, so bring something to share, as well as your own table settings and drink of choice. Please wear your MG badge so we all know each other's names; you'll get one pay-back hour for this Garden Visit. Family is welcome to join you. Try to make it to Melissa's by 6:45 as we'll be a Dennis's soon after that.

Melissa and Dennis live

within a mile of each other in Hood River and both places are easy to find. The Stevenson and Mt. Hood Garden Visits were tremendous but distance kept some folks away. Come socialize, learn, and have fun at this one if you can! **Directions:** Melissa lives just south of the Valley Christian Church at 3550 Broken Tee Rd. Dennis lives at 3801 Barrett Road. From Windmaster Corner (intersection of Indian Creek Rd. and Tucker Rd.) turn west. Dennis's drive-

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PORTLAND
JAPANESE
GARDEN

FIELD TRIP
PLANNED

UPCOMING EVENTS

(Continued from page 6)



Join us for the Summer BBQ/Potluck at Bill Sturman's Garden! August 1

way is on the left, just after a large planting of trees.

Summer BBQ/Potluck

The summer BBQ/potluck and quarterly CGMGA meeting is scheduled for Wednesday, August 1st at Bill Sturman's house located at 8495 Hwy 35 in Mt. Hood. The gathering starts at 5pm, a native plant walk at 5:30pm and dinner around 6pm. Bring a potluck dish (see potluck food safety information in this newsletter) and your own place settings.

MERCADO DEL VALLE (ODELL FARMERS MARKET)

NEEDS MGs TO CONDUCT SEED STARTING ACTIVITY

JULY 5 & 19

Gorge Gleaning Project and Seed Starting Activity

Did you know that 1 in 3 people in the Gorge worry about running out of food, while 1 in 5 miss meals regularly? Hunger in the Gorge is epidemic and can be directly addressed by increasing access to quality, local food.

The [Gorge Gleaning Project](#) aims to

- Reduce food waste
- Provide a way for Gorge residents of all backgrounds to connect outdoors
- Increase access to fresh, local food for

those in need

- Create community and solidarity across sectors, counties, and cultures to increase resiliency in our community

Please get involved with gleaning this season. We're always looking for more volunteers and sites to glean. A minimum of 50% of the harvest goes to food pantries and other high-need sites. If you're wishing to help us harvest for the hungry (and want to keep 50% of the glean for yourself!) or have some fruit trees and/or a backyard garden with extra pro-

duce, please sign up by choosing [Register your crop](#) and/or [Register as a volunteer](#) Mercado del Valle, the farmers market in Odell, is looking for Master Gardeners willing to conduct a seed starting activity on July 5 + 19. Market runs from 4-7pm and you don't have to commit to the full 3 hours. Seeds, soil and pots will be arranged by Louisa. Contact Louisa Pavlik, a new Master Gardener and the co-manager of Mercado del Valle, with questions at outreach@gorgegrown.com or 815-342-1917.



Bill Sturman's Garden

Central Gorge Master Gardeners Present:

Waterwise Gardening

Join Master Gardener volunteers for a seminar on water conservation techniques in the garden. The Waterwise Garden located on the library grounds will act as a demonstration to show off these techniques and explore other ways to xeriscape.

Hood River County Library
Friday, July 27, 2018
11:00 am
Meet at garden on State Street



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KEEPING FOOD SAFE AT POTLUCK MEALS

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

Basic Tips

CLEAN


SEPARATE


COOK


CHILL


CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

USE A FOOD THERMOMETER.

Burgers: 160°F

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

FRUIT SALAD

Rinse all produce before peeling or chopping.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

ADDITIONAL SOURCE







For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Keeping Food Safe at Potluck Meals

Potluck meals offer a chance to share recipes and ‘show off’ culinary talents to friends, family and co-workers. Keeping food safe during preparation and transportation will ensure that the potluck dish is remembered for its taste and presentation—not as a cause of foodborne illness.

Why are Potluck foods at a greater risk? Carrying food out of the home for a potluck meal increases the risk of foodborne illness, even when foods are prepared using safe practices. The longer food travels to a party or gathering, the greater the opportunity for harmful bacteria and other microorganisms to grow in food and cause illness.

The risk of foodborne illness is greater with some types of food.

Bacteria and microorganisms grow quickly in some foods more than others. These foods, typically moist, low in acidity and high in protein, require careful time and temperature control. Examples of these foods are meat and poultry, eggs and dairy products, seafood, and cooked rice and cooked vegetable dishes.

Follow food safety guidelines when shopping, preparing, cooking, storing and transporting meals to keep food safe.

Shopping

Time is important when shopping for food.

- When you shop, add refrigerated and frozen foods last to your shopping cart. Then, go directly home to unpack and store groceries before running other errands.
- Before you buy food, check its condition and use-by-date to make sure it is safe to eat.

Preparing

Keep hands, surfaces and utensils clean.

- Always wash hands in warm soapy water before preparing food and after using the bathroom or tending to children and pets.
- Wash hands after cutting raw meat, poultry or fish and before handling other foods.
- Use a clean cutting board to cut up food. Consider using one cutting board to cut up vegetables, fruit and bread, and a separate cutting board to cut up meat, poultry and fish.
- Thaw food in the refrigerator.

Fight BAC!™ — Keep Food Safe

- ✓ **Clean** hands, kitchen utensils, appliances and surfaces with hot soapy water before and after food preparation.
- ✓ **Separate** cooked food from raw foods during preparation and storage. Plates, utensils and cutting boards used to prepare raw foods, should not be used to handle cooked foods.
- ✓ **Cook** food to the recommended temperature. The temperature required depends on the cut of meat and poultry. Use a food thermometer and the chart on the next page to check the internal temperature of foods.
- ✓ **Chill** food to recommended temperatures. Keep refrigerator temperature at 40°F or lower and freezers at 0°F or lower. Refrigerate foods quickly. Defrost and marinate food in the refrigerator.

Keep time and temperature in mind when bringing food to an event to keep food safe and enjoyable.

Follow
the
2-hour
rule

Prepared food should not be left out on tables or counters for more than 2 hours. Holding food for more than 2 hours in the temperature “danger zone” (40-140°F) will allow harmful microorganisms to grow.

KEEPING FOOD SAFE AT POTLUCK MEALS

Cooking for Groups

Reheating Food
Reheat cooked food to at least **165 °F**
On the stove top
In the microwave

Keep Cold Food Cold
Store food in the refrigerator at **40 °F** or below
Place cold food in containers on ice to keep food below **40 °F**

Keep Hot Food Hot
Cooked food should be held at or above **140 °F**
Use heated chafing dishes, warming trays, or slow cookers to keep hot food hot

Serving Food
Use clean containers and utensils to serve food

Two-Hour Rule
If perishable food is kept at room temperature, do not leave it out for more than **2 hours**

What is the DANGER ZONE?
Temperature range (between 40 °F and 140 °F) where bacteria multiplies quickly.

Do not use a chafing dish, warming tray, or slow cooker to reheat food – this leads to too much time in the Danger Zone!

USDA | Ad Council | ADDITIONAL SOURCE CDC | For more summer food safety tips, go to **FoodSafety.gov**

GARDENING RESOURCES

<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/em9027.pdf>



- ◇ [Hood River County Master Gardeners](#)
- ◇ [Calendars](#)
- ◇ [WSU Gardening](#)
- ◇ [PNW Handbooks](#)
- ◇ [Week Identification](#)
- ◇ [Growing Your Own](#)
- ◇ [HortSense](#)
- ◇ [Columbia Gorge Co-operative Weed Management Area](#)
- ◇ [OSU Publications](#)
- ◇ [UC IPM](#)
- ◇ [Monthly Gardening](#)
- ◇ [OSU Gardening](#)

NEWSLETTER SUBMISSIONS



In order to allow time for formatting the CGMGA Newsletter, please submit articles or calendar items by the last Thursday of the month.

Send newsletter information to Shari Bosler at sharibosler@hotmail.com. Thanks!