



# CENTRAL GORGE MASTER GARDENER

AUGUST 2018

## CGMGA AND OMGA

### CGMGA

*From the Desk of....* My thanks to those Master Gardeners who helped with the County Fair project this year. I hope that all of you were able to stop by the booth and say hi. We hosted a Plant Clinic each afternoon Thursday-Saturday, and –



new this year- we tried out some “pop-up” talks on

various topics, including weed identification and management, worms in the gardening, tool care, safe use of pesticides, attracting pollinators, and fall veggie container gardening. Thank you to all of the speakers who took time to join in this experiment. Along with the 5-minutes talks we handed out one-page info sheets that proved very popular with the Fair attendees. Thanks to the Clackamas County Master Gardeners for permission to use their one-page info

sheets. August is here already and with it continuing heat and dry conditions that will probably mean we all spend time keeping our gardens watered and maintained. Several Master Gardener projects will continue throughout August and September, including the waterwise garden at the library, the Grace FISH Food Bank garden, and Parkdale Memorial Garden and the Learning Garden at the Extension office. If you still need volunteer hours to complete your training requirements, please contact the project leaders to find out about volunteer options. If you have completed your requirements, please consider adding a few more hours. As summer goes on, Plant Clinic cancellations must be filled – sometimes at the last minute – but these Plant Clinics are an important



face of the MG program in this community and serve a needed role in the County. Our CGMGA quarterly membership meeting is Wednesday August 1 at Bill Sturman’s home in Mount Hood. (If you missed the garden visit to Bill’s garden earlier in the summer, this is a second chance to tour this lovely garden in the woods). We are looking forward to Sue Nesbitt, OMGA President, attending this meeting and participating in the presentation of the *Master Gardener of the Year* and *Behind the Scenes Gardener* awards that evening. I hope to see many of you there.

Heidi Nastasi



(Continued on page 2)

### Month at a Glance

**August 1:** Wednesday 5pm: CGMGA Summer BBQ/ Potluck at Bill Sturman’s garden \*

**August 8:** Wednesday 6pm: Brassicas and Beer at Volcanic Bottle Shoppe: Seed Saving with Christine Blueston

**August 9:** Thursday 8-11am: Learning Garden work party \*

**August 14:** Tuesday 10-12pm: CGMGA Exec Committee Meeting, extension meeting room. Everyone’s Welcome!

**August 23:** Thursday 8-11am: Learning Garden work party \*

**October 5:** Friday: Visit to the Portland Japanese Garden \*

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

\* Additional information available in the newsletter

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# CGMGA & OMGA

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## Rachel's August Schedule

I want to give you all a heads up on my schedule in August as I will be out of the office most of the month. I'm away at a conference for Master Gardener Program Coordinators in Madison, WI the week of August 6<sup>th</sup>. I will have my computer with me, but

limited access to email. I'll be in the office the week of August 13<sup>th</sup>, however, already have a booked week. I will be available via email. I'm out of the office the weeks of August 20 and 27 because I'm taking vacation and will be back in the office again after Labor Day. I will not have access to email or phone during these two weeks. You are welcome to email me at

any time and may need to be patient with the response depending on the date. I need to make sure all plant clinics are filled before I leave, so if you need a shift, look at the schedule. I do, however, look forward to seeing you all at the summer BBQ on August 1<sup>st</sup>!



CGMG's at the Gardener's Conference (Minus Eric Bosler & Melissa Hollister)

GARDENER'S  
PEN

DEADLINE

AUGUST 23

## EDUCATIONAL TIDBITS

### Future webinars

The latest research on bees in the garden: Updates from the OSU Garden Ecology Lab w/ Gail Langellotto

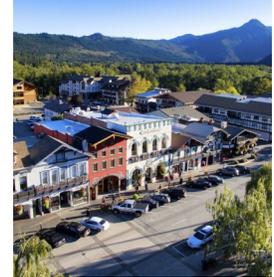
<https://learn.extension.org/events/3443>



Brooke Edmunds, Ph.D.

### Washington 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, August 30, 8:30 am – 12:00 pm 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



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

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. [Urban Forestry in Washington.](#)

Karen B. Jenkins



Kathy & Pam  
Hood River Fair



HR Fair

## EDUCATIONAL TIDBITS



*(Continued from page 2)*

### Weed of the Month English Ivy

English ivy is the September Weed of the Month. The Hood River County Weed Board asks all landowners to control English ivy on their property.



English ivy was sold as a groundcover for many years, but no longer. It has escaped from our yards and

invaded natural areas. It displaces native plants and reduces wildlife habitat.

English ivy grows year-round and has waxy green leaves on its trailing vines. It reproduces from both seeds and stem fragments.

This vine is an aggressive invader growing across the ground and up into trees. It can overwhelm trees and kill them. Rats hide in the

cover of English ivy and use it to access our homes.

English ivy is best treated by hand-pulling vines. If it has climbed into a tree, cut the vines at the ground and again 4 feet up the tree, removing those sections. Dispose of ivy by bagging and placing it in the garbage.

Thanks for your help controlling English ivy.

## VOLUNTEER OPPORTUNITIES

### LEARNING GARDEN WORK PARTIES

AUGUST 9 & 23  
SEPTEMBER 13 & 20

8 TO 11 AM

### August Plant Clinics

Saturday, August 11 at the Hood River Farmers' Market from 8:30am-1:30pm (2 shifts)

Saturday, August 25 at the Hood River Farmers' Market from 8:30am-1:30pm (1 shift)

### Learning Garden Work Parties and Updates

Summer has been busy for our crew at the Learning Garden. We hope that as many of you return from vacations, you will join us at a work party or an event as there is quite a bit scheduled (see calendar).

The work parties have been very productive keeping up with weeds and the continual challenges of maintaining irrigation. Many thanks to Laurel de Tar for learning and persevering to keep the lines clear and working! Many thanks as well to our devoted volunteers who cheerfully show up throughout the summer.

Going forward we are cleaning up the 'hellstrip', clearing out the rocks, removing unwanted overgrowth, and mulching.

As for events, we are well into planning the Tool Care and Storage Workshop. Kevin Bauc will be

present with his sharpener and will sharpen your tools for free. Donations are accepted. We'll have a table set up with hand outs and information on how to sanitize, clean and care for your garden tools before storing them away for winter. The workshop is September 15th from 9-noon. Mark your calendars and come support your fellow MGs as well as bring a few tools and have Kevin sharpen them for you! If you have an hour or so to help out we will need volunteers for set up/clean up and parking lot duty.

Due to a number of reasons,

*(Continued on page 4)*

### TOOL CARE & STORAGE WORKSHOP

SEPTEMBER 15

9 AM TO NOON

## VOLUNTEER OPPORTUNITIES

*(Continued from page 3)*



we rescheduled the visit to the Portland Japanese Garden. Sadafumi Uchiyama, the PJG landscape architect, will give us a private tour and be available to discuss and answer questions. RSVP's are being accepted now by [sylviannej6@hotmail.com](mailto:sylviannej6@hotmail.com). The tour starts at 11am at the PJG on October 5th. We'd like to have at least 15 signups in order to have the discounted entry of \$13/person. We will be carpooling to the Garden.



August work parties are the 9th and 23rd from 8am-



11am. September work parties are 13th and 20th from 8am-11am.

See you at the gardens!  
Sylvianne Whiting

### The Library Garden

Susan Sanchez and Susan



Stender hosted a Waterwise Gardening Seminar on Friday, August 27, at the Hood River Library.

They provided handouts and

tips on waterwise gardening and engaged the participants in a discussion based on their questions and concerns.

At the end of the seminar, attendees were given a tour of the Library Garden.

The participants were appreciative of the informative seminar that demonstrated that you can conserve water while, at the same time, enjoy a beautiful garden.

If you would like to volunteer at the Library Garden, please contact Susan Sanchez ([sue.carr10@gmail.com](mailto:sue.carr10@gmail.com)) or Susan Stender ([wottazoo@hrecn.net](mailto:wottazoo@hrecn.net))

Renee

## UPCOMING EVENTS

### Summer BBQ/Potluck



The summer BBQ/potluck and quarterly CGMGA meeting is scheduled for Wednesday, August 1<sup>st</sup> 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

and beverage of choice (refer to food safety information on pages 7-9), your own place setting, and a chair, though there will be many available.

Carpooling is suggested, meet at 4:30 at the Extension parking lot to hook-up.

**Directions to Bill Sturman's house** (8495 Hwy 35): About 17 miles from Hood River.



The driveway comes directly off of Hwy 35, 1/3 mile south of Baseline Rd turn-off. Look



for sign. Driveway is about 1 mile long, with signs at turn-offs to 2 neighbor's homes.

AUGUST 1  
SUMMER BBQ/  
POTLUCK

PLEASE BRING:

- \* POTLUCK DISH
- \* BEVERAGE
- \* PLACE SETTING
- \* CHAIR

## UPCOMING EVENTS



# Oregon State University



## 2018 a la Carte Food Preservation Class Schedule for Hood River & The Dalles

DATE	COURSE TOPIC	TIME	LOCATION	PRICE
6/5/2018 (Tuesday)	<b>Food, Water &amp; Waste Preparedness for Emergencies</b> Learn about personal and household food & water storage to be prepared for the next natural disaster or emergency. Just in time for wildfire season.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
6/6/2018 (Wednesday)	<b>Food, Water &amp; Waste Preparedness for Emergencies</b> Learn about personal and household food & water storage to be prepared for the next natural disaster or emergency. Just in time for wildfire season.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
7/10/2018 (Tuesday)	<b>Pickling Summer Vegetables: Asparagus to Zucchini</b> Safely quick-pickle a variety of vegetables and impress friends and family with your beautiful and delicious pickled produce.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
7/11/2018 (Wednesday)	<b>Pickling Summer Vegetables: Asparagus to Zucchini</b> Safely quick-pickle a variety of vegetables and impress friends and family with your beautiful and delicious pickled produce.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
7/31/2018 (Tuesday)	<b>Preserve the Gorge Bounty: Canning &amp; Drying Fruit</b> Preserve the world-class produce our region grows. Discover the best ways to can & dehydrate cherries, peaches, pears, and apples.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
8/1/2018 (Wednesday)	<b>Preserve the Gorge Bounty: Canning &amp; Drying Fruit</b> Preserve the world-class produce our region grows. Discover the best ways to can & dehydrate cherries, peaches, pears, and apples.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
8/21/2018 (Tuesday)	<b>Freezer Meals: Simplify Supper with Frozen Crock-Pot Meals You Can Cook in a Cinch</b> Be ready for back-to-school with a freezer full of delicious, healthy crock-pot meals. Recipes, shopping lists, labels & lunch will be provided!	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
8/22/2018 (Wednesday)	<b>Freezer Meals: Simplify Supper with Frozen Crock-Pot Meals You Can Cook in a Cinch</b> Be ready for back-to-school with a freezer full of delicious, healthy crock-pot meals. Recipes, shopping lists, labels & dinner will be provided!	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
9/18/2018 (Tuesday)	<b>Canning Salmon: Catch to Canned</b> Learn how to safely pressure can fresh Columbia River Salmon. We'll share tips & tricks for getting the most out of your catch!	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
9/19/2018 (Wednesday)	<b>Canning Salmon: Catch to Canned</b> Learn how to safely pressure can fresh Columbia River Salmon. We'll share tips & tricks for getting the most out of your catch!	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
10/2/2018 (Tuesday)	<b>Oktoberfest: Sausage, Sauerkraut &amp; Mustard</b> Celebrate Autumn by making your own sausage, sauerkraut, and mustard. We'll cover meat curing, fermentation, and canning sauces & spreads.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
10/3/2018 (Wednesday)	<b>Oktoberfest: Sausage, Sauerkraut &amp; Mustard</b> Celebrate Autumn by making your own sausage, sauerkraut, and mustard. We'll cover meat curing, fermentation, and canning sauces & spreads.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
11/6/2018 (Tuesday)	<b>Canning Homemade Soups &amp; Stocks</b> Want to enjoy delicious homemade soup & stock all winter? You'll learn the do's & don'ts of soup making as well as how to safely pressure can.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
11/7/2018 (Wednesday)	<b>Canning Homemade Soups &amp; Stocks</b> Want to enjoy delicious homemade soup & stock all winter? You'll learn the do's & don'ts of soup making as well as how to safely pressure can.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20
12/11/2018 (Tuesday)	<b>Flavored Oils, Vinegars, &amp; Homemade Extracts</b> Just in time for the holidays, this class will show you how to make your own flavored oils, vinegars, & extracts. Learn the safety tips and save a bundle.	1:00pm-4:00pm	The Dalles-Zion Lutheran Church	\$20
12/12/2018 (Wednesday)	<b>Flavored Oils, Vinegars, &amp; Homemade Extracts</b> Just in time for the holidays, this class will show you how to make your own flavored oils, vinegars, & extracts. Learn the safety tips and save a bundle.	6:00pm-9:00pm	Hood River-FISH Food Bank	\$20

## UPCOMING EVENTS



**Pre-registration is required for all courses.**

To pre-register for classes please visit: <http://bit.ly/2018FoodPreservationClasses>

**Questions or difficulty registering? Contact:  
Lauren Kraemer, Assistant Professor of Practice  
Oregon State University Extension Service  
541-386-3343 ext. 38258  
[Lauren.Kraemer@oregonstate.edu](mailto:Lauren.Kraemer@oregonstate.edu)**

### LOCATION DETAIL

**All classes in The Dalles will take place at the Zion Lutheran Church,  
located at 101 W. 10<sup>th</sup> Street, The Dalles, OR 97058**

**All Hood River classes will take place at the Hood River FISH Food Bank, located at 1130 Tucker Road, Hood River, OR 97031 and shares a parking lot with “Spirit of Grace” Church.**

### COURSE FEES

**Each course costs \$20. We have increased our prices starting this year (2018) to reflect increasing costs of food and materials and to account for cuts to our county program budgets. We apologize for this increase but believe we offer a great educational value to our community. We strive to make all of our courses affordable; however, we know that any amount can be cost-prohibitive for some families. Scholarships are available if needed and you may contact Lauren Kraemer (see above) for more information.**

#### **Master Food Preserver Program**

Would you like to join an elite group of trained volunteers who are experts in canning, fermenting, pickling, dehydrating, freezing and food safety? Talk to Lauren about becoming a Master Food Preserver (MFP). The next MFP training will be in the spring of 2019 (April-June). MFPs take a 40-hour training course, an annual exam, and volunteer each year in their community teaching others about food preservation and food safety.

#### **Value-Added Rental Program**

Want to try out food preservation equipment before committing to a big purchase? Ask us about our “Value-Added Rental Program” to learn more about borrowing canners, cherry pitters, dehydrators, fermentation crocks, juicers, food processors, or butane burners for a big preserving weekend! Give it a try before you buy and let us store the big equipment for you! Equipment is provided at a low-cost for weeklong rentals.



**Oregon State University**  
**Extension Service**  
**Master Food Preserver**

# 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



**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




**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).

COOK



**USE A FOOD THERMOMETER.**

**Burgers: 160°F**



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

CHILL




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.

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

## 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.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

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

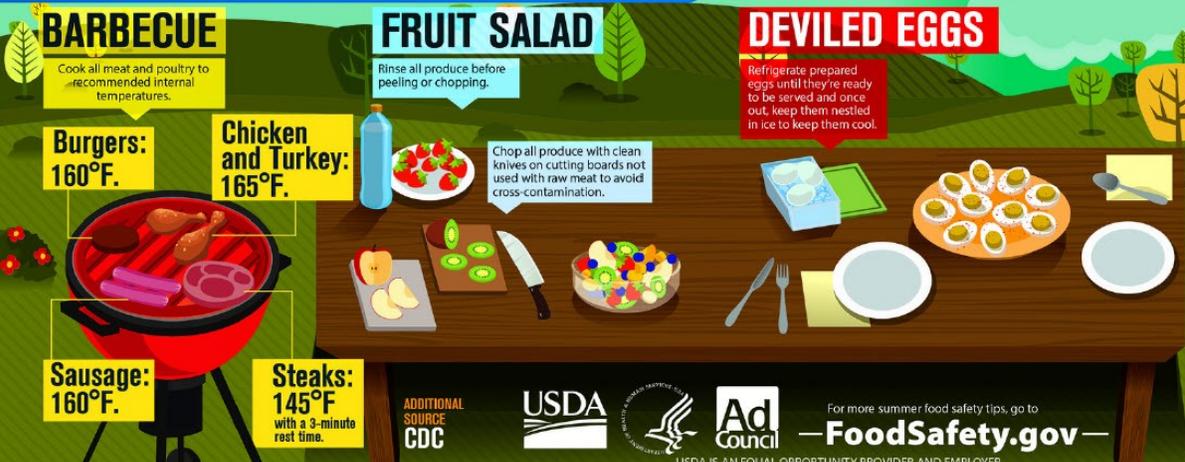
### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

### DEVILED EGGS

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



ADDITIONAL SOURCE  
**CDC**

**USDA**

UNITED STATES DEPARTMENT OF AGRICULTURE

**Ad Council**

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**  
In the microwave  
On the stove top

**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**

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

USDA  
Ad Council  
ADDITIONAL SOURCE CDC  
For more summer food safety tips, go to **FoodSafety.gov**  
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

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](mailto:sharibosler@hotmail.com). Thanks!

