



COOS COUNTY MASTER GARDENER™ ASSOCIATION

# GARDEN THYMES

## Sweet Preservation

### Harvest Moons and Pumpkin Pies

By Tina Powers

We all have been a captive audience with our various lockdowns, quarantines, travel restrictions, COVID-19 safety measures and such. However, amid all of the unsettled moments, gardeners are growing more than ever before, putting food by as witnessed by the amount of canning equipment being sold, and seed companies still having some shortages from the demand. I hear from many families, of preservation parties (masks and social distancing included) that include canning, chili making, salsa making, freezing, freeze drying, dehydrating and root cellaring. The amount of new gardeners as well as old that are successfully dealing with these challenges is encouraging to me. Seeing my own neighbors working together (while still social distancing!) is heartening. My chicken raising neighbors trade eggs and meat for my massive potatoes and greens. Jam pots are overflowing from our gardens filled with an abundance of strawberries and blackberries. The apples are just about ready to be turned into apple cider, apple sauce and butter, apple cobbles, and apple pies. Pumpkins are growing massive, and the last of summer is being harvested all the while our fall and winter crops are being planted. Peas should hit again in about three weeks, along with greens and my fall perennials are blooming like mad. Pretty soon, the smell of autumn's smokiness and a deep chill will be in the air, and the leaves will be turning brilliant reds, oranges and golds. Bulbs will be planted with the hope and promise of spring colors. Composting your beds, will insure that next year's crops will be abundant. I encourage all of our gardeners to share excess garden produce with their neighbors and friends, promote the idea of some self sufficiency with a home garden and when possible, demonstrate some simple tricks of the trade to new gardeners or those that are interested in starting on their garden journey. Containers of herbs and strawberries, are a gateway to potatoes, and other foods. With the advent of YouTube and many other social media apps, there are so many great videos of folks just like us, growing food and demonstrating a sense of independence in an uncertain time and place. So, GET GARDENING!

**Mark this on your calendar!!  
Plant your garlic the first week  
of October up to mid month.**



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Extension Service  
Master Gardener



## Master Food Preservers



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Tina Powers

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Accommodation requests related to a disability should be made at least one week prior to a workshop or event. Publications will be made available in an accessible alternative format upon request.

Please contact program coordinator Samantha Clayburn, 541-572-5263, ext. 25299 or [Samantha.clayburn@oregonstate.edu](mailto:Samantha.clayburn@oregonstate.edu)

## Fall...

My favorite season is finally here! I love the crispness in the air, the smell of a cozy wood fire in the firepit while I drink a hot apple cider and all the glorious colors of nature as the leaves turn. While there hasn't seemed like much to celebrate in the last six months, I continue to look for bright spots in everyday living and celebrating fall is one of them!

I want to take a moment to thank all the Master Gardener and Master Food Preserver volunteers again for the outstanding work they have been doing since the pandemic started. As I mentioned in the June newsletter, all the amazing work that the volunteers do on a day to day basis came to a halt in mid-March as we were asked to stop face to face activities and close our office to the public. Spring and summer is usually a super busy time for the volunteers with workshops, garden seminars, farmers market booths and plant clinics. All that was cancelled. The wonderful volunteers still found ways to help their communities though! They answered calls and emails from friends and families that wanted to learn how to garden and or can for the first time since they were stuck at home. They donated plants to community gardens and families in need when the plant sale was cancelled. They helped moderate Facebook groups to educate about safe food preservation methods and safe canning recipes. I am so grateful for the service that they provide for our communities and that I get to collaborate with such amazing people. If you know a Master Gardener or Master Food Preserver in your life, make sure to let them know you appreciate all the work they do !

The good news is some modified operations have resumed. The plant clinic is operating on Mondays and Thursdays from 9am-12pm and the public can call or email MGs during those times to get their gardening questions answered (the office is still closed to the public at this time). If you need to drop off a sample for identification during those times, we can meet you outside the office to collect that while practicing physical distancing and wearing masks. Unfortunately, we had to cancel the rest of the Master Food Preserver workshops and were not able to hold the MFP volunteer training this year but we are hopeful to be able to schedule workshops and the training at some point in 2021 when it is safe to do so. We look forward to seeing everyone again. I hope everyone is safe and healthy and has a wonderful holiday season!

<https://extension.oregonstate.edu/coos>

<https://www.facebook.com/CoosCountyMasterFoodPreservers/>

<https://www.facebook.com/CoosCountyMasterGardeners/>

<https://www.facebook.com/CoosCountyExtensionService/>



*Samantha Clayburn*

Volunteer Coordinator

## Taking Stock of Your Autumn Garden

Photos and Article by Jessie Milligan

As the gardening season comes to a close, it is a good time to take stock of what worked and what didn't in your landscape.

Did you spend too much time watering? Adding drought-tolerant perennials and shrubs can help reduce the number of chores outside, while ultimately saving not just money, but also an important resource. An extra benefit is that some attract hummingbirds and beneficial insects.

Using water-wise plants doesn't mean never watering. Gail Langellotto, a horticulturist with Oregon State University Extension Service has said that even low-water plants need regular irrigation for the first two years while roots get established. After that, a good soak every two weeks in the hottest weather should suffice. If you are planting in a water-retentive clay soil, you may get by with even less water.

Here are a few of Langellotto's favorite drought-tolerant perennials, as well as her descriptions. These have all thrived in my Myrtle Point garden!

**Sedum** (*Sedum* 'Autumn Joy'): A stalwart, fall-blooming perennial with dense, dome-shaped clusters of flowers that start out pink, darken to rose and then to russet red. Succulent foliage grows about 2 feet tall and wide. Attracts bees and butterflies. Don't amend the soil or the plant can get floppy.

**Autumn Joy sedum in late-summer flower.**



**Yarrow** (*Achillea millefolium*): Disc-shaped white flowers from June to September are like runways for bees and butterflies that land on a regular basis. Soft, ferny foliage grows 2-feet tall and wide. Hybrids are available most commonly in yellow and pink.

**Penstemon hybrids:** Draw hummingbirds and the admiration of visitors with the showy, long-blooming flowers of this semi-evergreen perennial that grows to 2- to 4 -feet tall. Hummingbirds and bees cannot pass up the spikes of blooms in shades of purple, red



and pink, often with white throats. Needs very good drainage.

**Hummingbird feeding on Walker's Low catmint (*Nepeta*), with Electric Blue penstemon (*Penstemon heterophyllus*) in the background.**

**Catmint** (*Nepeta*): A plant consistently rated in the top three for attracting bees, catmint is just as beloved by people. And why not? This free-blooming beauty cranks out lavender-blue flowers on upright, 2 foot stems from spring until fall.

If you are considering drought-tolerant shrubs, you may enjoy the native salal (*Gaultheria shallon*) or Oregon grape (*Mahonia aquifolium*). Both can take light shade, dappled shade or deep shade. They are deer resistant.



## *Spotlight on Food Preservation :* *Giving Home Preserved Gifts During the Holidays*

By Samantha Clayburn

With the holidays fast approaching, many are starting to plan out their holiday gifts. For some, that includes making home preserved items. Soon, holiday cookies, breads, jams, jellies and other homemade goodies will be filling kitchens and being packaged up in festive tins and jars to be taken to or mailed to loved ones. It is important to make sure you follow food safety guidelines and proper food preservation techniques so that the items you give do not include the not so nice gift of Botulism.

Unfortunately, the Internet is filled with unsafe and untested canning recipes and other gift ideas that could potentially harm or even be fatal to your unsuspecting loved one. One of the gift giving ideas that makes me cringe each time I see it shared on social media is the bread or cake in a jar idea. There are many variations of it, but in most if not all versions, they tell you to bake the cake or bread in a jar in the oven and then put a canning lid on it and it will seal itself! Put a cute fabric cutout over the lid and screw on the ring and you have a wonderful gift to give for the holidays they claim! Unfortunately, they do not tell you that you are locking a low acid food in a moist, anaerobic (without air) environment that the *Clostridium Botulinum* bacteria loves to grow in. Researchers at Kansas State University found that heat-stable microorganisms, including *C. Botulinum*, can survive the baking process and multiply in the breads during storage. This research has been done at other universities with similar dangerous product results. While you may find commercially made breads and cakes in jars for sale, do not assume that these can be duplicated in a home environment. When done commercially, additives, preservatives and processing controls are used as well as safety tests conducted for each specific recipe to ensure a safe product for consumers. Likewise, there are many items that you can find for sale at a grocery store that are shelf stable that we just cannot safely preserve in a home canning environment.

Stick with up-to-date, research based and tested recipes from reputable sources such as OSU Extension and Cooperative Extension Services, USDA National Center for Home Food Preservation, or publications such as University of Georgia's So Easy to Preserve. Once you have properly preserved your item, make sure you ship it correctly so that it gets where it is going safely. Preserved foods such as dried fruits ship well and do not require refrigeration. If you are shipping something that is perishable, use an insulated cooler or heavy cardboard box with a cold source and clearly mark it "keep refrigerated" on the outside of the package. Canned products such as jams and jellies need extra careful packaging. Make sure to leave the rings on the jars and wrap individual jars with bubble wrap and extra padding. Mark outside of packaging as fragile. It is also a good idea to label the home canned food with the processing method (boiling water canning or pressure canning) as well as the processing time and the date it was canned on. If it is a pickled or salsa recipe, I like to include my recipe source as well so they can see that I used a tested recipe from a reliable source. Since taking the Master Food Preserving training, I find myself much more cautious about eating home canned items if I do not know how they were processed and tend to throw something away if I can't verify it was canned properly.

So as this holiday season draws near, following the tips above will help make sure your gifts of home preserved goodness keep you on the Master Food Preservers' nice list. Giving the gift of food preservation safely will help ensure your loved ones will have an enjoyable holiday season!

Source: OSU Extension Service SP 50-933 Shipping Food Gifts  
University of Georgia, FDNS-E-75, Canning Breads and Cakes?

*More efforts by our Coos County Master Gardeners this growing season with thoughts and photos of their efforts.*



Butterfly and bee attractant flowers. Snowy milkweed.  
**Photos by Mike Mueller**



*What gardeners are saying this time of year.*

"I've got to get my garlic bulbs ordered for October planting."

"I was up till 11 last night prepping, blanching and freezing beans."

"Let's roast some ears of corn tonight!"

"Canned 4 dozen pints of strawberry jam. A great year for strawberries."

"Putting up 30 pints of frozen peas and corn kernels. Lots of meals this winter."

*It's been a strawberry kind of a year. Bumper crops still happening and smoothies galore.*

I've found that growing strawberries in a large barrel or planter (or around the edges of a raised bed) allows the berries to hang over the edge. This seems to significantly reduce slug and insect damage and allows air circulation to cut down on mildew etc.

**Photos by Donna Leveridge-Campbell**



*Walls of Rose blooms.*





*Seed Saving for a bountiful harvest and  
for your Kitchen spice shelf.*

This time of year, my garden looks a little raggedy and weedy. Except it is not weeds, but really plants just being allowed to finish their life cycle. I save seeds for next years planting. Another reason to stick to my heirloom plants. Seeds are true to their nature and I enjoy having that extra control on what I am growing from year to year. My brassica are the gold medal winners each year. Broccoli, Kale, Cauliflower, Onions and Fennel along with 6 types of lettuce are worth the extra effort. They also are amazing attractor plants at this stage. Their blossoms bring in a huge amount of bees of all sizes. From the gigantic yellow butted bumble bee to some really tiny little buzzers, mason bees and many others that insure a bountiful crop of seeds for my crops next year.



Some seeds I save for consumption such as the bronze fennel and the Florence fennel. These seeds insure that my homemade Italian sausage will be authentically flavored and I will have salads after salads of great greens for decades to come. While the plants were lush during the growing season, now we have an amazing view of a garden on the backside of life, sending out seeds to feed the land, the birds and animals and ourselves.

*What's Growing in your Garden?  
Photos taken by Coos Master  
Gardeners*



## **Autumn Garden Checklist**

Here are some of our tips for your Autumn Checklist.

- ◆ Harvest time for tomatoes, peppers, corn, the last of the potatoes, the last of the summer greens, melons, pumpkins and squash, beans.
- ◆ Keep up with weeding. Bind weed and buttercups are the true bane of the South Coast this year. Weed deep and get as much of the root systems as possible. Even a two inch piece of bindweed can wreak havoc on a garden bed.
- ◆ Time for composting to insure a solid performance next spring.
- ◆ Harvest the last of the strawberries and huckleberries. Cut those canes way back when finish harvesting.
- ◆ Keep planting progressive crops such as cool weather lettuce and Asian greens such as bok choy. Plant snow and snap peas in mid to late August to ensure harvest in October and November.
- ◆ Harvest apples, pears and hazelnuts.
- ◆ Plant seed flats of cole crops (cabbage, cauliflower, broccoli, and Brussels sprouts) in September for fall planting.
- ◆ Beets, bush beans, carrots, cauliflower, broccoli, lettuce, kale and peas planted in early autumn provide fall and winter crops.
- ◆ Replant tulip and other spring bulbs for spring blossoms.
- ◆ Second planting of Chinese cabbage, kohlrabi, and rutabagas.
- ◆ Plant garlic, elephant garlic and shallots for next June harvest. In October. Remember that the green tops are also tasty for some extra zing during the early fall..
- ◆ Watch for powdery mildew on the last of your tomatoes and squash. Pull green tomatoes before the first frost and store upside down indoors to get the last of that precious crop.

FOR MORE INFORMATION CHECK OUT THE FOLLOWING WEB PAGE.

Source: <https://extension.oregonstate.edu/gardening/techniques/monthly-garden-calendars>

## **3rd.Quarterly Coos County Report to the OMGA**

by Terry Harris, OMGA Rep.

We still are not able to have face to face meetings so we are having our monthly meetings by Zoom. At least this has opened a whole new world of electronic know-how for some of us, dealing with audio and video problems that we didn't know we had until now!

Last year we built a couple small demonstration gardens in front of the Extension Office with the grant we received from OMGA. Our advisor, Sam, planted fava beans in the bins and boy, did they produce. Most of us had never seen fava bean plants before and now we know how big they can get. She put a bunch of the harvested fava beans in a bag and showed us on the next Zoom meeting and asked us all to submit guesses how many were in there, with the closest guess winning a prize. The winner was Claudia and she won a nice little bundle of goodies. We were not allowed to participate in the Wednesday Farmers Market in Coos Bay at the start of the season as we are a non-food booth and they are only allowing food booths and a few non-food at that time. Then the requirements for having a booth were so restrictive we decided it was better to wait until next year .We are having Community Gardens still in operation, they are producing hundreds of pounds of produce for the local food programs. People who have rented beds are growing a wide variety of vegetables and flowers, some just growing flowers. The communities are really enjoying walking through and seeing all the pretty plants and flowers. However, several of the gardens are losing produce to "pickers" who are sneaking in and helping themselves to everyone else's hard work. Some of the garden managers are trying to figure out how to stop this, the police are patrolling more, but they may have to put up fences and locked gates.

We are doing the best we can in dealing with the "current" world and the restrictions that are placed on us. Hopefully it will end soon and we can enjoy our lives again. As someone was pointing out at one of the garden reports, "The best part is that the people growing food in the garden continually talk about how coming to the garden is the best, most peaceful time of their day".

## Planting Time-Vegetables

Autumn is upon us and yes it is that time to plan for your Fall and Winter planting and growing.

### Outdoor planting for September

- Amaranth greens
- Beets
- Carrots
- Corn
- Lambs quarters
- Orach
- Cilantro
- Asian greens
- Scallions and Chives
- Beans, Bush and Pole
- Cucumbers
- Mache
- Lettuce
- Kale
- Swiss Chard

### Outdoor planting for October

- Beets
- Spinach
- Brassicas such as Broccoli Raab, Asian greens, Collards
- Cress
- Endive and escarole, Raddicchio
- Lettuce
- Radishes
- Miner's lettuce
- Onions
- Scallions
- Chinese Cabbage
- Cilantro
- Shungiku

### Outdoors planting for November

- Beets
- Spinach
- Chard
- Carrots
- Fava Beans
- Corn Salad
- Arugula
- Asian Greens
- Mustard
- Cabbage
- Turnips (for greens)

## Planting Time-Flowers

### Outdoor Planting for September

- Borage-Baby blue Eyes
- Evening Primrose-Farewell to Spring
- Fried Eggs *Limnanthes douglase*
- Mustard-Alyssum *Lobularia Maritima*
- *Lupine*
- Mountain *Phlox Linanthus*
- Pink Family-Rose Angel
- Poppy Family-California Poppy, Flanders Poppy
- Buttercup Family-Ranunculaceae-Larkspur
- Poppy Family-Breadseed Papaver, Peony Poppy

### Outdoor Planting for October

- Buttercup Family-Ranunculaceae
- Glory of Snow
- Grape Hyacinth Muscan
- Iris Family-Crocus
- Bluebird, Snow bunting
- Lily-Dog tooth Violet
- Mission Bells
- Assorted Lilies
- Tulips
- Daffodil
- Onion plants
- Trilliaceae

### Outdoor Planting for November

- Ranunculaceae
- Anemone blanda-Charmer, Violet Star
- Glory of the Snow
- Irises
- Mission Bells
- Lily
- Tulip
- Trilliaceae
- Onions, Ornimental





# South Coast Community Gardens Update

## BANDON

### Good Earth Garden August Report

Things are Blossoming at the Good Earth Garden in Bandon. Because of the pandemic, or perhaps it is just coincidence, it seems that there is a little bit more experimentation on the part of our gardeners. There is a wide range of vegetable varieties and techniques that I have not seen there before, as well as a lot of beautiful flowers. We even have a gardener who is growing nothing but flowers for cutting like ranunculus, dahlia, and anemone flowers. Another gardener has nothing but Cardoon growing in his bed.

We had several gardeners drop out at the beginning of the gardening season without requesting refunds, so on top of our usual 1 demonstration bed, we have 6! All the produce from which are being donated to our local Meals on Wheels. This past week, because of the diligent work of our board member/garden manager Susan D, we were able to donate over 30 gallons of salad greens. Green beans, tomatoes, and cucumbers are right around the corner, too! Happy gardening, Leslie Wirt

## COOS BAY

### Lady Bug Landing August Report

The garden at Lady Bug Landing is beautiful with lots of produce despite the fact we have had a lot of people taking food. We have been talking about how to handle that, short of a six-foot fence and locked gates, which would be sad, as so many others come through and enjoy the garden. We believe it is just a few people who come in early in the morning and pick. Despite all that the demo beds have put out 563.75 pounds of produce so far this season for the Food Bank. Again we want to thank Mary Robertson for coming twice a week to water the demo beds, Lynn Menashian and her husband Reubin who show up and weed eat the edges and weed some of the pathways, and Bob Golden who has come a couple of times and weeded pathways too. Thank you, it takes a village to keep the garden going. Renee is at the garden from 9:30-12 every Wednesday and Saturday if anyone wants hours, you need to wear gloves and masks and bring your favorite weeding tools. We have just planted the fall crops this last weekend so it is mainly weeding, harvesting and watering that need to be done. Hope everyone is staying safe and enjoying the gardening season.

## COQUILLE

### Harvest Moon Community Garden August Report

Tomatoes!! We are seeing the beginning of ripe tomatoes in all the beds partially due to the continual warm weather. Obviously, this is the boom time for zucchini, beans, cabbage, broccoli putting on those side shoots, cauliflower, cucumbers, potatoes, and kale growing huge, enormous leaves. We are discussing what's best for fall planting to put in all those empty spaces showing up in many people's beds. We do have about 90 days which gives our gardeners lots of choice of what to plant now...either from seed or starts. We have been taking the food bank lots of snow and snap peas, lettuce and kale, cabbage, broccoli, cauliflower, beans and now tomatoes. Wearing masks and observing social distancing is more important now that Coquille has a few Covid cases. I continually remind folks to follow the rules, especially if there are more than one or two gardeners working in the garden. The best part is that the people growing food in the garden continually talk about how coming to the garden is the best, most peaceful time in their day. Thanks. Everyone be safe. Stay healthy.

Sandra Stafford

President and Garden Coordinator

The SOUTH COAST COMMUNITY GARDEN ASSOCIATION welcomes new members  
Their monthly meetings are open to the public. The SCCGA meets on the third  
Tuesday of every month at 5:30pm in the Cedar Room at the Coos Bay Library.

## *It's Hunting Season: How do I safely can and preserve my game animals?*

By Samantha Clayburn

It's fall time and while the leaves are turning and falling from the trees, it is also the start of hunting season for many. Game animals, such as deer, elk and bear are harvested by hunters for their meat to feed their families. While many people just have the meat processed and freeze it, others may not have the freezer space or worry about frequent power outages and losing their hard earned meat so they want to can it. Here are some important tips and instructions to keep in mind when processing game animals since meat is a low acid food and improperly canned meats can cause botulism, a serious food poisoning which can lead to disability or death.

- ♦ It is important to properly care for the meat in the field after the animal has been harvested. The meat should be kept cold and properly covered to keep flies and other animals such as birds off the meat. If the weather is too warm to safely keep the skinned carcass in camp, taking the meat to a cold storage locker is advised.
- ♦ Once the animal is ready to be cut up and processed, think about what cuts of meat you want. If you are taking it to a meat processor, be prepared to tell them if you want roasts, steaks and/or burger and what amounts. If you will be canning it once it is processed, you can have them cut it into bigger sections and just cut it into strips or cube the meat when you are ready to can it.
- ♦ Meat must be pressure canned. Boiling water canning does not kill the bacteria *Clostridium botulinum* and other spoilage organisms.
- ♦ Make sure you pressure canner dial gauge is accurate. Have it tested once a year or more often if you do a great deal of canning or drop the lid. We test dial gauges by appointment at the OSU Extension office in Myrtle Point.
- ♦ Always use research-based processing times and never can meat products or a combination foods for which you don't tested recipes for. For example, it is not safe to add noodle products or rice to home canned soups and stews.
- ♦ Game meat can be canned as ground or chopped meat as well as strips, cubes or chunks. Note when canning ground venison, add 1 part high-quality pork fat to 3 or 4 venison before grinding if you are going to be making burger out of it. Saute the meat and drain excess fat. Fill hot jars with meat pieces and add boiling meat broth, tomato juice or water leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed.
- ♦ For strips, cubes or chunks, game meat can be hot or raw packed depending on personal preference. If hot packing, precook the meat until rare (internal temperature 120-125°F). Fill hot jars with pieces and add boiling broth, meat drippings, water or tomato juice, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Raw pack does not require precooking. Fill hot jars with raw meat pieces, leaving 1 inch headspace. Do not add liquid.
- ♦ Salt can be added at 1 teaspoon per quart if desired but is not necessary for preservation just for taste.
- ♦ Processing time for ground (hot pack), strips, cubes and chunks (both raw and hot pack) is 75 minutes for pints and 90 minutes for quarts at 10 pound pressure weighted gauge or 11 pounds pressure for dial gauges (0-2000 feet altitudes).

For more information on processing big game see the publication **PNW 517 Big Game from Hunt to Home** (lots of handy tips for field dressing, skinning, boning and preparing game meat as well as recipes and preserving tips including freezing, canning and drying).

<https://catalog.extension.oregonstate.edu/pnw517>

And the publication for canning meats see **PNW 361 Canning Meat, Poultry, and Game**

<https://catalog.extension.oregonstate.edu/pnw361>



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For example, the Growing Your Own downloadable Publication contains advice on composting, container gardens, fertilizing, pests, plants diseases and many other topics. Check it out at: <http://catalog.extension.oregonstate.edu/em9027>

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