



COOS COUNTY MASTER GARDENER™ ASSOCIATION

GARDEN THYMES

Sweet Preservation

Apple Pies, Pumpkin Spice and Tulip Bulbs.

By Tina Powers

It has been a crazy year in Coos County, late cold spring, little to no rain for several months and a wicked long drought. Combined with continuing Covid ups and downs, our gardens became our solace and happy spots. Many of us learned new ways of conserving moisture in our gardens. I personally noticed how the deep dryness affected my grape vines and fruit trees. Slightly smaller fruit, but trickle watering saved the day and the Coos River Beauty apples are flavorful. My grapes were tiny little bursts of flavor instead of the big fat juicy ones of the past years. Mulching became the name of the game and I learned that wheat grows well here, at least in my garden. The straw I used to mulch came from wheat. It shaded and kept the moisture in and I got a small bumper crop of wheat. Who knew? Right now, the garden has that look of crinkled dry leaves, residual weeds, and powdery mildew on the remains of the squash plants. The once lush rows are picked over, and the remaining beds need tending. Now we look forward to putting some beds to sleep, while others, we top with compost and plant out the last of the fall plants, along with garlic, shallots, spring onions and leeks. Tulips, crocus, and other spring bulb plants are planted at this time of the year as well, and the last of the fruit harvests are followed by pruning and the prep of berry canes for next years hopeful harvests. Autumn is a time to enjoy the last of the summer crops such as corn and tomatoes. The dehydrator worked overtime, and the freezers are just about filled. Winter will be here in a heart beat. A time for seed catalogues and dreams of beautiful gardens. I learned that kohlrabi takes forever to form bulbs, and it is not a taste that I enjoyed. I plan on growing more of the vegetables that give lots of produce for the space-potatoes, garlic, onions, celery and carrots, and will be getting my brassica from a local farmer. I lose the battle each year to the slugs. I also am growing more lettuce in the green house and by means of hydroponics. NO SLUGS! Looking forward to more flowers and pollinators for my future gardens as well. Hope your garden plans take shape in the fall and winter and to all. HAPPY GARDENING.

**Mark this on your calendar!!
Plant your Alliums First week of
October up to mid month.**



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Extension Service
Master Gardener



**Master Food
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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.

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“Every leaf speaks bliss to me, fluttering from the autumn tree.” Emily Brontë

Happy October Everyone

Fall is a season of change. Summer flowers and gardens finish off their productive lives and start the journey to become compost to fertilize next year's gardens. The leaves turn from green to beautiful shades of yellows, oranges, reds and browns. Even the time changes as we fall back an hour. For most, fall is a time to close things out and get prepared for the rainy winter months. We are lucky here on the south coast to have a pretty mild winter and many gardeners grow year round here with the help of greenhouses or by rotating their garden crops to cold season crops that provide them with veggies through the winter and spring months. There is still much garden maintenance to do even if you don't plan to garden year round and you can find garden tips for the autumn months on pages 10 and 11 of the newsletter. Preserving is still going strong as canners finish up with the last of their garden harvests. Many of us still have apples galore and I have seen so many people on my social media having cider pressing days to capture all that apple goodness! I personally have a date with my boiling water canner to put up some applesauce as we ran out! I was saddened to have to cancel the few workshops we tried to hold in September and October but with the surge in COVID cases, it just wasn't safe to hold an indoor event with so many people in close contact. But don't fret, we are working on next year's MFP workshop schedule and will get back to it as soon as we can! Make sure you follow our Facebook pages for updated schedules and to see when we will be opening our application process for both the Master Gardener and Master Food Preserver volunteer trainings. The Master Gardener volunteer training will look a bit different this year with the first part being online followed by in person hands on practicum and volunteer opportunities. Applications should be available by the end of October or beginning of November. Classes will start in January (possibly February). The Master Food Preserver training will start in April and be a 8 week in person course. More info coming in the Spring!

I also want to take a moment to remember a wonderful man and Master Gardener volunteer that we lost this summer. Don Ivy was one of those people that you just gravitated towards because he was such and genuine and caring person that radiated positivity. I feel so lucky to have met him and got to call him my friend. His positive impact on our community is widespread and the loss of him so keenly felt by many.

Find us on Facebook!

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

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

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

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

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

Samantha Clayburn

Volunteer Coordinator



Weeds Reframed

Article by Marrie Caldiero

A weed can thrive and adapt in many soil conditions and temperatures. They take over gardens, choke out crops, and can make animals sick. In general they are looked upon as a pain.

Should all weeds growing in your yard be eradicated? Is the only good weed is a dead one? There are lots of gardeners who believe that. Numerous universities and gardening web sites offer information on how to eliminate and control these unwanted plants.

This article is intended to show you that all weeds are not bad. Our Native tribes and early settlers knew the value of many of these plants and used them as a food source and for seasonings. In our modern world we are rediscovering what these wise folks knew.

Native Americans took advantage of indigenous plants that today may be seen as weeds. Those plants added variety and flavor to their diets and gave their bodies the health benefits of vitamins and minerals. Many other weeds we find in our gardens today are imports. They arrived with the early settlers, who wanted a food source that could be grown easily and adapt to a variety of conditions.

In my area, I've been able to identify several edible weeds: Dandelion, Common Chickweed, Yellow Wood Sorrel, Plantain, Wood Violet, Hairy Bittercress, and Purslane.

Where possible I've tried to give a short history of some of these plant, briefly describe their physical characteristics, their taste, and the vitamins/minerals they offer. Recipes are included for some of the plants. It is fun to see what others have created and get inspired to do your own.

Weeds can be a food source but it is not my intention to have you start tossing foraged greens into a salad, especially if you're not absolutely sure of what kind of plant you're looking at. Some of these may have look-alikes that are poisonous. If you're not sure leave it alone. Do your research.

Dandelion (*Taraxacum officinale*)

Dandelions grow and thrive throughout the world. Chinese, Greeks, Romans, and Egyptians have known and used this plant for at least a thousand years. Europeans later cultivated dandelions, grew them in their gardens and eventually brought them to North America. The dandelion symbolized hope, love, and happiness.

Dandelion leaves are formed in a rosette pattern and have irregular lanced lobes. They range in size from 2" to 12". Their flowers are bright yellowed rayed florets that spread outward from the center. Stems or scapes are leafless and support the flower heads. When leaves and stems are broken a white milky substance comes out. The seeds are delicate structures that can easily be carried by the wind.

The flowers, stems, leaves, and roots of the Dandelion plant are edible, everything, that is, except the seeds. Each part has a different flavor. Petals are subtly sweet. Roots have a nutty, smoky taste. The leaves have a powerful grassy, earthy, and slightly bitter flavor. The Dandelion has been found to be rich in Vitamins A & C, iron, calcium, and potassium.

Raw or cooked this weed has been used in salads, brewed teas, pressed into wine, made into jelly and much more.

Source: <https://extension.usu.edu/permaculture/files/Urban-Edibles-Weeds.pdf>

Stewed Dandelion Leaves

1 lb. dandelion leaves
½ oz. butter
1 T flour
¼ pt. stock
2 T single cream
1 lb. dandelion leaves
Salt and Pepper



Wash leaves in cold water and leave in a cool place for 1-2 hours. Drain. Pour lightly salted, boiling water over leaves. Cook 20 minutes till tender. Drain well and chop finely. Melt butter in small pan and add flour. Cook for a minute or two. Gradually add warm stock and cook till mixture thickens. Add a spoonful or two of sauce to cream, mix and return all to the pan. Season to taste with salt and pepper. Mix in dandelion leaves and heat through. Serve with poultry or veal. Serves 2-4

Weeds Reframed continued

Article by Marrie Caldiero

Plantain (*Plantago lanceolata*, p. major) & (*Plantago lanceolata* p. minor)

Growing in my neighborhood, I have found both the broad leaf and narrow leaf Plantain. One is shorter with a wider leaf and the other is taller with a narrow leaf. This plant is native to Eurasia and has spread throughout the world. Early European settlers brought Plantain to our shores. Native Americans noticed how well Plantain grew around the Englishman's settlements and called it *White man's foot*. *Plantain major* and *minor* are both edible and adapted quickly to their new environment.

(Despite sharing its name, plantain the weed is not related to the banana plantain.)

Plantain leaves form a rosette at the base of the plant. The leaves are overlapping, and can be identified by the prominent central flower spike. Flowers are white and very tiny producing very small seeds. Leaves on Plantain Major are broad and grow close to the ground. Leaves on Plantain minor grow taller and narrower.

This plant is edible and tastes like a cross between spinach and Swiss chard with a slight nutty after-taste. Leaves if young and tender can be eaten fresh. Older leaves are tough and should be cooked. Preparing the seedpods is easy too. Just cook them like asparagus or beans. If you decide to harvest and use Plantain there are recipes available. Have some fun.

Plantain major and minor is a source of various minerals and vitamins; they are Magnesium, Iron, Calcium, and Vitamins A, & C.



SOURCES: www.livescience.com, www.healthline.com,



Hairy Bittercress (*Cardamine hirsuta*)

Hairy Bittercress in my opinion is misnamed. It does have tiny "hairs" on its leaves and stems. The hairs are more noticeable when the plant is young but you really have to look for them and the taste is not bitter. *Cardamine hirsute* is originally from Eurasia and was introduced to North America. We do have native Bittercress plants but this is not one of them.

Hairy Bittercress is a mustard in the Brassicaceae family. It is a compact plant that grows in a radiated form around its base. Each leaf stalk has 5-9 paired leaflets, shaped like a kidney bean, with a single terminal leaf at the end. Its flowers are shaped like little white crosses and rise above the leaves.

The flavor of Hairy Bittercress is mild and peppery, not bitter. Its young leaves and shoots are edible and can be served raw or cooked.

It offers tons of Vitamin C, calcium, magnesium, beta-carotene and antioxidants.

Hairy Bittercress Pesto

- 15 rosettes of Hairy Bittercress
- 2-3 tablespoons good quality olive oil
- 1 garlic clove
- Small handful of grated Parmesan
- A good squeeze of lemon juice

Clip bottom of rosettes off and wash in cold water to remove dirt/soil/sand. Remove, drain in colander. Heating in a small frying pan, take your garlic cloves and bounce it around in pan to make it less pungent or put bulbs in freezer for the same effect. Put all ingredients in blender with half olive oil and whizz in short bursts, add a bit more olive oil as you go until desired thickness and texture.

SOURCES: Pesto enquiries@huntergathercook.com, <http://plants.ces.ncsu.edu/plants>, <http://www.pnwflowers.com>>flower,

Weeds Reframed continued

Article by Marrie Caldiero

Wood Violet (*Viola adunca*)

There are over 300 species of violets native to America and about 30 are native to the Pacific Northwest. They are widespread. Violets, sometimes are difficult to differentiate because their similarities. The woodland variety I've chosen is the **Viola adunca**. It is an Oregon native and a major food source for the endangered Oregon Silver Spotted Butterfly.

This violet is low-growing. It prefers a moist shaded area but like most weeds it is adaptable. Its



leaves are alternate and heart shaped. The five petalled flowers are small, bright blue to blue violet in color with a white throat. The Blackfoot tribe used this beautiful little plant to dye their arrows blue.

The Wood Violet's flowers and leaves are edible, **but the rhizomes, fruits and seeds are toxic**. Used fresh in salads or as a garnish this plant is an attractive addition to any table. Jelly, syrup, tea, candied flowers, and coloring for vinaigrettes are just a few ways this violet is used.

Wood Violets are high in vitamins A and C.

Another great source to help get rid of some of Oregon's invasive plants: [http://corvallisadvocate.com/2013/0321-oregon-edible-invasive-species/Eradication by Mastication: Ten Edible Invasive Species in Oregon - The Corvallis Advocate](http://corvallisadvocate.com/2013/0321-oregon-edible-invasive-species/Eradication%20by%20Mastication%20Ten%20Edible%20Invasive%20Species%20in%20Oregon%20-%20The%20Corvallis%20Advocate)

Wild Violet Jelly - Yields about 3 cups

3 cups purple wild violet flowers
2 tablespoons fresh squeezed lemon juice
3 cups organic cane sugar
2 boxes pectin (57 grams each)

Place flowers into a bowl. Pour 4 cups boiling water into bowl. Stir to release bubbles. Cover bowl and keep out of bright light for 24 hours. Line a container with cheesecloth or coffee filter and strain the dark sapphire blue liquid. In pan, mix 3 1/2 cups of violet liquid and lemon juice then bring to a boil and let stand one minute. Add sugar and pectin then bring to a hard boil - then let boil one minute. Remove from heat and skim the top as needed. Place into sterilized mason jars, seal and process in boiling water. The final color of the will be fuchsia.

SOURCES: <http://extension.oregonstate.edu>, <http://plants.ces.ncsu.edu>, <http://montana.plant.life.org>, [http://portlandnursery.com>native](http://portlandnursery.com/native)

Purslane



Another great eating and health giving weed often used in many indigenous cultures is the Purslane, (Latin name: *Portulaca oleracea*), is a wonderful, edible "weed". It's tasty, versatile, highly nutritious, easy to find, grows everywhere and is relatively easy to

identify. It's not native to North America, and so is generally considered to be an invasive weed. For those of you with an interest in sustainable eating, choosing invasive species for your meals is one of the most sustainable, locavore options. There's even a word for it: invasivore! When cooked, purslane loses much of its unique texture, becoming soft like cooked spinach. If you cook it lightly, however, it makes an excellent substitute for pasta--like a thick spaghetti or an Udon noodle. Purslane is naturally vegan and gluten free, but has mucilaginous aspect: like okra, purslane will release a sticky liquid when cooked. This "mucilage" can be used to thicken soups and stews, but if using purslane as a pasta substitute, you will need to rinse the veggie thoroughly and may need multiple changes of boiling water. Cooking purslane also removes much of the sour apple flavor, making it taste more like a spinach or other cooked pot-herb. **It does contain oxalic acid so be advised not to eat if you have kidney disease.**

Weeds Reframed continued

Article by Marrie Caldiero

Common Chickweed (*Stellaria Media*)

The Common Chickweed has a rag to riches story. It is native to Eurasia and can be found throughout the world. Originally, it was grown as a vegetable crop and ground cover for both man and poultry. This vegetable it got its name because it is a favorite of chickens and ducks.

Today it is considered an epicurean delight. Top notch restaurants have discovered the wonderful flavor of this vegetable and are gladly paying over \$30.00 a pound for it.

Common Chickweed grows sprawled across the ground. The leaves are oval shaped and grow along the stem in pairs, opposite of each other. Its stems have one line of fine hair on them. Flowers are tiny and white with 5 lobed pedals. The taste is described as fresh/ grassy.

Nutritionally Chickweed contains A, D, B complex, C, rutin (a bioflavonoid), calcium, potassium, phosphorus, Zinc, Manganese, Sodium, Copper, iron and silica.

The leaves, flowers, and stems are edible and can be eaten raw or cooked. Chickweed is an excellent choice when serving seafood.



SOURCES: wildabundance.net, , <https://extension.wvu.edu/lawn-gardening-pests/weeds/common-chickweed>, horticulture.oregonstate.edu

Photo OSU collection



Yellow Wood Sorrel (*Oxalis stricta*)

The Yellow Wood Sorrel is native to North America and Eurasia. It looks similar to the three leafed clover and is fairly easy to identify.

This variety of Sorrel grows erect at a sharp 90 degree angle from the main stem. The seed pods bend sharply upward on their stalks. They range from 6-15 inches tall. The leaves are divided into 3 heart-shaped leaflets that are green with purplish undersides. They can be described as alternate, smooth, and compound. Flowers of the Yellow Wood Sorrel are bright yellow, with five pedals that are cup shaped.

The Yellow Wood Sorrel's flowers, leaves, and stems are edible. Its taste is described as a mild lemon flavor with tart vinegar undertones. Creative cooks have used this plant as a garnish or seasoning for soups, sauces, fruit, vegetables, cheeses, meats and fish. It is rich in vitamin C and contains vitamin A. Like spinach it is also high in oxalic acid and should be eaten in moderation.

Fresh Sorrel Sauce for Salmon

1/4 cup coarsely chopped walnuts
1 cup fresh chopped walnuts
1 cup chopped sorrel
2/3 cup water
1/2 cup fresh chives
1/4 t capers
1/2 t salt
1/4 t black pepper
2 garlic cloves chopped
1 (1 oz.) slice white bread

Combine all ingredients in food processor till smooth. Cook Salmon as desired and season with salt and pepper. Top each filet with 2 tablespoons of sorrel sauce. Yields 8 servings.

SOURCES: osu.collegeofagriculturalsciences., Wood Sorrel by Eric Orr, Hort.extension.eisc.edu, Myrecofes.com, Plants.ces.ncsu.edu

Spotlight on Food Preservation : *Applepalooza! What to do with all those apples*

By Samantha Clayburn

This summer, myself and the Master Food Preserver volunteers had a glimmer of hope of finally getting to hold some MFP workshops in the fall so we came up with two different workshops to cover boiling water canning and pressure canning. First up was going to be the boiling water canning workshop that also incorporated freezing, dehydrating and freeze drying. We decided to use apples since most everyone has access to apples this time of year either in their own yard or knows someone with an apple tree that are willing to share. Apples are kind of like the zucchini of fruit, there never seems to be a shortage of them! Unfortunately, we had to cancel the in person Applepalooza workshop but I wanted to still get the info out to those interested so I figured I would share it in the newsletter. We will break it down in sections starting with freezing.

FREEZING

Apples freeze well and can be frozen either as slices, made into applesauce then frozen, and also as juice or cider. Select crisp, firm fruit. Wash, peel and core then cut into slices. To prevent browning during prep, slice into ascorbic acid (3,000 mg ascorbic acid to 1 gallon water). Drain then pack into your choice of cold syrup, sugar (or artificial sweetener or other sweetener of choice) or plain without sugar. Apples can be packed into containers and a helpful tip to avoid that dreaded freezer burn on the top is to fill the space with crinkled up wax paper set on top of the fruit and syrup before placing the lid on the container. Another option is to vacuum seal the sliced apples if you are not freezing in a liquid. Applesauce will need to be prepared first then cooled before packing into your freezer safe container. To freeze juice or apple cider, prepare your apple juice then cool juice before packing into a moisture vapor resistant container. If using glass or plastic jars, leave 2 inch headspace for expansion. A special note about apple cider, unpasteurized apple cider has been linked to E. coli illness outbreaks. It is recommend to heat the juice to at least 160°F (if you don't have a thermometer that registers in that range, heat the juice until it simmers (when bubbles appear on the surface). Then let the pasteurized apple cider cool and pack into a moisture vapor resistant container leaving 2 inch headspace for freezing.

DEHYDRATING AND FREEZE DRYING

Dehydrated apple rings are one of my family's favorite fall snacks, they seriously eat them quicker than I can dry them! Pretreatment is not required but you can use an ascorbic acid/citric acid dip, a salt solution dip, syrup blanching, a honey dip or a sulfiting procedure. See our handout Drying Fruits and Vegetables, PNW 397, for more information on how to do various pretreatments. Slice your apples how ever you would like but try to keep them uniform in thickness so they dry evenly and are all done about the same time. Fruit is sufficiently dry when they are pliable and leatherlike with no pockets of moisture. Fruits usually take about 6 to 36 hours to dry since they have a higher sugar content but will depend on your dehydrator settings as well. Another favorite is to use applesauce in the dehydrator and make fruit leathers. Make sure to use the plastic tray that comes with your dehydrator or a silicone mat to spread the applesauce out and then dry until done usually 4 to 8 hours if temperature is maintained between 135-140 degrees.

If you happen to have a freeze dryer, the prep process is much the same but the drying process is different and the resulting product looks much different as well. Freeze dried apples retain their original shape and size and have a lighter airy texture whereas the dehydrated apple slices will shrink down and become more leatherlike.

CANNING

Apples can be canned a few different ways. Straight up apple slices in a sugar syrup, juice or water pack, as apple pie filling, applesauce or as apple butter or jelly. All these methods are done in a boiling water canner. To can apple slices, wash, pare, core and slice. Remove any bruises or decay. To keep fruit from darkening, you can do a pretreatment with ascorbic acid and then drain. The hot pack method is recommended, boil apple slices in sugar syrup, juice or water for 5 minutes then fill hot jars with the hot apple slices and cover with boiling cooking liquid, leaving 1/2 inch headspace. Remove air bubbles, wipe rim and adjust lids. Process for 20 minutes (if your elevation is up to 1000 feet) for pints and quarts. After processing, take canner off heat (or turn off heat if you cannot move the canner). Remove lid and wait 5 minutes before removing jars.

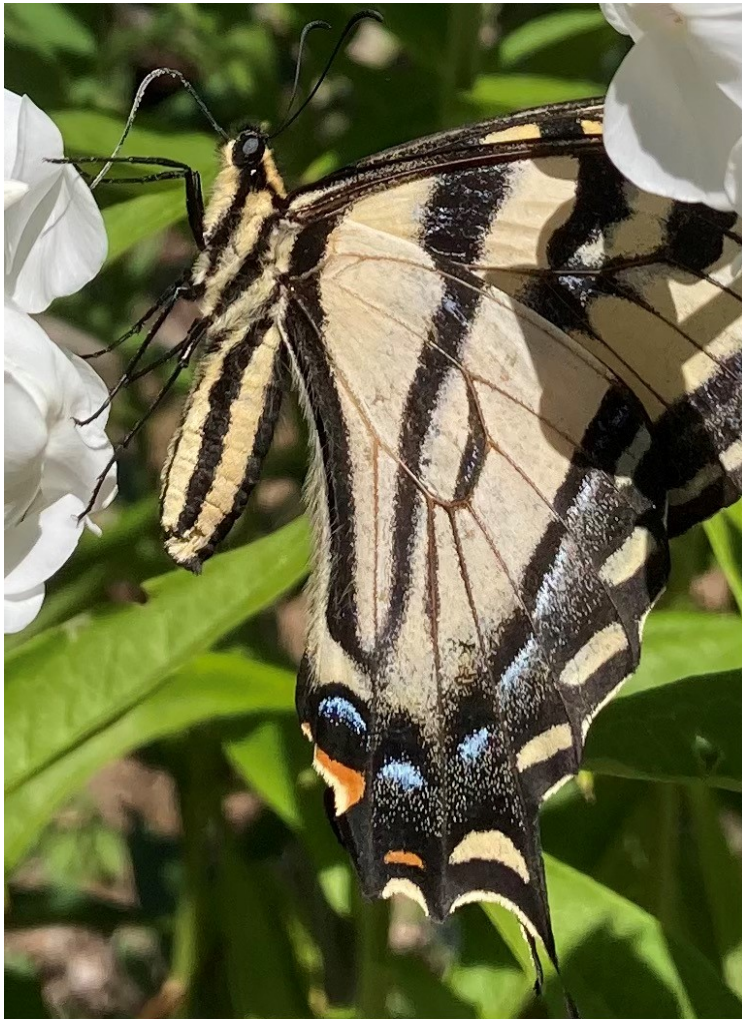
Continued on Page 10

iNaturalist

In the fall I take stock of what I most enjoyed in my garden. High on that list is the mindfulness that occurred when I took my phone camera into the garden to record pollinators. With a camera in hand, I look more closely at insects. I notice which plants they are visiting, and I have a visual record to remind me later. I load photos into the free iNaturalist app put out by the National Geographic Society and the California Academy of Sciences for iPhone and Android phones. The app not only identifies the species, but also links to other information, such as the range and whether or not it is native. Not only do I learn more about what is visiting my garden, but I contribute to the scientific community that accesses data to learn more about the state of insects in our world.

Story and photos by Jessie Milligan

Captions: A Western Tiger Swallowtail (*Papilio*



WHAT GARDENERS ARE SAYING THIS TIME OF YEAR.

"I am enjoying my freeze dryer, filling up my pantry from my garden."

"Corn was a bust this year...next year I hope the weather cooperates."

"The tomatoes are finally getting red, time to break out the canner."

"Rhubarb jam, pies, and cobblers with my strawberries"

"My extra beds paid off this year in food security."

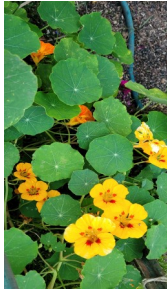
"My new favorite flower is echinacea, such beautiful blossoms."



A West Coast Lady (*Vanessa annabella*) stops at a *Scabiosa columbaria* 'Butterfly Blue'.

THE IMPORTANCE OF POLLINATORS

This is the time of year when pollinators are as important as the spring and summertime. In the Fall, bees and hummingbirds are running low on blossoms and looking for that last big burst of sugary nourishment. The long days of summer provide pollinators the maximum time to forage for nectar. In the fall, blooming plants provide many pollinators with needed fuel before hibernation or for the southern migrations of pollinators like monarchs and hummingbirds. Even when there appears to be little to no activity, pollinators are in the garden. A great plant for the Autumn garden is pineapple sage. The leaves smell heavenly, and the bright red flowers are a huge favorite of hummingbirds. Keeping an assortment of late summer and early fall blooms going helps them to survive. Hollyhocks are still motels for the bumble bees, and oregano flowers and Chinese chives attract Honey bees. Many birds are also attracted to a garden that has a blend of native flowers and plants, vegetables and berries, and even the squirrels can benefit from the nuts that get dropped to the ground such as hazelnuts.



Sleeping Bumblebees. Photos by Tina Powers



WHAT'S GROWING IN YOUR GARDEN? PHOTOS TAKEN BY COOS COUNTY MASTER GARDENERS



TURNING LAWNS INTO FOOD FORESTS



HORSE TROUGHS INTO BEAUTY.

Photos and Garden
by
Darla Parthemore



BOUNTIFUL HARVEST THIS YEAR

Photos by
Tina Powers



Autumn Garden Check list

Here are some of our tips for your Autumn Check list.

- ◆ Harvest time for tomatoes, peppers, corn, the last of the potatoes, the last of the summer greens, melons, pumpkins and squash, beans
- ◆ 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..
- ◆ 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. Top your beds with home grown or purchased compost in November and December.
- ◆ Harvest the last of the strawberries, cane berries and huckleberries. Cut those canes way back when finish harvesting.
- ◆ Plant bare root, perennials, berries in November
- ◆ Keep planting progressive crops such as cool weather lettuce, mâché, claytonia and Asian greens such as bok choy.
- ◆ Harvest apples, pears and hazelnuts. If you have extra, donations are appreciated to food banks.
- ◆ Plant seed flats of cole crops (cabbage, cauliflower, broccoli, and Brussels sprouts) and winter lettuce.
- ◆ 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.
- ◆ Watch for powdery mildew on the last of your tomatoes and squash. Don't put them in the compost pit, bag them up and place them in your trash can.
- ◆ Pull green tomatoes before the first frost and store upside down indoors to get the last of that precious crop.
- ◆ Plant perennial flower seeds in January for spring and summer flowers.
- ◆ Get your seed catalogs early. Folks are growing more at home, and make sure you order your seeds early so you won't miss out on your favorites.

FOR MORE INFORMATION CHECK OUT THE FOLLOWING WEB PAGE.

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

Applepalooza! Continued

To can applesauce, start with washing and coring your apples. It is recommended to peel your apples if using apples from windfalls. Cut large fruit into slices. Simmer until soft, adding a small amount of water or juice to prevent sticking. When apples are tender, put them through a food mill or strainer. If you prefer a chunky style applesauce you can skip this step or just use a potato masher to break up larger chunks. Add sugar to taste (if using juice you can skip this step as the juice adds sweetness). You can also add in cinnamon or other dried spices at this point. Reheat applesauce to boiling and pack into hot jars, leaving 1/2 inch headspace. Wipe rims and adjust lids then process in boiling water canner for 15 minutes for pints or 20 minutes for quarts. If you are canning in half pint jars, the time is still 15 minutes like the pint size processing time. After processing, remove from heat and remove lid, wait 5 minutes before removing jars.

Apple pie filling is a great way to store apples and have a quick and easy dessert option ready to go! An extra ingredient you will want to have is Clear-jel, a modified corn starch that is approved for use in certain tested canning recipes to thickening the product. Note the ONLY IN CERTAIN TESTED RECIPES which includes pie fillings. It is recommended to blanch your apples before canning apple pie filling to drive out the air in the fruit resulting in less siphoning of the product when canned. To blanch your apples, bring 1 gallon of water to boil in a large pot. Place no more than 6 cups of fresh apple slices in a basket and place in the boiling water. Return to a boil then gently boil for 1 minute, removing immediately and drain. Keep blanched apples in a covered container to keep warm while blanching the remaining apples.

The recipe for apple pie filling that yields 7 quarts is:

Fresh sliced apples (blanched)	6 quarts
Granulated sugar	5 1/2 cups
Clear-Jel	1 1/2 cups
Cinnamon	1 Tbsp
Nutmeg (optional)	1 tsp
Cold water or fruit juice	2 1/2 cups
Apple juice	5 cups
Yellow food coloring (optional)	7 drops
Bottled lemon juice	3/4 cup

Combine sugar, Clear-Jel, and cinnamon in a large kettle with water and or apple juice. If desired, food coloring and nutmeg can be added. Stir and cook on medium high heat until mixture thickens and begins to bubble. Add lemon juice and boil for 1 minute, stirring constantly. Fold in drained apples immediately. Fill pint or quart jars without delay leaving 1 1/2 inch headspace. Adjust lids and process for 25 minutes for pints and quarts. After processing, remove from heat and remove lid. Wait at least **10** minutes before removing jars of pie filling to reduce the chance of siphoning. **Continued on page 11**

Applepalooza! Continued from page 10

And last but certainly not least is the processes for apple butter and apple jelly. Apple butter is made by taking apple pulp (or unsweetened applesauce) and adding spices and sugar then cooking until thick.

Here is a recipe for canning apple butter:

2 quarts apple pulp or unsweetened applesauce
4 cups sugar
2 teaspoons ground cinnamon
1/2 teaspoon ground cloves

Prepare pulp by washing apples and removing peels and cores. Slice and add sugar, spices and a little water, if needed. Cook in small batches until thick. The butter may be simmered on top of the stove in a heavy pot, cooked in the oven at 275 degrees in a shallow baking pan or cooked in the microwave. The butter is ready when it rounds slightly on a spoon and has a sheen to it. Pack cooked butters immediately into hot sterile jars, leaving 1/4 inch headspace. Adjust lids and process for 5 minutes for half pints and pints and 10 minutes for quarts. After processing, remove from heat and remove lid waiting 5 minutes before removing jars.

To make apple jelly with no added pectin, you will want 1/4 firm-ripe and 3/4 fully ripe tart apples for this. Sort, wash and remove stem and blossom ends, do not pare or core (you want the seeds to stay in this part). Cut apples into small pieces. Add water, cover and bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes or until apples are soft. Extract juice by pouring everything into a damp jelly bag and letting the juices drain through into a container below jelly bag. For the clearest jelly, do not press or squeeze the jelly bag. Once you have your juice, measure 4 cups apple juice into a stockpot. Add 2 tablespoons lemon juice, if desired, and 3 cups sugar and stir well. Boil over high heat until jelly mixture sheets from spoon. Remove from heat, skim off foam quickly. Pour jelly into hot sterilized jars, leaving 1/4 inch headspace. Wipe jar rims and adjust lids. Process 5 minutes then remove from heat, removing lid and waiting 5 minutes before removing jars. This recipe makes 4 or 5 half-pint jars.

For more information on preserving apples see the following resources:

So Easy To Preserve book, University of Georgia Cooperative Extension

[OSU Extension publication: SP 50-446 Preserving Foods: Apples \(February 2015 revision\)](#)

[OSU Extension publication: SP 50-616 Food Safety and Preservation: Fruit Pie Fillings \(February 2019 revision\)](#)

[OSU Extension publication: PNW 214 Freezing Fruits and Vegetables \(September 2018 version\)](#)

[OSU Extension publication: PNW 397 Drying Fruits and Vegetables \(3rd Edition\)](#)

[OSU Extension publication: SP 50-455 Preserving Foods: Fruit Juices & Apple Cider \(May 2019 revision\)](#)

"The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider."

Jane Hirshfield



Planting Time-Vegetables

Planting Time-Flowers

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

Outdoor planting for October

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

Outdoors planting for November (under cold frame)

- Beets
- Spinach
- Chard
- Carrots
- Fava Beans
- Corn Salad
- Arugula
- Asian Greens



Indoor planting for December and January

- Chives
- Leeks
- Onions
- Scallions
- Artichokes
- Cardoon
- Endive
- Lettuce

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, Ornamental

Indoor planting for December and January

- Geranium
- Snapdragon
- Yarrow
- Pansy Viola
- Anise Hyssop
- Bachelor's Buttons
- Wax Begonia
- Heliotrope

Congrats to our 2021 Master Gardener of the Year Tina Powers and 2021 Master Gardener Behind the Scenes Claudia Turner! These ladies were selected and honored for all their hard work and dedication to the Master Gardener program!



Tina Powers, MG Vol. Coordinator Sam Clayburn, Claudia Turner



South Coast Community Gardens Update

BANDON

Good Earth Garden September Report

Things are buzzing at Good Earth. We are still collecting a steady stream of donations and our garden is looking so great that we have canceled our September work party! It is heating up here in Bandon just as we get ready for fall.

Happy gardening.
Leslie Wirt



*Harvest time:
Save those seeds*



COOS BAY

Lady Bug Landing September Report

The garden at Lady Bug Landing is still looking lush, but is starting the fall decline with the cooler nights. The gardeners have been happy, as there has been no theft this season, with the new fencing and locked gates.

Renee is at the garden every Wednesday and Saturday from 9:30-12+, to water, weed the demo beds and pathways, harvest the demo area for the Food Bank and help gardeners where needed. 865 pounds have been donated to the Food bank so far lots of lettuce, cabbages, broccoli, cauliflower, kale, zucchini, Walla-walla onions, red onions, bush beans, leeks, tomatoes, kohlrabi, fennel, cucumbers, beets, carrots and shallots. The espalier Fuji apple tree is loaded too. Renee has appreciated all the different people who have helped make the garden work this year. It takes a village. Despite the new COVID restrictions in place, it has been a bountiful year.



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.

2022 Master Gardener Training is Back

Oregon State University Extension Master Gardener volunteers are neighbors, friends and family who you can go to for garden advice that is grounded in science and locally relevant. Master Gardeners receive extensive training and are garden educators and on-the-ground community scientists.

Due to the COVID pandemic, training new Master Gardeners was put on hold for 2021—but that doesn't mean we took a year off. We've updated and redesigned how we deliver the program, making it accessible to more Oregonians and more reflective of community needs for training a new cohort of gardening education volunteers.

We are training new community educators in 2022! Master Gardener volunteer training is conducted by local county OSU Extension offices, with support and guidance by the statewide office. Master Gardener trainees will be able to access online classes and participate in local, in-person workshops. Classes should start in late January.

If you are interested in signing up, please email Sam Clayburn at Samantha.clayburn@oregonstate.edu with your contact information. When applications are ready, they will be posted on our website and the link will be emailed to those that expressed interest in taking the course.

For more information on what being a Master Gardener volunteer entails visit <https://extension.oregonstate.edu/mg/about-master-gardener-program>



OSU Extension Service provides a wide variety of free gardening advice and information including a number of online articles and downloadable brochures?

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>

DID YOU
KNOW



Or that you can take a Master Gardener Short Course Series on-line? The eleven courses are based on the OSU Master Gardener curriculum and allow you to learn specific fundamentals of gardening. While the courses do not allow you to receive OSU Master Gardener certification, they will certainly provide you with a wealth of useful information. They are self-paced and can be taken anytime because they are not taught by an instructor. Topics include: Oregon Master Gardener Program, Basic Botany, Soils and Compost, Vegetable Gardening, Introduction to Entomology, Plant Pathology, Pesticide Safety, Herbaceous Ornamental Plants, Sustainable Landscape Design, Sustainable Landscape Management, and Integrated Pest Management.

All courses are \$45 per course.

Get more information at: <https://pace.oregonstate.edu/catalog/master-gardener-short-course-series>

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