



COOS COUNTY MASTER GARDENER™ ASSOCIATION

# GARDEN THYMES

## Sweet Preservation

### Pumpkin Spice and Everything Nice

By Tina Powers

Just when you thought the weather in our gardens couldn't get any stranger, this year topped 'em all. From a cold April with no rain to inundations of wet stuff for several weeks with lots of wind. This led to a delayed start for flowers and plants at least a month or so late. Mason bees got pounded and many did not survive it, resulting in few to no apples and other tree fruits but hey, the berry loving bees and pollinators went wild and at least my freezer will be full of raspberries, blackberries and blueberries, taking up the slack for the lack of the apples and pears. We all hope that autumn settles down and winter planting can begin again. Some lost most of their crops of potatoes, carrots and other plants to rats, insects and bad weather. But like a bad haircut, it all grows back and we all get to do it again with renewed hope.

Fall and winter crops can be planted in the fall months, along with planning for spring flowers and vegetables and planting the alliums, spring bulbs and corms. Along with this planting, getting your beds ready for a good winter sleep is just some of the ways we all can improve our chances for a more fruitful spring. Planting cover crops can help conserve moisture, build up the soils and help keep the weeds at bay. Planting fava beans, peas, clover and other cover crops help to fix nitrogen in the soil for those future greens and other nitrogen loving plants. Taking care of the soil every autumn builds tilth in your soil, and with the possibility of drought lurking, anything that we can do to preserve and protect our soil is key in beautiful flowers, bountiful vegetables and fruit, health giving herbs and medicinal plants and attractive pollinator plants.

**Mark this on your calendar!!  
Plant your alliums the first  
week of October-mid month.**



#### INSIDE THIS ISSUE:

1. Opening Message
2. Program Coordinator's Message
3. Design for Senior Living as a MG
4. Beating Inflation With Your Fall Garden
5. Ginger
6. Ginger Continued
7. Scenes from MFP Training
8. Sage
9. Fall Food Preservation & Safety
10. Autumn Garden Checklist
11. Fall/Winter Planting Guides
12. Garden Reports
13. Let's Talk Turkey



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Newsletter Editor

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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## My favorite color is fall...

Anyone that has spent some time with me knows that my favorite season hands down is fall. I love the changing colors of leaves as they fall, the crispness of the air in the early morning and late evenings, the various colors and shapes of gourds and pumpkins, I could keep going but my column is only so long. The other great thing about fall is I feel like Mother Nature is giving me permission to stop stressing about keeping the summer annuals alive any longer and to buy all the mums I can convince my husband we need. I didn't get too many this year because I have a planter of coleus plants on my front porch that is huge and still going strong, and the colors are gorgeous! A few years ago I figured out that I needed to quit trying to grow sun loving plants in this space because it only gets a few hours of morning sun (if the fog doesn't stick around all morning) and embraced growing shade loving plants and what a difference it has made. This year I planted 3 different varieties of coleus plants that started in little 4 inch pots. They are now about 3 feet tall!



We are almost finished with our 2022 Master Food Preserver volunteer training, we only have three sessions left and it has been awesome being back in the kitchen and adding more volunteers to our little group. We last held a class in 2018 and were all set to have one in 2020 but you know what happened. We are trying something new this year holding the training in the fall and it has been successful. There are a couple more Saturday workshops, Applepalooza on October 15th and Handmade Holidays on November 5th. We will have next years' MFP workshop schedule available in November so watch for that!

2023 will kick off with our Master Gardener training back in person on January 12th. I am finalizing the schedule now and registration information will be emailed out to those that expressed interest when it is available. The link to register will also be on our Coos County Extension website and Facebook pages. In other exciting news, Fertilize Your Mind Garden Seminar will be held on Saturday April 1st, 2023 at the Mill Casino Hotel (no April Fool's prank I promise)! Our keynote speaker will be James Cassidy from OSU talking about soil health. Save the date and watch for more info in our spring newsletter. Happy fall everyone!

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

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

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*Samantha Clayburn*

MFP/MG  
Outreach Program Coordinator



## Design for Senior Living Under the Master Gardener Umbrella

By Grace Horning, Coos County MG

I was 80 when we bought land in Bandon from a fellow MG Donna and her husband. Two-thirds of an acre seemed small in 2015 but today keeps us busy.

In the front yard we planted espaliered apple trees (thank you MG training), Myrtlewood trees (compliments of a CC MG), a Scentimental rose (from a CC MG rosarian) a Garrya elliptica (from a Polk County MG), and landscaped with bark mulch islands for the trees and shrubbery. The island concept was enriched when I watched an educational program on the garden design work of Piet Oudolf. This program featured design revealing beauty which is in not only the blooming period of a plant but also in the whole cycle of growth from the bright green of emergence to the brown stark silhouette of the crisp winter stalks.

Our property, basically a rectangle, had a berm along the southside that was originally made from leveling the ground for the new home. The berm, about 6' wide and 4' tall, was just a rough concoction of soil and grasses. The property had been a pony pasture. Donna had told us of native daffodils and they were evident in the front yard just north of the berm. I was happy to keep the yard natural with the addition of sun and shade grass for bare spots, but leaving the daffodil foliage to enrich the bulbs proved in later years to be problematic. Grass grew large and shaded the greenery. The daffodil area was not mowed for several months. This became a bone of contention between me and he who mowed. Several years passed with me throwing my body between the mower and the daffodils. After the Oudolf session, I rethought our islands, planning a river of narcissus to spill over the berm and into an island of just bulbs. Time for the research.

Finding a Dutch bulb breeder catalog, my *daffodils* were actually cataloged as Narcissi. Time drifted along as the new bulbs selected should blend, naturalize and, a big plus, be fragrant. The bulbs finally selected were 300 yellow Narcissi and 50 contrasting blue Muscari which unfortunately did not arrive until November (due to the lateness of our order – who knew it would be months).

My daughter Susan Zohreh, also a MG, spent weeks digging, taking up sod, encountering resistant clay in cool and windy conditions and planting new bulbs to join the native ones, smothering weeds that had arose and covering the area in bark mulch. In spring 2022 “a host of golden daffodils” enthralled us for weeks. The blue Muscari, however, were not visible from the house. Their size was the culprit. It was a learning experience that satisfied.

I read a book “Dream Plants for the Natural Garden” by Henk Gerritsen & Piet Oudolf listing plants which are naturalizing favorites. It added appetite to further the beauty time lens of the garden. The book details from the authors’ expertise and garden locations, the characteristics and advisability of garden favorites. Some are being considered. However, we are also learning to appreciate the plants that thrive here including Papaver, a pale lavender silk poppy, a fragrant chocolate mint for tea with the ever-popular lavender, the honey scented alyssum, the ever-thriving nasturtiums cheerful and peppery for salads and the 2015 start of a sweet bay tree (I use leaves for soups) which grew huge, now partially shading the original raised bed.

Today the raised beds number four, with plants for food having assumed importance beyond beauty. Busy beds produce active occupants, lettuce peeking from under the sheltering borage, kale trying to survive the onslaught of an elusive slug and the hopeful starts of squash both Acorn and the winter Sweet Meat. A new addition (as soil in the beds is warmer) may be the start of ginger over which I am now constantly hovering. All raised beds were built by my husband from a MG concept with his additional structural features to aid year-round use.

As a MG since 1985, the years in the OSU Master Gardener program have been beneficial. Currently at 87 I appreciate the production without as much effort, the beauty without constant toil, and the comradery/ education without physical attendance (Zoom.) Learning is an ongoing delight. And I still have much to learn.

## Beating Inflation with Your Fall Garden

By Tina Powers

We live in challenging times. We all can agree that the cost of food, fuel, utilities and just about every other home expense has soared. What can we do to help beat inflation? We can grow our own food, year round and we can process and preserve these foods by canning, dehydrating, freezing and freeze drying if you have access to a freeze dryer.

As an OSU Master Gardener, my focus has been growing as much as I can to help feed my family and helping others to grow their own food as well. Just like anything else, the costs have risen on seeds, soil, tools and many other items used to grow. So how do we save money and still get a great garden to boot? The old statement "Reduce, Reuse and Recycle" has never been more critical. Seeds can be saved at the end of the season. Seed swapping organizations are a great source for getting different seeds from other people. Do the research to find what grows best during the fall and winter months in your area. The library is a great resource for information on cheap growing techniques and OSU Extension is a gold mine when looking for information for improving your home food gardens.

Can't afford the cost of new lumber for a raised bed? Develop an eye for scrap lumber (making sure it is not treated). Lumber yards often have 2nd grade lumber scraps made from untreated cedar that can be purchased for less. Used cinderblocks, burlap bags, kiddie buckets, even the old kiddie pool can be recycled into planting areas. Old feed troughs can be repurposed into larger raised beds. Using straw bales for walls is an inexpensive way to create a raised bed. I have seen folks use river rocks, even wine bottles upended and used to build walls for their raised beds. Creativity reigns!

Recycled egg cartons work for starting seeds. Fill with some soil and plant those seeds. Water and put in that sunny window to get them started. You do not need fancy lighting or grow lamps. Your local recycle store or thrift store is a great place to pick up florescent lights. These work well. Newer versions use LED and these work sufficiently to do the job. Large soda bottles laid on their side with a hole cut in the side can be filled with soil and used to grow lettuce and other greens.

Composting at home is a great way to get organic material for your raised beds. Adding your kitchen trimmings, coffee grounds, shredded paper, lawn trimmings and leaves to a compost pile will equal fabulous compost in a few months.

There are some cautionary things to keep in mind though. When using scrap lumber, avoid any wood that has been treated, never use railroad ties saturated with creosote, and do not use tires for planters as the hydrocarbons and heavy metals saturate the soil as they break down.

For planting smaller plants such as strawberries, gutters work well when hung up next to a fence. I recycle large sour cream and yogurt tubs and beach sand pails for individual heads of salad greens and am able to harvest over a longer period of time by removing the bottom layers of leaves for salads. Lining up a dozen or so plants can insure an ever changing selection. 5 gallon food grade buckets can be used for planting beans, peas, tomatoes, potatoes and greens as just another example.

With the huge increase in interest in home raised poultry, make friends by swapping greens and over ripe produce to feed the neighbor's chickens for their manure and sweepings. I personally swap produce for 55 gallon barrels of poultry sweepings to add to my compost and my beds. I also get some great eggs and an occasional chicken for my efforts.

Learn about purslane, French sorrel, lemon balm, miners lettuce, and the many edible weeds that grow well, like weeds. These can add superfoods to your diet. During late summer months, berry picking is a contact sport. Here in Oregon, we have blackberries, huckleberries and even the occasional salal berries. Putting some of this up in the form of jams, jellies and frozen fruit can fill out the winter menu nicely. Then there are mushrooms. Take a class from a mycologist (mushroom expert) and learn about some easy and terrific mushrooms to identify and cook up for extravagant and somewhat free meals. No need to feel deprived of a tasty nutritious and gourmet meal when we are surrounded by abundance here on the Southern Coast of Oregon.



## Ginger in Our Garden

By Tina Powers

According to Encyclopedia Britannica online, "Ginger (*Zingiber officinale*), is an herbaceous perennial plant of the family Zingiberaceae, probably native to southeastern Asia, its pungent aromatic rhizome (underground stem) used as a spice, flavoring, food and medicine. Ginger's generic name, *Zingiber*, is derived from the Greek *zingiberis*, which comes from the Sanskrit name of the spice, *singabera*. It is used in India and China and has been known from ancient times, and by the 1st century CE traders had taken ginger into the Mediterranean region. By the 11th century, it was well known in England. The Spaniards brought it to the West Indies and Mexico soon after the conquest, and by 1547 ginger was being exported from Santiago to Spain."

As a chef, I have used ginger for decades in many cuisines. My Dutch relatives infused many foodstuffs with ginger and along with garlic, ginger has been a huge part of my life. I first started growing ginger when I acquired some from our local college. The horticulture instructor had passed away and many of the plants that he had acquired over his tenure were up for grabs. He had ginger from Hawaii and it peaked my interest. I brought four plants home and repotted them. I waited, and waited and at last, they sprouted into 4 and 5 feet tall stalks with fragrant leaves and juicy bulbous hands (the whole root of ginger with several pieces attached together). After some research, I found out that Hawaiian ginger, also called red ginger or awapuhi ginger, was introduced to Hawaii from the South Pacific. It is edible but is tough and stringy. Butterfly ginger is beautiful and a great attractor, but it is not considered a good food grade ginger.

For eating, grow common ginger, also called culinary ginger, which I have found at Asian markets. Edible ginger comes mostly from China and India and I can find really good fresh ginger in these types of markets. Not only are the rhizomes of common ginger edible, but so are the leaves and shoots so you can chop them up finely and use them as a seasoning (they have a less pungent flavor than the rhizome though).

### To Propagate ginger.

Select the ginger rhizome you want to divide. If you are propagating common ginger, you can purchase a fresh rhizome from the store. Soak for 24 hours.

- Place the root on top of 3 inches of soil.
- Bury and cover the whole ginger besides the sprout tip with an additional 1 inch soil.
- Place it in a warm and sunny place.
- It should be in a sheltered outdoor place with a temperature reaching 60 to 90 degrees.
- While growing, water it weekly with organic plant food and once a month sprinkle some rich compost to protect it from solar exposure.
- To harvest it, simply hold the greens from the bottom from where they emerge and lift the entire ginger.
- Snap off a piece that you want and place the rest of the plant in the pit and fill it with some more soil or compost.
- Heavily water it and while it recovers protect it from sunlight and wild temperature swings.

You can harvest ginger at any stage of development, but the optimal period is between 8 and 10 months. Ginger rhizomes can be harvested after 4-6 months by carefully digging the sides of the ginger rhizome clump. When it reaches 8-10 months, you can reap the entire crop of ginger and keep the rest for culinary and other kitchen purposes.



Butterfly Ginger Blossoms

## Ginger Tea

- Wash and peel the ginger. To peel ginger, take a spoon and scrape the piece, removing the thin skin. Cut the ginger into 1 inch pieces.



- Slice it into thin pieces, and place the slices in the bottom of a heat-resistant mug. Next, pour boiling water over the ginger and steep for up to 10 minutes, depending on how strong you like your tea. Strain out the ginger slices, add honey or lemon juice if desired, and serve.



## Health Benefits of Ginger

Ginger contains more than 400 chemical compounds, but researchers believe the gingerol compounds are the ones responsible for the root's health benefits. They're also responsible for its smell and flavor. Gingerol has powerful antioxidant and anti-inflammatory properties that can help the body in a variety of different ways. It relieves congestion, improves blood circulation, aids with digestion and helps stimulate the natural detox process. Many cultures use ginger for soothing nausea and upset stomachs. Ginger is sometimes taken as a supplement for rheumatoid arthritis and osteoarthritis (two painful conditions causing joint damage). Since ginger is an anti-inflammatory, it may also be able to ease joint pain due to inflammation from arthritis. It is used to lower blood sugar for Type 2 diabetes, and has possible anti cancer components. Like garlic, ginger can lessen the length and effects of the common cold.



Photos courtesy of Culinary Review and Tina Powers

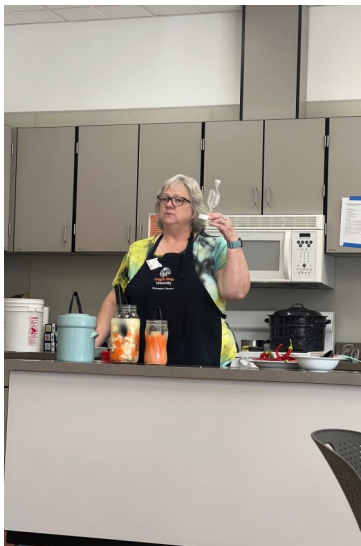
## Scenes from 2022 Master Food Preserver Volunteer Training



Trainee Mike proudly shows off his lime zesting abilities while canning blueberry lime jam.

After holding our last MFP training in 2018 (we were supposed to have one in 2020) it was great to get to kick off the 2022 MFP training on September 1st with an enthusiastic group of 10 individuals. While the training is normally held in the spring, I decided to shake things up this year and hold it in the fall to have access to more fresh produce and eliminate the back to back training schedule that normally happens with Master Gardener and Master Food Preserver trainings. The training is spread out over eight weeks and includes five class sessions and two workshops where trainees learn how to can, dehydrate, freeze, and smoke various foods to preserve for later. The trainees also learn how to teach others and answer those food preservation questions their friends and community members around them have. The 2022 class will graduate on October 20th and then get started on their volunteer payback hours over the course of the next year. Congratulations trainees, you are almost finished!

Coordinator Sam



MFP volunteer Linda does a presentation to the group on fermentation equipment and shows examples of her fermented vegetables.



Trainee Christy gets an arm workout while preparing the cabbage for making sauerkraut.

PHOTO CREDIT FOR ALL PHOTOS: MISTI BAILEY,  
OSU COOS CO EXT



## SAGE

By Charmane Mitchell, MG trainee

One of my favorite herbs is sage.

- I grow white sage and soon will harvest the leaves when it gets bigger to make my own smudge sticks. These are used in a ceremony to cleanse the house/room/space of any negative energy and replace with positive loving energy.
- *Salvia apiana*, the white sage, bee sage, or sacred sage is an evergreen perennial shrub that is native to the southwestern United States and northwestern Mexico, found mainly in the coastal sage scrub habitat of Southern California and Baja California, on the western edges of the Mojave and Sonoran deserts.
- White sage was used throughout history for cleansing and purification purposes. Due to its pleasant scent it can be used as a perfume or around the home to freshen the air. Smudge sticks are bundles of dried sage that are lit on fire, and the smoke is used to cleanse a room of negative energy.
- White sage (*Salvia apiana*) has a long and rich history of ceremonial and religious use by Native American tribes in which we give acknowledgement in their customs and belief systems. Tribes living in close proximity to this plant's wild populations have elevated this humble herb as instrumental in their worship. Due to the plant's increasing popularity outside of its traditional context, white sage has been over-harvested in many areas and is included in United Plant Savers' "To-Watch" list. Another reason to grow your own crop of white sage, as well as the many varieties of culinary and other medicinal sage.



- Finnish herbalist, Henriette Kress, and author of Henriette's Herbal website lists at least seven different varieties of sage, while other sources say there are over 700 species spread throughout the world (Nickavar et al, 2005). Some varieties are used for culinary purposes, while others have more medicinal properties and uses.
- The most common sage, *Salvia officinalis*, is used for both medicinal and in culinary preparations. Common sage, also known as garden sage and kitchen sage, is used commonly to add flavor in cooking and for medicinal purposes.
- Sage contains antioxidants which help to reduce the risk of serious health conditions. It's also rich in vitamin K which aids the body in clotting blood.
- Here is a recipe to share with you!  
Sage butter is a delicious way to incorporate the healing benefits of sage. It is great on sweet potatoes, chicken, tossed vegetables, fried eggs, toast, popcorn, and whatever you wish!!

### SAGE BUTTER

- 1 stick of butter
- 1 Tablespoon finely chopped sage

Melt butter in small saucepan over medium heat. Add sage and simmer for 3 to 5 minutes until color changes to light green. Store in fridge and butter will be ready to use next day. It will keep for weeks in the fridge and for months in the freezer.

Bon Appetit!  
Charmane

Information:  
Herb Society of America  
United Plant Savers





## **Spotlight on Food Preservation :** **AUTUMN FOOD PRESERVATION AND SAFETY**

By Samantha Clayburn

As fall settles in and gets cozy, a lot of us are busting out our slow cookers or electric pressure cookers and making soups and stews for these chilly fall evenings. But if you are like me and forget to take the meat out of the freezer, your planned soup or stew might not happen as quickly as you would like. I have often thought, it would be smart of me to can up some meat so I can just open a jar and throw it in a soup or stew.

Well that is my goal this year. I plan to can up some elk and venison that we froze during last hunting season and I need to make room in the freezer for hopefully a successful hunt this season. I pressure can tuna but haven't gotten around to doing the game meat. Another incentive for doing this is if our freezer ever goes out, we won't lose all that meat, it will be safe on a shelf in my pantry. Fall goals 2022!

You can also pressure can up soup as well. There is a vegetable and meat soup recipe in our Extension publication [PNW 361 Canning Meat, Poultry, and Game](#) that allows you to customize your vegetables and meat to suit your tastes including adding beans if you would like. Couple safety things to keep in mind though. If using dried beans or peas, make sure to follow the instructions to fully rehydrate them before using them in your soup for canning. Also, in home canned soups it is not safe to add noodles or other pasta, rice, flour, cream, milk or other thickening agents. You can always add those things later while heating up the opened jars. The other trick is to fill your jar only half full with your solids (vegetables, beans and meat) then add sufficient liquid leaving 1" headspace. This insures the product isn't too dense and the liquids help the heat penetrate to the center and get to the proper temperature to kill harmful bacteria that cause botulism.

It wouldn't be autumn if I didn't talk about preserving pumpkins as well. One of the biggest canning don'ts that I see on social media and the Internet is people canning pureed pumpkin and making their own pumpkin pie filling because it sounded like a good idea. The only safe way to can pumpkin is to cube it in 1 inch cubes, add water and boil for 2 minutes, pack into hot jars leaving 1 inch headspace, cover with boiling liquid. Pressure can at 10 pounds pressure weighted gauge or 11 pounds pressure for dial gauge for 55 minutes if you are doing pints and 90 minutes if you are canning in quarts. The reasoning behind why you can't puree or mash it before canning is a density issue. Pureed pumpkin is super dense (you're thinking about that pumpkin pie and all its dense goodness right now aren't you?) and it would take a really long time for the heat to penetrate to the very center of the jar and get to the 240 degrees F it needs to be to kill off that c. botulinum bacteria that could be present in low acid foods. When pumpkin is cubed and the water is flowing around it, the water acts as a highway of sorts for that heat to get in the middle of the jar and heat up the product more quickly. And honestly, it only takes a minute or so to mash up the pumpkin when you take it out of the jar, definitely worth the small amount of extra time it takes to keep you safe.

If you really want to do something with pureed pumpkin you can make pumpkin leathers on your dehydrator. Mix some pureed pumpkin with applesauce (this will help with sweetness and the texture of your leather) and whatever spices (cinnamon, cloves, nutmeg or pumpkin pie spice) then spread out on a lined drying tray or spray the solid tray with a cooking spray to help peel it off when it is dry and dehydrate till the leather is tacky to touch. More information on making fruit and vegetable leathers can be found here [PNW 397 Drying Fruits & Vegetables](#) along with other dehydration tips and recipes.



## **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 in October for next June harvest. Remember that the green tops are also tasty for some extra zing during the early fall
- ♦ Weeding that pesky bindweed this year is especially important as the weather caused a huge uptick in bindweed and buttercups. 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 as well as the roots for buttercups.
- ♦ Time for composting to insure a solid performance next spring. Top your beds with home produced or purchased compost in November and December.
- ♦ Harvest the last of the strawberries, caneberries 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 at 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.
- ♦ Plant succession lettuce and a variety of radishes for tasty winter salads.



Good choices are mache, frisée, brown butter lettuce and any hardy winter green in its baby version.



Frisée aka curly endive



mâché

FOR MORE INFORMATION CHECK OUT THE FOLLOWING WEB PAGE.

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

## ***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 October**

- Beets
- Spinach
- Brassicas such as broccoli rabe, 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 (mache) greens
- Arugula
- Asian greens

### **Indoor planting for December and January**

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



## ***Planting Time-Flowers***

### **Outdoor planting for October**

- Ranunculus
- 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
- Mallow
- Bee Balm
- Carnation







# South Coast Community Gardens Update

## **Bandon Good Earth Garden**

Bandon Good Earth Community Garden continues to harvest many varieties of cabbage, lettuce, kale galore, onions, squash, peas, and even tomatoes! Also, we are continuing to provide donations to Bandon Good Neighbors each month and the EAT program weekly. We recently set up a donation procedure to help us be a consistent donor for future years. We continue to enhance the garden signage and supplies, so we are viewed as a positive part of this beautiful community. We are hoping summer decides to stay a little longer! Hope everyone had a relaxing, Labor Day.

Best as always, Susie Zohreh, Garden Manager and MG Cheerleader

## **Coquille Harvest Moon Garden**

The garden is still going strong. Since there was such a late start to the planting things are slowly ripening. We have managed to get 22 pounds of food to our food bank. The food bank beds were even later than most as they are beds that were belonging to a gardener that decided to leave us, and she had not even cleared them yet. Hoping to get more from those beds soon. We are fighting the never-ending battle with bind weed and we also have the larger Moon Flowers on one side of the garden that are coming with the blackberries from our neighbor on that side. We are working on taking the pathways between the beds down to the soil and then we can have chips delivered. Coquille Garden Nursery has been sold and will close escrow toward the end of the month. They are cleaning all the "trash" out of the nursery and when I stopped by they had 2 bags of organic fertilizer that were faded but whole. He let me have them for the garden for free. The new owners will be keeping it a nursery and Saya will be staying on to help them get started. Starting to send out seed requests from the seed companies. Trying to restock the garden seeds and get seeds for our plant sale in the spring after the MG plant sale.

Val Berg.

## **Coos Bay Lady Bug Landing**

Lady Bug Landing is bountiful and gorgeous. The gardeners have been doing a great job this year gardening and keeping their beds mostly weed free. The demo beds are pretty much finished being harvested except for a few more onions and tomatoes to take to the food bank. We have taken an additional 142 pounds this month of onions, tomatoes, potatoes and misc. veggies gardeners have donated to the Food Bank. Then we have been

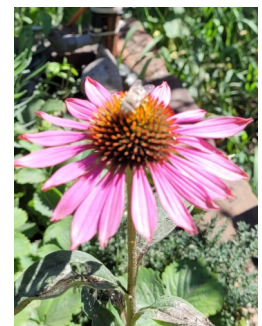


turning the demo beds over and putting a cover crop of quick growing Buckwheat, which will be turned under to replenish the soil. No fall crops will be grown this fall as Renee, whose knee is doing

much better, chose not to try and do the extra harvesting while she tries to catch up on maintaining the perimeter beds, which were well watered while she was gone but are in need of deadheading the perennial flowers and weeding and removing all the bindweed, which thinks it is Kudzu vine. She has been drawing on the spirit of MG Don Ivy, who use to love to come to the garden and weed bindweed. We did have some minor vandalism, where someone cut the fence twice, but not much food was taken, the fence has been patched and a No Trespassing sign has been put up, which seems to have solved the problem the last few weeks.

Hope everyone enjoys the fall as it approaches.

Happy Gardening  
Renee Blom



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.

## *Let's Talk Turkey...*

### *Turkey Tips to Keep You Safe This Holiday Season*

- Allow 3/4 to 1 pound per serving from an 8-12 pound turkey. Larger birds (over 12 pounds) have more meat. Allow 1/2 to 3/4 pound per serving from larger birds.
- Keep frozen turkey frozen until 2-5 days before cooking, then thaw.
- Buy your fresh turkey 1-3 days before you plan to cook it. **DO NOT BUY PRE-STUFFED FRESH TURKEY.**
- If you buy a Frozen pre-stuffed turkey, make sure to keep it frozen until ready to cook. **DO NOT THAW!** Allow 1 1/4 pound per person. Note: use only stuffed, frozen turkeys that have the USDA or state mark of inspection on the packaging.
- If you are travelling with the cooked turkey, cook it the day before, without stuffing, take it off the bone and refrigerate immediately. Travel with it on ice.
- **DO NOT** thaw poultry or meat at room temperature. Bacteria multiply quickly on the warm surface. Leave turkey in the original packaging and use one of the following methods:
  - No Hurry**—Place wrapped turkey on tray in the refrigerator for 3 to 5 days. Allow 5 hours per pound of turkey to thaw completely. Time will vary depending on how cold your refrigerator is and size of bird. Check daily.
  - Fast**—Place wrapped turkey in large ice chest or clean sink. Cover the turkey with cold water. Allow 30 minutes for each pound of turkey. Changing the water every 30 minutes will speed thawing. Refrigerate when thawed or roast immediately.
- Cooked thawed turkey within two days. Refreezing thawed turkey is not recommended because the quality is lowered.
- Do not wash the poultry. Washing scatters bacteria that may contaminate other foods. Proper cooking of the poultry kills bacteria that may be on raw poultry.
- When roasting the turkey, set oven temperature no lower than 325 F. Turkey is done when a meat thermometer registers 165 F in the thigh. Also, juices should be clear, not pink when thigh muscle is pierced with a fork.
- If the turkey has a “pop-up” temperature indicator, it is also recommended that a food thermometer be used to test the temp in the inner most part of the thigh.
- Cool turkey about 20 minutes before carving. This allows the meat to become firm and slices better.
- For safety and uniform doneness, cook stuffing separately in a casserole. If you choose to stuff a turkey, you must use a food thermometer to check the internal temperature of the turkey and the stuffing. The temperature of the whole turkey and the center of the stuffing must reach 165 F to be safe. Lightly stuff the cavities, **DO NOT OVERPACK.** If it is packed too tightly, it will take too long to raise the temperature to a safe level. Begin cooking the turkey immediately after stuffing (do not refrigerate a stuffed turkey).
- Debone turkey and refrigerate all leftovers in shallow containers **WITHIN TWO HOURS OF COOKING.** Reheat leftovers to a temperature of 165 F or until hot and steaming. **Discard any turkey, stuffing or gravy left out longer than 2 hours.**



**Other Questions?**  
**USDA MEAT AND POULTRY HOTLINE**  
**1-888-674-6854**  
**Monday-Friday, 7 a.m. -1 p.m.**  
**Recorded information 24 hours a day**  
**Email:**  
**mphotline.fsis@usda.gov**  
**Website:**  
**<http://www.usda.gov/fsis>**  
**Or call your local Extension office.**



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