



COOS COUNTY MASTER GARDENER™ ASSOCIATION

GARDEN THYMES

Sweet Preservation

Finally Some Sun, Blossoms and the Hint of Summer to Come!

By Tina Powers, Newsletter Editor

After an incredible La Nina winter of continuous cold and rain, we blasted into summer without so much as a gentle spring breeze. Suddenly our gardens are ablaze with colors, pollinators and plants going to seed without much of a fruiting period. All of my carrots are sprouting blossoms, but not much root growth. Oh well, like a bad haircut gardens will continue to grow back to where we want them, eventually. This newsletter has several articles about garden pests and how to deal with them, the lowly snail, and the use of organic and inorganic fertilizers, all timely to aid you in your gardening endeavors. Also included is a book report, and an article about the power of gardening when one is facing devastating health issues. The simple joy of color, scents and the action of movement and purpose can bring incredible benefits to those dealing with illness. Seeing the joy in their eyes and in their step can more than make up for the tough moments, the aches and pains of digging, sawing, building beds, hauling tons of soil, compost and manure into a neglected front yard. Building hügelkultur beds, planting Oregon wild flower meadows and seeing the corn emerge from the black soil can give us a modicum of usefulness and purpose. Digging in the soil brings back forgotten memories of youth in the family garden. Having such a memory of these gardens can be the hook in which these family members stay with us just a wee bit longer than we thought we would get. Those memories of deep purple iris, vibrant honeysuckle and lilac bushes, fire tinged tulips, daffodil and purple and pink hyacinth have made way for the gaillardia (blanket flower), Shasta daisies, various shades of lupus, cosmos, marigolds and California poppies amongst dozens of other Oregon native wild flowers. Oregon grape, red columbine, yarrow and Nootka rose are filling this formerly weedy lawn with life, bees, butterflies and many other pollinators. Summer health and joy here, we come.

June is National Pollinator Month

June 19-25, 2023 marks the dates for National Pollinator Week. Use June as the time to plant pollinator friendly plants to encourage our bird and bee friends for healthy gardens and sites of beauty. Plant native, non invasive, pollen and nectar producing plants for a healthy environment.

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Extension Service
Master Gardener



**Master Food
Preservers**



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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.

Please contact program coordinator Samantha Clayburn, 541-572-5263, ext. 25299 or Samantha.clayburn@oregonstate.edu

PROGRAM COORDINATOR REPORT

June harkens the arrival of summer and the warmth of long days spent outside enjoying the break from our long wet winter and spring. It is a time that many of us interact with our neighbors more and people out walking by. It allows for conversations over the fence about what is new and what you or your neighbor might be growing in your gardens. As our community members start their gardens we see an uptick in gardening questions at our Master Gardener plant clinic and at the farmers market booths. Our volunteers are here for you to help identify that pesky bug eating your tender new leaves, or help solve why your previously healthy rose bush now has black spots all over it. Plant clinic at the Extension office is open Mondays and Thursdays from 9am to Noon, but you can also leave them a message via email or phone on the other days and they will respond when they get into the clinic. Their direct line is 541-572-5263 ext 25295 or email coos.MasterGardener@oregonstate.edu. Reach out and talk plants with our amazing volunteers!

The Master Food Preservers are also busy this time of year with their monthly workshops. Workshops are filling up fast, but you can always get on the waitlist and we will call you if there is a cancelation. Next up is the "Let's Get Saucy" workshop on June 24th where we will cover various sauces that you can make and preserve for later enjoyment. See page 6 for the workshop schedule and how to register.

Another favorite summer time activity is the Coos County Fair! Both volunteer groups will have booths down in the Oaks Pavilion building in their usual spots. The theme of the fair this year is "Blue Jeans N Country Dreams" and is fixing to be a great fair. Stop by the booths and visit with the volunteers and enter to win a food preservation raffle basket!

Finally, we will be holding our Master Food Preserver volunteer training starting August 31st and running each Thursday for six weeks ending on October 5th. The cost of the training is \$150. You will receive a resource manual and training supplies. If you are interested in joining our fun group of volunteers, reach out to me to get on the list for an application when they become available later this summer.

I hope everyone has a wonderful summer and you get a chance to get outdoors and enjoy the beauty our area has to offer. Take a stroll around your neighborhood and see what fun stuff your neighbors have planted. Maybe it will inspire you to plant something as well. That is how we came to have a beautiful trumpet vine in our yard, because we were out for a walk and saw it in someone else's yard and knew it would be perfect in ours.

Samantha Clayburn

Volunteer Coordinator



How Gardens Can Heal

By Tina Powers

This is a very personal story. Recently we took on the task of caring for an elderly aunt with dementia. A sudden change for us as we knew this woman for decades as an active and cognitive person, but with COVID isolating everyone, we were all gobsmacked when told of her health changes. To cut to the chase, we are now taking full-time care of this dear lady, along with her 17 acre hazelnut farm.



Yes, we are now “farmers”, not by choice but by family loyalty and extreme need. This is not a tale of sadness though, it is one of hope and grace. It is a lesson learned by hard work, moments of tears, and sunbursts of joy. It is the lesson of how a garden can heal, not in the traditional sense, but how it brought this once very professional and productive person a way to find the path to acceptance and ultimately peace in her soul. It also has helped our family to find a way to deal with the relentlessness of



this disease and ways to make this trip we call life doable.

Our Aunt Sharon initially wanted a way for us to make money to support the farm. Her idea was to grow vegetables. Mind you, by this time, she was unable to do much to

accomplish this goal. The farm had not been tended to for 3 years during COVID but the trees were protected and cared for by a kind farm neighbor and the crop was not lost.



The money was saved for her so this was at least one bright spot in an otherwise tough situation. We arrived on the scene in October and set about making a vegetable garden for her in an abandoned section where there had once been a beautiful garden. Beds were neglected and rotting, weeds were everywhere, and the fruit orchard was a disaster. The apple, cherry and plum trees had not been pruned and taken care of so there was a mountain of trimming to do. These trees are over 50 years old and as tall as a tree that age can get so with the help of our daughter and her partner, we set about giving the trees much needed tender love and care.

Next came the beds. Old boards were ripped out and set aside. We sat down and talked with Aunt Sharon, helping her to remember what her old garden had been like. Even with her memory so scattered, we were able to find photos and tease out the missing moments to come up with a plan. She still had hopes



to build a big vegetable farm, but in reality, that was an impossible goal. At first, she was insistent, so we played along in the process of designing. We took out a weed patch in the lawn and marked out the “farm” After the first week, with her trying to help dig and such, she realized that a viable farm was out of her

reach. She also realized that the dementia was robbing her of her abilities and her physicality. She checked out. It was scary at first, seeing her just sit there in a daze. We did not quit however.

(continued on the next page)...

How Gardens Can Heal (cont.)

As the fall grew into a very cold and wet winter, I ordered seed catalogs and handed them to her. She perked up and with the blessing of a lost memory, soon her depression faded and she was all onboard for a vegetable garden and a native wild flower meadow garden. We watched a million YouTube videos and with each one she would get enthused, writing down a flower name or a vegetable so that she would have a list of the things she wanted to grow in the garden. While everyday, she would forget as much as she saw, some of it stuck and we developed a decent list of plants. We built a small 6' by 8' poly tunnel green house and she helped to fill



cell trays with seed starting medium, and poked in hundreds of hollyhock, coreopsis, poppy, lupin, cosmos and snapdragon seeds. We purchased over a thousand bulbs of all kinds and dozens of packets of native Oregon seeds.

We also noticed a marked change in Aunt Sharon's demeanor and health. She was no longer shuffling along, she was slowly building up muscles that had atrophied, and though tired each day, it helped her to focus on what little she had left. Her laughter has returned and with each small hard-fought success, the beast that is dementia has lessened. She no longer fears it, and with each new bud, flower and fruit, she approaches it with the innocence of a small child.



The garden is growing now, spring has arrived at last and she is enjoying the fruits of all of her efforts. Each day brings challenges, but each day also has victories measured in blossoms, flowers, buds and harvests.



Aunt Sharon today. Enjoying the beauty of plants and the power of healing.

How Gardens Can Heal

From start to finish, a lesson in the power of healing with a garden.



Coos County Master Food Preservers 2023 WORKSHOP SCHEDULE

DATE	CLASS	TIMES	COST
June 24	LET'S GET SAUCY	10-2	\$10
July 25—29	MFP BOOTH AT THE COOS COUNTY FAIR	10 - 7 daily	
Aug. 12	TUNA CANNING	10-3	\$15 MUST BE PREPAID
Aug 31-Oct 5	MFP VOLUNTEER TRAINING	TBD	\$150
Sept. 30	TOMATOES & SALSA	10 - 2	\$10
Oct. 21	DEHYDRATION	10 - 2	\$10
Nov. 4	HANDMADE HOLIDAYS: GIFTS FROM THE HEART	10 - 2	\$15

**1ST WED. OF EACH MONTH:
JULY 7, AUGUST 2, AND
SEPTEMBER 7**

**MASTER FOOD PRESERVER BOOTH AT THE
COOS BAY FARMERS' MARKET
BRING YOUR
PRESSURE CANNER GAUGE FOR TESTING!**



WATCH FOR US AT THE FARMERS' MARKET. WE'LL BE THERE TO HELP YOU WITH YOUR FOOD PRESERVATION QUESTIONS AND PROVIDE FREE CANNER GAUGE TESTING & PRESERVATION RESOURCES.

**Preregistration recommended for all workshops
Call 541-572-5263, ext. 25292 or 25299**

Unless otherwise noted, held at:
**OSU Extension Service
631 Alder Street, Myrtle Point
<http://extension.oregonstate.edu/coos>**



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Keeping Pest Insects Away

By Mike Mueller, MG

Start your battle against tiny troublemakers by making your garden less attractive to them, and more attractive to the predator insects that feed on them.

USE FLOATING ROW COVERS: This simple idea works so well it's a wonder nobody thought of it years ago. Floating row covers are lightweight fabrics that you drape over plants to keep out pests. They allow sun, rain and fresh air to penetrate, but if secured to the ground with rocks, bricks, or long metal staples, they keep flying insects out. Row covers also keep egg-laying female flies, and the maggots they produce, away from your vegetables. That's great news for your garden, because maggots tunnel into and damage the roots of radishes, turnips, carrots, onions and other vegetables. If you pin the edges of row covers down tightly, you'll also keep potato beetles from flying or crawling into the garden to eat the foliage off potato plants.

BRING IN BENEFICIALS INSECTS: Interspersing flowering plants among your vegetables will help attract ladybugs, spiders, lacewings, tiny parasitic wasps, and other tiny creatures that prey on plant-eating insects. The flowers provide shelter, nectar and pollen to those beneficials. Once beneficial insects are at home in your garden, keep them there. Remember, they can be killed as quickly by broad-spectrum pesticides as their prey can be. It's best, therefore, to avoid pesticides. If you must resort to them, use only targeted ones like Bt (a bacteria that kills caterpillars but doesn't harm other insects) that spare beneficials.

CONTROLLING PEAT INSECTS AND SLUGS

NEMATODES: These microscopic wormlike pests, which can damage tomatoes, potatoes, potatoes, and other crops, are killed by chemicals released by marigold roots and decaying foliage. To keep nematodes in check, plant French or American marigolds in and around your nematode-susceptible plants. Or just till marigolds into the soil and let them decay (you can also do this before planting potatoes or tomatoes).

Organic or Inorganic Fertilizers. **Your Choice**

By Jessie Milligan, MG

So which is better, organic or inorganic fertilizers? A plant will recognize the nutrients in either and respond, yet these two types of fertilizer behave differently in the soil. Here are the main differences:

ORGANIC FERTILIZERS come from plant or animal sources. Dry organic fertilizers are slow acting, but feed plants over a longer period of time. The dry forms require soil microbes to release the nutrients. These dry forms work best in warm soil when the microbes are more active. Liquid organic fertilizers work faster. According to Ross Penhallegon, retired horticulturist with the Oregon State University Extension Service, one benefit is that dry organic sources can improve the water movement in the soil and help create a better soil structure over time by creating humus (the organic component of soil). They also may be more costly. Yet they often supply a wider range of nutrients, although a lower concentration of nutrients than the typically stronger inorganic fertilizers.

INORGANIC FERTILIZERS are manufactured synthetics or mined minerals. They tend to have the big three nutrients: nitrogen, phosphorus, and potassium. Inorganic fertilizers tend to supply nutrients faster to plants. That can be good or bad. Since the fertilizers are lost more quickly in the soil, you may have to reapply more often. Also, it is easy to apply too much, which can damage plants or cause nutrients to be lost into waterways. No matter which you choose, read the labels and apply only as directed. More is not always better.

Updated Food Preservation Publications

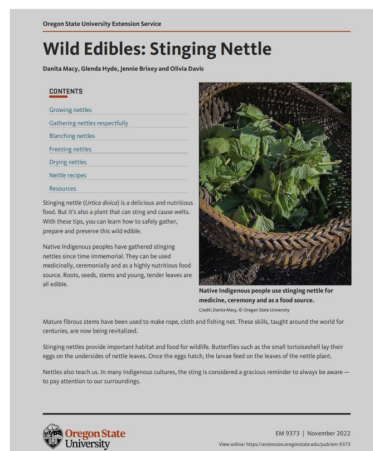
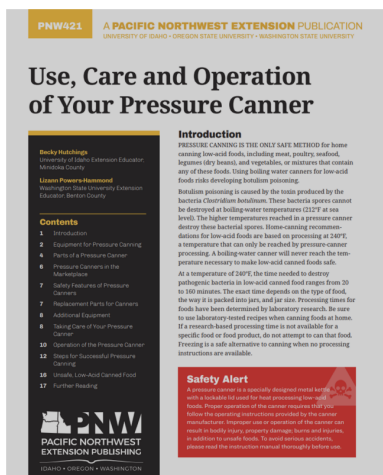
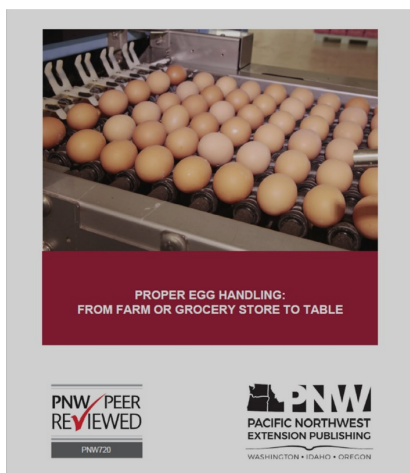
By Samantha Clayburn

Each year, our Master Food Preservers get an annual update for their resource manuals to make sure they have the most current updated food preservation and food safety information to share. We recently received that, and I want to share with you the new and updated publications we have to offer.

We had a few updated publications including PNW 421 that was formerly called Using and Caring for Your Pressure Canner. It is now called Use, Care and Operation of Your Pressure Canner. It is a complete rewrite of the previous publication. It includes a general overview of pressure canner care and use. New information includes compatible cooktops and warnings on electric multicookers. The next updated publication is SP 50-1005 Steam Canners. The update includes guidance on using steam canners for processing high-acid and acidified foods. It includes information on venting the steam canner and monitoring temperature by observing stream of steam. Also included are details on which brands of steam canners have been tested. The final updated publication is SP 50-808 Pectin Facts. The revised publication includes information on changing pectin products. Also included in the revision is information about how Ball's Real Fruit Freezer Pectin has a different method from earlier freezer jam products by Ball, and that low-methoxyl pectin brands also now include freezer jam instructions, which was previously not recommended.

There are two brand new publications added this year; EM 9373 Wild Edibles: Stinging Nettles and PNW 720 Proper Egg Handling—From Farm or Grocery Store to Table. EM 9373 Stinging Nettles is the first part in a new series on wild edibles with more publications forthcoming. It includes guidance on safe harvest and handling, as well as recipes. PNW 720 Proper Egg Handling is new out of Washington State University and thoroughly discusses *Salmonella enteritidis* contamination in eggs from laying to cooking. It includes guidelines for handling and storing eggs from backyard hens, as well as from a farm or store.

To get these publications, you can go online to <https://extension.oregonstate.edu/mfp/publications>, or stop by the office and we will be happy to print you a copy!



The Common Garden Snail

By Judy Jackson, MG

“If you have an enemy, then learn and know your enemy, don’t just be mad at him or her.”

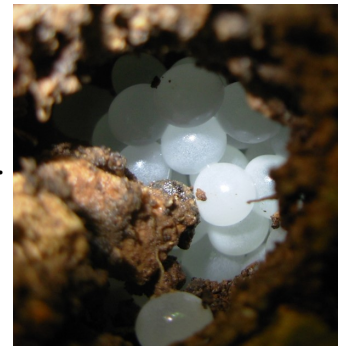
- Denzel Washington



I decided to get to know my foremost garden enemy – the voracious snail. Read on to see what I’ve learned about this aggravating, yet amazing creature. Garden snails belong to a class of mollusks called gastropods. Unlike their slug cousins – also gastropods – snails have glands across their bodies which produce a calcium carbonate shell. This beautifully whorled shell is the armor into which they retreat for rest or protection. They have a spineless body and move in a wavelike fashion thanks to contractions of a muscular structure called a foot. This foot secretes mucus to reduce friction and leaves the telltale slime trail.

Cornu aspersum is the brown garden snail we most often see in our gardens. Their mouth contains rows of tiny teeth with which they scrape their food. They tend to eat the soft tissue of leaves, leaving behind a skeleton of veins. They also eat decomposing matter and fungi, and therefore play an important role in garden recycling.

They have two pairs of retractable tentacles with eyes at the tips of the upper tentacles. The eyes detect changes in light to determine if it’s day or night. The lower, shorter pair of tentacles helps them to smell, taste and find food. Snails can lay up to 100 tiny, pearl-like eggs in a damp soil hollow. Those that hatch— about two to four weeks later—will grow and live up to seven years. They prefer moist conditions and are most active at night when temperatures drop and humidity between the ground and plant canopies creates an ideal environment.



The Common Garden Snail (cont.)

Experts say there is no magic bullet that will get rid of snails entirely, but some effective control methods include:

- Find their hiding places in plant nooks and crannies, under pots, boards, plastic sheeting and within garden debris.
- Eliminate hiding places when possible.
- Irrigate in the morning to reduce the nighttime humidity in which they thrive.
- Pick them by hand and destroy them - crush, slice, skewer, stomp, or drop into a bucket of soapy water.
- Take advantage of their love of citrus and melon rinds, oatmeal and cucumbers. Put some of these enticers under a garden pot or board as a trap.
- Make a beer trap using a lidded plastic tub. Cut a small hole in the side of the tub and set it into the dirt so that the hole is at ground level. Pour beer up to the hole and replace the lid. Clean and refresh the trap every few days. Snails like yeasty smells. (Modern update: Use bread dough with lots of extra yeast).
- Use organic, iron phosphate baits like Sluggo, Sluggo Plus or Escar-Go. Avoid pesticides that contain metaldehyde as they can be harmful to kids, wildlife and pets.
- Feed them to chickens and ducks, or create a welcoming habitat for predators: garter snake, frogs and toads.
- Build a barrier of coarse materials like diatomaceous earth or lava rock around young plants to make it harder for them to cross to the tender leaves. (Crushed eggshells aren't effective because the egg residue is an attractor.)
- Place a web of copper wire or 3-6" strips around plants. When a snail touches copper it's zapped by a mild and unpleasant current and they're likely to change course.



Am I less angry now that I know them better? Definitely. Perhaps I'll save trapping and killing for another day and instead will marvel at their undulating glide across a leaf, the twists and turns of their shimmery path and their persistent drive to exist.

Garden Checklist for Summer

Here are our tips for your Summer Check list.

- ♦ Harvest time for greens, peas, early potatoes, carrots, beets, garlic, fava beans, artichokes, beans, strawberries, lettuces, and a huge list of tasty veggies and fruits.
- ♦ Keep up with weeding. Weeds can take away from the vitality of your vegetables and bulbs. Keep on those bindweeds and buttercups.
- ♦ Time for mulching in the hot summer months and shade cloths where appropriate. Tulle and thin spun fabrics can keep the bugs off and the hot sun tempered.
- ♦ Harvest blueberries, raspberries and other cane berries.
- ♦ Keep planting progressive crops such as warm weather lettuce, radishes, snow and snap peas.
- ♦ Harvest apricots, peaches and later on, nectarines and apples
- ♦ Plant seed flats of Cole crops (cabbage, cauliflower, broccoli, and Brussels sprouts) in August for fall planting.
- ♦ Beets, bush beans, carrots, cauliflower, broccoli, lettuce, kale and peas planted in mid-summer provide fall and winter crops. Broad beans are a great cover crop and the leaves are edible too.
- ♦ Dig spring bulbs when tops have died down; divide and store or replant.
- ♦ First planting of Chinese cabbage, kohlrabi, and rutabagas.
- ♦ Cure garlic in July and onions and shallots in August for longer storage. 6 weeks in a cool shaded and dry place.
- ♦ Keep an eye out for powdery mildew in August as it is a common problem for the squash family, grapes, roses and other ornamentals.
- ♦ To reduce evaporation, water vegetable and flower gardens in the early morning. Water the soil rather than leaves to reduce disease. Water deeply and infrequently to encourage root growth.
- ♦ Pay careful attention to watering and feeding hanging baskets of flowers or vegetable plantings during extended periods of hot weather.
- ♦ Harvest tomatoes, tomatillos, melons, peppers and corn in late summer early fall.

FOR MORE INFORMATION CHECK OUT THE FOLLOWING WEB PAGE.

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

Summer Food Safety

Summer is the time for BBQs, picnics, camping and days swimming at the river or lake. This usually involves packing food to take with you. To make sure you keep your food at a safe temperature while you are out enjoying the day, here are some tips to help.

- ♦ Keep cold foods refrigerated until just before you leave. Pack them in a cooler with ice or frozen gel packs. You can also recycle water bottles or juice bottles by refilling with water and freezing. This helps keep the food cold and prevents your food from being ruined when the ice melts if you didn't seal it up. Once at your location and you are ready to set the food out, set bowls of food that need to stay cold in a larger bowl filled with ice or place bowls on ice packs.
- ♦ Keep hot foods hot if possible. Hot foods not cooked at your location should be served within two hours. If you are barbequing when you get where you are going, bring a meat thermometer to test the internal temperature. Hamburgers should reach an internal temperature of 160°F and steaks should be a minimum of 145°F. Grilled chicken should reach 165°F while bratwursts need to reach 160°F.
- ♦ Bring covers for your food so that flying insects can't land on the food and contaminate it.
- ♦ Be careful leaving sugary beverages uncovered as they may attract wasps or other stinging insects. Incidents have been noted where someone was stung taking a drink and the wasp was hiding inside the lip of the can.
- ♦ If you are going somewhere without hand washing facilities, bring your own hand sanitizer or an easy hand washing station with a water jug, paper towels, soap and a bucket to catch the soapy water for proper disposal.



Planting Time-Vegetables

By now hopefully you are basking in abundance. Time to remember the fall plantings.

Outdoor planting for June and July

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

Outdoor planting for August (for Fall)

- 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 September

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

Planting Time-Flowers

Crazy blooms for the summer and deep colors for the Fall.

Outdoor Planting for June and July. Optimum time to sow Perennials for next Spring and Summer.

- Borage
- Nigella
- Spider Flower
- Nasturtiums
- Butterfly Flower
- Sunflowers
- Zinnia
- Perennial Buckwheat
- Angelica
- Lovage
- Evening Primrose
- Snapdragons
- Hollyhock
- Lobelia
- Carnations
- Dianthus
- Baby's Breath
- Cottage Pinks
- Rose Campion
- Sweet William
- Salad Burnet
- Coneflowers
- Chrysanthemum
- Shasta Daisy
- Yarrow
- Viola

Outdoors Planting for August

- Lacey phacelia
- Love in the Mist Nigella
- Saffron Crocus
- Mallow
- California Poppy

Outdoors Planting for Early September:

- Bluebells
- Farewell to Spring
- Limnanthaceae
- Alyssum Lobularia maritima
- Annual Lupines
- Mountain Phlox
- Rose Angel Pink
- Poppy varieties: Flanders, California, Shirley, Peony and Bread seed
- Ranunculaceae
- Larkspur



South Coast Community Gardens Update

Coquille Harvest Moon Garden

Our outstanding board of directors have been incredibly busy and going “above and beyond” to prepare our garden, programs, and community for a great garden year! Everyone has been contributing so much time, energy, talent, and heart into this “total rehab” project, and it is very rewarding to see all our efforts starting to pay off in tangible ways. We’ve held two group orientation sessions for incoming gardeners, and currently have just two remaining unassigned beds available. We’ve got a nice selection of donated seeds for our gardeners, and have been holding work parties every weekend. We focus on everything from soil improvements to garden repairs, to major and repeated weeding to get our invasive weed problem down to a manageable level. We feel we can keep weeds under control for the rest of the year, until we can do a major overhaul of the grounds. This will include earth removal & disposal, and rebuilding of many of our structures such as beds and compost systems from scratch. Our team is tired, but we’re heading into the “home stretch” of our spring preparations, and are so encouraged to see a great new community forming. Some new projects underway include pollinator friendly flower beds, a childrens’ garden bed & program, and development of our “Giving Garden” program. We have some beautiful new ceramic number plaques for the beds in the works, currently being crafted by our talented board member/artist Ronita Yvarra.
Report by Val Berg

Bandon Good Earth Community Garden

The Good Earth Community Garden has 8 remaining plots to be rented and we're beginning to see new growth throughout the garden! We have veggies growing in the two donation plots and are planning on providing fresh produce to the local food banks. We do love the rain; however, we are hoping for some warm, sunny days soon so the garden will begin to flourish.
Best, Susie Zohreh

Coos Bay Lady Bug Landing

Finally, the sun is shining, and gardeners are happily planting their gardens. We survived the heat spell from this weekend and so did all the little plants. The MG’s donated a few plants left from Tomato-rama and some others were donated in addition, so lots of planting has been going on. We have had a couple people give up their plots for various reasons, but they have been filled again right away.

The demonstration beds have lettuce, broccoli, cabbage, cauliflower, kale, chard, potatoes, tomatoes, peppers, beets, and carrots planted, onions & shallots will be planted this Wednesday. Zucchini, beans, and cucumbers will get planted soon. Also, we did an annual flower bed for gardeners to be able to do cut flowers last year and we are doing that again. We also have a bed of different branching sunflowers and sweet peas growing. The espalier Fuji apple tree has been beautiful and looks like lots of apples are setting. So, the garden season is happening. There have been a few gardeners helping with the demo areas, weeding, and watering and will help with harvesting when stuff is ready for the Food Bank. Renee is there every Wednesday and Saturday 9:30-12+, to tend the demo area and help with gardeners.
Happy Gardening, Renee

Lakeside Community Garden

Our garden has 20 beds available. Mike has been tilling the beds to get rid of the bindweed and other weeds and is cleaning all the beds. Simple operation. 14 of the beds are rented out with 6 left for the gardeners of Lakeside. Mike will be planting vegetables in the unrented beds for the food bank if they are not claimed soon.
Report by coordinator Mike Mueller

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.

***Braiding Sweetgrass* by Robin Wall Kimmerer**

A review from Donna Leveridge-Campbell MG

Robin Wall Kimmerer's *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* has something, or rather so much, to offer to everyone. And as a gardener, I would say that gardeners, especially, might be interested in this book, her gift to the world.

The author speaks from multiple perspectives as an Anishinabekwe, Potawatomi woman, a mother, a botanist and professor of plant ecology, a gardener, a philosopher, a spiritual being, a storyteller, and from so many other aspects of herself. She beautifully integrates mind, body, emotion, and spirit as she shares "healing stories that allow us to imagine a different relationship, in which people and land are good medicine for each other". The lessons and wisdom within it may be incorporated into all of our lives, without it being "cultural appropriation".

As someone who loves her children, and also loves her garden, she lists some "loving behaviors". And she makes the case that "The land loves us back. ... She provides for us and teaches us to provide for ourselves. That is what good mothers do. ... This is really why I made my daughters learn to garden--so they would always have a mother to love them, long after I am gone."

She writes with a holistic perspective and explains complex scientific and indigenous knowledge, and unites them beautifully, in an easy-to-read style. As she says, "We see the world more fully when we use both." Robin is an incredible poetic observer and listener to nature and to other teachers, as well. She is a seeker and sharer of knowledge and profound wisdom.

One of the most interesting and important of her reflections is about how our thoughts and feelings are so greatly influenced by our language. She explains that English is a "noun-based language" and that it tends to cause us to see non-human life forms as objects. "Only 30 percent of English words are verbs, but in Potawatomi that proportion is 70 percent." And the language is "a mirror for seeing the animacy of the world, the life that pulses through all things". ... "So it is that in Potawatomi and most other indigenous languages, we use the same words to address the living world as we use for our family. Because they are our family."

In an online conversation, Robin Wall Kimmerer spoke with Daniel Wildcat about "Indigenuity" (Indigenous ingenuity) solutions for the Earth. She reminds us that "We are still here" and that Indigenous people around the world have the "knowledge that will bring us into the future". She gives me hope. Her many metaphors ring true to me. "I hold in my hand the genius of indigenous agriculture, the Three Sisters. Together these plants--corn, beans, and squash--feed the people, feed the land, and feed our imaginations, telling us how we might live. ... a visible manifestation of what a community can become when its members understand and share their gifts." For example, the corn stalks provide support for the beans, the bean roots house the Rhizobium bacteria that shares nitrogen with the plants, and the squash leaves keep moisture in the soil and other plants out. And Robin reminds us they "are fully domesticated; they rely on us to create the conditions under which they can grow. We too are part of the reciprocity. They can't meet their responsibilities unless we meet ours."

Writing with a respectful and generous spirit, she seems to be understood and appreciated by people coming from various perspectives and levels of knowledge and awareness. Each chapter shares life lessons she has learned from plants, "our oldest teachers", and from Indigenous interpreters. She explains how respect, responsibility, and reciprocity are at the heart of a healthy relationship with our co-inhabitants of Mother Earth. She shares her journey toward greater understanding of her place in the world and the roles of humans in the web of life. "The most important thing each of us can know is our unique gift and how to use it in the world."

Please read *Braiding Sweetgrass* and share it with others. It's a great read, and these lessons and perspectives are much-needed in these challenging times.



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