

# H O E D O W N

July 2020

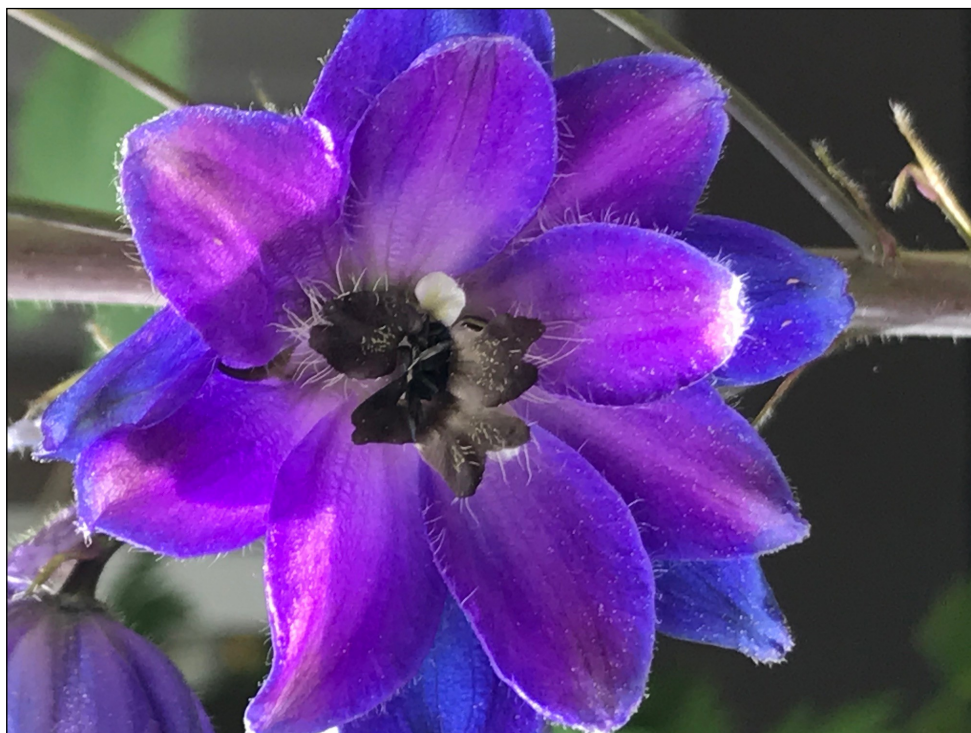


Photo submitted by JoAnne Abbott

## Board members 2020

**President:** Nancy Glick, 541-330-6260, [nglick@bendcable.com](mailto:nglick@bendcable.com)

**Vice Pres:** Liz Anderson, 541-968-1626, [ragingangel61@yahoo.com](mailto:ragingangel61@yahoo.com)  
Elizabeth Hughes-Weide, 916-803-2309, [hecbend@aol.com](mailto:hecbend@aol.com)

**Secretary:** Vickie Minor, 541-213-2329, [geovick92@yahoo.com](mailto:geovick92@yahoo.com)

**Treasurer:** Tim Schindele, 541-526-1940, [TJSFishes@bendbroadband.com](mailto:TJSFishes@bendbroadband.com)

**State Rep:** Janet Dart, 818-486-1583, [janetdart@gmail.com](mailto:janetdart@gmail.com)

**Alt. State Rep:** Diana Hardin, 503-593-1398, [dhardin2003@yahoo.com](mailto:dhardin2003@yahoo.com)

**Historian:** Mimi Thomas, 503-320-4178, [mormormimit@gmail.com](mailto:mormormimit@gmail.com)

**Membership Coordinator:** Jolene Dodge, 541-771-7882, [ajdodge@yahoo.com](mailto:ajdodge@yahoo.com)

**Communication Liaison:** Rocky Bessette, 541 548-0789, [rockyb820@gmail.com](mailto:rockyb820@gmail.com)

## Table of Contents

President's Message	2
Hollinshead Comm. Garden	2
Getting To Know You	3
Project Updates	4
The Badlands Plants	5
Powdery Mildew	5
Lowdown from the Board	6
The Badlands Plants	7
Bees in the Garden	8
Grow Microgreens	8
More About Potatoes	9

## President's message



You probably are hearing the same thing I am: What a strange, terrible world this is right now!

This year, I'm regularly knocked back by something that has never happened before, something that took us by surprise by the

implausibility of it happening, in any time. The expression of disbelief is becoming a permanent feature of our faces – we'd recognize the look if our friends weren't all wearing masks.

But on we trudge, doing what needs to be done despite the crazy world around us. We plan, we organize, we make the proper arrangements to make sure our small corner of the universe is orderly, calm and as stress-free as possible.

How do we do it? How have we been creating a normal center in this maelstrom? The answer, my friend, is in that photo – we hang on to our friends. We ride the waves holding the metaphoric hands of those whom we know will support us, be 'there' when we need them, help us when the call is made.

I've always believed that the Master Gardeners are a kind and passionate group of people (yes, passionate is the word for people who talk about insects or soil or pesticides in a way that makes listeners ardent believers, too). But I didn't realize the depth of their commitment until this year – I didn't expect the quietly dedicated people who have signed up to spritz alcohol on community garden faucets twice a day for 4 months, who weed neglected demonstration gardens in widely spaced small

numbers, who continue to make plans for a vital program once the earth returns to normal. Master Gardeners who sit in their homes remotely

solving the mysteries still arriving at plant clinic offices. People who miss their friends but have learned to connect with video calls, Zoom meetings and frequent emails to make sure everyone is doing okay.

We're the meerkats – taking care of our community and watching out for each other. And looking to the day when we can stand this close once again!

Nancy Glick



## Hollinshead Community Gardens

by Nancy Glick

The 36th Year of the Hollinshead Community Garden began the weekend of June 20 & 21, almost two full months later than usual, thanks to the global pandemic. After a very busy week of intense discussions, long emails and detailed planning, 25 gardeners were able to work for four hours on shifts to remove weeds almost three feet tall.



The Weeds We Removed on Opening Day

Ten gardeners decided to Opt Out during this shortened growing season and will weed their plots but not pay a fee, returning next summer to garden. The Mentors are encouraging the opting out gardeners to apply solarization techniques to their plots, never done before at Hollinshead.

The three raised beds that were built with grant money intended for gardeners with limited mobility are currently being considered by several people. The two plots whose soil had manure tainted by an herbicide last summer now have fresh soil and will be planted as educational beds to ensure there is no residual pesticide before we rent them out again.

To protect our volunteers and our gardeners, Master Gardeners are taking one of the 14 shifts each week to sanitize twice a day, spraying alcohol on the 15 faucets and hose-ends, the handwashing station, the two Garden gates and the lock. We have a simple schedule that allows every gardener to work in the Garden for 3 hours at some time every day.

People seem to understand why we are taking the precautions and are signing in and out, staying physically distant and wearing masks if around others. The gardeners are really happy to be back in the Garden and the Master Gardeners are excited to see them, too!



## Getting to Know You!

By Laurie Floyd

Say hello to Donna Kennedy.

I met Donna on a sunny day at a park in Sisters since Donna lives in Camp Sherman and I live in SE Bend, we both wore our masks, socially distanced, and I got to know a little bit about her.

Donna has been in the Master Gardener program since 2017, she joined the program because a friend of hers who completed the program encouraged her to join. It turned out to be good advice.

She has been a gardener of sorts since she was very young, her grandmother was an avid gardener who took Donna under her wing and inspired her inner gardener. Her mother was a frustrated gardener who loved flowers, all sorts and let Donna help her plan, place, and plant her gardens with her.

Donna's first house was in the Willamette Valley, where as she put it, "You can grow anything", was a blank slate when they bought it. Her husband was interested in planting an assortment of vegetables, Donna wanted to plant a variety of flowers and blooming bushes. With the influence of a friend of hers from England, she and her husband planted a nice English style garden, with a large veggie garden on the side. Donna and her second husband wanted to live in the mountains and in 2000 they moved up to Camp Sherman. They bought a piece of property that backs up on a natural commons and the National Forest. Being where they were Donna was conscious that she had to be very aware of what she planted and that it can be contained so it's not a new invasive in the forest. She would love to plant all native plants in her gardens, but her husband loves flowers, fragrance and color, so they compromised. They planted all the flowers that like to travel in decorative pots and those that stay put here and there as color pops in the gardens.

Donna is not, she admits, a organic gardener, living in Camp Sherman she is surrounded by a large variety of invasive grasses, so she has to use herbicides. She has developed her own method of dealing with the grasses, kill it, mow it, cover it with layers of newspapers and cover it with mulch if she wants nothing to grow and compost if she does want things to grow. Its turned out to be a successful way for Donna to control the excessive invasive grasses in her gardens and on the property.

Donna and her husband have created these wonderful natural scenic areas on their property using rocks, water, interesting plants and art to enjoy as you stroll around. There are paths that start in the garden and end so you can continue on a path of your own. Donna likes diversity and a variety of colors and shapes in her gardens which in her area of growing isn't easy to find. In her back yard she is growing Penstemon, several varieties of Spirea, Serviceberry, Oregon Grape, Aspens, ferns, native Bleeding Heart, Columbine, and different colors of Dianthus to name a few. Donna has a stream on her property that she and her husband have incorporated some rocks of different sizes and shapes to create a waterfall with a little creek leading into a small pond. There are baskets full of beautiful flowers to add pops of color amongst the greenery.

Donna showed me pictures of the areas that she and her husband had created on their property on her phone, it looked so lush and inviting that if I were a fairy or gnome I would want to live there.

Fences are not allowed in Camp Sherman, so Donna has to find ways to deal with a huge variety of invasive vertebrates. She has deer, raccoons, bunny rabbits, gophers, voles, sage rats, coyotes and cougars. She does not grow any fruits or vegetables due to the heavy wild animal populations. Donna has to fence many of her flowering or tender plants off to keep little critters from munching them, if a coyote finds a ground squirrel in her yard, it will dig to China to find it. Donna tries to be conscious about how and what she grows in her gardens, she wants what she plants to look as if it would be there if she hadn't planted it.

Donna has two sons in their 50's, her youngest son caught her gardening bug and is an avid gardener, her oldest is a doctor who lives in New Zealand. She has two granddaughters from her youngest son in their twenties, the oldest in college in Munich, Germany to be an Osteopath, and the youngest in college to be a Veterinarian. Her oldest son has two sons in their teens, one in junior high the other in high school. Last year Donna traveled to England, Germany to see the granddaughter and then to New Zealand to see the rest.

Our interview was interrupted by a large green caterpillar crawling across my foot that I accidentally squished on my foot with my shoe, thinking it was a blade of grass. It was big, even squished, so I used a spoon to pick it up so we could get a better look and maybe identify it. It was then we both agreed that we miss plant clinic. The caterpillar was lime green and black, we tried but couldn't identify it, we had no reference material!

Our conversation ended with me asking Donna if she had made her cute mask. She said no, that she had gone online to find them in a variety of colors and patterns so she could coordinate them with her outfits because she thinks they're going to be the next fashion statement. Her mask had birds on it and was very cute.

When we took down our masks to smile, I recognized Donna, it was funny and we laughed, but for me, it was still a little sad. I had worked in Plant Clinic with Donna and had a good time, but because of the mask, I couldn't recognize her.

It made me think of this line from a song.....

If you smile at me, I will understand because that is something everybody everywhere does in the same language.

Crosby, Stills and Nash



## OSU Extension Service Demonstration Garden in Redmond

Our first workday for the gardening season at the OSU Demonstration Garden in Redmond was 6/24/20 due to the earlier & current COVID-19 restrictions and guidelines. When I got there in the morning at 8:45 am to do a walk thru, I thought we'd never get the weeding & clean-up done that day.

Due to the efficient, hardworking & fun group of volunteers and Amy Jo, we went from an empty dumpster in the am to fully loaded by noon! The chores we got done were: weeding, deadheading, transplanting All American Selections in the annual beds, cleaning up raspberry & sumac volunteers, and installed the shade tarp over the greenhouse.

The wonderful volunteers that helped on June 24th were Kelli Comsigt, Carma Empey, Gina Evans, Kaileen Mendell, Vickie Minor, Lisa Nakadate, Karen Simonet & Kris Wagner. Thank you so much!

No additional workdays are scheduled at this time due to COVID-19 restrictions.

Vicky Kemp, OSU Demo Garden Co-Coordinator with Liz Douville



Photo by JoAnne Abbott

## The Biggest Little Farm

by Betty Faller

The Coronavirus has certainly changed our lives but some wonderful opportunities have happened on our four acres. My greenhouse 'starts' received more attention; my garden journal is updated; new plant signage is in place and overdue pruning was completed. I've begun an attack on cheat grass (long overdue) and I must admit that my inspiration is Kris Knoernschild who walks over with her dogs for a visit and starts pulling the cheat grass. Nothing like a little gardener shaming to inspire a project.

Anyway, after a long day outdoors, David and I relaxed by renting a Netflix movie that I just have to share with all of my gardening friends. It's called The Biggest Little Farm (2019). It is a documentary that chronicles the eight-year quest of John and Mary Chester and their dog as they trade apartment living in Los Angeles for 200 acres of barren farmland and a dream to harvest in harmony with nature. John Chester is an Emmy Award Winning director and his documentation expresses the hardships, sometimes sadness and all the happy beautiful moments shared at Apricot Lane Farm in Moorpark, California.

Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chesters unlock and uncover a biodiverse design for living that exists far beyond their farm, it's seasons and their wildest imagination.

Although I could never imagine taking on such a daunting project it inspired me to reconsider some of my garden ideas. It certainly was an hour and a half of entertaining food for thought. Psssst...scenes with Emma, the pig, kept me laughing long after the movie ended. You can also find this wonderful story in book form. John Chester is also creating a new children's series about Emma. Hope you enjoy the movie.



**Newsletter Notes: Deadline for submission of material to the HoeDown is 1st Friday after the board meeting. All articles, notices and other journalistic efforts are welcome and appreciated.** All information provided by the "HoeDown" is believed to be accurate but readers must assume all responsibility for their own actions based on this information.

Occasionally a product or company may be named in an article but this does not necessarily constitute an endorsement of said product.

**Published by : COMGA** Send ideas & articles to:  
**HoeDown** Rocky Bessette, 8200 NW Yucca Ave., Redmond,



## Powdery Mildew

by Deb Goodall

Chances are if you've gardened more than a few seasons, you've encountered powdery mildew, one of the most widespread and easily recognizable plant diseases. Unlike beneficial fungal species which are essential to soil and consequently plant health, destructive fungal pathogens like those that cause powdery mildew are a major culprit of plant disease.

Powdery mildew affects all kinds of plants in our landscapes, vegetable gardens, farm fields and forests. Unfortunately for Central Oregon gardeners, these detrimental fungal species are particularly severe in warm, dry climates. The upside is there are several steps we can take to control them.

The fungi feed through rooted spores embedded in the epidermal or top cells of flowers, leaves and fruit. Fungal structures overwinter on infected plants and spew their spores in the spring to healthy plant tissues via wind, water splash or insects. Once there, they begin to grow on the upper layer of the plant parts. In relatively short order, the tell-tale opaque, grayish-white, powdery splotches appear, frequently distorting leaf and flower shape. Infected leaves may turn yellow with small patches of green and fall prematurely and infected buds may fail to open. Young, succulent growth is usually more vulnerable than older plant tissues.

The severity of the disease depends on several factors: the variety of the host plant, its age and health, and weather conditions during the growing season. It can be severe in our dry climate summers because while this particular fungus family doesn't need water on the leaf surface for infection to occur, it does require high air humidity for spore germination.

High air humidity in Central Oregon? You bet! We inadvertently create it when we don't provide enough air circulation between sensitive plants, especially those in shady garden spots or those watered improperly by overhead irrigation systems. Inspect your garden frequently for good air circulation.

Plant selection is also key in disease management. Once again "the right plant in the right place" gardening mantra applies. Make sure each plant gets the light, soil and irrigation it needs to thrive. When you can, opt for disease-resistant varieties now available for many susceptible plants such as asters, delphiniums, lilac, monarda, phlox, rudbeckia and zinnia.

Remember, too, that proper garden clean up is also essential. Remove and destroy all infected plant parts throughout the season and especially in the fall so fungal spores can't overwinter. Discard the debris in your trash bin. Do not add it to your personal or community compost pile as neither generates enough heat to kill the fungus. After you complete your cleanup, disinfect your tools and gloves so you don't inadvertently transfer the disease to

healthy plants. While powdery mildew seldom warrants chemical control in home landscapes, monthly low environmental-impact treatments with horticultural oils, neem oil and antitranspirants can prevent or minimize infection.

This spring I reluctantly removed several clumps of asters that had spread in my shady back garden. While I always looked forward to their cheerful purple flowers in the fall, managing the plants' inevitable mildew infections got tiresome. I replaced them with various plants that don't get the disease, taking a tip from Stephen Stills, that if you can't be with the one you love, love the one you're with – or, better yet, fall in love with a disease-resistant variety in the first place!

## Good stuff in the badlands

by Judy Shearer

The Oregon badlands abound with spring flora. Two of the surprising finds this week were tufted evening primrose, *Oenothera caespitosa*, growing right along the side of the road in harsh sandy habitat and *Lewisia rediviva* also in sandy habitat. *Oenothera* is a low growing perennial with a rosette of irregularly toothed leaves tinged with red. The flower is stemless attached directly to the rootstock. The four white petals are 2 inches long and wide and somewhat heart shaped. They open after sunset and stay open until bright morning sunshine appears the next day. The seed capsule persists for many years. Tufted evening primrose occurs in central and eastern Oregon in sagebrush steppe habitat. The name *Oenothera* means "wine scented". The powdered roots are supposedly used in wine making. The flower is pollinated by the long tongued sphinx moth.



Photograph by Samantha Shearer

### References:

Fagan, D. 2019. Wildflowers of Oregon. Falcon Guides, The Rowman & Littlefield Publishing, Lanham, MD.

Turner, M., and P. Gustafson. 2006. Wildflowers of the Pacific Northwest. Timber Press Inc., Portland Oregon.

## LOWDOWN FROM THE BOARD

July 2, 2020

Via Zoom Online

**MEMBERS PRESENT:** Nancy Glick (President), Jan Even (Past-President), Liz Anderson (VP-MG Education), Vickie Minor (Secretary), Tim Schindele (Treasurer), Janet Dart (OMGA State Representative), Rocky Bessette (Communications Liaison), Jolene Dodge (Membership Coordinator), Gary Weber, Kate Applegate, Nathalie Smith, Becky Moran, Kathy Geary, and Toni Stephan. Amy Jo also joined the meeting.

The meeting was held via Zoom technology, starting at 1:00 PM and adjourning at 2:17 PM. The board discussed the following items:

### **Approval of minutes of previous meeting** (Nancy Glick)

Motion to approve the minutes made by Rocky Bessette, seconded by Tim Schindele and approved.

### **OSU Report** (Amy Jo Detweiler/Toni Stephan)

Amy Jo reported that we are still in a "modified operations" status, including for MG programs. The demo and community gardens are open, other MGs are helping with ECCO and the water-wise database. The weeds are pulled at the new building and mulch will be added soon. Plants will likely be added sometime in 2021. She is hoping to go live on ECCO on July 10, the tech team has been assisting with the project and Amy Jo is reviewing/editing the user's manual. Community education classes are "paused" for the moment because of a lack of resources. Amy Jo will be talking with Gail Langellotto about the standards needed to do outdoor classes and she does not think we will be doing anything until August. The extension office is expected to open sometime this month but Amy Jo does not anticipate opening the plant clinic office to in-person work. Toni reported that 10 people (including her) are working plant clinic, it is going well, it has been busy and she is happy with what people are doing. She explained that plant clinic is being handled right now, remotely, using apps that make it appear that phone calls and emails are being generated from the office. Amy Jo noted that the methods used for projects and work being done now came about because of the pandemic and there is potential for using the same methods in the future. She is working on what MG training will look like in the future and she and Toni are developing online modules that can be used statewide.

### **BOARD REPORTS:**

#### **Treasurer's Report** (Tim Schindele)

Tim sent the report before the meeting. Kudos to Nancy and Gary and their work getting the community gardens open and payments collected. Tim explained how PayPal works and why certain fees show up as expenses on the report. Other than PayPal, there were no expenses for the month. He has not received a bill yet from Sara Nolte for the weeding she did in June at the Water-wise garden. Tim also reviewed our financial status and how much we could afford to donate to the horticulture program. See item 7 for more detail.

**Quarterly Meeting** – BBQ and Election (Liz Anderson/Kathy Geary)

Kathy Geary reported that by the next board meeting, plans will be clearer. For now, the committee is making plans but things are still in a holding pattern for now.

### **OMGA Rep Report** (Janet Dart)

Janet attended the meeting via zoom. She reported that OMGA will not meet in person for the remainder of the year, so she will have no travel expenses. Mini college is rescheduled for July 16-17, 2021, which will be the 45th year for this event. All committee members agreed to stay on and most speakers agreed to return, including the keynote speaker. There is a strong possibility that the 2021 mini college will be live-streamed and there is discussion about having a virtual silent auction. OMGA needs volunteers for Treasurer, President-Elect, Newsletter Editor, and the Karl Karlson Award Coordinator. Gail Langellotto reported that she is making contingency plans for MG 2021 training to be online. Outdoor garden events, e.g. farmers markets, are still not allowed because of social distancing requirements. Electronic voting was discussed and our chapter was the only one that addressed this in our policies. A question was raised if the zoom meetings meet legal requirements. Vickie noted that having a zoom meeting where members were able to attend and board members could hear and see each other, would satisfy the legal requirements and the board could take votes. We should probably clarify all methods of meeting in our policies though. Amy Jo reported that updated vision and mission statements for MGs have been done and she will get them to us.

### **MG of the Year** (Vickie Minor)

Vickie noted that in a normal year, we would be starting to coordinate the work to identify the next master gardener of the year. Given the situation with the pandemic, she asked if we should pause the process this year. After discussion, we agreed to table the topic until later.

### **Horticulture Donation** (Nancy Glick)

Nancy noted that at the May and June Board meetings, the Board considered increasing the COMGA Horticulture Program donation to fill a possible financial hole in the program caused by the cancellation of the July High Desert Garden Tour. Tim reiterated that based on our current financial situation, we could make an additional \$4-5K donation, beyond the \$2K we have already budgeted. Discussion followed, noting that our expenses are running well under what was planned for the year and our goal should be to try and make the horticulture program whole, considering the lost revenue from the cancellation of the garden tour. After discussion, Janet moved to increase the horticulture donation to a total of \$7K, the motion was seconded by Rocky and approved by the board. Tim will talk with Holly to work out the details of getting the donation made.

### **Open forum** (anyone)

Nancy reported that we are looking at getting an MG account with zoom because of number of meetings we are having. No one expected that we would be using the technology so much or for so long.

Continued on page 7

**LOWDOWN FROM THE BOARD** continued

Rocky asked for permission to set up a time and day when she could be in the parking lot to get tee shirts to MGs and collect their money. Amy Jo approved this as long as masks and proper sanitation procedures were followed. Nathalie will work with Rocky to get an online scheduling method created so people can sign up for a time slot.

**PROJECT STATUS REPORTS:****Community Education** (Elizabeth Weide)

There was nothing to report this month.

**Discovery Park Community Garden** (Gary Weber)

The garden is open, there are 49 active beds and only 6 people decided to sit out this year with the option to return next year. Gary reported that the online registration process worked well and will be used again in the future. Volunteers have been assigned to do regular sanitizing and it seems to be working well. Social distancing has not been a problem as it is rare for there to be a lot of people at the garden at the same time.

**Hollinshead Garden** (Nancy Glick)

The biggest challenge has been how to restrict the number of people in the garden at one time, when there are 90 plots but only 25 people can be working at a time. Although there were several complaints, for the most part, gardeners are happy because everyone is allowed in daily for 3 hours, which is more than what people were expecting. Registration is at 100% and only 3 plots were returned this year. 10 additional people decided to sit out the year and will return next year. Solarization is being used this year for the first time, to control the weeds in the dormant plots. The two tainted plots from last year are being maintained, the soil has been replaced and beans have been planted to see if any problems continue to exist in those plots. If all goes well, the plots will be rented next year. Nancy also reported that the raised beds that were built a few years ago to accommodate mobility challenged gardeners, were rented this year to people who needed this type of bed. Volunteers have been assigned shifts to do the required sanitizing, through the end of the year.

**OSU Demo Garden** (Vicky Kemp/Liz Douville)

Due to the earlier and current COVID-19 restrictions and guidelines, the first workday at the OSU Demonstration Garden in Redmond was June 24, 2020. When Vicky arrived that morning, she did not think the weeding and clean-up would get done that day. With the help of the volunteers and Amy Jo, the dumpster was filled, and the chores completed included weeding, deadheading, transplanting the All American Selections in the annual beds, cleaning up the raspberry and sumac volunteers, and installing the shade tarp over the greenhouse. The MG volunteers were Kelli Comsig, Carma Empey, Gina Evans, Kaileen Mendell, Vickie Minor, Lisa Nakadate, Karen Simonet and Kris Wagner. Amy Jo added that she thinks there will be additional workdays but they have not been finalized. She was asked to try and alternate the workday weeks with the Water-wise garden work days.

**Water-wise Garden** (Chris Miao/Pat Kolling)

Nathalie informally reported that there was a work day

last week which was done in two shifts because of the number of volunteers and the restriction of having only 6 people at a time in the garden. Sara Nolte weeded the garden earlier in the month, and a handful of plants were lost over the winter.

No other business was discussed and the meeting adjourned.

Respectfully submitted,

Vickie Minor, Secretary

**Good Stuff in the Badlands**

by Judy Shearer

The second plant, *Lewisia*, common name bitterroot, is also a low growing plant with a rosette of small leaves arising from a carrot like root stock. The flowers are white to rose pink, petals to one inch long with 40-50 stamens and 6-8 stigmas. The plants shrivel after flowering remaining dormant through the rest of the summer. It was named for Merriweather Lewis who collected it from the Bitterroot Mountains of Montana hence the common name.



Photograph by Samantha Shearer

**References:**

Fagan, D. 2019. Wildflowers of Oregon. Falcon Guides, The Rowman & Littlefield Publishing, Lanham, MD.  
Turner, M., and P. Gustafson. 2006. Wildflowers of the Pacific Northwest. Timber Press Inc., Portland Oregon.





## Bees in Your Garden

by Toni Stephan

Many gardeners are interested in attracting pollinators to their garden. But what pollinators are most important? Bees! Of all the pollinators, bees are the only ones that harvest pollen on purpose. They have special hairs, scopa, or other ways to collect pollen that they carry back to the nest to feed the larvae of the next generation or to feed the workers that don't go out.

When people speak of bees, the honey bee comes to mind first. Honey bees are great pollinators but not the best. Oregon is home to at least 500 species of native bees. Some native bees are better at pollinating than honey bees: one Blue Orchard Mason bee, *Osmia lignaria*, can pollinate as many fruit trees as one hundred honey bees!

Now that we know there are a lot of species of bees looking for pollen out there let's see how you can bring them to your garden. Bees and other pollinators need three basic things: food, nesting sites and shelter.

The best way is to have flowers from spring to fall. Since plants can't move around to share their pollen, they have evolved to attract insects to do this job for them. Some plants have fragrance, or certain colors or shapes. This is called a pollination syndrome. Scientists have learned that insects like certain flowers based on features these flowers have. Bees like flat and tubular flowers with lots of nectar. Hybrids with many petals make it hard for the bees to get to the nectar and pollen. Other plants have been bred to reduce the amount of pollen they produce. These too are not good choices for pollinators. If you want to include these flowers in your garden, do, but don't fill your garden with them. Many bees, as well as other pollinators, need plant natives to continue their existence. These specialist insects have evolved with specific plants and they need each other to continue life processes. Generalist insects, including bees, can use many ornamental plants to gather pollen and nectar. Combining native plants and ornamentals is a great way to attract native pollinators and have a long bloom time in the garden.

Seventy percent of native bees nest in the ground and 30 percent in tree and twig cavities so providing safe nesting sites is important. Bare earth under plants or in remote spaces could be great places to have exposed earth. Cavity nester Mason bees, leaf cutter bees and small carpenter bees all need hollow twigs, logs or trees with insect galleries. Plants with hollow stems such as blackberries, elderberry and forsythia as well as dead tree snags or logs on the ground are great for inviting cavity nesters into your garden.

The last step is to provide places to hide, to rest, and for immatures to develop: bundle twigs together and place them in sheltered areas or pile a bunch of stones around your landscape. Leave your garden cleanup for spring as cavity nesting bees may have laid the next generation somewhere in your garden. Avoiding random use of pesticides but if they are necessary, correct use is critical.

Some folks are placing insect hotels or bee nesting blocks in their gardens. These are great for native bees and provide shelter for many other insects. Remove your bee blocks at certain times of the year so predatory insects don't invade them. For mason bees, in late June, seal the blocks or straws in a paper bag and leave it in your garage until the weather cools and other insects are not out anymore. Put it back outside when the fruit trees begin to bloom so the bees can return to your garden in the spring.

---

## Grow Microgreens in the Windowsill

by Kathy Geary

I plant flowers in my garden to support my beehives adding a few new bee-loving plants each year. I do not grow vegetables, but am a regular at the farmers market. I do, however, long to harvest garden to table goodness from seeds that I sow... so I have turned to growing microgreens in my windowsill. Whether you live in the city or the country, a sunny windowsill will reward you with healthy and tasty additions to your soups, salads, and sandies.

Microgreens are young tender greens that are grown and harvested when they are two inches tall. Microgreens are loaded with nutrients and do not take a lot of fuss to grow. Growing microgreens in plastic take-out dishes can be as successful as purchased seed trays. Harvest time from seed to salad is anywhere from 10 days to 3 weeks. And by succession planting, you can harvest microgreens year-round.

Seeds for growing microgreens can be purchased as specialty mixes: sweet, mild, or spicy. Look for appealing characteristics of color and texture as well as taste. Perhaps you want to try a specific seed and not a mix? Many seeds can be grown as microgreens: swiss chard, amaranth, mizuno, mustard, sunflower, cabbage, beets, and buckwheat... just to name a few. Lettuce is not suggested for microgreen growing because lettuce is so delicate and it wilts easily. Seeds can be cheaper if purchased in bulk. Seeds are available through online seed companies, and in local nurseries. Many herbs are also good choices for growing microgreens. Think a spicy basil! My favorite microgreens, however, are peas. The texture and delicate flavor of microgreen peas dress up my salad bowl with a bit of upscale.

Brooke Edmonds of the OSU Extension outlines these instructions for growing microgreens:

- 1) Presoak seeds, if needed. Some seeds require a presoak for quick, even germination. Soak times vary by species, so check a reference or read the seed packet.
- 2) Prepare the trays. You only need 1.5 - 2 inches of a soilless planting medium. Pre-moisten the soil and then firm the soil into the tray with your fingers. Mist the surface with water. You want damp, not soggy soil.



Growing Microgreens in the Windowsill, continued

- 3) Spread seeds. Spread seeds evenly across the tray. Large seeds will be almost touching.
- 4) Water and cover. Press the seeds lightly into the soil. Mist the surface of the seeds. Make a "blackout/humidity chamber" by misting the inside of a lid. Small containers can be placed inside paper bags. For large trays- use another tray as a cover.
- 5) Mist every 12 hours. Maintain high humidity by misting the seeds and the inside of the lid.
- 6) 6) Uncover the tray. Leave the trays in the blackout chamber for about 4-5 days. This encourages stronger seedlings. Once uncovered, put the trays in sunny window or under grow lights. You may need to rotate the trays to keep seedlings growing straight.
- 7) 7) Check daily. Check the soil and add water if needed. Aim for moist, not soggy.
- 8) 8) Time to harvest! Growth rate depends on the species and the temperature. Most are ready in 10 days.

Harvesting your microgreens is easy. When they are about two inches tall and the true leaves begin to show, use scissors to clip sections of the greens just above the soil line and you are ready to wash and munch. No need to start new seeds in new soil mix since the roots of the snipped microgreens will add organic matter to your next tray of sown seeds.

Learning to grow microgreens has made my little green thumb just a little bit greener and life just a little bit fancy.

---

## More About Potatoes

by Kris Knoernschild

So here we are in mid-summer already! It seems just a short time ago that we were talking about how to start growing your potato crop. So how's it going? Depending on when you planted your certified seed potatoes, your potatoes should be getting tall. Did you add some complete fertilizer to the soil before you planted your potatoes? "Complete" means the 3 numbers on the package are similar. Now, when your plants get about 6" tall, you can "side dress" additional fertilizer alongside the potatoes. Don't add more than about half of what you used at planting time. Make sure to cover the fertilizer with soil or water it in right after you apply it. But don't water more than the soil can hold in the top 15" or Nitrogen will be leached below the rooting zone of your plants. What else about watering? It's best to water your potatoes in mid-day so the leaves can dry before nightfall. Wet leaves are more susceptible to infection by late blight and other fungal or bacterial diseases. Potatoes can use up to 2" of water a week in the hot, dry

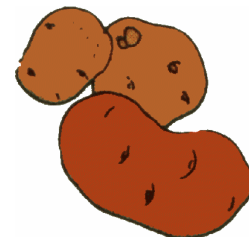
summer days. Keep the soil damp, but not flooded. Cut down the watering later in the season. Stop watering when the vines begin to die or a week or 2 before final harvest.

Make sure you get rid of the weeds in your vegetable garden! Digging up the weeds with a hoe or rototilling is great because it also breaks up soil crusts and increases oxygen to the roots of the potato plants. But don't dig up the soil when it's wet. That creates more clods and hurts the soil structure. Late-season weeding should be shallow and well away from the roots so you don't damage them or the tubers.

Ahh – the tubers! Maybe you already know that potato tubers turn green in sunlight from chlorophyll production. To prevent that, keep the tubers covered by "hilling" up or mounding soil around the base of the plants. Avoid covering the leaves of the potatoes. Stop cultivation and hilling shortly after bloom to avoid root damage. The hills should be about 8" high and 12" across by then.

Have you had any pests or problems with your potatoes so far? Maybe you've seen potato flea beetles resting on the leaves. They are tiny, shiny, dark beetles that jump like fleas. The damage they cause is minor - small round holes in the leaves. Or you may have aphids on your plants. They can weaken or kill plants by sap removal, but they may also infect your plants with viruses. Good aphid control is essential for controlling many potato viruses. Other insect pests include wireworms, Blister beetles and mites. There are also soil-borne diseases like verticillium wilt and scab. Avoid growing potatoes and tomatoes in the same location of your garden each year. Crop rotation helps prevent many problems for your food crops. There are too many specific treatments to tell you about here, but the OSU Master Gardeners can help you treat pest problems in your potato patch. Just call our Plant Clinic at 541-548-6088. Or you can bring a plant sample or insect pest to our office at the Fairgrounds in Redmond.

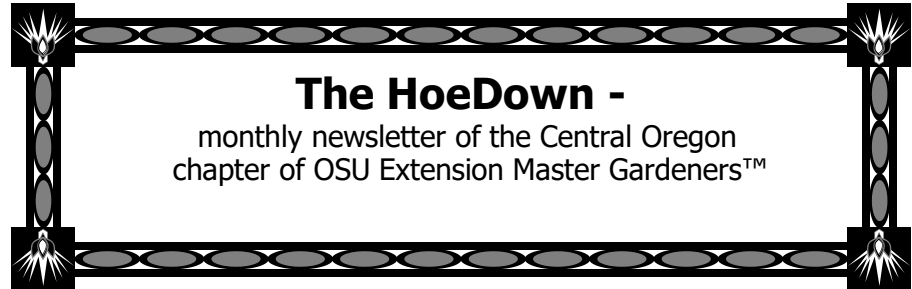
Hopefully, you won't have troubles with your potatoes. So what about harvesting your crop? Tubers can be harvested as soon as they are large enough. Small, immature potatoes can be dug up about the time the plants are blooming. They should be used within a few days. If you want to get potatoes for storage, wait until 2 weeks after the plants have died or been cut and removed. Then your potatoes will be toughened up. Dig when the soil is dry and don't wash the potatoes before you store them. Keep them in a cool, dark, well-ventilated area with no danger of freezing. And enjoy your potatoes for a long time!



Central Oregon Chapter of OSU Extension Master Gardeners™  
3800 SW Airport Way Bldg.#4  
Redmond, OR 97756



Crook  
Deschutes &  
Jefferson Counties



“Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran’s status. Oregon State University Extension Service is an Equal Opportunity Employer.”

