

January 2024



Photo by Rocky Bessette

**H  
O  
E  
D  
O  
W  
N**

**Board members 2024**

**President:** Janet Dart, 818-486-1583, janetdart@gmail.com

**Vice Pres:** Cher Hinerman, 503-750-7168, cahinerman@icloud.com

**Vice Pres:** Tim Schindele, 541-526-1490, TJSFishes@bendbroadband.com

**Secretary:** Tammara Waterman, 541-280-5913, waterman2712@gmail.com

**Treasurer:** Marilyn Clark, 541-419-4625, piperdoug64@yahoo.com

**State Rep:** Karen Simonet, 661-713-5694, emsnurse1923@gmail.com

**Alt. State Rep:** Toni Stephan, 541-420-8837, tsrranch@gmail.com

**Historian:** Berta Keller, 503-312-2190, keller@hevanet.com

**Membership Coordinator:** Deb Goodall, 816-885-5466, debgoodall48@gmail.com

**Communication Liaison:** Rocky Bessette, 541-420-8817, rockyb820@gmail.com

**Table of Contents**

<b>President's Message</b>	<b>2</b>
<b>Calendar</b>	<b>2</b>
<b>Community Ed. Report</b>	<b>3</b>
<b>Advanced Training</b>	<b>3</b>
<b>Holiday Luncheon Recap</b>	<b>4</b>
<b>Judy's Gems</b>	<b>4</b>
<b>Lowdown from the board</b>	<b>5</b>
<b>Garden Myths</b>	<b>6</b>
<b>Buying a Greenhouse?</b>	<b>7</b>
<b>The Language of Flowers</b>	<b>7</b>
<b>Garden Design for Stress</b>	<b>8</b>
<b>Membership Renewal Form</b>	<b>9</b>
<b>Associate member form</b>	<b>10</b>

## President's message



Happy New Year to all!

I'm not one for making resolutions, yet I do have a few goals this year. But first. . . .

In December, we had a Board retreat – a chance to build some teamwork and talk about our goals for 2024 (there's the word "goal" again!). I asked everyone why they joined the Master Gardeners. Over half of the Board members said they just couldn't get anything to grow in Central Oregon. I think ordinary people would then contemplate taking some classes or joining a garden club. But, no, our Board members said, "Oh, I guess I'll join Master Gardeners, pay over \$200 for a college course, volunteer sixty hours the first year, and then continue volunteering for the community. And join the Board. And Committees."

And, as Nancy said, "I joined for the education and stayed for the people." So, here we are.

This year, my personal goal is to get my memoir to a publisher – if I ever finish the edits.

My goal for COMGA is to get everyone trained in COMGA's Google Workspace. The first training for Board Members and Project Coordinators is in February. I will follow that with general membership training. As President, I hope to connect with more of you. I'm looking forward to 2024. We have a great membership and an illustrious Board.

Janet Dart

### Discovery Park Community Garden Needs a Coordinator

Two co-coordinators are ideal. The garden is up and running; volunteers know what they're doing. We just need one or two people to coordinate the volunteers, gardeners, and Bend Park & Rec. Please get in touch with Janet at 818-486-1583 (janetdart@gmail.com) if you can lend a hand.

### We Sell Row Cover, and We Need Your Help

Curt Millington has stepped down from taking care of our row cover. Can you lend a hand? And a pair of scissors? The process works beautifully thanks to Rocky, Curt, and Shawna. We need one more person. Please contact Janet at 818-486-1583 (janetdart@gmail.com) if you can lend a hand.

### NEW FIRE-RESISTANT PLANTS PUBLICATION NOW AVAILABLE

Amy Jo and her colleagues have updated the Fire-Resistant Plants for Home Landscape publication. Hard copies will be available in the spring, but for now, you can access it online. Go to [extension.oregonstate.edu](https://extension.oregonstate.edu) and search for pnw590, or go directly to this URL:

<https://extension.oregonstate.edu/catalog/pub/pnw-590-fire-resistant-plants-home-landscapes>

Choose the PDF version as it is more user-friendly.

## COMGA Calendar for contact persons go to [gocomga.com](http://gocomga.com)

### January

13 Blog: Gardening in Central Oregon  
13 Seed Sowing & Transplanting (Redmond) 10:00am  
17 OSU Master Gardener training, 9:30am  
20 Growing Vegetables in C. O., (Sisters) 10:00am  
24 OSU Master Gardener training, 9:30am  
27 Growing Vegetables in C. O. (Redmond) 10:00am  
31 OSU Master Gardener training, 9:30am

### February

1 COMGA Board meeting, 10:00am  
3 Seed Sowing & Transplanting (Prineville) 10:00am  
7 OSU Master Gardener training, 9:30am  
10 Blog: Gardening in Central Oregon  
10 Growing Vegetables in C. O., (Redmond) 10:00am  
17 Seed Sowing & Transplanting (Bend) 10:00am  
21 OSU Master Gardener training, 9:30am  
24 Blog: Gardening in Central Oregon  
24 Growing Vegetables in C. O. (Madras) 10:00am  
28 OSU Master Gardener training, 9:30am

### March

1 Discovery Park Community Garden lottery opens  
1 Hollinshead Community Garden lottery opens  
2 Growing Vegetables in C. O. (Bend) 10:00am  
6 OSU Master Gardener training, 9:30am  
7 COMGA Board meeting, 10:00am  
9 Blog: Gardening in Central Oregon  
9 Growing Vegetables in C. O. (Prineville)  
16 Growing Vegetables in C. O. (Redmond)  
20 OSU Master Gardener training, 9:30  
21 Hollinshead C. G. volunteer meeting, 10:00am  
21 Discovery Park C. G. volunteer workday, 6:00pm  
23 Blog: Gardening in Central Oregon  
23 Growing Vegetables in C. O. (Bend) 10:00am  
26 Zoom Q&A Session: Growing Vegetables, 7:00pm  
30 Zoom Q&A Session: Growing Vegetables, 9:00am  
31 Hollinshead C. G. lottery closes 12:00pm

## WE NEED YOU ON ZOOM!

We are ramping up for Spring Seminar and need moderators and co-hosts. If you are at all comfortable with computers (and have your own computer), we'd love to have you join our team. We will train you! We have eight Webinars (morning and afternoon classes every Saturday in April) and need one moderator and one co-host for each Webinar. Time commitment in addition to the Webinar will be at least one training session, plus a practice session with the presenter. Best of all, by volunteering for Spring Seminar you can attend all sessions for free! Contact Janet at 818-486-1584 or [janetdart@gmail.com](mailto:janetdart@gmail.com).

## Community Education Report

by Cher Hinerman

Happy New Year!

Community Education has booked live classes throughout the tri-county area on Saturday mornings Jan 13-March 23 and two ZOOM discussion groups on Growing Vegetables in Central Oregon on Tuesday March 26th and Saturday March 30. Those students registering for the ZOOM discussions will be directed to view the 1 hour video lecture given by Amy Jo Detweiler prior to the ZOOM class. Eight of the live classes are Growing Vegetables and three are Seed Sowing and Transplanting. We have teachers assigned to every class. All the classes are on both the public and private GOCOMGA.com calendars. Registration is required. The links to register on Eventbrite are included in the online postings.

If you are interested in working with Jan Even on the media outreach team using Press Releases, newspaper ads, Facebook postings, and Eventbrite, among other efforts, please contact Jan Even at even.jan@gmail.com.

January 5 is the initial training for new Teaching Assistants. If you are interested in the Teaching Assistant job as part of your volunteer hours, but did not attend the training, let me know cahinerman@icoud.com. We can work you into the schedule for on-the-job training. We are also welcoming three new teachers to the roster this season.

The outdoor event supplies will include two new orange OSU Logo canopies, 1 COMGA logo back wall, 1 OSU Extension logo back wall, 2 orange sidewalls and 2 black sidewalls. The walls are interchangeable with the 2 new white and 1 new black canopy we already received. With the new COMGA and OSU Extension banners purchased last year these event supplies will work in a variety of ways for major events at the Demo Gardens and Fairgrounds. Each canopy has a set of 4 ten-pound weights to anchor the booths in the wind.

I will participate on the Mentor Team for the new Trainee Class again this year. Classes run January 17-March 20.

## Master Gardener Advanced Training Opportunities and Upcoming COMGA Activities – January 2024

Tim Schindele - VP Master Gardener Education

Listed below are some upcoming training options to consider to meet the requirement for continuing education hours to remain certified. Also listed are upcoming COMGA activities that you can put on your calendar. Dates are subject to change. This will be updated monthly.

1. OSU Extension has the 2021, 2022 and 2023 Level Up Series presentations available to view at your convenience: <https://extension.oregonstate.edu/mg/growing-oregon-gardeners-level-series-2023>. These are approved for advanced training and most are about an hour in length. Click the buttons on the lefthand side of the page and you'll be able to see the list of presentations for 2021 and

2022. You cannot claim the hours twice if you already recorded them in your timekeeping in a previous year. There are going to be Level Up classes in 2024 but nothing is posted yet. Amy Jo said she is scheduled to teach one, possibly in April.

2. The Master Gardener Trivia Tournament is on Wednesdays at 6:00 PM once per month through February on Zoom. Each event is a stand-alone session worth one hour of continuing education credit. Our own Toni Stephan and Wanda Kuklis were 1st and 2nd in the December trivia contest on biological controls. The next one is on January 17. The topic is: Least Wanted: noxious and invasive weeds in Oregon. Register at: Master Gardener Trivia – Least wanted: noxious and invasive weeds in Oregon | OSU Extension Service ([oregonstate.edu](https://oregonstate.edu))

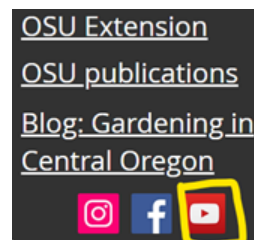
3. 10-Minute University online webinars offered by Clackamas County MG Association starting in January. Five or six per month at noon mostly on Wednesdays and Thursdays. January classes are approved for continuing education hours. You have to register for each one but if you can't watch it live, it will be available to view later.

Register at: <https://clackamascountymastergardeners.org/10-minute-university/>

4. If you missed some of the COMGA Spring Seminar Webinars, or want to watch any of them again, our 2023 Spring Seminar Webinars are now posted on COMGA's YouTube channel. The Webinars are approved for continuing education credit but you cannot claim the hours twice if you already recorded them in your 2023 timekeeping.

How to watch:

On the COMGA Website ([www.gocomga.com](http://www.gocomga.com)), click on the YouTube icon



OR:

Go to this URL on your Web browser: <https://www.youtube.com/user/gocomga>

5. COMGA Quarterly Meeting on Thursday, February 1, 2024 in conjunction with the Board Meeting at 10:00 am. Meet in person at the Extension Office classroom or on Zoom. Details to join via Zoom will be sent prior to the meeting. There is no continuing education time for attending the February quarterly meeting.



## HOLIDAY LUNCHEON RECAP

Tim Schindele, VP of MG Education

Thirty-one Master Gardeners gathered at the Extension office classroom on December 7 for the Holiday Luncheon. A lot of long-time veterans were on hand and there was a handful of MGs from the class of 2022. I was especially pleased to see 11 of the newly minted MGs from the class of 2023. Several of them have already stepped up to fill COMGA positions. People who couldn't attend were our Extension office staff. They had gone to Corvallis for a yearly training session. They were missed. We'll make sure this is scheduled next year when the staff will be able to join us.

The catered entrée was smoked pulled pork and chicken sliders with coleslaw. Everyone who attended brought a potluck dish to share, so we had a good assortment of baked beans, potatoes, salads and desserts. There was enough to eat and then some. Of course, the entrée provided a lot more food than the group could consume. With a great idea from Cher Hinerman, the leftovers were loaded into her vehicle and she took them to the Redmond Senior Center, which is always grateful for food donations.

Cher Hinerman was our MC. We purposely did not plan a program so that everyone could just enjoy the company. We did have an impromptu door prize drawing. Rocky had found four MG hats that were the old design that she wasn't going to try to sell. She gave them to me and we raffled them as door prizes. Tim also circulated a Plant Sale Survey, which will be used to help identify plants to offer for sale at the June Garden Fair.

Tammara Waterman had volunteered to pick up the entrée from Cody's Country Catering and bring it to the classroom. Special thanks to Kris Knoernschild, outgoing COMGA Historian, for taking a lot of photos throughout the year and then spending a lot of time recently putting together a comprehensive rolling photo collage of the year's activities with fun captions. Vicky Kemp and Stewart Taylor moved the tables around into the configuration we used and the table runners from the Dollar Store worked just right. Thanks to all who brought food to share and holiday-themed decorations to add to the atmosphere.



## Cat's Tongue Fungus

by Judy Scheerer

One ordinarily wouldn't think winter would be a good time for mushroom hunting but that is not the case in the Pacific Northwest. There are many fine specimens out there and one of the most interesting in my opinion is known as the Cat's tongue fungus, *Pseudohydnum gelatinosum* (see photos below). It is one of the jelly fungi so often goes by the name Toothed Jelly Fungus. It is unusual in that it has a stalk and a cap (most jellies one finds are usually little blobs of different colors of yellows, pinks, and even black). The mushroom is pliant and rubbery in texture. The cap is tongue-shaped with an underside of small spines or "teeth". The stem is attached to the side of the cap. It is found on rotten wood, humus, and moss under conifers. It can occur singly or in groups in forested areas from Alaska to northern California. It is edible though bland but that can be fixed by cutting it in small pieces and putting it in sugared water that has been colored. After overnight in the refrigerator, you fish it out, roll in some sugar and "Voilà" you have a 'fungus gummie'.



Photographs by Samantha Shearer

References:

Arora, D. 1990. All That the Rain Promises, and More... A Hip Pocket Guide to Western Mushrooms. Ten Speed Press, Berkeley, CA.

Davis, R. M., Sommer, R., and J. Menge. 2012. Field Guide to Mushroom for Western North America. University of California Press, Oakland, CA.

**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, [rockyb820@gmail.com](mailto:rockyb820@gmail.com)

## LOWDOWN FROM THE BOARD

January 3, 2024

The meeting was held at the OSU Training Center and Zoom

**MEMBERS PRESENT:** Janet Dart, President; Tim Schindele, VP MG Education; Cheryl Hinerman, VP Community Education, Marilyn Clark, Treasurer; Rocky Bessette, Communications Liaison; Deb Goodall, Membership Coordinator; Nancy Glick, Past President; Tammara Waterman, Secretary, Karen Simonet, OMGA Rep, Toni Stephan, OMGA Alt Rep, Berta Keller, Historian, Amy Jo Detweiler, Lisa Cowen, Liz Douville, Vickie Minor, Bonnie O'Hern, Pat Kolling, Laurie Eimans, Dale Richwine, Lea Dahlen, Ruth Mulligan

The meeting was called to order at 10:00 a.m. by Janet Dart.

The minutes of the meeting held November 2, 2023, were approved upon motion by Tim S. and a second by Cher H.

OSU Report from Amy Jo D. reported that 40 people have been accepted into the Master Gardener Program classes, with 6 that still need to pay. Canvas is currently being updated and when that is done all certified Master Gardeners will also have access to the site.

The Firewise brochure has additional organizations interested in helping fund a print run. They hope to have those printed by spring sometime. It is currently available online through the COMGA website. Use the PDF version as it is easier to follow.

A grant written to develop OMGA Climate Change classes has been approved. They are currently deciding on content but will be looking for a group of people who would like to assist. More information to come.

Dr. Leslie Madson has been hired as the statewide Master Gardener coordinator.

### BOARD REPORTS:

**President's Report:** Janet D. reported that as a non-profit a grant from Microsoft will cover licenses for 5 people who don't have access to Microsoft products.

The password for the COMGA website will be changed as of March 1 and an email will be sent with the new password to all members that have paid their dues.

COMGA is currently looking for a Discovery Park coordinator and a row cover coordinator. Emails will be sent to the general membership.

**Treasurer's Report:** Marilyn Clark reported on COMGA finances. Contact Marilyn for the full report.

**MG Advanced Training:** Tim S. shared the report on continuing education opportunities. A complete list of continuing education opportunities will be provided in the HoeDown. See page 3.

**Community Education:** Cher Hinerman submitted a report on planned classes and locations for this year. A full report will be printed in the HoeDown. See page 3.

The 3 Bend classes will be held at Westside church. This venue is free and well equipped to accommodate classes.

January classes are full, and registration has started for February and March classes.

**Historian:** Berta K. asked that each project coordinator recruit a picture taker. Please give them her contact information and share their information with her. Also, please copy her on happenings so that she can be there when she can.

**OMGA Rep.:** Karen S. reported that the OMGA board has new officers but is still looking to fill the secretary position. All meetings are held via Zoom. If anyone is interested, please contact her or an OMGA board member.

Mini college will be held July 12-13 this year. The current committee is looking to update the planning committee. If anyone is interested, please contact her or an OMGA board member.

Toni asked that you please contact her if you have any donations for mini college.

**Communications Liaison:** Rocky B. asked that if you have any emails that you would like to have sent to the general membership, please send them to her with the subject line populated with what you would like to have it say when it is sent out. She is also gladly accepting any informational/educational content for the HoeDown.

**Past President:** Nancy G. asked that you please send any event information with dates to the [webmaster@gocomga.org](mailto:webmaster@gocomga.org) email.

### ACTION/INFORMATION ITEMS:

**Hollinshead Community Garden:** JoAnne Abbott and Tammara W. purchased wheelbarrows and have hand-me-downs if anyone is interested. They are also concerned that the cherry tree root suckers will interfere with the new beds that are to be installed. A suggestion was made to dig a trench and put a 3 foot metal wall in place to prevent them.

Karen S. shared that two new members were added to the inventory committee, Berta K. and Lauralyn E. There are 172 thermometers in inventory and 176 on paper, for a loss of 4. Less than previous years. Five hundred dollars was budgeted to purchase thermometers for next year. A discussion was had regarding buying the same thermometers we have on close out or another less expensive version. It was decided that we would purchase the same thermometers on closeout at a price of \$2.40 per unit.

Continued on page 6

**LOWDOWN FROM THE BOARD** Continued

**Spring Seminar:** Rocky B. reported that 6 of the 8 needed speakers for the Spring Seminar have been secured. There are currently 10 topics that are being considered for classes, with new and interesting classes this year. They are also looking for hosts for the classes and will provide training.

**Discovery Garden:** Janet D. shared that Gary still plans on stepping down from the Discovery Garden coordinator position. COMGA is looking for volunteers to take on this position.

**Waterwise Garden:** Pat K. reported that they will be working with Amy Jo to replace the plant labels in the garden. They are also working with the City of Bend on plans for a field day.

**Demo Garden:** Vickie and Karen met with Amy Jo to discuss plans for what to plant behind building 3.

**OPEN FORUM:**

**Website Remodel:** Nancy G. gave an update on the friendlier more modern version of the COMGA website. COMGA forms are being transferred to the website and testing will begin on next week.

Tim S. reported that they did a survey asking what plants people would like to see in the plant sale. The overwhelming response was Firecracker Penstemon.

Tim S. also asked where the coffee money for the training classes should come from and it was determined that reimbursement will come from kitchen supplies.

**Old Computers:** The question was raised as to what to do with old computers when COMGA is done using them. A motion was made by Marilyn C. and seconded by Nancy G. to donate them to a worthy cause. After a vote of the board the motion was passed. Nancy G. will find an organization that would like the recycled computers

There being no further business, the meeting was adjourned at 11:59 a.m.

Respectfully submitted,  
Tammara Waterman

## Gardening Myths – Is that Really True?

By Chris Miao

Everybody has an idea about gardening practices. Grandma's folklore, your neighbor, product producers and a multitude of books, magazines and websites all have something to contribute. When using advice from various sources it's a good idea to ask yourself – is that really true? Luckily, university-based horticulturists research many garden myths and common beliefs to give us the best available information about what we should really do in our gardens.

Today I'll cover a few beliefs that relate to winter cold and drought and a special one for those of you thinking about when to sow your seeds.

We are extra dry this winter and you may be thinking of putting in plants that are more suited to dry conditions and use less water. It is generally believed that drought tolerant trees and shrubs survive with significantly less irrigation. The reality is that drought tolerant plants require just as much water as typical landscape plants until they develop a sufficient root system. This may take a year or more. Secondly, while established drought tolerant species can survive long dry periods, they grow much slower and often shed leaves during drought. The landscape may look unhealthy to some and results in the homeowner using even more water than in a traditional landscape. Be willing to accept a different landscape look if you are using drought tolerant plants.

In our cold, dry, windy winters some homeowners are advised to use products that prevent water loss and increase survival of trees and shrubs. These products are often labeled antitranspirants or antidesiccants. They are spray mixtures of latex, wax or acrylic that form a film over the tiny pores on the leaf surface. Antitranspirants are also promoted as effective disease controllers and aids to plant growth.

So what do the researchers tell us? There are many studies testing the effectiveness of the many claimed benefits of antitranspirants. Overall, the results are contradictory: some helped but some had no effect. However, plant drying due to cold was not prevented by application of an antitranspirant. So it is a waste of money to use this type of product on your landscape plants to reduce water loss. A better strategy is to make sure you select a plant that can naturally tolerate your conditions, provide the appropriate amount of water throughout the winter and mulch to help retain moisture.

Now for a little folklore on determining when it is time to sow seeds. Farmers used to say that it's OK to sow seeds when you can sit comfortably on the ground with a bare bottom. If the soil was warm enough for your bare skin, it was warm enough for the seeds to grow. And locally the lore is that it's ok to plant if there is no snow on Black Butte.

How do these recommendations test out? I don't know of any studies with researchers sitting on the ground nor tracking our regional snowfall, so let's just apply some local rationale thinking. Following the Black Butte rule, we would all be out there planting our vegetable gardens now. So while this may be true in some years, it certainly can't be depended upon as a reliable guide. And as for getting a little pummie dust on your bottom, that may have been as good a way as any in the old days to determine planting time. Both of these myths were common before the invention of the soil thermometer. Now we recommend using a soil thermometer to tell you when the soil is 55 to 60 degrees about 3 inches down. Most plant roots will be warm enough to grow at that temperature.



## Are You Thinking About Buying a Greenhouse?

By Betty Faller

There are many questions to ask yourself if you are thinking about purchasing a greenhouse. Let's start with four of the most important:

How are you going to use your greenhouse? Seasonal or all year. If you decide to only use your greenhouse during our Central Oregon growing season and not all year (which is what I do) you will have limited heating costs; little or no insulation costs; and a lower water use and cost. All Season Use requires more money and time.

Secondly, are you thinking about a new hobby or starting a business? A greenhouse that is used for you and your family's enjoyment will probably grow flowers and vegetables for eating and canning. Starting a business will be on a much larger scale with higher costs.

The third question is: Are you going to use individual pots or plant in beds within the greenhouse? You will have to carefully consider the type of construction and glazing and the size. If you're drying your harvest in your greenhouse you need to consider darkness and how to accomplish it as well as a good ventilation system.

According to my husband, the 4th question is the most important! How much time are you prepared to invest in a greenhouse? Maintaining a successful greenhouse, even a hobby one requires work and the plants depend on you for survival.

Although there are lots of timesaving devices such as automated watering and ventilation, there's no point in owning a greenhouse if you don't have time to spend there.

Think about your time and energy before you buy or build.

Earlier I mentioned 'Glazing'. This refers to the type of material used in your greenhouse. Choice should be determined by your requirements, personal preferences, our Central Oregon climate and budget. I've included a chart on our website, to help you choose which glazing is right for you: glass, polycarbonate or plastic film.

Most people select greenhouse kits because it offers a proven design and it is relatively complete. This doesn't mean that you don't need to have any do-it yourself experience. Some companies offer good technical advice or a hotline for the more difficult part of the process.

Make certain when buying a kit that the company is reputable. The manufacturer should provide you with clear, comprehensive instructions and a customer service number that is available even on weekends because that's when most of us start our projects.

Is the greenhouse kit suitable to our area and our snow loads? If you order a kit, consider the shipping costs versus finding one sold locally. So much to think about!

Let's talk location! Maximum sunlight is critical. Your first choice is the south or southeast side of a building or shade trees.

Sunlight all day is best, but morning sunlight is most desirable because it allows the plant's food production process to begin early; thus growth is maximized.

Consider surrounding trees, an area with good drainage as well as shelter from the wind. You will need a source of electricity for heat as well as a water source. And by all means, don't construct the greenhouse so far away that it becomes a chore to use it.

I think you're beginning to understand that there is a lot of studying and preparation when considering the purchase of a greenhouse. I love working in my greenhouse and I bet you will too.

---

## The Language of Flowers

by Nancy Glick

Flowers have become a symbol of our feelings. They appear at weddings, funerals, Valentine's Day, religious holidays, and other events to express our emotions in a more elegant, subtle & yet effective way.

Ever since Cupid shot his first arrow into a love-shy suitor, men--and in more recently, women--have given flowers to their true loves on St. Valentine's Day.

The holiday, which has its origins in a Roman festival honoring their god of fertility is now celebrated in Europe and the United States. Although the custom of sending romantic cards to suitors began in the early part of the nineteenth century, flowers are a more recent custom and one perpetuated by the floral industry, not any ancient belief. Although our expression through flowers has existed for centuries, the meanings have, sadly, faded.

We still recognize that wilted or dead flowers have a negative meaning and flowers presented upside down reverse the intended sentiment. But did you know that a dandelion traditionally represents faithfulness? Not surprisingly, a cactus means endurance. A marigold means cruelty, grief and jealousy – maybe it's the smell... Be careful giving roses: even though a red rose means love and a white one represents innocence, a pink rose asks "please believe me" (sounds a little sketchy to me) and a yellow one is telling your love that it's all over between you. It seems appropriate that the Daylily symbolizes flirtation since even its name says it's short-lived. Why does a fern mean magic – did the deep woods where they grow talk to the ancients of mystery and magic? But someone needs to explain the meaning of cattails: peace and prosperity? Seems a strange connection to something we used to set on fire and use as torches!

Continued on page 8

## The Language of Flowers continued

If you choose a bouquet of pink, red and white carnations you'll be telling your sweetheart: You're sweet and lovely, I admire you and I'll never forget you. Pretty good for something you can get at the grocery store on the way home. Add a bit of ivy if you're married, it indicates wedded bliss.

Whatever Valentine's flowers you choose, consider their care in the purchase. Select blooms that are just beginning to open and wrap them well as chilling February temperatures can damage the delicate blossoms.

Potted flowering plants are a good Valentine's Day expression of love as well as brighten up winter days ahead. At this time of year, you can usually find potted tulips, azaleas, cyclamens, and chrysanthemums and you may be able to purchase more unusual plants such as kalanchoe with its scarlet red flowers set high on spikes or cineraria with its fuzzy leaves and mound of vivid red, blue, or purple blossoms.

When buying a flowering potted plant, select one with many buds about to open rather than a plant already in full bloom. Check buds, blossoms, and undersides of leaves for signs of disease or insect pests. Ensure that your gift gets proper care by enclosing a note with care instructions.

If your special someone is a gardener, present him or her with a "bouquet" of seed packages for cut flower varieties including cosmos, delphiniums, Shasta daisies, snapdragons, zinnias, asters, and gypsophila (baby's breath). Or promise to plant a culinary herb or perennial garden in the spring.

Your choices are endless. Valentine's Day isn't just roses and chocolates any more.

---

## Garden Design to Reduce Stress

by Betty Faller

Everyday life can be rather stressful at times so why not create a garden space designed for serenity or to help reduce stress.

Start with colors: Primary colors can be divided into warm (which are red, orange and yellow) and cool (green, blue and violet). Cool colors are more soothing. You may use a warm color for accent or focal point, but use only one plant, or less than five percent of the overall design.

Use tints which are lighter or shades which are darker of the primary cool colors, or even pastels which are light combinations of colors.

Try to avoid white, as it is a powerful color attracting your attention. Grays or silvers are more calming and do well in Central Oregon.

Purchase a color wheel to help you when combining colors. Use adjacent ones on the color wheel such as green and blue, or blue and violet. These create interest, yet are more serene than contrasting opposite colors such as blue and yellow.

Try to avoid large contrasts in other design principles such as heights and textures. Plants of a more uniform height are more soothing than big ones next to little ones. Texture is the visual appearance plants create, such as a fine texture from tiny leaves or ferns, or coarse texture from plants with large leaves.

Just as a horizon on the ocean is more soothing than the upright pillars in a cathedral, so are horizontal lines in a design. These could be from uniform heights of plants, a trimmed hedge, the top of a wall, or even a view of the horizon in the distance.

Curves and rounded lines are more soothing than sharp, straight edges. Beds that are rounded or versions of ellipses, such as a kidney-shaped island bed for perennials or daffodils, are more soothing than square or rectangular beds such as for roses. Even my pathways are curved to create interest and a desire to meander slowly.

Nature uses large numbers or masses of plants, totally informal or placed at random, in large swaths. This may seem peaceful to some, but not to others. To others who like the appearance of a little more control, use select plants with space and mulch between. This may seem more pleasing and calming. This type of control can be seen in Japanese gardens, with their trees and shrubs clipped into precise shapes. Whether control or natural abandon is pleasing and calming depends on personal preference.

If you are in a busy or noisy area surround the garden with a hedge of plants, wooden fence, or even an earthen berm if space allows. These will provide both a visual and sound barrier to the outside world, a principle often found in Japanese gardens. This means of escape, of shutting out the chaos and distractions, is crucial.

Now ask yourself –

Is the sound of gentle water soothing? If so, incorporate a small stream or bubbling water feature in your garden. Avoid gushing fountains or waterfalls if you want relaxation. And don't create a water feature that demands constant attention.

Scent is the most powerful sense, so incorporate pleasing scents in your garden. Some scents such as lavender seem to make you feel more relaxed.

Don't forget the sense of touch. Use plants with soft, velvety leaves, or at least not ones with thorns!

Using fewer plants also means less maintenance. Or choose plants that require the least maintenance, such as pruning or staking. This often means choosing the right plant for the right place. You want to be able to stroll through and enjoy your garden, not constantly be reminded about what is out of control. This is not relaxing!

Similarly, only plant what you can maintain. Too large a space or too many beds that easily get out of control and weedy won't be relaxing to look at.



## 2024 ANNUAL MEMBERSHIP RENEWAL FORM



Please print and fill out this form, enclose your check payable to COMGA and mail to:  
**COMGA Membership, c/o Deb Goodall, 19455 Sugar Mill Loop, Bend, OR 97702**

### Dues are \$15.00 for all COMGA members

Your dues help fund our many projects as well as eleven issues of the *HoeDown* and the *OMGA Newsletter*.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Original year you were certified \_\_\_\_\_

I would like to be notified of upcoming events by e-mail \_\_\_\_\_ phone call \_\_\_\_\_

(The *HoeDown* will be sent by e-mail only.)

I am joining as an Associate Member only \_\_\_\_\_

Associate Members **must** also complete the "Statement of Understanding for Associate Members"

### Please check the events you would most enjoy helping with (COVID mandates dependent):

- |                                                          |                                                    |                                                      |
|----------------------------------------------------------|----------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Garden Tour                     | <input type="checkbox"/> OSU Extension Demo Garden | <input type="checkbox"/> Home & Garden Show          |
| <input type="checkbox"/> Hollinshead Community Garden    | <input type="checkbox"/> Alpenglow Demo Garden     | <input type="checkbox"/> HoeDown Articles            |
| <input type="checkbox"/> Hollinshead Water-wise Garden   | <input type="checkbox"/> June Garden Fair          | <input type="checkbox"/> Community Education Classes |
| <input type="checkbox"/> Discovery Park Community Garden | <input type="checkbox"/> Spring Seminar            | <input type="checkbox"/> County Fairs                |

**To help us plan pertinent, timely educational events, what topics would you like to learn more about?**

---



---



---



---



---

## CENTRAL OREGON MASTER GARDENER ASSOCIATION (COMGA)

2024 STATEMENT OF UNDERSTANDING FOR ASSOCIATE MEMBERS **ONLY**

***(This form must be submitted each year that you are an Associate.)***

The intent of Associate Membership is to offer individuals the opportunity to continue involvement with the Central Oregon Master Gardener Association program when, for whatever reason, they are not able to fully participate and re-certify in the OSU Extension Service Master Gardener program.

**ASSOCIATE MEMBERS MAY NOT WEAR THEIR MASTER GARDENER BADGE, GIVE OUT GARDENING INFORMATION OR ANSWER CLIENT QUESTIONS.**

Associates are encouraged to be active members of COMGA, attend General Meetings, picnics, the Christmas luncheon and other social events. They will also receive email notices about activities and may volunteer their time to projects. They pay dues to COMGA and receive copies of the HoeDown and OMGA newsletters.

There is no minimum volunteer hour requirement for Associate Members.

Associate Members are encouraged to recertify. To recertify as an active Master Gardener, they should contact the OSU Extension Service Horticulture Agent.

**COMGA ASSOCIATE MEMBERSHIP STATEMENT OF UNDERSTANDING:**

I \_\_\_\_\_, wish to be an Associate Member of COMGA.

I have read the limitations and terms of Associate Membership and agree to adhere to the guidelines as outlined above.

I understand that although I am not a Recertified Master Gardener, I am a welcomed member of COMGA and am encouraged to participate in approved ways.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Return to Membership Coordinator:** COMGA Membership c/o Deb Goodall, 19455 Sugar Mill Loop, Bend, OR 97702; ***Debgoodall48@gmail.com***