

THE TILLAMOOK THYMES

The Tillamook Master Gardener Association
November 2018



The President's Corner
November 2018
Karen Sarnaker



As my year as President draws to a close, I feel the greatest benefit of being a member of TCMGA is the lasting friendships I've formed. To that add time spent working, sharing meals and together celebrating the joy of gardening. TCMGA provides the impetus to expand and share our gardening knowledge and be involved in contributing to our community.

I am reminded how successful this year has been for Master Gardeners and how much we have accomplished. It was so inspiring to see so many Master Gardeners stepping up to help with the Plant Sale and hosting their gardens and volunteering during the Garden Tour. Nor should we forget Pruning Day, for which we received the OMGA 2018 Karl Carlson Award. We also received the OMGA 2018 Magee Luce Search for Excellence Award for our signs in the Learning Garden.

As our dedicated Master Gardeners take the time to put the Learning Garden to bed for the year, preparations are in progress for the coming Leadership Training (Tuesday, November 6 from 10AM -3PM), mini classes in December and the annual Awards Banquet Wednesday (December 5th at the Elks Club) where the Master Gardener of the Year, Early Bloomer, the Learning Gardener, Behind the Scenes, and the Golden Trowel Awards will be presented.

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Back at home, I have been busy buying and planting conifers and shrubs in the area we call the Henry Garden – in memory of a dear friend. Of course, it is a wee stretch because we fell in love with Sango Kaku (coral bark maple) and Winter Flame another Acer palmatum which is a smaller, more compact version of Sango Kaku and they neither conifers nor shrubs! It just needs to stop raining a bit, so I can get the rest of our plants in the ground this fall.

"The love of gardening is a seed once sown that never dies." ~ Gertrude Jekyll

November

Karen's Korner
by
Karen Keltz

Uses for Monarda

While putting my herb garden to bed a few weeks ago, admiring my few Monarda still blooming, I began wondering. I've heard Monarda also referred to as bergamot, and I wondered if they were in the same family and if I could make tea from the leaves of my Monarda plants. I pulled off a leaf and tasted it, noticing the taste was not the same as Earl Grey tea, for sure, so I decided to research. (Probably should have done that *before* tasting a leaf! Some leaves of plants are killers.) It tasted a bit like oregano, with hints of mint and thyme.

Monarda didyma is a genus of flowering plants in the mint family, Lamiaceae, endemic to North America. We know it by the names **bee balm**, **horsemint**, **Oswego tea**, and **bergamot** (because the leaves smell like bergamot orange (*Citrus bergamia*)).



I was okay tasting the leaf of my Monarda because bergamot is edible and medicinal. All above ground parts of the plant are edible and used as a pot herb, and also used as a flavoring in cooked foods. The flowers can be used as an edible garnish in salads and also as a source of oil of thyme.

Thyme? Yes, chemically, bee balm is closely related to thyme, and contains a high concentration of thymol, which is a strong antiseptic and a main ingredient in many commercial mouthwashes. (Who knew?) So, bee balm tea freshens the breath and addresses infections in the mouth and gums.

To answer my original question, then, whether I can make a tea from my Monarda or not, the answer is yes. Monarda didyma was originally used in ancient remedies by Native Americans for quite some time. It was often used to treat wounds and certain skin infections and later developed into an herbal tea. In fact, Monarda is sometimes called Oswego tea because the Oswego Native Americans made an infusion using it. The Oswegos, however, weren't the only tribe using Monarda. It was also used extensively by the Blackfoot, Menominee, Ojibwa, and Winnebago tribes, among others.

Other Monarda species used for tea and medicine are Monarda fistulosa (wild bergamot), *M. punctata*, and *M. menthifolia*. Apparently, it makes a fine tea when added to lemon balm. My research also says that bee balm can promote stagnant digestion and relieve discomforts such as bloating, cramping, and excessive gas. Herbalist Matthew Wood says it is beneficial for gallstone colic and helps with serious intestinal woes, from diarrhea, to vomiting, to cholera. It also is an antifungal, used as a wash or as a tea, and it soothes when you have a cold, bringing the heat from the core of the body to the skin and out. It can be added to a salve to ease pain from insect bites and bee stings. However, there are cautions against using it if one is pregnant, has a thyroid problem or has a heart condition. That lets me out as far as proceeding further by making a tea and tasting it.

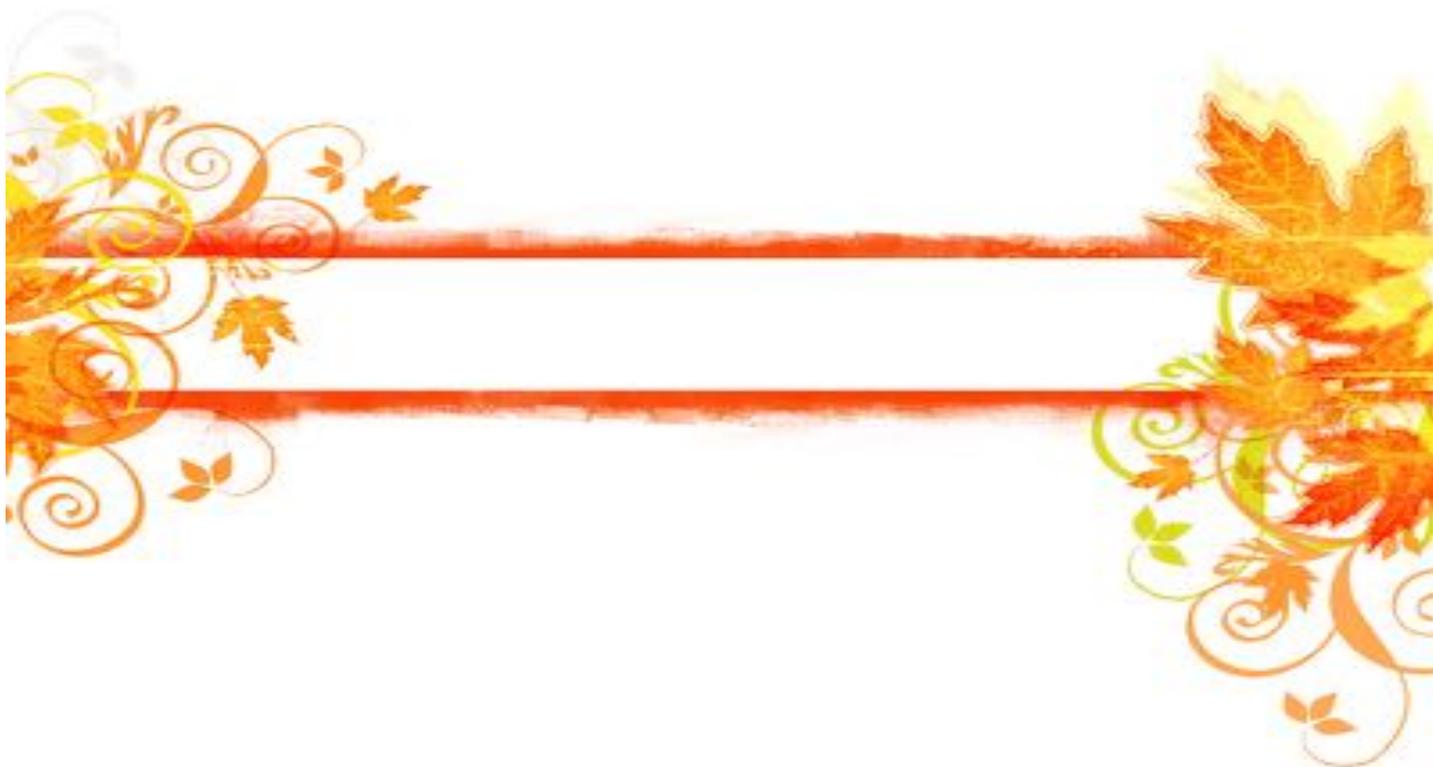
If you decide, however, you want to try the tea, steep the flowers and/or leaves in hot water for anywhere from 5-20 minutes, but the longer you steep, the stronger the tea becomes. Start with three or four fresh bee balm leaves per cup or fill your infuser with about the same amount of dried bee balm leaves. Pour boiling water over the top and allow to steep.

Here's a recipe combining Monarda with other ingredients:

Oswego Tea Recipe

- Place 5 teaspoons of dried bee balm leaves in a glass pitcher or Mason jar.
- Add ¼ cup of dried chamomile flowers to the mix. Optional.
- Add 2 teaspoons of dried rosemary leaves and flowers into the tea mixture.
- Add 1/3 cup of cut pineapple or apple slices into the tea pitcher or jar
- Place a few pinches of mint into the tea mix. Optional.
- Cover the pitcher or jar opening and shake well.
- Add 2 teaspoons of the Oswego tea mixture into boiling water.
- Steep the mixture, strain, and drink once it has cooled to taste.

If you desire more information about using the Monarda plant, there are many websites where the information is available to you. Please know that my specific information came from herbalists who may or may not have accredited degrees, and only the most general of facts from edu websites, such as <https://plants.ces.ncsu.edu/plants/all/monarda>.



**A Wrinkle by
In Thyme
Cris Roberts**

The Pathway



Sometimes, in the middle of my hurry-scurry work day, a moment in time stands absolutely still as I make a deeper connection with my beautiful boys at OYA (Oregon Youth Authority). This particular chilly, foggy morning, after being given all the necessary instructions, two of my eager, hardworking youth were capably, reliably and efficiently covering one of our garden pathways with sturdy, flattened cardboard boxes, then manning wheelbarrow after wheelbarrow of thick, dark, Hemlock bark to cover it five inches deep. Together they took ownership of this project and it showed in their successful results on this ecologically-sound method of battling weeds in a garden.

Usually when I work with my youth, I rarely stand in one place longer than the time it would take me to double-tie my own truant tennis shoe laces. Today, however, I slowed down to listen to one of these emerging men share about pathways he liked to create in developing 3D imaging; use of light, contrasts and color to draw the viewers' eyes to focus on the important details; kind of like a roadmap. He *loves* to talk about this part of himself and I rarely gift him with enough time to share his heart. Today I could. Today I did.

I couldn't pass up one of my visual analogies that frequently show up right in front of my eyes in this garden with these youths. The personal paths they are walking look different than yours or mine. The contrasts of bark and foliage they sometimes see has a scary look, an untidy look or a confusing look. Sometimes they can't trust the permanence or perfection of the path they are walking. Behavioral and emotional rehabilitation and treatment can appear overwhelming and impossible. Sometimes, even with good instruction, they still can't focus on the task at hand because, well, sometimes *life* can drain the focus right out of a fella making it near impossible to complete what may seem like a simple task. The light may hit their path in such a way that it exposes faults or, on a better day, beauty. At times on their path, they must do hard work and other times they can rock back on their heels, hands relaxed and resting in their pockets, and take in the sight and feel the wonder of a job well done. At still other times on that same path, the bark is scuffed up by someone else out of carelessness or ill intent again exposing those underlying pieces of cardboard. The toughest weeds might still be able to shove their way through that well-laid pathway requiring them to repeat treatment over again. The irony of this topic struck me when one of the youth reminded me of the name of their on-site treatment program: "Pathways".

I looked at that path today with the dark, rich reddish/brown Hemlock bark providing a splendid contrast to the deep green Cayenne pepper foliage, butter yellow and tangerine orange of the late fall nasturtium blooms and the yellow and orange bee blossoms of our seed dahlia that was present in the garden eight-plus years ago when Evelyn VonFeldt, Pam George and I first arrived on the scene as fledgling M.G./OYA volunteers.

I was *proud* of these boys. My boys. Our boys. I was proud that with all the preoccupation of their own internal pathways, they could focus and accomplish this task. This pathway may not be impermeable or stand up to the tougher weeds of the garden any more than their own personal pathways can stay maintenance free of their weedy life events. But they are trying and I see in their pathways an opportunity for a clearer way to walk.

As we turned around to leave that part of the garden, they both tested the depth of bark by padding through a soft layer laid down by their hands and their hard work. I felt an awe and quiet come over us and I could imagine Native Americans respectfully walking the deep, spongy, silent paths of years gone by; Duffy-down on old growth forest floors. A healing, peace-filled pathway deserving of notice. Deserving of respect.

T.R.A.P Photos



Fennel



Nasturtiums



Poppies

Neal's Compost Pile

by
Neal Lemery

I often forget I live next to a forest, and trees are an enormous part of our community's life and well-being. My neighborhood is next to the forest, and anywhere I drive, I drive through the forest, sharing the road with log trucks and lumber trucks.

94% of Tillamook County is forest, and of that, 53% of that is owned by us, the citizens. Taxes from timber are a big part of how our schools and local governments are funded, and timber provides most of our manufacturing jobs.

I recently attended an afternoon of conversation on forestry at the Western Forestry Center in Portland. I was in the midst of bright, innovative minds, and the day was filled with challenging thoughts and concepts and innovations which were new to me.

I came away with a lot, and it reminded me of some of the deep and analytical thinking that I find at Master Gardener events. Foresters and Master Gardeners have a lot in common.

Here's what I gleaned:

- Focus on what is going on out there, in the world, in the forests
- We need a sense of being in community, having a mindset bigger than ourselves
- A mentality of abundance
- The science of forestry is an interplay of societal values, plants, animals, soil, products in the home. Forestry is more than growing trees.
- The problems have solutions within the community.
- We need to measure before we can manage.
- There is a gap between academia (research, methodology) applying that knowledge in the field (practicality, problem solving)
- Information availability
 - Technology is expanding to process and evaluate data
 - Increasing computer technology and internet computing, analysis
 - In the field
 - Increasing detailed satellite tools and software. Daily data feeds.
 - Drones
 - Silviaterra, is a new company that is connecting state of the art technology and forest management <http://Silviaterra.com/> . Their purpose and goals are ambitious:

“Forestry is perhaps the most complex profession in the world, and we have many problems yet to solve.

“SilviaTerra is a small team of foresters, biometricians, and programmers dedicated to expanding our understanding of forests and strengthening our ability to manage these complex and vital ecosystems.

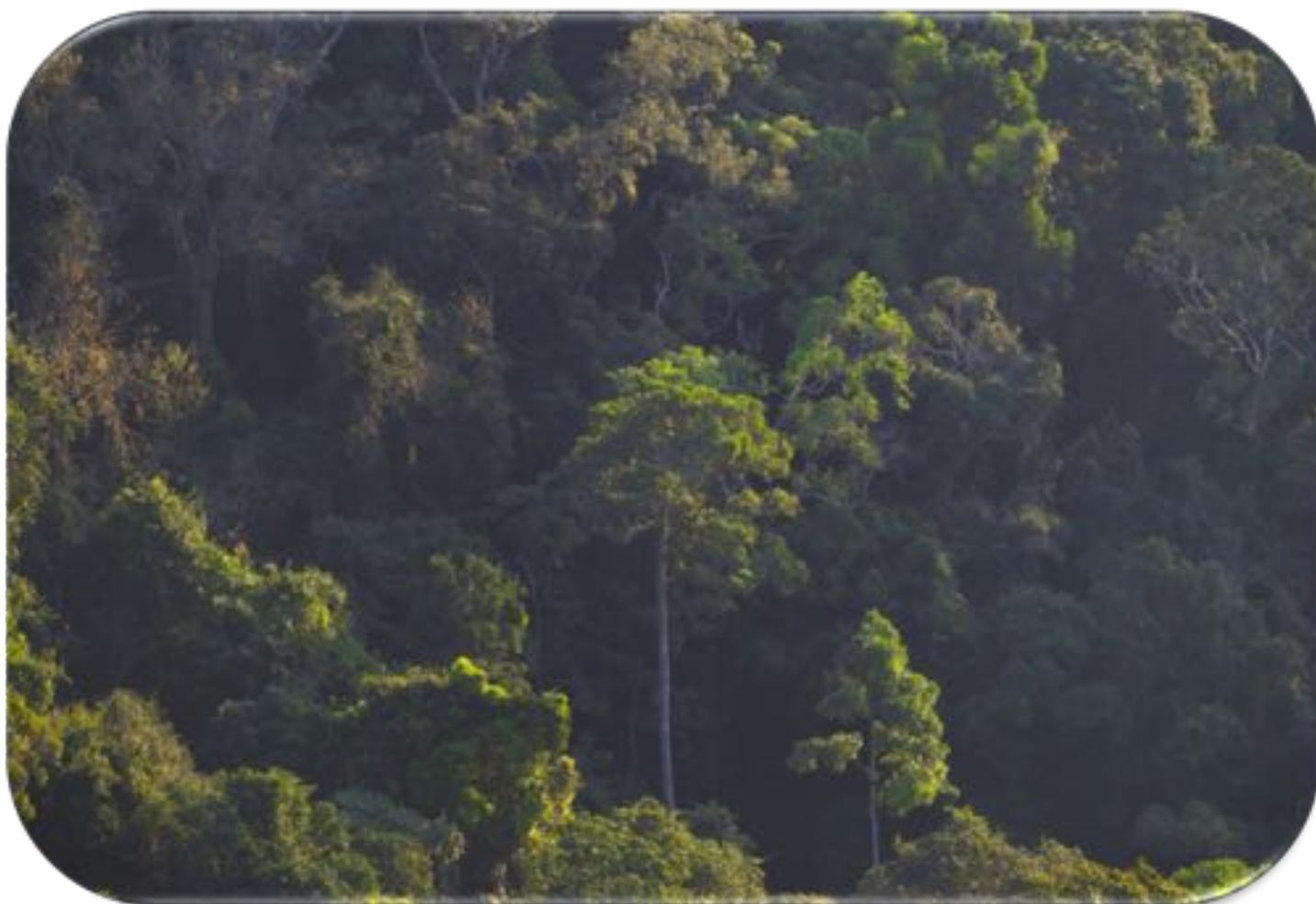
“Combining our expertise in biometrics with the latest developments in remote sensing, big data, cloud computing, and mobile, SilviaTerra can solve your forest inventory problems with a fraction of the time and cost of conventional cruising. With millions of acres already relying on SilviaTerra technology, our tools have a proven seven-year track record.”

The goal: an annual analysis of every acre of forest, what we have and what we want to know

- Most of academic work is about people, their values, their needs, relationships
- Now, traditional approaches in forestry have limited avenues to achieve excellence. Thus, the need to look to technology and to a need to build personal relationships across fields of study, regional and national borders
- Forestry is long term, the long view (trees grow slowly).
- Communication is the key. We need conversations about values, where we have been, where we are going.
-
- **The Great Carbon Machine** (Mike Warjone, Port Blakely Co. (private timber)
 - *Carbon Storage*. Forests have an essential, vital role in dealing with, reducing climate change.
 - *Wood as building material*. Energy use is a factor
 - Steel and concrete use a great deal of energy in their manufacture, building
 - Wood is much cheaper, energy wise, in its creation and building
 - The same amount of energy is used to manufacture a 12 foot 2x4 as one steel nail.
 - Wood is renewable. Wood is much more desirable in building for earthquake specifications (it flexes and bends)
 - There are 18 million acres of forest land in Washington and Oregon
 - “economic minimum rotation”
 - An essential concept in the forest industry
 - What is the shortest period of time to grow a forest so as to produce marketable timber?
 - In western Oregon and Washington, this is about 35 years.
 - Our sawmills are no longer tooled to cut old growth (big logs). Instead, they are tooled to cut 35 year old trees.
 - To stop, and even reduce global warming, we should aim to store 50% more carbon from the atmosphere. Trees are the only feasible method that is economical and efficient to do this.
 - Finding additional land as timber land is challenging, as other uses would be displaced, or the land is not suitable.
 - (*Compare* New Zealand, where a severe decline in the sheep industry is stimulating planting Douglas fir, in a climate comparable to the Pacific Northwest. This change advances their government’s goal to reduce global warming and is part of their action plan.)
 - **To increase a forest’s carbon storage capacity by the desired 50% increase, we only have to let the trees at the “economic minimum rotation” grow another 9 years!**
 - If we start doing this, and only harvest trees in western Oregon and Washington nine years later than the current schedule of the “economic minimum rotation”, then where would the timber supply come from for our mills?
 - In Oregon and Washington, we are not now cutting timber in the national forests, due to the current timber plan and environmental litigation. But, if we start thinning the national forest timber, there is enough “small” timber available for the next nine years, which would supply our sawmills, until the private timberland supply matures another nine years.

- This approach would allow the national forest timberlands to mature towards “old growth” status, and the thinning would improve forest health.
- Embracing the land vs managing the land
 - Don’t think in terms of “owning” the land, but in respecting, honoring the land.
- You can’t solve the problem until you realize you’re part of the problem that you are trying to solve.
- We can’t assume we have the answers today. We need to be thoughtful, innovative, creative, and look at the data with an open, curious, and creative mind, as a community of problem solvers. (Mike Warjone)

Today, when I look at the forests in our community, I realize the questions and issues for foresters are complex and sophisticated, and, like Master Gardeners, foresters are stretching their minds on how they approach the issues they are taking on and making this a better world.



Annual TCMGA Awards Banquet

by

Cammy Hickman, Terri Southwick, Dee Harguth
The Awards Banquet Committee

Our Annual Awards Banquet will be Wednesday, December 5, 2018 at the Tillamook Elks Lodge. Social hour begins at 6pm with dinner served at 7pm. The presentation of awards and recognition will begin at 7:45pm.

This is the occasion where we honor the Apprentices, recognize TCMGA members who have made significant contributions to the organization during the year, and extend our appreciation to members of the community who have supported us throughout the year. Apprentices have worked diligently at a variety of our projects and events to earn the coveted OSU Master Gardener badge and this is the event where we honor their accomplishments. The Early Bloomer Award, Master Gardener of the Year Award and Learning Gardener of the Year awards will be presented. Each of these awards will be scholarships to the 2019 or 2020 Mini-College.

The social hour begins at 6pm. There will be a no-host bar, coffee, tea and water available. Those wishing to bring their favorite wine should note there is a corking fee of \$6.00.

While enjoying visiting with everyone, we will also have a projected for you of photos taken throughout the year at our events and activities, get-togethers, meetings and classes. If you have any photos that you would like to include in this collage, please forward them (.jpeg format) to Cammy at cshickman52@gmail.com. This is a fun way to show what The Tillamook County Master Gardeners Association does and the good times and fellowship we all enjoy throughout the year.

Hardy Perennials – please wear your official OSU Master Gardener Badge!

Invitations and meal selections are in the mail. This year's entrée's will be 10 oz. Prime Rib with choice of baked or mashed potato (\$25.00), Chicken Cordon Bleu with choice of baked or mashed potato (\$17.25), and 3-cheese stuffed pasta shells with steamed veggies (\$14.25). Salad Bar, rolls, coffee and dessert are included. There is no charge to the 2017 class Apprentices, although guests of the Apprentice pay for their meal. Be sure to have your meal selections and payment returned to the Extension Office by November 15.

The Tillamook Elks Lodge sponsors an annual Christmas Dinner Box Program for area residents. If you wish to donate to this effort, bring a non-perishable food item to the banquet. We are looking forward to seeing all of you at the Banquet.

OUR FAVORITE RECIPES

from

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Autumn Chopped Chicken Salad

Prep Time: 22 minutes **Cook Time:** 8 minutes **Total Time:** 30 minutes This Autumn Chopped Chicken Salad is loaded with crisp pears, tangy raisins, pecans, feta and juicy chicken! The simple balsamic vinaigrette will win you over.

Servings: 8 as a side chicken salad, **Calories:** 389 kcal

Autumn Chopped Chicken Salad Ingredients:

1 lb chicken breasts (2 large) trimmed and halved lengthwise 1/2 tsp Garlic salt (or to taste)
1/8 tsp black pepper freshly ground
1 Tbsp olive oil
1 head romaine lettuce (8 cups chopped) rinsed and dried 2 pears cored and sliced
1 cup dried cranberries
1 cup pecans lightly toasted on a dry skillet
1/2 cup feta cheese (4 oz) crumbled

Balsamic Vinaigrette Ingredients:

3 Tbsp balsamic vinegar
1 Tbsp Dijon mustard
1 garlic clove pressed or finely minced
1/2 cup extra virgin olive oil (regular olive oil also works) 1/4 tsp salt
1/8 tsp black pepper

Instructions

1. Cut chicken breasts in half lengthwise so you have 4 thin cutlets. Season chicken cutlets on both sides with garlic salt and black pepper. Place a large skillet over medium heat with 1 Tbsp olive oil. Add chicken cutlets and sautee 3-4 minutes per side or until fully cooked through. Transfer to a cutting board and let chicken rest while preparing the salad then slice the chicken into strips.
2. Meanwhile, in a medium dry skillet, toast pecans over medium heat for 5 minutes, tossing frequently or until pecans are fragrant and lightly golden. Remove from heat and cool to room temperature.
3. In a large mixing bowl, combine chopped romaine, sliced pears, dried cranberries, toasted pecans, crumbled feta and cooked sliced chicken.
4. Combine dressing ingredients in a small mason jar. Cover with lid and shake vigorously to combine. If any separation occurs, shake again just before using. Drizzle balsamic vinaigrette over the salad, adding it to taste then toss to combine.

NOVEMBER***GARDEN HINTS FROM YOUR OSU EXTENSION FACULTY
for
Western Oregon***

“The Oregon State University Extension Service encourages sustainable gardening practices.”

Preventative pest management is emphasized over reactive pest control. Always identify and monitor problems before acting and opt for the least toxic approach that will remedy the problem. The conservation of biological control agents (predators, parasitoids) should be favored over chemical controls.

Use chemical controls only when necessary and only after thoroughly reading the pesticide label. First consider cultural, then physical and biological controls. Choose the least-toxic options (insecticidal soaps, horticultural oils, botanical insecticides, and organic and synthetic pesticides — when used judiciously). Recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact our local Extension office at <http://extension.oregonstate.edu/tillamook/>.

Planning

- Force spring bulbs for indoor blooms in December.

Maintenance and Clean Up

- Service lawn mower prior to winter.
- Check potatoes in storage and remove any going bad.
- Place a portable cold frame over rows of winter vegetables.
- Place mulch around berries for winter protection.
- Cover rhubarb and asparagus beds with composted manure and straw.
- Rake and compost leaves that are free of diseases and insects. Use mulches to prevent erosion and compaction from rain.
- To protect built-in sprinkler systems, drain the system and insulate the valve mechanisms.
- Clean and oil lawnmower, other garden equipment and tools before storing for winter. Drain and store hoses carefully to avoid damage from freezing. Renew mulch around perennial flower beds after removing weeds.
- Protect tender evergreens from drying wind.
- Tie limbs of upright evergreens to prevent breakage by snow or ice.
- Trim chrysanthemums to 4 to 6 inches after they finish blooming.
- Leave ornamental grasses up in winter to provide winter texture in the landscape. Cut them back a few inches above the ground in early spring.
- Last chance to plant cover crops for soil building. You can also use a 3- to 4-inch layer of leaves, spread over the garden plot, to eliminate winter weeds, suppress early spring weeds and prevent soil compaction by rain.
- Watch for wet soil and drainage problems in yard during heavy rains. Tiling, ditching, and French drains are possible solutions. Consider rain gardens and bioswales as a long-term solution.
- Take cuttings of rhododendrons and camellias for propagation; propagate begonias from leaf cuttings.
- Prune roses (tea and floribunda, but NOT climbers and ramblers) to around 3 feet in height to prevent winter damage.

Planting/Propagation

- Plant window garden of lettuce, chives, parsley.
- Good time to plant trees and shrubs. Consider planting shrubs and trees that supply food and shelter to birds (sumac, elderberry, flowering currant, and mock orange).
- Still time to plant spring-flowering bulbs, such as tulips, daffodils, hyacinths, crocuses. Don't delay.
- Good time to plant garlic for harvest next summer; and to transplant landscape trees and shrubs.

Pest Monitoring and Management

- Rake and destroy leaves from fruit trees that were diseased this year. Remove and discard mummified fruit.
- Check firewood for insect infestations. Burn affected wood first and don't store inside.
- Treat peaches four weeks after leaf fall spray for peach leaf curl and shothole diseases.
- Moss appearing in lawn may mean too much shade or poor drainage. Correct site conditions if moss is bothersome.
- Bait garden, flower beds for slugs during rainy periods. Use traps or new phosphate baits, which are pet-safe.
- Monitor landscape plants for problems. Don't treat unless a problem is identified.

Houseplants and Indoor Gardening

- Reduce fertilizer applications to houseplants.



TCMGA EXECUTIVE BOARD

Elected:

President: Karen Sarnaker
 Past President: Neal Lemery
 Vice President: Sarah Ostermiller
 Treasurer: Larry Goss
 Recording Secretary:
 Cammy Hickman
 Corresponding Secretary:
 Betty Lyons
 Historian: Jake Lyons
 OMGA Representative:
 Linda Stephenson
 OMGA Alternative:
 LeRoy Satter
 Class Representatives:
 2016: Arla Ayers
 2017: Jerilee Henderson
 Extension Agent: Joy Jones

Appointed Committee Chairs

Audit: Cammy Hickman
 Terri Southwick
 Awards: Karen Sarnaker
 Banquet: Cammy Hickman
 Budget: Larry Goss
 Karen Sarnaker
 Sarah Ostermiller
 Communication/WebMaster/
 Grants Committee: Neal Lemery
 Deb Lincoln
 Nika Van Tilburg
 Publicity: Cammy Hickman
 Neal Lemery
 Tabitha Bettencourt
 Community Pruning Day:
 Barb Casteel
 Evelynn VonFelt
 2018 Garden Tour:
 Karen Sarnaker
 Hospitality: to be filled
 Membership: Sarah Ostermiller
 Jerilee Henderson
 Mentors: Linda Stephenson
 Nominating Committee:
 Neal Lemery
 Karen Sarnaker

Picnic: Linda Stephenson
 Plant Clinics:
 Tillamook Farmer Market:
 Marilyn Perl
 North County Plant Clinics:
 Mark Kuestner
 South County Plant Clinics:
 Tim and Pam Burke
 Plant Sale: Jodi Derrick
 Projects: Sarah Ostermiller
 Neal Lemery
 Scholarship: Neal Lemery
 Volunteer Coordinator:
 Sarah Ostermiller

Standing Committees

Learning Garden:
 Linda Stephenson
Thymes Newsletter Editor:
 Karen Sarnaker
The Tiller Newsletter Editor:
 Laura Swanson
 (Editor appointed by the Agent)

Special Projects

Gardening Day Camp: Joy Jones
 O.Y.A: Evelynn VonFelt
 Native Plant Garden Coordinator:
 Marilyn Perl

CALENDAR OF EVENTS

NOVEMBER 2018

NOVEMBER 1	LEARNING GARDEN, 9AM -12PM
NOVEMBER 2	OMGA Leadership Forum
NOVEMBER 3	OMGA BOARD MEETING
NOVEMBER 6	TCMGA LEADERSHIP TRAINING
NOVEMBER 8	LEARNING GARDEN, 9AM -12PM
NOVEMBER 13	TCMGA BOARD AND CHAPTER MEETING, 10-12N OSU Extension Office BUDGET MEETING, 12N-2PM
NOVEMBER 20	THMYES DEADLINE
NOVEMBER 21	BONSAI CLUB, TPUD MEETING ROOM, 6PM – 9PM