



APRIL 2022 304 COWLITZ WAY, KELSO, WA 98626

REFLECTIONS FROM THE GARDEN

Gary Fredricks

WSU Extension Office Phone: 360-577-3014 Gary Fredricks, WSU Cowlitz County Extension Director, 360-577-3014 Extension 3 E-mail: garyf@wsu.edu

Carlee Mickelson Administrative Secretary 360-577-3014 Extension 0 "Opportunities are like sunrises. If you wait too long, you miss them." ~ William Arthur Ward

A good friend of mine had a serious leg injury. Once the surgery was done, it was on to some serious physical therapy to bring back the ability to fully bend his knee. Each day the physical therapist would stretch out his leg and hold it. It was terribly painful. Once he let the leg go, the knee would snap back into its original position. This went on for some time with stretching the leg, experiencing pain, and the leg falling back when it was let go. Yet after a lot of effort and time, progress was made and the knee started to bend without pain.

It can be that way with volunteering as a Master Gardener. Anytime you stretch yourself out of your comfort zone, you can feel a higher level of anxiety. There are things we just don't want to try because you feel so uncomfortable. But if you are willing to take the chance and make the effort, each time you stretch yourself it gets easier until you wonder why you were even worried at all. I have seen many a Master Gardener take on a new project and before you know it, they bloom.

WSU Gardening Websites

mastergardener.wsu.edu/ gardening.wsu.edu cowlitz.wsu.edu

HortSense Fact Sheets hortsense.cahnrs.wsu.edu/

PestSense Fact Sheets pestsense.cahnrs.wsu.edu/

Pest Leaflet Series puyallup.wsu.edu/plantclini c/pls/

WSU Educational Materials

http://pubs.wsu.edu

WSU Master Gardener

www.cowlitzcomg.com/

Reasonable accommodations will be made for persons with disabilities and special needs who contact the office at least two weeks prior to the event. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

We still have many opportunities to help out.

Volunteer Opportunity	Contact	Email
Plant Sale	Jane Yahrmarkt	jmyahrmarkt@gmail.com
Floral Building during fair	Gary Fredricks	garyf@wsu.edu
Plant and Insect Clinic	Alice Slusher	alslush@gmail.com
Demonstration Garden	Carolyn Winchell	jwinchell@centurylink.net
Greenhouse	Kathy Schlaefli	moosehorns55@gmail.com
Farmer's Market	Roxanne Nakamura	roxbnak@gmail.com

There are several programs that can use your help! The biggest obstacle you will face is yourself. You just have to contact the committee chairperson and yes! You will feel so much better and the community will really benefit from your time and experience.

A big thanks go to those of you that have reported your hours. Thank you to you all who continue to give their talents and time to this community.

Announcements

Plant and Insect Clinic is fielding

In-clinic visits, calls, and emails. In office April-Oct: MWF, Nov-March: Wed. only, 10-noon. 360-577-3014 Ext. 1

All of our workshops-with slides, handouts, and videos: cowlitzcomg.com/workshops-videos

In this issue

If you enjoy the MG articles below, PLEASE LET THE AUTHOR KNOW!

- ♦ Reflections from the Garden Gary Fredricks
- **♦ 2022 Advanced Education Conference**
- ♦ Adventures on the Farm: Grapes Sara Clark
- Join the Farmers Market Team--Roxanne Nakamura
- **♦** Greenhouse Grounds Spruce-up
- Pest Management for the Lazy Gardener—
 Alice Slusher
- ♦ Plant Sale Prep—Busy, busy,busy!

Log your Volunteer Hours



wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners

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- Article Opportunity -

If you specialize in a specific type of gardening, then why not share your knowledge by writing a short article for the newsletter? It's a great way to contribute, and help inspire fellow gardeners. Not to mention that the time spent writing can be turned in as volunteer hours!

If you have an article you'd like to share, please email them to: Alice Slusher, alslush@gmail.com Articles for May issue due May 20, 2022

Meetings & Event

Foundation Meeting

No Foundation meeting in May. Next Foundation meeting: June 14, 2022



MASTER GARDENER CALENDAR

Upcoming Workshops (Zoom unless otherwise noted)

Tu May 3 Noon	Garden Tips for May	Adam Weeks
Tu May 10 Noon	Veggie gardening 101	Sara Clark
Tu May 17 Noon	Tomato support options	Alice, Nancy
Sa May 21 10 am	Plant propagation by air-layering	Trisha Bonapace
Tu May 24 Noon	Lawns	Gary
Tu May 31 Noon	Spring weeds	Jennifer Mendoza

Master Gardener Directory

SNEAK PEAK

Earlybird registration State MG Advanced Edu. Conference opens May 1, 2022

Go to Mglearns.org for detailed information. Summary:

Topics at AEC	Wide variety—something for everyone Choice of 30 classes offered in six sessions plus two General Sessions
Conference dates:	Sept. 29-Oct. 1 (Sessions start Sept. 29, but area tours start the day before on Sept 28 mglearns.org for details).
Meals included in the registration fee	Thursday evening: Social with hors d'oeuvres, Friday and Saturday mornings: Coffee/Pastries, Thursday and Friday: lunches Friday evening: banquet/Keynote Speaker.
Early Bird registration May 1-31	\$199 https://mglearns.org/registration Registration capped at 350 attendees.
Registration after May 31	\$249
Location	Olympia Hotel at Capitol Lake, 2300 Evergreen Park Drive SW, Olympia, Washington, 98502: 1-360-943-4000
Hotel Reservations	The conference rate for ATTENDEES is \$107/ night (\$130/night incl. tax), but you have to identify yourself as a conference attendee. If you call the hotel directly (1-360-943-4000—for better service, ask for Front Desk Services, NOT reservations), you can get this price and still be able to cancel your reservation up to Sept. 28.

Thursday - September 29

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8:00am - 5:00pm	Registration Open	
Morning	Enjoy a Wonderful Selection of Garden and Nature Tours	
8:00am - 7:00pm	Marketplace, Vendors, Raffle, Exhibitors and Sharing Success - Open	
10:00 - 11:30am	Washington State Master Gardener Program Coordinators Annual Meeting	
12N - 1:45pm	Welcome Luncheon	
1:45 - 2:15pm	Break - review your class schedule for the day	
2:15 - 3:30pm Session 1 Classes	 Invasive Insects, What's the Latest Cassie Chichorz Ice Age Flood, The Washington Soil Mosaic Kenneth B. Lacy WSU Online Training for Community Tree Stewards Tim Kohlhauff Growing for Foodbanks: Ten Years and New Directions Kathy Ryan Cultivating Local Foods and Vibrant Communities Jaala Smith, Henry Hayward, Kristin McIvor 	
3:45 - 5:00pm Session 2 Classes	2A Cultivating Color Lorene Edwards Forkner 2B Fire Resistant Landscaping Paula Dinius, Al Murphy 2C Plant Phenophases and Using Nature's Notebook Kristen Harrison 2D Food System Resilience for Uncertain Times Dave Seabrook 2E Inspiring Master Gardeners Around New Initiatives: Climate Action Laurel Moulton	
5:00 - 7:00pm	Reception - Appetizers/No Host Bar	
6:0-7:00pm	Reception/Annual Meeting: WSU Master Gardener Foundation of Washington State Open to all Conference Attendees	

Friday - September 30	
8:00am - 5:00pm	Registration Open
8:00am - 6:00pm	Marketplace, Vendors, Raffle, Exhibitors and Sharing Success - Open
8:00am - 9:00am	
9:00 - 10:15am Session 3 Classes	 3A Noxious Weeds and Invasive Animals: Prevention, Detection and Recording Justin Bush, Chelsea Krimme, Ann Schuster 3B Recognizing Plant Physiological Responses to Heat & Drought Stress Dr. Linda Chalker-Sco 3C Incorporating Native Plants in Your GardenMark Turner 3D The Methods, Pros and Cons of GMOs and Technology- Michael M. Neff
10.15 10.15	3E How to Pull off a Big Event - Plant Sales and More! - Cathi Lamoureux, Alice Slusher, John Strong Break
10:45 - 10:45 am 10:45 - 12:00 Session 4 Classes	4A Prepping for Success:Answering Plant Questions Outside of the Office or Lab Jenny Glass 4B Water-Savvy Garden Design: Balance Beauty, Efficiency and Good Stewardship Karen Chapman 4C Cool Plants and Other Finds in the Forest Jane Billinghurst 4D Organic Control of Vegetable Garden Insect Pests Susan Mulvihill 4E Wildfire Preparedness:The Master Gardener Role in Engaging Community Partners Al Murphy
12:00 - 1:30 pm	Luncheon & Awards Program
1:30 - 1:45pm	Break
1:45 - 3:00 pm Session 5 Classes	5A For the Love of Lichens <i>Dr. Jessica Allen</i> 5B Woody Plants for Difficult Places <i>Tim Kolhauff</i> 5C Nature's Impact on Health and Well Being <i>Dr. Kathleen Wolf</i> 5D Increasing Yields in the Vegetable Garden <i>Jim Kropf</i> 5E Where Water Meets the Road <i>Willie Slusarski, Kim Pfleger</i>
3:00 - 3:15pm	Break
3:15 -4:30pm Session 6 Classes	6A Design Makeovers for a Climate of Change Sue Goetz 6B The Microbiome of Soil Health Dr. Tarah S. Sullivan 6C Gardening to Support Pollinators Kelsey King 6D Seed Saving Phyllis Pugnetti 6E Local Food: SNAP-Ed and MG Partners Amber Noskoff, Beth Chisolm, Tricia Heimer
4:30 - 5:30pm	Reception No Host Bar Raffle will close at 6:30
5:30 - 8:30pm	Banquet and Keynote Presentation Benjamin Vogt - "A New Garden Ethic"







Saturday - October 1	
7:30 - 9:00am	Continental Breakfast
8:00 am	Raffle Close - Winners Posted at 10:15am
8:00am - 12N	Marketplace - Open
-10:15am Session 7 Classes	7A Creating Native Bee-Friendly Gardens Mary Dessel 7B USDA Farm Bill Program Resources for Home Gardeners Amy Hendershot 7C It's No One's Job to Protect Trees?! Ben Thompson 7D Natural Yard Care Jim Kropf 7E Cultivating Program and Foundation Partnerships Tana Hasart, Jennifer Marquis, TBA
10:15 - 10:30am	Break - Raffle Winners Posted
10:30 -11:30am Session 8 General Session	Special Guest Speaker - Closing Event and Sneak Peek 2023 50th Anniversary!
11:30 - 12N	Pick up Your To-Go Bag
12N	Conference End

2015 Advanced Master Gardener Conference Vancouver, WA



2018 Advanced Master Gar

opens

May 1, 2022!

2018 Advanced Master Gardener Conference Wenatchee, WA





ADVENTURES ON THE FARM: GRAPES

Sara Clark

Yesterday was a lovely day here at Brown Family Farms on 42nd Avenue. Naturally, I decided to enjoy the balmy weather by Grape Wrestling. Some might call this Grape Pruning, but the grapes call it Great Fun.

Each spring, I attempt to control the grapes. I remove 90% of the vines, choosing just a few to keep, and tying those vines down into a neat and tidy arrangement. The Grapes, meanwhile, are elbowing each other and smirking as they make plans to grow Anywhere But Where I Want Them To. (Officially, the branches on grapes are called "canes," but "vines" is more fitting to the grape's mischievous nature.) The grapes, you see, love to escape from the arbor and take a vacation exploring the countryside all summer. They especially love to travel into the branches of trees.

Grape Wrestling involves removing very healthy 30-footlong grape vines out of the branches of the trees that have the misfortune to be the grapes' neighbors. This Wrestling is an exercise in strength, agility, and dogged persistence. The grapes have deceptively named "tendrils" that wrap themselves around any branch they touch with a grip of iron. To remove one of these monster vines, I start by cutting the vine at the base, grasping the vine, and then leaping off the ladder, using my weight to pull the vine down. [The extra pounds gained during Covid have come in handy!]

If the jump doesn't work, then yanking and pulling ensues. Eventually, I do force the very tenacious vine to release its hold on the tree branches. Occasionally, the trees sacrifice a branch or two in the process, but they don't complain. The grapes are merely amused, and settle in for another year of attempting Total World Domination.

I have been growing grapes since about 1995 when I became a Master Gardener. Years ago, Gary, our Master Gardener Program Coordinator, used to let me come and "teach" the grape class. I say "teach" because back then I would mostly show pictures of my own grape arbors and answer questions by Referring To My Vast Expertise (also known as winging it). The PowerPoint presentations of today put my "Grape and Pruner" show to shame. (And let me apologize now to anyone reading this that may have suffered through one of those "lessons.")

I do recall vividly one of the questions asked by an audience member at one of my talks. He asked about how much water grapes needed. The official answer is to keep them watered about once a week the first year as needed, and less as the grapes mature. As I recall, my actual answer was less than satisfactory because the truth was, I had no idea. I did not water my grapes. Here is why: I knew my water table on the Farm was only as far down as a small child can dig.

The Farm is prone to getting temporary lakes in the winter rainy season, but in the summer, it turns into solid, hot, dry clay. One hot and very dry August day, my then 6-year-old son, Max, came in from the back yard. He was covered in mud up to his waist.

"I struck water," he said proudly.

In order to understand why this was not a huge shock to me, you have to know that we had given Max an Army trenching tool as a gift for Christmas that year. (Yes, voluntarily. Doesn't every parent?) I was also the kind of mom who sent the kids outside and told them to "go find something to do." Sigh. It seemed a good idea at the time.

Max took me out to proudly show me the hole he had created, which was thankfully not in the center of the yard. It was about 4 feet deep. Sure enough, there was water at the bottom, even in August. Since grapes send roots down about 3-4 feet, I took advantage of Max's discovery, and stopped watering my grapes.

The rest of the story: Max went on to dig a swimming hole under a Filbert tree, complete with a rope swing, which all the neighborhood kids enjoyed. Following that, he dug an entire bunker system complete with sandbags made from dirt and chicken feed sacks. He is still alive (despite many predictions of imminent death made by his parents upon discovering another one of his creations.) Oddly enough, though, I have never been asked back to teach the grape class. The grapes, I assume, are happily plotting their next trip to the top of the trees.

*The name Brown Family Farms came from a time when my name was Sara Brown. I have since remarried, but the Farm has kept the name. It is 2/3 of an acre with 32 fruit trees, 10 blueberry bushes and 15 chickens. And, I admit, evidence of my Grape Addiction: 13 grapes.



JOIN THE FARMERS MARKET GANG!

Job Description



- ⇒ Wear aprons, name tags Optional: wear pins
- ⇒ 8:30am: Meet at the Cougar Cottage. Move FM supplies to market and set up the canopy, tables, pamphlets and brochures and flower bouquets for our tables
- ⇒ Greet people and invite them to the booth
- ⇒ Give out samples such as WA state fruits and veggies, and information
- ⇒ Engage kids with small projects and coloring pages, crayons
- ⇒ Listen actively to questions and concerns and guide problem solving by asking questions and clarifying cultural practices.
- ⇒ Offer suggestions based on research-based information from WSU and other .edu sources
- Send clients to PIC with a map to the office and hours

- ⇒ Give instructions on how to bring good samples to PIC
- ⇒ We tell folks about other services like classes, the demo gardens and plant sale
- ⇒ Take down canopy and booth at 2pm and transport to Cougar Cottage
- ⇒ Breaks: visit booths and talk to vendors. Buy kettlecorn, veggies and crafts
- ⇒ Shifts: 2 or 3 hours We have our booth every other Saturday starting May 7, 2022 until October

GREENHOUSE GROUNDS SPRUCE-UP



Many thanks to the volunteers who all helped to make an amazing difference on our Greenhouse campus!

Here is a slideshow of the action.

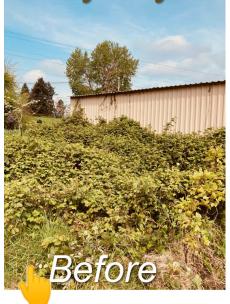
- ⇒ Sara and Monte Clark
- ⇒ Judy and Jim Pollock
- ⇒ Diamond Fleming
- ⇒ Charlene Pretty On Top
- ⇒ Wanda Hamm
- ⇒ Tom Mallery

Why let them have all the fun? Next time a cleanup is scheduled, please stop by and join the fun!

Greenhouse Rhubarb Patch









ADVENTURES AT THE GREENHOUSE

SARA , THE MOLE, AND THE USUAL SPOT





PEST MANAGEMENT FOR THE LAZY GARDENER

Alice Slusher

I've always been a fairly lazy gardener—I grow minimal-care plants, water them once in a while, and if they live, fine. Every spring in Ohio, aphids would colonize and curl the leaves of my snowball viburnum, and every summer, the Japanese beetles would chew on my roses. The pests eventually went away, and my plants lived to bloom another year.

One year, the Japanese beetles were so destructive that they completely defoliated our clump birch tree (little did I know that birch is Japanese beetle candy). I confess that I got some Sevin (Carbaryl) and, with nary a glance at the instructions, sprayed

the 30-foot tree, insecticide mist gently wafting down over my flowering bedding plants and onto my face and clothing. Miraculously, I didn't suffer any ill-effects, but I shudder to think how many bees and other pollinators I poisoned that day.

It turns out that benign neglect isn't such a bad way to garden. It takes some planning and monitoring, but you can reduce the use of pesticides in your garden and landscape by following a few simple rules.

You've heard it before, but a plant that loves where it lives doesn't become lunch for pests or get sick very

often. Plants have sun, soil, irrigation, nutrient, and spacing requirements—plant them where they get what they need. Proper care and watering go a long way in helping your plants resist disease and pest problems.

Water at ground level—keeping water off the leaves will help reduce plant disease. Pruning also helps open airflow to prevent fungal infections from overtaking your plants. Always clean up dead leaves and fruit—water splashing on infected plant debris keeps the disease cycle going from season to season.

The most crucial part of any garden care is consistently going out every few days and carefully looking at your plants. Carry a trash bag and pruners, wear gloves and look for caterpillars, rolled or puckered leaves. Your thumb and forefinger are very effective squishers. Prune off any spotted leaves or damaged stems. Keeping a close eye on things will stop a small problem from becoming a large one.

Learn to tolerate minor pest issues—no garden or landscape is pest-free. Minor infestations such as aphids will send chemical distress signals to the cavalry of beneficial insects. And once they arrive, there has to be something to eat. Don't run for a spray when you first see an insect.



USING PESTICIDES

Chemicals, even organic ones, also kill the tiny garden defender insects, which can inadvertently worsen a pest problem.

Use row covers on vulnerable plants. For example, when you expect to see those little white butterflies or brown moths fluttering around your garden, cover your broccoli, cabbage, and Brussels sprouts so you won't have cabbage loopers and cabbageworm caterpillars eating your plants. It keeps the bugs out and lets the sunshine in!

Plant lots of flowers that attract tiny beneficial insects to your garden. You can't plant too many! Sweet Alyssum, catnip, Agastache sunflowers, daisies, umbel plants like parsley, cilantro, dill provide

pollen for these tiny critters that work hard to keep the pesky bugs away.

Now I have to say a few words about using pesticides, even organic ones, in your garden and landscape. Chemicals also kill the tiny garden defenders, which can inadvertently worsen a pest problem.

Use pesticides as a *last* resort. When you do, make sure the pest is listed on the label. Call our free Plant Clinic at the WSU Extension so we can identify it for you. The label instructions explain how to use it effectively and safely. It's essential



PEST MANAGEMENT FOR THE LAZY GARDENER

Alice Slusher

to follow the directions to protect yourself, the environment, and our precious pollinators and other beneficials. Many pesticides should only be applied at dusk when the bees are in bed to allow the leaves to dry overnight. Never apply chemicals to a flowering plant. Spot-spray only and use carboard to protect surrounding plants from the spray. Use a strong stream of water to knock down soft-bodied insects like spider mites and aphids prior to treating them. Don't use home remedies, such as dish soap—most of them are phytotoxic—they hurt plant tissue.

People want to know if there are specific pesticides that would be reasonable to have on hand. Avoid synthetic chemicals—

they remain on the plant for a long time, killing both good and bad bugs for a long time.

There are a number of low-risk pesticides that are exempt from EPA registration, mostly based on plant-derived volatile oils. They vary greatly in effectiveness.

Here are some lower toxicity EPA registered choices: BT (*Bacillus thuringiensis*) products kill caterpillars (both good and bad, so get a positive ID). Products containing neem oil, insecticidal soap, pyrethrins, or spinosad are reasonable choices, but you must apply them at dusk during dry weather.

Fungicides containing copper, sulfur, and neem oil



IF YOU DO USE A PESTICIDE

Choose the least toxic option.

Never use a pesticide when a plant is in bloom.

Knock down soft-bodied pests (e.g. aphids, spider mites) with water before using pesticide.

Read and follow all label directions.

Spot-spray only and cover nearby plants.

can be safely used according to directions, but avoid chlorothalonil products because of their bee toxicity. Don't use products that contain several active ingredients-usually listed as 3-way or 4-way protection. Check the label. Your goal is to target one problem and minimize danger to beneficials and pollinators.

And the last step in managing pests and disease in your garden and landscape? Get out there and monitor frequently—it's a never-ending but pleasant task—take a cup of coffee or tea and keep an eye on things. I think you'll find that keeping your plants healthy and working with nature's beneficial insects will

help you reduce the use of chemical options. Enjoy the coming growing season!

For more information, and to look up the toxicity of various pesticides:

Grow Smart Grow Safe

https://www.growsmartgrowsafe.org/Products?pesticideTypeId=14

Huge list, starting with non-EPA lowest risk, moving to EPA registered pesticides from least-to-most toxic.

Bee precaution pesticide ratings (University of California IPM)

https://www2.ipm.ucanr.edu/beeprecaution/

Guide to organic Fungicides and their effectiveness

https://pubs.extension.wsu.edu/organic-fungicidesfor-the-home-gardener-home-garden-series (Click "Download Now)



LOTS GOING ON THIS MONTH!

PLANT SALE PREP!! (Sign up to help! https://signup.com/go/xaTEPmp)

We're **GROWING!**

Our plant sale is on track to be the most successful ever!

Thanks to everyone who is helping—at the green-house, growing at home, helping behind the scenes. And a special thanks to the Plant Sale leadership this year: Jane Yahrmarkt (Chair), Jen Swanson (Co-chair), Kathy and Brian Schlaefli, Art Fuller, Jerry Winchell. We appreciate your organizational skills and your willingness to take on this huge responsibility.



Patricia Bosh and Sue Fardell are taking tons of photos journaling the 2022 greenhouse plant sale growing. Be sure to take a look at the slide show!

We're getting the word out!

Behind the scenes, the Communications Committee, Nancy Andrews and Alice Slusher, are working to get the word out on Facebook, through Gary's email list, and on our website. They're also working with the leadership to provide signage for the Sale. Take a look at the preliminary plant lists—cheat sheets for MGs and for the public so they'll know all about their choices, including which are best for higher elevations and which work well in containers.

Tomatoes

Peppers (Some sizzling selections!)

Other Veggies

Flowers

Herbs, Trees, Shrubs, Fruit

Thanks to the Facebook Sharing team, Jan Heaton, Jeannette Fedorka, Judith Toth-West, Kate Martin, Mardell Pettit, Patricia Bosh, Sara Clark, Patti Bor-

Sign up: help with the

There are a few spots left—and we need you!!

https://signup.com/go/xaTEPmp



LOTS GOING ON THIS MONTH!

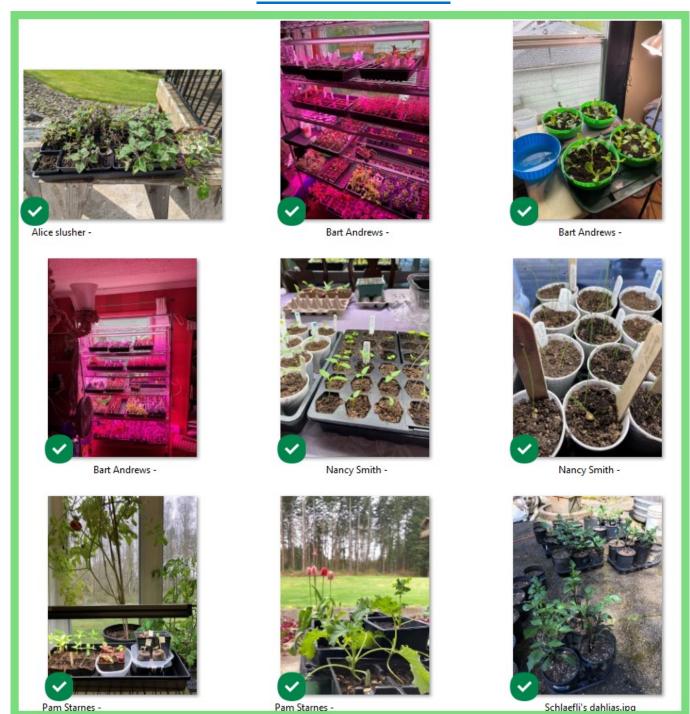
PLANT SALE PREP!! (Sign up to help! https://signup.com/go/xaTEPmp)

The Homegrowers are GROWING STRONG!

This is just a small example of what's growing for the plant sale in MGs greenhouses and kitchens!

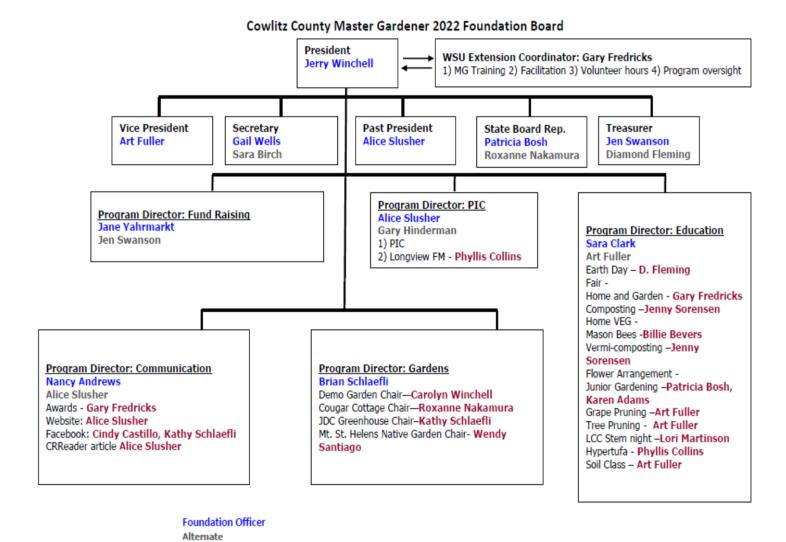
To see what others are growing, as well as the crafts that are being made, see the

list on our website:



MEETING MINUTES

Minutes April 12, 2022





Program Chair