



# Master Gardener Newsletter



WSU EXTENSION  
Cowlitz County

AUGUST 2023  
304 COWLITZ WAY,  
KELSO, WA 98626

## REFLECTIONS FROM THE GARDEN *Gary Fredricks*

### One Big Happy Family

*“A positive attitude may not solve all your problems – but it will annoy enough people to make it worth the effort.” ~ Herm Albright*

There are times when we attend an event and walk into a room full of strangers. When it has happened to me, I feel a little intimidated. It can be uncomfortable walking up to strangers and trying to start a conversation. One doesn't want to say the wrong thing and look foolish. Most groups are welcoming, but there have been a few times when I felt ignored or targeted. No one greeted me or made me feel welcomed. After a few brief uncomfortable conversations, I was off to the side of the room to stand and just listened to conversations.

As individuals, we share differences in nationality, lifestyles, religion, backgrounds, sexual orientation, opinions, physical or mental limitations, and other traits. It is important to remember that as a WSU MG volunteer we remain welcoming to everyone no matter who they are. As a WSU MG, we need to show respect in our actions and discussions to all those we encounter including both other MG volunteers and clientele. While you have the right to disagree with the opinion of someone, we should never target a person for who they are. We need to be always respectful to everyone. Even when comments are made innocently in a small group, they may be heard by others and can cut deep. We cannot always recognize the diverse backgrounds of a person by looking at them. This gives an even stronger reason to be always respectful of our conversations and actions.

While you all joined the MG for many reason, one of the biggest reasons that keeps members coming back is they feel welcomed by the members. Gatherings are a mixture of handshakes, smiles, and laughter. Add in a potluck, and the good times can go on for hours. Our organization is a mixture of diverse people that share a love of gardening. The diversity of our members is a great strength of our organization. I encourage you to continue to open your hearts and minds to all those around you. Let us invite people in by our actions.

As we continue to add more volunteers to our ranks, it is essential that we continue to greet them with open arms. One such opportunity will be at the **potluck on Tuesday night (September 5) at 6:00 p.m.** It will certainly be a time to welcome new faces and enjoy time with old friends.

**As a final note, please report your hours. Every hour reported makes a difference.**

### WSU Extension Office

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Extension Director,

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### WSU Gardening Websites

[mastergardener.wsu.edu/](http://mastergardener.wsu.edu/)

[gardening.wsu.edu](http://gardening.wsu.edu/)

[cowlitz.wsu.edu](http://cowlitz.wsu.edu/)

### HortSense Fact Sheets

[hortsense.cahnrs.wsu.edu/](http://hortsense.cahnrs.wsu.edu/)

### PestSense Fact Sheets

[pestsense.cahnrs.wsu.edu/](http://pestsense.cahnrs.wsu.edu/)

### WSU Educational Pubs

<http://pubs.wsu.edu>

### WSU Cowlitz Co. MGs

[extension.wsu.edu/cowlitz/mg/](http://extension.wsu.edu/cowlitz/mg/)

### Master Gardener Foundation

[www.cowlitzcomg.com/](http://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.*

# Announcements

## Plant and Insect Clinic is open!

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](http://cowlitzcomg.com/workshops-videos)

## In this issue

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

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Log your Volunteer Hours



[wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners](http://wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners)

[wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners](http://wsu.givepulse.com/group/453100-WSU-Cowlitz-County-Master-Gardeners)

## - 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](mailto:alslush@gmail.com)  
**Articles for September issue due September 20, 2023**

# Meetings & Event

## Foundation Meeting

SEPTEMBER 12, 2023

10 am- ZOOM



MASTER  
GARDENER  
CALENDAR

## Upcoming Workshops

(Tues. 12 pm on Zoom unless otherwise noted)  
[cowlitzcomg.com/public-events](http://cowlitzcomg.com/public-events)

|                   |   |               |
|-------------------|---|---------------|
| 9/5               | Waterwise gardening with drought-resistant plants | Alice Slusher |
| 9/7-6pm in person | Seed Saving-- Training Center                     | Alice Slusher |
| 9/12              | Growing Garlic                                    | Billie Bevers |
| 9/19              | Composting  | Art Fuller    |
| 9/26              | Dividing Perennials                               | Gail Gibbard  |
| 10/3              | Putting your Garden to Bed                        | Art Fuller    |

Master Gardener  
**Directory**

On members' page of website

# Foundation Announcements

## Art Fuller (Master Gardener Foundation of Cowlitz County, President)

### An Accident Waiting to Happen

All of our Master Gardener volunteers and other extension volunteers that have visited the Cougar Cottage, have seen the rapid deterioration of the entryway door, the ramp, the deck and the railing. When accessing the cottage several people have went through the deteriorated and weakened steps and ramp. The glass panel on the right side of the door was slowly getting broken into. The door was so rotted at the bottom of the casing that it was not going to take much to kick it in. The deck railing was non-existent. Over time many Band-Aided repairs were made.

Gary Fredricks was informed and action was taken. He went to the county and requested support. The county came through with financial support and Gary relayed this information back to the Foundation. I drew up some plans for making permanent repairs to the door, decking and ramp and gave Gary the estimated cost of materials. Gary took the estimate back to the county and they quickly accepted the estimate.



Now the fun part was to get a team of volunteers together to do the repairs. What better group to gather up were the people who helped build the crafts for our plant sale and other construction that was done throughout our organization.

On 2 August I went down to Home Depot in Longview and placed the order. The county came down the same day and paid for the supplies needed. Home Depot did a great job getting all the materials gathered. Bright and early on 4 August the order got picked up and Mark Atkinson, John Walters (Jen Swanson's husband), Dale Wheeler, Jerry Winchell and myself dove into the repair.

The demolition went quickly due to the deteriorated condition of the project. We quickly found out during the demolition more damage was there than initially assessed. Luckily, some of the wood from the demolition could be repurposed to repair the unexpected damage. Out of the blue around noon Jen Swanson showed up and went to pick up a much-needed lunch for the team working the project. By the end of the 1<sup>st</sup> day the damaged flooring was repaired, new door was installed to include the rebuilding of the exterior wall, and the majority of the new ramp was finished.

The team came back early on Sunday, 6 August to complete the project. Decking and steps were removed and replaced and new railing was installed around the deck, steps and ramp. John laid tile at the entryway, plied caulking around all the seams and added the finishing touches to the door.



# Foundation Announcements (continued)



I couldn't have been more pleased with the outcome and how quickly the long-needed repair was accomplished to the cottage by this great team of volunteers. If you have time stop by to see the new cottage looks.

Once again, a few changes within the Foundation. Once again, a couple of people have quickly stepped up to fill some open positions within our organization. Please congratulate and thank the following volunteers for filling the vacant positions:



**Marsha Tisdale** was appointed by majority electronic Board email vote on 20 July 2023 as Master Gardener Foundation of Washington State Representative assisting Patricia Bosh. A little about Marsha: She is new to the MG program as of 2023. Her background includes preliminary work in office administration, 30 years of teaching and then working in the accounting and tax industry since 2004. She has a Bachelor's in French, a Master's in Education, and an additional Master's in Accounting & Finance. She currently owns and runs her own tax business, has a husband, three kids and a cat. She loves gardening, dancing, reading, and researching genealogy. She is a people-person and loves to mingle and help.



**Tom Myklebust** was appointed by majority electronic Board email vote on 1 August 2023 as Chairperson to Extension Office Demonstration Garden. A little about Tom: He went to Horticulture Battleground Highschool from 1978-1982. Between 1976-1986 he worked on his family's cattle ranch & logging company. 1987-1999 he worked as a property manager and in 1996 earned his BA in Marketing from Concordia University. In 2000 he established and opened Myklebust Landscape & Nursery. Then he took the MG class in 2023 and quickly got involved in our great organization.

**Welcome to our new team members!**

Thanks to all that step up throughout our whole organization. You are all greatly appreciated. Thank you for all you do.

Art Fuller  
Master Gardener Foundation of Cowlitz County, President



# MGs Reporting: Winter Magic

## Winter Magic No-Dig Lawn-to-Garden Bed Transformation



A couple of months ago, I promised I'd share a way to very quickly (no digging) convert a section of your lawn into a new garden bed using common, sustainable materials—completely avoiding the use of chemicals. The technique involves covering the existing lawn and unwanted vegetation with layers of cardboard (optional) and mulch.

I got a jump start in my landscape this summer—I'm converting an area where nothing grows into a new, drought-tolerant, pollinator- and beneficial insect-friendly bed. I started it in late June, and I plan to get some perennials and shrubs in it before the rain begins in autumn. With the methods below, start now, and you'll be ready to plant next spring.

There are as many ways to create no-dig garden beds as recipes for chocolate chip cookies. I'll give you the easy method and a more involved approach.

Both start with deciding where you want the new bed. I used a garden hose to outline the shape and contours. Next, cut the grass or weeds as close to the ground as possible. Use a pitchfork to loosen the soil (don't dig). This aids airflow and water movement—especially useful for compacted clay soils—then water slowly and thoroughly with a sprinkler for a couple of hours.

The following (and final) step is for those who want the easy way. This technique improves the soil, inhibits weeds and weed seed germination, and is the optimum way to prepare permanent landscaping beds for trees, shrubs, and perennial flowers. Simply add a 12-18-inch

layer of free arborist wood chips. Take your truck and fill it up at the east end of Roy Morse Park on Mt. Solo Rd. in Longview. That's it. You're done! You can add a layer of cardboard under the chips, but it really isn't necessary.

The "lasagna" recipe method adds extra steps and ingredients to ensure great soil. It's perfect for veggies or annual flower beds.

Scalp, aerate, and wet the soil as described above. Completely cover the entire designated area with overlapping cardboard pieces (non-coated, tape removed) or several layers of newspaper to block the sunlight from reaching the underlying grass or weeds. I poke small holes in the cardboard with the pitchfork to hasten decomposition. Moisten the entire area, then spread a two-inch nitrogen layer, such as compost, well-rotted manure, or green grass clippings. Next, add a two-inch carbon layer—straw (not hay), wood chips, dry leaves, or sawdust. Repeat these two steps until it's piled 12-24 inches thick. Moisten well after every carbon layer. Top it all off with arborist wood chips or mulch, and wet it down again. Your mound will compost over the winter, shrink down, and be ready to plant in spring.

For either method, take care to keep it moist until the fall rains begin.

To plant next spring, rake back the mulch where you want to plant. If you laid down cardboard that hasn't decomposed, cut an X in it and, make a hole and circle wide enough to accommodate your plant. Refill the hole, keep the mulch about 6 inches away from your plant, and water it in well. Rinse and repeat! Enjoy your new garden bed!



# MGs Reporting: Winter Magic (continued)

This is how I made my “hurry up” version of a new bed. I want to plant in October, so I followed the first steps. Then I added some green grass clippings and sprinkled 30-0-0 fertilizer on the cardboard. Wetted it all down. Then covered it with topsoil, then “Rocket Compost” from Four Corners Garden Supply in Castle Rock, then added mulch. I wet it down, covered it with plastic to cook in the hot sun for 3 ½ months. Even now, there is condensation visible beneath the plastic. If I were doing it over the winter, I would opt for 14 inches of arborist wood chips. Would have saved a lot of time and money!



# MGs Reporting: The Show of the Century

By Carolyn Winchell

I have entered three paintings in the Broadway Gallery's "The Show of the Century." The works that get the most votes from gallery visitors wins! The show is running the entire month of August.

Editor's note: Get out there and vote for Carolyn's gorgeous paintings!



Works in progress--Artist at work!  
This one isn't on display.



# MGs reporting: In Honor of Pollinators

## In Honor of Pollinators: Moths

Roxanne Nakamura

Bees are the recognized primary pollinators of many flowers but let us not ignore our softly fluttering friends of the night and day. Cousins of butterflies, and moths actually pollinate more species of plants than bees or butterflies. Caterpillars are a valuable source of food for birds and other creatures. Most moths are not pests. Moths are known to pollinate strawberries, stone fruits, red currants, and many native plants. A moth's long proboscis can reach into deep flowers where they inadvertently pick up pollen and spread bits of it efficiently to nectar-bearing flowers, including some flowers that bees skip!

US beekeepers lost 45% of their managed bee colonies in 2020 to 2021. Scary. I believe we will depend more on moths as bees decline. Moth species outnumber butterflies 10 to 1 but moth populations have declined by 10% each decade in our lifetime. We can help with their survival. Make a habit of turning off lights, use yellow lights rather than white. Do not use bug zappers. Look into creating a moth-friendly garden. The night workers are attracted to light-colored, fragrant flowers (moths can see, smell, and hear!). Provide for moths' needs with flowers such as petunias, honeysuckle, cleome, and impatiens. Native plants such as mock orange, evening primrose and pussy willow are frequented. Have a shallow source of water and places to rest and hide. And remember to Leave The Leaves! this fall to protect their overwintering places.

Article by Roxanne Nakamura, Cowlitz Co. Master Gardener

Sources:

- [One Earth](#),
- [In Defense of Plants podcast](#)
- [Florida Museum](#)
- .edu entomology sites:
  - <http://pnwmoths.biol.wvu.edu>
  - <https://aaes.uada.edu/news/night-pollinator/>
  - <https://arboretum.harvard.edu/stories/the-intertwined-attractions-of-plants-moths-and-people/>



Image from: 10000thingsofthepnw.com



Image from: 10000thingsofthepnw.com





# MGs Reporting: Plant Donations

## Plant Donations Come From Homeowners

Roxanne Nakamura

A couple in Castle Rock has generously invited Cowlitz County Master Gardeners to collect plants from their landscape. Lacey, homeowner and mom, wants to revamp the landscape to make space for more lawn for her two young children and happy pinecone-retrieving lab.

The previous owner's son created a landscape of **native plants, specialty perennials and shrubs, and several species of bamboo**. A group of us visited the site and it was exciting to see all the **beautiful healthy plants**. We identified many and learned about more species.

On a warm sunny day, several of us collected trunk loads of plants. Many more plant varieties are waiting for us to dig! A potting party the next week processed the plants at the Master Gardener barn. The lights, large table and friends made the job easy and fun. Kudos to Carolyn, Jenny, Jen, Patricia, Jo and Roxanne for continuing the tradition of potting collected plants for our programs.

We can add plants to enhance the demonstration garden, and more are being fostered at MG homes for next year's plant sale.

We invite all our MG volunteers to learn more about identifying, collecting and growing beautiful plants by participating in this important project.



# MGs Reporting: Supplies Needed & Cowlitz Co Fair Floral Show

In need of Scrap Wood and Miscellaneous items

Used or scrap pieces of:

- 2" x 4" various lengths (8" or longer).
- 2" x 6" various lengths (12" or longer).
- 4" x 4" various lengths (12" or longer).
- 1" x 6" cedar fencing various lengths.
- plywood - 1/2", 5/8" or 3/4"
- 3/4" pine, fir or cedar - 8" or longer, any width.

1 gallon glass jars.

All of these items are transformed into craft projects for the plant sale and help in our fund-raising process. Thanks for the donations!

**Contact Art Fuller, 369 785-0298**



## Cowlitz County Fair Floral Show

Roxanne Nakamura

I had so much fun at the Cowlitz Co Fair Floral show! I first volunteered for a shift to place floral entries on the tables, and I was told they would take entries that hadn't been pre-registered. The next morning I was cutting flowers all over my yard at 6 am. I got to the floral building at 7 am, knowing it would take until the deadline at 9:00 to prepare the entries. It was exciting and fun! I had very kind and patient help with registering each vase of flower. Flowers not needed were put in bouquets to fill in the tables. I cut flowers from the beautiful, groomed demo garden for flowers needed to fill in the tables. I was careful to just take stems that wouldn't show, from the back of groupings and ones leaning onto the paths. I hope that was ok. During the fair, I circulated in the floral displays, chatting with visitors. I was proud to represent master gardeners with my blue apple and name tag. When I needed to rest, I sat at the welcoming table. I love how nice master gardeners are.



Swan Island Dahlia Festival

<https://www.dahlias.com/our-farm/annual-dahlia-festival/>

Garden watering frequency-best practices

<https://www.cleanaingardening.com/garden-watering-frequency-best-practices/>

Order your native plants now!

<https://sparrowhawknativeplants.com/collections/frontpage>



# MGs Reporting: Demo Garden Bench & WSU Magazine - 50 Years, 50 States



Master Gardener 50<sup>th</sup> anniversary tribute in the Fall 2023 WSU Magazine

This is a great article celebrating the WSU Master Gardener Program. Take a moment to read it—and share it with your family and friends!



Image linked to: [50 years, 50 states | Washington State Magazine | Washington State University \(wsu.edu\)](#)

Doug totally surprised us last Thursday with a gorgeous cedar bench. It's bolted down really well too! Come on over to the Demo Garden and check it out.

Three cheers for Doug!!!

## REMINDER:

If you would like to use the Extension Office Conference Room, you must reserve it ahead of time with the administrative assistant, Stephanie.

The MGs are only one of the Extension groups that use the room. Thanks!



# MGs reporting: WSU Master Gardener Endowed Chair Campaign

## WSU MG Endowed Chair Campaign


We use knowledge to empower healthy and resilient communities, but what if we could do more?

The WSU Extension Master Gardener Program is raising \$1.5 million to hire a horticulture professor fully dedicated to the Program and to the volunteers who give their time and talents.

Learn how your gift will support a greener, healthier Washington when you give to the WSU Extension Master Gardener Endowed Chair Fund.

To support this campaign, scan the QR code or visit [mastergardener.wsu.edu/how-to-donate](https://mastergardener.wsu.edu/how-to-donate)

**A SEED**  
*planted today*  
**is a GIFT**  
*for tomorrow*

 WASHINGTON STATE UNIVERSITY  
**EXTENSION**

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# August 8, 2023 Meeting Minutes



Earth is here so kind, that just tickle her with a hoe and she laughs with a harvest.

## Cowlitz County Master Gardener 2023 Foundation Board

