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August 2015

A PUBLICATION OF THE DALLAS CHRONICLE & HOOD RIVER NEWS

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ON THE COVER:

Heat exhaustion can be avoided by following the advice Rhea Hergenrath of Good News Gardening gives to all her customers and employees: "Get up early, and then get out of the heat," she explained.

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A tree full of orchid blossoms

LEE REICH

Associated Press

I stopped to stare at some buckets of flowers at a farmers' market last Sunday. The white flowers, their throats speckled purple and yellow and grouped together on stalks like a candelabra, looked almost like orchids. But there's no orchid that showy that could be harvested in such quantities in a cold-winter climate.

Buckets and buckets were overflowing with these flowers; even an average-size greenhouse couldn't supply that many orchid blossoms at once. The flowers were not orchids, of course. I stared and scratched my head, and then was embarrassed when the farmer told me what they were: catalpa flowers.

Catalpa. One of my favorite trees. I'd always admired the blossoms en masse and from afar, as they decorated enormous trees. Now, here they were, up close and bunched together in buckets.

AFFECTION FOR CATALPA BLOSSOMS

Catalpa has a lot going for it besides beautiful flowers. It tolerates all sorts of growing conditions: heat, cold, wet soils, dry soils, pollution, sun and shade.

Catalpa's leaves, as well as its flowers, evoke the tropics. The leaves are large, up to about a foot long, and heart-shaped.

It's a wonder that more people don't plant catalpa trees. One reason is that catalpa can be a big tree, and a behemoth 75 or 100 feet tall and half that width is too large for many yards. (A southern species, also quite cold-hardy, grows to only half that size.)

NOT FOR EVERYONE

The main reason people don't plant catalpas is because the trees are considered messy. Those large leaves look dramatic hanging on the branches but once they drop ... well, they're not as attractive flopped down on a lawn. And then there are the fruits. Catalpa is also known as Indian Pipe or Indian Stogie for the foot-long, half-inch-wide brown fruits that dangle in profusion from the stems. They drop in autumn and winter, and some people object to those stogies on their lawn. Some people also don't like the dropped flowers littering the lawn. But wait a second here: I don't consider a lawn awash in orchid-like blossoms to be littered!



A Catalpa tree.



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When it's too hot for even the bugs

Advice for gardening in the summer heat

By **Delaney Filby**
The Dalles Chronicle

Although there are many negative factors that come with gardening during the summer months, bugs are not one of them.

Rhea Hergenrather from Good News Gardening in Hood River has no customers coming in with bug problems. "I wonder if it's even too hot for them," she said.

The summer months and their heat may bring relief from bugs, but it can also bring other dangerous circumstances for gardeners and their plants.

Heat exhaustion is easily avoided by following the advice Hergenrather gives to all her customers and employees at Good News Gardening, "Get up early, and then get out of the heat."

If you must work out in the heat, it is important to stay hydrated, wear a hat, and "know your limits," says Hergenrather.

Drinking water and taking breaks are effective ways to remain healthy while working outside in hotter temperatures.

Though some people drink electrolytes or have other remedies, Hergenrather emphasizes, "The best thing to do is to get out of the heat."

Gardeners may struggle with the heat, but there are some plants that thrive during the fiery summer months.

According to Hergenrather, two kinds of plants do well in the hotter temperatures: heat-resistant plants and plants that love heat.

Plants that really love the heat include perennial hibiscuses, Russian sages, and herbs like lavender and rosemary. Fruiting plants that flourish in hotter temperatures include peppers, basils, tomatoes, eggplants, and sweet potatoes.

If plants do not fall under the "love heat" category, there are ways to protect them.

Hergenrather says that some of her customers use shade cloths and misters to help protect their plants. But another layer of protection is to use mulch on the ground.

"We always recommend mulching your plants," says Hergenrather. During the summer months, compost and bark chips are best. Hergenrather does not recommend using straw, except during the winter.

Straw can contain seeds which can take root in the garden and require



Mark B. Gibson photo

DURING HOT WEATHER, gardeners are well served to water, fertilize and pull weeds early in the morning when temperatures are still cool.

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weeding.

Of course, watering is the best defense against the effects of the sun, she said.

Hergenrather advises gardeners to use a drip system rather than overhead sprinklers. When water spends time in the air, it evaporates before reaching the plants, making it less effective.

"If you're just standing there with a hose in your hand, you won't be doing much," she says.

Hergenrather recommends that people "check your plants" for stress during hot weather. To see if they are absorbing the water, pull back the mulch, dig 1 to 2 inches and see if the water has saturated the ground.

"Deep watering is pretty important right now," says Hergenrather.

Make sure to...

- Start early and get out of the heat of the day
- Stay hydrated and rested
- Water your plants with a drip-system
- Use mulch
- 'Check plants' to see if the ground is saturated with enough water



A SUNFLOWER is seen through the spray of a sprinkler. During hot weather, water becomes even more important in the garden. Below, a squash climbs a garden fence in Wasco County. Some vegetables love hot weather, provided they receive enough water. Photos by Mark B. Gibson



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Sweat the details like doorknobs and handles

MELISSA RAYWORTH

Associated Press

It's a small thing, often overlooked amid major items like furniture and paint colors when you're decorating a room. But don't underestimate the power of household hardware.

These small items — doorknobs, drawer pulls, cabinet-door handles — are “the jewelry” that can add style and sparkle to any space, says New York-based interior designer Young Huh. Just as the right necklace can turn a simple dress into a fashion statement, a striking new set of knobs on an old cabinet, or vintage crystal doorknobs can bring a huge dose of style to your home with minimal expense, she says.

In many homes, these hardware items are mostly ignored. Interior doors may have mismatched, inexpensive knobs that were installed at different times. Drawers and cabinets may have functional but unappealing knobs or bars.

Swapping these items out is often easy, and Los Angeles-based designer Betsy Burnham says her clients are frequently surprised at the visual impact of something as simple as carefully chosen hardware. Last summer, she added door pulls made of rope tied in small nautical knots



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The Dalles Imagination Garden,
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to the built-in cabinets at a California beach house, inexpensively adding a dash of personality to the space.

Here, three interior-design experts — Huh, Burnham and designer Brian Patrick Flynn of Flynnside Out Productions — offer advice on choosing the right hardware and using it to coordinate the look of a home.

TRENDS

One of the most popular styles now is lacquered or aged brass. “Ten years ago,” Huh says, “it was all about nickel: brushed nickel, shiny nickel. Now it’s the resurgence of brass.” Designers are using “bold tones, and things that look worn,” she says, by installing unlacquered brass that tarnishes over the course of a year, or paying extra for “pre-antiqued” brass that already has a colorful patina.

Flynn uses a lot of brass, especially “satin or antique finishes, because they’re more sophisti-



cated and less formal than polished, glossy styles.”

In addition, “a newer option I’m seeing and totally love is matte black hardware,” he says. “This is excellent for modern kitchens or for adding dark contrast to an otherwise light and bright space. The matte finish helps camouflage any scratches or smudges you’d deal with on glossy black pulls

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Right at Home: How to decorate when you move a lot

KIM COOK

Associated Press

Call them the “turtle” generation, carrying their belongings with them.

Millennials — those born between the early 1980s and the early 2000s, approximately — are a mobile generation, according to a study released in March by the U.S. Census Bureau. Only about 24 percent of the total population, they make up over 40 percent of movers between 2007 and 2012.

They’re moving for lots of reasons: a better apartment; a more convenient neighborhood; a job; education; a new city with a more attractive lifestyle.

“Young adults are highly mobile,” says Joe Cortright of City Observatory, a Portland, Oregon-based urban think tank. “They’re voting with their feet for the kinds of metropolitan areas and neighborhoods they want to live in.”

They’re all about carrying a limited number of possessions, says Rebecca Ryan, economist and futurist at Next Generation Consulting in Madison, Wisconsin.

“They don’t want to live in a big house; they want to have a big life. And part of that is living minimally, so they have as much flexibility as possible,” she says.

Value is placed on furnishings that are stylish and versatile.

So for them — or anyone wanting to keep the moving truck fees to a minimum and still have a smart-looking home — what are some options?

LIVING ROOM

Boston Interiors offers a number of versatile items at an easy price point. The Plantation storage trunk, crafted in warm Himalayan sheesham wood, offers capacious storage while serving as a handsome coffee table. The Emmett leaning desk has two fixed shelves and a writing platform. At only about 30 inches wide, it has a small footprint and transports



easily. And the Hyannis flip-top table has a chunky, farmhouse vibe. You could use it as a desk, dining table or console. See www.bostoninteriors.com.

Ikea’s Friheten sofa is a sofa, chaise and double bed in one, with a bonus: The chaise can be switched left or right, depending on the configuration of the room. It comes flat-packed in three boxes. See www.ikea.com.

Sauder has a new line conceived by furniture designer Shawn Sowers that includes coffee and side tables, a bookcase inspired by industrial scaffolding, and a media cabinet. A mix of textures and materials like brushed bronze, ebonized veneer, copper and glossy white metal make for a design-forward collection. Sowers says stylish furniture for millennials has to be easy to pack up and move to the next home. So everything’s shipped in heavy-duty cartons, assembling and disassembling with a few simple tools. See www.sauderboutique.com.

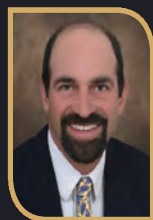
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BEDROOM

Instead of a bulky, wood-frame box spring, consider a simple platform bed on which you can drop a futon or memory-foam mattress. Wayfair has options in various finishes that assemble and disassemble quickly. See www.wayfair.com.

If you're due for a new mattress anyway, consider one of the new memory-foam mattresses that ship rolled up like a big sleeping bag. Time the order to arrive on your move-in date. Safavieh has a high-quality option in all sizes. See www.target.com.

DINING ROOM

Pieces that serve for both work and dining suit the millennial lifestyle.

New at Ikea, Backaryd and Karpalund tables feature a slim, fiberboard slab top that can be put on powder-coated steel legs; everything unscrews quickly when it's time to move.

Target has some bent plywood stacking chairs with contemporary dash.

Tick-System has sets of universal-size table legs that look like giant paper clips. Attach them to any table top — marble, MDF (medium-density fiberboard), glass, wood; you can get creative with a found piece. See www.tick-system.com.

STORAGE

Open shelving in white, wenge or cherry finish are useful for books, display items, room division and other storage. At Dania, find several that can be used vertically or horizontally, and some come with casters. See www.daniafurniture.com.

Ikea has some bamboo storage modules that can be arranged lots of different ways, and are trimmed in powder-coated metal in red, green or white.

Wire-framed, canvas-covered portable wardrobes now come in lots of colors and styles, and disassemble easily.

BAN THE BULK

Flat-weave or lightweight textural rugs eat up less space than heavy wool rugs. Heatproof glass containers with lids can be used for food saving, cooking and dining, eliminating a lot of extra kitchen storage gear. Consider rolling, drawered cabinets usually used for crafts, office supplies or tools as bedroom storage for accessories and small personal items that can get jumbled on a dresser top. When it's time to move, these are an easy roll to the truck.



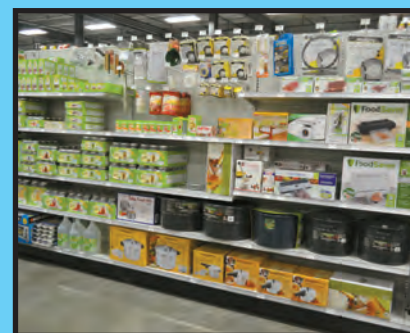
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Continued from Page 7

and knobs.”

Another dramatic favorite of Flynn's: unlacquered iron.

UPGRADES AND CHANGES

Burnham and her staff recently gave a preteen girl's bedroom a more grown-up look by “changing the vibe from kind of old-fashioned to Bohemian.” Their changes included a new set of striped, bone-inlay knobs from Anthropologie that gave the furniture a funky appeal.

The same approach can make grown-up furniture look just right for a baby or child's room: If you are turning a guest room into a nursery, Burnham says, change the cabinetry hardware to something “sweet or pink or shiny,” or choose knobs shaped like birds or other animals.

If you're shopping, Huh suggests hunting for an affordable piece of furniture and then making it look more expensive by adding dramatic hardware.

The range of available styles is enormous, and shopping for new or vintage items online is easy. Even if you'd prefer to buy in person, Burnham says a bit of online research “makes your creativity kind of percolate a little bit.”

“Just pay attention to dimensions,” she warns, because you “may not realize that in person, an inch-and-a-half sphere is quite large.” Measure the size and location of the holes left behind by your current hardware, she says. If you buy replacements that don't match, drill new holes and fill the old ones.

And amid all the focus on style, do choose hardware that is easy to grab and use.

CONSISTENT OR CONTRASTING

Take note of all the hardware and metals in a room, including lamp bases, and decide whether you want them to match or whether you'd like to inject some dramatic contrast.

Either method works, as long as it's done deliberately. “If you don't do it consciously,” Huh says, “then it could all look really messy.”

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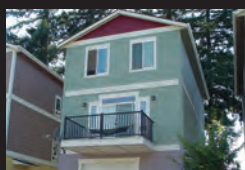
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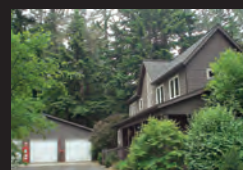
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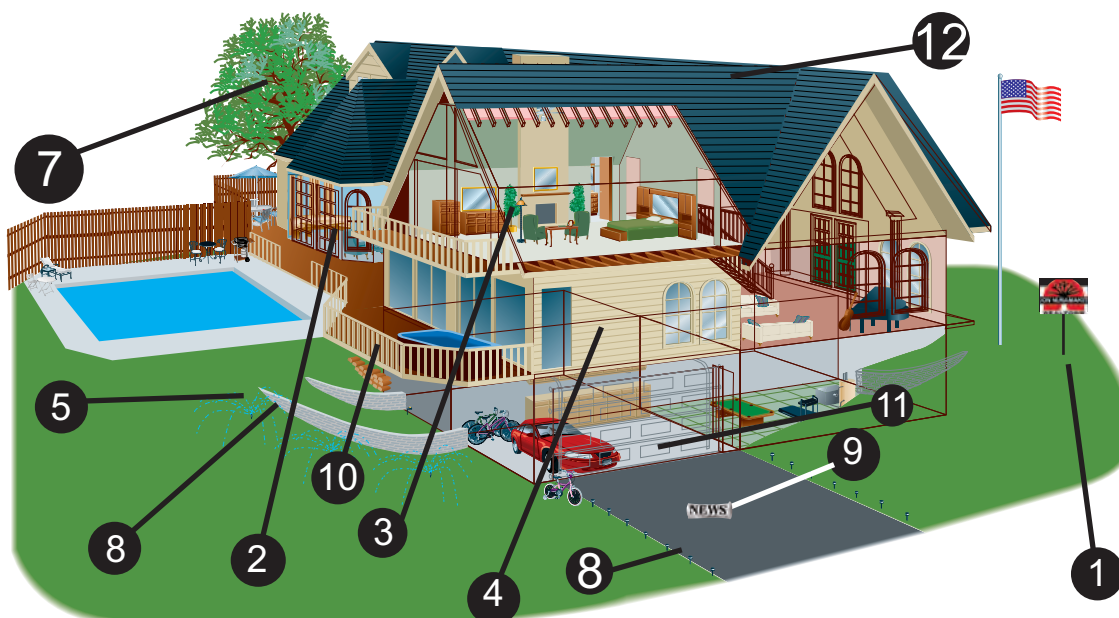
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