



Adventure | Design | Food | Real Estate | Trends

FAVORITE SPOT

Library Park

TRISHA WALKER
Hood River News

Working downtown, I've had plenty of opportunities to visit Georgianna Smith Park — Library Park, as it's also known — and enjoy the grounds. Benches provide either sunlight or shade, depending on weather. It's usually a busy place in the summer, with customers from Mike's Ice Cream across the street coming to sit on the lawn, tourists having picnics on the patio furniture, and kids enthusiastically running up and down the stairs. I mark the seasons here — the trees that bloom in the spring, and then burst with color in the fall before dropping their leaves. I watch the view of the Columbia change as one month melds into the next. It's always busy on Oak Street, and I like to guess which visitors are seeing our town for the first time, based on their reactions as they step out of vehicles. Once, in August, I witnessed a resident squirrel add squeaky lyrics as a man quietly strummed his guitar. I've also been hit by an automatic sprinkler and dive-bombed by moths. (It's never boring, that's for sure.) And if all that wasn't enough, it's also close to coffee shops (always a priority in my world) and eateries that provide my lunch if I fail to bring one. Having grown up here, I've seen the park go from a grassy hill to the beauty that it is now — an oasis in the middle of downtown.

Do you have a garden shed, playhouse, small room, chicken coop, or just a favorite place to sit? Send photos and a brief description to Trisha Walker, twalker@hoodrivernews.com, to be featured in an upcoming issue of Home and Garden.

Photos by Trisha Walker





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GARDEN

IN THE PACIFIC NORTHWEST



Fall and Winter Gardening

PAT PATTERSON
OSU Extension

With a little extra planning and care, you can enjoy fresh vegetables from your garden most of the year. Many cool-season crops produce well in the fall and, in mild-winter areas of the Pacific Northwest, hold through the winter if protected. You can plant these vegetables in mid to late summer after you harvest spring crops and as space is available. To be successful, you need to plan ahead, choose varieties wisely, and give proper care to your plants.

Keep in mind that fall and winter weather can vary greatly from year to year. A crop that fails one year due to an unusually early freeze or an abnormally cold winter might thrive in a milder year. Be willing to experiment, and don't give up if your results some years are less than ideal.

GETTING STARTED

Choosing varieties

Fall gardening is possible in most parts of the Pacific Northwest. Late plantings of warm season crops such as corn and beans can be harvested until the first killing frost. Cool-season crops, such as kale, turnips, mustard, broccoli, and cabbage, withstand frost and grow well during cool fall days.

In fact, some of the best vegetables are produced during the warm days and cool nights of fall. These environmental conditions add sugar to sweet corn and crispness to carrots. Parsnips, kale, collards, Brussels sprouts, and Jerusalem artichokes are examples of crops that are improved by a touch of frost.

Winter gardening is possible in mild-winter areas west of the Cascades. With a little protection, cool-weather crops can be harvested throughout the winter. In addition, some fall planted crops (for example, certain varieties of broccoli,

carrots, and onions) will grow slowly through the winter and be ready to harvest early in the spring.

Choose varieties that are suited to fall and winter harvest. Some varieties are designated specifically for fall planting, while others perform well only in the spring. Consult seed catalogs for additional information.

Choosing a location

The first key to a successful fall or winter garden is location. Much depends on your garden's microclimate. Microclimates vary from yard to yard (for example, urban gardens tend to be warmer than rural gardens) and within a single yard. Choose the warmest location you have. Don't plant in a spot that is prone to early frost (for example, at the bottom of a hill) or exposed to the wind. Look for an area that gets as much sun as possible during the short days of autumn and winter, such as a south-facing slope.

If possible, place your garden where it is easily accessible. It's no fun to slog through winter's mud and cold rain to harvest your crops.

To reduce insect and disease problems, don't plant crops where a related vegetable was growing. For example, put broccoli in a spot vacated by peas, not by cabbage.

Preparing the soil

For crops that will be in the garden during the rainy season, good drainage is essential. Raised beds are best. If your soil doesn't drain well, amend it with organic matter such as compost.

Prepare the soil by restoring nutrients removed by spring and summer crops. A light layer of compost or aged manure, or a small application of a complete chemical or organic fertilizer, boosts soil nutrients in preparation for another crop.

— For more information on this and other gardening issues, see Pacific Northwest Extension publications eesc.orst.edu (Oregon State University) info.ag.uidaho.edu (University of Idaho) pubs.wsu.edu (Washington State University).

PREPARING FOR FROST

Fall garden care intensifies when the weather forecast predicts the arrival of frost. Your main concern then should be to harvest all ripe, tender crops before they are chill damaged. For example, tomatoes, summer squash, melons, eggplants, cucumbers, and peppers cannot withstand frost and should be picked immediately. Store the vegetables until needed.

If the frost warning is mild (the temperature is not expected to fall below 30 degrees F), try covering tender plants that still hold a lot of immature fruit. Baskets, burlap or canvas sacks, boxes, blankets, or buckets help protect plants from frost. Warm days will mature some of the fruit as long as the plants have nightly frost protection.

Cool-weather crops such as cabbage, broccoli, kale, carrots, many salad greens, Brussels sprouts, leeks, beets, turnips, scallions, parsley, cilantro, and spinach can withstand some frost. Some of these crops are quite hardy and will survive temperatures well below freezing; others can be damaged by temperatures below 30 degrees F.

SEASON EXTENDERS

Protection from incessant rain can extend the life of a winter garden dramatically. Heavy and prolonged rains can saturate the soil, encourage slugs, and create an ideal environment for leaf diseases. By covering your winter crops with a cloche, cold frame, row cover, plastic mulch, or other product, you can avoid many of these problems and extend the growing season. The following structures protect plants from frost as well as heavy rain

Cold frames

The ideal location for a cold frame is on a southern or south-eastern slight slope to ensure good drainage and maximum exposure to sun. A sheltered spot with a wall or hedge to the north protects against winter winds. Sinking the frame into the ground a bit also provides earth insulation.




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GARDEN

To simplify use of a cold frame, consider a walkway to the front, adequate space behind the frame for removing the top, and perhaps a counterbalance to make it easier to raise and lower the top. Some gardeners make their cold frame lightweight enough to be moved from one section of the garden to another.

Frames can be built from many materials; wood and cinder block are most common. If you use wood, choose a species that resists decay or one of the new plastic materials that look like wood. Never use creosote- or pentachlorophenol-treated wood, because these substances can vaporize easily and are harmful to plants and humans. Frame kits are available, some of which contain automatic ventilation equipment.

There is no standard size for a cold frame. Size depends on the amount of available space and desired crops. Do not make the frame so wide that you can't reach all parts of the interior for weeding and plant care; 4 to 5 feet usually is the maximum width. A simple method of insulation is to place burlap sacks filled with leaves over the frame at night to protect against freezing. Another method is to stack bales of straw against the frame.

New cold frame designs include systems for passive solar energy storage, such as black containers filled with water that absorb heat during the day and release it at night. An example is the solar pod, which is shaped like a tunnel. Other designs have a very high back and a steeply sloped glass top. Some designs include movable insulation that is folded up during the day and unfolded at night or during extremely cold weather.

Ventilation is most critical in late winter, early spring, and early fall on clear, sunny days when temperatures rise above 45 degrees F. Raise the top to prevent heat buildup inside the frame. Lower it early enough to conserve heat for the night. An automatic, nonelectric lifter is a good investment.

Hotbeds

A cold frame can be converted to a hotbed.

For a manure-heated bed:

- 1. Dig out an area 8 or 9 inches deep (deeper if you need to add gravel for increased drainage).
- 2. Add an 8-inch layer of strawy horse manure.
- 3. Cover with 6 inches of good soil.

For an electric-heated bed:

- 1. Dig out an area 8 or 9 inches deep.
- 2. Lay down thermostatically controlled electric cable in 6- to 8-inch loops, evenly spacing the cable but never allowing it to cross.
- 3. Cover with 2 inches of sand or soil.
- 4. Lay out hardware cloth to protect the cable.
- 5. Cover with 4 to 6 inches of good soil.

Cloches and row covers

Cloches originally were bell-shaped glass jars set over delicate plants to protect them from the elements. The definition now includes many types of portable structures that shelter plants from drying winds, rain, and cold air.

Cloches are set over individual plants or made into tunnels for whole rows. They trap solar radiation and moisture evaporating from the soil and plants. Cloches generally are lightweight, portable, and reusable. The best designs can be closed completely at night to prevent frost damage and opened or removed completely during the day for good air circulation. Make sure cloches are anchored or are heavy enough so they don't blow away.

The hotcap and the cut-off plastic jug are simple cloches. More elaborate ones include fiberglass tunnels, special plastic cloches, row covers with slits to allow aeration, and panes of glass connected by specially designed hinges to form a tent.

You can assemble an excellent Quonset-type cloche quickly by covering a 5- to 6-foot piece of concrete reinforcing wire with row cover or plastic. The heavy-duty wire comes in 5- and 7-foot lengths. It is strong enough to shrug off snow loads.

For more information on this and other gardening issues, see Pacific Northwest Extension publications eesc.orst.edu (Oregon State University) info.ag.uidaho.edu (University of Idaho) pubs.wsu.edu (Washington State University).

Pat Patterson, Extension program assistant (home horticulture), Lane County, Oregon State University



Color up the garden with evergreen and free-flowering Hebes

KYM POKORNY
Oregon State University

If you like to prolong color in your landscapes through the summer and into the fall, consider planting evergreen shrubs called Hebes for vivid color in both flowers and foliage.

"Most Hebes flower in the summer, but others bloom in late fall," said Neil Bell, consumer horticulturalist with the Oregon State University Extension Service. "Some have colorful foliage that lasts through autumn. They provide an interesting change from the usual asters and maples we customarily rely on for autumn interest." Native to New Zealand, Hebes (pronounced HEE-bees) have hundreds of cultivars, but only a few are familiar to American gardeners.

"The plants may have acquired a reputation for lack of hardiness because some of the most popular cultivars introduced here are not hardy in very cold winters," Bell said. "However, many Hebes do well in the Pacific Northwest if grown in a sheltered spot."

Large-leaved Hebes can be injured by temperatures below 25 degrees and are less hardy than those with small leaves. Rather than avoid buying large-leaved shrubs, consider putting them in a sheltered spot or in a container you can move indoors temporarily if it gets cold. For showy purple flowers in the fall, Bell suggests cultivars "Amy" and "Alicia Amherst." "Purple Picture" blooms in June but flowers profusely again in October and November. Some red-flowering Hebes, such as "Hobby," provide color through November and even through

December in a mild year. "Bowles Hybrid" produces lavender flowers in summer; but will bloom again in the fall, even into January.

"Except for 'Bowles Hybrid,' which is hardier, all these hybrids are susceptible to cold," Bell said. "Plant them against a sheltered wall or tucked between other shrubs. Be prepared to give them a little extra cover if the temperature threatens to drop suddenly."

Several small-leaved Hebe cultivars that are hardy west of the Cascades have beautiful and unusual foliage. Some are commonly sold in the Pacific Northwest. "Quicksilver," as the name suggests, has small silvery leaves. "Boughton Dome" has grayish foliage. "James Stirling" has ochre leaves and resembles a small conifer.

Another unusual characteristic of some Hebes is a noticeable change in foliage color from summer to winter. Some cultivars take on a purplish or reddish cast during winter. Perhaps the best known is "Caledonia," which turns purple. "Sapphire" has shoots that turn bright red at the tips in the winter.

Several of the variegated cultivars are beautiful and unusual, but are large-leaved and require a protected spot if you want them to survive the winter. They include Hebe speciosa "Variegata," "Tricolor" and "Andersonii Variegata."

In addition to a protected location, Hebes need at least partial sun, well-drained soil and water during the summer months. Most do well without much pruning, and annual moderate pruning after they bloom works well.

For more information on Hebes, visit horticulture.oregonstate.edu/content/hebe-landscape-evaluation.

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FOOD

FRESH HERBS AND SPICES



Keep it fresh

Guidelines for maximum freshness of herbs and spices

JANICE BELL
Aromé

“How long is this spice/herb good for?” This is a question I often hear, and though there is not one steadfast answer that covers all spices and herbs, there are three general guidelines that can help maximize the flavor of our favorite dishes:

1. Store all spices in the coolest, darkest location that you have available in the kitchen or pantry. It needs to be convenient enough to use, but away from sunlight and heat from the stove.
2. Check all spices by sniff test every six months. If you cannot tell what spice your smelling, it's likely time to refresh your supply.
3. Buy as many spices as you can whole and grind them fresh for each use. The flavor of spices and herbs comes from their volatile oils, which are trapped within whole spices, but are exposed to degradation once ground.

Some whole spices can last up to two years, while the flavor of certain ground spices dissipates within months. With fall on the doorstep, September is a great month to refresh your spice supply and take inventory of what you'll need for the upcoming holidays. Bring a clipping of this article into Aromé during the month of September for 20 percent off any individual spice or herb.

APPLE-CRANBERRY CURRY WRAPS

- 1/2 cup Greek yogurt
- 1 tablespoon Aromé Madras Curry
- 2 cups cooked chicken, chopped (substitute 1 cup broccoli and 1 cup chickpeas for vegetarian)
- 1 celery stalk, finely diced
- 1/2 cup apple, finely diced
- 1/4 cup dried cranberries
- 3 tablespoons fresh parsley, finely chopped
- Salt and pepper, to taste

Mix all ingredients together in a bowl, refrigerate until you're ready to make wraps. Spinach tortillas are great with this recipe.





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DESIGN

TIPS FOR CREATING COHESION AND FLOW

Struggling with eclectic décor you’ve inherited?



Ashley Hinkle,
NEFF DESIGNS

ASHLEY HINKLE
Interior Designer

Summer is winding down, and the mornings are crisp. Kids are either back in school or starting shortly. This might free up some time for you to evaluate your interior and tackle some projects. But before you purchase anything new, keep these tips in mind. From a throw pillow to a new kitchen, these tips will help you create a cohesive feel throughout your home and help make you look like a pro.

People ask me all the time, “What style do you have in your home?” Well, it’s a mesh between what my husband likes and what I like. I’m eclectic. I love modern, rustic, and industrial farmhouse styles. My husband, on the other hand, prefers a more traditional style. Design Challenge Accepted.

You may have similar varying tastes in your household. Combining styles can be tricky. Creating cohesion with years of accumulated décor can be tricky. Your home should look and feel cohesive, not disjointed and discombobulated. Here are some helpful hints to create flow, cohesion, and a fluid, relaxing style throughout your home.

PAINT COLORS:

Interior paint colors should be limited to one specific color palette. Choose no more than 5-6 colors/shades to use throughout your home. You don’t have to choose this many, but if you do, here’s where this designer recommends placing your variations.

- 1. **Trim/Ceiling:** If painted, I typically like them the same color.
- 2. **Main House/ Great Room, Hallways Connecting Rooms:** Use one color.
- 3. **Powder Bath/Guest Bath:** Often different colors.
- 4. **Laundry Room:** This is a great place to add a pop of color. A cheerful color will make doing laundry a little less miserable!
- 5. **Master Bedroom/Bathroom:** Often this is a subtly different color; or a dramatic different.
- 6. **Guest Bedrooms/ Kids Room:** This a great place to add a little variation.



The secret to making these colors work well together is selecting ONE color palette. (Designer Insight: The exterior paint color of your home should flow with the interior of your home. This is where some people make a big mistake. Exterior color doesn’t need to be the same as the interior but should go with your interior style, especially if you’re building a new home. This is where a designer can help you with the flow from curbside to coffee in the kitchen.)

Décor Style & Color:

Keeping style consistent through your home can be a tricky one for people. Whatever your style is, keep it consistent throughout your home.

Maybe you’ve inherited a mishmash of styles and aren’t in a place for an overhaul. You can use what you have, and still create a cohesive feel, by choosing a color to highlight in your home. This is very often missed when people decorate but it makes such a huge difference!

It’s important to have one color that pops up again and again in every room. The color can, and should, be used differently in each room. It can be highlighted in the paint or in the décor. For example, my color is teal blue. In every room of our home there is some form of blue. In some rooms it’s the paint color, in others it’s the area rug or bedding.

Utilizing these designer tips will help you to create or revitalize your space. Have fun utilizing these tips to create flow, cohesion, and a fluid, relaxing style for your home!

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HOME

SCHOOL EDITION

Reducing waste

TRISHA WALKER
News staff writer

Most Hood River County School District sites begin classes Sept. 5 — as does Horizon Christian School and Mid-Columbia Adventist Christian School — and with it comes the perennial supply lists.

Once upon a time, I filled the shopping cart with all manner of new and single-use items to get my kids ready for back-to-school, from juice pouches to backpacks. These days, I'm more environmentally-conscious, and I try to take a longer-range approach — what can we reuse from last year? What can we buy individually? How will I dispose of this at the end of its useful life?

Tri-County Hazardous Waste and Recycling has a variety of tips on reducing school-related landfill waste, from supplies to lunches; here are a few to get you started (for the full list, visit www.tricountyrecycle.com/schools/recycling/students):

— Before school begins, sort through school and office supplies you already have at home. At the end of every school year, I have my girls put all reusable supplies into a designated box, and before we make our back to school list, we consult the box to cut down on unnecessary purchases.

Many supplies, like colored pencils, binder dividers, scissors, calculators and ear buds, can be used from one year to the next. (My youngest is headed into seventh grade this year with the scissors we bought her in third. They're still going strong.)

— Keep textbooks in good condition by wrapping the covers in paper sacks. Bonus: Being able to doodle in class. If you're unsure how to cover a book, check out the step-by-step tutorial at www.wikihow.com/Create-a-Paper-Bag-Book-Cover.

— Use and maintain durable products or ones with lifetime warranties. Sturdy backpacks and notebooks can be reused for many years, which helps reduce the number of items headed for the landfill.

— For those bringing lunches from home, pack items in reusable containers and carry them in reusable bags or lunch boxes. Bring drinks in a thermos or water bottle instead of disposable bottles or cartons.

My girls like to wrap sandwiches in cloth napkins and use bento-style boxes for sides. If they want to microwave an item at school, they'll use a glass jar, but that might not be advisable for younger students.

— If you buy lunch, take only what you need, i.e., one napkin or one flatware set. Remember to recycle cans and bottles and separate waste from recycling if proper bins are available.

— Purchase school supplies with minimal packaging, use compact or concentrated products, or purchase products in bulk. Hood River Stationers has many office supplies that can be purchased individually, without any wrapping at all.

Tri-County Hazardous Waste and Recycling Program contributed to this article.

ON THE COVER



One of the resident squirrels at Georgiana Smith Park.
Photo by Trisha Walker



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