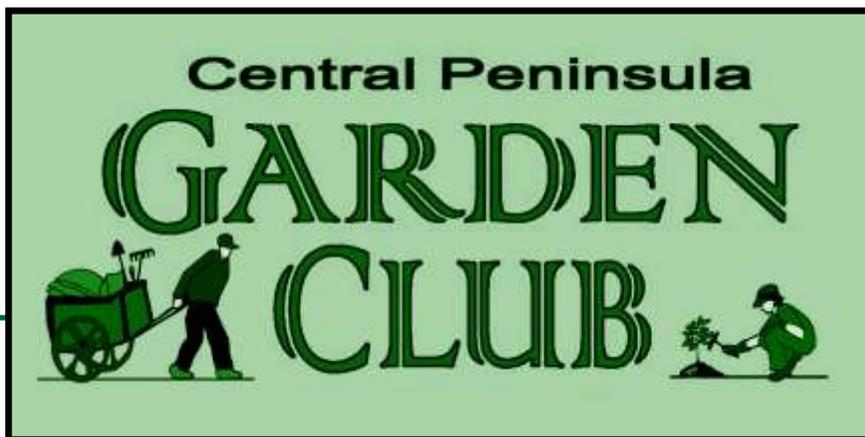


October 2013

Central Peninsula Garden Club



PO Box 767 · Kenai, Alaska 99611 · [www.cenpengardenclub.org](http://www.cenpengardenclub.org)

## OCTOBER 8TH PROGRAM, 7 PM

### Explore Your Options—Bark, Berries, Bulbs, Fragrance, Herbs and Vegetables

By Brenda Adams

As Brenda says in her new book, *There's a Moose in My Garden*, "Many of us consider color a vital garden ingredient. In this part of the world, which is covered by snow for a majority of the year, it becomes even more important." Flowers and foliage can both add color to our gardens, but we have many more options to make use of as we contemplate a new garden or one we are renovating.

Join Brenda Adams of Homer, author of *There's a Moose in My Garden* and winner of three international design awards, and discover how to increase the impact and beauty of your gardens. She'll explain how to incorporate the texture and color of bark and stems into your designs to add richness to your garden and repeat a color theme. You'll see the role brilliant berries and seed pods can play especially in extending the pleasure your garden can give you at the end of the season. Explore how to make your ornamental designs edible as well. Learn to get your garden off to an early start with bulbs and increase your sensory pleasure with effectively placed fragrant plants.

This will be a fast-paced, photo-filled presentation that will delight your eyes while it stimulates your creative nature with lots of ideas and examples.

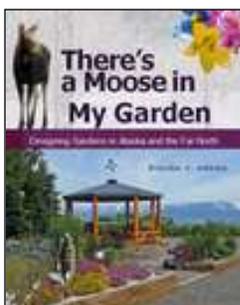
**October program location, CIAA building on K-Beach Road. Open to the public.**

*Brenda will gladly personalize your copy of her book, locally available at River City Books in Soldotna.*



### Board Members

- Marion Nelson - *President, program chair*—(907) 283-4632, (907) 398-8669 (cell)
- Liz Leduc - *Vice president, web site coordinator, hospitality*
- Kay Gardner - *Secretary, special events, hospitality*
- Peggy Morris - *Treasurer, plant sale, CIAA gardens*
- \_\_\_\_\_ - *Hospitality chair*
- Cathy Haas - *Plant sale co-chair, historian chair*
- Don St. John - *Tech chair, Sea Ag sales chair, special events*
- Renae Wall - *Publicity chair, nominating committee*
- Don Thompson - *Special events, plant sale*
- Velma Bittick - *Special events programs*
- Lee Bowman - *Sea Ag committee, special events*



Brenda Adams is the author of a new and acclaimed book, *There's a Moose in My Garden: Designing Gardens in Alaska and the Far North*, recently published by the University of Alaska Press. Verna Pratt describes it as "...the best book I have seen on planning and designing gardens." She said further, "This book should be on the bookshelf of every new home owner and gardener who wants to improve their landscape."

Brenda is a lifelong gardener who is the award-winning designer for and founder of Gardens By Design, Alaska's premier garden design firm. She has designed over 150 unique and personalized gardens for both residential and commercial clients in Alaska.

She is a long-time master gardener and member of the Alaska Rock Garden Society, the Perennial Plant Association, the Garden Writers' Association, and Alaska Master Gardeners. She was president of the Homer Garden Club for six years and still serves on its board.

Brenda's designs have received three prestigious awards in the Perennial Plant Association's annual international competition. The 2012 award was the PPA's highest, the Honor Award. She is first Alaskan to receive the award.

Brenda teaches garden design and creation at the University of Alaska and is a sought-after speaker. She tends her many personal gardens on a south-facing slope high above Kachemak Bay outside Homer, Alaska, where she moved in 1991 after a successful career in high technology. She shares her gardens with her husband, Bill, and two garden-savvy chocolate labs, Eric and Barney. You can see examples of Brenda's gardens and those of her clients at [www.gardensbybrenda.com](http://www.gardensbybrenda.com) and [www.facebook.com/theresamooseinmygarden](http://www.facebook.com/theresamooseinmygarden).

## The Natural Yard

By Tom and Maria Allison



*Blackpoll warblers sometimes visit the Allison's naturally landscaped yard.*

When Tom and I first moved into our house in 1983, we determined that we would grow a natural yard. We wanted to use no chemicals, no hydrocarbons, and only rainwater. Additionally, we wanted to plant things or encourage things to grow that were native Alaska plants and grasses. The first years we bought and planted grass seed from local greenhouses that was the same type of grass found in Alaskan meadows. As we walked the barren yard in those early days, we often found trees that were bent over and covered with dirt, bulldozed flat, so we pulled them up, staked them out, and tried to revive them. Spruce trees are extremely hardy and take a lot of abuse. Most of the ones we revived survived. Additionally we transplanted spruce trees from the ditch banks. The first years in our yard were bare dirt, and afforded no privacy. Now 30 years later, there are enormous trees everywhere, and Tom regularly goes around pulling up tiny spruces in order to keep some open sunny areas.



*Contributed by Tom and Maria Allison who live naturally on Kalgin Drive off K-Beach Road.*

*Tom is a retired Sloper and great golfer. Maria is "Our" incredibly talented pianist, often in the middle of and contributing to all things musical.*



*White Pyrola...one of many wild flowers in their natural surroundings.*

Tom has set up wooden barrels at the end of the gutters and downspouts to collect rainwater. Ironically, when we don't get rain, is of course the time when the plants need extra water. But this summer, for example, when we had very little rain for about 6 weeks, we had collected enough rain in the very earliest part of the summer, to water using only rainwater.

We've increased our plantings around the house, to include some flowerbeds, but my approach has always been to let things "go and grow," and as a result, sometimes our beds are not as pristine looking as I would like. In fact, the entire yard does have a somewhat "messy" look. A story we heard second-hand, was that a realtor had referred to our property as "the place that doesn't have a yard."

But as a result of allowing things to grow naturally, and most of the time, planting only native, we do have a wonderful resident bird population. White-crowned sparrows, juncos, robins, kinglets, nuthatches, gray and Stellar jays, and others are in our yard all summer. Because of all the bird activity, we often have visitors show up, owls, hawks, and even sometimes more interesting species, that aren't our usual residents, such as Townsend's warbler, Blackpoll warbler, gold-crowned kinglets, and others.



*Shy Maiden wild flower in the Allison's natural yard.*



*Golden crowned kinglets sometimes make an appearance too...*

We have not raised much else in the way of other food crops, as I really don't want to spend every moment tending garden. Tom built me an herb garden on our back deck, which is in a protected corner, and this provides us with fresh herbs all summer. I chop fresh herbs into chicken or salmon marinades, pasta sauces, and salads. I raise basil indoors in a sunny window, so we have pesto all year around.

The result of all this is, is that sometimes I love our yard and love the way it looks, and sometimes I see other people's gardens and yards, and envy the neatness and orderliness, and even miss the sound of a lawnmower. It's a mixed bag. Mostly, though, I'd say we love having the natural look. When I walk the perimeter of the yard in early and mid-summer, and see little Shy Maidens and Pyrola, and other wild species, and when I know we have nesting sparrows because of our native meadow areas, I'm thankful that we've let our yard go back to nature.

**Refreshing Libations  
for Your Next  
Garden Party!**



**Country Liquor**  
140 S. Willow St.  
Downtown Kenai  
**283-7651**

## In a Word—Will's Ramblings by Will Hightower

Our oldest granddaughter scheduled her wedding on September 13. That's harvest time for local gardeners! There was no time to *think* a 'Ramble' let alone write one. A three hour flight allowed us to kick back and think ... or not think.

On the flight to Seattle, Montine and I mused over the number of words in the English language for a plural of animals or plants. We started with animals like a "mob" of kangaroos. We found that there can be a "herd" of many different animals. But only a "pod" of whales followed by a "school" of fish. Then my favorites, a "raft" of sea birds floating past a "gaggle" of geese.

The in-flight wine was served and I wondered about groups in the plant world. You can have a flower but more than one becomes a "bouquet" or a "flower garden." One radish is a radish but when with its relatives it becomes a radish "patch" or "row" or part of the "vegetable garden." When Farmer Brown goes to market the radish becomes part of a "bunch" or a "basket".

Now, why does the English language have many words for a group? Monti just smiled, she knew that a 'Willy wisdom' was on the way.

A Native Alaskan in Barrow would never say, "There goes a mob of whales." I'm not sure they would even say a "pod of whales," but they would have a word for a "bunch" of whales. Doesn't "mob" sound very Australian, where the kangaroos live?

Well, Willy says that the English language is a mutt or mixture language, like "Americans" are a "mutt" of many peoples. Each band brings their word for a group to the table.

Just like the Lion, I take "pride" in my thoughts. "Attendant, could I have another glass of the juice from the grape "grove" or is it the "vineyard?" We reached Seattle and our wandering minds snapped back to reality.

## How Does Our School Yard Grow?

By Shonia Werner's 6th Grade Class at Tustumena Elementary

We are embarking on our 'Tustumena Schoolyard Habitat' journey. This habitat will include walking and skiing trails, an outdoor classroom, and a moose habitat. It will also include a native plant enclosure featuring a garden spot for classes to adopt. The trails have already been established and have been used by students in the ski program and in numerous academic activities. The garden area is currently being planned out and we hope to have some work done before the snow flies. Volunteers are lining up and the work is being planned. Here is the 'Before' picture of our garden area.

**Students were asked about their thoughts on the garden. Here were some of their responses:**

- "Gardens give us oxygen to breathe and helps keep our planet healthy."
- "I have some ideas of how to build the garden. I think it would be kind of cool to landscape it more with trees and something with a roof, maybe even Asian style."
- "I'm looking forward to seeing how the garden will grow and see the differently styles of gardening and techniques."
- "You can grow your own food and not spend as much money on it."
- "I want to see what happens because I've never had a garden before."
- "I like digging in the dirt and want to eat the vegetables."
- "I like walking on the trails."
- "I just dug up potatoes over the weekend. Maybe we can grow some in our garden."
- "I want to add poppies or daisies to our garden."
- "I want to learn how to water a garden on a regular basis so they don't die."
- "Plants do well when I plant them, although I don't know why."

*Look for monthly reports from the Tustumena 6th graders!*

## What to do with all that cabbage!!

Diane Taylor's favorite recipe from the Kerr Home Canning book, copyright 1948:

### SAUERKRAUT

- Use good, sound heads of mature cabbage.
- 1 pound of salt with 40 pounds of cabbage; 2 ounces (3 1/2 tablespoons) with 5 pounds of cabbage.
- One pound fills one pint jar.
- Remove outside green and dirty leaves.
- Quarter the head and slice off the core.
- Shred the cabbage finely and put 5 pounds cabbage with 2 ounces of salt into a large bowl and mix with the hands.
- Pack solidly into clean (Kerr) jars. Fill with cold water to within 1/2 inch of the top of jar. Put on cap, screwing the band tight.
- This will ferment for 3 or 4 days. When fermentation ceases, wash outside of jars, tighten screw bands if loose, and store jars without processing.
- Kraut will be ready for use in 4 to 6 weeks. If stored in a cool place will keep for many months."

Works for me! Enjoy it's simplicity!

*Diane Taylor, CPGC member  
KPC Learning Center Program Manager*



*P.S. From the Territorial Seed Company*

### The Copra Onion

104 days. When all your other stored onions have turned to powder, you'll still be enjoying Copra. Our best storage onion and the unequalled leader in hard storage types. Adapted to long-day areas, it is a medium-sized, round, dark-yellow-skinned onion with ivory flesh. The thin necks dry quickly. In storage trials, Copra was as sound and flavorful in the spring as when freshly harvested in the fall. High in sugar and moderately pungent, Copra makes excellent French onion soup.

**Kenai Peninsula Farm Bureau Meeting!**

**Thursday October 3rd, 7 p.m., Ninilchik Fair Grounds (Pizza & Potluck 6:30 p.m.)**

*Don't let the Potluck stop you from coming, there's pizza for those without a 'pot'!*

**Guest Speaker: Francine Havemeister, Director of the Division of Agriculture**

You might be asking yourself, What is the Alaska Farm Bureau?

Alaska Farm Bureau's mission is 'to improve the economic well-being and expansion of agriculture and to enrich the quality of farm family life.'

It is the premier state organization for the promotion and expansion of agriculture and natural resource development, and represents members and supports policy development for the industry including regulatory and legislative issues.

Farmers young and old, large and small, barley to peonies are attracted to the Farm Bureau because of progressive programs and activities. Membership is inexpensive and comes with many benefits available solely to Farm Bureau members, including farm specific insurance policies from COUNTRY Financial.

Attend our regional monthly meeting to:

- sign-up to be a member,
- find out about this year's upcoming annual Farm Forum, and
- have a chance to speak directly with Alaska's Director of Agriculture, Francine Havemeister

There are many benefits to becoming a Farm Bureau member, no matter your farm size or shape.

Find out more about this organization and why your farm should become a member, <http://akfb.fb.org/>.

See ya there!

Lydia Clayton

Agriculture and Horticulture Cooperative Extension Service, University of Alaska Fairbanks

Kenai Peninsula District, 43961 K-Beach Rd., Suite A, Soldotna, AK 99669

ph 907.262.5824 fax 907.262.3939

**Upcoming CPGC Events & Volunteer Opportunities!**

**Program Committee.** Meets occasionally. Contact Marion 283 4632

**Hospitality Committee.** Help at the registration desk, clean up, room set up, refreshment arrangements.

**Videographer/photographer.** Backup photographer or videographer for programs and workshops. Contact Linda Dunn, 262-4465 or Marion 283-4632.

**Tech backup person.** Power Point programs and mike set up for programs. Contact Don St. John, 394-4474.

**Guest speaker lodging.** Needed occasionally for out of town speakers. Contact Marion, 283 4632.

**Registration HELP-** 2014 Workshop Weekends. The board is considering the "RegOnline" program or creating a program for this popular series. Please offer technical help to get this going. Contact Marion 283-4632.

**Phone calling and special event scheduling:** HEA Energy Fair in November, Home Show end of April, Workshop Weekends in April-May, Ninilchik Fair in August. Contact Marion 283 4632, [mmkn@ptialaska.net](mailto:mmkn@ptialaska.net)

**June through September – Weekly summer flower bed maintenance and clean up at the Aquaculture Bldg.** Light weeding and some planting. The entrance bed plantings are a thank you to CIAA for use of their meeting room throughout the year. We appreciate that invaluable contribution to the success of the club. Contact Peggy Morris, 262-8374.

<p><b>KENAI FEED &amp; SUPPLY</b></p>  <p><a href="http://www.kenaifeed.com">www.kenaifeed.com</a></p> <p>MILE 14.5 K-Beach Rd. <b>907-283-1929</b></p>	<p>HIGH TUNNELS ORGANIC FERTILIZER PEAT • SEEDS FENCING LIVESTOCK &amp; PET FEED/SUPPLIES PRODUCE</p>	
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## Rhodiola Rosea—Alaska’s Super Herb!

In the past few years, word about this amazing herb (succulent) has spread like wildfire on the Internet, television and radio talk shows. Rhodiola Rosea, is also known as “golden root” or “arctic root”, as the root is the portion of the plant that is actually harvested and utilized. This herb grows wild in Siberia and other circumpolar areas, and was virtually unknown to the Western world until after the Cold War, when research was procured by Canada and the United States. It is such a powerful adaptogen, that the Russians and Chinese wanted to keep it a secret. Rhodiola Rosea was used primarily to augment stamina, strength and optimum health in athletes, cosmonauts, key political figures, the military, international financiers, master chess players and the researchers themselves. The Chinese royalty brought it across their borders for their own use, but not for the general population. Its properties include uses as a natural antidepressant, general protection/resistance against multiple physical, chemical, biological, and mental stressors. People in Siberia drank it as a tea were said to commonly live to be 100!



Rhodiola Rosea grows best in circumpolar areas, high altitude, gravel/sandy soils and harsh conditions. The Alaskan farmers have taken the example of the Canadian farmers, who grow it to prevent the depletion of the native plants (especially with the new high demand), as Alaska seems to have the perfect growing conditions.

An Alaskan Rhodiola Co-op formed about 5 years ago to promote it here, and approximately 20 farmers are involved. It takes 5 years for the plant to reach maturity, with enough root mass to harvest. Since the root is destroyed in the process, it is necessary to start new plants each year. The first Alaskan crop is being harvested and will be tested for pureness, potency and standardization. There are many varieties of Rhodiola, however Rhodiola Rosea is the only one that contains the powerful healing properties.



**What does Jeff Lowenfels have to say for September? Check it out!**

<http://www.adn.com/2013/09/12/3070973/lowenfels-brilliant-and-beneficial.html>



Cook Inlet Aquaculture Association  
40610 Kalifornsky Beach Road  
Kenai, Alaska 99611  
283-5761 + [www.ciaa.net.org](http://www.ciaa.net.org)

Healthy habitats for healthy salmon.

**The Kasilof Report**—by Catherine Cassidy & Erik Huebsch

We garden on a south-facing hillside with pure clay soil and therefore do most of our vegetables in raised beds (8 fish totes and two beds 3’x9’). We have frozen lots of carrots, greens (turnip & beet), spinach, beets, kale, onions (copras started from seed, 1”-2” bulbs chopped and frozen), sugar snap peas, broccoli. Our squash crop (new variety) failed but a friend contributed her excess zucchini to our freezer. Bags of rhubarb and strawberries are also squirreled away in the freezer for jam and desserts this winter.

Our greenhouse has a woodstove that heats a water tank with a pump for circulating the hot water through the concrete slab—radiant floor heat! Greenhouse crops are tomatoes, cucumbers, basil and green beans grown in 18 gallon tubs.

Making compost is a priority and we utilize fish waste, fine spruce chips (collected from old chipping sites) and cow manure as well as the usual yard and kitchen waste. Sea-Ag has become part of our soil addition as well.

We are not very scientific but do keep a journal that includes successes,

failures, and “notes for next year.” Some of our favorite techniques include succession planting cucumbers and pots of green beans a week or two apart and intermingling “quickie” and long-term crops (spinach & onions, cilantro & kale, radishes & turnips). We’ve finally learned that feeding compost to plants we used to ignore, like rhubarb, serviceberries and strawberries, makes a huge difference in their production, especially in the poor soil (duh!). All we have to do is spread it on the surface of the ground and it does its magic.

Cardboard mulch is our time saver for weed/grass control in areas that are hard to mow or cut - tight spots between buildings and beds, under fences and around shrubs. Sometimes we cover the cardboard with another, prettier, mulch or tyvar, or not. We control our slug population by regularly, consistently “feeding” them small quantities of Sluggo in the areas they like to inhabit. The cardboard mulch attracts them so that is one place we’re sure to “sprinkle.” By keeping it up late in the season we greatly reduce egg-laying and next-year’s crop of slugs.

Looking forward to winter’s rest!

**Gleanings from *The Splendid Table* program on National Public Radio**

**How to Save Tomato Seeds!**

<http://www.splendidtable.org/story/how-to-save-tomato-seeds>

**A Question for Vegetarians: Why do you want to eat something that reminds you of meat?”**

<http://www.splendidtable.org/story/a-question-for-vegetarians-why-do-you-want-to-eat-something-that-reminds-you-of-meat>

**Treasurer’s Report, September 2013**  
Submitted by Peggy Morris, Treasurer

<b>Beginning Balance</b>		<b>\$17,149.19</b>
<b>Income:</b>		
Dues	\$80.00	
Plant Sale	<u>\$3.00</u>	
	\$83.00	
<b>Expenses:</b>		
Hospitality		(\$52.76)
CPA for 501c3		(\$1,000.00)
PO Box annual fee		(\$124.00)
HEA Energy Fair		<u>(\$20.00)</u>
		\$1,196.76
<b>Ending Balance:</b>		<b>\$16,035.43</b>

To place ads, submit stories or pictures, contact Marion Nelson, 283-4632 or [mmkn@ptialaska.net](mailto:mmkn@ptialaska.net)

Advertising space available at very reasonable prices!

Newsletter layout by Pam Voeller and Becky Holloway.

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