



May

3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- Spray fruit, nut and shade trees for tent caterpillars, if present.
- Control spittle bugs and aphids in strawberries and ornamentals, if present.
- High elevations, central and eastern Oregon: early May, fertilize lawns and irrigate; thatch, if necessary.
- High elevations, central and eastern Oregon: fertilize roses and control rose diseases such as mildew.
- Fertilize rhododendrons, azaleas.
- Plant chrysanthemums for fall color.
- Control cabbage worms in cabbage and cauliflower; 12-spotted cucumber beetle in beans and lettuce; flea beetle in radishes.
- Western Oregon: mid-May, transplant tomato seedlings.
- Spray cherries for brown rot blossom blight.
- Spray aphids as needed with diazinon.
- Protect root and leafy crucifers and onions with drenches of diazinon every other week.
- Tiny holes in foliage and the appearance of shiny, black beetles on tomato, cabbage, and potato indicate flea beetle attack. Spray with Sevin or methoxychlor.
- Start compost.
- High elevations, central and eastern Oregon: prepare garden soil for spring planting.
- Treat soil with diazinon to control maggots when planting cabbage family, onions, carrots, potatoes.
- Plant these vegetables: (Dates vary locally. Check with local gardeners.)

Oregon coast: snap beans, broccoli, brussels sprouts, cantaloupes, pickling cucumbers, dill, kale, parsnips, peppers, pumpkins, summer and winter squash, sweet corn, tomatoes.

Western valleys, Portland, Roseburg, Medford: snap and lima beans, brussels sprouts, cantaloupes, slicing and pickling cucumbers, dill, eggplant, kale, peppers, pumpkins, summer and winter squash, onions, potatoes, tomatoes, watermelon.

High elevations, central and eastern Oregon: (Dates vary widely.) snap and lima beans, beets, celery, sweet corn, slicing and pickling cucumbers, dill, kale, kohlrabi, onions, parsley, parsnips, peppers, white potatoes, pumpkins, summer and winter squash, tomatoes.

Columbia and Snake River Valleys, Ontario: cantaloupes, dill, eggplant, kale, okra, peppers, sweet potatoes, tomatoes, watermelon.

From small gardens

Density planting gets better yield

When space for the garden plot is limited, density planting is a good way to get the maximum yield from a small garden.

Density planting requires more care and attention from the gardener, but is usually pays off at harvest time. Density planting is easier when a garden plan, drawn to scale, is used as a pattern for putting in the garden. The plan should identify vegetable varieties and tentative planting dates.

Gardeners should consider several points when planning for density planting.

Spacing between rows and within the row should be close. Close spacing of plants requires more fertilizer and water than normal spacing. Close spacing also requires careful observation to prevent vegetable plants from becoming overcrowded which prevents them from reaching maturity.

Instead of planting radishes and lettuce in rows 2½ feet apart, leave only one foot between rows. (Gardeners may want to limit the rows to five or six feet in length for easier weeding access.) An alternative is to leave the rows at their normal width, but instead of planting the seeds in a single row, scatter them over a three or four inch strip within the row.

Succession planting is also a possibility. One crop can be planted several times by spacing the plantings a week or more apart. This keeps

the vegetables from maturing at the same time and yields fresh vegetables at a gradual rate. Some crops suited to this type of succession planting are sweet corn, beans, leaf lettuce and turnips.

Replanting a previously harvested area of the garden with another variety of vegetable is another type of succession planting. It works best with early and late crops. Follow an early crop of peas with a late crop of cauliflower, broccoli or kale.

Crops of carrots, spinach, chard or cabbage can be planted later in the summer on ground that earlier yielded spring crops of lettuce, onions and radishes.

Fast and slow growing crops can be interplanted in the same row. Radishes can be planted between cucumbers and lettuce between hills of corn. However, be careful of fast-growing vegetables which may grow

so tall that they shade slower-growing plants.

Stakes and trellises work to keep bushy, sprawling plants like tomatoes and cucumbers off the ground.

Select vegetable varieties that take up less space, such as bush-type squash. Dwarf and miniature varieties, such as miniature watermelon, can be planted.

If early-yielding vegetable varieties are used, gardeners don't have to wait all summer to harvest. For example, beefsteak tomatoes take 100 days or more to ripen. Earlier-maturing tomato varieties can be picked much sooner.

Always plant vegetable varieties adapted to the Pacific Northwest. Check seed catalogs or with neighborhood gardeners to find out which varieties thrive under local conditions.

Run vegetable rows north and south so each row gets

maximum light exposure. (Vegetables producing fruit need full sunlight, while leafy vegetables may tolerate partial shade.) Keep tall growing crops from shading smaller plants by putting them on the north or east side of the garden.

Put tomato and potato plants in different areas of the garden, especially if

you've had difficulty with diseases on these crops during the previous growing season.

Garden planning may be a complicated task, but it can give the gardener a better yield and a feeling that the land was used efficiently.

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Many factors influence chance of tooth decay

Are potato chips more likely to cause tooth decay than caramels?

Although sugar is unquestionably linked to tooth decay, other factors also appear to influence whether a food is likely to promote dental caries.

Four conditions are considered necessary for the development of dental caries: 1) micro-organisms on the surface of a tooth; 2) a susceptible tooth; 3) adequate amounts of carbohydrates in the mouth; and 4) time for these factors to interact.

Diet plays an important role in each of these factors.

"Sucrose (table sugar) is the major dietary villain in promotion of tooth decay," said nutrition specialist Carolyn Raab. "However,

the frequency of consuming sugar seems to make more difference than the total amount of sugar eaten. The longer that sugar remains on the teeth, the greater the likelihood of decay."

Although sugar promotes dental caries, research now shows that some components in food may actually protect teeth against decay. Some beneficial factors appear to be a high fat or protein content, the presence of protective minerals and high water content.

"Unfortunately, there isn't a widely accepted test to determine food cariogenicity (the potential to cause caries)," Raab said.

Prevention of dental decay must include good oral hygiene in addition to good nutrition.

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