

Gardening column

BREAK OUT THE SEED CATALOGS

BY LIZ DOUVILLE

For The Spokesman

The time has come. The table is set. No, not with the good china or holiday food. The table is set with the 2022 seed catalogs, black marking pen and a stack of yellow sticky notes.

The stash of catalogs is not as high as last year's pile. I have received several emails stating the company was not printing a catalog this year.

Paper catalogs are addictive. All those varieties make your eyes bounce from one image to another. And those wonderful photos convince you that all things are possible in the world of gardening.

Sitting in front of a screen just isn't as satisfying for some gardeners as turning page after page. I know, deep down, that the decision makes sense. It is another difficult decision a business has to make to get product to customers via the quickest, most economical means.

Steve Aitken, wrote an editorial comment in Fine Gardening magazine that made me do some deep thinking. His comment had to do with botanical developments. In part it was, "Progress is rarely pure, unfortunately. For every step ahead, something is left behind."

For me, it was breaking the tradition of New Year's Day. For many years the tradition was to order the seeds. My husband always viewed New Year's Eve as amateur night. It was never difficult to be clear-headed on New Year's Day and concentrate on seed orders, admittedly between



123rf.com

Seed catalogs sprout in mailboxes this time of year.

critical football plays.

I still maintain the amateur night tradition, what changed for me was the criteria I used to choose the seeds I ordered.

The two criteria I set in place were water conservation and to plant seeds that were more locally sourced rather than from the east coast. If the seed I am looking for isn't available locally, I plan to order from sources in Oregon, Washington or California.

The current drought conditions in many states, not just Oregon, should

make all gardeners stop and assess how much they really know about the plants they place in the ground. Do we irrigate on Tuesday because that is the day we always irrigate? Or do we start paying more attention to what the plant needs and start practicing zonal plantings.

According to Jim Meyers, horticulture professor at Oregon State University, tomatoes, squash and melons establish deep root systems quickly and draw moisture from deeper soil long after the soil surface has become dry

in mid-summer.

Meyers, who is also a plant breeder, says more drought tolerant vegetables are being developed. One is a zucchini variety, Dark Star has been developed to grow under dry-land conditions with roots that seek out the water table. We all vie for the title of growing the biggest tomato in the neighborhood. Maybe it would be more prudent to plant a smaller variety that is full flavored but is shorter in maturity time requiring less water. Sweet corn and lettuce are shal-

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low-rooted and require lots of water. The favorite cool-season peas, cabbage, cauliflower, broccoli are not drought tolerant so should be planted in the same watering zone.

In many ways 2022 will be an interesting gardening year. Vendors wonder if the interest in back-yard gardening will continue. Gardeners wonder if there will be another seed shortage. And don't be surprised if prices are a little higher.

Many aspects of life have changed over the past few years. What hasn't changed is a gardener's quest to learn more, to improve and expand our knowledge of how to improve our techniques and our gardens.

Resources I have used

- Renee's Seed — Felton, Calif.
- Siskiyou Seeds — Southwest Oregon
- Nichols Garden Nursery — Philomath, Ore.
- Territorial Seed — Cottage Grove, Ore.
- Adaptive Seeds — Sweet Home, Ore.
- The Thyme Garden — Alsea, Ore.

Lose weight in a healthy manner to ring in new year

BY KEYLEN VILLAGRANA

Better Business Bureau

Since some of us will be looking to get in shape starting the new year, Better Business Bureau is ringing in 2022 with tips on how to work toward your fitness goals without cutting back on trust. The desire to drop weight fast increases the risk of being deceived by products or memberships that do not work as advertised.

It's important to have a solid understanding of how to lose weight in a healthy manner. What works for one person may not work for others. Build long-term habits to achieve sustainable results. In other words, ease yourself into a weight loss plan that best fits your needs.

Before investing in any trendy fitness programs or di-

etary supplements, Better Business Bureau recommends the following:

Be skeptical of any "miracle" claims for weight loss. There is no such thing as a "secret ingredient" or "breakthrough formula" that can result in weight loss virtually overnight. So, be suspicious of products promising miraculous results without diet or exercise. Ask your doctor what an achievable weight loss goal would be. If you come across an advertisement you feel is especially deceptive, report it to BBB.org/AdTruth.

Be wary of free trial offers and review the fine print before signing up. Many consumer complaints describe weight loss programs as difficult to cancel, even if the product did not work as claimed.



Submitted photo

Keylen Villagrana

Consumers reported believing that they were making a one-time transaction, but instead received recurring charges to their credit cards. When they contacted customer service, they were informed that they had signed up for a subscription, which was only disclosed

in the fine print of the terms and conditions of their original purchase.

Take your time selecting a gym or fitness program. Many gyms offer free trial passes for prospective clients to test and tour their facilities. If you are unsure whether you'd prefer an independent setting at your own pace or a team-oriented program with a class structure, this is the time to explore your options. Gyms are vastly different when it comes to their pricing, policies, branding and target demographics – take the time to compare these options.

Understand the terms and conditions of the fitness program. Many fitness programs offer low sign-up fees if you commit to a longer contract term, but the price could exceed what you budgeted once

here is no such thing as a "secret ingredient" or "breakthrough formula" that can result in weight loss virtually overnight. So, be suspicious of products promising miraculous results without diet or exercise. Ask your doctor what an achievable weight loss goal would be.

the initial trial-period ends. While the initial price may seem like a deal you can't pass up, make sure you understand the total costs of the service in the long run. Take a second to determine whether you prefer a monthly membership with more flexibility. Be sure to understand all the charges associated with the plan including any cancellation fees, late fees, or annual membership fees.

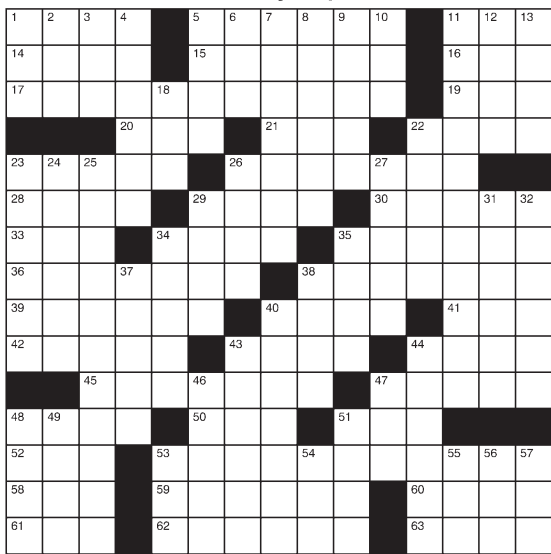
Utilize BBB as a resource. Look up the company on BBB.org before making a purchase.

BBB's website has individual business profiles disclosing whether the company is BBB Accredited, its letter ratings, potential consumer alerts, detailed customer complaints, and information on how the business is responding to concerns. Taking that additional step will give you a better idea of the company's reputation. If any issues arise, you can also submit a complaint and seek a resolution.

For more consumer tips, visit Trust-bbb.org.

CROSSWORD

Bunny Hop



CREATORS NEWS SERVICE

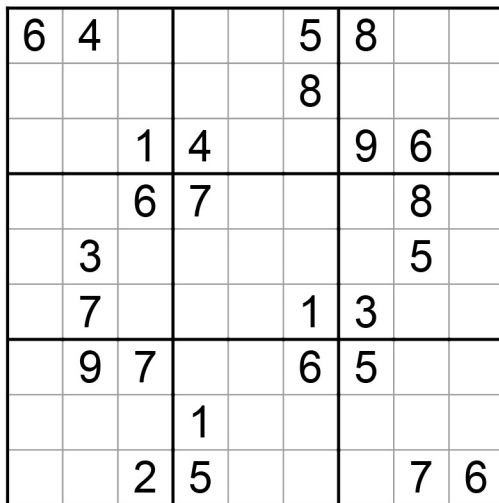
By Charles Preston

- ACROSS**
- 1 Gatsby's portrayal, in 1949
 - 5 Large group
 - 11 Kind of room or hall
 - 14 Soviet range
 - 15 Microscopic critter
 - 16 Frank's ex
 - 17 Empty-headed
 - 19 Storage area
 - 20 Topsy type
 - 21 Household spirit
 - 22 Up to the task
 - 23 Tree trunks
 - 26 Mixologist's concoction
 - 28 Racetrack
 - 29 Dodo
 - 30 Paper currency
 - 33 Cadge
 - 34 Floating ice
 - 35 Squabble
 - 36 Bishop's staff
 - 38 Fund-raiser
 - 39 Look up to
 - 40 Superior
 - 41 Fall mo.
 - 42 Sprees
 - 43 Hubbubs
 - 44 Seethe
 - 45 Holds back
 - 47 Western landscape feature
 - 48 Toy ammo
 - 50 Marseille Mrs.
 - 51 Emulate a trencherman
 - 52 Residue
 - 53 TV flick about a Steinem experience
 - 58 Island neckwear
 - 59 Obscured
 - 60 Pizzeria fixture
 - 61 Singer Davis
 - 62 Halloween options
 - 63 Exigency
- DOWN**
- 1 ___-di-dah
 - 2 Chicken - king separator
 - 3 ___ es Salaam
 - 4 Locomotive
 - 5 Actor's quest
 - 6 MD's group
 - 7 Fodder
 - 8 Of six
 - 9 Siskel's colleague
 - 10 Youth
 - 11 Tallisman
 - 12 Depraved
 - 13 Work with rattan
 - 18 Diddley and Derek
 - 22 Win by ___
 - 23 Funnyman Goldthwait
 - 24 Go to extremes
 - 25 Like Peter Cottontail
 - 26 Heath
 - 27 Silly
 - 29 Take it on the lam
 - 31 Call forth
 - 32 Colonize
 - 34 Earliest
 - 35 Layers
 - 37 Locations
 - 38 Catcalls' kin
 - 40 Supplements
 - 43 Woven fabric
 - 44 Immature mushroom
 - 46 Kathleen Windsor's heroine
 - 47 ___-relief
 - 48 Placid
 - 49 On the briny
 - 51 Potato buds
 - 53 Fitting
 - 54 Hermit morsel
 - 55 ___ atque vale
 - 56 Horsley or Grant
 - 57 Remnant

Answers on Page 6

SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.



MEDIUM

12

Answers on Page 6

WEATHER

FORECAST	HIGH	LOW	
Wednesday	54	34	Cloudy
Thursday	50	31	Partly Cloudy
Friday	48	29	Partly Cloudy
Saturday	49	29	Partly Cloudy
Sunday	51	32	Partly Cloudy
Monday	52	34	Partly Cloudy
Tuesday	48	34	Partly Cloudy
LAST WEEK	HIGH	LOW	PRECIP
Monday, Jan. 3	44	30	.61
Tuesday, Jan. 4	41	29	.05
Wednesday, Jan. 5	46	35	.03
Thursday, Jan. 6	53	36	0
Friday, Jan. 7	48	33	0
Saturday, Jan. 8	46	24	0
Sunday, Jan. 9	49	27	0

Precipitation to date this year: .69 inches

* = daily record

National Weather Service broadcasts are on 162.50 mhz.

THE REDMOND Spokesman

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