

# Master Gardeners teach garden 'winterizing,' hold plant sale

ASTORIA — It's time to give garden beds, pots, perennials and trees a rest by "winterizing" them. Winterizing helps plants survive winter and promotes a healthier, more productive growing season for all plants the next year.

Clatsop County Master Gardeners will show people how to do this through lectures, demonstrations and advice for individual garden problems 10 a.m. to 3 p.m. Saturday, Sept. 30, at the Clatsop County Fairgrounds. Admission is free.

In addition, an all-day plant sale will feature plants ready for fall transplanting.

Bring your garden soil in plastic baggies for soil pH testing.

- 10:30 a.m. "Winterizing Your Garden": Teresa Retzlaff is an organic farmer whose farm, 46 North, specializes in produce, edible plant starts and flowers. She will teach the most effective methods for soil protection with mulching and cover crops, how and what plants to cut back, overwintering edibles, transplanting and what to plant in the fall.

- 12:30 p.m. "Dahlia Care & Winter Protection": Joanie Chapel, also known as "The Dahlia Queen," grows more than a hundred varieties of Dahlias. She will share her expertise



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on preparing Dahlias for winter survival, basic care methods and the best dahlia varieties for our growing region. Throughout the day, Joanie will demonstrate dividing tuber plants for overwintering.

- 2 p.m. "Cleaning, Sharpening and Storing Garden Tools": Chuck Meyers longtime Master Gardener and garden tool expert will discuss the importance of caring for and readying garden tools for next year. Meyers will also demonstrate effective tool sharpening. Bring your personal garden tools; Meyers will be available between noon and 2 p.m. to sharpen them for a small donation.

Plant sale: The all-day Plant Sale will feature a variety of native plants, perennials, bulbs and trees — all locally grown. These plants are known to thrive

in our coastal growing areas and are ready for fall transplanting. Sedges, silver weed, coastal strawberries, mature zebra and maidenhair grasses and herbs are a few featured plants. Master Gardeners will help you select the best plants for your growing conditions.

Garden "treasure sale": Everyone needs more "treasures": gently used garden tools, wood planters, books, art and even items for the home. How about a vintage outdoor water pump or decorative bicycle? It's all here, waiting for a new garden home.

Garden fun for kids: Crafts and learning activities to inspire growing interests in gardening. Kids will have several choices to create and take home garden crafts and mini gardens.



## CHANTERELLE MUSHROOMS

PHOTO BY LYNETTE RAE McADAMS

By LYNETTE RAE McADAMS  
FOR COAST WEEKEND

# Wild Side

**B**eloved for their delicate flavor and fruity aroma — not to mention that marvelous golden hue — chanterelles have been a documented delight in kitchens throughout the temperate regions of the Northern Hemisphere for at least 500 years.

Found nestled on the forest floor, alone or in groups, this hearty fungus has one of the longest bloom times in the mushroom kingdom — fruiting from mid-summer all the way through late fall. Rising up from deep moss or leaf litter, firm stalks brandish tulip-like caps with wavy, feminine edges — all glowing with tones of deep yellow-orange. Beneath the cap, long, blunt ridges, known as "false gills," dance down the stalk.

Although the color and size of chanterelles vary from region to region, for the longest time, the schools of both science and cuisine believed these fungal delicacies to all be of the same species, specifically, *Cantharellus cibarius* — the flaxen favorite of Northern Europe.

But in recent decades, innovations in DNA sequencing and genetic typing have

revealed more special, subtle differences corresponding to a mushroom's native geography, proving them each to be unique, though closely related. In the Pacific Northwest, multiple species of *Cantharellus* flourish side by side, including *C. formosus*, the Pacific golden chanterelle — official mushroom of the state of Oregon.

No matter the mushroom's specific heritage, any edible golden chanterelle is considered choice. Pairing perfectly with pasta, chicken, rice or fish, and taking equal pleasure in a bath of broth, butter or cream, this mushroom is an easy palate pleaser.

In addition to their deliciousness, chanterelles are also exceptionally nutritious, containing significant amounts of protein, potassium, iron, and chromium, along with eight different amino acids. Perhaps most impressively, they contain absurdly high levels of Vitamin D2, which helps the human body absorb calcium but also makes this mushroom unattractive to insects,

slugs and other wildlife — a benefit for both the forager and the connoisseur.

Though many attempts have been made, it is still impossible to cultivate chanterelles — they can only be gathered from an untamed forest, where they form symbiotic relationships with trees and certain shrubs. As with all wild mushrooms, identification is paramount, as poisonous lookalikes do exist. Never harvest mushrooms without absolute confidence in their identity and never eat a wild mushroom unless it has come from an experienced, trusted source.

To learn more about local wild mushrooms, including where to find them, how to pick them properly and how best to prepare them for eating, consider participating at the annual Wild Mushroom Celebration on Washington's Long Beach Peninsula, which takes place this year from Monday, Oct. 1, through Wednesday, Nov. 15. Visit [wildmushroomcelebration.com](http://wildmushroomcelebration.com) for more information.

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