

Area youngsters get to 'Shop with a Cop'

Thirty law enforcement officers, representing all local police agencies, took 30 pre-selected children shopping for back-to-school supplies on Wednesday, Aug. 12 at the Target store in Springfield.

Police K9-officers and Scruff McGruff, the nephew of McGruff the Crime Dog, were also in attendance.

"Shop with a Cop for School Supplies" is an annual program coordinated by Sisters in Law, a law enforcement officers' wives nonprofit group. Police agencies represented include Eugene Police Department, Lane County Sheriff's Office, Oregon State Police, Cottage Grove Police Department and Springfield Police Department.

"This is a unique opportunity for children from disadvantaged circumstances to go school supply shopping with a law enforcement officer," said Haley Martin, Sisters in Law president.



Officer Shawn Branstetter, Officer Tami Walston, Scruff McGruff, Rhonda Walker (Sisters In Law member and Sisters In Law Liaison to the CGPD) and Officer Matthew Walker were among those who shopped for school supplies with local youth.

Getting your garlic on:

A primer on planting, growing and harvesting

BY KIM POKORNY
OSU Extension Service

Fall is approaching, but don't put away your hoe and gardening gloves just yet. The best time to plant garlic is from September through November.

Garlic roots develop in the fall and winter, and by early spring they can support the rapid leaf growth that is necessary to form large bulbs, said Chip Bubl, a horticulturist with Oregon State University's Extension Service.

What type of garlic should you plant? Some gardeners like to grow top-setting garlic, also called hardneck. Common hardneck types include Korean, Dujanski, Siberian, Music, Chesnock Red, German Red and Spanish Roja. These varieties produce tiny bulblets at the end of a tall flowering stalk in addition to a fat underground bulb of cloves.

Softneck garlic, on the other hand, rarely produces floral stems and tends to grow bigger bulbs because energy isn't diverted to top-set bulblets. Softneck varieties include Silverskin, Inchelium Red, California Early and California Late.

Some enthusiasts say hardneck garlic has a richer, more pungent flavor than non-flowering types, but not all gardeners agree, Bubl said. Both can be harvested in early spring like green onions and sautéed as a side dish. Or you can allow them to mature until mid-July when they become a bulb with cloves.

Another type, elephant garlic, is actually a type of leek that produces large, mild-tasting cloves – usually fewer per bulb than the true garlics.

Bubl offers the following tips for growing garlic:

Lime the soil if you haven't done so recently. Before planting cloves, work a couple tablespoons of 5-10-10 complete fertilizer, bone meal or fish meal into

the soil several inches below where the base of the garlic will rest. Select healthy large cloves, free of disease. The larger the clove, the bigger the bulb you will get the following summer.

Plant the garlic in full sun in well-drained soil. A sandy, clay loam is best. In heavier soil, plant it in raised beds that are two to three feet wide and at least 10 to 12 inches tall. Garlic has well-developed root systems that may grow more than three feet deep in well-drained soil. Plant cloves root side down, two inches deep and two to four inches apart in rows spaced 10 to 14 inches apart. Space elephant garlic cloves about six inches apart. Garlic can be lightly mulched to improve soil structure and reduce weeds. A single 10-foot row should yield about five pounds of the fragrant bulbs.

Fertilize garlic in the early spring by side dressing or broadcasting with blood meal, pelleted chicken manure or a synthetic source of nitrogen. Just before the bulbs begin to swell in response to lengthening daylight (usually early May), fertilize lightly one more time. Weed garlic well, as it can't stand much competition. Garlic is rarely damaged by insects. Most years, you won't need to water unless your soil is very sandy. If May and June are very dry, irrigate to a depth of two feet every eight to 10 days. As mid-June approaches, taper off the watering.

Remove the floral stems as they emerge in May or early June from hardneck varieties to increase bulb size. Small stems can be eaten like asparagus, but they get more fibrous and less edible as they mature. Don't wait for the leaves to start dying to check for maturity. Sometimes garlic bulbs will be ready to harvest when the leaves are still green. The best way to

Please see **GARLIC**, Page 9A

Parkinson's support group to meet

Parkinson's Disease Support Group of Lane County will hold its free monthly meeting on Tuesday, Sept. 8 from 10:30 a.m. to noon at Westminster Presbyterian Church, 777 Co-burg Road, Eugene. 541-345-

2988 or libby@parkinsonsresources.org.

A support group for people with Parkinson's plus (multiple system atrophy, progressive supranuclear palsy or other atypical Parkinson's diseases) and their partners will meet on Wednesday, Sept. 9, at 1:30 p.m. in the Parkinson's Resources office, 207 E. 5th Ave., Suite 241, Eugene. Free. 541-345-2988 or libby@parkinsonsresources.org

Cottage Grove Sentinel
Our Community Newspaper
since 1889

Subscribe and \$AVE

Discount Smokes & Cigarettes

BEST PRICES!

- Glass Pipes/Water Pipes
- 5% off All Glassware (No Accessories) w/coupon
- Cigarettes • Cigars
- Emerald E-Cigarettes
- Emerald E-Juice

Mon-Fri 8am-10pm; Sat-Sun 9am-8pm
541-649-1284
178 Gateway Blvd Cottage Grove (Gateway Plaza)

NEW: Digital X-Rays (use less radiation)

Implants • Teeth Whitening • Extractions
Lumineers (no prep veneers as seen on TV)

Cottage Grove Dental
Dr. Brent Bitner, DDS
350 Washington, Cottage Grove (behind Better Bodies)
541.942.7934

The Grove Café and Lounge

TACO TUESDAYS \$1.00
SLIDERS ON WED - \$1.00

DAILY FOOD SPECIALS
OUTDOOR SEATING

Now open for breakfast on
Saturday and Sunday starting @ 7:00am

4 big screen tvs, watch all the Duck and Beaver games
Homemade soups, fresh cut deli meats,
1/3 pound hamburgers (local beef)

Restaurant GUIDE

DAILY LUNCH & DINNER SPECIALS

BLOODY MARY BAR
SIUNDAYS • 12-8PM
NEW HAPPY HOUR
FOOD MENU 3-7PM

EL TAPATIO 725 Gibbs • Cottage Grove
Mexican Restaurant & Cantina (541) 767-0457

A Neighborhood Favorite

Daily Specials
20% OFF for
Active Military & Vets

Tuesday Night is Senior Night
4pm-8pm

Open Daily for
Breakfast,
Lunch & Dinner
6 a.m.-10 p.m.
Sun-Thurs
6 a.m. - 10 a.m.
Fri. & Sat.

the **Vintage Inn** FAMILY RESTAURANT

1590 Gateway Blvd. • Cottage Grove • 541-942-7144

Ask your sales representative about placing your restaurant ad here.

Mangiano's Pizzeria
Homemade Pizza ~ Lasagna ~ Spaghetti
Everything made from scratch!

TWO ONE TIME SALAD BARS & LARGE ONE TOPPING PIZZA
\$25.00

NEW MENU!! WE DELIVER!
Starting at 5 p.m.
Closed Sunday & Monday
open Tue-Thur 11am-8pm
Friday & Saturday 11am-9pm
Salad Bar & Fun Lottery Room
2915 Row River Rd • 541-942-5432

Grill & Chill
541-968-1134

"The little blue box with the food that rocks"

"The best in American comfort food."
Burgers, Philly Cheese Steaks, Salads, Fish & Chips, Jumbo Prawns, Soups, Chicken Breast Burgers, Chicken Strip Baskets, Tots, Fries and lots more!

Call ahead for ready-to-go pick-up orders
Tues-Sat open till late
Corner of 6th and Washington 541-968-1134
Check out our facebook page!