

Start now to reap vegetables in fall

As we settle in at the table of summer's harvest, savvy gardeners pause long enough to consider the coming season.

"Most folks are familiar with and love summer vegetables, but if you want to maximize your food and nutrition, then growing fall crops is a great strategy," said Weston Miller, a horticulturist with Oregon State University Extension Service.

The window of opportunity for planting those crops is short — as daylight decreases, it becomes harder and harder to hit it right. So, begin now to tuck seeds or transplants into the soil.

"Yes, it is hot and it might seem counterintuitive to plant now, but if you want to harvest in fall, it's got to be now," Miller said. "You just have to take steps to mitigate the heat."

Plant in morning or evening and make sure to monitor the soil closely so it doesn't dry out. Water daily, twice if it's especially hot. Concentrate your efforts on the top couple of inches of soil where seeds are germinating and the small root systems of new plants are getting off to a start.

If the weather turns scorching hot, you may have to resort to shade cloth or Reemay, a very lightweight fabric that allows light and water through but helps keep plants from burning. Some crops like carrots, beets and direct-seeded greens don't mind having the cloth placed right on top; bigger crops like broccoli and peppers might appreciate hav-



KYM POKORNY
Your Garden

ing it propped up on the same type of wire or plastic hoops used to make cloches or cold frames.

As you get ready to plant, add about a quarter-inch of compost and some organic fertilizer to the soil. Both break down faster in the heat of summer soil than in cooler months and make nutrients available quicker than usual, Miller said. After planting, use a water-soluble fertilizer like fish emulsion on the transplants to get them well established.

Whether to plant seeds or transplants depends on the crop and, to some extent, how you're going to use it. Plants that do best directly seeded include carrots, parsnips, beets, radish, mustard and arugula. Many crops like kale, chard and lettuce can be sown heavily for "cut and come again" greens. Cut the greens above the crown of the plant when the leaves reach 4 to 6 inches. You can get two to three cuttings if you give them plenty of water and some fish emulsion after each cutting.

All other crops can and should be transplanted for



<https://flic.kr/p/it8swa>

Harvest carrots and other vegetables in fall by sowing in July and August.

best success. Look for high-quality plants that aren't root-bound, stunted or off-color.

Once you get the new plants in the ground, don't

nutrients as plants get established.

Miller recommends allocating half of your garden space for typical summer crops like tomatoes, beans and cucumbers and the other half for cool season crops like kale, scallions, carrots, beets and lettuce. "That will give you the most from your garden," he said.

For more information on extended-season vegetable gardening, refer to these Extension publications:

Fall and Winter Vegetable Gardening in the Pacific Northwest and Growing Your Own.

Weston Miller's guide for planting a fall vegetable garden

- DIRECT SEED**
July: carrots, beets, scallions, radish, cutting greens
Early August: carrots, beets, scallions, spinach
Late August, early September: radish, cutting greens, arugula, mustard
October: garlic
- TRANSPLANTS**
Mid-July through August: kale, head lettuce, chicory, chard, cabbage, cauliflower, broccoli, kohlrabi, leeks, onion
September: overwintering brassicas

dawdle on weed control. Weed once a week for four weeks to keep weeds from competing for water and

MI TOWN

The bright red, white and blue decorations have been packed away for another year, the kids have finished all their candy stash gathered from the Fourth of July parade and the remnants of fireworks packages were relegated to the trash can several days ago. We've put away the American flags until the next national holiday and are busy planning summer trips, working in the garden or catching up on all those endless house and yard projects that never, ever seem to get done.

If one of those projects was to downsize and find new homes for clothing that doesn't fit anymore, dishes currently in boxes in the basement or garage, pictures and decorative



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Columnist

items that someone else might be happy to use in their homes or apartments — help is on the way. The Monmouth Business Association is sponsoring the Community Yard Sale in Main Street Park on Sept. 2 from 10 a.m. until 4 p.m.

There is no charge to reserve a spot to display and sell all those items to willing buyers. Please register online at the Monmouth-Independence Chamber of Commerce website at <http://www.micc-or.org/> or call Mark Fancy at 503-

751-0147. This is the eighth year for the community garage sale, which has always been a great event.

We were recently walking home from Main Street Park and saw a young man carrying a big bouquet of fresh flowers. I complimented him on how pretty they were, and he told me they were for a memorial to his fiancée, who died in a car crash last year. He told me that he loved and missed her so much.

It's so easy for us to get caught up into everyday drama, to complain about politics, or traffic or so much trivia that we miss the bigger picture, that people have truly suffered life-changing tragedies and are getting through their days the best

way they possibly can. Lives can be forever altered in a split second, and nothing is ever the same again.

Talking for a few minutes with this young man reminded me to be grateful for the good things in our lives, of those whom we love, those who love us, the beauty of a sunrise and how good a glass of fresh lemonade tastes on a hot summer day. Petting a sweet dog while on a walk or enjoying a good book with a cat sleeping beside you in a comfy chair. How we are so thankful that our children and our grandchildren are happy and healthy and enjoying life. May our hearts be open to those who are truly suffering such a great loss. And may we be grateful for our blessings every day.

PEDEE NEWS

Two "Quilts of Valor" were presented to veterans on July 2 at the annual Jones family Fourth of July picnic at Don and Zee Edward's house in Dallas. One was presented to Ted Jones' brother-in-law Bud Brown, who served in the U.S. Navy in World War II. At one point his ship was bombed 150 miles from Okinawa and he wound up in the water until another ship picked him up. Otherwise it was going to be a long swim. A quilt was also presented to Raymond Jones who served in the U.S. Army as a combat engineer (building roads and such) in Vietnam. Since Ted Jones passed away before receiving a quilt, his wife Alberta appreciated being pre-



ARLENE KOVASH
Columnist

sented with a wall hanging commemorating Ted's service in WWII. Faith Holloway, special events coordinator for Northwest Oregon Quilts of Valor came down to present the quilts. The Quilts of Valor Foundation members make comforting and healing patriotic quilts for veterans touched by war to show them how much we appreciate and love them.

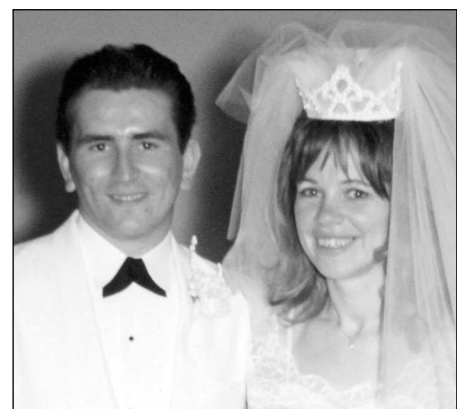
July 1 was the date of Pedee's wedding of the year. Jon and Juli Bansen's son Ross married Brenna Heide, daughter of Tracy and Suzy Heide of Suver, at the beautifully remodeled barn at the old Skidmore farm on Kings Valley Highway. The weather was perfect as the couple said their vows under the trees, then a buffet was served to the guests inside before all danced the night away. Ross's father Jon officiated at the wedding and his grandfather gave a heartfelt message as he welcomed Brenna into the family.

Last week my daughter Suzanne Burbank and I hosted the kids in the neighbor-

hood, as one week's activity substituting for Pedee Church's VBS. We had yard games, a scavenger hunt and cookie decorating, and then followed up with blowing big bubbles. For the scavenger hunt, we matched the 14 kids up by having the oldest pair up with the youngest and so on down the line, then tied them together with yarn so the older couldn't run off from the younger. Worked great. The last thing we did was to make big soap bubbles using a giant bubble mixture (ask me for the recipe) and yarn tied into loops. So fun. Kailey Traglia and Alex Russell were the champion bubble makers, followed close behind by Leo Mellein.

ANNIVERSARIES

50th - Green



Bob and Donna (Henson) Green will celebrate 50 years of marriage on July 14, 2017.

The couple was married at First Baptist Church in Dallas by Pastor EJ Cobb.

The couple lived in southern California and London, England, early in their marriage while Bob served in the U.S. Navy. They settled into their current home in the Salt Creek area in 1981. They have traveled to 33 states and 26 countries together since they were married.

Bob and Donna are both retired and enjoy traveling, attending car shows with their MGs and spending time with their six grandchildren.

Friends are encouraged to send a personal note to Bob and Donna sharing their favorite memory. Per their request, a formal gathering will not be held.

VOLUNTEER OPPORTUNITIES

These Polk County groups would welcome individuals who have time or expertise to volunteer. Organizations that would like to be added to this list should call 503-623-2373 or email IONews@polkio.com.

- AARP Foundation Tax-Aide - 503-930-7636
- After DARC - 503-623-9501
- American Cancer Society Road to Recovery - 1-800-227-2345
- Arc of Polk County - 541-223-3261
- Ash Creek Arts Center - 971-599-3301
- Court-Appointed Special Advocates (CASA) of Polk County Inc. - 503-623-8473
- Central School District - 503-838-0030
- City of Dallas - 503-831-3502
- City of Independence - 503-838-1212
- City of Monmouth - 503-751-0145
- Crime Victims Assistance Program - 503-623-9268
- Dallas Area Chamber of Commerce - 503-623-2564
- Dallas Fire Department - 503-831-3532
- Dallas Food Bank - 503-623-3578
- Dallas Kids, Inc. - 503-623-6419
- Dallas Police Department - 503-831-3582
- Dallas Public Library - 503-623-2633
- Dallas Retirement Village - 503-623-5581
- Dallas School District - 503-623-5594
- Delbert Hunter Arboretum - 503-623-7359
- Ella Curran Food Bank - 503-838-1276
- Falls City Arts Center - 503-559-6291
- Falls City School District - 503-787-3531
- Family Building Blocks - 503-566-2132, ext. 308.
- Friends of the Dallas Library - 503-559-3830
- Gentle House Gardens, Monmouth - 503-838-2995
- Girl Scouts of Southwest Washington and Oregon - 1-800-338-5248
- H-2-O - 503-831-4736
- HART (Horses Adaptive Riding and Therapy) - 971-301-4278
- HandsOn Mid-Willamette Valley - 503-363-1651
- Heron Pointe Assisted Living - 503-838-6850
- Independence Health and Rehabilitation - 503-838-0001
- Independence Public Library - 503-838-1811
- Kings Valley Charter School - 541-929-2134
- Luckiamute Watershed Council - 503-837-0237
- Luckiamute Valley Charter School - 503-623-4837
- Meals on Wheels - 503-838-2084
- Monmouth-Independence Chamber of Commerce - 503-838-4268
- Monmouth-Independence YMCA - 503-838-4042
- Monmouth Public Library - 503-838-1932
- Northwest Human Services - 503-588-5828
- Oregon Child Development Coalition - 503-838-2745
- OSU Extension Service - Polk County - 503-623-8395
- Perrydale School District - 503-623-2040
- Polk Community Development Corporation - 503-831-3173
- Polk County Community Emergency Response Team - 503-623-9396
- Polk County Museum - 503-623-6251
- Polk County Public Health - 503-623-8175
- Polk County Resource Center - 503-623-8429
- Polk Soil and Water Conservation District - 503-623-9680
- Relief Nursery Classroom - 503-566-2132
- SABLE House - 503-623-6703
- SALT (Sheriff's Auxiliary & Law Enforcement Together) - 503-851-9366
- Salvation Army - 503-798-4783
- SMART (Start Making A Reader Today) - 503-391-8423
- Salem Health West Valley Hospital - 503-623-8301
- Victim Assistance Program-Polk Co. District Attorney's Office - 503-623-9268 x1444
- Willamette Valley Hospice - 503-588-3600
- WIMPEG Community Access Television - 503-837-0163

COMMUNITY CALENDAR

Continued from page 8A

TUESDAY, JULY 18

- **Independence Riverview Market** - 1 to 6 p.m., Riverview Park and Amphitheater, 50 C St., Independence. 503-910-8193.
- **Dallas Wingdingers RC Flying Club** - 7 p.m., 1833 SE Miller Ave., Dallas. 503-623-7288.
- **Polk County Coin Club** - 7 p.m., Monmouth Senior Center, 180 Warren St. S., Monmouth. 503-362-9123.
- **Overeaters Anonymous** - Noon to 1 p.m., Salem Health West Valley, 525 SE Washington St., Dallas. Support group meets in the quiet room/chapel immediately inside the emergency entrance on Clay Street. Dee Ann White, 971-718-6444.

WEDNESDAY, JULY 19

- **Willamette Valley Food Assistance Program Food Bank** - 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.
- **Day-2-Day Diabetes Support Group** - 3 to 4 p.m., Salem Health West Valley (main conference room inside main entrance), 525 SE Washington St., Dallas. 503-623-7323.
- **Pickleball** - 9 a.m. to noon, Roger Jordan Community Park. Meets on Mondays, Wednesdays and Fridays from 9 a.m. to noon and Sundays and Tuesdays at 6:30 p.m. Karen Freeman, 503-871-4172.

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Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.



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