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# Down To Earth

FALL 2007

# NEWSLETTER

Practical Goods For Natural Living

## Fall is for Planting, and More...

Cool mornings, splendid warm days, and spectacular fall colors mark the transition from summer to winter. For the gardener this means a multitude of activities that can be accomplished before colder weather sets in. Fall is for planting, not to mention harvesting and preserving the garden's bounty.

From **bulbs** to **eco-lawns**, **garlic**, **cover crops** or planting **blueberries**, **unique perennials**, **shrubs** or **trees**, fall is the best time of the year to plant just about anything. The weeds will be going dormant soon and the plants that we put in the ground now have time to get established before winter. It is time to get an early start on the spring garden!

This fall we will have a diverse range of **soft and hard-neck garlic** varieties to choose from. At last count, we have 31 varieties on order for the discerning garlic enthusiast.

Check our events calendar and look inside for information on our **2nd Annual Garlic Fest!**, **eco-lawns**, **food dehydrating**, and more.

It is also time to plant **spring blooming bulbs**. We will have a great selection of tulips, daffodils, crocus and more from Simple Pleasures®. Just imagine the spectacular floral displays in your garden next spring. Come in and see why our bulbs are the best!

As you can see there is plenty to do this time of year. Stop in at either of our two locations. Our knowledgeable staff can assist you with most of your gardening and household needs.

*Jim Wolter, General Manager*



**October 10-28, 2007**

**Don't miss our annual fall sale for great deals on products for the home and garden, as the weather gets chillier!**

## UPCOMING EVENTS

**September 15, 2007 (Saturday)**

**2ND ANNUAL GARLIC FEST!**

Food & Beverages, Demos and more!

Look inside for details on this special event.

**1-4pm @ Olive St. Store**

**September 22, 2007 (Saturday)**

**Food Dehydrating Demo:** with Mark Henshaw

**1-4pm @ Olive St. Store**

**September 23, 2007 (Sunday)**

**Community Partnership Benefit:** Lane County Master Gardeners.

Shop with us this day and 5% of your purchase will go to the

OSU/Lane County Extension Master Gardener™ program. *Master*

*Gardeners are volunteers who work in the community to share their*

*gardening expertise. Every Master Gardener has successfully completed*

*a rigorous training program through Oregon State University. The Ask a*

*Master Gardener table will be available 11 a.m.- 3 p.m. at the Olive St. Store.*

**10am-5pm @ Both Stores**

**October 11-14, 2007**

**Lane County Home Show:** visit us at our booth (166)

**Lane County Fairgrounds**

**October 10-28, 2007**

**Home and Harvest Sale**

**Both Stores**

**October 21, 2007 (Sunday)**

**Community Partnership Benefit:** Healing Harvest.

Shop with us this day and 5% of your purchase will go to Healing

Harvest, *a non-profit organization that introduces therapeutic horticulture*

*into the community as a means of rehabilitation and recovery for*

*individuals who are victims of domestic violence, abuse and trauma, at-risk*

*youth, as well as individuals facing mental and physical challenges.*

**10am-5pm @ Both Stores**

**November 9, 2007 (Friday)**

**Holiday Open House** Come see our exciting selection of new products for the holiday season! Enjoy hors d'oeuvres, complimentary drinks, and **10% Off everything!**

**6-8pm @ Both Stores**

**November 18, 2007 (Sunday)**

**Community Partnership Benefit:** Community Mediation Services.

Shop with us this day and 5% of your purchase will go to CMS,

*a non-profit organization that helps residents of Lane County work out*

*fair and lasting solutions to conflict. Funds will also support CMS's*

*Restorative Justice Program, an alternative, community-based framework*

*for youth offenders and their victims to meet together and come up with*

*mutual plans of reparation.*

**10am-5pm @ Both Stores**

**Store Locations:** 532 Olive St. Eugene, OR 97401 541.342.6820 • 2498 Willamette Eugene, OR 97405 541.349.0556



**15% OFF**

Lodge Color™ Cast Iron  
Kuhn Rikon Pressure Cookers  
through September 30

**Lodge Color™**

**Porcelain Enamel on Cast Iron**

Lodge Color cast iron cookware has a very hard, glossy two-layer enamel surface that eliminates the need to season. It has superior heat distribution and retention, and can be used for any cooking technique, as well as to marinate, refrigerate and freeze. The knobs are oven safe to 400°F.

Cafe Brown, Spice Island Red, or Caribbean Blue

**Lodge Color Skillet - 11"**

- Black matte enamel interior
- 1.75" deep
- Lid from the 6 qt. Dutch Oven fits this skillet



**Lodge Color Dutch Oven - 6 Qt.**

- White matte enamel interior
- 10.75" diameter, 4.5" deep



**Lodge Color Casserole - 3 Qt.**

- White matte enamel interior
- 11.75" diameter, 2.125" deep



**Kuhn Rikon**

**Pressure Cookers**

Duromatic pressure cookware is engineered to the highest quality standards in Kuhn Rikon's Swiss factory. Duromatic's automated lid-locking system and multiple safety release back-up systems give you ultimate peace of mind. Plus no steam escapes--it's blissfully quiet! You can also double the versatility of the pressure cookers with interchangeable glass lids. Comes in a variety of sizes.



**Look for New Product Arriving Daily!**

**GARLIC IS GREAT!**

**2ND ANNUAL GARLIC FEST**

SEPTEMBER 15, 1-4 PM  
BOTH STORES

*Join us, and learn more about the fine art of garlic cultivation. We will have garlic tasting, gadget demos, food, beverages and more!*

**GARLIC GADGETS:**

Check out DTE's current crop of garlic kitchen gadgets. We've got something for peeling, mincing, grating, pressing, roasting and storing!

**MINCING & GRATING**

- The Garlic Twist - Handy for crushing, peeling, & mincing garlic to ideal texture; no mess & easy to clean.
- Kuhn Rikon Twist & Chop (not shown) - multiple gears increase cutting force; double sharpened blades chop in both directions
- Microplane Graters - fine ribbon and coarse varieties are suited for garlic.
- Assorted small graters ideal for garlic.



**BAKING & STORING**

- Terracotta Garlic Bakers in two sizes
- Garlic Keepers - create the perfect environment to keep garlic fresh



**PEELING & PRESSING**

- The Original E-Z-Rol Garlic Peeler - easy to use & clean.
- Garlic Presses (small & jumbo) - Both 18/8 stainless steel. Dishwasher safe.
- Two styles of Zyliss (Swiss made) garlic presses - 'Susi 2' removes peelings completely and quickly extracts garlic bits and juice. Jumbo garlic press is large enough to press several cloves at one time. Comes with cleaning tool.



**Down To Earth**  
offers more than

**30**

varieties of garlic for you to plant & harvest!



**Garlic Ice Cream**

**Yeah, that's right. Uhuh.**  
(just look at the garlic to sugar ratio)

- 3 cups whole milk
- 1/4 tsp fresh garlic, crushed
- 1 vanilla bean, split
- 1 cup heavy cream
- 1 1/2 cups sugar
- 9 egg yolks

In medium saucepan, bring milk, garlic and vanilla slowly to a boil. Remove from heat. Pour liquid through strainer and discard garlic and vanilla bean. In mixing bowl, stir together cream, eggs and sugar. Stirring constantly, pour the strained milk mixture into the sugar and eggs mixture. Pour into saucepan and stir over moderate heat until it coats the back of a spoon (approximately 10-15 minutes). Cool in ice bath. Freeze in your ice cream freezer in accordance with manufacturer's instructions.



# Food Dehydrating – Save Your Harvest Year Round

Dehydrating is the process of removing liquid from food, by using low heat and warm air to help prevent bacteria, yeast and mold from growing. Too much heat will cook the food and you lose much of your vitamins and nutrients. As a rule of thumb, you want to remove 80-90% of the moisture from your food to increase shelf life substantially.

## Using an Electric Food Dehydrator is Simple and Safe:

- Use only high quality fruits and vegetables that are ripe and generally blemish-free.
- Cut into equally sized slices to help with uniform drying.
- To keep some fruits from oxidizing (turning brown), give them a brief dip in 1 cup fresh lemon or lime juice and 4 cups water. After a quick soak, dry thoroughly before loading your trays. This process works very well with apples, pears and bananas.
- Some vegetables need a quick blanch, either in boiling water or steam. Drying time will depend on the size and type of vegetable.

- Load your dehydrator in single layers, and let the machine do the work. The food, the temperature in your home, and the humidity, all will effect drying times. Read your instruction manual before getting started, and use the times listed as a guide. When your food is done, it should bend without breaking

***IN-STORE DEMO***  
**SEPTEMBER 22, 1-4 PM**  
**OLIVE STREET LOCATION**  
**Join us for tips and samples!**

and should not feel sticky, damp or squishy.

- Let dry at room temperature for at least 30 minutes before moving to storage. Glass jars, metal cans, or boxes with a tight fitting lid, store best. Keep in a dark, dry place until ready to eat.

As for what to do with your new bounty, the possibilities are almost endless. You can re-hydrate by pouring boiling water over your food and waiting about

10 minutes, or until soft. It also makes a very healthy snack that stores in less than half the space of the original item.

There are many resources on the web, as well as the Master Food Preserver Hotline at 1-800-872-8980 available Mon.-Thurs. from 9am-12pm and 1-4pm.

## Down To Earth Carries Three Different Dehydrators:

- **The Excalibur 5 tray** (\$169.95)
- **The Excalibur 9 tray** (\$199.95)  
Both feature rear mounted fans and temperature controls that work very well for everything from herbs to jerky.
- **The Back to Basics 5 tray** (\$49.99)



This circular style model can expand up to 9 trays.

As the garden gets quieter in the fall, the delight of color and activity can continue with your invitation to birds. An assortment of feed in your garden will encourage a variety of birds to visit. We have our regular visitors, of course, but further into fall we'll be able to welcome our migrating friends as well. Offer what they want, how they want it, and they will come.

- If you have Black oil sunflower seed (which is the most common) you will attract, for example; chickadees, grosbeaks, jays, nuthatches, and bushtits.
- Nyjer thistle seed (not a thistle at all) entices finches of all sorts like house finches, goldfinches and pine siskins all winter. They come to special feeders with tiny ports that help to keep the seed dry. Finches seem to like fresh nyjer seed so buy smaller amounts more often.

- Millet is attractive to juncos, sparrows, and other ground feeders like the little, (red eyed) spotted towhees. People sometimes complain that



birds kick out the millet from the feeders. This actually works best for the birds as the seed stays drier in

the feeders until a bird kicks it out allowing the groundfeeders access.

- Suet provides lots of protein for especially the birds of winter. Chickadees, bushtits in little flocks, woodpeckers of all kinds, nuthatches, wrens, creepers and kinglets all frequent the suet in fall, winter, and early spring.
- Let's not forget our year round resident, the Anna's Hummingbird, which will frequent your feeders all winter. You can offer our **Best -1** instant nectar that's available here at **Down To Earth**, or make your own by mixing one part sugar to 4 parts water; boil for 2 minutes to make sure all is germ free then cool and use in your feeder. Any excess can be stored in the fridge for later use.

**A little planning for the birds can provide you with delight and entertainment all fall and winter.**

# Eco-Lawns – A Healthy Alternative

An **eco-lawn** is an environmentally friendly lawn seed mixture of low growing grasses, flowers and herbs. It may include micro clover, strawberry clover, yarrow, chamomile, sweet alyssum and English daisies. This type of lawn harkens back to a time before we used chemical fertilizers and herbicides.

While conventional lawns benefit the environment in some ways they also have some shortcomings. An eco-lawn can provide the same benefits of a conventional lawn while cutting back on some of the energy and resource intensive work that goes into maintaining a healthy conventional lawn.

## Some of the benefits of an eco-lawn are:

1. Eco-lawns do not require as much mowing.
2. Eco-lawns require less water, fertilizer and pesticides to keep it healthy and green.
3. Eco-lawns stay greener during the hot summer months while needing less water than conventional lawns.
4. An eco-lawn provides a greater diversity of plant varieties than a conventional lawn

## At Down To Earth we provide a number of different eco-lawn seed mixtures:

1. **Fleur de Lawn™** – for a short countryside effect, this mixture includes pink English daisy, baby blue eyes, sweet alyssum and tiny strawberry clover combined with hardy, low grasses and other herbaceous plants.
2. **Fragrant Herbal™** – for a short fragrant low-maintenance lawn. This mixture includes roman chamomile, sweet alyssum and strawberry clover combined with hardy low grasses and other herbaceous plants.
3. **Organic Sun™ Mix** with Grass Seed and Micro-clover – a certified organic seed mixture that will provide a healthy and lush lawn. The micro clover “spoon feeds” nitrogen to the grass, producing a healthy, dense and naturally green lawn that is easy to maintain.

Late summer and early fall (the month of September) is the best time to plant and establish a new lawn or to renovate and reseed an existing lawn. Come in and talk to our knowledgeable staff about establishing an eco-lawn this fall.

## Fall is a Great Time of Year to Add Soil Amendments Such as:



**AZOMITE™**  
The "A to Z of Minerals Including trace Elements," AZOMITE is an excellent way to re-mineralize your garden soil or lawn. Also available with added calcium for soil pH correction.



**Greensand 0-0-3**  
Greensand is a long-term, slow-releasing fertilizer of marine origin with iron-pot-ash-silicates and unique properties that loosen clay soils and increase the moisture-holding capacity of both clay and sand.

## Soft Rock Phosphate 0-3-0

An organic source of colloidal phosphate and calcium that delivers a combination of readily available and slow release nutrients in an easy to use granular form. Rich in trace minerals, Soft Rock Phosphate is comprised of prehistoric skeletal remains present in oceanic sediment.

