



Home Gardener's NEWSLETTER

JUNE 2011
Vol. 29 No. 5

(858) 748-2254

12237 Oak Knoll Rd.
Poway, CA 92064

Visit our website: www.powaynursery.com

June Success Tips

1. We are experiencing an extended period of cooler spring weather that is **perfect for plants** to get established. Take advantage of it by continuing to plant. June will be a great month to both upgrade your landscape appearance and to plant more of our delicious fruits and vegetables.

2. **Save water** in the years ahead! Relandscape now with some of our plants that require less water to thrive. Many of these groundcovers, shrubs, vines, and trees can be even more beautiful than plants that need lots of water. Ask one of our helpful and knowledgeable staff members for help in choosing the right plants.



3. **Check your sprinklers** to make sure they are in good working order and prune back any foliage that is beginning to block them.

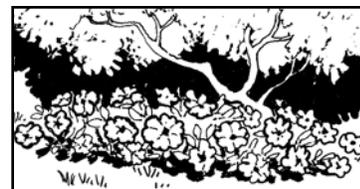
4. **Have pests or weeds?** Ask us to recommend the easiest and most effective products. In most cases we'll have an organic or nearly organic, low-impact solution.

Flowers for a Mass Display

Here are three of the best flowers for a large flower bed. All are low-growing, don't need trimming or pinching, and make a brilliant sea of color all season long!

Blue salvia. A fast-growing perennial with tall spikes of fluffy blue flowers. They complement the many other non-blue flowers.

Impatiens. For partially shady areas, impatiens are ideal. The foliage of impatiens is barely visible under the profuse blooms, so you may want to plant with ferns or other greenery. They come in a wide variety of colors.



Wax (bedding) begonias. The thick glossy leaves alone put on a great display of colors—including bronze, deep crimson, light green, or variegated. The flowers appear in true red, pink, white, and bi-colors and last throughout most of the year.



Herbs are Cool!

Pick out herbs from our great selection and plant them now—here are a few creative ways to use these wonderful plants.

Barbeque with Rosemary: instead of purchasing expensive wood chips to add to your barbeque, cover your ashy gray coals with fresh rosemary branches and then grill your meats or vegetables over the rosemary smoke. Or skewer meats, vegetables, and mushrooms on long, straight stemmed rosemary to add flavor from the inside out.

Clothing Sachets: Dry lavender, wormwood, tansy, santolina, or rosemary, and combine them with cedar shavings, cinnamon sticks, or whole cloves to help repel moths and make your clothes smell nice.

Chew on Natural Breath Fresheners to stimulate saliva production: fennel or anise seeds, fresh mint, or parsley.

Refresh and Relax: Chilled peppermint tea can be used to soak your feet or as a refreshing body spray.

Attract Beneficial Predatory Insects and Butterflies: with Bee Balm, Borage, Caraway, Catnip, Chamomile, Chives, Cilantro, Dill, Fennel, Feverfew, Lavender, Lemon Balm, Lovage, Mint, Oregano, Parsley, Rosemary, Rue, Sage, Sweet Marjoram, Tansy, Thyme, and Yarrow.

Why Hire a Landscape Designer?

They provide the *technical and artistic expertise* needed to design your dream landscape.



A well planned and implemented garden design or renovation can *increase your property value* while contributing to a *sense of well-being and good health*.

You'll improve the *function and appearance* of your garden and outdoor environment.

Call or come by the nursery to make an appointment for a consultation with our professional landscape designer or for help with a landscape plan. Remember, a beautiful landscape will enrich your life for years—maybe even decades!

Three Vegetable Success Tips

1 Plant more warm season vegetables this month, wherever you have space that has opened up, to extend your harvest.

2 Feed your vegetables for a bumper crop of healthy food!

3 Harvest many vegetables when they are younger—both for more tender and tastier food, and to keep the plants producing more vegetables.



Bring on More Bees!

Most gardeners are aware that while honeybees are out collecting flower nectar and pollen, some pollen is transferred to the next flower they visit. Voila! We end up with a harvest of fruits and vegetables through their pollination help!



Research is showing that those busy bees *also* help protect plants as they buzz about their business. Leaf-eating caterpillars possess fine sensory hairs that enable them to detect air vibrations, such as the sound of an approaching flying insect. These caterpillars will stop eating and sometimes drop to the ground when a buzzing insect-eating wasp or harmless bee is nearby (they can't tell the difference). One study found that bell pepper plants in a tent without bees sustained 60-70% more caterpillar damage than a tent where bees were present.

Scientists surmise that planting flowers to increase bee activity within a garden may help deter certain leaf-eating pests and increase crop yields.

Maximize Your Vitamin C

Everyone agrees that home grown vegetables *taste* much better than those bought in stores, and much has been written about the health benefits of eating fresh fruits and vegetables. It turns out that while produce is being shipped to the supermarket and waiting to be brought home it is quickly losing valuable vitamin C. Research shows growing your own vegetables and eating them fresh out of the garden results in a much higher vitamin C content.



For instance, broccoli has lost **two thirds** of its vitamin C only 6 days after harvest. Store-bought green beans may lose up to **one third** of their vitamin C before reaching your stove top. And tomatoes picked green have only **one third** of the vitamin C content of tomatoes allowed to ripen on the vine.



Did You Know?

The first botanical garden in America was started in Philadelphia, Pennsylvania. John Bartram (1699-1777), a Quaker farmer, was plowing his fields in 1730 when the beauty and simplicity of a daisy captured his attention.

Often accompanied by his son William, Bartram explored the colonial east coast in

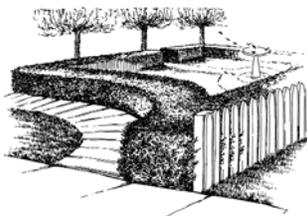
search of curious seeds and plants to bring back to his garden. This father/son team is credited with identifying and introducing into cultivation more than 200 native plants, and saving the exquisite *Franklinia alata* tree (named after John's good friend, Benjamin Franklin) from extinction.

Now, over 280 years later, guests can still visit 'Bartram's Garden' and enjoy the historical botanical garden, river trail, freshwater wetland, parkland, and wildflower meadow.

Design Tip: Hedges Make Great Neighbors

When planning your landscape, consider the benefits of putting up a hedge as a neighborly kind of fence. A hedge is nature's attractive multipurpose wall. It not only defines your lot boundaries, it also protects your property from traffic and noise, screens unpleasant views, and helps prevent soil erosion. In addition, tests have shown that a hedge is a more effective wind break against strong air currents than a solid fence.

Hedges can be evergreen or deciduous, and range in height from six inches to 15 feet or more. Hedges aren't just neatly sheared plants with little green leaves—there are many colorful plants with blossoms and pretty berries that make gorgeous hedges.



Come in and describe to us the specific place where you need a hedge, and with our extensive experience, we will point out several plants that will do a great job, some of which you may not have considered.

Shaping Plants into Hedges

Use the following hints to trim hedges into the shape you desire and keep them healthy.

- ★ Shape a hedge a little wider at the base than at the top to allow sun to reach the lower branches. If the hedge is top heavy, you'll end up with a lot of bare, dead branches in the bottom section of your hedge.
- ★ Don't try to cut bigger branches with an electric trimmer—it is not good for the trimmer and you won't get a clean cut. Use hand pruners for these.
- ★ Prune after periods of growth spurts—usually 1 to 3 times a year.
- ★ Hedges tend to grow in a more rounded shape and, in general, these need less pruning than rectangular shaped hedges to keep them looking good.

Perfect Berry Cobbler

This cobbler is so delicious, you'll want to plant more berries!

3 c. berries (example: mix fresh picked blackberries & raspberries)	½ c. sugar
½ c. sugar	1½ tsp. baking powder
1 Tbsp. cornstarch	Dash of salt
1 Tbsp. lemon juice	¼ c. butter or margarine
1 c. flour	½ c. milk



Preheat oven to 425°. Toss berries with sugar, cornstarch, and lemon juice. Spoon into a deep oven-proof dish and set aside. Mix together flour, sugar, baking powder, and salt. Cut in butter until mixture resembles course meal. Add milk and stir just until combined. Spoon over berries. Bake for 30 minutes, or until lightly browned.