



Home Gardener's NEWSLETTER

NOV/DECEMBER 2012

Vol. 30 No. 6

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Visit our website: www.powaynursery.com



Fall Gardening Tips

1. Decorate your home and entryway with our beautiful *cyclamen* and *paperwhite narcissus* planted in containers. After choosing your plants and bulbs, select some attractive pots to plant them in. Keep some planted containers and use others as much-appreciated gifts.

2. Peach leaf curl is common on peaches and nectarines. The only way to prevent it is to spray with our copper spray. Apply it twice. The critical times to spray this is just after all the leaves have fallen (usually sometime in December) and again in late January or early February when the flower buds are beginning to swell.

3. Watch the rains and adjust your watering to fill in when we have drier periods.

4. Provide good air circulation under containers to prevent rotting or staining of wood surfaces. Use our "pot feet" that hold pots off the ground.



Plant Winter Vegetables

If you've limited vegetable gardening to spring and summer, you've missed some amazingly delicious vegetables.

Here are three good reasons to plant winter vegetables now.

1 Some of the healthiest vegetables (those that reduce cancer the most) can be grown in the fall and winter, including **peas, broccoli, Brussels sprouts, cauliflower, cabbage, kale, Swiss chard, radishes, carrots, beets, and onions.** It is also time to plant and enjoy healthy salad and other greens such as **leaf lettuce, arugula, spinach, and bok choy.**

2 Many vegetables are slightly sweeter in flavor because the cool weather causes more sugars to naturally build up in leaves and roots.

3 Rains help young plants become established, then continue to help keep plants watered.

Whimsical Winter Color

Add a splash of bright colors to cheer up gray days with our cool-season flowers. Two favorites, **pansies** and their smaller relative the **viola**, are fun flowers with unique faces. If you look closely, you'll discover some have bushy eyebrows, while others don't. Encourage children to use their imagination to find faces of family members. The single-colored varieties provide very striking mass plantings, but the bi-colored varieties with "faces" are favorites.



Other great plants (some of which will provide color until spring arrives) are **calendula, Iceland poppies, ornamental kale, snapdragon, stock, primroses, and cyclamen.**

Fall Planting Continues. . .

Don't underestimate Fall as a time to plant! Most plants set in the ground now will be far ahead of those planted next year.



Among the many colorful shrubs we offer in November are red-berried **holly** and **pyracantha**, and **heavenly bamboo** with colorful leaves. Our **sasanqua camellias** have beautiful fall blooms. We also have other shrubs with attractive flowers, foliage and/or bright ornamental berries.

If you're looking for a tree with good fall color, browse through the nursery now in November, while some still have beautiful, colorful leaves, and pick out the colors you like best. **Liquidamber, crape myrtle, Chinese pistache, and ginkgos** are some that provide excellent color in our climate.

Find Popular Gardening Gifts Here!

For an old-fashioned, calm, and relaxed shopping atmosphere, **come to Poway Nursery.** You'll escape the frenzied shopping and enjoy the beauty of our flowers and plants while getting many needful gifts.



We carry a variety of gifts that are perfect indoors and outdoors, for both the novice and pro gardeners, including *decorative gardening accessories, gardening supplies, and unique items* that are just plain FUN like our *garden and house flags!* If you just can't decide, our popular **Gift Certificates** can be used anytime and on anything!

FREE CHRISTMAS DRAWING !

COME IN AND REGISTER TO WIN
OUR CHRISTMAS RAFFLE!

Drawing to be held Saturday, December 22, 2012

Decorate With Greenery

The beauty and fragrance of fresh greenery from evergreen trees and shrubs are an important part of the Christmas season celebration. Years ago, people believed evergreens had magical powers and brought good luck because they remained green when other trees lost their leaves. They may not be magical, but they do lift spirits!



Here are some ideas for using fresh greens to decorate your home this special season.

✂ Drape lengths of greens over windows, doorways, and the fireplace mantel. Fasten them with tacks and add big red bows at the high points, (or add sparkle with small lights, and accent with bells or ornaments).

✂ Arrangements of evergreens in bowls are outstanding, and you can also tie cut branches of evergreens with raffia and put them in a basket.

✂ Dress up napkin rings by tucking bits of greenery between the ring and a colorful napkin.

✂ Take a sprig of herbs (such as rosemary), and tie it together with raffia or a red and white checkered bow. You can hang herbs in a window or display them in a basket or wooden bowl for fragrance in the kitchen.

✂ For an exquisite finishing touch, accent corners with large vases of cut branches laden with colorful berries!

Have a Healthy Holiday!

Don't look now, but the holidays are coming up fast! Along with all of the fun and festivities, stress and anxiety may tag along, especially if we make poor eating choices. There is an old saying "**you are what you eat**" which contains a lot of truth—studies show that what we choose to eat will either reinforce a state of anxiety, or be a true 'comfort food.' Here are some guidelines to help you stay emotionally happier this season:



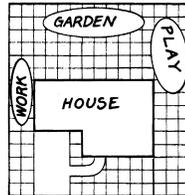
Foods and drinks to avoid or consume with moderation include: anything *fried*, *alcohol*, *coffee*, *dairy products* (when consumed in excess), and of course, anything with high amounts of *sugar*. Studies suggest that *acid forming foods* (wine, yogurt, pickles, eggs, sour cream) will decrease your magnesium levels.

Healthy foods that help reduce inner tension: *fresh fruit*—especially *berries* (which are high in serotonin), and other 'happy foods' pineapple and avocado, *vegetables* (the greener the better, but all colors should be enjoyed), *magnesium rich foods* (whole grains, black beans, tofu) and *Omega-3 fatty acids* (found in walnuts, winter squash, and salmon). Drinking enough *water* to keep yourself well hydrated is good too.

Re-Landscaping Successfully

Graph it: Before you begin to landscape or add to an existing landscape, grab some paper and make a graph of the area to scale. Each quarter inch square can represent one foot. Mark the areas that get lots of sun, some sun, or tend to be very shady. Fill in with existing plants.

Personalize with style: Does your landscape need to be functional for family and pets or do you want it to be the talk of the neighborhood? Decide if an easy-to-maintain garden best fits your lifestyle. Or do you like to putter among the flora?



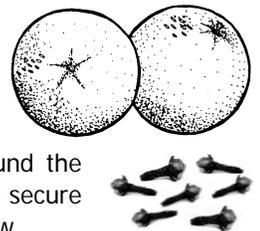
Consider the seasons and your own color preferences. A color palette with a few similar hues is visually more appealing than a riot of multiple colors that could look sloppy. Plus choose plants that bloom or offer color at different times during the year to provide a joyful respite throughout the seasons.

Get Expert Advice: Come into our garden center and read the care tags of plants that catch your fancy. Some plants want more water, sunlight, and care than others. Buy plants for one section at a time. Ask us questions—we'll help you pick the best plants for your lifestyle and site!

Victorian Air Freshener

Here is a craft that may become an annual family tradition to make and display: **Holiday Pomanders!** Pomanders are a natural air freshener and look beautiful when displayed in bowls. You will need:

- ✂ Unblemished navel oranges (or apples, limes & lemons)
- ✂ Whole cloves
- ✂ Toothpicks
- ✂ Optional: ribbon or lots of yarn in the color(s) of your choice



Cut one or two long lengths of yarn (two colors are extra fun) and use it to wrap around the orange like a present. Tie a knot at the top to secure the yarn in place and finish off by making a bow.

A toothpick can help break the orange rind so that the stems of each clove can be inserted more easily. You can use a simple line design (to accent alongside your yarn or ribbon) a flower design, write your name, or cover the whole fruit.

Place in a bowl and inhale the holiday!

Note: Without proper curing, these decorations will most likely last only through this season. To make a traditional pomander that will last for many years, check out www.pioneerthinking.com/crafts/crafts-floral/pomanders.html.



The year-end brings no greater pleasure than the opportunity to **THANK YOU FOR SHOPPING WITH US** this year. We wish you all the **HAPPINESS** of the season and **PEACE** and **PROSPERITY** in the new year!