



## Home Gardener's NEWSLETTER

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## Tips for Fall Gardening

- 1. Remove flowers and vegetables** that are past their prime, and replace them with fall and winter plants.
- 2. Plant perennials** for bloom next year. Divide daylilies and iris and other crowded perennials to rejuvenate them.
- 3. Roses love being fed** this time of year—they will respond with a major fall bloom. Cut off flowers that have already bloomed, feed with *Gardner & Bloome Natural & Organic Rose & Flower Fertilizer*, and mulch to freshen up the soil and keep out weeds.



## Prime Time For Perennials

More people are discovering the pleasure of perennial gardens every year. Perennials provide a constant changing display that marks the passage of time through the seasons.

If planted now, perennials will flower profusely next year and for many more years after. Perennials to plant now for bloom this fall or next spring and summer include *Mexican bush sage*, *asters*, *sedum*, *yarrow*, *lantana*, *canterberry bells*, *foxglove*, *columbine*, *penstemon*, *delphinium*, and many others.

## Plant a Colorful Tree

If you are looking for fall foliage color, you've come to the right place! We have a variety of trees that will be turning color during October.

To promote the best color in the future, plant trees in the brightest sun to subject them to the sharpest change in temperature in autumn. Also, cut back on watering in the late summer. This will help the plant begin autumn growth habits when the temperature drops.

Trees like *Chinese pistache*, *persimmon*, *liquid amber*, *ginkgo*, and *flowering pear* produce colorful leaves, flowers, or berries in fall and winter.



## Fall Planting: Mmmmmm Perfection!

Fall is California's "second spring"—a **PERFECT** time to plant! **PERFECT** because both the soil and air are warm, but not hot, which stimulates growth both above and below the ground—giving plants a big head start on spring growth.

**PERFECT** because fall rains will soon come and water for you during the critical establishment phase.

**PERFECT** time for all of us to get outdoors and enjoy the mild fall weather while planting.



## Colorful Plants

Plant blooming annuals this season and be rewarded with a colorful yard for many months. *These will be arriving as the weather cools:* **Pansies** are one of the most popular choices for beautiful long-lasting color and are a great way to brighten up a bare yard.



**Primroses** come in different types and colors. Use them for an entire bed, or to color up spots.

**Flowering kale** and **flowering cabbage** provide a puff of ruffled rosettes resembling peony flowers. They can reach 10 inches across, are gorgeous, and edible too! Use as an interesting salad garnish too.

Plant **stock** and **snapdragons** for elegant upright-growing annuals in beds and containers. They also provide flowers for indoor bouquets through the fall.

**Chrysanthemums** can be used in unlimited ways for instant color around shrubs, trees, roses, perennials, and annuals. Pots of these colorful perennials brighten up porches and entryways too. The fall colors are gorgeous—bronze, gold, yellow, maroon, and more!

**Calendulas** produce lots of bright-colored flowers, and are easy to grow. Their common name is pot marigold, and they easily take the place of fading summer marigolds.

## Fall Vegetable Extravaganza

How do you start a fall and winter vegetable garden? Dig in! Properly preparing the soil is #1 on the list. Once it's been done, the rest is easy—and FUN!

First, pull out vegetables that have stopped producing and remove weeds before they go to seed.

Then prepare the soil by thoroughly digging in our *Gardner & Bloome Organic Harvest Supreme*. Work this in to the soil about 12 inches deep.

Vegetables you can plant in September include *beets*, *carrots*, *radishes*, *onions*, *sugar peas*, *spinach*, *lettuce*, *Swiss chard*, *parsley*, *turnips*, *cabbage*, *broccoli*, plus our wonderful *winter tomatoes!*



## Johnny Chapman: Pioneer & Nurseryman

All tales and urban myths are abundant when it comes to the life of John Chapman, lovingly remembered as "*Johnny Appleseed*". Many mistakenly believe that Johnny joyfully and randomly scattered apple seeds as he wandered about, but he actually planted nurseries throughout Ohio, Indiana, and Illinois. The apple trees were grown for transplanting.

During the 18th century, pioneers moving west were required by the homestead law to plant fifty apple trees their first year, a practical necessity! Johnny's new nurseries were frequently left in the care of a neighbor and he would return to tend them every year or two.

Trees were sold on credit, or bartered for used clothing or corn meal, although Johnny did not press for payment. When cash was exchanged, the going price was a "fippenny bit" (about 6¼ cents), but during the financial panic of 1837, trees sold for only two or three cents each.

By the time of his death in 1845, Johnny is credited with planting trees across more than 100,000 square miles. His sister inherited his valuable estate of over 1,200 acres, including a nursery of 15,000 trees in Indiana. The last known living apple tree planted by Johnny Appleseed grows in Nova, Ohio.

September 26th marks the 237th anniversary of this folk hero's birth in Leominster, Massachusetts. *What a perfect time of the year to celebrate and throw a tree planting party!*



## A Healthy Plate

After 19 years, the confusing food pyramid has finally been replaced with an icon that is easier to understand and actually put into practice. Among other tips, the USDA recommends to *fill half of our plate* with fruits and vegetables for best health—much more than most of us currently eat. *Grow more of your own fruits and vegetables to help increase your consumption of these healthy foods!*

For more information regarding serving sizes based on age, sex, and level of activity, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).



## Thrill, Fill, and Spill

The fall and winter is when you can have some of the most gorgeous container plantings of the year. Come on in to the nursery and buy some beautiful plants, and fresh potting soil if you need it.



The most successful and easiest basic recipe for all container plantings is to plant a "**thriller**" (a taller, centerpiece plant—often something big, bold, and beautiful), a "**filler**" (shorter plants to set around the centerpiece), and a "**spiller**" (plants that spill over the container's rim). Try it and watch it work for you! You'll find that the more you use this basic planting recipe, the better you get at it, and the more fun it becomes.

Extra Tip: Don't limit yourself to flowers and foliage plants—plant some containers with herbs and/or fall vegetables.

## Nutritious Apple Carrot Salad



2 medium apples, diced  
1-2 Tbsp. honey  
1 1/2 c. carrots, grated  
1/3 c. raisins

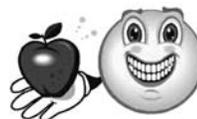
1/4 c. shredded red cabbage  
1/4 c. chopped walnuts  
1/2 c. plain, nonfat yogurt

Coat apples with honey and set aside. Combine carrots, raisins, cabbage, walnuts, and yogurt. Stir, then add apples, mixing thoroughly, and enjoy!



## Apple Trivia

- ❁ The five most popular apples in the United States are *Red Delicious*, *Golden Delicious*, *Gala*, *Fuji*, and *Granny Smith*.
- ❁ Apples float because 25 percent of their volume is air, making "bobbing for apples" a fun game!
- ❁ Apples ripen six to ten times faster at room temperature than if they are refrigerated.
- ❁ The old English adage "*To eat an apple before going to bed, will make the doctor beg his bread.*" was modified to the more familiar "*An apple a day, keeps the doctor away.*"



## USDA Tested ~ Kid Approved!

A year ago September, the USDA and the First Lady launched the competition "*Recipes for Healthy Kids*". The goal was to "develop creative, nutritious, and kid-approved recipes that schools can easily incorporate into National School Lunch Program menus." Out of the 340 recipes submitted, *congratulations go out to the team from Joshua Cowell School in Manteca, CA*, for taking *first place* in the category "Dark Green & Orange Vegetables" with their *Harvest Bake* recipe!

Harvest Bake, a side-dish with butternut squash and "a spicy kick of jalapeno and red peppers," was one of three finalists competing for the \$3000 grand prize at a national cook-off held in Dallas, Texas on July 25th. The contender from the "Whole Grains" category with their *Porcupine Sliders* recipe captured 1st place. These two recipes, plus 13 more healthy semi-finalists can be found at [www.recipesforkidschallenge.com](http://www.recipesforkidschallenge.com).