



Home Gardener's NEWSLETTER

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Jan/Feb Gardening Tips

- 1. Spring is around the corner!** Start planning your vegetable and flower gardens, and your relandscaping projects.
- 2. Select azaleas and camellias** now while they are in bud and bloom, so you can see the flower colors. Now is an excellent time to plant these.
- 3. Complete your winter pruning.** Just don't prune winter blooming plants like flowering cherries.
- 4. Valentine's Day is February 14!** We have plants in full bloom that will bear an abundance of fragrant flowers for years to come.



We Have ROSES!

And your garden should too! There's a place in every garden for at least one rose, and once you plant a bush, climber or tree rose, you'll be hooked. Choose now from our large selection, including 2006 All-American Winner **Tahitian Sunset**. This hybrid tea features orange-yellow buds that open to a glimpse of paradise in delicate peachy-pink/orange/yellow full flower.



Prepare for Spring Gardening

Take inventory now in preparation for your spring garden. Check your garden room or garage shelves and spray out or discard any products with obliterated labels, or those that have been around too long. Important: consult city agencies for proper disposal.

Sharpen and lubricate garden tools to make them last longer and make your tasks easier. You may also have to replace those that have been permanently "borrowed" or lost.

Change the oil in power tools like lawn mowers and tillers. Make sure this equipment and lubricants and oils are stored safely away from fire hazards.



Say Hello to Winter Plants!

Do you know your winter plants? There are some that love the cooler weather—and it's their time to shine! Come in and browse—you'll find many plants to add interest to your winter garden.

Winter flowers include **annuals** (pansies, violas, stock, snapdragons, Iceland poppies, dianthus), **perennials** (bergenias, cyclamen, primroses), and **blooming shrubs** (camellias, azaleas, jasmine).

Evergreen shrubs, including nandina, certain euonymus, coleonemea (breath-of-heaven), and loropetalum, provide welcome **leaf color** that brightens up winter days. Bright red or orange **berries** offer blotches of color on the winter landscape—some of the most popular include pyracantha, cotoneaster, and holly.

Bark texture also adds winter interest, whether it is rough, smooth and/or peeling. Certain Japanese maples, birches, crape myrtles, and dogwoods display bark that makes you stop and admire it. Don't settle for a drab winter garden!

Bareroot Planting Time

Most people, gardeners or not, talk about how much better **vegetables** taste when they are homegrown—don't forget that the same holds true for **fruit**. Fruit shipped to markets must be picked green or semi-ripe, and cannot develop the wonderful taste of freshly picked fruit. Plus, you will find some outstanding, unique choices in fruit varieties to plant—we have some delicious ones in our large selection that you never find in markets.



Select from our huge selection, including PEACHES, NECTARINES, POMEGRANATES, PERSIMMONS, PLUMS, APPLES, PEARS, ASIAN PEARS, PLUOTS, and APRICOTS.

In addition to fruit trees, we also have SMALL FRUITS and VEGETABLES including blueberries, artichokes, asparagus, grapes, and red onion sets.

When planting, mix in *Kellogg's Earth Rich* and *Gro-Power Plus* to get the plants off to an excellent start.

NEWSLETTER SUBSCRIBER SPECIAL!


20% OFF!

Bird houses (handmade locally), assorted windchimes, and all gardening gloves, including leather and more!

With this coupon only. Expires February 28.

Enjoy Forced Branches Indoors!

Prunings of spring-flowering trees and shrubs can be forced into early bloom by bringing them inside in January and early February. You can create majestic arrangements to enjoy indoors while the trees outside are still bare. Try this with plants like magnolia, lilac, redbud, dogwood, mock orange, spirea, forsythia, daphne, wisteria, flowering cherry and pear, as well as fruit and nut trees.



Cut the branches, bring them inside and submerge them in room temperature water for several hours to make sure they are well hydrated—this is very important! Recut the stems, then cut vertical slits or crush the bottoms with pliers to improve water uptake. Put the stems in a container of about six inches of warm water, and store in a bright humid room (a bathroom or kitchen works well)—away from heaters and direct sunlight. Mist occasionally if the room is a bit warm (60°-70° is best). Change the water every few days. It may take a few days up to several weeks, but you'll be rewarded with beautiful blooms on what can still be drab winter days.

News from Across the Pond

1. The Leyland cypress, a fast growing conifer, has caused over 17,000 disputes among neighbors in Britain. It seems the trees grow too fast and cast shade on neighboring properties. Hedge owners can be heavily fined unless their row of trees is kept below six feet high.



2. According to university tests in England, leaves of salad crops like lettuce, arugula and red chard stayed in good condition from 1 to 6 days longer when harvested at the end of the day instead of in the morning.

3. England's Royal Horticultural society has over 200,000 members, while the American Horticultural Society has just 20,000 members, even though our population is four times as great as England's.

Hints for Your Healing Garden

Last issue we told you about the healing effects of the new *Norma's Garden*, located in a cancer support center in Ohio. Earlier designs of therapeutic gardens focused on quiet, pensive areas that reduced patients' aggressive behavior and high blood pressure. As patients were allowed more input, they expressed a desire for *the opposite*: colorful gardens that are full of life, changes and surprises!



If you are interested in designing a healing garden for an ill or aging family member, here are some tips to help make the garden especially interesting and helpful for the patient, and in fact for the entire family!

- **Help** awaken senses with edible fruits and vegetables, fragrant flowers, and plants with fragrant leaves.

- **Pique** interest by using contrasting plants, including those that differ in size and color, and pair exotic, foreign tropicals with old favorites.

- **Include** stairs and paths to help restore mobility. Also add seats (at varying heights) throughout the garden to encourage people to spend more time relaxing in the garden, such as low benches and higher walls.

- **Provide** additional excitement by attracting wildlife with bird baths and certain plants, as well as with fountains with moving water to provide soothing sounds.



Colorful Carrot Cranberry Combo

You've got to try this one! It's tasty, healthy, pretty, and incredibly easy!

3 carrots, peeled and shredded
1 cup dried cranberries

1 Tbsp honey
2 tsp lemon juice

1/8 tsp salt, (or to taste)
Freshly ground black pepper (to taste)
3 Tbsp sunflower seeds

Toss together the carrots and cranberries. Mix the honey and lemon juice together; drizzle on top. Add salt, pepper and sunflower seeds, and stir all together. Chill and serve.

Flowers = 'True' Smiles!

Valentine's Day traditionally calls for gifts of flowers and/or candy for our sweethearts. Some say that on a rainy day men buy candy, and if the sun is shining, they buy flowers. Better make it flowers if you want to make your honey happy, according to a recent study.

Researchers tested 147 women ages 20 to 60+, divided into two groups. The first group received flowers, the second received other equally expensive gifts such as fruit, candy or candles. All of the women who received flowers showed 'true' smiles within five seconds, as determined by trained observers. Women who received other gifts did not show 'true' smiles. Additionally, more of the women who received flowers "reported more positive moods three days later" than did the women who received the other gifts.

According to the trained observers, the 'true' smile was a Duchenne smile, which is a reliable indicator of happiness. For instance, it is the smile displayed by infants when the mothers are also smiling.

