

Flowercraft Garden Center

San Francisco's #1 Nursery

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HOME

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GARDENER'S NEWSLETTER

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May/June Success Tips

1. Plant flowers now to beautify your landscape, plus extras to cut and bring indoors, and some in decorative containers for your entryway and patio. We have lots of old favorites and exciting new varieties arriving weekly!

2. Do you have mint? Mint is easy to grow. Plant it along a pathway where you can grab some as you walk by and nibble on it. We have several different flavors of mint—plant a variety!

3. Weeds are getting more mature and many are setting seeds. Whenever possible, pull them before they go to seed and can multiply themselves. For some weeds you will need weed killers—we have a variety of good ones that work well and save you a lot of work.

4. Feed houseplants regularly—they will put on a lot of growth thanks to bright light and more warmth.

Free Clinic

**PLANTS FOR
POLLINATORS**

May 27, 11am

Plant To Create Pizzazz



What makes some gardens have so much passion and pizzazz that they seem to exude an excitement that wakes up your senses? You can create this by selecting more plants with bright, bold flowers and leaves, and combining these in striking ways.

For a sunny area, try combining deep purple *tapien verberna*, bright yellow *coreopsis* and red *petunias*. Another jazzy combination is bi-colored petunia blossoms, such as red and white striped, mingled with blue and white striped ones. *Portulaca*, cockscomb, and *zinnias* are other bright summer flowers. For bright foliage, plant lime green or black *Ipomea* (ornamental sweet potato vine) to hang down from containers, or in a flower bed.

For a part-shade area, perk up your garden with a combination like red-leafed *begonias* with lime *coleus*. Yellow *tuberous begonias* together with red *impatiens* will also brighten up a low-light area.

Don't forget to plant more *succulents*. We have a large selection of these in exciting colors, leaf shapes, and forms.

These are just suggestions—browse through the nursery and put together some shocking combinations of your own!

Plant Vegetables Now!

If you haven't already planted vegetables, get them in now! Use our transplants to get a faster crop of beans, corn, cucumbers, eggplants, melons, peppers, squash, and tomatoes. We also have a wide variety of seeds for plants like carrots and radishes, and many others.



Plant some vegetables in your flower beds—many vegetables have very attractive foliage, including carrots, beets, and all the beautiful leaf lettuces.

Add organic matter (*Dr. Earth Vegetable Planting Mix*). This wonderful, all-organic material with beneficial microbes provides a slow release of nutrients, and increases the ability of the soil to absorb and retain moisture. Fertilize with *EB Stone Organics Tomato & Vegetable Food* as per label instructions for a better crop.

Harvesting Cucumbers & Squashes



Harvest your cucumbers and squash before they have grown large and tough. If a few are allowed to grow to a large, mature size the plants stop producing new blossoms and put their energy into maturing seeds. Very quickly you will have fewer of these delicious vegetables to pick.

To prevent this from happening, check your plants at least every other day in the summer. Cucumbers should be picked while they are succulent and green (6" – 8" long for most slicing varieties). Squash should still have soft skins—pick when they are 4" – 6" long, or 4" across for scalloped squash.

Time-Saving Gardening Tips

You can have a gorgeous garden with maintenance needs that fit your busy schedule—even if you're busy as a bee. Here are some suggestions.

Modify your garden design. We have new low-growing varieties of shrubs that reduce time spent pruning larger varieties. Group plants with similar watering needs. Plant ornamental grasses that add visual interest without demanding much care or water. Plant annuals that will reseed, and perennials that come back reliably year after year.

Apply mulch. Mulch lessens the need to water as frequently by reducing evaporation and keeping the soil more evenly moist. The time you spend weeding will be greatly reduced, too, because mulch helps prevent weed growth, and pulling weeds from mulched areas is much easier. Also, mulched areas look more attractive than bare soil.

Water wisely. Install an automatic watering system or drip system to save watering time. If you hand water, water early in the day to reduce water loss from evaporation. Water slowly, deeply and thoroughly to avoid runoff and promote deep roots that need less frequent watering.



Gardens Reduce Depression & Improve Sleep



Viewing a garden can help reduce depression in the elderly, according to studies by researchers in Finland.

Testers surveyed residents in a nursing home who were able to view a garden from their rooms and found that these residents tended to visit the wheelchair-accessible garden more frequently and reported feeling better during a visit. Over 90% of those diagnosed as depressed agreed with the statement, "I feel more cheerful and alert" when visiting a garden. Two thirds of the residents also reported "sleeping better at night" after visiting the garden.

The important characteristics of garden visits included viewing the plants, animals, and birds, getting fresh air and exercise, as well as enjoying garden fragrances and social interactions.



Spring Planting Time!

Plant your Favorite Fragrances



Expensive perfumes are categorized into certain classes: sweet floral, spicy/fruity floral, and earth tones. All three of these types of fragrance can be found in the garden.

The most well known **sweet** floral perfume is the classic Chanel No. 5. If you like these sweet scents, plant gardenias, jasmines, tuberoses, wisterias, nicotianas, mock oranges, and roses. (Rose fragrances cover many categories. They are generally strongest in mid morning and later afternoon, and roses with more and thicker petals usually produce a stronger rose aroma.)

For **spicy/fruity** floral fragrances, try carnations, evening primroses, four o'clocks, daphnes, scented geraniums, certain viburnums and magnolias, and spring-flowering freesias.

Earthy fragrances are most often found in the foliage of plants. Some of the best include sage, chamomile, spicebush and arborvitae. Some earthy scents are called fresh, or green. These include peppermint, citrus, and lemongrass.

Green Rosemary Smoothie Recipe



Combine

- 1 cup water
- 1 medium banana
- 1 cup fresh blueberries or strawberries
- 1 cup fresh baby spinach
- 1 stem of finely chopped rosemary (stem removed)
- A dash of salt

Variations: Add 1 tablespoon of flax or chia seeds, add or substitute mango chunks, double the spinach, add 1 teaspoon coconut or flaxseed oil, add sprouts, a raw egg, or protein powder. You can add a little sweetener, if desired. Blend until as smooth as you like it.

Two reasons to love rosemary: 1. Rosemary has a long, long list of health benefits, from fighting cancer, memory loss, inflammation, and muscle pain, to fighting bad breath, and more. 2. It's probably already growing in your yard, and if not, plant some today!

Flowers & May/June Weddings

May and June have been the traditional time for weddings and new beginnings since ancient times. Flowers and other plants have always played a meaningful role in the marriage ceremony.

Roman brides wore garlands of roses representing love and carried rosemary for remembrance. Elizabethan brides tucked garlic and onions among their flowers to ward off evil spirits.

In Queen Victoria's time, brides' bouquets included **flowers** that held special significance, including orange blossom (for fertility), carnations (pure love), red roses (passion) and white roses (unity). **Herbs** commonly used included lavender (symbolizing devotion), marjoram (joy), sage (virtue), and myrtle (lasting love).

