



Home Gardener's NEWSLETTER

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Visit our website: www.powaynursery.com

Jan/Feb Success Tips

1. Spring is just around the corner! Time to plant, prune, apply dormant sprays, and begin dreaming and planning for a fresh and productive garden in 2011.

2. NEED HELP WITH LANDSCAPING? Bring a picture from home and we will help with a design. We also have a consulting service.

3. Prevent crabgrass and other summer weeds from spoiling your lawn by applying our special preemergent lawn weed killer, *Greenlight Crabgrass Preventer*. Timing is important for success—ask us when you pick up a bag.

4. Check under eaves—some areas may be dry and need occasional watering.

Remedy for Winter Blahs

Plant colorful flowers now to help brighten the shorter days of winter! Winter is when color in the garden is most noticeable and appreciated.

Changing colors will give your home a new look. For instance, if you had lots of lavender and pink flowers last spring and summer, try yellow and orange now.

Iceland poppies produce an abundance of satiny cup shaped flowers that are up to three inches wide. They have attractive leaves and a long blooming period, but it's the vibrant colors that make Iceland poppies so special: *vibrant orange, yellow and salmon, as well as cream and white.*



Primroses come in a kaleidoscopic mix of deep jewel-colored tones. Our selection includes *bright blues, yellows, reds, and pinks!*

Another great option is colorful combinations of jumbo-size **pansies**—*yellow with deep burgundy, red and rose, two-toned blue, and many more.*

Come in and see these and other colorful blooming plants that will brighten your world—including *annuals, perennials, and shrubs!*

Hooray for Bare-Root Season!

Do you have visions of eating ripe mouth-watering fruit, and healthy vegetables? You should! And you can satisfy those cravings by planting bare-roots now!



Our bare-root fruit trees arrive by mid January, all ready for immediate planting. The choices are tremendous, including *apple, apricot, fig, cherry, nectarine, pear, Asian pear, peach, persimmon, pomegranate, and plum.* Some small fruits such as delicious *blueberries, other berries, and grapes* can be planted now too, plus *garlic and onion sets, artichokes, asparagus, and rhubarb.*

When planting, mix in *Gardner & Bloome Harvest Supreme* and our *15-15-15 fertilizer* to get the plants off to an excellent start.

New AARS Roses You Will Love

The new All-American Rose Selections' (AARS) 2011 winners "*Walking on Sunshine*" and "*Dick Clark*" are here! Before becoming available to the general public, these award-winners had to pass a rigorous 2-year testing period to ensure they could flourish in 15 different categories. AARS roses are exceptionally beautiful, disease resistant, fragrant, and even beginners find them easy to grow. Both of this year's winners produce blooms on long stems ideal for cutting.



Walking on Sunshine: will brighten even the grayest day with its tight clusters of cheery yellow blooms. A floribunda, each stem is adorned with 3-5 blooms, each 3-3½ inches wide.

Dick Clark: Holds promise for romance with its unique blend of cream, cherry pink and burgundy blooms. A grandiflora, each stem bursts forth with huge 4-5" flowers with a moderate cinnamon spice scent.

Time-Saving Dormant Spray



Do what the experts do and save yourself and your plants a lot of problems with pests and diseases! Easy to use, dormant sprays effectively kill the over-wintering eggs of aphids and mites, most scales (even those that are hard-to-kill or require repeated spraying during the growing season), plus many other pests and some plant diseases, including peach leaf curl and other diseases that you can't control at any other time. Here's what to do:

1. WHEN TO TREAT: Do it today! (Or at least anytime before the tender buds begin to swell and open.) Choose a time when no rain is predicted for at least several hours.

2. WHAT TO USE: Come in and ask us what to use for your particular plants.

3. HOW TO TREAT: Make a thorough application, including cracks and crevices. Move all around the plant as you spray, using as strong a spray pressure as your equipment allows. Places you miss will be a source of pests in the spring.

Gardening Aerobics

Forget that expensive health club membership—all the benefits of a first-rate physical workout can be achieved while you garden! Here's the good news studies have found:

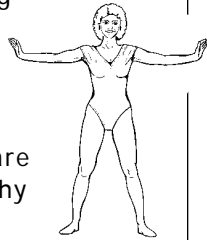
☺ Just 45 minutes of varied gardening each day can burn more than *1,000 calories per hour*, while lowering risks of a heart attack by up to *one-third*.

☺ For *osteoporosis prevention*, only weight lifting and gardening are significantly associated with healthy bone mass.

☺ Gardening also provides proven *psychological benefits*, gets us outdoors into the *fresh air*, and encourages *better nutrition* from fresh vegetables and fruits harvested from home gardens.

To get the *maximum aerobic benefit* from gardening, you may need to change some gardening habits to follow the rhythm of aerobic exercise. Begin by stretching, followed by light weeding, then working up to 10-15 minutes of strenuous jobs like turning compost, before cooling down with a slower activity. Your goal should be to work for 30 minutes to 2 hours at a time instead of finishing the project.

Begin slowly if you've taken a break from gardening in the last several months. Gradually build up the time spent gardening, and always stretch before, during, and after gardening. Remember to move carefully, using leg muscles to lift heavy objects. When bending over, pull in stomach muscles and keep knees unlocked.



A Gardener's Prayer

Oh Lord, grant that in some way it might rain every day, say from about midnight until three o'clock in the morning.

But, You know, it must be gentle and warm so that it can soak in.

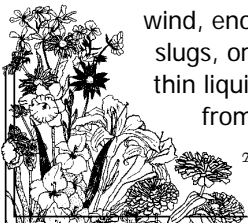
Grant that at the same time it would not rain on Sweet William, Alyssum, Helianthus, Lavender, and those other plants which You in Your infinite wisdom know are drought-loving plants—I will write their names on a bit of paper, if you like.

And grant that the sun may shine the whole day long, but not everywhere (not, for instance, on the Gentian, Plantain Lily, and Rhododendron), and not too much.

That there may be plenty of dew and little wind, enough worms, no aphids and slugs, or mildew, and that once a week thin liquid manure and guano may fall from heaven.

Amen!

by Karel Capek



Landscaping to Fit Your Budget

It is a statistically proven fact that a well-designed landscape can increase the value of your property, just as a poorly-designed landscape will reduce its value. This important investment can successfully fit within your budget if you start with a plan and stick to it. Here are some pointers to help you create or improve your sanctuary.

CONTACT A PROFESSIONAL—Save time and money, avoid unwise choices, and discover new possibilities with expert advice from a pro. This is especially important if your yard has any major design issues.

PRIORITIZE—Create two lists: 1) '*What you want*' is based on how you plan to enjoy your yard be it vegetable gardening, relaxing, and/or entertaining; and 2) '*what is needed by your property*' includes practical considerations such as fixing drainage issues, adding irrigation, soil conditioning, fencing, lighting, equipment storage, privacy, and/or security features.

BALL-PARK COSTS WITH A DIAGRAM—For the self-designers: measure and sketch your property to scale on graph paper, or purchase positively reviewed landscape design software. Factor in costs for greenery, materials, water features, furnishings, and possible specialized labor costs for irrigation or electricity.

LONG TERM GRATIFICATION—Gradual transformations can help you stay within your budget. Divide your long-term goals into mini-projects, focus on your priorities, stay on target with your plan, and you will soon enjoy the benefits of your finished project!

ASK US—We will either do the design for you, or recommend others who will provide an excellent design for you.



Winter Fruit Salad

Peel and section:

1 orange and 1 grapefruit

Over a bowl, cut citrus into bite-size pieces, capturing all of the juices. Refrigerate until cold. Just before serving, add:

1 apple, 1st quarter and core, and then slice thinly

1 banana, sliced

1 small bunch seedless red grapes, stemmed and halved

To prevent discoloration, stir in apple and banana and coat with citrus juices. Serve in 3-4 individual bowls. *Enjoy!*



USA's Largest Indoor Green Wall

'Green wall', 'living wall', or 'vertical gardens' are indoor or outdoor walls partially or completely covered with plants. Vertical gardens are growing on commercial and institutional buildings such as museums and hotels, as well as within private homes throughout the world. Patrick Blanc, a French botanist, is credited with inspiring the popular movement with his original experiments back in 1988.

On October 9, 2010, the largest indoor green wall in North America opened to the public at Longwood Gardens in Pennsylvania. Over *47,000 plants* cover a surface area of 3,590 square feet. The majority of the featured plants are fern varieties.