



Home Gardener's NEWSLETTER

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Visit our website: www.powaynursery.com

Tips for Fall Gardening

1. Fall is for planting! This is California's "second spring". It's an ideal time to plant and beautify your yard—for some plants it is even better than spring. Drop by and take advantage of our wonderful selection of plants, and advice, to help you create your perfect surroundings!

2. It's fall fertilizing time!—walk through your yard and see what looks yellow or under-performing, then come in and stock up on the best fertilizers for your particular plant's needs. We are the fertilizer pros!

3. Plant fall vegetables like *beets*, *spinach*, *lettuce*, *peas*, *chard*, and *broccoli*. **Plant fall flowers** as they arrive, as the weather cools a little.

4. Fertilize lawns with *Best Turf Supreme* to keep them green, healthy, and beautiful.

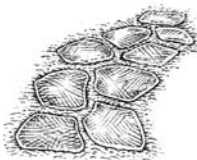


5. October to early November is the ideal time to **plant wildflower seeds**—they will bloom earlier and have more flowers than plants seeded in the spring.

Color With Mums

Be traditional! Fall entryways and yards always look fantastic when they are decorated with the quintessential fall flower: *chrysanthemums* in time-honored fall colors.

Chrysanthemums come in an amazing variety of colors and types. Plant a mass display of a single color, or combine bronze, gold, orange, maroon, and yellow for a striking display of fall color. These are arriving as the weather cools a little.



Plant Surprise Colors for Fall!

Be Different! Forgo the customary autumn colors (yellows, oranges, reds, and bronzes), and fill your entire landscape with a selection of fall and winter flowering plants in exciting shades of pink, crimson, blue-purple, and maroon.



A wide selection of these wonderful colors are arriving, including **pansies** and **violas** (which come in many color combinations), **Mexican bush sage** (purple with white), **sedum** (many produce pink and/or white blossoms), **asters** (lavender, pink, white), **primroses** (rose, blue), non-traditional colored **chrysanthemums** (maroon, white), **flowering cabbage** and **kale** (bright pink), and **cyclamen** (pink, white).

Shrubs like *sasanqua camellias*, *nandina*, *fall blooming salvias*, *bottlebrush*, *hopseed*, and *fall ornamental grasses* are colorful in fall and winter.

Attract Fall Feathered Friends

While gardening remains the No. 1 American hobby, *backyard bird feeding* is No. 2. Many interesting birds migrate during September and October, and native birds are wonderful to have in your garden as well. Birds entertain us visually; provide music, and some pollinate plants or eat mosquitoes and other pests. Create a bird habitat by planting flowers and shrubs that provide food, cover, and nesting places.



To do this, ask us to help you choose the best plants. The latest *Sunset Western Garden Book* (2007) is also an excellent source of information. There is a special list of plants that attract birds on page 118.

Be very wary of going online and searching for this kind of information—many websites list plants that are appropriate for other areas of the world, but are useless for our local climate.

We also carry *bird feeders*, *bird houses*, and *bird baths*.

Backyard Produce Project

Donate your backyard produce to help local families in need.

858-485-5449

Plants Around Stepping Stones

Use plants to soften the look of stepping stones in paths and to make the entire path more lush and attractive. Plants around stepping stones generally need to be ground-hugging perennials or ground-covers. Most can be planted from six packs or flats, 6-8" apart.

Here are some plant recommendations from our large selection: *dymondia*, *thyme*, *blue star creeper*, *Corsican mint*, *ajuga*, *baby's tears*, *chamomile*, *erodium*, *iceplant*, *pratia*, *sedum*, *mazus*, and various *mosses*.

Blemished & Imperfect = Healthier & Slimming!

Don't be concerned if the produce you grow isn't perfect. Eating overripe or blemished fruits and vegetables actually increases your vitamin and anti-oxidant intake. Here are some facts found in recent studies:



You WANT to see small dots on those *green peppers*. This indicates they are sweeter and contain up to 120% more vitamin C than unblemished green peppers. Did you know that vitamin C improves the body's ability to convert stored fat into energy by 11 percent?



Water-deprived *tomatoes* often develop healed over "dry cracks" near their stems. These tomatoes contain more than two-times the levels of B-complex vitamins than unblemished tomatoes. So don't throw these cracked tomatoes out—use those bonus vitamins to improve your focus, mood, and memory, plus boost your liver's ability to convert sugar and starches into cellular energy.



Recent research indicates that *fruit* that is uniformly soft (at peak ripeness) contains more anti-oxidants than firm fruit, according to Stanford University scientists. Like B-complex vitamins, anti-oxidants boost the liver's fat-burning ability. What's more, they help flush water weight and neutralize toxins.

Charity Lemonade Stand Helps Sick Kids



During the summer of 2009, Abby Enck raised \$4.50 by opening a lemonade stand. She used that money to buy 36 boxes of crayons for her 6-year-old brother Cameron (who was born with Cerebral Palsy) and other children who have extended stays at Lutheran General Children's Hospital in Park Ridge, Illinois.

This summer, 8-year-old Abby recruited friends and family to help sell lemonade kits she made for \$1 each. Each kit contained a bottle of water, a packet of lemonade, and a homemade tag explaining her goal to purchase more crayons. Her business slogan was, "If life gives you lemons, COLOR!" Her simple idea took off and her lemonade kits raised \$551. At the end of July, Abby handed out 1,009 boxes of crayons, 140 markers and 125 colored pencils to hospitalized children. Wow!

Next year, Abby is going to hand out DVDs and popcorn. This small entrepreneur plans to become a special education teacher when she grows up. From her experience, Abby concludes "Everybody can make a difference."

Indoor Plants = Good Health

Back in the 1980's NASA proved that houseplants naturally purify indoor air by removing formaldehyde gas, carbon monoxide, and other urban air pollution while generating healthy oxygen. Especially effective air-cleaning houseplants include philodendrons, spider plants, golden pothos, and aloe vera. One researcher suggests an average 2,000 sq. ft. home should have 15-20 medium sized houseplants.



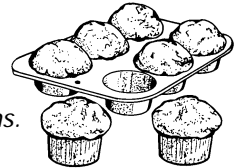
Recent studies have revealed even more reasons why we should adorn our homes, offices, and other indoor spaces with plants.

Take a plant to the hospital: Patients heal faster and their overall perception of pain and discomfort is reduced when plants are present. One study showed 37% less coughing, 30% less 'fatigue', and 23% fewer symptoms such as headaches, sore eyes, nose, or throat. Indoor plants are also a great way to stimulate patients with dementia and improve their emotional state.

Bring a plant to work: Benefits of having plants in the workplace include reduced sick leave, as well as a reduction in stress, tension, depression, anger, and fatigue; while increasing productivity, energy levels and creativity (another reason our nursery is such a great place to hang out).

Send a plant to school: School is our children's 'workplace'. Junior high students attending a class with six potted plants immediately displayed positive feelings of 'comfort and friendliness', became less likely to misbehave, and had fewer sick days than plant-free classrooms.

Chocolate Zucchini Muffins



Serve as yummy breakfast muffins or brunch muffins. Add frosting for delicious cupcakes.

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|--------------------------------|--|
| 1 1/3 c flour | 1/2 c light sour cream |
| 1 c sugar | 1 egg |
| 1/2 c unsweetened cocoa powder | 2 Tbsp vegetable oil |
| 2 1/2 tsp baking powder | 2 tsp vanilla |
| 1/2 tsp baking soda | 1 1/2 c shredded zucchini (lightly packed) |
| 1/2 tsp salt | |

In a large bowl, stir together dry ingredients. In a small bowl, mix sour cream, egg, oil, and vanilla. Combine dry and wet ingredients. Stir in zucchini (don't over mix). Fill 12 paper muffin cups 3/4 full with the batter. Bake at 400° for about 20 minutes.

Halloween Riddles



Q. What do you use to mend a jack-o-lantern?

A. A pumpkin patch

Q. What do ghosts add to their morning cereal?

A. Booberies

Q. What is a ghou's favorite flavor?

A. Lemon-slime

Q. What do you get when you divide the circumference of a jack-o-lantern by its diameter?

A. Pumpkin pi