GOODNESS GROWS
HOME HORTICULTURE NEWSLETTER
JANUARY 2007

A NOTE FROM KATY
In keeping with tradition, the January issue of Goodness Grows: Home Horticulture Newsletter is created with New Years Resolutions in mind. For thousands of years people have sought inspiration in the garden and 2007 is no exception; let the garden help you…

ESTABLISH GOOD ROUTINES
Routines help keep life in order, both in the home and in the garden. Garden routines are beneficial for plant health; ensuring techniques are applied in the right method, at the right time. This is especially true for turf grass. North Carolina Lawn Maintenance Calendars are available for Bermuda, Centipede, Zoysia, St. Augustine and Tall Fescue. These calendars instruct homeowners on month-to-month lawn chores including watering, weeding and mowing, helping establish routines and promoting plant health. For a copy, call your local Extension office or visit: www.ces.ncsu.edu/Publications/lawngarden.php#lawns

DEVELOP MORE PATIENCE
Waiting for a tomato to ripen, only to miss its peak performance can test any gardener’s patience. Educate yourself about a plant’s days to maturity (DTM), or the time it takes for a plant to grow from seed to harvest. This information is usually listed on the back of seed packets, and can be beneficial to impatient gardeners. It can also be beneficial in creating a crop rotation, planting cool season crops and incorporating cultivation techniques. A list of common vegetable seeds’ DTM is available by contacting your local Extension office or visiting http://www.ces.ncsu.edu/depts/hort/hil/pdf/hil8103.pdf

RELAX MORE ON WEEKENDS
A landscaper may help increase your weekend pleasure by reducing your garden chores. Keep the following in mind when hiring a service company:
- Decide what service you need and/or what chores you can perform yourself.
- Ask for recommendations from friends and neighbors.
- Interview potential landscapers, requesting references, training and experience.
- Ask for a price quote, job details and project timetable.
- Verify that the company you are hiring is insured.

GIVE UP JUNK FOOD
Two slices of pepperoni pizza can contain 850 calories; one serving of carrot cake has close to 400. Fix a tasty treat from the garden to help curb your junk food cravings. The following is from Dr. Ritcher’s Fresh Produce Guide and has 220 calories per serving.

Avocado Fruit Salad
1 ripe avocado, peeled, pitted and cubed
4 tart apples, peeled, cored and cubed
2 ripe nectarines, pitted and cubed
½ grapefruit, peeled and cubed
1 tbsp. honey
1 tbsp. lemon juice
lettuce halves
1 tbsp. pecans, toasted and chopped
1) Gently toss together the avocado, apples, nectarines and grapefruit.
2) Drizzle honey and lemon juice over fruit and toss again, lightly.
3) Place lettuce on plates. Divide fruit between plates. Garnish with pecans.
Serves 4.
BE DISASTER PREPARED

www.ces.ncsu.edu/disaster

The above website, designed by North Carolina Cooperative Extension, offers free information to the public on disaster preparedness. Information includes meal, finance, travel and landscape preparation and recovery tips that will ensure awareness and safety. A publication, “Your Guide to Preparing for Emergencies,” is also available online or by contacting your local Extension service.

STRENGTHEN RELATIONSHIPS

According to The Language of Flowers, a publication from Reiman Gardens and Iowa State University, “nearly every sentiment can be expressed by flowers. It’s been said that flowers are a perfect replica of human life: Planting, growth, bloom, withering.” The publication suggests that the next time you give flowers to someone, consider selecting particular ones to express your sentiment. The following lists include common flowers and their thought meanings:

<table>
<thead>
<tr>
<th>Flower</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Azalea</td>
<td>Take care</td>
</tr>
<tr>
<td>Calla</td>
<td>Beauty</td>
</tr>
<tr>
<td>Carnation (Pink)</td>
<td>I’ll never forget you</td>
</tr>
<tr>
<td>Chrysanthemum (Red)</td>
<td>I love you</td>
</tr>
<tr>
<td>Hydrangea</td>
<td>Thank you for understanding</td>
</tr>
<tr>
<td>Iris</td>
<td>Your friendship means so much</td>
</tr>
<tr>
<td>Smilax &amp; Hyacinth (white)</td>
<td>Loveliness</td>
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</tbody>
</table>

CONTACT

For more information on these, or any topics of interest, please contact me by:
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*Recommendations for the use of chemicals are included as a convenience to the reader. The use of brand names and any mention or listing of commercial products or services does not imply endorsement by the North Carolina Cooperative Extension Service nor discrimination against similar products or services not mentioned. Individuals who use agricultural chemicals are responsible for ensuring that the intended use complies with current regulations and conforms to the product label before applying any chemical.

Garden Humor: How do you identify a dogwood tree in winter?
- By its bark!