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Edition 11.39	Paul Parent Garden Club News	September 29, 2011
	<p style="text-align: center;">Featured Quote:</p> <p style="text-align: center;">"A flower is an educated weed." ~ Luther Burbank</p> <p style="text-align: center;"><input type="text"/></p> <h2 style="text-align: center;">Bonide MoleMax® Mole & Vole Repellent</h2> <p>Mole and vole repellent granules and bulb protector. Repel moles, voles, gophers, rabbits, armadillos, skunks, ground squirrels and other burrowing animals. This product can be safely used around children and pets, when used as directed. MoleMax® Mole & Vole Repellent is biodegradable and will not harm lawns, gardens, flowerbeds or other desirable plants. Contains 10% Rucinus Communis Oil (Castor Oil).</p> <p>Available in Granules and RTS.</p> <p>To learn more about these products, visit the Bonide website.</p>	<p style="text-align: center;">Gifts for the Gardener</p> <p>Here are some great ideas for gifts your favorite gardener will just love!</p> <p style="text-align: center;">Contact Information:</p> <p>E-Mail: Click to contact us.</p> <p>Telephone: (207) 985-6972 (800) 259-9231 (Sunday 6 AM to 10 AM)</p> <p>Fax: (207) 985-6972</p> <p>Address: Paul Parent Garden Club 2 Blueberry Pines Dr Kennebunk, ME 04043</p> <p>Regular Phone Hours: Mon.-Sat. 8 AM to 6 PM Sunday: 10 AM to 6 PM</p>
	<h2 style="text-align: center;">Special Offer for Paul Parent Newsletter Readers:</h2> <p>Get up to \$5.00 back when you purchase Wet & Forget.</p> <p>Just print out the PDF (click here), fill it out and mail it in!</p> <p style="text-align: center;"><input type="text"/></p>	<p style="text-align: center;">Tell your friends about Paul! Send them a copy of Paul's latest newsletter.</p> <p>(Note: this will not subscribe them to the newsletter, nor retain their email - it will just send them a copy from you.)</p>
<p>The first time you hear of flowering cabbage and kale you think, vegetables used in the flower garden--are you crazy! Well, let me tell you that these vegetables will look wonderful planted around your home and in your fall garden with mums and New England asters.</p> <p>Right now, most of the plants are colored blue green to light green, but this will change when the weather begins to get cold. As the temperatures dip down to the thirties and forties the foliage will begin to change color from the center of the plant and will quickly spread to all the leaves. Look for white, pink and purple shades to form during late September and increase during October.</p> <p>What you will like about this plant is that, when all your garden plants have given up and gone dormant for the year, this plant will just be beginning to show color. It is not uncommon to see the flowering cabbage and kale in your garden as late as February unless the plants are covered with snow. When I lived in Massachusetts, I remember that one year we had snow for the holidays but warm weather returned and melted the snow, revealing the cabbage and kale in the garden--and they lasted for many more weeks.</p> <p>The flowering cabbage will actually have a small head of cabbage that will form in the center of the plant, growing two to four inches in diameter. The foliage is broad, wide, coarse, thick and leathery. It will grow six to twelve inches tall and wide. The leaves grow in a whorl around the</p>		<p>Your e-mail []</p> <p>Your name []</p> <p>Their e-mail []</p> <p>Their name []</p> <p style="text-align: center;">[Send >>]</p> <p style="text-align: center;">Where can I find Paul on</p>

center of the plant and can spread 12 to 15 in wide, like a regular cabbage. Flowering kale grows as a clump of leaves like a head of loose-leaf lettuce. These leaves grow as large as the cabbage plants, but are ruffled on the tip of the leaf or margins.

Some new hybrid varieties grow in the shape of a coarse and thick feather, with the edges of the leaf ruffled with multi-colored foliage. The foliage will grow 2 to 4 inches wide and 12 to 15 inches tall, forming a wonderful-looking plant that will grow 12 to 15 inches tall and wide. Both types of plants begin to color up with cold weather and the color begins in the middle of the plant, working its way to the edges.

These plants are started from seed during July and August, while the weather is warm, to help develop foliage, as cold weather stops the plants from growing. Like all cabbage and kale plants, cabbage loopers and foliar worms are a problem while growing from seedlings to mature plants. This problem is easily controlled today with the new organic Spinosad or Captain Jack insecticide. When the weather gets cold these insects die, due to the cold weather.

Plant in a sunny garden, as the sun and cold temperature combination will give you the best color. Cabbage and kale will also do very well in window boxes, planters and pots. On the ground, they seem to hold more of the foliage on the plant, as it is easier to keep them watered. So if your plants are in containers, be sure to water a couple times a week and fertilize them a couple of times after you plant them to give the plant better color. Use a liquid fertilizer such as Miracle Gro or Blossom Booster every couple of weeks until the ground freezes.

These plants are unique and will give your plantings a lot of character for many weeks to come. If you do not get a centerpiece for Thanksgiving, cut one of the plants from your garden and use it as an centerpiece. If you get tired of the look and want to decorate for Christmas, cut the plants at the soil line and bring them inside the house to cook, as both plants are very tasty. They are great in cold salads and make great garnish for special meals. Great plants for fall color around your home or your next meal--the flowering cabbage or flowering kale. So pick some up this weekend when you are visiting your favorite nursery or greenhouse. You will like these plants as much as I do, so enjoy!

This week I want you to call your local nursery/garden center and ask them to order for you a fall flowering crocus called Colchicum. Some stores will have them, and you will be in luck because this crocus not only flowers in the fall but it is a "giant" bulb with giant flowers. The bulb will be as large as a tennis ball with a point on top.

When I was in college, I asked one of my teachers why we need to know the Latin names of plants. My teacher told me because most plants have different names in different countries and many nicknames, but the Latin name was the same no matter where you lived. Here is the perfect example and you will love this, so use this name on your garden friends. Colchicum's nickname in Europe is "naked-lady," because it makes its foliage in the springtime, so when in bloom no foliage is present around the flowers--hence the nickname.

This fall-flowering crocus comes up in May with a cluster of leaves that resemble those of a hyacinth plant. The foliage grows six to eight inches tall and two inches wide in a clump eight to ten inches across. The foliage of the plant is deep green and shiny, and it will last for a month or more in the garden before turning yellow to brown and then fall apart. Most of us have forgotten what we planted so we wait for color and nothing forms from the clump but foliage.

In the fall they flower, beginning to push their way out of the ground two or three at a time. The flowers grow 4 to 6 inches tall and resemble a crocus but much bigger. The flower is goblet-shaped and made up of six flower petals, truly striking to see coming up in your garden with no foliage. As the flowers start to fade, the color changes from lilac-pink or rosy-purple to pale lavender. The flower slowly falls over on the ground and another bloom develops to replace it in the clump. In time, it possible to have as many as 30 or more flowers on the ground and straight up in the clump--almost like a bouquet resting on the ground of your garden.

Plant the bulbs in a well-drained soil in a sunny location out of the wind. I like planting them near a large shrub or statuary, so I do not accidently dig them up or cut into them when planting something else in the area. Dig a large hole, 6 inches deep, and condition the soil with compost or animal manure before planting.

If your soil is sandy, be sure to put in a pinch of Soil Moist water retention granules to help keep the plant well watered. The bulb should have four inches of soil covering it, and the bulb should be watered well after planting. Once the roots form, the flowers will develop in a couple of weeks. I also add a couple inches of bark mulch over the bulb for extra winter protection.

If you like different flowers try this with your colchicum bulbs this fall: place the bulb point up in a shallow dish like a Jell-O or pudding dish and add one inch of water to the dish. Keep the water in the dish at all times. In just two weeks, the bulb will begin to send a flower out of the top of the bulb and it will bloom in the dish for two to three weeks. When the flowers stop, plant the bulb in the garden and the roots will form in the ground quickly. Next spring foliage will form and next fall the flowers will "magically" come out of the ground.

Fertilize in the spring and again in the fall with Bulb-Tone fertilizer and watch the flower numbers grow. The colchicum is a very hardy bulb and will thrive in the garden from northern New England to Georgia, even where temperatures get down to -40 degrees. If you do not disturb the bulb, it will last for many years and grow larger each year.

This bulb was originally found in Turkey growing on mountainsides so it is very strong and makes a great plant for wildflower gardens, rock gardens, naturalizing or just a unusual flower for your

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garden that flowers in September and October. By the way, this flower is not actually in the crocus family--it is just called a fall crocus because it looks like one; actually it is closely related to the lily family. This bulb is worth the search to find and you will love it as I do mine. Enjoy!



This fall, as you work in your garden, let's plant fall-flowering mums as the gardeners of Asia did over 2500 years ago. Mums were wild flowers then that grew everywhere and flowered in the fall all over Asia. This flowering wildflower plant, the chrysanthemum, was collected by gardeners and planted in their gardens during the fall season for fall color just like you and I do today.

The original plant has been hybridized a great deal to give us the hybrids that we have today. The chrysanthemum was collected in Asia and brought to Japan, where it is still grown as a sacred flower and symbolizes "Happiness and Longevity."

My love for this flower developed when I was thirteen years old, as I worked at a farm stand in Scituate, Mass., and spent weekends digging up mums in the field for customers. I dug the mums that customers selected and put them in empty beer boxes for the trip to their gardens. Back in the early sixties, mums were field grown and seldom grown in pots--some of you may still remember this. Mums grown this way in the good old days usually survived the winter better than potted mums do today.

If you want your mum plants to better survive this year, here are a few ideas to help make it possible. Plant your mums in September; this will give them time to be established in your garden before winter arrives. The roots of your mums are growing in a circle in your pot--unnatural. Pull the mum plant out of the pot. Now cut into the root ball with a sharp knife--three slits on the side of the root ball from top to bottom of the root ball about 1/2 inch deep into the soil. Next turn the root ball over and cut a cross into the bottom of the root ball about 1/2 inch deep.

This gardening technique is called "root pruning," and stops this circular growth of the root system, allowing the roots to grow out into the soil in your garden. Plants that grow away from the original root ball stay in the ground when frost begins to harden the soil. If you just dig a hole and set the roots in the garden soil, the frost action will actually move the plant up and out of the soil and kill the delicate roots.

Fall gardening is very different from spring gardening for most of us. In the spring we dig a nice big hole, add compost and animal manure, and place the plant gently into the garden. Firm it in place, fertilize monthly and water every few days to help get the plant established, RIGHT? In the fall we all garden differently; now think of this! We dig a hole for the fall flowering mum, add no soil conditioner, and drop the plant into a small hole. Now we kick the soil around the root ball to fill the hole with our feet and step around the plant to compact the soil around the root ball. If the plant is lucky, we water it--but only when it wilts or it rains. Be honest now--have you ever-fertilized mums that you planted in the fall?

Plant mums in a full sun garden if you want them to return next spring. If you are planting them for fall color only, it will not matter if you plant them in the shade, because most will not survive and become colorful annuals. If you want them to become part of your perennial garden, a rich soil that is well-drained is best. Add animal manure, Soil Moist water retention pellets and a garden fertilizer that contains mycorrhizae. Liquid feed your mums every two weeks until flowers fade. Water mums twice a week; when the flowers fade remove them from the plant.

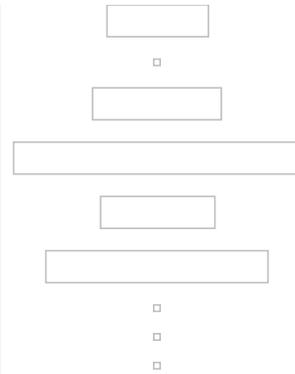
When the foliage turns brown, cut plants back to the ground and cover the soil with bark mulch or pine needles 3 inches deep for winter protection of the roots. The sooner you plant your mums, the better chance you have of them surviving the winter. Pick mums with a bit of color showing and other plants with just flower buds on them for extended color in your garden this fall. Mums make a great cut flower, so if you should break a branch or two from the plants re-cut the stems and place them in a vase of water; they should last in your home for two weeks or more.

If your mums survive the winter and begin to grow in the spring, all you have to remember is that your mums were forced to stay short when you bought them at the nursery. To control the height of the plant and make the plant bigger, fuller and to make it grow more flowers for next fall, just remember to cut your mums in half on the "Fourth of July". By cutting the plant in half in early July your plant will produce 3 to 4 new branches on every stem you cut back. This cutting back of the plant will help to more than double the size of the plant by the fall and keep it short. The cuttings you get by pruning the plant back in July can be easily rooted with the use of a rooting powder; this will make more plants for your garden. Again: PLANT EARLY and PRUNE THE ROOTS.



Tour includes the Wisley Gardens, the Chelsea Flower Show, Tower of London, Roman Baths & Pump Room, Riverford Organic Farm, Garden House, Rosemoor Gardens, Lost Garden of Heligan, Village of Megavissey, Stonehenge, the Wilton House Garden Centre and more.

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Are you looking for a great gift for a gardener (or yourself)? This garden journal helps make planning and organizing easy. This journal, *autographed personally by Paul*, makes a perfect gift for gardeners. The cover holds a 5x7 or 4x6 photo and a heavy-duty D-ring binder.

Also included:

- 8 tabbed sections
- 5 garden details sections with pockets for seeds, tags...
- Weather records page
- 6 three year journal pages
- Insect & diseases page - 3 project pages
- 3 annual checklist pages
- Plant wish list page
- 2 large pocket pages
- Sheet of garden labels
- 5 garden detail sheets
- 5 graph paper pages for layouts
- 5 photo pages, each holding four 4x6 photos in landscape or portrait format

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This Week's Question:

If you saw a living Plymouth Rock, what would you be looking at?

[**Click Here to Answer**](#)

This Week's Prize:

Bug Beater® Stink Bug Trap by Bonide Lawn and Garden

Protects homes and gardens from the "population explosion" of stink bugs around the country.

- Use indoors or out
- Attracts and captures stinkbugs
- Lasts up to 4 weeks
- Attracts ALL stink bug species
- Protects your home and garden
- Comes with 3 disposable traps
- Non-toxic
- Odorless



Last Week's Question

What would you call the offspring of a female tiger and a male lion?

Last Week's Winner:

Mary Ganz

Last Week's Answer:

A liger (if the lion is female and tiger male, it's a tigon or tiglon).

Last Week's Prize:

Bug Beater® Stink Bug Trap

One winner per question - we choose winners from the list of those who answer correctly. Winners must be newsletter subscribers. We'll ship you your prize, so be sure to put your address in the form in case you win!

FEATURED RECIPE:

Spicy Sweet Potatoes



- 3 large sweet potatoes, peeled and cut into 1-inch cubes
- 2 tablespoons olive or canola oil
- 2 tablespoons brown sugar
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Step by Step:

- In a large re-sealable plastic bag, toss sweet potatoes and oil.
- Add remaining ingredients; toss to coat.
- Transfer to a greased 11" x 7" x 2" baking dish.
- Bake, uncovered, at 400 degrees F for 40-45 minutes or until potatoes are tender, stirring every 15 minutes.

Yield: 8 servings

Nutritional Analysis: One serving (3/4 cup) equals 149 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 164 mg sodium, 28 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1-1/2 starch, 1/2 fat.



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