

Monthly Newsletter **OCTOBER 2018**

Plant of the Month

**CARYOPTERIS
(BLUE MIST SPIREA)**



Caryopteris, commonly called blue spirea or blue mist, is a low-mounded, deciduous shrub that is valued for its aromatic foliage and late summer flowers which are said to resemble clouds of blue smoke or mist. Flowers are very attractive to butterflies, bees and other beneficial insects. Foliage is aromatic when brushed with a hand.

Blue Mist' is a cultivar that is noted for producing powder blue flowers in late summer. It typically grows to 2-3' tall and as wide.

Care:

Caring for blue mist shrubs is quite easy as long as the plant gets plenty of sun. Blue mist shrubs are drought tolerant, hence, requires an average amount of irrigation. The entire shrub may be cut back to the ground in the spring and, in fact, enlivens the specimen and fosters a more attractive evenly rounded shape. Flowering occurs on new growth. Although this little beauty is a pollinator attractor, deer are generally not interested in browsing its leaves and stems.

Featured Recipe

PUMPKIN BARS

Ingredients

- 4 eggs
- 1 cup vegetable oil
- 2 cups white sugar
- 1 (15 ounce) can solid pack pumpkin puree
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
2. In a medium bowl, mix together the eggs, oil, sugar and pumpkin until smooth. Sift together the flour, cinnamon, cloves, ginger, nutmeg, baking soda, baking powder and salt. Stir into the pumpkin mixture.
3. Spread evenly into the prepared pan and bake for 25 to 30 minutes. The bars should spring back to the touch when done. Allow to cool before frosting.



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OCTOBER GARDENING TIPS

- Plant Trees, Shrubs & Roses
- Divide Perennials
- Add bulbs to your landscape
- Store pots for next season
- Mulch
- Compost
- Weed—it's important
- Move tropical plants indoors