



AVAILABLE ON OUR WEBSITE

JULY, 2009

#### Welcome::

Summer has arrived! I have a love/hate relationship with this season. I love the longer days & warm evenings, but, like my flowers, I prefer cooler days. On a recent visit to the Carlsbad flower market, I found bucket after bucket of lush fall colored flowers: rust China mums, yellow coxcomb, red viburnum berry, coppertone glads, and, of course, sunflowers. Although the fall colors evoked thoughts of a more temperate season, the abundance of summer dahlias reminded me that I was getting ahead of myself. For now, I'll enjoy the summer blooms and look forward to the cooler days.

Best wishes,

Anne



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## Flower of the Month:



same time, they have

the presence to stand alone or become the anchor of a mixed bouquet. The wild sunflower is a North American native, but Russia first commercialized the plant. The sunflower has been quite the world traveler having been cultivated in Europe, Peru, and Chile as well as Russia. The American Indians used the flower for food, as a textile dye, and for body painting. During the 18th century, the use of sunflower oil became very popular in Europe, particularly with members of the Russian Orthodox Church as sunflower oil was one of the few oils that was not

## "Sunflowers"

prohibited during Lent.

Today sunflowers are still grown for their oil & seeds as well as for cut flower production. In the cut flower world, the most widely available color is yellow with a dark center. Increasingly you will find a more subtle pairing: yellow with a green center. Dyed varieties are also prevalent.

Be aware, though, that the dyed varieties will change the color of the water in your vase and can stain your clothing.

If you love sunflowers and want to know more about them, be sure to check out the



National Sunflower Association website at www.sunflowernsa.com. And, if you're a teacher, they have a terrific downloadable instructional coloring book for grades K-4.

Know someone who is getting married? Have them check out our Wedding Gallery;

www.hydrangeableu.com/wedding

# How To: Questions from our Readers!

#### When can I harvest my garden sunflowers?

The heads will be ready to harvest when the back of the head has turned brown. In northern areas, this might be after the first killing freeze. In warmer areas, the plant will dry down naturally. Simply snip the head off the plant and rub the seeds out by hand.



#### Do sunflowers really follow the sun?

When the plant is in the bud stage, it tends to track the movement of the sun across the horizon. Once the flower opens into the radiance of yellow petals, it faces east. No one knows why. However, it is likely a defensive response. Facing south or west could result in sun-scalding of seeds during very hot days.

(From the National Sunflower Association website.)



### JULY SPECIAL:

Blue Hydrangea \$5 per stem

Pair them with sunflowers for a French Country look

Thanks a bunch for picking Hydrangea Bleu!!

Expiration Date: 7/30/09



TIPS & TRICKS FOR SUNFLOWERS!

- 1. Vase life 6 to 12 days
- 2. Sunflowers are thirsty flowers, so watch the water in your vase.
- 3. Available year round with supplies peaking June-October.

## Eco: Grow Strawberry's & Herbs in a Limited Space!



Bring a hint of Eden into your backyard with the Garden Pyramid. Grow a larger number of plants (perfect for strawberries) in a smaller amount of space with this eco-friendly kit made from HDPE recycled milk jugs. The Garden Pyramid is extremely durable and will not fade, crack or splinter. Green growing has never been easier.

#### **Pyramid Tower Kit:**

- 1. Grow a large crop of strawberries with this attractive, three tiered planter
- 2. Perfect for the gardener with limited space
- 3. Enough room for 50 to 75 berry plants
- 4. Includes a built-in sprinkler system for easy watering
- 5. Corrosion resistant aluminum frames are self locking
- 6. Holds a total of 1 cubic yard of topsoil
- 7. Simple, no tool assembly
- 8. Optional netting with sturdy support frame protects crop against hungry birds and other pests
- 9. Plastic cover helps lessen frost and wind damage
- 10. Also suitable for growing herbs or small veggies

For more information: www.eco-gardening.com