



## IN THE NEWS THIS WEEK:

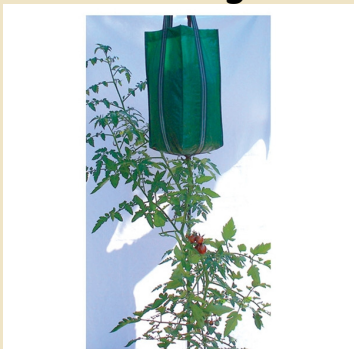
- **Market now open Sunday afternoon 1-5**
- **Featured this week: Roses in full bloom**
- **Plant of the Week: Solenia Begonia**
- **New for 2011: Confetti Gardens**
- **Garden Tips: Getting the most from your veggie garden**

## May 17th E-NEWS

Just call me 'gimpy': I slipped and fell~ hard~ a couple of days ago and now my right wrist has a crack. Talk about a major inconvenience! Of course I'm right-handed so writing is impossible and typing is a challenge. James suggested that I keep this week's newsletter short.

Thank goodness the weather is finally warming up. Shrubs and trees in the nursery are really starting to leaf out and many are in full bloom. You have to check out all the gorgeous magnolias, flowering plums and the daphnes (ahh, the fragrance!!). I love spring.

I'm sure that many of you will be planting your gardens this long weekend so I hope that the good weather continues. A new order of **upside down tomato bags** is here and they



are **7.99 ea.**

**Have you ordered your lady bugs yet?** I've put in an order and it will be shipping within the week. **Kits are \$9.99 for 250 ladybugs.** Use these natural allies against aphids; now that it's warming up, the aphids are becoming evident. Check the new growth on roses and lupines~ aphids love both and can often be seen there first each spring. The first generation of aphids is one that over-wintered as pregnant adults and if you are vigilant to destroy them, they won't have a chance to proliferate.

**And just in...beautiful BIG rose bushes, in bloom, from our favourite LOCAL grower, Richard Radomske. Some of these roses are rare and all are gorgeous: Renaissance, Coral Fiesta, Illusion, Rina Hugo, Rose de Rescht, Eden, Alexandra to name a few. If you love roses, you have to check them out!**

### PLANT OF THE WEEK: Solenia Begonias



The Solenia begonias love full sun, high humidity and are resistant to powdery mildew. Solenias are a major breakthrough in begonia breeding and are so adaptable; **they can be grown in sun or shade.** Plants are continuously covered in plentiful blooms that are self-cleaning~ no dead-heading required. The colours are gorgeous! The branching habit keeps them from becoming top-heavy and breaking and Solenias are more wind resistant and drought tolerant than other begonias. They grow best in a moderately moist soil that has been liberally amended with compost or peat. Use them as bedding plants or in planters and hanging baskets. Then lift them in the fall and use them as attractive houseplants all winter.

## **NEW FOR 2011: Confetti Gardens**



'RED FOX CONFETTI GARDEN mixes feature two or three different summer flowers selected to grow beautifully together in a single pot. Each combination creates its own flowering paradise that is perfect for all garden options from an urban window or balcony box right up to hanging baskets adorning the porch of a rural retreat or terra cotta patio planters in a suburban backyard. And because RED FOX has done a lot of the work for you, you'll have more time to enjoy the relaxing setting created by your new CONFETTI GARDEN mix of flowers.'

## **WHEELBARROW PROJECT: Square Foot Garden Kit**

A few weeks ago we held a 'Square Foot Gardening' Workshop. If you didn't attend but would still like to try it, we have kits that include the pre-cut lumber, landscape fabric and screws to make a 4' x 4' frame. I just planted up our demo frame last weekend and it's amazing how much can be grown in such a small area. Of course growing space-efficient, productive varieties is important. The demo garden will be left out during the growing season so that you can see how productive it can be.

The soil mix used in Square foot gardening is extremely important. The recommended mix is 1/3 peat (or coco fiber), 1/3 vermiculite, and 1/3 compost (it is recommended that if you don't have enough of your own compost, that you mix several types of purchased compost and add some bone meal.) It is less costly to buy the items separately and mix your own but we do have a limited quantity of the official bagged 'Mel's Mix'.

## **GARDEN TIPS: Getting the most out of your veggie garden**

When our children were still at home, I had a large vegetable garden and endeavored to

grow as much as I possibly could in the space. I planned the planting areas so that when one crop was finished, there were plants ready to be transplanted into the open spots. And, of course, everything was planted in wide row/raised beds to devote as little space as possible to unproductive pathways.

By choosing varieties that matured at different rates, and inter-planting with quick-maturing veggies like radishes and spinach, I was able to use the available area to its full potential. Not every vegetable needs to be grown in full sun; some actually do better in cooler conditions. Salad greens, chard, broccoli (and other cabbage relatives), radishes and beets will grow quite happily in the shade cast by sun-lovers like corn, beans, and tomatoes. Planting this way is an effective use of space and also serves as a 'living mulch', keeping the soil cooler, conserving soil moisture, and preventing weed germination by shading the soil. The most famous inter-planting combination is the 'three sisters': corn, squash and climbing beans grown in the same space. The corn stakes the climbing beans while the squash acts like natural mulch.

When space is at a premium, it makes sense to grow varieties that are more productive than others. For instance, if you want to grow radishes, you can grow the standard round 'Cherry Belle' type or double your production by growing the longer 'French Breakfast' type. Rather than growing bush beans, grow pole bean varieties instead. Not only does the production per square foot increase dramatically, pole beans produce over a longer period than do bush varieties and the percentage of clean, harvestable beans (because there hasn't been contact with wet soil) is much higher. Many space-hogging vegetables like cucumbers and squash can be trained vertically to take up much less space. And when choosing cucumber varieties, look for 'all female' or 'no pollinator required' in the description. Production is much higher and earlier than comparable varieties and seed cavities are generally much smaller.

Some vegetable seeds, like carrots, are available in a **tape form that makes spacing them a snap**. Rows of tape can be laid side by side providing a well-spaced planting where every carrot grows beautifully. No thinning required and no twisted roots. I planted one square foot of the demo garden with Nantes Coreless Carrots and will get the same production as a 12 foot row in a conventional straight row garden!

**Regular harvesting is important.** Don't allow plants like broccoli to flower or plants like beans to produce mature seed because production will come to a grinding halt. As with many flowering annuals that must be dead-headed to keep them from forming seed so they will continue to bloom, regular harvesting will ensure that production will continue over a long period.

'Cut and come again' crops like perpetual spinach, chard and leaf lettuce are harvestable over a very long time and their production per square foot is substantially higher than regular spinach or heading lettuce.

Over the many years that I grew a large garden, I experimented with many old and new varieties and old and new practises. I've tried most of the companion planting recommendations and, for the most part, found that they didn't work, But one worked very well: planting carrots in between tomato plants prevented problems with carrot rust fly. Because the fly uses its sense of smell to direct it to the base of the carrot where it will lay its eggs and the strong scent of the tomato foliage overpowers the scent of the carrot tops, the flies lose their way. Carrots do indeed love tomatoes!

Sometimes it makes sense to sacrifice some plants to protect others. Because radishes grow quickly, I've often used them as trap crops to attract root maggots. Of course, the infested radishes aren't worth eating and get thrown out, but broccoli, cauliflower and cabbage plants are left unharmed because the radishes are a more attractive target to the pests.

Growing and harvesting vegetables from your own garden is a very satisfying activity and can make a huge difference in the family budget. The flavour and nutrient value of freshly-harvested right-from-the-garden veggies has been proven to be superior too.



**Saturday Market 9 – 12**  
**All farmers - All Local**

Mark your calendars: **11<sup>th</sup> Annual Garden Tour** of Salmon Arm area will be held this year on June 26<sup>th</sup>, from 9 until 4. Tickets are \$15 each and are available at our market.

## **WE POT/ YOU POT SERVICE**

If you have planters or hanging baskets to plant but don't want to lug home bags of potting soil and fertilizer, you can use our **Potting Tent** or get our staff to do your potting. Bring your own containers or purchase them from us, and we'll charge you according to the size of container. Included in this charge is the soil, slow-release fertilizers and transplanter fertilizer (plants and pots are not included).

### **Features this week:**

**Beautiful 12 inch hanging baskets**  
**Buy 2 or more and get \$5 off reg. price of each one.**

**Strawberry plants (bare-root/10 plants) 2.99**

**Upside-down Tomato bags: 7.99 ea.**

**Summer bulbs (Gladiolus, dahlias, lilies and Gift Bag combos) 40% off**

**Daphne cneorum (in full bloom) 15% off**

**Spring Snow crabapple (gorgeous white blooms. Produces no fruit!) 15 % OFF**

**It's Lilac Time. All lilacs 15% off**

**Mix and match any of the unplanted pots in stock. Buy 1 @ regular price**  
**2 get 15% off**  
**3 get 20% off**  
**4 or more, get 25% off**

Happy Gardening,

*Harriet*

**HANNA ORCHARDS MARKET**  
**& GARDEN CENTRE**

3181-11<sup>TH</sup> Ave. NE., Salmon Arm, BC

**Open Mon.-Sat. 8-6:00**

**Open Sundays 1-5**  
**(250) 832 4574**

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