



# Newsletter



October | 2018

Greetings valued friends, neighbors and customers. Though the weather is still hot, fall is here and it is time to think about the cooler weather and the coming winter season. Your tropical plants will need to be secured in a proper place for the winter. Please remember to look for our future newsletters on our website. Have an awesome fall season.

## Move Tropical Plants Indoors For The Winter

If you have tropical plants in your garden it is time to bring them inside for the winter. Some plants can handle the transition pretty well, while others will definitely be stressed. Here's how to give both types the best chance of staying healthy and being able to happily return outside in the spring.

### De-bug the plants.

Check for signs of spiders, spider mites, mealy bugs, aphids and any other little beasts. Mist and wash plants gently but thoroughly with a natural insect control such as hydrogen peroxide mixed with water 50-50. Garrett Juice with 2 ounces of orange oil added per gallon can be drenched through the soil to kill fire ants and other pests.

### Acclimate the plants.

First move plants to a spot that doesn't have heating, such as an attached garage or a breezeway. Give plants a week or two in that place. The shock of switching to dry indoor heat all at once can stress plants. They need transition periods to adapt. If that's not possible, mist the foliage with water daily for the first week or so in the new environment.

### Choose a very bright place.

Some tropical plants can do well in front of a window, but others will do much better under skylights and in glass garden rooms. Some plants will do fine near a south-facing window. Keep in mind that even in very bright places, the light intensity will be far lower than outdoors. An outdoor greenhouse would be best for the plants.

### Don't fertilize plants during this phase.

Also, the watering requirements are greatly reduced indoors, and there's no need to prune plants at this point, even if they have some damaged leaves. Wait until spring, when new growth begins.

### Gradually prepare your plants for going back outside in the spring.

A couple of weeks before it's time to go back outdoors, take your plants to a shaded area outside for two or three hours a day. Don't radically change the amount of sunlight all at once to avoid sunburn. After keeping them in shaded areas outside for a couple of weeks, begin to put them in direct sunlight for longer periods. Wait until the danger of frost has passed and nighttime temperatures stay above 45 degrees. When you move your plants outdoors, water them well.

All this may seem all a little troublesome, but it's worth it to keep important plants undamaged and healthy for another season. Do all this soon with dracaenas, rubber plants, pothos, aglaonema, Boston ferns, bougainvillea, crotons, Adenium (desert rose), plumeria, hibiscus, Rex Begonias, staghorn fern, asparagus ferns and other cold sensitive plants.

## Gardening, a well needed treat!

This year's gardening trends will not only keep your yard looking beautiful but will spark relaxation, add a break from the chaos we all call life and actually help you live a happier and healthier life. Stop and smell the roses in your own garden with this year's gardening themes.

**Top gardening trends:** This year try planting herbs to use in teas and vegetable to mix in to your everyday meals. Also, opt for planting cut flowers such as daisies, sunflowers or dahlias to make bouquets for family and friends.

**Extreme weather gardening:** More people are opting for a drought tolerant garden and they can be just as beautiful as a typical garden. Succulents are a huge hit. They grow well in the warm climate and don't need too much maintenance.

**One-pot creations:** You may have heard on one pot dinner dishes that are simple yet full of bold flavor. Well, this trend is similar. Gardeners are taking one pot and filling it with multiple plants. It saves time, is low maintenance and doesn't take up too much space.

**Wellness gardens:** Gardeners are filling space inside and outside their home with vertical gardens or indoor vines. These help provide a sense of tranquility. Gardens are also a good place to meditate and relax from a busy work. Research has shown an association between doing activities in natural environments and health, particularly in relation to stress.

## 'NATURAL PLANT REMEDIES & TIPS'

### NATURAL UNPROCESSED HONEY

HONEY IS ECO FRIENDLY AND NEVER SPOILS....

#### USES:

- Use as a replacement for rooting hormone powder. (dip cuttings in honey)
- Helps prevent infection. (use 1 table spoon per cup (8 oz.) water to root cuttings in water.
- Natural antiseptic and fights infections.
- Rich in minerals and nutrients that boost plant root growth.

#### METHODS FOR PROPAGATING CUTTINGS:

##### IN SOIL:

- 1) Always cut at a node.
- 2) Cut at 45 degree angle. (gives a larger surface to produce roots)
- 3) Strip away all lower leaves.
- 4) Cut remaining leaves in half. (by wounding your cuttings it increases the chances of root growth)
- 5) Fill receiving container with a good well-draining potting soil.
- 6) Make a hole in the potting soil.
- 7) Dip the cut end of the cutting in honey.
- 8) Dip honey dipped end in cinnamon powder.
- 9) Plant cutting in soil.
- 10) Water well.

##### IN WATER:

- 1) Mix ½ teaspoon of honey in cup (8oz.) of water.
- 2) Dip cutting in honey.
- 3) Put cutting in honey water until it roots.

---

More information on other 'NATURAL REMEDIES AND TIPS' will follow each month.

---



## How To Grow Plumeria/Frangipani

- **Plumeria/Frangipanis suit any style of garden and will cast a tropical spell over it.**
- **There are up to 300 different colors of Plumeria/Frangipani flowers.**
- **Mature Plumeria/Frangipanis can grow to around 6m high and 5m wide.**
- **Plant them on the western side of your house to help shade the house in summer.**



The icon of the tropics, the Plumeria/Frangipani, is an easy flower to grow. Plumeria/Frangipanis thrive with little maintenance, are easy to root from cuttings and look pretty in float bowls all summer long.

Plumeria/Frangipanis are the perfect Christmas decoration – tie flowers on to the tree with ribbons, scatter them over the table, or attach flowers to gifts. They suit any style of garden where one can throw down a rug below its boughs for a lazy day in the shade.

### Where to plant your Plumeria/Frangipani.

Use the shape of the Plumeria/Frangipani tree to your advantage in the garden, taking note of its wide umbrella shape. Plant it somewhere you can admire it from up close, near a second story window or verandah where you can fully appreciate the flowers and fragrance. Take advantage of the shade it gives – a blessing on hot summer days. Plant one on the western side of your house to help shade the house in summer, and allow the sun to stream in during winter when the stems are bare. Plant one at the front gate to welcome you home each day, or beside a quiet pool to create a relaxed scene.

### When to prune your Plumeria/Frangipani.

Mature Plumeria/Frangipanis can grow to around 20 feet high and 15 feet wide, although older trees can be taller in tropical climates. They grow slowly, only about 1 – 2 feet per year. This, along with their small root ball, makes them ideal for planting around pools, in planter beds, containers and beside walls, as there is no fear the roots will harm any structures. If they become top heavy they can be pruned without fear of failure. Trees around pools can be trained to tilt from a young age giving the impression the tree is leaning over and hugging the pool.

### Growing Plumeria/Frangipani on the balcony.

For gardeners restricted to containers on terraces, roof gardens, balconies and patios, low-care Plumeria/Frangipanis are the perfect choice. They grow well in pots, flowering reliably every summer. Choose a quality potting

mix and a wide, shallow pot, and away you go.

### What color will my Plumeria/Frangipani be?

The classic white-flowering Plumeria/Frangipani is the first to flower and remains a favorite for many. But you may be surprised to know they come in all colors of the rainbow. Enthusiasts can see up to 300 different flower colors. From pale lemon to butter lemon to the vibrant shades of peach, mango, lipstick pink, purple and blood red, there is now a frangipani in every color – even lilac. They also come in bicolor and tricolors with striped petals. Petal shapes also vary from thick, overlapping scalloped petals to elegant, elongated petals. Choose wisely, as Plumeria/Frangipanis last forever. New colors have new fragrances, and it is interesting to discern vanilla, coconut, apricot and jasmine fragrances in some varieties.

### What Plumeria/Frangipanis need to grow

Plumeria/Frangipanis can flower from October to May, and thrive in well-drained soil, plenty of sun and frost-free conditions. They love growing by the beach in sandy soils and are one of the best trees for tolerating salty air along the coast. They will struggle in clay soils, where it is hard for water to drain away – in this case it is best to keep them growing in large containers. Water only during spring and summer, and hold off completely during the cooler months. You'll be pleased to know that Plumeria/Frangipani rarely need feeding, although they will flower bigger and better than ever if you spread some fertilizer

around the drip line (under the branches) during spring and summer.

In cooler areas it is still possible to grow Plumeria/Frangipani if the microclimate around the house is warm. Radiating sun and heat from brick paving, walls or mirrors will help the Plumeria/Frangipani withstand cooler winters, so keep them close to the house. In frosty areas it is still possible to grow Plumeria/Frangipanis in containers, which should be brought inside during winter.

### Possible problems with Plumeria/Frangipanis

During wet, cool weather Plumeria/Frangipanis can be at risk of root, branch and tip rot, which is caused by a fungus. You will know plants are affected when you notice the stems becoming soft. To check on your plant's health, squeeze the stems – firm stems indicate a healthy tree. To reduce the risks, avoid watering in winter. Also, if the stem becomes wrinkled the tree is not well decessate watering and spray leaves with an anti-rot agent. If you notice spongy stems, remove the stem completely to the junction with a main branch. Thinning out 15 to 20 per cent of the canopy of your mature frangipani is good to do every few years; it opens up the branches, allows light in and reduces stem rot.

### Are Plumeria/Frangipanis poisonous?

Plumeria/Frangipanis do have a milky sap that can be irritating on some people's skin, causing rashes and blistering in extreme cases. If ingested, the sap can cause vomiting and diarrhea.



## More Plant and Garden Tips

Green spaces provide a sanctuary from busy lives, says horticultural therapist Mitchell Hewson. His tips for creating a therapy garden of your own:

- Include vegetable- and fruit-producing plants – the ability to grow life-sustaining food strengthens feelings of self-sufficiency.
- Plant herbs that promote good health, and add fragrance to your surroundings.
- Choose plants that can be dried and reused in crafts such as sachets or wreaths. You'll double your enjoyment of the gardening experience.
- Place a small bench or chair in a shady spot of the garden, so you can enjoy the fruits of your labor.
- Commit to spending a few minutes each day in your garden. Even in small doses, the fresh air, vitamin D and moderate exercise is good for you.

You can make gardens accessible to those with physical limitations by using raised beds. Get the entire family involved.



# Happy October!

2018

