

# Patty's Plants

# June Newsletter

2009

## INSIDE THIS ISSUE:

Plants that love or hate each other	2
Planting by the light of the moon	2
Birth Flowers	3
Meaning of Herbs	4
Herbal Fun Facts and House-keeping Remedies	4
Gardening Tidbits	5
Announcements	5

## Gardening Folklore, Companion Planting and Birth flowers?

From generation to generation practical gardening advice has been passed down for centuries. Is it all folklore or does some of it really work. We've always heard the phrase "Planting by the Light of the Moon". I thought it would be fun to put together in this newsletter some treasured gardening lore with centuries of gardening secrets used by people from all over the country. I for one, have planted my garden by following my grandmothers companion planting practices.

As some of you may know I do gardening talks at various times of the year. This spring I had a Brownie Troop here of 17 second grade girls. They were here to learn about planting flowers for a project they were doing at their church. During my talk, one little girl told us she knew her birth-flower. For a brief moment the room fell silent, everyone was looking at her waiting for her to tell us. As she finally told us everyone looked back at me to ask

what theirs all were. I was at a loss, I didn't even know my birth-flower. Do you know yours? Since then, I have done a little research. I now know mine and maybe even yours too. I have them listed in this newsletter.

I always say you can never learn enough about plants and flowers. I will even include the meaning of certain herbs and flowers.

Hope you enjoy this newsletter.

*Patty  
My Birth-Flower*

### The Daffodil

"When the bright yellow daffodil pokes through late winter's ground, it's like a long-awaited friend returning home and a birth flower anyone would be proud to call their own. Symbolizing rebirth and new beginnings, daffodils promise happiness and joy."



- Patty's Plants wants to "Thank You" for all your support.
- We had a wonderful Grand Opening because of all of you!
- Congratulations to:

Patti Igo for winning our enamelware tub of organic products.

See pictures of the Grand Opening festivities at:

[www.pattysplants.com](http://www.pattysplants.com)

## Herbal and Flowering Insect repellants

There are many flowers that you can use as border plants to repel insects. One that works especially well for mosquitoes when I'm gardening is Basil. I pinch some leaves off and rub it on my skin and clothes. I also stick a few sprigs in my pockets and in my hair. I probably look like I should be on funniest home videos but while I'm protected, my husband is spraying himself for a second time while he's relaxing in the backyard. Here are few

more plants that repel insects: Plant Garlic Chives near roses and raspberries; deters Japanese beetles, Catnip in borders may deter flea beetles. Marigolds, the workhorse of the pest deterrents. Plant it throughout the garden; it discourages Mexican bean beetles, nematodes, and other insects. Nasturtiums deters aphids, squash bugs, striped pumpkin beetles. These repel flying insects: coreopsis, coriander, cosmos, geranium, chrysanthemum, marjoram, oregano.

## Plants That have a Love or Hate Each Other

**Foxglove ( Digitalis)** have beautiful flowers and it is known to stimulate the growth of plants near it. It makes the neighboring plants disease resistant. It improves the storage qualities of fruits and vegetables and root vegetables probably due to the gaseous secretions. They are toxic. **Peas and beans** make good companions for other plants because the roots fix the nitrogen supply for the other plants. Beans are also great planted with corn. Just plant them after the corn has bit of a head start.

**Tomatoes love basil** The basil helps tomatoes overcome both insects and disease. It also improves the flavor and growth of tomatoes.

**Borage** is a companion to tomatoes, squash and

strawberries it deters tomato worm; improves growth and flavor. It has beautiful true blue flowers that can be sugared for edible candy flowers.

**Fennel** is an herb that every plants hates to be planted near. It inhibits the growth of beans, caraway, tomatoes and kohlrabi. Fennel will not form a seed head if planted with **Coriander**. It tastes great in tea though and has been used to make a soothing

tea for colicky babies. I used dill in the same way for my daughter (she loves dill pickles now, hum)

**CAUTION: Marigolds are not friendly with herbaceous plants. The root secretions can inhibit the growth of the herbs. If you must plant marigolds with herbs, don't plant them too close, keep them around the edges.**

## Planting by the Light of the Moon-

From The Farmer's Almanacs: Folklore

**Full Moon-** an auspicious time for the harvesting of above ground plants. Herb leaves can be gathered during the full moon prior to the plant going to flower.

**New Moon-** this is the best time for planting seeds. Herb roots can be dug out of the ground

during the new moon. Harvesting roots during this dark phase of the moon in the fall will ensure that the roots are at their most potent.

**Waxing Moon-** the moon appears to be increasing in size, from the new moon to the full moon. This phase of the moon is best for the planting of above ground plants such as lettuce, cabbage, and spinach.

**Waning Moon-** the moon appears to be

decreasing in size, from the full moon to the new moon. This phase of the moon is a good time to plant underground root crops such as

potatoes, carrots, beets, and turnips. This is also the best time to pull out weeds from the garden

as the influence of the waning moon is supposed to discourage the weeds from re-growing.

### NOTE:

I will repeat this next year in my March Newsletter for a little reminder for anyone who wants to try this and has already planted their garden this year.



# Birth Flowers

## JANUARY-CARNATION

Representing pride, beauty, admiration and gratitude, the carnation's multilayered, feathery soft petals conceal a hardy core. Originally from Asia, where they've been cultivated for the last 2,000 years.



## FEBRUARY-IRIS

It should come as no surprise that the iris's three upright petals symbolize faith, valor and wisdom. With its majestic purple hues and soaring slender stem, this dignified and graceful February birth flower dates back to Ancient Greece, when Iris, the messenger of the gods and the personification of the rainbow (the Greek word for Iris), acted as the link between heaven and earth.



## MARCH-DAFFODIL

When the bright yellow daffodil pokes through late winter's ground, it's like a long-awaited friend returning home and a birth flower anyone would be proud to call their own. Symbolizing rebirth and new beginnings, daffodils promise happiness and joy.



## APRIL-DAISY

Legend has it that the daisy originated from a nymph who transformed herself into a charming but unassuming wildflower to escape unwanted attention. Epitomizing childlike joy and playfulness, this April birth flower captures the essence of spring's happy-go-lucky, forever-young attitude.



## MAY-LILY

Lilies were so revered by the ancient Greeks that they believed they sprouted from the milk of Hera, the queen of the gods. Long tied to the Virgin Mary, the white Madonna lily represents virtue, while the lily of the valley conveys sweetness and humility. In the language of flowers, this May birth flower expresses purity of heart, majesty and honor.



## JUNE-ROSE

Long a symbol of love and passion, the rose is rich with history and meaning. Aphrodite, the Greek goddess of love, presented a rose to Eros, and Cleopatra lured Mark Antony with a room knee-deep in rose petals. Though each color offers a distinct meaning – and the number of stems offers a singular message – this June birth flower signifies beauty and perfection.



## JULY-DELPHINIUM

With its lush, dolphin-shaped flowers, the aptly named delphinium – or larkspur – symbolizes an open heart and ardent attachment. Also signifying a feeling of lightness and levity, the gentle hues and refreshing fragrance of this summer birth flower give it a refreshing and distinctive natural beauty.



## AUGUST-GLADIOLA

Gladiola, the August birth flower, represents strength and moral integrity – not surprising when you consider that its name comes from the Latin word for sword, “gladius.” But while its sword-shaped stems may imply Roman gladiators, its romantic flowers are capable of piercing a heart with their beauty – explaining why infatuation is another one of its meanings as well.



## SEPTEMBER-ASTER

With their lush texture, rich hues and wildflower beauty, it's easy to see why asters have had a long association with magical powers. In ancient times, it was believed that when aster leaves burned, their perfume could drive away evil. Today, this autumn birth flower is known as a talisman of love and an enduring symbol of elegance.



## OCTOBER-MARIGOLD

With their rich, autumn-colored hues, marigolds are the quintessential October birth flower. Early Christians called marigolds Mary's Gold, and placed it by statues of the Virgin Mary. Brilliant and colorful, with a late-harvest warmth and a broad open bloom, marigolds signify affection and grace.



## NOVEMBER-CHRYSANTHEMUM

Chrysanthemums, a symbol of the sun, have held many noble positions in ancient cultures. The Japanese consider the orderly unfolding of their petals to represent perfection, and Confucius suggested they be used as an object of meditation. Signifying optimism and happiness, it's said that a single petal of this November birth flower placed at the bottom of a wine glass will encourage a long and healthy life.



## DECEMBER-POINSETTIA

Also known as the Christmas flower, legend has it that poinsettias began as a humble weed. When a little girl – with no means for a grander gift – placed weeds on a church altar, they turned into brilliant red blooms. Symbolizing good cheer and merriment, this December birth flower is a fitting tribute to December's joyful celebrations.



Resources: Teleflora, babiesonline, SHG resources

## The Meaning of Herbs

**Basil-** Love

**Balm-** Sympathy

**Chamomile-** Energy in adversity, initiative

**Cilantro (Coriander)-** concealed merit, hidden worth

**Fennel-**Force and strength

**Garden sage-** Esteem

**Hop-** Injustice

**Hyssop-**Cleanliness

**Lavender-**Distrust; sweets to the sweet

**Marigold-**Despair, grief;

honesty

**Marjoram-**Blushes

**Mint-**Virtue

**Nasturtium-**Patriotism, optimism, splendour

**Parsley-**Feasting, festivity; useful knowledge

**Pennyroyal-**Flee away

**Peppermint-**Cordiality

**Rosemary-**Remembrance; your presence revives me

**Sage-**Domestic virtue, wisdom

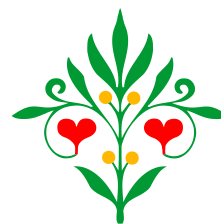
**Sorrel-**Affection

**Spearmint-**Warmth of sentiment

**Sweet Basil-**Good wishes

**Thyme-**Energy, affection

**Verbena-**You have my confidence



## Herbal Fun Facts and Housekeeping Remedies

**Fennel** tea stops hunger! It's thought that fennel satisfies hunger by increasing blood sugar level. Since it also soothes your stomach and helps you digest your meals, it will eliminate the pangs of a nervous stomach that make you want to eat a lot. It's also naturally sweet, so it will curb your junk-food cravings.

**Yarrows** fresh crushed leaves can stop a cut from bleeding. Just hold them against the cut for a few minutes.

**Plantain** the garden or lawn weed can be used to stop the itch or sting of a bug bite. Rub the leaves together until you can get some juice out and put it on the bite.

**Herbal Basting Brush**– Use fresh cut herbs such as rosemary, thyme, marjoram, oregano, basil and/or chives to make a natural brush. Gather a few sprigs into a small, tight bunch, insert a twig or a skewer into it and tie with a rubber band or raffia. Dip it

in melted butter for yummy sweet corn or bar-b-que sauce for your favorite grilling food.

**Candied Flowers**-using a small paint brush, coat individual flowers with egg whites that have been beaten until frothy. Cover the flowers with fine sugar and let dry. Store in an air tight

container. Do this with violets, pinks, and borage flowers. Use them to decorate cakes and cookies.

**Rosemary** can grow from cuttings in water. Put in a sunny window. The key to

this is to only use **Green Glass.**

**Fleas and Mosquitoes**-use Pennyroyal rubbed on skin (not face) to keep this nasties away. A member of the mint family.

**Carpet freshener**– mix 1/2 cup dried lavender with 1 cup baking soda or rosemary, ground cloves and cinnamon. Sprinkle onto rug and wait 1/2 hour then vacuum.

**Pet Beds**– Use mints in pet bedding to keep fleas and ticks away. Plant pennyroyal around the dog

house too.

**Soothing Spray for sunburns**– Use 2 bags of black tea and a handful of dried lavender in 1 cup of boiling water. Chill, put in a spray bottle and mist yourself throughout the day. The tannins in tea help ease the pain and the lavender acts as an antiseptic.

**Mint**– repels mice. Place long stems in any problem areas.

**Anise**– attracts mice so anise oil or seeds with peanut butter on a mouse trap works better than cheese.

**Bay Leaves**– Keeps weevils out of flour and cornmeal. Put one leaf in the container, it won't change the flavor.

**Tansy**-was planted around foundations to keep ants away. Tansy is also said to help keep away Japanese and cucumber beetles along with squash bugs. Ants don't like **Catnip**. Sprinkle or plant it in pathways or areas that are prone to ants. Of course, you may have a Cat problem instead. You can also put sprigs of tansy and pennyroyal in your cupboards to keep ants away.

**Basil**– keeps flies away. Put sprigs in a bowl of fruit or tomatoes that you have on the counter.

**Don't throw out old herbs**-place in an grill or fire pit. You'll still get some great aroma.

Always use more fresh herbs than dried. 1T fresh or 1t dried

## Announcements

**Patty's Plants will be carrying native wildflowers and grasses. Tallgrass Restoration has chosen a nice selection for me, all for the home landscape. They will be coming in next week. They will also bring me a selection of natives plants for anyone interested in rain garden areas. These should be available in 2 weeks.**

**For more info or type of plants e-mail [patty@pattysplants.com](mailto:patty@pattysplants.com) or call 608-850-0066**

**Patty's Plants**

220 S. Janesville St.  
Milton, WI  
53563

Phone: 608-580-0066  
Fax: 866-336-6720  
email:[patty@pattysplants.com](mailto:patty@pattysplants.com)

**PATTY'S PLANTS**

*Natural & Organic Garden  
Supply*

[www.pattysplants.com](http://www.pattysplants.com)

## Gardening Tidbits

- Cut an unripe tomato in half and rub the juice on your fingers before washing to remove stubborn green strains.
  - Mix a teaspoon of sugar with the lather from your soap for cleaning dirty hands.
  - Rub your hands with the end of a rhubarb stem before washing will remove stains too.
  - Using a power mower, with three or four horse power, for one hour to cut grass releases the pollution equivalent of driving 350 miles in a car.
  - In one hour the average sprinkler uses the equivalent of two days' water consumption by a family of four. On average, Americans use approx. 75 gallons of water per person per day.
  - Spinach contains no more iron than most other green vegetables. It got its reputation for giving us more strength not from Popeye cartoons but from a leading scientist that put the decimal in the wrong place when he was researching the nutritional value.
  - Squishy, overripe tomatoes can be rescued by placing them in a bowl of salt water for about 20 minutes.
  - If there were no bees in the world 100,000 plant species would cease to exist.
  - A snail can sleep for 3 years. Ants don't sleep at all.
  - There are more insects in one square mile of rural land than there are humans on the this earth.
  - Each year, Insects eat one-third of the earth's crops.
  - Worms castings contain high levels of potassium, nitrogen and phosphorus and are wonderful for keeping your plants healthy.
  - Aphids are one of the most damaging garden pests. They feed by sucking the juice out of plants and many plant viruses are spread by them.
- Resources from: The curious gardener's Almanac