



# November Newsletter

## Patty's Plants

**Thanksgiving is almost here. Let's give thanks.**

November 2008

In times like these, we may think to ourselves "Do we really want to give thanks?" It has been a tough year for many of us.

**So why do we celebrate Thanksgiving anyway?** Because Thanksgiving Day is our annual one-day legal holiday to express thanks for the things one has. For some of us, it seems it is just a day off of school or work to eat, drink and watch football (which sometimes I think that is what my family believes.) Traditionally we all know Thanksgiving commemorates the feast held by the Pilgrim colonists and members of the Wampanoag people at Plymouth in 1621. People would celebrate to give thanks with family and friends not only because they were grateful for

what they grew and stored to eat through the long cold winter. They also wanted to thank their family and friends for all their love and support during good times and bad..

I myself would like to give thanks to many things. My family is happy and healthy, I'm very thankful for that. I am also thankful for all the support I have gotten from all of you. Opening Patty's Plants has been a bit scary with everything going on in the economy this year but with all your support I am happy to say I will be here through the winter and am looking forward to a another spring season.

Thank you all! Patty Bailey

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## Natural Housekeeping Remedies



Company's coming! Here are some natural and herbal remedies to make your house smell fresh for all your gatherings this season.

\* Mix some dried herbs with baking soda. Put them in a used spice bottle and sprinkle on your carpet. Let sit for a couple of minutes, then vacuum. Use thyme, lavender, rosemary or any of your favorite herbs.

\* Renew & polish wood furniture with soft cloth, moisten it with a mixture

of 3T linseed oil, 3T vinegar and 1/2 t lemon oil.

\* For glass cleaner use: 4 cups water, 6 T vinegar, 1/2 t mild detergent, add a drop of lavender or rosemary oil.

\* All purpose cleaner : use 4 table-spoons baking soda with 1 quart warm water.

Dissolve baking soda in warm water. Apply with a sponge.

Rinse with clear water. You can also use it in a spray bottle.

In the issue I will have some feel-good remedies for health, mind, body and soul to help us prepare for the busy Holidays ahead. So sit down for a moment, relax and enjoy!

# Herbs For Good Health

Brew these herbs if feeling stressed or under the weather.

**Anxiety**-Chamomile, Lemon Balm

**Cough**-Borage

**Common Cold**-Chamomile, Lemon Balm

**Nausea & Indigestion**- Peppermint, Basil, Chamomile, Lemon Balm & Sage

**Sore Throat**-Sage

**Mild Depression**-Basil

**Fever**-Borage

**Gas**-Calendula

**Brewing Method:** Use 3 t fresh herb or 1t dried in 1 cup of fresh boiled water. Steep 5-10 minutes.

An herbal tea is actually called a tisane or herbal infusion. It doesn't become a "real tea" unless you add some black, green or oolong tea to it. Which all come from the tea plant- Camellia sinensis.

When drying your clothes or bedding use a pillow case to put an herb of your choosing in. Mint, lemon verbena, lavender or rosemary are all good choices. Just tie the pillow case closed with a shoelace. They will smell so fresh.

Lavender will help you sleep better.

\*\*\* Always consult your doctor first before using any herbal remedy for health\*\*\*

## Soothing & Relaxing Bath Recipes

### Easy Bath Salts

1/4 C borax

1/2 C Epsom salts

1/8 C sea salt crystals

1 T orange peel

2 T rose petals

1 T rosemary 5 drops rosemary oil

3 drops rose oil

Combine all ingredients and store in a glass jar or bottle. Use netting material muslin bag .Add to bath as desired.

### BATH BAGS

Use a cloth bag (muslin or terry cloth). Fill it using 1 part either oatmeal or cornmeal with 1 part of the herb of your choice. Then hang it on the faucet while running the bath water.

Oatmeal is softening and soothing to the skin; cornmeal cleans the skin and removes dead skin.

Try any of these combinations in your bath bag.

### RELAXING HERBS FOR THE BATH

Chamomile, lavender, lemon verbena, and thyme.

### STIMULATING HERBS FOR THE BATH

Lemon balm, marjoram, peppermint, patchouli, and rosemary.

### SOOTHING BATH HERBS

Aloe Vera, calendula, lavender, rose, sage and tansy.



Relax With Lavender  
Soothing Aroma Therapy

\*\*\*\* Always be sure to test a small area of your skin to make sure that you aren't allergic to the herb you choose. \*\*\*\*

# Warm Your Body And Soul With Tea

Tea is healthy for you. To help your immune system to better fight off colds and flu, drink tea. It can be an easy comforting way to relief your symptoms. Add green or black teas to your herbal tea for even more benefits. There was a Harvard study that showed people who drank 5 cups of tea a day (black or green) for two weeks transformed their t-cells into super cells that produced 10 times more cold fighting ability. Other germs like infected cuts & food poisoning were also defeated. Even drinking less than 5 cups helped.

## Hot Teas

\*1 cup fresh peppermint, lemon balm, or lemon verbena or 1/4 cup fresh lemon thyme plus 3 leaves spearmint.

You may mix with 1 T of green or black tea or one tea bag  
1 quart boiling water

Put herbs in a teapot and add boiling water. Let steep 3 minutes before serving & strain.

Note: The measurements of the herbs are flexible; depending on the freshness and strength of the herbs, you may need to add or subtract.

## Patty's Spicy Winter Tea

1 t green tea or one green tea bag

1t chocolate mint (2 t fresh)

1t peppermint (2 t fresh)

1t orange mint (2 t fresh)

1t anise hyssops (2 t fresh)

Dash of powdered cinnamon

Cover with 6 cups of hot water and steep for 3-5 minutes & strain.



Warm up and relax with tea!

# Start Growing Amaryllis Now

It doesn't matter what month you buy your amaryllis in whether it is in October or April, you will still have to wait 6-10 weeks to see it bloom after you plant it. So get it started as soon as possible.

- You should prepare the bulb for planting by soaking it's base and roots in warm water for a couple of hours. This will hydrate the dry root system. If you can't plant it right away, keep it in a cool area and hydrate it at the time of planting.

- Use good potting soil and add worm castings to it to give it a natural nutritious boost once the roots start growing. Always moisten the soil first. It is much easier to work with and doesn't sink down when watering it.



- Place only the bottom 3/4 of the bulb under the soil. The neck and top of the bulb should stick out. Never cover the bulb completely with soil as you can rot the bulb easily that way. Make sure the soil is pressed firmly around the bulb. This will keep it from tipping. They can get top heavy as they grow.
- Water sparingly until the plant starts to grow. Then let it dry slightly. They do not like to stay constantly wet.

**We carry Amaryllis bulbs and  
we will have some started ready to go.**



# Getting Your Christmas Cactus To Re-bloom

Getting your Christmas Cactus to re-bloom can be a little frustrating. Everyone always says their grandmother had one and she never did anything to it, every year it bloomed and bloomed. Back in the day, your Grandmother may have had in a room she didn't use as much. It might have been cooler and she might even had the lights turned off early. That's just what it needed.

Christmas Cactus need shorter days and longer nights to get them to set their buds. If the lights are on in other rooms that shine into the one with your plant in or if the street lights are on, this could affect the way your plants bloom or doesn't bloom. They also like the room temperature be around 60 degrees. If you keep your home much warmer than that it may never bloom.

What to do step by step:

- February/March– Place in a cool bright spot, water sparingly but enough so as not to let the plant shrivel.
- April/June-Water a little more. Repot in April if needed. It should start to get new growth.
- July/August– Reduce watering again and put in a warm, shaded spot outside if possible. Fertilize at this time.
- September/February– Bring it in the first or second week in September. When you start to see signs of flower buds increase the watering. Try not to move it while it's flowering. Don't let it get to dry either. They both can cause bud drop.

- To print a care sheet on Christmas Cactus Care go to:  
[www.pattysplants.com](http://www.pattysplants.com).



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## Cinnamon and Applesauce Dough Ornaments

**Make homemade natural ornaments for gifts and save this season.**



This is a messy project but it smells wonderful.

1 cup applesauce

1 cup cinnamon

Stir together until you have the right consistency. Adjust it if the dough is too dry or too sticky. Roll out dough onto a floured board to a 1/8 inch thickness. Cut into any shapes you wish. Poke a hole at the top of the shape with a straw or chopstick. Place the cutouts carefully on a cookie tray or baking sheet. Bake for 2 hours on 200 degrees until they are hard. Or let them air dry. Place them on a waxed papered tray and let dry for one day. Change the wax paper after the first day and continue to dry until they are hard.

Use colorful ribbon to put through the hole to hang.

These are very fragrant, they smell wonderful but I must say they are not edible the taste is horrible.

**You can find cinnamon in bulk at your local co-op or health food store. It will be less expensive.**

## Important Tip: From Patty Plants Purchasing Plants In Cold Weather

Plants don't like cold. They don't have body heat like we do and we wear coats. You must never take them outside in the winter without some kind of protection. The cover only helps to keep the wind and chill off temporarily. I know that sounds like common sense to us gardening enthusiasts. But I have been at shops where the customer is walking out the door in 15 degree temperature and no one has stopped them. I usually start telling them to go back and ask for a bag, that it's too cold out for that plant. Of course, they look at me like I'm crazy. I'm usually with my mom who is always saying let them go they'll find out. I can't save every plant but I can try. If the shop you are at doesn't offer you a bag, ask for one.

Please don't leave them in the car in the winter even with the protective covering on unless you have the heat on. Leaving your plants to do more



shopping will surely damage or kill them once the temperature in the car dips. This can happen in less than 5 minutes when it's freezing out here in the Mid-West. When you get them home take off the cover as soon as possible to prevent any more stress to your plants. Remember they are alive just as much as you and me. I know you don't want to waste your money or time going back to purchase another one. If your giving it as a gift in a few days after you purchased it please put in a bag or use the plant sleeve they came in (if they gave you one) to take them to their final destination. You don't want to give a beautiful plant to someone only to have it die on them an hour later.

Happy Holidays to all.

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