

PATTY'S PLANTS

November Newsletter 09

Inside this issue:

Holiday Stress Relief-Lavender	2
A Warm Welcome, The Pineapple	2
Spring in Winter?	3
"Sparkling" Beauty	3
Why Clean Houseplants	4
Herbal Butters & Gluten-Free Stuffing	4
Pineapple Upside-Down Cake	5

Patty's Plants

2nd Annual

Christmas

Open House

- November 20,21,22
- Storewide Sales
- Sign up to win a "Christmas Gift Basket"
- Enjoy Homemade Spiced Cider and Treats

Our Gardens Are Put To Bed Or Are They?

Just because our outdoor garden may be sleeping doesn't mean our indoor garden should be. There are many fun projects to start right now indoors. I will share with you what I will be doing to continue my love of gardening at this time of year. I can't just quit because I'm spending most of my time inside. There are houseplants to take care of. Amaryllis to start so they will bloom in time for Christmas. Bulbs to force for fresh color indoors while the snow is still flying in early



spring. The herbs have been brought in to add to the Thanksgiving dinner which will make it even more special. Have you ever planted a pineapple? Dried roses hips to add to tea? Made herbal liquid bath soap?

These are all projects I will touch on in this November newsletter. So find a cozy sitting area, brew a cup of tea and enjoy!

Happy Gardening!

Patty

Collecting Vitamin C

Rose hips are high in vitamin C. In World War II, when food sources were low, women collected them for their nutritional value and added them to many of their teas and foods. We can collect them too.

We've been surprised with a few early frosts this year. This will not hurt the rose hips although they may start falling off earlier. They actually taste better after a frost. Collect them as soon as they

have turned orange to red depending on the variety. Here is one way to dry them: Cut the hips in half and scrape out the seeds. Lay them on a baking sheet, set the oven at 140*. Bake them until they turn leathery. Check often.

These can be used in tea, added to cookie dough, or even sprinkled on your favorite cereal. Store in containers, either freeze or refrigerate.

Holiday Stress Relief– Lavender

When the holidays get us stressed, a good soaking in a warm tub with this liquid lavender soap will free us from all the cares in the world. At least for a little while anyway. You should be able to find all these ingredients at your local craft store.

You will need:

1/2 cup castile soap (grated)

2 1/2 cups water

5 tablespoons glycerin

5 drops of lavender oil

A drop or two of blue natural food coloring

Pretty Bottles



Grate the castile soap and place in a double boiler with the water. When the soap is dissolved, stir in the glycerin, lavender oil and the food coloring. Cool and pour into the bottles.

Makes a great gift too.

This recipe will work with any of your favorite essential oils.

Fact: Lavender has been used in soap making since Roman Times. The Latin word for lavender is *lavare* which means, to wash.

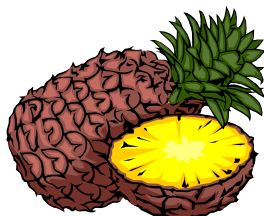
A Warm Welcome, The Pineapple

The pineapple has always been as a symbol of hospitality and warm welcome throughout American history. This Thanksgiving serve pineapple to welcome all your friends and family. In colonial America, hostesses would set a fresh pineapple in the center of their dining table when visitors joined their families in their homes. Visiting was the way they entertained and shared their culture with each other. The pineapple symbolized the warmest welcome a hostess could give to her guests, and she would also served it as her dessert. I will share my mother's Pineapple Upside-Down Cake recipe later in this newsletter, it's delicious and easy to make.

Try this planting project with your friends and family this Thanksgiving. Fresh from the grocery store, a pineapple to eat and grow. How fun does that sound and you get a free plant out of it too!

1) First and most important is to get to the grocery store and buy a pineapple with a nice or the freshest looking green top.

2) Cut the top off the pineapple so that there is about



an inch of the yellow part showing from the green top.

3) Lay it on its side on a plate for a couple hours so it dries out a little.

4) Fill a clay pot with good organic potting soil with worm casting in it. Then push the top of the pineapple in the soil. Press the pineapple down just a little and cover with a tiny bit of dirt. You might have to use wire to pin it down in a couple of places so it won't tip over until it gets roots.

5) Water it well and then let it dry out between watering. It may need more water once it starts growing roots.

6) Place it in a east, west or filtered south window. You may also mist it with warm water once or twice a day.

7) Cut up the rest of the pineapple to eat. Yum

I do carry pineapple plants every now and then for you to grow your own. (the pineapple is already growing on it)

For questions: e-mail patty@pattysplants.com

Spring in the Winter?

Winter can be so long and dreary you may think spring will never come. Here's a way to have "Spring in the Winter" right in your own home this winter. Tulips, daffodils, hyacinths crocus and more can all be forced to bloom indoors. You can purchase bulbs that are called "Easy to Force" or "Forcible", but even if they don't mention this, they can be forced. Finding them on sale at the end of the outdoor planting season is one way to purchase them. (mine are on sale now). If you didn't have time to plant all your bulbs outside, this is the only way to save them. The bulbs won't be any good if you wait until spring. They must have a cooling period. You can also stagger the planting times so you have some blooming the entire winter. If you plant the bulbs in November, they should be ready by January. There are a few different ways you can force bulbs. You can pot them up and put them in the refrigerator for 14-20 weeks or you can put the bulbs in a cool basement room for storage. (10-15 weeks in the basement). Temperatures should be in the 40-50 degree range. The pots of bulbs should also be in an area where you can pull them out easily to enjoy them. One way that I have used, is to put them in a small box (not planted) in the back of my frig.



Then when my planters outside start to thaw out in the early spring, I dig up the soil enough so I can plant my bulbs right out in them. They come up early and I have flowers before anyone else can plant their annuals outside. When they are done flowering I pull them out and plant my annuals.

Note: Do not put bulbs in the frig. with onions or apples. They give off ethylene gas which sterilizes the bulbs so they won't bloom. After the bulbs have been in the frig. for the correct amount of time, bring them out. Put them in a cool (60*) dark spot for about a week or until you see some growth. Then put into a warm bright spot. If they need water give them some it this time.

After flowering keep the plants growing, cut the flower stalks off and let the leaves die down naturally. You can plant them outside either in the spring or wait until fall. It really takes a lot out of them when they are forced. It will take them a few years to recover.

Tip: When planting tulips, you should plant them with the flat side facing the pot. That way the leaves will be on the outside and the flowers in the middle of the pot.

"Sparkling Beauty" The Amaryllis

Amaryllis means "Sparkling". These are truly one the most beautiful and exotic looking flowers to brighten your home in winter. It is native to South America, the Andes Mountains in Chili and Peru. Amaryllis bulbs are easy bulbs to grow. If you would like an amaryllis to bloom for Christmas you'll need to purchase a new one in early November. You can find them already started here at Patty's Plants. It really doesn't matter what month you buy it in, October, November 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.

- Place in a warm sunny window and watch it grow.

Why Clean Houseplants?

Washing, dusting your houseplants! Why? You probably think you have enough to clean & dust. So why would you want to clean plants. It doesn't take long for dust to accumulate on furniture, curtains, blinds and knick-knacks especially in the winter. Plants are no different, they get dusty too. It's actually more important to clean your plants if you want to keep them in good health. One reason is: plants take care of us and our health by removing toxins in our air caused by various things like household cleaner fumes, new carpet smells etc. They turn



them into nutrients to help them grow without any harm to themselves. The other reason is, they can't grow if the dust is blocking the sunlight. They need sunlight to photosynthesize, that's how they feed themselves. Without it the plant becomes stressed and a stressed plant is more susceptible to insects and diseases.

By dusting or washing them your plant will be happier and healthier. This sounds like a lot of work initially but it really will help your plants in the long run.

Herbal Butters

~Basil Butter~

Soften butter

Combine 1/2 cup butter and 1/2 cup shredded fresh basil leaves. Can add 1 t minced garlic, 1T parmesan cheese. Refrigerate at least 3 hours. Use on breads, rolls, vegetables, noodles, turkey, chicken and fish. Very tasty on scrambled eggs.

~Sage Butter~

Soften butter

Cream together 1/2 cup butter and 1/2 cup finely

chopped sage leaves. Can add 1t minced garlic. Refrigerate at least 3 hours.

Wonderful on on mashed potatoes, fresh green beans or hot biscuits and rolls.

Herbal butters are easy to make. Try some with these herbs or any of your favorites. Thanksgiving dinner will be even more special with this added touch!

Gluten-Free Stuffing

From Perry Andrews (my brother)

My Brother's family is gluten intolerant. His wife owns a Gluten-Free Bakery in St. Paul, MN. She has perfected gluten-free flour and makes her own bread and crumbs to use in this recipe. You may be able to purchase gluten-free bread at your local grocery or health food store to make your own crumbs. This Recipe can also be made without bread crumbs using just the rice.

1 1/2 cup gluten-free bread crumbs/cubes

1 cup of wild rice

1 red onion

1 or 2 apples, (depends on apple size I like haralson or honeycrisp)

2 or 3 carrots (again based on size)

1/2 cup chopped pecans

1 stick of butter (maybe a bit more)

Cook the rice for a good long time, wild rice always takes longer and if you don't get it soft before you stuff the turkey, it doesn't get any softer inside as one might expect, (trust me- we've ended up eating crunchy rice, which the kids aren't such fans of), and add to your bowl of chopped ingredients, sprinkle in some sage, thyme, and basil, along with salt to taste. Melt your butter, and pour it over the whole mess. I usually put a little butter into the cavity of the bird as well, before I stuff.. **Note:** May need more butter when using crumbs.

"We're sort of believers in the everything's better with butter philosophy and more butter's even better."

For more info on Gluten-Free recipes go to my sister-laws shop web-site : www.cooqiglutenfree.com

Patty's Plants

220 S. Janesville St.
Milton, WI
53563

Phone: 608-580-0066
Fax: 866-336-6720
email:patty@pattysplants.com

Natural & Organic Garden Supply

www.pattysplants.com



Patty's Plants

**Amaryllis was named after a shepherdess in
Greek Mythology.**

These are just some of Patty's Plants varieties:

Lemon-Lime



Scarlet Baby (Dwarf)



Elvas



Pasadena



Grandma Paula's **Easy** Pineapple Upside-Down Cake Recipe

6-8 canned pineapple rings (1 large can)

6-8 maraschino cherries

1- box of angel food cake mix

1- 20oz can crushed pineapple

In a 9x13 greased baking pan (spray canola oil works well)

Place pineapple rings on bottom of pan, put a cherry in the middle of each ring.

Use the angel food cake package **dry** and mix with the crushed pineapple (do not drain)

Pour over the top of the pineapples and cherries

Bake at 350* for 30-45 minutes (closer to 45*)

Cool slightly, flip over on large tray

Top with whipped cream! Delicious

Have a Safe and Happy Holiday!

**Patty's Plants will be closed on
Thanksgiving Day**