

WILSHIRE GARDEN MARKET

April, 2011 Newsletter
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CELEBRATING 14 YEARS

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Established 1997

A LITTLE GARDEN IS A REAL EDEN!

"A beautiful garden, tastefully laid out and well kept, is a certain evidence of taste, refinement and culture." said a garden guide in 1871. "A little garden, all one's own, is a real Eden. Earth possesses no greater charm." This Victorian philosophy of "improving" still prevails; the garden satisfies the desires to better oneself by beautifying one's surroundings and to be in nature.



Expanses of green lawn, window boxes, garden rooms, arbors, cast iron and wicker furniture, abundant flower beds, fountains and statuary are Victorian creations still valued as garden elements today. This year a favorite Victorian element has returned with great acclaim: the miniature garden or fairy garden. The fairy garden would have been a small secluded area surrounded by ferns or flowers furnished with tiny fanciful accessories.

Several years ago, we began purchasing adorable gnome homes and hand made miniature



garden cottages, in a variety of styles from French farmhouses to rose cottages to village churches. Recently we found the perfect miniature



landscape plants, dwarf conifers cultivated to be used in large pots to landscape little cottages, or planted directly in the ground, used with small stones and furniture to make a miniature garden vignette. A variety of tiny plants is available: Boxwood, Spruce, Holly, Chamaecyparis, and Cedar, even some with variegated foliage.

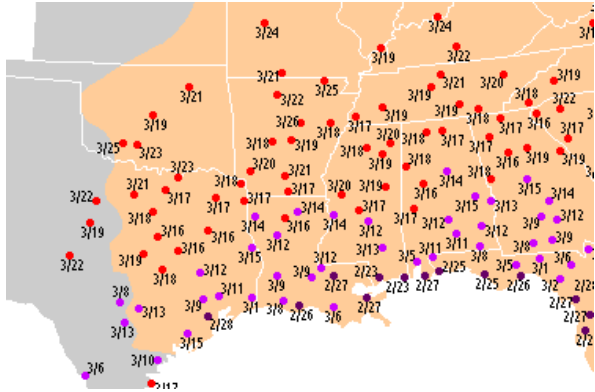
Miniature garden furniture and accessories were found next, to the delight of everyone who sees them. A tiny metal table and chairs rest under a little metal bower, flanked by a pair of teensy urns and a bird bath.



Fairy gardens existed as a cherished tradition of imagination and wonder, where elfin sprites made capes of rose petals and hid in anemones during rain showers and gnomes made homes in hollow trees or "stumperies". It was also the literary tradition when books were the primary source of entertainment. Even now, as then, these garden accessories still delight young and old alike.

HUMMINGBIRDS ARE COMING

The first wave of the Ruby Throated hummingbirds usually arrives in OKC from the Yucatan in mid to late March; some should be here by now according to



this map and without an abundance of blooming plants and insects, they will be very hungry, so fill your feeders regularly with fresh nectar, and watch!



We will have another chance to spot them in our gardens this year if we provide the proper attractions: their favorite plants as well as feeders such as these gorgeous styles. A hummer garden helps attract them to your nearby feeder; they like honeysuckle, larkspur, trumpet vine, petunias, and bee balm. Geraniums are good hosts for

spider webs, the building material of hummingbird nests. Hummers have no sense of smell; they are attracted to highly visible plants that produce abundant amounts of nectar and they are attracted to feeders.

Hummingbirds eat protein as well as nectar; 10% of their diet is from arthropods: flies, wasps, spiders, beetles, and ants. Some will grab them right out of the air; others pick them out of flowers and underneath leaves. At night they reduce their heart rate to conserve energy, so much so that they appear to be dead, however when sunlight comes, the air warms and food is available again, they come to life and buzz off on their search for food and nectar.

If you use a feeder, sooner or later a hummingbird will come to investigate, and then you will be on his trampoline. Keep your feeders clean. Clean with a 1:5

white vinegar rinse, NOT soap. Clean every 5 days in cool weather, every 2-3 days in hot weather. Place the hummingbird feeder in the shade!

NECTAR RECIPE:

1 part white cane sugar to 4 parts water. Boil for 2 minutes. **COOL** before filling feeder. Keep what you don't use in a **labeled** container in the refrigerator. NEVER use honey or artificial sweeteners!!!

WHAT'S NEW IN THE STORE



Bunnies have arrived in all sizes and personalities, along with birds, cats, dogs, frogs, turtles, and a St. Francis or two to watch over them. Bunnies look great in unmatched pairs like these two. It is very natural looking to see two of them resting together in the shelter of a fern bed or under

a large blooming plant.

Pillows, our perennial favorites, add comfort in pretty spring colors on the porch or in an outdoor living area. From artfully complex designs featuring birds or flowers, to sophisticated and subtle graphic designs, to easy



stripes, there are pillows for every situation.



Soon we will receive a large kiosk of Sun-brella fabric swatches for ease

in finding just the right colors and patterns for your outdoor furniture cushions as well.

Using the right tool for the right job makes for a healthy, beautiful garden and enables you to be a good gardener.



At left, the Korean Weeder makes weeding and digging a snap. The fine point slices through dirt and roots. It is also perfect for digging rows for vegetable seeds. The Hori Hori knife (center) is invaluable for cutting through roots, dividing plants, or digging shoots. Everyone who uses it loves it.. A best seller, the Japanese Folding Garden Saw (right) can fit in a pocket; its tri-edged blade cuts quickly and smoothly and it folds safely away.



Everyone has been very excited about the little dwarf conifers. They work very well landscaping the little cottages or in containers and in the ground.



benches and chairs, a 10" leafy arbor, bistro sets, and miniature urns, with more on order. They make darling vignettes with the cottages and dwarf conifers in containers or in the ground.

Miniature garden accessories have arrived, including garden

This miniature 9" metal garden gazebo with chandelier will look precious in a terrarium, on a lawn of moss in a small pot, or with your dwarf conifers in the ground. These diminutive garden accessories conjure up the essences of fairies and inspire the imaginations of gardeners of every age. (We recommend Leprechaun Lighting Co., Inc. to hook up your tiny power supply!)



Outdoor rugs are available in a variety of sizes and color ways. Both the 5' x 8' and 6' square sizes are very effective to create a welcoming look on the patio. In traditional patterns and color ways from earth tones to bold and bright, they add a layer of richness to outdoor entertaining areas and soften the appearance of hard outdoor surfaces.

Our French egg soaps make very nice Easter gifts. The soap eggs are "Broyes" which means they have real plant pieces embedded within, for gentle exfoliation. These spa soaps are hard milled, made with organic Shea butter, legendary for soothing, moisturizing and protecting the skin.



Flour sack tea towels with Easter and spring themes make a nice hostess gift or an addition to an adult Easter basket. The 24" sq. flour sack tea towels add a decorative seasonal touch when used in the kitchen and are the best for drying silver and glassware; they leave no lint behind and dry quickly They have more personality than Williams Sonoma towels.

WE'VE GOT YOUR BACK

We asked our favorite deep tissue massage expert, Marcy Roberts, who has rescued our backs numerous times, to offer some pointers to keep our backs safe from injury and pain while gardening, especially in the early spring, when there is so much to do. Here is her advice.

To prevent injury while gardening, it's always a great idea to warm up with a few simple stretches. Remember to breathe and to exhale on the "work" of the stretch. Staying hydrated is also one of the healthiest things to do for your muscular system, water is best, or non-caffeinated beverages.

The most important thing to remember when working in the garden is to always bend at the knees, and not at the waist, especially when lifting. Never bend, lift and twist. This will usually cause a debilitating low back strain that takes weeks to heal.

As a massage therapist, I see many clients with low back injury from doing too much too fast and not properly stretching before or after their household chores. I'm always fascinated watching my cat & dogs, they stretch every time they get up.

Good luck, great health, & happy gardening!

Marcy Roberts,

Nationally Certified Massage Therapist with over 25 years experience. 405-840-5828, by appointment. Massage Therapy makes a bad day better and a good day GREAT!

We have been practicing these stretching exercises each morning and will hope for good results during this, our first, gardening weekend of the season. Garden On!



Below are links to some great stretching combinations found on-line. I encourage you to get to the floor and do some simple back and leg stretches. By taking the weight off the body, you're able to get a deeper, more relaxing stretch. The cat stretch is one of the best ways to loosen the entire back.

http://stacywalters.com/FTG_PG_PostGardening.pdf

<http://www.mayoclinic.com/health/stretching/SM00043>

<http://ourgardengang.tripod.com/stretch.htm>

<http://www.mayoclinic.com/health/golf-stretches/SM00089> stretches for golfers

<http://www.thegreengirls.com/blog/post/2010/08/Upper-Body-Stretches-for-Gardeners.aspx>

<http://www.bhg.com/health-family/fitness/workouts-programs/yoga-for-gardeners/>

CELEBRATE EARTH DAY PLUS



April 22, is Earth Day, with the theme A Billion Acts of Green, the largest environmental service campaign in the history of the world with more than 45 million acts to live sustainably registered so far. Go to www.earthday.org to register your green acts before the Rio 2012 summit!

We recently attended the screening of the documentary "The Economics of Happiness" and subsequent panel discussion at the OCU School of Business. There will be another screening on Thursday, April 28 at 7 p.m. at the Individual Artists of Oklahoma Gallery 706 W. Sheridan. "Evolve", an art show about exploring sustainability, resiliency, and community will be held on April 23; it will include a Chef's Challenge showcasing local food.



We should exercise the power of our spending dollars. For every \$100 you spend at a locally

owned business or farmers market, \$43 of it STAYS in our community; for every \$100 you spend at a national chain store, \$13 stays in our community. Get inspired! If you want to be happier and support the Oklahoma economy, buy local. You can find out much more by going to these websites: www.goinglocalokc.com, www.BuyFreshBuyLocalOK.com

APRIL TO DO LIST

- Create container plantings.
- Prune winter flowering vines **after** bloom.
- Prune and feed shrub roses.
- Support plants before they get too tall.
- Plant permanent ground cover.
- Plant or repair lawns.
- **Plant** bare root or container roses, annuals, perennials, fruit trees, and evergreens!
- Feed house plants that are growing or blooming.
- Prune spring flowering or tender shrubs just after bloom.
- Plant vegetable seedlings.
- Plant summer and fall flowering bulbs.

EXTERIOR DECORATING

Give yourself (or someone else) a garden retreat, or update an existing one. Wilshire Garden Market provides an exterior decorating consultation service. By appointment, for a nominal fee, we will make a consultation visit followed by written suggestions to make your garden retreat more charming, cohesive, and useful. Call the store for details or to set up an appointment.



**We have furnished fine gardens for 14 years.
Let us help you create your outdoor living room!**

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