

# WILSHIRE GARDEN M A R K E T

April, 2012 Newsletter  
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CELEBRATING 15 YEARS

2821 Wilshire Blvd., Oklahoma City, OK 73116  
(405) 879-1121 [www.wilshiregardenmarket.com](http://www.wilshiregardenmarket.com)  
Established 1997

## SERENE GREEN VS. COLORFUL CONTAINER PLANTINGS

Spring is definitely here and rumor has it that this summer will be mild, so let's get those beautiful containers planted! A national landscape designer and container planting expert we admire once said, "A beautiful container planting is pleasing to the bone."



A lone boxwood or evergreen in a container, whether ornate or simple, can be elegant and visually serene. Evergreens paired with a white glazed planter or white roses are stunning.

Evergreens are hardy, surviving heat and cold with aplomb compared to many flowering plants that can fizzle (sizzle) in the high heat; visual deterioration is usually not as obvious. Evergreens look good year round and are easy maintenance; boxwoods need to be trimmed only two or three times a year. They are not finicky about their growing con-



ditions and they have few if any pests other than male dogs.

A pair of matching containers planted with evergreens is the perfect way to mark your entry. Evergreens in cast stone planters add a formal touch to the front of a home.



Evergreens planted in glazed terra cotta containers offer a more casual appearance. Evergreens have subtle colorations that can be picked up in the glazes, trim, and other garden accessories giving visual unity.



But there is often the tantalizing temptation to experiment with color, to try to surpass past plantings...

A beautiful container planting is something that you can take pride in and part of the fun is planning for its beautiful color; a beautiful pot makes it even more pleasurable. We will illustrate a few well planted containers to start your creative planning process.



Notice how the warm tones of the plants blend perfectly with the color of the container and the brick pavers. The sun coleus serves as the thriller, red supertunias are the filler, and the spiller is terra cotta million bells.

It is often difficult to find a stunning container planting. We like this planting for sun in a large, simple cast stone bowl. Its color scheme is highly contrasted by using lime green between the pink and red flowers. The thriller



is a pink Mandevilla that will bloom all summer and attract hummingbirds; the fillers are pink and red geraniums; the spillers are lime sweet potato vine, pink and red million bells, and white snowstorm. The color undulates around the planting, which is abundant and well balanced.

We took this picture last summer while visiting Susan Smith's garden in Pennsylvania. She had just won Best Philadelphia Garden and her garden was the source of many ideas for us. We like this image because it shows the strong relationship that can be created between plant and container with regard to scale, color contrast, and form.



We chose Tudor Weave antique white glazed terra cotta containers for our first spring plantings on the store patio. We measured our container (12") before we shopped for plants. We made a mock up of the planting while at the nursery; our color scheme includes trendy orange (hibiscus) with contrasting purple (petunia) and its analogous partner pale blue (plumbago).



Use Miracle Gro potting soil with moisture retaining gel crystals and time release fertilizer. Use new potting soil every year; watering leaches the nutrients from the soil. Place the thriller first, then the fillers and finish with the spillers; plant them tilting slightly out to give them a draping start. Fill between plants with potting soil. As always, water in slowly and well, taking care not to get water on the foliage.



## THE DAILY STRETCH

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!*

*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\\_PostGardenin\\_g.pdf](http://stacywalters.com/FTG_PG_PostGardenin_g.pdf)

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

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!



<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/>

## WHAT'S NEW IN THE STORE



We have a larger selection of planters than we have ever had. Everyone who has shopped our warehouse showroom is surprised by the size of the space and the number of pots.

We are well stocked with bird and bunny statues as well as frogs and turtles; cute gifts for your garden or a friend's!



Outdoor rugs and pillows are coming in weekly along with cute Easter and spring flags. Your door will look great

with a spring wreath; pairs are available.



Solar lights are new products in the industry; we have experimented with them and we like them a lot; they are intriguing and they add nighttime drama.



such as this darling bunny with flowers cutout rug. These mats are machine washable and very durable. These will look wonderful at the door, in the powder room, in a child's room, anywhere!



Easter is April 8! Come find special items for the gardener's gift basket or to make your home and garden prettier! Gloves \* Garden flags \* Tea towels \* French egg soaps \* Rain Chains \* Botanical candles \* Wind Chimes \* and spring doormats



French egg soaps are again available in limited quantities. Packaged in cartons of six, a pair of eggs in cute cartons with handles, or single eggs, they are beautiful gifts

with delicious fragrances.

Honeysuckle and Orange Blossom is the scent of spring in this botanical beeswax blend candle; it is difficult to choose between it and the Neroli Orange Flower.







## APRIL DATES TO REMEMBER

Bustani Plant Farm on the outskirts of Stillwater, OK, re-opens on April 12 from 9 - 6:00 p.m.

They grow perennials, some drought tolerant native Oklahoma perennials that will lessen your hot summer frustrations.



Linda Vater will be having a garden viewing April 21. Meet here at the store at 10:30; later caravan to Linda's garden where she will answer questions.

Earth Day is April 22. This year's theme is [http://www.earth-day-2011](http://www.earth-day.org/earth-day-2011)



*Mobilize the Earth.* Rachel Carson's 1962

NY Times bestseller *Silent Spring* raised awareness and consciousness of environmental concern among the American mainstream contributing to the Earth Day creation. Created in 1970, it is known as the birth of the Environmental Movement. More than **one billion** people around the globe will participate in Earth Day. All nationalities and backgrounds will voice their appreciation for the planet and demand its protection for future. Use Facebook to tell everyone what you will do for Earth Day!

## 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.



## EXTERIOR DECORATING

Are you in need of some inspiration for your entryway or patio? Wilshire Garden Market provides an exterior decorating and small space design consultation service. By appointment, for a nominal fee, we will make a consultation visit and follow-up report to make your garden retreat more charming, cohesive, and useful.

Call the store (879-1121) to set up an appointment.



Furnishing fine gardens for 15 years; let us help you beautify your outdoor living area!

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