

# WILSHIRE GARDEN M A R K E T

FEBRUARY, 2014 Newsletter  
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CELEBRATING 17 YEARS

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Established 1997

## LOOK OUT OF YOUR WINDOW



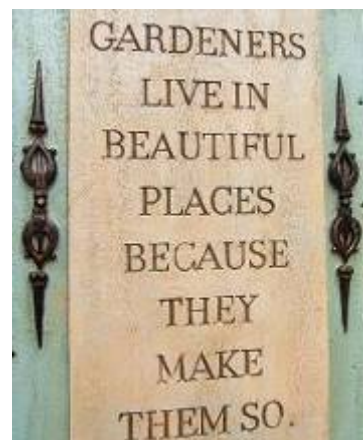
While surviving winter, awaiting the excruciatingly slow arrival of spring, look out of your favorite window. What do you see framed there and what would you rather see? Now is the time to look outdoors in order to create your garden inspiration. Make this the year you get help planning and begin to realize your ideas.

Is the view you want to see focused on a distant or close up vista? In a long vista you might realize that you need an evergreen, or a large pot with a simple upright shape.

Close up, a group of pots or a fountain might be desirable. Details as small as veins in plant leaves, pot finishes, patterns in pillows and rugs visually knit the area together. This is the outdoor area where you entertain guests; find a unique ornament that indicates the beginning of something great--your garden.



As an expert garden designer recently said, "Forget mediocre!" You want to make a good impression, a nice impact. Container plantings add character and real definition to your home and garden spaces. Spring containers are probably the most fun to create because they are the first of the season. Make them memorable with beautiful large pots and an abundance of plants in contrasting colors and heights. Use multiple containers to create the definition in patio areas. Make sure pots complement the style of your home.

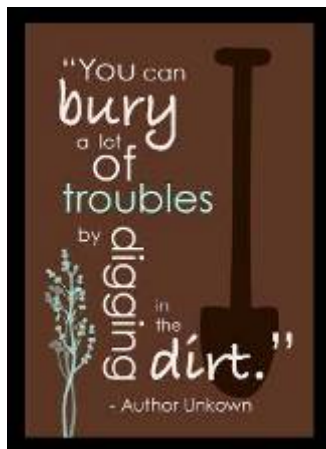


Our gardens are meant for us to enjoy, spending more time there smelling the flowers, watching birds build a nest, noticing the intricacies of nature. Every one of us could live in a shining, delightful world. Act now; imagine the beauty you can create!

ty you can create!

## BE HAPPY, HEALTHY—GARDEN!

In his book *Spontaneous Happiness*, world famous physician Dr. Andrew Weil reveals that the recent unprecedented level of Americans with depression can be partially linked to *nature deficit disorder*, a term coined a few years ago to explain a wide range of behavior problems in children who spend little



time outdoors. It now describes the root cause of a wide range of physical and mental ailments in people of all ages who are disconnected from nature. Gardens that lure us outdoors have proven immediate personal benefits, besides adding value and beauty to our homes.

Scientists studying "attention fatigue" say that humans have a finite capacity for the directed attention required by cell phones and email. When our capacity gets used up, we tend to be irritable, error-prone, and stressed. However, the effect is reversible when we engage in "involuntary attention," experienced when we enjoy nature. The rhythms of nature (breezes blowing, plants flowering, sounds and fragrances) are all great sources of involuntary attention.

*Mycobacterium vaccae*, a harmless bacteria commonly found in soil increases the release and metabolism of serotonin in parts of the brain that control cognitive function and mood. The relative lack of this substance in our more modern environment has thrown our immune system out of whack, leading to inflammation, the leading cause of heart disease, diabetes, and depression. Some research suggests that the physical activity of gardening lowers the risk of developing dementia.

Studies that followed people in their 60's and 70's found that those who gardened regularly showed from 36 to 47% lower risk of developing dementia. Statistics from a recent national focus group indicate that gardeners are not necessarily defined by gender, age, or income level, but more by mindset. Gardeners tend to be social, adventurous, strong willed, committed, and very pleasant. We don't know about you, but we feel better already!

## WHAT'S NEW IN THE STORE

This year we are excited about the number of new beautiful pillow images and color combinations available. We have many in stock to kick off spring. These two by artist Robbin Rawlings show her cheerful, appealing, whimsical style and her love of nature and the outdoors.



We also selected a number of pillows by artist Tim Coffey. He paints lovely garden vignettes in-



tricately with vibrant colors yet the overall impressions are romantic and relaxing.

Choose your color to show your love of and loyalty to Oklahoma! These new pillows portray the



wonderful features and qualities found in Oklahoma and its people! All of these carefree art pillows will enhance the appearance of your outdoor seating areas and increase your comfort as you spend time outdoors in your garden retreat. Enjoy them yourself or give the gift of comfort and beauty to a friend!

We are also always excited about our loom-woven outdoor rugs. We like these rugs because they require **zero** maintenance, come in many colors and patterns, add depth and richness to seating areas, and they are made from recycled materials. We are eager to use this new rug, Oblong Brick, in aqua/taupe with a number of our containers and new pillows to create vignettes for our customers and ourselves.



Tea towels are practical, adding seasonal style to the kitchen and make beautiful gifts. Valentine and spring styles are plentiful, but will go quickly.



For Valentine's gift giving, an array of French soaps in small and large French tulip (white) and antique rose (pink) heart shapes, each in its own gift box or small Eiffel Tower pail; delicious new squares in Angel's Trumpet (pale yellow), Midnight Honeysuckle (orchid), and Jasmine (purple).



Heart shaped cast stone containers can serve as a bird bath or a planter for succulents or Irish moss. Gold papier mache hearts decorate, hanging from their golden cords or filling containers, use your imagination!

New Sunbrella fabric samples are here in revolu-



tionary new colors and designs. Have cushions made or recovered now to avoid the crush!

## POKING ABOUT THE GARDEN



Since I have only had Hellebores for a short time (I'm only on my second year), I am still not used to seeing them blooming so early in my garden, but it is wonderful to find them thriving in this cold, boring weather. It is very rewarding

to have plants that thrive easily, seed themselves with hundreds of babies and look so beautiful when they bloom.

It is surprising to see what goes on in the winter garden while we're not looking. A weekend garden cleanup session revealed baby larkspurs with their heads up just inches out of the ground, their little feathery leaves are unmistakable. These little guys were out there last year, too, but it was much warmer last winter.



I am still pining away for a new fragrant Corkscrew Vine this year. My topiary was totally in-



adequate size-wise, so we have asked the metal guys to make some taller ones; they work for climbing roses, too. We adored the Brazilian Button, and Green Swan Flower, annuals from Bustani Plant Farm and will be planting them again. Perennials *Eucomis* 'Tugela Ruby' (Pineapple Lily), Hardy Heliotrope, and Pink Chinese Indigo are among other favorites that we will be planting again in containers and in the ground.

## FEBRUARY TO DO LIST

- Plant and/or transplant trees and shrubs. It is too late when the buds swell.
- Feed trees, shrubs, evergreens, and roses. Water in well.
- Spray dormant oil on roses to eliminate pests and their eggs.
- Start feeding houseplants with fertilizer strength diluted 50%.
- Feed the birds to keep them nesting in your garden; they eat a lot of insects.
- Start dividing perennials that need it.
- *Carefully* prune *SUMMER BLOOMING* shrubs, tangled honeysuckle.
- *AFTER* their blooms fade, prune forsythia, quince.
- Water deeply periodically.
- Water prior to winter weather event to help hydrate and insulate plants.
- February 8-10 last bulb planting days.
- Examine, clean, and maintain tools.

## 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 at 405-879-1121 to set up an appointment.



**Let us help you create your outdoor living room!**

