

WILSHIRE GARDEN MARKET

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CELEBRATING 18 YEARS

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THINK CLASSY CURB APPEAL

Do you smile to yourself every time you drive up to your home? If not, now is the time to make your plans for this spring. The following are a few useful guidelines.

It is imperative to create a good, strong first impression at the curb. Image is everything. Main considerations are (1) the approach to your home, (2) the entrance, (3) the color scheme, and (4) the landscaping.



The best pathways gives visitors a sense of arrival. Whether it is a horticultural adventure or a straight shot right to the front door, it is a key feature. The path should be clean and in good repair, leading your eye right to the entrance. If the pathway is bordered by plantings, place a fountain, bird bath, or piece of statuary along the way for added visual interest. Fragrant plants make the approach even more pleasant.

The entry is always kept clean, going a long way towards making a good impression. Containers of complementary style and adequate size potted with healthy, fresh plants add life and energy. If possible, create symmetry with matching containers, large enough to make a statement.

A fine front door in a tastefully spirited color will help give your home curb appeal, giving passersby a clue to the personality of the owner. Current



popular door colors are green, blue, cranberry, and charcoal. Consider the color of the containers against the color of the front door, and if you prefer complementary or analogous.. Often mailboxes and house numbers are found near the front door. An

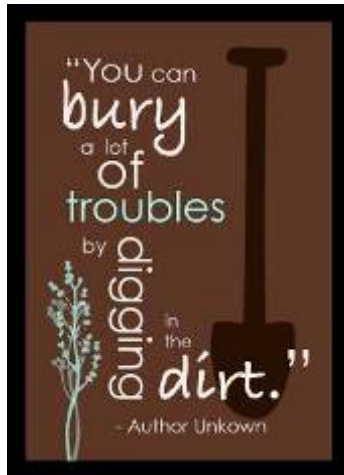
attractive mailbox and address plaque are most important ingredients for curb appeal.

The fronts of most homes have imperfections or architectural flaws that garden landscaping can mask. Consider the region you live in, the style and structure of your home and how a tree, evergreen, vine or groundcover can accentuate the positive and distract the eye away from the negative. Plants can tie the home and garden together visually or cover an unattractive structure to disguise it completely. The most attractive homes feature adequate plant materials to soften hard surfaces and lead the eye directly to the entry.

In addition to driveby curb appeal and making a good first impression upon entering, the front of your home is also the last thing people see as they leave; use your imagination and keep them smiling, coming and going.

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

Every year we are amazed at the new pillow images and color combinations available. We can never get enough spring, so we are kicking it off right now, why wait? This pillow by artist Robbin Rawlings shows her cheerful, appealing style and her love of nature's precious creatures.



A number of new artists also appear this year, with lighthearted art on pillows that aptly illustrate the term "eye candy". C'est La Vie!



It was difficult to decide which pillows to purchase and to feature in the newsletter; they are all



outstanding, including this one by career artist Betsy Cavallo, a native of New England.



Spring garden flags are here, ready to add a welcome splash of color to winter worn landscapes. Styles range from this multi-floral watercolor image, to tulips, pansies, St. Patrick's Day images, and more.

They're finally back! Our vendor is once again offering doormats permanently dyed in long lasting, vibrant colors. The 30" x 18" mats | *made in the USA* of weather resistant, fade resistant, mil-



dew resistant polyester felt with a non-skid backing and allow any storm door to open.

Just in time for Valentine gift giving, Tucson landscape architect and glass artist Margaret Joplin has created beautiful, one-of-a-kind glass heart pieces in frosty pale pink and rich, rich red. Couples-to-be will love an ice clear glass "I do", to



keep forever. Also, to put us in a springtime mood, she has created glass words "grow" in green and yellow "fleurs".



French soaps are always nice to give and receive. Hearts in the 100g size wrapped with a polka dot bow make a great Valentine treat.

Arriving Monday, the large carton of Oprah's fa-



vorite French egg soaps will be here well in advance of Easter.

Use our fresh bags of Oregon green moss to re-

fresh house plant containers, make centerpieces and line Easter baskets. Use this garden down time to line your wire baskets and planters with our new rolls of natural coco fiber. It



It keeps potting soil in, facilitates drainage, and acts as insulation for plant roots. Plants thrive in it. Watch for our exciting new gardening products next month!

TREE WORDS OF WISDOM



PERENNIAL PLANT OF 2015

The Perennial Plant Association has chosen *Geranium x cantabrigiense* 'Biokovo' as the 2015 Perennial of the year. An excellent groundcover reaching 6" - 10" high, it is a naturally occurring hybrid found in the mountains of Croatia.

It blooms in late spring with masses of five-



petaled white flowers with a pink base and darker pink center stamens. 'Biokovo' spreads by underground rhizomes, but is not deep rooted so it is not difficult to remove if needed.

Its leaves are rounded, medium green, and aromatic. It is semi-evergreen, thriving in well-drained soil in sun to part shade. Easy to grow, it only requires some deadheading to keep up its appearance.

Plant 'Biokovo' next to Japanese painted fern (we love those) for superior color echoes. Its foliage also has great fall color, tidy mounds of orange and red foliage.

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!

