

# WILSHIRE GARDEN M A R K E T

March, 2015 Newsletter  
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CELEBRATING 18 YEARS

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

## POTS RETHOUGHT

The benefits of gardening are many things to many people. Reliable studies reveal three major reasons that people love to garden:

- 1) Exterior decoration of the home
- 2) To be outside in the fresh air, digging in dirt
- 3) The solitary, meditative time spent there

We like to beautify our homes to make them an appealing extension of ourselves. Beautified, our home's exterior is literally an invitation to come spend enjoyable time with us.

What if we don't know how to "garden"? What if you don't have time to get down on your knees and dig in the dirt to create a new garden? Pots are an easy way to get a beautiful, well-cared-for look without putting a shovel in the ground.

In the front of a home, pots can mark the approach to the entry and frame a doorway, leading your eye right to it and leaving no doubt about the entry's location.



In colors and styles that complement the home, large containers planted with tidy evergreen boxwoods or abundantly with flowers that contrast or echo major features of the home provide a stunning effect.

However, the benefits from gardening reach beyond these. As we have pointed out before, scientific research proves that gardening provides a healthful lifestyle. Edibles are the hottest new trend in home gardening. This year grow your own herbs in pots on your back patio; impress friends, family and yourself by strolling outside to snip the perfect herb for dinner or grow vegetables in a container—tomatoes, lettuce, radishes, peppers, anything you love to eat.



Gardening can be a solitary activity, providing time to relax, reflect and meditate. Moments spent leisurely deadheading, designing, and creating with new container and plant combinations help us appreciate the richness and harmony of nature. The March 20 Equinox marks the first day of spring; relax, enjoy your outdoor space this year and create something extraordinary with containers!

## SPRING IS IN THE AIR

Soft washable doormats, fluffy pillows, and irresistible cast stone bunnies and birds all belong in the spring garden.



Perfect for Easter and spring, this doormat features an image of bunnies with Easter eggs by artist Robbin Rawlings.

Her artistic Easter basket pillow with bunny statue is an ideal mate for a nearby bench. A cast stone bunny completes the vignette.



Two precious birds rendezvous for a moment, discussing how they hope to live in your garden. They promise to grace a table or birdbath, perhaps hide as a surprise among garden plants.



Here in plenty of time for Easter, a basket of French egg soaps, now with a new petal pink French rose. Add them to someone's basket or use several to fill a small bowl in the powder room; they are delightfully scented in delicious pastel colors.

## WHAT'S NEW IN THE STORE

Love these pots! Made in the USA, available in three sizes, 18" w, 16" w, and 12" w, they are



lightweight and well-designed with built-in wheels under the two largest sizes and a removable inner platform for drainage. The guaranteed colorfast design contrasts crisp black and white with spring green. Use these indoors or outside for plants, to hold coordinating bath or beach towels, flip flops, even magazines!

These metal cachepots hold a 6" potted plant and



make an ideal gift. Their fetching images and messages *Thinking of You*, *Thank You*, and *Wow*, will brighten anyone's outlook.



Just when you thought you had seen the prettiest spring tea towels, these came in! The brand new images are reminiscent of turn of the century greeting card images, beautifully detailed.

## TRY THESE!

This recipe is a fresh take on deviled eggs. It uses two of the top ten recommended healthy foods: avocados and free range eggs.



Ingredients: using 3 egg yolks to 1 large avocado, 1 T finely diced fresh cilantro, 3 tsp. fresh lime juice, 1 T finely diced red or green onion, and a pinch of salt and pepper.

Boil eggs for 17 minutes, and then plunge eggs into bowl of ice and water to cool. While eggs are boiling, peel and mash ripe avocado, add lime juice, diced cilantro, onion, salt and pepper. Peel cooled eggs, slice and remove yolks, mash yolks with a fork until well blended; add to avocado mixture and spoon into eggs. Garnish with a small cilantro leaf.

The lime juice provides a light expected tang. (even better second day after flavors have developed) These are interesting alternative appetizers for an early spring brunch.



## FLOWER OF THE MONTH

March is synonymous with the onset of spring in the Northern Hemisphere. The Daffodil is March's Flower of the Month. Daffodil and Jonquil are the common names for Narcissus. A gift of these conveys friendship and happiness, and indeed they look like a happy flower. Not everyone realizes that Daffodil bulbs are *poisonous*.

The flower was introduced as a replacement for the humble leek. Daffodils are now grown commercially in mid-Wales to produce galantamine for the treatment of Alzheimer's disease.

## MARCH TO DO LIST

- Get your journal ready to record bloom times, temperatures, rains, successes and failures; compare with other years.
- Check mulch.
- Sow seeds of warm-season annuals and/or carrots, beets, radishes and lettuces.
- Set out rosemary, chives and thyme.
- Set out summer flowering bulbs
- Plant summer blooming shrubs and vines.
- Plant conifers and broad leaf evergreens.
- Clean leaves and debris from water gardens and ponds.
- Cut down ornamental grasses before they sprout.
- Prune deciduous trees and shrubs now while they are dormant.
- Sow alyssum seeds under roses for a sweet smelling accent carpet.
- Shout hooray for spring!

## 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!**

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