

Fall 2013

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**Unique Garden Centre**

# From the Ground Up



## Tuck your plants in for the winter.

### TREES & SHRUBS

Proper spring and summer care will improve a plant's ability to withstand winter injury. Begin watering early in the spring, watering deeply and regularly through the summer. Reduce watering after August 15<sup>th</sup>, but soak well before the ground freezes in the fall.

Fertilize early in May and follow up with repeat applications once a month until August 15<sup>th</sup>. Mulching shrubs and trees and providing deep and prolonged snow covering will reduce the severity and depth of freezing, allowing a portion of the root system access to moisture. Use mulch materials such as soil, straw, wood shavings, saw dust, peat moss or bark chips. Erecting snow fence or laying tree branches or evergreen boughs to collect snow will improve wintering of trees and shrubs.

A soil high in organic matter does not freeze as hard as one that contains little and holds more water. Mixing peat moss, manures and compost with your shrub bed soil will increase the organic matter.

Wrapping the trunks and lower branches of fruit trees and thin barked trees such as Mountain Ash, Amur Cherry or Pincherry, will reduce the occurrence of sunscald on the bark facing west or south. Plastic reflective wraps are available from the Garden Centre, but any material which is reflective and can be wrapped around the trunk and lower branches can be used.

*Our prairie winters can be very harsh on plant material. It amazes me every spring to see the brave new shoots or buds emerging after a long cold winter. Practicing good growing habits through the spring and summer followed with the right fall maintenance will give plants that extra warm blanket for when Mother Nature dishes out a particularly nasty winter*



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residential  
and commercial  
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Rodent feeding damage will occasionally result in twig dieback or girdling of the bark on the trunks of young trees. To prevent this, place rodent repellent beneath heavily mulched areas in shrub beds, or wrap trunk bases with specially designed stem wraps or treat by painting liquid rodent repellents such as 'Skoot' or 'Rabbit Repell'.

### EVERGREENS

All points discussed under trees and shrubs also apply to evergreens. Rodent feeding is less of a problem on evergreens than on the barks of trees and shrubs.

Sunscald and winter wind-burn are the most common reasons for winter damage on evergreens. Protective barriers against severe winds and the sun exposures of south and west will reduce winter damage. Burlap, canvas, cardboard or any material which will reduce wind velocity and reflect or reduce heat buildup can be used. Attach the covering to stakes, inserted in a triangle or box, around the plant allowing for an air space of 2-4", rather than wrapping the plant directly. Anti-transpirants are available under trade names such as "Wilt-Pruf", will also reduce moisture loss and reduce winter kill. They are sprayed on the foliage in mid to late October and are especially beneficial for cedars and junipers.

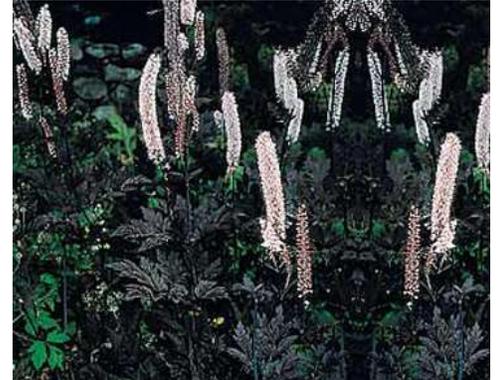


# Spotlight On:

Information on a different tree, shrub and perennial in each edition of "From the Ground Up"

**Purple Bugbane 'Hillside Black Beauty'**  
*Cimicifuga simplex* 'Hillside Black Beauty'

This perennial has attractive serrated compound leaves which emerge dark green and turn purple throughout the season. It blooms with tall fragrant spires of white to light pink flowers from mid to late summer. It prefers moist soil and will grow in sun and in shade. It will grow to about 5' tall with the flowers and spread about 3' wide. It is hardy to zone 3.



**Copper Bush Honeysuckle**  
*Diervilla lonicera* 'Copper'

This attractive shrub has coppery-coloured foliage and bright yellow flowers that bloom in early summer. It is hardy and vigorous, with a rounded form. It will grow in full sun to part shade and is adaptable to moist or dry locations. It will grow to a height and spread of 3' and is hardy to zone 3.



**True North Linden**  
*Tilia americana*  
'Duros'

This upright pyramidal tree has large dark green heart shaped leaves, and fragrant flowers that bloom in early summer. This is an excellent cultivar for a smaller space. It prefers rich, moist, well drained soil and will grow to a height of 35' and width of 25'. It is hardy to zone 2.



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# Bend and Stretch and...Garden!



## Tips for staying Healthy while working in the garden

Gardening is not a walk in the park. Weeding, raking, digging and pruning are hard work. Over-exertion in any of these areas can leave you feeling wounded and weary not happy and content. You must care for your body while caring for your plants.

Before you start, warm up your muscles as you would at the gym. Get your blood flowing.

Mimic the motions you will be doing in the garden in your warm up.

Do arm circles if you are going to pull weeds. Try gentle lunges and squats if you will be digging. While you are working, take frequent breaks either by stopping for a rest or switching activities. Rome wasn't built in a day and neither does your water feature need to be.

Work both sides. We tend to favour our dominant side which puts strain on joints and tendons. Switch sides from time to time as you are shovelling or raking or pulling.

Try to keep your back in a neutral position when you are bending over to work. Keep your shoulders down and your abdominal muscles tight.

Use a cushion when kneeling to save your poor knees.

When you are finished, enjoy some gentle stretching to cool down and help prevent sore muscles. Then sit back and enjoy the results of your labour.

## Planting Fall Bulbs

Now through the third week of October is the time to plant hardy bulbs. Drainage is critical with bulbs. Remove soil to a depth of 12" and mix perlite and topsoil in equal parts. Add the conditioned soil to the planting hole until the depth is correct for the bulb. Add bone meal or another high phosphorus fertilizer. Fall planted bulbs should be planted to a depth of 3-4 times the bulb height. Space bulbs 5-6" apart for tulips and daffodils and 2-3" for smaller size bulbs. Fill hole with remaining topsoil and water thoroughly.

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