



SUMMER
2009



From the Ground Up ↑

CONTAINER GARDENING

is the latest time saver for anyone too busy to take care of the yard. Not only do containers brighten up empty space, they add elegance and colour consistently. If you can't manage a big garden, there are many ways to incorporate vegetables into your containers, herbs often add interesting foliage and work well with bright annuals. If you don't have space for big pots, adding different types of grass gives your container height, and accent the height of the other plants. The choice is limitless and yours to make!

Tips for Containers:

1. Get creative with the container! Bold, Bigger makes Better!
2. Water when the plants need water. Check containers every day (twice when it is hot) and when they need water, be sure to water.
3. Feeding transforms containers from nice to *spectacular!*

Container plants always need a little extra food. Feeding is important; the soil has no way to gather food other than what you feed it.

4. Never use garden dirt. Garden dirt is too heavy and holds too much water. Use a high quality potting soil. It will have a high organic content which helps the soil hold the right amount of water reducing the risk of root rot.



Watering tip for your lawn

Timing is everything

While weather conditions may vary throughout the summer, the general rule of thumb is to water every four to seven days, saturating the ground to a depth of six inches. Be careful not to

Be careful not to over water the lawn, as it is just as harmful as under watering.



Spotlight On

“Spotlight On” page provides information on a different tree, shrub and perennial in each addition of “From the Ground Up”



Oriental Poppy

Papaver orientale

One of the most spectacular perennials you can choose to add to your garden. There are several colors, the most common being red. Easy to grow and require full sunlight. Large blooms on tall stalks, Oriental Poppies bloom in late spring and midsummer. The mature height is 24” and they spread 24” – 36” wide. Best of all, the poppies are hardy to zone 2.



Morden Sunrise Rose

Rosa ‘Morden Sunrise’

The Morden Sunrise rose is a very popular choice among gardeners; they have beautiful bi-colored blossoms, yellow with peach edges. They are hardy, disease and pest resistant, zone 3 and their mature height is ideal. At 24” tall and 24” wide, they make excellent additions to the yard. The Morden Sunrise requires full sun.



Crimson Frost Birch

Betula ‘Crimson Frost’

The Crimson Frost Birch offers dark purple foliage that appears burgundy in the spring and deepens to purple in the summer. It features the white peeling bark that many birches are known for. It makes a spectacular accent tree for any yard. The Crimson Frost grows about 40’ tall and 25’ wide. A distinctive addition to the landscape, the Crimson Frost grows about 40’ tall and 25’ wide

Incredible Edibles



Cooking and garnishing with flowers has been a common practice throughout history. We eat flowers all the time. Broccoli, cauliflower and artichokes are all flowers. But did you know that pansies, nasturtiums, daylilies, roses and even dandelions can be a delicious addition to dinner.

Drop a few pansy or lilac blossoms or rose petals in each compartment of an ice cube tray, fill with water and freeze. What a beautiful addition to punch bowls or cocktails!

Nasturtium flowers are spicy adding vibrant flavor and colour to green salads

Pansies and lilacs can be candied, used as a garnish or tossed into salads for colour.

Daylily buds are supposed to be delicious in stir fries.



Rose petals add a delicate flavor to sweets, but remove the white base of the petal before eating because it has a bitter taste.



Dandelions have a zesty flavor that can be enjoyed in salads or cooked. Flowers and leaves are both edible.

Make candied flowers to garnish and flavor desserts using the following recipe:

- ✿ Rinse and dry freshly picked, pesticide-free pansies, rose petals or lilacs.
- ✿ Using a small paintbrush, coat the petals with lightly beaten egg whites (use powdered egg white)
- ✿ Set blossoms on a plate covered with superfine white sugar and sprinkle more on top
- ✿ Gently shake to remove excess.
- ✿ Place on waxed paper and allow to dry.
- ✿ Use on cakes, ice cream, fruit salads or cocktails.

WARNING: Not all flowers are edible and not all parts of flowers are edible. Eat only those parts of the flower or plant that you have confirmed are safe for human consumption. Choose your flowers with the same care and attention with which you choose your vegetables. Do not consume flowers bought from retail outlets unless you know they are grown without chemicals. Your best bet is to grow your own.

Colour your garden Purple

Blue and purple flowers give a cool freshness to a hot summer garden simply because they are “cool colours”.

Some great choices for purple and blue are:

Linium perenne with delicate clear blue flowers it blooms abundantly from early to mid summer.

Brunnera macrophylla ‘Jack Frost’ is a shade tolerant ground cover plant with variegated leaves. It has light blue flowers in spring.

Aster Dragon Commonly known as Michelamas Daisy, these plants bloom in the fall.

Polemonium caeruleum Commonly called Jacobs Ladder, these easy to grow perennials bloom in early summer.

Veronica ‘Sunny Border Blue’ These plants form a clump of crinkly leaves with deep blue flower spikes that bloom throughout the season.

Echinops ritro Commonly called globe thistle, this plant forms steel blue ball shaped flowers throughout the summer



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