'THE SAGE'--OCTOBER 2011 Klein's Floral & Greenhouses On-Line Newsletter

THIS MONTH'S HIGHLIGHTS:

The Spring Bulbs Have Arrived!

2012 Wisconsin Garden Journal Now in Stock

Our "Mad Gardener" Is Ready for Your Questions

Check Out Our End of Season Savings

Unique and Interesting Tillandsia (aka Air Plant)

All About Indoor Forcing of Spring Bulbs

Favorite Seed, Bulb & Plant Sources

It's Time to Throw Away Grandma's Macrame Plant Hangers . . .

Natural News: Top 15 Cleansing Foods

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Delivery Information

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THE SPRING BULBS HAVE ARRIVED!

We have all of your favorites--tulips, daffodils, hyacinths, crocus, alliums--and a few not-so-well known treasures for your garden. Mid- to late October is the perfect time to plant your spring bulbs and nothing could be more uplifting after a long winter than crocus, snowdrops and winter aconite blossoms peeking through the snow come spring. Allow the Klein's staff to share planting tips and ideas to keep those pesky squirrels from digging up those newly planted bulbs. And for indoor blooms, don't forget a few hyacinths, paperwhites and amaryllis (arriving mid-month) for indoor forcing. We carry a lovely assortment of forcing glasses, vases and decorative pottery. Forced bulbs make for a n inexpensive and treasured holiday gift. Any bulb questions? Don't forget our **Mad Gardener** . . .!

enjoy these end of season savings:

50% OFF all remaining Perennials, Shrubs, Hardy Vines & Potted Fruits. Buy 3 perennials at 50% off and get the 4th (of least value) for free!

THE MAD GARDENER

"Madison's Firsthand Source for Expert Gardening Advice"

Ask any of your gardening questions by e-mailing them to us at madgardener@kleinsfloral.com. Klein's in-house **Mad Gardener** will e-mail you with an answer as promptly as we can. We've also posted a link to this e-mail address on our home page for your convenience. Your question might then appear in the "You Asked" feature of our monthly newsletter. If your question is the one selected for our monthly newsletter, you'll receive a small gift from us at Klein's. The **Mad Gardener** hopes to hear from you soon!

Sorry, we can only answer those questions pertaining to gardening in Southern Wisconsin and we reserve the right to leave correspondence unanswered at our discretion. Please allow 2-3 days for a response.

Please note that our **Mad Gardener** is not only an expert gardener, but can answer all of your indoor plant questions as well.

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OCTOBER STORE HOURS:

Monday thru Friday: 8:00-6:00

Saturday: 9:00-5:00 Sunday: 10:00-4:00

CALENDAR OF EVENTS:

Throughout October watch for great season's end savings on all remaining perennials. Check out our selection of spring bulbs. Tulips, daffodils, hyacinths, crocus, alliums and much more have arrived for fall planting. For Halloween and Thanksgiving decorating we carry an amazing selection of gourds, pumpkins, Indian corn, bittersweet, fall leaves, branches, grasses, dried flowers, cattails and hay bales. Shop early for best selection

October 8--Yom Kippur

October 10--Columbus Day (observed)

October 11--Full Moon

October 15--Sweetest Day

October 16--National Bosses' Week begins.

October 17--National Bosses' Day

October 23--Mother-in-Law's Day

October 31--Halloween. Choose from one of our many FTD and Teleflora bouquets and centerpieces for your Halloween parties or get-togethers. For more ideas and easy on-line ordering, check out our Teleflora or FTD web sites by clicking on www.flowerskleinsflrl.com or www.florists.ftd.com/kleinsfloral or talk to one of our designers at 608/244-5661 or 888/244-5661.

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'THE FLOWER SHOPPE':

Beautiful, Easy-Care Houseplants: Tillandsias (Air Plants) by Lisa Greene @ www.aboutflowersblog.com

I recently found a plant that is easy to grow, beautiful and reasonably priced. As a busy mom and full-time florist, these plants are just what I am looking for when it comes to bringing decorative flora into my home.

It is the tillandsia, a group of plants commonly known as "air plants." I know you have seen this little plant, popular at flea markets and craft fairs. Let me tell you about this plant so you will enjoy it and be able to grow one (or more) in your home.

In the wild, these plants are attached to trees or rocks where they are supported above the ground, hence the name, "air plant." Plants that have roots in the soil are terrestrial, and plants grown above the soil are epiphytes. In its natural environment, tillandsia is exposed to filtered sunlight, and when it rains, the plant collects water in crevices formed by the shape of its leaves. These minimal needs make it to be an easy-care houseplant.

Tillandsias are available in several different species to fit any decor. To display tillandsia in your home, mount the plant on pieces of driftwood (or other objects) and simply submerge in water to soak the plant tissues.

Tillandsia can be grown on almost any imaginable decorative mount, including shells, rocks, slate and driftwood. They prefer to be mounted on a solid substrate that does not retain water. You can glue your tillandsia directly to the surface with a strong adhesive, or you can wire the plant to the base. Don't cover the base of the plant with moss or it may rot. Group them in decorative clumps for maximum effect.

Once they stop dripping, put them back on display and enjoy. There is debate on the best time of day to water a tillandsia, but my experience has taught me to water in the morning. I hope you like them, too, and they can find a niche in your home.

(Note that Klein's currently has a selection of air plants in stock!)

YOU ASKED THE MAD GARDENER . . .

I planted Leucanthemum (shasta daisy) last fall & had wonderful flowers this summer. But now I'm noticing brown stuff on the leaves and stems. Someone suggested that it might be septoria leaf spot. I'm cleaning up the current leaves & stems. But is there a treatment? Thank you. Sally

Hi Sally,

Two quick notes about shasta daisies. Shasta daisies are prone to various leaf spots and will get them nearly every season to some degree. Without testing, leaf spots are hard to diagnose. You could apply a preventative fungicide early in the season and throughout the summer. The leaf spot will not kill the plants, but can become unsightly if too bad. The degree of leaf spot is usually weather based, with some seasons worse than others. It's best to allow the foliage freeze in the fall and remove infected foliage from the garden as an added preventative measure, though the fungus spores are everywhere in the environment and in the soil.

My second note (and you may already know this) is that shasta daisies are short lived perennials with only 2 to 3 years of vigorous growth and bloom. Few make it through their 4th and 5th seasons. If you enjoy shastas, it's a good idea to plant a few new ones each season so that you don't become disappointed. As the older plants begin to deteriorate, they tend to become yellowish and sickly looking. This is simply the nature of the plant.

I hope I was of some help and thanks for your question, The Mad Gardener

Follow-up question:

I did not know that shastas are short lived. Is this true of all varieties? Mine is "Becky" Leucanthemum. Thanks for your advice. Sally

Hi Sally,

'Becky' is one of the more common varieties and, yes, it's one of the quirks of shastas as a group of plants. Other short-lived perennials include lupines, rudbeckia hirta, columbines, many echinaceas, gaillardias, flax, lychnis (Maltese Cross, etc), scabiosa, some yarrows and delphiniums, among others. A few additions should be planted each year for a continuous show or these perennials will disappear from your garden entirely in usually about 3 or 4 years. Many of the short-lived perennials will self-sow in the right conditions. Sadly, shastas are not usually one of them.

Thanks again for your question, The Mad Gardener

DID YOU KNOW...

... that October is the month to plant your spring bulbs for indoor forcing?

Enjoy tulips, daffodils, hyacinth and more in the dead of winter and with very little effort. It's all a matter of timing and temperature. All you need are a few favorite bulbs (now available at Klein's or any garden center), a few 6" or larger pots (plastic, ceramic or terra cotta are all fine) and a cool place, 40° or lower, to store the bulbs for a while. The back of your refrigerator, a spare refrigerator or a garage that doesn't freeze, all work well. We need to trick the bulbs into thinking that winter has occurred and it's time for spring. When shopping, look for bulbs that are firm and large for best results. Use a soilless mix for good drainage. The below recommended planting depths are for forcing only. In the garden, bulbs are planted much deeper. Let's get started!

TULIPS: For forcing, choose tulip varieties that say "good for forcing" or similar on the box or package. These tend to be varieties that remain shorter in pots and, therefore, less floppy indoors. Types to look for include Single Early tulips, Triumph tulips and Greigii tulips. Though any tulip will work, these types offer the most success. They remain short and many are very fragrant. Plant your bulbs snugly into your pots. The pointed tip should be just below the soil surface or even slightly exposed. For best effect, plant around the edge of the pot. By planting with the flat side of the bulb toward the center of the pot, you can usually fit in an extra bulb or two, depending on the pot size you've chosen. Water thoroughly and put in your cool location for 12 weeks. Keep moist during the cooling time, but never soggy. After 12 weeks, place in a bright location and you'll have a gorgeous pot of tulips in about 3 weeks, depending on room temperature. Note that your tulips will have sprouted from 1-4" at 12 weeks and that's OK. Stagger the moving of your pots into their warm location for weeks of continuous bloom.

DAFFODILS: Plant like tulips, but slightly deeper. The bulb tip(s) should be below the soil surface. As with tulips, the bulbs can be planted snugly. There is no flat side to the bulb, but planting around the edge of the pot gives the best effect. Again, choose varieties that remain on the short side to avoid spindly growth. Best choices include the Miniature Trumpet, Tazetta and Cyclamineus types. Look specifically for Tête-à-Tête, Jetfire, Jack Snipe, February Gold, Minnow or Topolino for sure success. Note that daffodil, narcissus and jonquil are all synonymous when shopping for your bulbs. Again, place your well-watered pots in your chosen cool (40°) location for 12 weeks. You'll see about 1-2" of growth at that time. Move to a bright location and enjoy blooms in 2-3 weeks.

Paperwhites are also a type of narcissus, but do not require a cooling period to bloom. Paperwhites can be planted in soil or in a pebble-filled bowl with just water. Either way they'll bloom in about 4 weeks without any cooling. If using soil, it's a good idea to place your planted paperwhites in a refrigerator for 10 days before forcing. Doing so establishes a sturdy root system and ultimately stockier and healthier plants. Also note

that paperwhites are very fragrant and it's a love or hate relationship. Our nonscientific research has shown that only 1/3 of our customers truly like the smell of paperwhites. The vast majority can't tolerate the smell--even to the point of nausea.

HYACINTHS: Another very fragrant choice. Hyacinths should also be planted snugly, with their growing tip just below the soil surface. Water well and keep moist but never soggy. Unlike tulips or daffodils, hyacinths require only a 10 week cooling period (40°) at which time sprouts will be about 1-1 1/2" tall. Move to a bright location and blooming will begin in about 2 weeks. Hyacinths can also be grown in hyacinth glasses. Simply place a single bulb in the bowl at the top of the glass. Fill the glass with water until it barely touches the bottom of the bulb. Place in your chosen cool location. Because they take up little space, the refrigerator is best. Add water as needed. After 10 weeks, white roots should have filled the water in the glass. Move to a sunny windowsill and enjoy the fragrant blooms in a few short weeks. Note that the skin on hyacinth bulbs can cause an allergic reaction in some people. If you're prone to any sort of plant dermatitis, it's best to wear gloves when handling hyacinth bulbs.

Other bulbs that can be forced include crocus, grape hyacinths (muscari) and Dutch iris. For details on **amaryllis bulbs** (available mid-month) refer to the **"Plant of the Month"** section from our October 2007 newsletter athttp://kleinsfloral.com/cms/newsletters/Oct07 Newsletter.pdf.

A few more tips for success--

- --Pre-chilled bulbs, especially hyacinths, are available. Because they are pre-chilled, they require no more cooling for flowering to occur. Pre-chilled bulbs are difficult to find here in the North, but are readily available in the South where soil temperatures never reach the required temperatures for blooming.
- --Once moved to their "bright location," keeping your forced pots somewhat cool will keep them blooming longer and less floppy. If possible, displaying them on a windowsill or as near a window as possible is best. The cold glass during the winter months will keep your forced bulbs adequately cool.
- --Do not store apples in the same refrigerator as your forced bulbs. Apples produce a gas which promotes ripening. In bulbs, this produces foliage, but no blooms.
- --Stagger your blooming by keeping some of your forced bulbs in your cool location for several weeks longer. Move only a few at a time to your bright, warm location. You can enjoy indoor blooms from January through April!
- --You can plant different bulbs together in a single, forced bulb garden, but note that the different bulbs will bloom at different times--oftentimes with great affect. Cool a minimum of 12 weeks.
- --After blooming, simply toss your forced bulbs. A lot of energy was used for the forcing process and the bulbs will seldom rebloom in the garden. The best success occurs with

daffodils. Allow the foliage to yellow and store the bulbs in a cool location. Come spring, place in the garden with limited success.

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NOTES FROM MY GARDEN JOURNAL—Tips and Observations from My Own Garden by Rick Halbach.

ENTRY: SEPTEMBER 14, 2011 (Quick Tips on Freezing Garden Veggies)

Oh no! An early season frost advisory is forecast for tonight and I'm not at all prepared. We gardeners always know this is a possibility, but this wasn't forecast just a few days ago. They're saying it could be a record low tonight! Most of my plants will sail through this cold night with ease, but I'll need to move a few of the most tender to the garage and cover others.

Because of the summer heat, my vegetables are producing more than I've seen in many, many years--in addition to the overflowing box I'm receiving weekly from my CSA (Community Supported Agriculture) share. This evening will be a good time for me to get all of those veggies into the freezer. If you don't have the time or desire to can your produce, freezing is a fantastic alternative. Other than available freezer space, freezing requires little time or energy. Some veggies (such as eggplant, cucumbers, greens) do not freeze or store well; others must be blanched a few minutes in boiling water before packaging including green beans, broccoli, carrots, cauliflower, brussels sprouts and peas Still others can be frozen fresh out of the garden. . .

Here are a few personal tips:

Sweet Peppers

I simply halve the peppers, remove the seeds and cram as many halves into a 1 quart freezer bag as I can. I always put the date on the bags so I use them in proper order. Frozen peppers will become mushy when thawed so are best used in cooked dishes and not on salads, for example.

When needed, I defrost the pepper halves only slightly in the microwave; until they are somewhat pliable but still frozen. Chopping or slicing a mostly frozen pepper is much easier than chopping a soggy, thawed one. Once chopped, I place the pepper pieces in a bowl lined with paper towels and continue defrosting in the microwave until completely thawed, mixing them up a bit about halfway through. Once thawed, I squeeze the excess water from the peppers. The peppers are now dry enough that they can be properly sauteed alone or with other vegetables in preparing recipes that require sauteed vegetables. If not properly drained of water, the added moisture braises or steams the veggies, rather than sauteing them.

When adding frozen peppers to soups or stews, I skip the squeezing part. Because I'm not sauteing them, the added moisture won't make a difference in the end result.

Tomatoes

WOW! What a tomato year! I've prepared and frozen tons of pasta sauce. I don't think I'll need to buy any jarred sauce this winter!

To freeze fresh tomatoes, I simply cut the tomatoes in half and core them. Most sources say to peel and seed the tomatoes, but I personally don't mind the peeling. It becomes nearly undetectable in most sauces, soups or stews. To peel or not to peel is personal choice.

I now lay the halved tomatoes cut-side down on a cookie sheet and place the sheet in the freezer. Were I to simply throw the tomato halves into a freezer bag, I'd end up with one huge frozen glob. Once frozen, I package the halves into quart freezer bags. Packaging the frozen halves individually allows me to use as many tomatoes as I need in a recipe, rather than have to use an entire frozen glob.

To use them, I again defrost the halves slightly, but leave them mostly frozen. This allows me to chop them with ease. I simply add the still frozen tomato chunks to soups, stews and sauces at the required time in any recipe. I usually cut back a bit on any added water or broth until I know the consistency is correct. The frozen tomatoes will add a lot of extra liquid. I then add more water, broth or wine for desired consistency.

Celery

I always have frozen **celery** on hand. How many times do we buy a whole celery head and then throw most of it away because we only need just a few stalks once in a while? Periodically, I'll buy one or more celery heads (or get them fresh in my CSA box), slice or chop them up, spread them out onto a cookie sheet, freeze them and then pop the frozen pieces into freezer bags. I now have celery on hand whenever I need it! For sauteing, like the peppers, I squeeze out the excess moisture. For soups and stews I add the still frozen pieces as needed.

Zucchini

Shredded **zucchini** also freezes very well for future use in muffins, breads and other baked goods. It's a fantastic way to deal with all of the zucchini that seems ready for picking at the same time or the ones that get too large for anything else.

I readily acknowledge that frozen veggies are NOT as good as fresh. But they'll do in a pinch and are a great way to deal with bumper crops like we've had this past growing season.

ENTRY: SEPTEMBER 20, 2011 (Goldfinches Grace the Garden)

The goldfinches are crazy in the yard right now! My three niger seed feeders are having to be filled every few days. Most of the finches currently emptying the feeders are new arrivals from further north and locally bred young ones. Goldfinches are unique among birds in that they nest in late summer. Parents are caring for their young into mid-

September; a time when many birds have already headed south for the winter. It is theorized that goldfinches nest so late for two reasons. The first is that the parasitic cowbirds (which occupy the same habitats) are finished nesting for the season. Cowbirds don't rear their own young. They toss eggs out of other specie's nests, lay their own eggs in the nest and let the other species raise the young as their own. I can't count how often I've seen cardinal parents feeding seeds to squawking cowbird babies in my own yard. Goldfinches don't have to worry about this cowbird behavior.

Secondly, goldfinches are rearing their young when all of their favorite foods are most plentiful. I can attest to this in my own garden. Goldfinches are flocking to all of their favorites: the sunflowers, meadow blazing star, coneflowers, cup plant, helenium, asters, black-eyed Susans, tithonias, zinnias and so many others. My yard is a constant flurry of goldfinch activity. Their 'talking' with each other is incessant. The young are learning which seeds are edible and which taste best. The adult males have pretty much taken on their drab green winter coloration rather than their bright yellow summer attire. From now through the rest of winter I'll be filling those three feeders every few days.

ENTRY: SEPTEMBER 30, 2011 (Simply Heavenly)

I thought the frosty night a few weeks back might have spelled the end for the monstrous 'Heavenly Blue' morning glories that have enveloped the southwest corner of the house, the awnings and the gutters. Thank goodness it wasn't the end and my plants are now covered with huge blooms in the purest of all blues. 'Heavenly Blue' is surely among the most beautiful of all morning glories, but also among the touchiest (and with a few quirks).

About two months ago a customer came up to me at the greenhouse and asked me why her morning glories weren't blooming; while all of her neighbors' were in full bloom. She told me the vines were huge, healthy and growing like crazy. I asked her if perhaps she fertilized them too much. She said she hadn't fertilized them at all. I knew the answer.

She had planted 'Heavenly Blue' morning glory (Ipomoea tricolor) and not the species her neighbors had planted--perhaps 'Grandpa Ott's' (I. purpurea) or 'Early Call' (I. purpurea). While some morning glories start blooming during mid-July, 'Heavenly Blue' doesn't really get going until now in late September. In fact, in some years, when we have an early prolonged cold spell or a killing frost, 'Heavenly Blue' will not get the chance to bloom at all here in the far north. This has happened to me numerous times over the years. I waited and waited all summer to see just one blossom, only to have it all come to an end on a single cold night.

Hence my concern a few weeks back. Though loaded with flower buds, I hadn't yet seen a single bloom on those monstrous vines. I had thought about covering them. But the thought of that was daunting. I took my chances. My gamble paid off. Now, with

warmer weather and no chance for frost in the foreseeable future, I'm being rewarded with a heavenly sight I haven't experience in years. Photographs can't do it justice.

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<u>KLEIN'S RECIPES OF THE MONTH</u>--These are a selection of relatively simple recipes chosen by our staff. New recipes appear monthly. Enjoy!!

The crisp temperatures and longer nights certainly signify we're in the peak of the fall season and few fruits or vegetables exemplify autumn better than apples. Local reports say that 2011 has produced a bumper apple crop. After a slow start, the warm summer temps more than made up for lost time. Dry weather has made for smaller apples in some orchards. But in those orchards that irrigated, the crops are huge and the quality outstanding. Following are a few of Klein's very favorite tried-and-true apple dishes.

<u>APPLE SPICE HUMMUS DIP</u>--A delightfully sweet twist on a classic. Serve with apple slices, carrots, wheat crackers or the traditional pita wedges. From the pages of Better Homes & Gardens magazine from September 2006.

2 x 15 oz. cans garbanzo beans, drained and rinsed

1 sweet apple, peeled and chopped

1/3 cup lemon juice

1/4 cup creamy peanut butter

2-3 TBS, water

1/2 tsp. salt

1/2 tsp. apple pie spice

1/4 tsp. cayenne pepper

In a food processor, place half of the beans, apple, lemon juice, peanut butter, water, salt, spice and cayenne. Process until smooth and transfer to a bowl. Repeat. Mix well, cover and chill. Makes 3 cups.

<u>APPLE RAISIN SLAW</u>--A simple salad creating a unique and refreshing combination of flavors. From Cooking Light magazine, January 2007.

1/2 cup sour cream

3 TBS. mayonnaise

1 1/2 TBS. balsamic vinegar

1 tsp. sugar

1/2 tsp. ground pepper

1/4 tsp. salt

2 cups chopped apple

1 cup golden raisins

1 x 16 oz. package cabbage/carrot slaw (such as Dole)

Whisk together the sour cream, mayo, vinegar, sugar, salt and pepper in a large bowl. Add the apple, raisins and slaw and toss. Serves 8.

<u>APPLE CRANBERRY SAUCE</u>--This has become our favorite cranberry sauce for serving at the holidays. The combination with apples sweetens the sauce for those who aren't huge cranberry fans. Kids love it!! This recipe is a great way to introduce them to cranberries. This dish came to us in the mid-90's from the WISC-TV website.

4 cups apples, peeled and sliced

3/4 cup water

1/2 cup sugar

1 TBS. lemon juice

1/2 lb. fresh cranberries

Combine all ingredients in a saucepan. Bring to a boil and stir until the sugar is dissolved. Reduce the heat and simmer about 30 minutes until the apples are tender and the berries have popped. Serves 8.

BAKED APPLESAUCE--The house smells phenomenal while preparing this recipe. The result is a chunky and rich sauce--SO much better than store-bought and SO easy! 5 TBS. water

1/4 cup packed brown sugar

2 TBS. lemon juice

1 tsp. cinnamon

4 lbs. apples, peeled, cored and halved

Preheat the oven to 375°. Combine all ingredients together in a large bowl then place in a large Dutch oven (5 qt.). Cover and bake, 1 hour and 15 minutes, stirring after 45 minutes. Yields 5-6 cups.

<u>AUNT MATHILDA'S GERMAN APPLESAUCE MEATLOAF</u>--Of the dozens upon dozens of meatloaf recipes we've collected over the years, this remains among our favorites. The applesauce adds moisture and a delightful sweetness. Another kid favorite!!! We found this recipe nearly 20 years ago in the Wisconsin State Journal.

1 1/2 lbs. ground beef

1/2 lb. ground pork

1/2 cup finely dice onion

1 cup applesauce

1 large egg, lightly beaten

1 cup bread crumbs

3 TBS. ketchup

2 tsp. salt

1/4 tsp. pepper

Preheat the oven to 350°. Lightly oil a 9x5x3" loaf pan. Using your hands, combine all ingredients together in a large bowl. Place the mixture in the prepared pan. Bake 1 3/4-2 hours. Allow to cool 10-15 minutes before removing the loaf from the pan and slicing. Serves 6-8.

<u>CURRIED APPLE PORK STEW</u>--A hearty and belly-warming way to use up a few of those extra veggies from your CSA box. Quick and simple. From Better Homes & Gardens magazine, October 2007.

4 lbs. pork shoulder, cut into 1" cubes

8 apples

2 TBS. oil

2 large onions, cut into wedges

4 tsp. curry powder

2 x 14.5 oz. cans chicken broth

1 1/3 cups apple cider or apple juice

1/2 tsp. salt

1/2 tsp. pepper

1 1/2 lbs. carrots, halved and cut into 2" lengths (or baby carrots)

4 stalks celery, sliced

4 cups peeled and cubed butternut squash

Sour cream & orange zest for serving (optional)

Peel, core and chop 4 of the apples and set aside. In batches, brown the pork in oil in a large Dutch oven or stew pot over medium high heat. Return all of the browned meat back to the pot and add the chopped apples, onion and curry powder. Cook and stir for a few minutes. Add the broth, cider, salt and pepper. Bring to a boil, reduce the heat, cover and simmer 40 minutes, stirring occasionally. Add the carrots, celery and return to a boil. Reduce the heat, cover and simmer 20 minutes more, stirring occasionally. Cut the rest of the apples into 1/4" thick wedges. Add the apples and squash to the pot. Cover and cook until all is tender, about 15 minutes more. Serve in bowls with sour cream and orange zest. Serves 10-12. Serve with a hearty bread.

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NATURAL NEWS--

Top 15 Cleansing Foods

by Michelle Schoffro Cook from The 4-Week Ultimate Body Detox Plan (2006)

When it comes to cleansing your body of harmful toxins, food really is the best medicine. You'll be amazed to learn that many of your favorite foods also cleanse the body's detoxification organs like the liver, intestines, kidneys, and skin, preventing harmful toxic buildup. Help ward off the harmful effects of pollution, food additives, second-hand smoke, and other toxins with delicious fruits, vegetables, nuts, oils, and beans.

Apples--Because apples are high in pectin, a type of fiber that binds to cholesterol and heavy metals in the body, they help eliminate toxic build up and to cleanse the intestines.

Avocados--We rarely think of avocados as a cleansing food but these nutritional powerhouses lower cholesterol and dilate blood vessels while blocking artery-destroying toxicity. Avocados contain a nutrient called glutathione, which blocks at least thirty different carcinogens while helping the liver detoxify synthetic chemicals.

Beets--Time to whip up some delicious borscht soup since its main ingredient, beets, contain a unique mixture of natural plant compounds that make them superb blood purifiers and liver cleansers.

Blueberries--Truly one of the most powerful healing foods, blueberries contain natural aspirin that helps lessen the tissue-damaging effects of chronic inflammation, while lessening pain. Blueberries also act as antibiotics by blocking bacteria in the urinary tract, thereby helping to prevent infections. They also have antiviral properties and help to block toxins from crossing the blood-brain barrier to gain access to the delicate brain.

Cabbage--Cabbage contains numerous anticancer and antioxidant compounds and helps the liver break down excess hormones. Cabbage also cleanses the digestive tract and neutralizes some of the damaging compounds found in cigarette smoke (and second-hand smoke). It also strengthens the liver's ability to detoxify.

Celery and Celery Seeds--Celery and celery seeds are excellent blood cleansers and contain many different anti-cancer compounds that help detoxify cancer cells from the body. Celery seeds contain over twenty anti-inflammatory substances. It is particularly good for detoxifying substances found in cigarette smoke.

Cranberries--Cleanse your body from harmful bacteria and viruses that may be lingering in your urinary tract with cranberries since they contain antibiotic and antiviral substances.

Flaxseeds and Flaxseed Oil--Loaded with essential fatty acids, particularly the Omega-3s, flaxseeds and flaxseed oil are essential for many cleansing functions throughout the body.

Garlic--Eat garlic to cleanse harmful bacteria, intestinal parasites and viruses from your body, especially from the blood and intestines. It also helps cleanse build-up from the arteries and has anti-cancer and antioxidant properties that help detoxify the body of harmful substances. Additionally, garlic assists with cleansing the respiratory tract by expelling mucous build-up in the lungs and sinuses. For the health benefits, choose only fresh garlic, not garlic powder, which has virtually none of the above properties.

Grapefruit--Add a ruby red grapefruit to your breakfast to benefit from pectin fiber that binds to cholesterol, thereby cleansing the blood. Pectin also binds to heavy metals and helps escort them out of the body. It also has antiviral compounds that cleanse harmful viruses out of the body. Grapefruit is an excellent intestinal and liver detoxifier.

Kale--Steam some kale to benefit from its powerful anti-cancer and antioxidant compounds that help cleanse the body of harmful substances. It is also high in fiber, which helps cleanse the intestinal tract. Like cabbage, kale helps neutralize compounds found in cigarette smoke and strengthens liver cleansing.

Legumes--Add a handful of cooked beans to your next meal since they loaded with fiber that helps lower cholesterol, cleanses the intestines, and regulates blood sugar levels. Legumes also help protect the body against cancer.

Lemons--Excellent liver detoxifiers, lemons contain high amounts of vitamin C, a vitamin needed by the body to make an important substance called glutathione. Glutathione helps the liver detoxify harmful chemicals. Add a squeeze of fresh lemon juice (not the bottled variety) to pure water to support your cleansing efforts on a daily basis.

Seaweed--Seaweed could be the most underrated vegetable in the western world. Studies at McGill University in Montreal showed that seaweeds bind to radioactive waste in the body. Seaweed also binds to heavy metals to help eliminate them from the body. In addition, they are powerhouses of minerals and trace minerals.

Watercress--If you haven't tried watercress add this delicious green to your next sandwich since it increases detoxification enzymes and acts on cancer cells in the body. In a study at the Norwich Food Research Centre in the United Kingdom, smokers who were given 170 grams of watercress per day eliminated higher than average amounts of carcinogens in their urine, thereby eliminating them from their body.

Eating a variety of fresh fruits and vegetables assists with detoxifying harmful substances from your body. Who knew cleansing could taste so good?

Source: www.care2.com

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OCTOBER'S PLANT OF THE MONTH:

SWITCH GRASS (Panicum virgatum)

Switch grass has made it into the news numerous times in the past few years as a renewable fuel source that, like corn, can be made into ethanol--without most of the negatives of corn. At half the cost to produce, it's hoped that ethanol made from switch grass will eventually replace ethanol produced from corn. Switch grass is a perennial and native to almost the entire United States and southern Canada from the Rocky Mountains east. Unlike corn, switch grass remains essentially in its native state, in that it hasn't been tampered with for thousands of years and hasn't gone through modern bioengineering. Switch grass is also useful for erosion control and as a forage crop.

Because switch grass, unlike many grasses, is a clump-forming (though rhizomatous) grass, it makes a beautiful addition to the garden. Clumps expand very slowly over many years and should be divided about every fifth season. Very natural in appearance, the fine seed heads are exceptionally lovely when blowing in the wind. A downfall is that plants flop in heavy rains; but they rebound on their own once the plants dry out. Therefore they are best at the back of the border where they can be allowed to grow naturally. Unlike some grasses (reed grass, fountain grass and many maiden grasses), switch grass does not offer winter interest and should be cut back in the fall. Plants emerge very late in the spring, but grow very quickly in summer heat. Because they are native to this area, switch grass is extremely heat and drought tolerant.

Klein's normally carries a few switch grass varieties each season. Perennials can be planted throughout the month of October and are currently 50% off. For every three perennials purchased, a fourth one (of least value) is free--while supplies last. A few of our favorite switch grass varieties we carried in 2011 included:

PANICUM amarum 'Dewey Blue'

Powder-blue foliage and blue-tinged flowers make this native beach grass an outstanding selection. Ht.: 5'. Grow in average, well-drained soil in full sun. Use in the border garden, mass planting, specimen, cut flower and for erosion control. Zone 5.

PANICUM virgatum 'Dallas Blues'

Powder-blue foliage. Probably one of the best wide-leaved blues. Soft, pastel-pink seed heads. Ht.: 5-6'. Grow in average, well-drained soil in full sun. Use in the border garden, mass planting, specimen, cut flower and for erosion control. Zone 5.

PANICUM virgatum 'Heavy Metal'

Features mature seedheads of dark burgundy with clump-forming, upright habit; metallic powder blue foliage turning yellow in the fall; airy sprays of strong pink flowers in Aug.-Sept. Ht.: 5-6'. Spread: 24-36". Grow in rich, well-drained soil in full sun to part shade. Use in the prairie garden, border garden, mass planting, specimen, cutflower-fresh or dried. Late to emerge. Zone 4.

PANICUM virgatum 'Northwind'

Great vertical form. Features mature seedheads of tawny gold with clump-forming, upright habit; blue- green foliage turning yellow in fall; airy sprays of pinkish-red flowers in July-Aug. Ht.: 48-72". Spread: 24-30". Grow in rich, well-drained soil in full sun to part shade. Use in the prairie garden, border garden, mass planting, specimen, cutflower-fresh or dried. Late to emerge. Zone 2.

PANICUM virgatum 'Red Ray', syn. 'Rotstrahlbusch'

Features mature seed heads of silver with clump-forming, stiffly upright habit; green, red- tipped foliage turns bright rust in fall; airy sprays of reddish flowers in Aug-Sept. Ht.: 4-6'. Spread 24-36". Grow in rich, well-drained soil in full sun to part sun. Use in the prairie, border, mass planting, specimen or cutflower. Late to emerge in spring. Zone 4.

PANICUM virgatum 'Ruby Ribbons'

Features mature seed heads of silver with clump-forming, stiffly upright habit; dark green foliage turns wine-red by early summer; airy sprays of rosy flowers in July-Aug. Ht.: 4'. Spread 24-36". Grow in rich, well-drained soil in full sun to part sun. Use in the prairie, border, mass planting, specimen or cutflower. Late to emerge in spring. Zone 4.

PANICUM virgatum 'Shenandoah'

Features mature seed heads of silver with clump-forming, stiffly upright habit; dark green foliage with reddish tones turning burgundy in the fall; airy sprays of pinkish flowers in July- Aug. Ht.: 48-70". Spread: 24-36". Grow in rich, well-drained soil in full sun to part sun. Use in the prairie, border, mass planting, specimen or cutflower. Late to emerge in spring. Zone 4.

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AROUND TOWN:

For neighborhood events or garden tours that you would like posted in our monthly newsletter, please contact Rick at (608) 244-5661 or rick@kleinsfloral.com or Sue at sue@kleinsfloral.com. Please include all details, i.e. dates, locations, prices, brief description, etc. Events must be garden related and must take place in the Madison vicinity and we must receive your information by the first of the month in which the event takes place for it to appear in that month's newsletter. This is a great opportunity for free advertising.

Northside Farmers Market

Sundays, May 1 through October 23, 8:30-12:30 In the Northside TownCenter at the intersection of N. Sherman Ave. and Northport Dr. across from Warner Park. Please note that Northport Dr. and Packers Ave. will be under construction during the 2011 season.

The Northside Farmers Market is a nonprofit community enterprise. It is one of the newest and fastest growing farmers' markets in Dane County. In keeping with the innovative spirit of Madison's Northside, we are surpassing what defines the traditional farmers' market. Our fundamental principles include:

- --Providing an abundant selection of high quality, locally grown foods. The market accepts Quest, WIC and Senior FMNP vouchers.
- --Supporting our local agricultural entrepreneurs who are increasingly important today in ensuring that we have the best and safest food possible.
- --Educating the community about traditional foods and the history of local agriculture in an attempt to preserve (and expand upon) our rich heritage.
- --Promoting nutrition and the market by hosting dinners for neighborhood groups and seniors.

Parking is always FREE!

For details visit www.northsidefarmersmarket.org

Dane County Farmer's Market

Saturdays, April 17 thru November 6, 6:00-2:00 On the Capitol Square

Wednesdays, April 21 thru November 3, 8:30-2:00 In the 200 block of Martin Luther King, Jr. Blvd.

For details visit www.madfarmmkt.org

Olbrich Garden's Bolz Conservatory Exhibit-Integrated Pest Management

Thru October 30, 2011 Daily from 10:00-4:00, Sundays 10:00-5:00 In the Bolz Conservatory

Beneficial insects have been used in the Conservatory since it opened in 1991. These bugs provide control of plant-damaging insects, minimizing the need of more dangerous traditional insecticides. These controls, along with several others, are part of the Conservatory's Integrated Pest Management (IPM) program. This widely accepted program strives to use the least toxic method of insect and disease control to be more environmentally sensitive. Learn about Olbrich's environmentally friendly pest control methods and get ideas you can use to reduce or eliminate pesticide use at home.

Olbrich Botanical Gardens 3330 Atwood Ave., Madison 608/246-4550 or www.olbrich.org for details

Olbrich's Garden's Bulk Mulch Sale

Saturday, October 1, 8 & 15 9:00-1:00

Buy leaf mulch in bulk and save money during Olbrich's Fall bulk mulch sale! The shredded, composted leaves enrich soil and provide nourishment and protection for your gardens, shrubs, and trees. While applying mulch to gardens in the spring is most common, applying leaf mulch in the fall helps regulate soil temperatures during the winter, and gives the garden a head start in the spring. Bulk mulch is loose and is loaded with a tractor. Bring your own truck or trailer and Olbrich will load bulk scoops for you. Each scoop is \$40 and covers approximately 350-square feet at a 3-inch depth.

Olbrich Botanical Gardens 3330 Atwood Ave., Madison 608/246-4550 or www.olbrich.org for details

African Violet Show and Sale

Saturday, October 8, 12:00-5:00 Sunday, October 9, 10:00-4:00

African violets will be on display and for sale in the Evjue Commons. The sale will include African violets, streptocarpus, and other gesneriads. Leaves, starter plants, soil, pots, and handouts with growing tips will also be available. Sponsored by the Wisconsin State Council of African Violets. A portion of the proceeds benefits Olbrich Botanical Gardens. For more information call 608-833-5552.

Olbrich Botanical Gardens 3330 Atwood Ave., Madison 608/246-4550 or www.olbrich.org for details

Badger Trolley Tours

Sundays, October 9, 16 & 23--1:00, 2:00 & 3:00

Free, narrated tours aboard the Badger Trolley begin at the Visitor Center. Tours last about 45 minutes. View the prairies and woodlands in beautiful fall color and learn more about the Arboretum's history and purpose. Get your free ticket at the Arboretum Visitor Center the day of the tour—first come, first served.

University of Wisconsin Arboretum 1207 Seminole Highway Madison, WI 53711 608/263-7888 or www.uwarboretum.org for details

Crackle--Fire & Froth in the Gardens

Friday, October 21 7:00-10:00 p.m.

Be inspired by the beauty of a crisp fall evening in Olbrich's outdoor gardens. Watch the flames from bonfires dance on the Great Lawn, groove to live music, savor a variety of tasty foods from Food Fight restaurants, and sip frothy Wisconsin micro-brews, from the Great Dane Pub & Brewing Co and other local breweries. Food and beverage offered at an additional cost.

Must be 21 years old to attend. Advanced tickets are sold out. Additional tickets may be available the day of the event, weather dependant (in the case of inclement weather the event may be relocated indoors). Information about day of event ticket sales will be posted on Olbrich's website by noon on October 21.

Headliner: The Mark Croft Band, 8 - 10 p.m.

A seasoned performer (and past Klein's employee), Mark Croft has been serving up exciting and emotional performances to unsuspecting audiences throughout the nation. In a repertoire of pop singles, country-tinged sounds, southern funk, swampy blues, gospel, and gypsy swing, he demonstrates his versatility and maturity as a songwriter, storyteller and performer.

Mark was designated "Favorite Singer/Songwriter" by Isthmus Magazine's Reader's Poll. A nine-time Madison Area Music Award winner, he was again honored in the spring of 2010 with five awards including "Best Male Vocalist" & "Best Music Video." Mark takes inspiration from a variety of musical styles and blends them into his own Pop/Roots style. His newest CD, Evening Flood, features the funk-infused single, "The Gas Is On," which was written in the wake of the gulf oil spill and reflects on its global impact and aftermath.

Olbrich Botanical Gardens 3330 Atwood Ave., Madison 608/246-4550 or www.olbrich.org for details

Herb Fair

Saturday, November 5, 9:00-2:00.

The 29th Annual Herb Fair is an all-new FREE event focusing on Herbal Education. We'll have speakers including Nino Ridgeway on gardening, Jane Hawley Stevens on medicinal and cosmetic products, and a culinary demo featuring MINT. Our new MINT cookbook will also be available. The Commons at Olbrich will have a festive air with live music, herbal vendors, and the ever popular Madison Herb Society Booth with homemade products and bakery items.

Highlighting the day will be our first-ever Herb Activities Room. Here visitors will get hands-on herbal experiences. There will be stations where you can make your own Thanksgiving herb packet or Bay Laurel kitchen ornament, or see how herbal household products are made. We'll have demonstrations on herbal wreaths, nosegays, tussie mussies and a Q & A station with herb growing information.

For more information visit www.madisonherbsociety.org.

Olbrich Botanical Gardens 3330 Atwood Ave., Madison 608/246-4550 or www.olbrich.org for details

OCTOBER IN THE GARDEN A checklist of things to do this month.
**Although the average first frost date for Madison is about Oct. 6, killing frosts have
occurred as early as September 12 (1955). Be aware of quick weather changes this
time of year. Be prepared to cover tender plants at any time.
Pick up a copy of the 2012 Wisconsin Garden Journal at bookstores & Klein's
Visit Olbrich, Rotary or Allen Centennial Gardens and note plants of fall interest for
spring planting and best selection.
Dig new beds now! It's easier now than in spring when super-busy.
Take geranium, salvia, impatiens, abutilon cuttings before the first freeze.
Plant spring bulbs now! Plant tulips, daffodils, hyacinths & crocus.
Plant bulbs for forcing and put in a cool location for 10-12 weeks.
Plant Christmas amaryllis now for holiday blooms; paperwhites now for
Thanksgiving blooms.
Apply a systemic pesticide to plants to be wintered over indoors.
Move potted bulbs to be stored like begonias, callas, caladiums and cannas to a
garage so they can dry out before storage.
Dig up and store dahlias, glads, cannas and elephant's ear after tops freeze.
Continue planting deciduous shrubs and trees until the ground freezes.
Divide and plant perennials as desired.
Clean up stalks and leaves of annuals and vegetables, preventing viruses and pests
for next year's garden.
Continue harvesting brussels sprouts, kale, greens and root crops.
Plant garlic. October is the best time.
Stop deadheading perennials for winter interest, i.e. sedums, grasses, etc.
Cut perennials back to 4-6", leaving those for winter interest.
Collect seeds for next year's garden.
Plant winter rye as a cover crop for spring tilling.
Make notes in your garden journal for changes, improvements, etc.
Take pictures of your garden for record keeping.
Mow the lawn at shortest setting for last mowing of the season.
Visit Klein'sGreat selection of mums, kales, cabbages, pansies & more!
Some of our very favorite seed and plant sources include:
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For seeds:

Baker Creek Heirloom Seeds @ www.RareSeeds.com or 417/924-8887

Burpee @ <u>www.burpee.com</u> or <u>800/888-1447</u>

Harris Seeds @ www.harrisseeds.com or 800/514-4441

Johnny's Select Seeds @ www.johnnyseeds.com or 207/861-3901

Jung's Seeds @ www.jungseed.com or 800/247-5864

Park's Seeds @ www.parkseed.com or 800/845-3369

Seeds of Change @ www.seedsofchange.com or 888/762-7333

Seed Savers @ www.seedsavers.org or 563/382-5990
Select Seeds @ www.selectseeds.com or 800/684-0395
Territorial Seeds @ www.territorialseed.com or 888/657-3131
Thompson & Morgan @ www.thompson-morgan.com or 800/274-7333

For bulbs:

Brent & Becky's Bulbs @ www.brentandbeckysbulbs.com or 877/661-2852 Colorblends @ www.colorblends.com or 888/847-8637

John Scheeper's @ www.johnscheepers.com or 860/567-0838

McClure & Zimmerman @ www.mzbulb.com or 800/883-6998

For plants:

Heronswood Nursery @ www.heronswood.com or 360/297-4172
High Country Gardens @ www.highcountrygardens.com or 800/925-9387
Logee's Greenhouses @ www.logees.com or 888/330-8038
Plant Delights Nursery @ www.plantdelights.com or 912/772-4794
Roots and Rhizomes @ www.rootsrhizomes.com or 800/374-5035
Wayside Gardens @ www.waysidegardens.com or 800/213-0379
White Flower Farm @ www.whiteflowerfarm.com or 800/503-9624

Note: To receive every possible seed, plant or garden supply catalog imaginable, check out **Cyndi's Catalog of Garden Catalogs** @ www.gardenlist.com. Most catalogs are free and make for great winter reading!

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BEHIND THE SCENES AT KLEIN'S-This is a sneak peek of what is going on each month behind the scenes in our greenhouses. Many people are unaware that our facility operates year round or that we have 10 more greenhouses on the property in addition to the 6 open for retail. At any given moment we already have a jump on the upcoming season-be it poinsettias in July, geraniums in December or fall mums in May.

IN OCTOBER:

- ---We've put any leftover perennials to bed for the winter in one of out unheated back greenhouses. It's been a good season...we have very little left to pack away.
- ---We begin shutting down the back greenhouses. They remain unheated for the winter allowing energy savings and pest control.
- ---Weatherizing continues. We seal up and insulate unused doors and caulk up air leaks. Water is shut off to the greenhouses not used during the winter.
- ---Pots, cell packs and trays arrive from our wholesalers in preparation for next spring. Most are stored in the unused greenhouses out back. It's only 3 months till the first of next year's geranium crop arrive (we already have some of next season's tropicals).

- ---Plants begin arriving for the big Garden Expo at the Alliant Energy Center in February. Herbs, primrose and cool-loving annuals are arriving enforce.
- ---Cyclamen and azaleas continue to arrive for winter sales.
- ---We send out our mailings to local churches regarding poinsettia and blooming plant information for the upcoming holidays. We are proud to say that hundreds of area churches and businesses are decked out with Klein's **HOMEGROWN** poinsettias during the holiday season.
- ---By month's end the poinsettias begin to change color. Looking across the greenhouses, one begins to see hints of red, pink and white. We've moved many of our poinsettias into our retail area from the back greenhouses before cold weather sets in.

<u>PRODUCT SPOTLIGHT</u>--Each month we spotlight some product that we already carry or one that we've taken note of and plan to carry in the near future. Likewise, if you would like to see Klein's to carry a product that we don't currently, please let us know. Our goal is to be responsive to the marketplace and to our loyal clientele. If a product fits into our profile, we will make every effort to get it into our store. In addition, we may be able to special order an item for you, whether plant or hard good, given enough time.

This month's spotlight features: Plant Hangers from Primitive Planters

Talk about a fun and exciting product!! This alternative to grandma's 'outdated' macramé plant hanger is it. These stunning cloth plant hangers come in a wide assortment of colors and fabric patterns. There is a color and style for every home decor. Now you're able to match your hanging plants with your walls, wallpaper, curtains, table linens, bedding and more. Primitive Planters has merged a functional garden product and home decorating into one product. Can be used both inside and out! See examples on their visually stimulating website at http://www.primitiveplanters.com/ and then at Klein's. We've carried these eye-catching hangers since 2008 and we can't keep them in stock! See what the hype is all about.

About the company--Primitive Planters

Primitive Planters is a woman owned company, co-founded by Jennifer Lavoie and Sharon Kuslaka, childhood friends, out of passion for gardening. Together, with over 20 years of combined experience in marketing and sales, retail and quality assurance management; they are a hybrid for success! The company started with the original idea of updating the iconic macrame plant hanger with their utility patented indoor/outdoor fabric plant hanger. A simple, sleek concept with decorating style, without all of the beads and tassels.

With an understanding of the target audience of women, they realized they LOVE to garden, but are notorious for color coordinating in all aspects of their lives, such as home decorating & dress attire.

Offering a stylish fabric plant hanger in beautiful colors and patterns from bright turquoise to polka dot patterns, their customers can coordinate the color of their hanger with flower hanging baskets, plants, pots, pottery, containers, home decor and more!

Since the launch of their hangers, they have since added macrame to their product line, keeping the nostalgia and making them THE plant hanger resource for all of your needs. The company manufactures and distributes their products through co-ops and distributors throughout North America and Canada.

"We hope that our fabric plant hangers will bring back indoor & outdoor plant hangings to a whole new level now that people have decorative choices that suit their own style".

Sharon & Jennifer

То Тор

PERMANENT FEATURES--

KLEIN'S MONTHLY NEWSLETTER

Have our monthly newsletter e-mailed to you automatically by signing up on the right side of our home page. We'll offer monthly tips, greenhouse news and tidbits, specials and recipes. . .everything you need to know from your favorite Madison greenhouse. And tell your friends. It's easy to do.

THE MAD GARDENER--"Madison's Firsthand Source for Expert Gardening Advice"

Ask us your gardening questions by e-mailing us at madgardener@kleinsfloral.com. Klein's in-house **Mad Gardener** will e-mail you with an answer as promptly as we can. The link is posted on our home page and in all newsletters.

We can only answer those questions pertaining to gardening in Southern Wisconsin and we reserve the right to leave correspondence unanswered at our discretion. Please allow 2-3 days for a response.

FACEBOOK

Klein's has joined the Facebook frenzy. Become a fan of Klein's by visiting us at www.facebook.com. We continuously post company updates and new pictures

SENIOR CITIZEN DISCOUNT

We offer a 10% Off Senior Citizen Discount every Tuesday to those 62 and above. This discount is not in addition to other discounts or sales. Please mention that you are a

senior before we ring up your purchases. Does not apply to wire out orders or services, i.e. delivery, potting, etc.

BUCKY BOOK COUPON

Klein's is again showing our proud support of community UW athletics and academics with advertising and coupons in the 2010 edition of the Bucky Book. We are also selling the 2010 edition in-store--the perfect gift Visitwww.buckybook.com for more information and to order your copy.

RECYCLING POTS & TRAYS

The City of Madison will recycle rinsed out hard plastic pots and trays when brought to their drop-off locations at 4602 Sycamore Ave. and 1501 West Badger Rd. They do not accept light plastic or multi-celled packs. White plastic #5's are also not accepted in city recycling bins or at the drop-off sites. For more information call 267-2626 or visit www.cityofmadison.com/streets/RigidPlasticRecyclingDropOff.cfm

KLEIN'S "BLOOMING PLANT OR FRESH FLOWER CLUB"

Send or receive 3 month's, 6 month's or a whole year's worth of seasonal blooming plants or fresh flower arrangements and SAVE!!

There's no easier way to give gorgeous blooming plants or fresh flower arrangements, month after month. Each month a seasonal blooming plant or fresh arrangement will arrive on yours or a loved one's doorstep. You choose the start date and we'll make your special delivery the very same day each month.

For just \$75, \$150 or \$300, respectively, we'll send 3 month's, 6 month's or a year's worth of seasonal blooming plants--perhaps a bulb garden or azalea in the spring, one of our famous large geraniums or a tropical hibiscus in the summer, a chrysanthemum or Thanksgiving cactus in the fall or one of our homegrown poinsettias or cyclamen for the holidays and winter months. Selection of the blooming plant will be based on availability.

And for just \$90, \$175 or \$350, respectively, receive one of Klein's lovely fresh floral arrangements. All arrangements will be seasonal and will contain only the freshest flowers. All arrangements are **Designer's Choice**, but are sure to satisfy the most discerning lover of fresh flowers.

Prices include delivery within our delivery area. Enclosure cards will accompany each delivery if desired. For delivery details visit the "**Permanent Features**" section of our newsletter below. If your chosen delivery date happens to fall on a Sunday or holiday, we will deliver it on the next available delivery day. All regular delivery conditions apply.

Join our <u>Blooming Plant or Fresh Flower Club</u> by calling Klein's at <u>608/244-5661</u> or <u>888/244-5661</u> or by stopping in. We request that payment be made in full before the first delivery and prices do not include sales tax.

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DELIVERY INFO

Klein's Floral and Greenhouses delivers daily, except Sundays, throughout all of Madison and much of Dane County including: Cottage Grove, DeForest, Fitchburg, Maple Bluff, Marshall, McFarland, Middleton, Monona, Oregon, Shorewood Hills, Sun Prairie, Verona, Waunakee and Windsor. Current delivery rate on 1-4 items is \$6.95 for Madison, Maple Bluff, Monona and Shorewood Hills, slightly more to the surrounding communities and for more than 4 items. We not only deliver our fabulous fresh flowers, but also houseplants, bedding plants and sundries. A minimum order of \$25.00 is required for delivery. Delivery to the Madison hospitals is \$4.95. Deliveries to the four Madison hospitals are made during the early afternoon. There is no delivery charge to funeral homes in the city of Madison, although regular rates apply for morning funeral deliveries to Madison's west side. Regular rates also apply for funeral deliveries in the surrounding communities.

Morning delivery is guaranteed to the following Madison zip codes, but only if requested: 53703, 53704, 53714, 53716, 53718 and Cottage Grove, DeForest, Maple Bluff, Marshall, McFarland, Monona, Sun Prairie, Waunakee and Windsor. We begin our delivery day at 8:00 a.m. and end at approximately 4:00 p.m. Except during holidays, the following west-side zip codes and communities can be delivered only during the afternoon: 53705, 53706, 53711, 53713, 53717, 53719, 53726, Fitchburg, Middleton, Oregon, Shorewood Hills and Verona. During holidays (Christmas, Valentine's Day, Mother's Day, etc.) we are able to make morning deliveries to all of the above areas. We are not able to take closely timed deliveries on any holiday due to the sheer volume of such requests. It's best to give us a range of time and we'll try our absolute hardest. Orders for same day delivery must be placed by 12:30 p.m. or by 2:30 p.m. for Madison zip codes 53704 and 53714. We do not deliver to Cambridge, Columbus, Deerfield or Stoughton.

DEPARTMENT HEADS: Please refer all questions, concerns or feedback in the following departments to their appropriate supervisor.

Phone: <u>608/244-5661</u> or <u>888/244-5661</u>

Grower, General Manager -- Jamie VandenWymelenberg <u>jamie@kleinsfloral.com</u>
Assistant Manager-- Jennifer Simon <u>jsimon@kleinsfloral.com</u>
House Accounts & Billing-- Barbara Foulk <u>barb@kleinsfloral.com</u>
Delivery Supervisor-- Rick Halbach <u>rick@kleinsfloral.com</u>
Owner & Manager-- Sue Klein <u>sue@kleinsfloral.com</u>

RELATED RESOURCES AND WEB SITES

University of Wisconsin Extension 1 Fen Oak Ct. #138 Madison, WI 53718 608/224-3700

http://www.uwex.edu/ces/cty/ http://www.uwex.edu/ces/wihort/

Plant Disease Diagnostics Clinic
Dept. of Plant Pathology
1630 Linden Dr.
Madison, WI 53706
http://www.plantpath.wisc.edu/index.php

Insect Diagnostic Lab 240 Russell Labs 1630 Linden Dr. Madison, WI 53706 http://www.entomology.wisc.edu/

U.W. Soil and Plant Analysis Lab 8452 Mineral Point Rd. Verona, WI 53593 608/262-4364 http://uwlab.soils.wisc.edu/

American Horticultural Society http://www.ahs.org/

Garden Catalogs (an extensive list with links)
http://www.gardenlist.com/
also http://www.mailordergardening.com/
Invasive Species
http://www.invasive.org/

Community Gardens Division (Madison area)

Friends of Troy Gardens Rm. 171, Bldg. 14 3601 Memorial Dr. Madison, WI 53704 608/240-0409 http://www.troygardens.org/

Community Action Coalition 1717 N. Stoughton Rd. Madison, WI 53704 608/246-4730

http://www.cacscw.org/gardens/

Madison Area Master Gardeners (MAMGA) http://www.madison.com/communities/mamga/

Wisconsin Master Gardeners Program
Department of Horticulture
1575 Linden Drive
University of Wisconsin - Madison
Madison, WI 53706
608/265-4504
http://www.hort.wisc.edu/mastergardener/

The Wisconsin Gardener http://www.wpt.org/garden/

Allen Centennial Gardens 620 Babcock Dr. Madison, WI 53706 608/262-8406

http://www.horticulture.wisc.edu/allencentennialgardens/

Olbrich Botanical Gardens 3330 Atwood Ave. Madison, WI 53704 608/246-4550 http://www.olbrich.org/

Rotary Gardens 1455 Palmer Dr. Janesville, WI 53545 608/752-3885 http://www.rotarygardens.org/

University of WI Arboretum 1207 Seminole Hwy. Madison, WI 53711 608/263-7888 http://uwarboretum.org/

University of Wisconsin-West Madison Agricultural Research Center

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PLANTS POISONOUS TO CHILDREN:

Children may find the bright colors and different textures of plants irresistible, but some plants can be poisonous if touched or eaten. If you're in doubt about whether or not a plant is poisonous, don't keep it in your home. The risk is not worth it. The following list is not comprehensive, so be sure to seek out safety information on the plants in your home to be safe.

- Bird of paradise
- •Bull nettle
- Castor bean
- Chinaberry tree
- •Crocus
- Daffodil
- Deadly nightshade
- Dieffenbachia (dumb cane)
- Foxglove
- •Glory lily
- •Hemlock
- Holly berry
- Indian tobacco
- •Iris
- Jimsonweed
- •Lantana
- Larkspur
- Lily of the valley
- Marijuana
- Mescal bean
- Mexicantes
- Mistletoe
- Morning glory
- Mountain laurel
- Night-blooming jasmine
- Nutmeg
- Oleander
- Philodendron
- Poison ivv
- Poison sumac
- Pokeweed
- Poppy
- •Potato

- Privet
- Rhododendron
- •Rhubarb
- Water hemlock
- •Wisteria

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PLANTS POISONOUS TO PETS:

Below is a list of some of the common plants which may produce a toxic reaction in animals. This list is intended only as a guide to plants which are generally identified as having the capability for producing a toxic reaction. Source: The National Humane Society website @ http://www.humanesociety.org/

- Aconite
- Apple
- Arrowgrasses
- Autumn Crocus
- Azaleas
- Baneberry
- •Bird-of-Paradise
- Black locust
- •Bloodroot
- Box
- Buckeye
- Buttercup
- •Caladium
- Carolina jessamine
- Castor bean
- Chinaberry tree
- Chockcherries
- Christmas berry
- Christmas Rose
- Common privet
- Corn cockle
- Cowbane
- Cow cockle
- Cowsliprb
- Daffodil
- Daphne
- Day lily
- Delphinium (Larkspur)
- Dumbcane
- Dutchman's breeches
- Easter lily
- Elderberry
- •Elephant's ear
- English Ivy

- •European Bittersweet
- Field peppergrass
- Foxglove
- Holly
- Horsechestnut
- Horse nettle
- Hyacinth
- •Iris
- Jack-in-the-pulpit
- Jerusalem Cherry
- Jimsonweed
- •Lantana
- Larkspur
- •Laurels
- Lily of the valley
- Lupines
- Mayapple
- Milk vetch
- Mistletoe
- Monkshood
- Morning glory
- Mustards
- Narcissus
- Nicotiana
- Nightshade
- •Oaks
- •Oleander
- Philodendrons
- Pokeweed
- Poinsettia
- Poison hemlock
- Potato
- Rhododendron
- •Rhubarb
- •Rosary pea
- Sago palm
- Skunk cabbage
- Smartweeds
- •Snow-on-the-mountain
- •Sorghum
- Star of Bethlehem
- •Wild black cherry
- •Wild radish
- •Wisteria
- Yellow jessamine
- Yew

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