

TOP TEN LIST

TOP TEN NATURAL INGREDIENTS FOR A HEALTHY MOUTH:

1. CLOVE BUD OIL... to relieve toothaches.
2. TEATREE OIL ... to inhibit growth of bacteria.
3. ECHINACEA ... to promote regeneration of healthy tissue and fight mouth infections.
4. PEPPERMINT ... for its antiseptic properties.
5. BAYBERRY ... to tone gum tissue and alleviate bleeding.
6. ALOE VERA ... to relieve swelling and mouth pain.
7. NEEM ... to help freshen breath.
8. THYME OIL, THYME LEAVES ... have antiseptic and anti-fungal properties.
9. LEMON BALM ... for its soothing qualities.
10. PEELU ... to whiten, de-sensitize, and prevent cavities, bleeding gums, and plaque.



TERESA'S PIECES

Well, homies, we've "sprung" into spring and summer, now let's "fall" into winter!

Time to do some yard cleanup, pruning, and preparing for winter. Hey, it's a chore but better be sprack than sprattle. (find that dictionary, folks!)

Start your winter prep by bringing tender potted plants inside before the first frost. Spraying and/or treating your plants with an insecticidal soap or a granular systemic (we have both here at La Crosse Floral) prevents unwanted "friends and family" from hitching a ride into your warm comfy home.

If your herbs spent the summer in the ground, pot them up and place in a sunny window to have access to fresh herbs for cooking all winter long. How cool is that?

Diseases lay dormant through winter only to come back with a vengeance as soon as the heat is on. Pulling up and chucking any diseased plants whether annual or perennial prevents this from happening.

Now you're ready to do some clean up in the garden. Gather up extra, unused stakes and plant markers. Rake up leaves and pruned foliage and if debris is not diseased, it can be tossed on the compost pile along with any annuals that have been pulled up. Clean garden tools and put them away. Unscrew hoses from the spigot and drain before storing. Clean your pots before bringing inside by soaking them in warm, soapy water laced with a splash of bleach or hydrogen peroxide. Then scrub with a wire brush making sure to get in all the nooks and crannies. Finally, rinse pots with water and set aside to dry.

To add interest and color to your garden, don't cut back grasses, tough herbs or thick-stemmed perennials. Their foliage holds snow in the garden to act as insulation to protect plants from the cold. Plus – birds love to sit on them in winter.

You will want to prune climbing plants. This protects them from wind and heavy snowfall that

will break fragile stems. Cut back perennials, flower stalks and all, down to within a few inches from the ground to ready them for winter.

To protect your cold-hardy plants, apply a HEAVY layer of mulch after the ground has frozen. This prevents "heaving" which is a temporary freeze-thaw-refreeze situation that exposes tender roots to freezing temps, and also "tricks" plants out of dormancy under the pretense that spring has occurred.

After the first killing frost, trim roses back to about 16-18" (less for miniature and small shrub roses) and discard trimmings.

Use a spray or dust on the canes and soil surface, then cover the crown with 6-8" of soil. Mulch entire plant and soil mound with marsh hay-be sure to remove mulch in early spring so air is able to circulate around the plants.

Climbing roses can be staked to the ground and covered with hay, or if this isn't possible, the canes can be tied together and wrapped with burlap to keep wind from damaging them.

Tree roses should be laid down by lifting one side of the root ball so the trunk can be placed flush to the ground. Cover the entire plant with soil and then mulch.

If you live in the city, you know that salt trucks are the bane of curbside plants and grass. Salt is a powerful herbicide that can burn, damage, or even kill plants. Applying a layer of plastic over the soil on boulevards, driveways, and sidewalks help protect areas that are likely to get hit. If salt does get on the plants or soil, watering thoroughly in spring will leach salt through the soil and minimize damage.

Now, go and grab a glass of Vino and relax on your patio knowing that your yard and garden are buttoned-down for the winter!

Peace, love, and happiness!



TRENDS



HO-HO-HO... Time to start dusting off those holiday decorations. A good time to put up your twinkle lights is when you clean out your gutters of fallen leaves, or brush off the evergreen trees. Planning for the Christmas season starts in January at La Crosse Floral. We even have some Super Buys on a few holiday trees right now! It is always fun to see what is on "Trend" at market when we travel in March. What is "trend" at market isn't always something folks in La Crosse are excited to try.

Circus animals and Circus Tents was one theme I saw that I think would be fine to display in Wisconsin Dells in the summer – as a souvenir from your vacation, but I don't know of many people who want their whole Christmas Tree to be gaudy (and I do mean gaudy) circus animals. Remember when the Purple Hat Lady trend hit? We saw purple and red themed trees in all the showrooms.

One trend that I would almost hesitate to call a "trend," is a Beach Theme. I think this is because those of us up north dream of warmer days ahead and yearn for the sand between our toes when we are knee deep in snow! Some of my fellow florists that are in the southern coastal states love the lodge look – hilarious, isn't it? They yearn for a snowy Christmas tucked away in a cabin in the woods. They decorate to create the look and imagine sipping hot cocoa in front of the fire. Although we get a ton of snow in Wisconsin, the lodge look is always important at La Crosse Floral – it is cozy, and it is home to many of us. We will have a couple of themes this year called Friends in the Forest and Winter Garden that are just

perfect if you decorate your home in this style. Decorating these days isn't about buying all new. Rather, come to us for decorating ideas to take home. No time? – That is where our Designers can help. Bring in a bouquet or wreath to refresh – sometimes all you need is a new ribbon, or a few stems of silk added. Do you have a treasured glass bowl or a piece of pottery? Let us create something special. There are even paper birch wired ribbons that look like real bark. We have bundles of lightweight logs. No need to worry about bugs coming in with the real thing.

"Western" is also a trend we see coming on strong this year. Our theme will be appropriately titled "Saddle Up Santa." We have chosen to make this more "canyon" like. The look is rustic with the use of rope, birch, leather, metal, and corduroy. Yes – corduroy is HOT right now. Country music has always been a mainstay in the greater La Crosse area. I think country music in 2011 is more pop-influenced than what many of us grew up with in the days of Conway Twitty and Loretta Lynn, which is more traditional. This trend is fun and whimsical with cowboy snowmen and bowlegged santas. Turquoise is the color that splashes against all the red and brown to give western a snap.

A cute little vignette that we will have is "T'was the Night Before Christmas." We just couldn't resist all the cute little mice we saw – really! It was not a "Trend."

We decided we simply had to bring them to La Crosse. With names like Thaddeus and Finneus – who can resist? This will bring back all those great memories of having the storybook read to us as a child, and at the holiday, don't we all need to be a kid again?

CALENDAR OF EVENTS

OCTOBER

6th-15th (Thur – Sat)
Houseplant Sale
 11th (Tues)
Take Your Teddy Bear to Work Day!
 15th (Sat) * 10:00am
Fairy Garden Seminar
 16th (Sun)
Sweetest Day
 17th (Mon)
Bosses Day
 31st (Mon)
Halloween

NOVEMBER

3rd (Thur) * 4:30 – 6:30pm
Starry Night
 20th (Sun)
National Adoption Day
 24th (Thur)
Thanksgiving Day
 26th/27th (Sat/sun)
Holiday Open House

DECEMBER

12th (Mon)
National Poinsettia Day
 24th (Sat)
Christmas Eve
 25th (Sun)
Christmas Day
 31st (Sun)
New Year's Eve Weenie Roast



LA CROSSE FLORAL

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HOURS

October 1 – November 23

Mon - Fri 8:00am – 5:30pm

Sat 8:00am – 5:00pm

Sun CLOSED

November 25 – December 23

Mon - Fri 8:00am – 5:30pm

Sat 8:00am – 5:00pm

Sun 11:00am – 4:00pm

Christmas Eve and New Year's Eve

Sat, Dec. 24th and 31st 8:00am – 3:00pm



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Roots and Shoots

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LA CROSSE
FLORAL

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THEME DAYS

Grower To Grower

HOUSEPLANT SALE * *Thur. Oct. 6th – Sat. Oct. 15*

Houseplants do not go on sale very often, so this is your opportunity to fill your house with some natural air purifiers and humidity before the dark days of winter. Plants lift your spirits and give you hope of the spring to come. Plus – plants are a way of being “GREEN”. The addition of just one plant to an office will increase productivity. We can help you select some stress-free easy care plants suitable for your home or office. Try a Live Air Filter – bring home a plant – at 30% OFF – BE GREEN!

FAIRY GARDENING SEMINAR * *Sat. Oct. 15th * 10-11 A.M.*

We are thrilled to offer you this **FREE** seminar, but would love it if you would consider signing up ahead of time. Our first seminar in May was packed with fellow Fairy Gardening Fans. While some of you are old pros, many of you are new to Fairy Gardening. Come learn...



1. What to do to prep your Outdoor Fairy Garden for winter.
2. How to decorate your Indoor Fairy Garden for the Fall and Winter Holidays.
3. What is new in both Fairies and Fairy Accessories.
4. Share ideas on your experiences with Fairy Gardening.

Bring your fairy and introduce her if she is out and about in the daylight hours. Post pictures of your Fairy Gardens on our Facebook page.

NATIONAL BOSSES' DAY * *Mon. Oct. 17th*

The Prize Patrol from La Crosse Floral will be presenting a wonderful prize package to the Winning Boss on Monday, October 17th. Let your boss know how much you appreciate him/her by nominating them. Nomination papers may be picked up in our Floral Shop. You may drop off, fax, or email LindaZ@lacrossefloral.net your nominations. We need to know: Boss' Name, Business Name, Business Address, Contact Person & phone number, best time to surprise your boss, and a short creative essay (50 words or less) on why your boss should win “Best Boss Sweepstakes”. Entries are due by end of the business day **Monday, October 10th**. Prize package includes: Lunch and Coffee from “Grounded”, Gift Certificate from “Howes Diamond Jewelers”, Candy from “Finnottes”, treats from “Panera”, Gift Certificate from “Piggy’s”, use of a new car from “Dahl Automotive”, and of course – Flowers and Balloons from “La Crosse Floral”.

“STARRY NIGHT” * *Thursday, November 3rd * 4:30pm – 6:30 pm*

This has become quite a night for us – and especially for you. We close at 3:00PM this day, and reopen at 4:30PM. We will have lots of entertaining ideas for you. There will be light refreshments, music, and prize drawings. Please join us, and bring a friend to see all that sparkles in anticipation of the Holiday Season.



HOLIDAY OPEN HOUSE * *Sat. Nov. 26th * 8am–5pm * Sun. Nov. 27th 11am–4pm*

It is always the Thanksgiving Weekend that signals the start of poinsettia season. We grow all our own plants, assuring you the freshest of plants. This colorful display of poinsettias will get you in the mood for all those holiday parties – but with much less stress. Specials will be found on the two days in both our Floral Shop and our Plant Patio.



NEW YEAR'S EVE WEENIE ROAST * *Sat. Dec. 31st * 5:30 pm*

Join us in our Parking Lot to view the Children's Fireworks Show at 6pm – but arrive a little early to enjoy a hot dog and cider on us – it's FREE – and a great safe place to watch the show.

Garden Glossary

Houseleek- A succulent commonly known as Hens & Chicks. Native to the Swiss and Italian Alps. There are some 25 species.

Climbing Onion- “*Bowiea volubilis*” A southern African succulent, a member of the lily family. Has an onion-like bulb out of which twining green stems 3-6 feet long appear.

Six-pointed star-shaped flowers appear at the tops in winter.

Whether you set them on your sunny dining room table, hang them on your front door, or have them potted around the yard, succulents are today's fun plants. No longer limited to gardens of the southwest, gardeners today are finding new and creative ways to use these durable plants. These unique and reliable beauties are the perfect plants for time crunched, space deprived, or even lazy gardeners. They give you the green but not all the work. Succulents are a celebration of geometric forms. They can look like stones, flowers, evergreens, trees, or vines. Some are even so weird looking they defy genetics.

With so many succulents to choose from, the home gardener can find it hard to select those that are easy to grow from those that are finicky. The ones I mention here are no-brainers to help you get started.

Aoenium is a succulent that looks like a zinnia in tree form. The variety “zwartkop” is deep burgundy to black and contrasts nicely against light green or yellow plants. Long elegant stems hold large rosettes of black leaves.

Agave are one of my favorites. They are slow growing and have exquisite beauty. Many are edged in black, white, or red. They can however, have razor sharp tips and distinctive sets of teeth along the leaf edges. Mature specimens can become the size of a volleyball. The plant is very tough, and very little bothers it.

Aloe, also known as the burn plant, has grown up. The latest creations are quite different. They have a wide range of pigmentation and structure, with a little attitude thrown in. It's the colored ridges that grab your attention. They add texture to the aloe look.

Echeveria is a huge group of succulents. They typically form rosettes, but these rosettes can have crimped leaf edges, or a multitude of color shades. Some are black, silver blue, shades of burgundy red, or even striped.

Euphorbia “Firesticks” has the common name of pencil tree and is the red version. It has

numerous pencil thin branches that turn a bright red in cooler temps. All summer it maintains a golden copper color. It can tolerate more ordinary soil than most succulents. It would work well alongside moisture loving plants. It also makes a super houseplant.

Sedum is another huge category. Many in this group are Zone 4 and can be left out over winter. There are sedums for all areas of your yard. Angelina, Blue Spruce, Stonecrop, and Dragon's Blood are several of the more common perennial sedum. They are adaptable to mixed containers as well as in the ground spilling over rock walls, or tucked in crevices. The taller “Autumn” sedum puts on a show in late summer alongside garden mums and asters.

Most of the succulents I've mentioned are great in mixed containers for the patio and deck. They should be moved indoors before frost and require very little watering and care in the house. The biggest issue with growing potted succulents is the type of soil used. Bagged cactus soils may contain bark and down the road can start fungus problems.

Succulents require a very well drained soil made up almost entirely of coarse sand. The water needs to run right through. Regular potting mix can be modified with sand – 50/50 blend is okay. If it's heavy, you've got a good mix. Very few succulents pair well with annuals. Moss roses and vinca periwinkle are two of the exceptions. They like it hot and dry. Fertilize often during spring and summer to compensate for the infrequent watering and run through of water. Careful – use a very dilute fertilizer.

With proper care – or should I say – proper neglect, these plants will flourish and give you enormous pleasure without a lot of work.

P.S. If you saw “Mezoo” this spring you were lucky – write this one down to purchase next spring – we sold out so quickly in 2011. You'll love this succulent trailer!

DID YOU KNOW...

Spruce tops, spruce tips, depending on your preference, are not the sawed-off tops of large spruce trees. They are in fact 2 to 5 ft. tall baby black spruces.

These tykes originate in the bogs of northern Minnesota where they naturally reseed. Gatherers lop them off at ground level, so a 2 ft. spruce top is as big as the tree had grown. The annual harvesting keeps the black spruce from filling in Minnesota's famed bogs. Before you head to the bogs, pick up a state license – it's required to prevent over-harvesting.

The Little Sprout

I DO realize this is the Fall Newsletter for all you folks, but I simply can't wait until spring to talk about my Rooftop Garden this past summer. Maybe it will inspire you to plan ahead for next year. Dr. Greenthumb always tells us to take notes on "what worked" and "what didn't work" in your garden because if you wait until next spring, your memory will have faded. The older I get, the more I am starting to agree with him.

I have talked about my container veggies before, but tried a couple new things this year. Remember – I have 4 - 20" pots – which might seem huge to you, but are the correct size to grow in and not stress your plants too much. I planted three clumps of bush style green beans in one pot. I put a cute pink stick figure girl trellis in the middle of the pot. Three to five bean seeds per clump were out towards edges of the pot, like 3 points of a triangle. As with all my veggies, I put Epsom salts into the soil at the start of each month, and fertilized every couple of weeks with JR Peters. In addition, once a month (same time as Epsom salts) I added some Bradford Organics Tasty Tomato granular fertilizer. I have picked beans 4X already! YUM.

I also planted one of my pots with Homemade Pickles Bush Cucumbers – 2 or 3 plants in the pot. This was a new cucumber for us, especially for container growing, although I think it would be just as good in the ground for small space gardens. You can harvest when cukes are like Old Milwaukee baby dills, or let grow until larger. I thought they looked like Goodyear Blimps when larger, until I brought one to work. The girls said they looked like the giant Dill Pickle you buy at the State Fair – exactly! I like them because there are not a ton of seeds in them. I just made 6 jars of refrigerator Garlic Dill Pickles last weekend after collecting 9 cukes off my plants. Perfect for the single person – you actually keep up with the quantity off the plants.

On to Flowers – I am a HUGE fan of Vinca Periwinkle. It has been a HOT HOT Summer, and my window boxes (36" in length) were the most beautiful they have been in years. I only had 3 plants (4 1/2" pots) in each. The 2 Vinca Periwinkle were Nirvana Cascade Rose, and Nirvana Cascade Pink Splash. In the middle I had Superbelle Blackberry Punch. Incredible pink and purple in color. Yes- I fertilize on a regular basis.

My other favorite pots contained 3 plants also. In each was: 1 Vinca Periwinkle Nirvana Cascade Lavender, 1 Mesa Azure Salvia, and 1 Potunia Lobster. This is our second year with the Mesa Salvia – last year we had it in red. We have planted it directly in the ground, but I have to say I prefer it in a mixed pot. Between all 3 plants there is a nice balance of color and flower size. The hummingbirds

and butterflies love it too! I have two lantana trees also up on the rooftop, and I have a regular visit of 3 hummingbirds every night to graze on the nectar of my lantanas, vinca periwinkles, salvia, and petunias. My pot is 16" wide that has the 3 plants in it. Another observation I have made is that the Nirvana Cascade Lavender is very pale lavender in color while in the greenhouse, and even the first month or so when it is planted. As soon as we get our summer heat, the color intensifies to deeper lavender – lovely!

I am always my own test garden when we plant new varieties. I always feel if it can survive on a hot black rubber rooftop, it will probably survive anywhere. The 2 Coleus I trialed this year were The Flume and Songbird. Both have performed very well for me. Songbird is definitely more vertical and V-shaped in nature. If you compare it to Big Red Judy, it does not fill out quite as much in width, but has wonderful height and a dark purple-black leaf with hot cherry pink inner markings. The Flume turns into a ball topiary – reminds me of what Snazzy did for me last year. Both are very nice. The Flume also has yet to get flower spikes, which I find as an attribute. As you prepare your garden for winter, or as you empty your pots until next spring, take notes and observe "what worked" and "what didn't work". Words of wisdom from Dr. Greenthumb and now, The Little Sprout.

P.S. My pots get both a Fall Rotation with pansies, mums, and grasses AND I fill with evergreen boughs and cardinal dogwood with twinkle lights for winter.



Slow Cooker Chicken Noodle Soup

- 1 pkg. McCormick Seasoning Mix
- 1 lb. boneless skinless chicken breasts, cut into cubes
- 2 cups sliced carrots
- 1 cup sliced celery
- 1 cup chopped onion
- 5 cups water
- 1 cup uncooked medium egg noodles



Place chicken and vegetables in slow cooker. Mix seasoning mix and water until blended. Pour over chicken and vegetables. Cover. Cook 8 hours on LOW. Stir in noodles and cook 10 minutes longer on HIGH or until noodles are tender. For best results, do not remove cover during cooking. Serves 8
This recipe comes from our Wedding Designer, Cindy, who is used to feeding a hungry crew on her farm.

BARB'S BLOOMS

Ah – My favorite time of year! I look forward to the color changes of the season and the cool, crisp air.

Here at La Crosse Floral changes are taking place too. Turning the gift shop into fall brings a fresh, warm look and feel to our surroundings. It's Exciting!

Although I'm a fall person, the Christmas season is even more thrilling.

Christmas – and with it -sparkle, glitz, berries, and evergreens, you name-we've got it. If you are a DIY kind of person like I am, I'd like to share with you a few tips about fresh evergreens that I've learned...

When you purchase greens, make sure that they are fresh. Look for any signs of drying out such as browning, yellowing, or shedding needles. The branches should be moist, firm, and full of needles. You'll want to keep the greens in a cool place such as the garage until you're ready to use them. If the temperatures are below 40 degrees, you can store them outside – but try to avoid freezing them. We carry WILT STOP, an anti-desiccant, to spray on your evergreens. It's like hairspray for evergreens – it "holds" in the moisture and helps prevent browning of the needles. This is especially important if you have a wreath or pot outside in the sun.

When you use the greens in bouquets, remember to water them daily to make sure they don't dry out. Christmas greens can last a long time in arrangements as long as they get water.

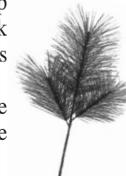
We will carry a great variety of greens for the holiday season...white pine tips, cedar, balsam, princess pine, douglas fir, spruce tops, and juniper berry.

When you're working with fresh evergreens, try adding berries, pinecones, branches, or Christmas ornaments. Add Permanent Botanicals to create a stunning look.

We just received some beautiful holiday permanent botanicals that can make your design absolutely outstanding. Some of the berries and branches we carry look sooooo real – it's difficult to tell that they're not!

Pinecones come in all shapes and sizes, and can be flocked, varnished, or painted in gold, silver, etc. We also carry an awesome selection of holiday ribbon to accent your design.

It's so fun to experiment! You may even want to give one of your designs to a friend or relative.



Flower Facts

Extend the life of your floral bouquet...

- * Add a teaspoon of vinegar to the water for lilies and gladiolas.
- * Drop a pinch of salt into the water for roses and snaps.
- * Mix two teaspoons sugar or lemonade to water containing asters or delphiniums.
- * Drop a penny into a vase filled with tulips.
- * Reduce murky water by adding an aspirin tablet.
- * Spray a fine mist on leaves and blossoms during hot weather.
- * Place your bouquets in a temperate location, away from direct sunlight and electrical appliances.
- * Avoid particularly humid or drafty areas.



DR. GREENTHUMB

As a photographer, I always look forward to fall and winter although the fantastic color of the north woods in October always attracts me, especially upper Minnesota and upper Michigan. I still feel our Coulee Region has more to offer in the form of variety of subjects to photograph. The blues of the asters and gentians, the yellow of the goldenrod (it does not cause hay fever) and other roadside flowers all give us diverse photo opportunities. I love to enjoy the colored foliage at the Shrine and Goose Island. You don't have to take a picture of a whole forest because even one leaf can be beautiful. Hixon Forest, with its climbing red vines is worth the walk and you get exercise at the same time. The Amish corn shock takes me back to my childhood. Take some photos of your garden to show how well your flowers produced. Take a long distance shot of the whole area and then move in for individual plants and even an interesting close up of a single bloom. You then have a record of what to plant next year. Close-ups of flowers are best on cloudy days or right after a rain when the drops are still on the blooms. One of the first rules of photography is "Keep It Simple," and that is what the first good snow does. It cleans up the landscape. Don't put your camera away when the weather cools. My two favorite winter subjects are the Rotary Lights at Riverside Park and the Christmas Train. If you want more information on how to photograph these subjects, join a camera club. For more information, go to lacrosseareacameraclub.org.

