



Organic Newsletter

Summer Edition, 2012

Flower Preservation

How many times do we look at our garden when it's at the height of its glory and wish we could have it forever. With flower preservation we can enjoy the blooms even after the garden has long since faded.

One method, air drying is very common and requires very little in the way of materials. Aside from the flowers themselves you need only rubber bands, string and a wire hangar.

Some flowers that are great for this method of drying are:

Annuals:

- Celosia cristata* or *C. plumosa* (Celosia)
- Centaurea cyanus* (Bachelor's Button)
- Consolida ambigua* (Larkspur)
- Gomphrena globosa* (Globe Amaranth)
- Helichrysum bracteatum* (Strawflower)
- Moluccella laevis* (Bells of Ireland)
- Salvia farinacea* (Mealycup Sage)

Perennials:

- Achillea* spp. (Yarrow)
- Allium* spp. (Ornamental Onion)
- Chrysanthemum* spp. (Mums)
- Cortaderia selloana* (Pampas Grass)
- Delphinium x cultorum* (Delphinium)
- Gypsophila paniculata* (Baby's Breath)
- Hydrangea* spp. (Hydrangea)
- Lavandula* spp. (Lavender)
- Monarda* spp. (Bee Balm)
- Origanum vulgare* (Oregano)
- Physalis alkekengi* (Chinese lantern)
- Rosa* spp. (Rose)

First, when selecting your flowers look for blooms that are almost fully open, during the drying process the flowers will continue to open. Also using flowers that are wilted will not produce good results.



After cutting your blooms, remove foliage and gather stems into small bunches and wrap the tightly with a rubber band. Keep in mind that the stems will shrink slightly so make sure the rubber band is tight enough to allow for shrinkage. With such flowers such as peonies or hydrangeas it is best to hang these stems individually as the flower heads are so large.

Next slip a piece of string through one loop of the rubber band and tie onto a wire hangar. Allow enough room between bundles to have good air circulation. The drying flowers should be placed in a low humidity, dark area, -or at least in an area that doesn't get direct sunlight- as the light will only help to fade the colors.

Depending on the environmental factors it can take anywhere from three to five weeks for the flowers to finish drying. The stems will snap cleanly when they are ready.

Fun Fact:

Hummingbirds!

These small nectar loving birds can be found naturally in the Americas, from as far north as Alaska to as far south as Chile! They prefer red and/or tubular flowers and help pollinate flowers by rubbing their forehead against the flower while they lap the nectar with their tongues.



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The second most popular method for preserving flowers is pressing. Pressed flowers can be used to decorate cards and other stationary items as well as mounted and framed.

The materials needed include newspapers, cardboard cut to newspaper size and heavy books or other objects.

With this method you want to pick the flowers at their peak as well as some underdeveloped stages to give you variation. Flowers that are already flat such as pansies or violets work best. Plants that have fleshy stems/flowers such as sedums do not make good plants for pressing.

Below is a list of good flowers for pressing:

Annuals:

- Ageratum* spp. (Mexican Flossflower)
- Celosia cristata* or *C. plumosa* (Celosia)
- Centaurea cyanus* (Bachelor's Button)
- Chrysanthemum* spp. (Mums)
- Consolida ambigua* (Larkspur)
- Cosmos bipinnatus* (Cosmos)
- Daucus carota* (Queen Anne's lace)
- Lobularia* spp. (Alyssum)
- Salvia* (Salvia spp.)
- Tagetes* spp. (Marigold)
- Verbena x hybrida* (Verbena)
- Viola tricolor* (Johnny-jump-up)
- Viola x wittrockiana* (Pansy)

-*Zinnia* spp. (Zinnia)

Perennials/Shrubs/ Bulbs:

- Anemone* spp. (Anemone)
- Aquilegia* spp. (Columbine)
- Convallaria majalis* (Lily-of-the-valley)
- Crocus* spp. (Crocus)
- Delphinium x cultorum* (Delphinium)
- Dicentra spectabilis* (Bleeding heart)
- Hydrangea* spp. (Hydrangea)
- Limonium* spp. (Statice)
- Narcissus* spp. (Daffodil/Narcissus)
- Phlox* spp. (Phlox)
- Primula* spp. (Primrose)
- Rhododendron azalea* hybrids (Azalea)
- Rosa* spp. (Rose)
- Salvia* (Salvia spp.)



After you have harvested your flowers, take a piece of cardboard and lay underneath one side of newspaper. Then open the sheet of and arrange one or more flowers (depending on size) in desired position on one side of the sheet. When the displays of petals or leaves is satisfactory close the other side of the newspaper and place another piece of cardboard on top; repeat this process until all flowers are gone. Then place in warm dry area and place heavy books across the surface of the cardboard.

After the first week remove the books and check the progress of your flowers, replacing the newspaper as you go. If the flowers become stuck to the paper use a thin knife to separate. The flowers will take about two-four weeks before they are ready to be used in decorations.

Organically Grown

Organic Spring Pizza



(Pizza can be made with dozens of different vegetables. This particular pizza includes traditional spring goodies, arugula and artichokes.)

4 organic baby artichokes
8-10 sundried tomatoes
2 tablespoons extra-virgin olive oil
3 garlic cloves, minced
1 pizza dough (you can find them at any supermarket, Whole Foods, Trader Joes)

6- 8 ounces fresh mozzarella cheese, sliced thin
10 black, dried, piquées or kalamata olives, pits removed
1 teaspoon fresh oregano, minced
1 cup young organic arugula (rocket) leaves
¾ cup Asiago cheese, grated

Preheat the oven to 500°F cut the top ½ inch (13 mm) off the baby artichokes. Cover them with water and simmer them for 10 minutes, or until tender. Cool the artichokes.

Blend the olive oil with the garlic. Spread the oil mixture evenly over the pizza shell. Distribute mozzarella cheese slices evenly over the pizza shell. Quarter the cooked artichokes and put them on top of the mozzarella. Add the olives and tomatoes and sprinkle them with the oregano. Bake the pizza for 7 to 10 minutes, or until the cheese has melted

Remove it from the oven, cover it evenly with arugula, and sprinkle on the Asiago cheese.

Either serve the pizza as is or return it to the oven for 2 more minutes to wilt the arugula and melt the Asiago.

Makes 1 medium-size pizza that serves 2.

Note: We recommend using certified organic ingredients, when available, in all recipes to maximize flavors and nutrition while minimizing your risk of exposure to pesticides, chemicals and preservatives.

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*Wishes you a safe summer filled
with fun and sun!*

~The Organically Green Team

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*"The linden, in the fervors of July,
Hums with a louder concert. When the wind
Sweeps the broad forest in its summer prime,
As when some master-hand exulting sweeps
The keys of some great organ, ye give forth
The music of the woodland depths, a hymn
Of gladness and of thanks."*

*~ William Cullen Bryant,
Among the Trees*

Services for 2012:

We offer the following services to help increase the enjoyment and beauty of your property:

Tree / Shrub:

- ❖ Shrub & Tree Spraying / Fertilization Programs
- ❖ Integrated Pest Management
- ❖ Soil Restoration
- ❖ Plant and Soil Stimulation Program
- ❖ Deep Root Feeding
- ❖ Root Growth Enhancement
- ❖ Mature Tree Restoration
- ❖ Air Spading
- ❖ Radial Trenching
- ❖ Vertical Mulching
- ❖ Anti-Desiccant Spraying
- ❖ General Tree and Shrub Maintenance Removal

Turf:

- ❖ Lawn Renovation
- ❖ Fertilization
- ❖ Overseeding
- ❖ Core Aeration
- ❖ Estate / Property Purification

Organic Pest Control:

- ❖ Flying Insect
- ❖ Deer / Geese
- ❖ Rodent Repellent
- ❖ Organic Tick & Flea Control

We also offer Outdoor Holiday Décor.

Call (631) 467-7999 for a free estimate!

