

'THE SAGE'--FEBRUARY 2009

Klein's Floral & Greenhouses On-Line Newsletter

This Month's Highlights: Wisconsin Public Television Garden Expo Feb. 13-15

Our "Mad Gardener" Is Ready for Your Questions!

Valentine's Day 2009 Flower Trends

About Heirloom Seeds from Baker Creek

Ever Thought About Working at a Greenhouse?

An Introduction to 'Lunar Agriculture'

New: 12 Months of Fresh Flowers from Klein's

Notes from My Garden Journal-- from January 2009

Collard Greens Are Easy to Grow & Delicious

The 11 Best Foods You Aren't Eating

Plant of the Month: The Pocketbook Flower

February in the Garden

Gardening Events Around Town

Delivery information

Related Resources and Websites

Plants Harmful to Kids and Pets

NEW FROM KLEIN'S: THE MAD GARDENER

"Mad Town'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'll be posting a link to this e-mail address on our home page and also in all subsequent newsletters. 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.

FEBRUARY STORE HOURS:

Monday thru Friday : 8:00-6:00

Saturday:

8:00-5:00

Sunday: 10:00-4:00 (starting Feb. 8)

We will be closed Sunday, February 1.

CALENDAR OF EVENTS:

February 2--Ground Hog Day

February 9--Full Moon

February 13-15--Wisconsin Public Television's Garden Expo at the Alliant Energy Center. The Klein's booths will entice all senses with fresh herbs, colorful windowsill bloomers and spring annuals. We'll also be giving out tons of coupons for free annuals and in-store savings. In addition, Klein's will be sponsoring a very informative presentation titled "**Four Seasons of Container Gardening--How to Express Your Personality with Year-Round Container Combinations**". Please join Klein's, along with **Home Land Garden LLC** owner and well-known landscaper and garden designer, **Anne Walker**, at 3:00 on Saturday, February 14 in Mendota Rooms 1 & 2. Tickets for **Wisconsin Public Television's Garden Expo** are available at Klein's for a lesser price than at the door. More details are available at <http://www.wpt.org/gardenexpo/>. There, you'll find a complete list of exhibitors and a calendar of scheduled events.

February 14--Valentine's Day. Order early for guaranteed delivery. We deliver throughout Madison and most of Dane County.

February 16--Presidents' Day

February 24--Mardi Gras

February 25--Ash Wednesday. Easter is Sunday, April, 12.

Throughout February--Ever thought about working at a greenhouse? Now is the time to stop in and ask for an application. We always need temporary, part-time counter help in the spring and greenhouse production swings into gear by mid-February. If you're interested, ask for Jennifer or Sue for the retail area or Jamie or Rick for the greenhouses. Benefits include a generous discount on all those plants you buy at Klein's anyway. Join our team and experience how it's all done.

Throughout February--The summer bulbs continue to arrive for retail sale. Shop early for the best selection.

'THE FLOWER SHOPPE':

New from Klein's for you or for the flower lover in your life:

Klein's "12 Month Blooming Plant or Fresh Flower Club"

Send or receive a whole year 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 \$300, we'll send 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 \$350, 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. 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.

Order your **12 Months of Flowers** by calling Klein's at **608/244-5661** or **888/244-5661** or by stopping in. We request that payment be made in full before the first delivery and the prices do not include sales tax.

DID YOU KNOW. . .

. . .that Valentine's Day is far and away Klein's busiest day of the year for our floral department. 2009 will be especially busy because Valentine's Day happens to fall on a Saturday. And because it's on a Saturday, Friday, February 13 will be even busier than the Valentine's Day itself. Everyone knows women love to get their flowers at work! Saturday will be mainly home deliveries and walk-ins who want to pick something up before they head out for an evening on the town. Make sure to order early! **Klein's is offering guaranteed morning delivery on orders placed by noon the previous day.**

Valentine's Day 2009 Flower Trends

TRENDS: Creating a destination with the help of flowers

For those who, given the economy, may not be able to go away for the night or weekend, florists can play an important role in helping romantics be creative. If you can't actually go to a desired destination, why not create it at home?

Flowers can take you places and help you relive fond, romantic memories . . . whether it be reminiscing about a Caribbean honeymoon, creating a relaxing spa retreat feel, or reliving a wine country getaway – flowers can set the stage for a romantic evening in.

Caribbean honeymoon

- Tropical flowers, such as Birds of Paradise, anthurium, ginger, or orchids) with an accent of fresh fruit and foliage
- A simple collection of orchids in a vase
- Bells of Ireland and delphinium. The cool greens and blues will conjure up the memories of the beautiful Caribbean.
- Ask your florist to add colored sand and seashells in bouquets or vases to really create the mood!

European vacation

- Richly colored flowers in purples, reds and blues
- Hand-tied bouquet of all accent flowers and a couple of roses
- Textural hand-tied bouquets embellished with decorative beads and wires with colorful wraps
- A loose arrangement of garden-style flowers such as tulips, hydrangeas, ranunculus and roses in a clear glass vase or decorative container.
- An arrangement that resembles the French countryside: Fresh herbs and wild flowers like heather, daisies, delphinium and miniature roses would be pretty and romantic.
- A French Garden of bright-hued blooming plants arranged in a classic wicker basket
- European dish garden – mixture of flowering or green plants and fresh flowers.

Spa Weekend

- Aromatic flowers like freesia, stock and sweet peas to soothe the senses.
- An arrangement of relaxing blues, lavenders and greens with fresh eucalyptus and soft foliage and some select bath products.
- Several small blue and green arrangements to place in the bathroom or bedroom.
- All white arrangement with sea glass vases or frosted aquamarine accents
- A fragrant selection of purple freesia in a clear cylinder with pale pink petals floating in the vase. The soft scent of freesia combined with the soothing color palette will embrace your sweetheart with a sense of calm.
- Monobotanic bouquet of blue iris in a clear glass vase with sea glass or shells clustered together in the bottom of the vase
- A simple glass vase filled with callas or white Casablanca lilies and cool blue glass gems inside the vase.

Wine Country Getaway

- A few beautiful roses or lilies arranged in an empty wine bottle shared on a past date. She'll love the sentimentality.
- Deep reds (roses, carnations and soft greens). Add accents of vines, mosses and a bottle of wine.
- Grapevine or wreath around the design on the base or in and around, some fruit and a bottle of wine or a gift certificate to a wine shop.
- Grapes, sunflowers, grasses-outdoorsy and lots of yellow/peach/olive greens
- Burgundy flowers with fresh grapes and Brie cheese in a large basket
- Include a bottle of wine or fresh fruit and grapes with deep wine colored roses

- Bold collection of vibrant purple anemones or alstroemeria, green hydrangea, hypericum and red roses. This strong combination of color and texture will evoke the feeling of a stroll in the vineyards.
- Sunflowers and grapes.
- Rich royal-colored floral bouquet consisting of a mixture of textural materials such as purple tulips, magenta stock, green hydrangea and lavender roses tied with natural raffia. The design may include clusters of grapes.

TRENDS: Design Styles, Color, Rose Alternatives

Suggestions from top designers nationwide:

Red roses symbolize passionate love and are the top gift for Valentine's Day. OTHER POPULAR VALENTINE'S DAY FLOWERS this year will be:

- Tulips are elegant
- Gerbera daisies are fun and festive
- Marguerite daisies are youthful
- Lilies are classic
- Mokara orchids are trendy
- Callas
- Iris
- Ranunculus
- Hydrangea
- Bellsof Ireland
- Orchids (cymbidium, dendrobium, phalaenopsis, mokara)
- Miniature and standard carnations

Want to do something different?

- Sprinkle rose petals in a candlelit bath—or— create a pathway of roses to someplace special, as the front door to the dining room table where the gift of flowers are.

On a TIGHT BUDGET? There are lots of wonderful flower options for consumers on a budget:

- Shorter-stem roses
- Six or seven roses in a smaller vase or container
- A single rose is just as romantic when included with a touching message.
- Mixed bouquet of spring flowers
- Hand-tied bouquet with mixed flowers and colors
- A petite bud vase with a few blooms or single bloom
- Simple bouquet of one type of flower such as tulips, Gerbera daisies, lilies, carnations or mini carnations
- A single gorgeous orchid bloom floating in clear glass.
- A few stems of beautiful orchids
- Potted flowering plants are a great choice. Primrose and African Violets are two popular choices.

For your sweetheart who loves NEW TRENDS and POPULAR DESIGN STYLES, ask your florist to create a bouquet/arrangement of:

- Colored roses other than red are growing in popularity, such as pink, peach, yellow, orange and hot pink.
- Try mixing hot pink and orange for a fresh Valentine look.
- Red, orange and hot pink roses or other blossoms. This combination is sensual and dynamite.
- Monobotanical design (one type of flower)
- Monochromatic design (flowers all in the same color family)
- Orchids are exotic and luxurious. Very elegant and stylish. Cymbidium, dendrobium, oncidium, mokara and phalaenopsis are available as cut flowers and plants.
- Hydrangea and gerberas featuring a contemporary twist of sisal and/or beaded wire. This trendy combination creates a contemporary feel with a vintage touch.
- A low bowl arrangement of hot pink and lime green flowers.
- Mokara orchids. They are long lasting, exotic and trendy with the 30-something generation.

Flowers come in so many beautiful colors. Some POPULAR COLOR TRENDS AND COLOR COMBINATIONS this year include:

- Red combined with orange
- Shades of pink and violet
- Raspberry pinks with oranges and deep purples; accent with lime green
- Shades of plum, pinks and magentas
- Soft shades of pink and lavender accented with the brighter greens
- Light to dark pink shades accented with the brighter greens
- Red and hot pink
- All green
- White
- Purples and reds
- Mango

MEN LOVE FLOWERS and plants! For the man in your life, consider sending:

•One stem of orange orchids inside a cylinder vase. It does not take up much space, but has quite a “wow” factor.

Bright orange or red flowers with lime green accents

- Vase of red, yellow, orange or bi-colored roses
- Tropical flowers such as anthuriums, proteas and birds of paradise are great choices for men. Combine with dramatic foliage, and you've got a winner.
- Bromeliads
- Bonsai
- Tulip plants
- Jonquil plants
- Orchid plants

From the Society of American Florists Website at www.aboutflowers.com

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

ENTRY: JANUARY 12, 2009

Twelve weeks have now passed since I planted my forced bulbs last October. After planting my tulips, hyacinths and daffodils, I placed the well-watered pots in an old refrigerator in the basement, where they have been kept at a constant 38°. They require this period of chilling in order to root out and set bloom. I've checked them every few weeks just to make sure that the soil remains moist. Once the twelve weeks has passed, I move the now sprouted pots to a warm and bright location and in just 4-6 weeks my windowsills are bursting with spring color. I usually start out with a dozen or so 6" pots in the basement refrigerator and move only a pot or two every two weeks from the refrigerator to their warm spot. Doing so ensures that I have blooms well into April--almost until the time the spring bulbs begin blooming outside in the garden. Though hyacinths require only 10 weeks of chilling, I use 12 weeks as my guideline for all bulbs. Doing so not only makes sure that all bulbs have been properly chilled, but also simplifies the process a bit. Nearly all spring bulbs can be forced with varying degrees of success, but varieties that remain short are best for indoor culture. That said, forced tulips and daffodils still need to be staked to some degree. Hyacinths may require some staking to support the heavy and super-fragrant flower heads. Seeing as hyacinths, in particular, are easily forced, the most difficult part is choosing the flower color. My favorite daffodil to force is the ever-favorite Tête-à-tête, a miniature variety that is perfectly suited for indoor culture. It's cheery bright yellow flowers offer the same impact as its larger cousins, but on a more manageable scale. Tulips are my favorite spring bulbs to force indoors. I choose varieties that remain short, are fragrant and have the greatest color impact. After years of experimenting, my favorites are Bastogne (red), Bestseller (salmon-copper), Christmas Dream (carmine-rose), Christmas Marvel (cherry-pink), Keizerskroon (scarlet, edged in yellow) and Princess Irene (blend of orange and purple). All are available from John Scheepers, Inc., a favorite source for spring bulbs. For their free catalog, visit: www.johnscheepers.com. Their 2009 fall catalog is available in early June.

ENTRY: JANUARY 24, 2009

I spent the entire day today cleaning my seed starting room and sterilizing all seed starting equipment. My seed starting room is the old workshop in my home's basement. Because it was a workshop, I'm lucky to have a sizable workbench, lots of cabinet and shelf space and a ton of electrical outlets for my heating mats and banks of florescent fixtures. The seed starting room also doubles as my office with a desk, file cabinet, my computer and a stereo. The room acts as a sanctuary on cold winter days. Sometimes I'll spend the entire day in my private jungle.

Before I start this year's batch of seeds I first ready the room by thoroughly sweeping and washing everything down with warm soapy water. Next, I wipe down my seed starting racks and work surfaces with a 1:16 solution of bleach and water, allowing

the surfaces to remain wet for some minutes. This allows the bleach to do its job in killing all pathogens (viruses, bacteria, fungi, etc.) from the previous season. I also soak all trays, inserts, humidity domes and tools in the same bleach mixture in the laundry sink. I've learned from past experience that skipping the sterilizing step can mean trouble. A few years back I was short on time and decided to go ahead and plant my pepper seeds without sterilizing the trays first. I usually plant about a dozen varieties of both edible and ornamental peppers. The seeds germinated as usual and for the first few days everything seemed fine. Then suddenly, after about a week, my seemingly healthy seedlings toppled over. It started in one area of the tray and spread through the seedlings like wildfire and within 2 days my entire flat of seedlings was no more. My seedlings experienced 'damping off'--a fungal disease usually found in contaminated soil and spread in unfavorable growing conditions. I started over after first sterilizing the trays and seed racks. My next batch of pepper seedlings turned out perfectly, proving to me the problem was not the seed, the soil or the growing conditions (I've always started my seeds in that room). The fact is that I had skipped that one vital step with disastrous results. Now I set aside enough time to go through my preparation checklist thoroughly and I haven't had a problem since!

ENTRY: JANUARY 25, 2009

Spring must be getting closer! Today I moved some of my stored and dormant elephant's ears (*Colocasia esculenta*) from the cool root cellar to the warm part of the basement. There's no need to put them near any light source. After all, they're still dormant and new foliage won't appear for a couple of months yet. For now, I simply move the tubs to a warm spot and start watering them. Elephant ears are a tender tuber native to the tropical portions of the world. Their woody and bulbous roots store food and energy much like a potato. In fact, they are edible (taro root) and used in Polynesian and Southeast Asian cuisine, most notably poi from the Hawaiian Islands. In my own garden, the now dormant tubers will produce their familiar gigantic foliage by the end of summer, given heat, humidity and plenty of water. In the fall, I simply allow the plants to freeze off. Before the ground freezes, I cut off all foliage and dig up the massive tubers, leaving as much of the root and soil ball in tact as possible. I place the roots on a layer of peat moss in the large and handled plastic "muck buckets" available at Menard's or The Home Depot. After a few weeks of curing in the garage, I top off the roots with a thick layer of dry peat moss and move the tubs to my basement's root cellar where temperatures are in the low 50's for most of the winter. Because the soil ball has been allowed to dry out and the peat moss is dry, the tubs are fairly easy to move. Now I let them rest, completely ignored until late January. Once I move them to the warm part of the basement and start watering them, new growth will appear in about 8-10 weeks. By the time I put them back in the garden in late May, many 2 foot sprouts will have emerged from the peat moss. With our short summers, this 3-4 month jump start is invaluable. Alocasias (also called elephant's ears), unlike colocasias, prefer not to go dormant. They do best when treated as any houseplant during the winter months. Not only do I overwinter 3 huge tubs of common elephant's ears, but also some stunning favorites including; *Colocasia esculenta* 'Elena' (large chartreuse leaves), 'Red Stem' (also called 'Rhubarb'), and 'Coal Miner' (similar to 'Illustris' but bigger and bolder).

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

Though extremely popular in the South, collard greens remain relatively unknown to Midwest gardeners. This extremely nutritious member of the cabbage family is even easier to grow in the Wisconsin garden than its more familiar relatives. Unlike kale, collards can tolerate a fair amount of summer heat--perhaps a reason they are so popular in the South. In many recipes, collards, kale, mustard greens, turnip greens, chard and spinach are interchangeable; each adding its unique personality to recipes featuring cooked greens. Collard plants are extremely productive so successive plantings are not necessary. Use the leaves as desired and new ones will soon replace them. Klein's sells 'Georgia' collard starts in the spring and again in late summer for a fall harvest.

RICE WITH COLLARDS--A super-simple and tasty side dish.

2 cups chicken or veggie broth
1 cup long grain rice (white or brown)
t tsp. butter
3 cups chopped collard greens
salt and pepper to taste

Bring the broth to a boil in a medium saucepan. Add the rice and the butter. Stir the rice and add the collards in 3 batches, stirring after each addition. Return to a boil, reduce the heat, cover and simmer 20 minutes for white rice or 35 minutes for brown or until the rice is done. Season as desired. Serves 4.

BRAISED COLLARDS--This gentle cooking method is probably the most popular way to cook collards. This delicious recipe appeared in the October 2008 issue of Bon Appetit magazine.

2 TBS. butter
2 TBS. vegetable oil
1 onion, chopped
3 cloves garlic, chopped
2 lbs. collards or chard, trimmed and coarsely chopped
2 cups chicken broth
1 TBS. red wine vinegar
salt and pepper to taste

Melt the butter with the veggie oil over medium-high heat. Add the onion and the garlic and sauté until tender. Add the greens (in batches if necessary) and sauté until they just begin to wilt. Add the broth and bring to a boil. Reduce the heat, cover and simmer until very tender, stirring occasionally, about 45 minutes. Stir in the vinegar and season to taste. Serves 6.

CREAMED COLLARDS--This very popular way of preparing collards in the South appeared in the March 2007 issue of Better Homes and Gardens magazine and has since become a family favorite.

3 lbs. collards or chard, trimmed and chopped
1/4 cup butter
1 large onion, chopped
2 cloves garlic, minced
1 cup whipping cream
1/2 tsp. salt
1/4 tsp. pepper

In a pot, cook the collards in lightly salted water for 20 minutes (5 minutes if using chard). Drain and place the greens in ice water to cool. When cool, drain well in a colander, pressing out any excess water. Lay out the leaves on paper towels and pat to dry. Set aside. In a large skillet, heat the butter over medium. Add the onion and garlic and cook until tender. Add the cream, salt and garlic. Bring to a boil, reduce and simmer, uncovered, 2 minutes or until slightly thickened. Add the greens and heat through. Serves 8.

COLLARDS WITH RICE VINEGAR AND TAMARI--This delicious and easy use for collard greens comes from a ***Kripalu Yoga cookbook whose title has been lost over time.

1 cup water
8 cups (10 oz.) sliced collard greens
1 TBS. tamari (Japanese soy sauce)
2 1/4 tsp. brown rice vinegar
1/3 cup roasted sunflower seed kernels (@ 275° for 5-6 minutes, stirring occasionally)

In a large and deep skillet or wok, heat the water and the greens, sautéing over medium-high heat until the greens are tender, about 20 minutes. Off heat, stir in the tamari, the vinegar and the seeds. Mix well and serve either hot or cold. Serves 4-6.

***“Kripalu Yoga is an interplay of body, mind and energy. Within the physical body is a subtle flow of rhythmic, energy pulsations that we call prana, or life force. The practice of Kripalu Yoga, which uses the body as a vehicle for accessing spirit, can have profound effects on the mind and emotions as well as the physical body. As mental and emotional disturbances are dissolved, tremendous amounts of prana are released to affect healing” (from www.discoveryyoga.com).

NEW PRODUCT SPOTLIGHT--Each month we will spotlight some new 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 new product is:**

Baker Creek Heirloom Seeds
'The Largest Heirloom Gardening Resource'

Klein's is extremely happy to announce that we will be carrying seeds from **Baker Creek Heirloom Seeds** in the spring of 2009. With the slow economy, research has shown that people buy far more seeds--especially vegetable seeds. Consumers spend more time at home and in their gardens and have a tendency to grow more of their own food.

And why heirlooms? Heirlooms are the tried and true diehards that have withstood the test of time. Baker Creek has worked hard to preserve the world's gardening heritage. They carry seeds from over 70 countries and have probably the largest collection of unique seeds in the world. Connoisseurs of ethnic cuisine will be astounded by some of their offerings--long beans from East Asia, Thai eggplants, Chinese mustard greens, bitter melon, African jelly melon, Indian and Eastern European chilies, Tobasco peppers, Native American squashes--and these are just the tip of a very large iceberg.

Baker Creek's seeds are all non-hybrid, non-GMO (genetically modified organisms), non-treated and non-patented. They work only with small farmers, home gardeners and heritage seed collectors to find the seed that meets their requirements.

How did Klein's find out about Baker Creek? From Klein's own Sonya Kutz, who is currently studying in England, taking part in a unique program that explores underutilized and heirloom food crops from around the world. She told us that Baker Creek was among her favorite seed companies for truly organic and unique seed choices. Visit their website at www.rareseeds.com to order your free and truly astounding catalog. Then stop by Klein's this spring for your plunge into the world of heirloom gardening. Read on:

Baker Creek Heirloom Seeds
by **KELLY LEAHY**
from www.greendaily.com

"My Baker Creek Heirloom Seeds catalog arrived in the mail recently. I say "catalog" but it is in actuality a beautifully designed, full color temptation. For a gardening novice like me, the book is nothing but dangerous as I want to order everything in sight.

Baker Creek offers over 1200 varieties of heritage fruits and vegetables. Choosing heritage seeds is a way to preserve varieties of years gone by. It is also a way to escape from any genetically modified produce that is commonly grown today. Many growers claim that the taste of the crops are infinitely better than what you will buy elsewhere.

In addition to more varieties of tomatoes than you could possibly grow in ten seasons, Baker Creek offers exotic seeds from all around the world. Why not try growing some Fortna White Pumpkins which are the size of pears or a Jelly Melon who's pulp resembles green jello? If you are already shopping for your garden, be sure to check out [Baker Creek Heirloom Seeds](#) for some inspiration."

NATURAL NEWS--

The 11 Best Foods You Aren't Eating

(This post was originally published on June 30, 2008, and recently appeared on The New York Times's list of most-viewed stories for 2008.)

1. Beets: Think of beets as red spinach, said Dr. Jonny Bowden (author of [The 150 Healthiest Foods on Earth](#)), because they are a rich source of folate as well as natural red pigments that may be cancer fighters.

How to eat: Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.

2. Cabbage: Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes.

How to eat: Asian-style slaw or as a crunchy topping on burgers and sandwiches.

3. Swiss chard: A leafy green vegetable packed with carotenoids that protect aging eyes.

How to eat it: Chop and sauté in olive oil.

4. Cinnamon: May help control blood sugar and cholesterol.

How to eat it: Sprinkle on coffee or oatmeal.

5. Pomegranate juice: Appears to lower blood pressure and loaded with antioxidants.

How to eat: Just drink it.

6. Dried plums: Okay, so they are really prunes, but they are packed with antioxidants.

How to eat: Wrapped in prosciutto and baked.

7. Pumpkin seeds: The most nutritious part of the pumpkin and packed with magnesium; high levels of the mineral are associated with lower risk for early death.

How to eat: Roasted as a snack, or sprinkled on salad.

8. Sardines: Dr. Bowden calls them "health food in a can." They are high in omega-3's, contain virtually no mercury and are loaded with calcium. They also contain iron, magnesium, phosphorus, potassium, zinc, copper and manganese as well as a full complement of B vitamins.

How to eat: Choose sardines packed in olive or sardine oil. Eat plain, mixed with salad, on toast, or mashed with dijon mustard and onions as a spread.

9. Turmeric: The “superstar of spices,” it may have anti-inflammatory and anti-cancer properties.

How to eat: Mix with scrambled eggs or in any vegetable dish.

10. Frozen blueberries: Even though freezing can degrade some of the nutrients in fruits and vegetables, frozen blueberries are available year-round and don't spoil; associated with better memory in animal studies.

How to eat: Blended with yogurt or chocolate soy milk and sprinkled with crushed almonds.

11. Canned pumpkin: A low-calorie vegetable that is high in fiber and immune-stimulating vitamin A; fills you up on very few calories.

How to eat: Mix with a little butter, cinnamon and nutmeg.

FEBRUARY'S PLANT OF THE MONTH:

“Pocketbook Flower” (Calceolaria crenatiflora)

There are few blooming plants in our greenhouse that are as unique, quaint, colorful, cheery or old-fashioned as the pocketbook flower--so called because the lovely yellow, orange or red polka-dotted blooms resemble miniature handbags. Other common names include slipperwort, moccasin flower and pouch flower.

Pocketbook flowers are a native of the highlands of Chile where nights are cool and the days are warm. Traditionally the pocketbook flower has been used primarily as an indoor blooming plant. The cheery demeanor makes it the perfect gift as a thank you, as a get well gift or simply to cheer someone up. The bright colors and fanciful pouches have been a favorite of children for generations. They had essentially disappeared from the market in recent years and are only now making a deserved comeback. Our pocketbook flowers came to us as small starts this past October. A 4-6” pot is the perfect size for these nonstop bloomers. Once potted, we've been growing them in one of our very cool greenhouses, where night temperatures are in the upper 40's and daytime temps are in the mid-50's. These cool temperatures produce robust and stocky, well-branched plants and also lengthen the blooming period. Kept on the cool side, pocketbook flowers will bloom for months indoors. An east windowsill or cool bright room is ideal. If your rooms are warm, simply pop your pocketbook flower into the refrigerator at night. Doing so will lengthen the blooming period by weeks.

Pocketbook flowers prefer to be kept moist, but never soggy. It's best not to let water get on the fuzzy leaves or especially on the easily stained flowers. They prefer a bright location, but not direct south or west sun. A northern window is a bit too shady for greatest success. After flowering, pocketbook flowers rarely rebloom and are usually discarded, though some people report some success with rebloom outdoors before the weather gets too hot in the summer. Pocketbook flowers are heavy feeders and prefer an acid fertilizer. African violet food is the perfect and most readily available choice. Pocketbook flowers are currently available at Klein's and will also be available at the

Klein's booths at the Wisconsin Public Television Garden Expo at the Alliant Energy Center in mid-February. Availability thereafter may be limited. Stop by and pick up your pocketbook flower today while supplies last!

YOU ASKED. . .

I've noticed that in the 'Calendar of Events' section of every newsletter you list the date of the full moon each month. Why do you do that?

Old-time gardeners have long known that there seems to be a connection between the phases of the moon and success in the garden. There's no proof, of course, but there seems to be a certain amount of logic to that observation. The effect of the moon on the earth and all of its creatures is undeniable and there are plenty of reasonable examples to support this claim. It's been said there are more incidents of certain types of crime during certain phases of the moon and psychologists have noted connections between the lunar cycle and human behavior. The moon's effect on plants is equally fascinating. The grandparents of a Klein's staff member followed rigorous guidelines as to when to plant not only their vegetable and flower gardens, but also the field crops on the family farm. Planting in the wrong phase produced weak plants or plants that bolted or went to seed too quickly. They said the effects are most noticeable with root vegetables like radishes, carrots and potatoes and members of the cabbage family.

One cycle of lunar phases lasts approximately 29.5 days. Therefore, the new moon occurs 14-15 days after the full moon. We list the full moon because it supposedly has the greatest effect on plants and animals. The moon's phases are shown on many wall calendars and day planners.

The following is from the website bol.sapphiremoon.info:

"Lunar agriculture (or Moon Gardening) works because of the gravitational pull of the moon. The sun exerts its own magnetic force on earth, but because the moon is closer, its pull has greater affect. We know that the moon's gravity causes the tides we experience daily. These same forces are at work in the soil, pulling water to the surface which makes it more available to plant. In a ten year long study, Dr. Frank Brown of Northwestern University found that plants absorb more water at the full moon, the phase at which the moon exerts its strongest pull. Even though Dr. Brown's plants were housed in a laboratory and not under direct moonlight, he found that they were still strongly influenced by the moon.

Gardening author John Jeaves goes further, dividing the influence of the moon according to its waxing and waning phases. He reports in his book **How to Grow More Vegetables** that when the moon is waxing its increasing light stimulates leaf growth. When the moon begins to wane, he recorded that leaf growth slowed while root growth was stimulated. For practical application, plant leafy vegetables, annuals and those plants whose greatest value is above ground between the new moon and full moon. For

those plants whose value is underground, such as potatoes, herbal rhizomes, and bulbs during the waning half of the lunar cycle.

Modern research is validating what humans have known innately for thousands of years. For those who live close to nature, plant gardens every year or tend acres of farmland, the validation is unimportant. What is important is that when plants are sown in the correct moon phase, the plants grow quickly and more heartily and harvests are more abundant. Put simply, lunar agriculture works – try it and see!”

Planting by the Moon's Phases:

New Moon

Characteristics of the Phase: The gravitational pull of the moon is increased during the New Moon phase, causing water to be pulled upward through the soil. This allows the plant to draw water easily through the roots and causes newly planted seeds to swell with water and burst open. As the moon increases in light, it draws the plant upward, enhancing growth.

What to Plant:

- * Above ground crops that produce their seeds and fruits on the outside.
- * Leafy vegetables with shallow root systems, annual flowers and herbs.

Specific Plants: Annual flowers, broccoli, cabbage, cauliflower, celery, chard, cucumbers, grains, herbs, lettuce, spinach.

Garden Chores:

- * Mow lawns and prune to promote growth
- * Sow new gardens or beds
- * Transplant those plants that need available water to help their root systems develop

First Quarter

Characteristics of the Phase: The gravitational pull of the moon decreases during this phase because the moon lies at a 90 degree angle to the sun. This phase promotes strong leaf growth and is a good time for planting, especially as the moon moves closer to the full phase.

What to Plant: Annuals that produce above ground, but set seed inside a pod or fruit

Specific Plants: Beans, melons, peas, peppers, squash, tomatoes

Garden Chores:

- * Mow lawns and prune to promote growth
- * Nurture newly sown seeds and tend new growth

Full Moon

Characteristics of the Phase: The pull of the moon is at its greatest during this phase, creating more moisture in the soil and drawing water upward to the fruit, seeds and leaves. As the moon begins to wane, attention is turned from the above ground growth to the roots.

What to Plant: Root crops and those plants that have highly developed and extending root systems, such as trees and shrubs

Specific Plants: Beets, biennials, bulbs, carrots, garlic, onion, peanuts, perennials, radishes

Garden Chores:

- * Mow lawns and prune to retard growth
- * Transplant those plants that have developed root systems, such as perennials
- * Harvest herbs while their water content is highest.

Last Quarter

Characteristics of the Phase: At this phase the moon again sits at a 90 degree angle to the sun, which decreases the strength of its pull on the waters of earth. The moon is now moving into its final stages, so this is thought of as a resting period. While it is a not a time to plant new seeds or transplant existing plants, there are still garden tasks that fare better when conducted under this phase. According to folklore weeds pulled in this phase will not grow back.

What to Plant: Nothing

Specific Plants: None

Garden Chores:

- * Harvest
- * Mow lawns and prune to retard growth
- * Begin compost heaps and vermiculture bins
- * Pull weeds
- * Remove pests and diseased plant material
- * Till under cover crops
- * Cultivate, fertilize and till fields
- * General clean up

AROUND TOWN:

NOTE: If you of know of any community or neighborhood events or garden tours you would like posted on our web site in our monthly newsletters, please contact Rick at (608) 244-5661. Please include all details, i.e. dates, locations, prices, brief description, etc. Our readership is ever-growing so this is a great opportunity for free advertising. Events must be garden related and must take place in the immediate Madison vicinity.

Dane County Winter Farmer's Market

Saturdays, November 15 thru December 20, 7:30-noon
Monona Terrace

Saturdays, January 3 thru April 11, 8:00-noon
Madison Senior Center
330 W. Mifflin

For details visit www.madfarmmkt.org

**Olbrich's Garden's
Bolz Conservatory Exhibit-Yesterday's Plants, Today's Energy**

September 3 through March 22, 2009
Daily from 10:00-4:00, Sundays 10:00-5:00
In the Bolz Conservatory

Come learn about the prehistoric plants that formed the coal we use for today's energy. Coal-forming ferns and mosses have lived on Earth for the past 290 million years - since before the dinosaurs! Learn what it took to make these plants into coal, and discover why we need alternative energy sources since today's ferns and mosses won't provide coal energy for tomorrow. Admission is \$1 for the general public. Admission is always free for Olbrich Botanical Society members and children 5 and under, and is free for the general public on Wednesday and Saturday mornings from 10 a.m. to noon.

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

Wisconsin Milkweeds and Their Specialized Fauna

Thursday, February 12, 9:00 a.m.-11:30 a.m.

Plants and bugs – it doesn't get a whole lot better than that. Andrew Williams has spent his professional life studying the milkweeds of Wisconsin (all 15 species) and the small creatures who interact with them. He says that every native plant species or genus has its own suite of specialist insects – he just happens to have zeroed in on this particular group. Long-horned beetles, leaf beetles, weevils, aphids, Lepidopterans – a vast array of insects visit the milkweeds, and have evolved fascinating ways of dealing with the plants' toxic juices. Be prepared for stunning photographs! In 2000, Andrew founded Prairie Biotic Research, Inc., dedicated to supporting basic biotic research in native and restored grasslands. He currently divides his time between Wisconsin and Indiana. Registration required (\$5.00).

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

16th Annual Wisconsin Public Television Garden Expo

Friday, February 13, 4:00-9:00
Saturday, February 14, 8:00-6:00
Sunday, February 15, 10:00-4:00

Walk through the custom garden display, attend demonstrations and seminars, register for workshops and view over 400 different exhibitors. One and two day tickets are available at the door or in advance from Klein's. Visit www.wpt.org/gardenexpo for more information. Meet Shelley Ryan, master gardener and producer/host of The Wisconsin Gardener series, UW-Extension experts, and Master Gardeners. All show proceeds, including admission fee, support Wisconsin Public Television programming. Garden Expo also meets WPT's educational and community outreach mission.

Tickets cost \$6 in advance, \$7 at the door. Children 12 and under are admitted free. Two-day passes are available for \$10 both in advance and at the door. Advance tickets are available at Klein's.

Alliant Energy Center Exhibition Hall
1919 Alliant Energy Center Way
Madison, WI 53713
608/267-3976 or www.alliantenergycenter.com

Midwest Gardening Symposium: Incredible, Edible Gardens

Thursday, February 19, 8:30 a.m.-5:00 p.m.
at Olbrich Botanical Gardens

Registration deadline: February 16

Price:

\$99 Olbrich Members

\$119 Public

\$99 Horticulture Students / Master Gardeners (please show current student or Master Gardener ID)

**Note - fee includes lunch **

Call 608-246-4550 to register

Feed your soul, your soil, and your family by incorporating beautiful, edible plants into any type of garden. This symposium, co-sponsored by Olbrich Botanical Gardens and Allen Centennial Gardens, will illustrate how sustainable, edible gardens can help conserve non-renewable resources, reclaim the health of your soil, provide safe and flavorful foods, and create low-maintenance home landscapes.

Learn from gardening experts from around the Midwest how to design an edible front yard and a seasonal kitchen garden; find out how heirloom flowers, fruits, and vegetables offer unique color, flavor, and fragrance; learn about building more color into perennial gardens; and find out how to beautifully incorporate ornamental, edible plants into existing gardens, even small ones.

Presentations include:

•**Edible Estates: Attack on the Front Lawn** by Fritz Haeg

- **Designing the New Kitchen Garden** by Jennifer Bartley
- **Back to the Future: Heirlooms for the Midwest Gardener** by David Cavagnaro
- **Local Color** by Janet Macunovich
- **Ornamental Edibles** by Mark Dwyer

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

Designing Native Gardens

Saturday, February 21 & February 28 • 12:30 pm – 4 pm

Held on two consecutive Saturdays, this class helps homeowners which native wildflowers to use in their home landscape. The first session discusses how to determine the best plants and design for your property. The second session focuses on site preparation, planting and maintenance. Registration required. (\$48.50)

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

The Wisconsin Gardener “Places to Visit”

Sunday, March 1, 5:00 p.m.
 Thursday, March 19, 7:30 p.m.
 Saturday, March 21, 10:30 a.m.
 on Wisconsin Public Television
 Check local listings for the station nearest you.

Host Shelley Ryan travels from the far north to southern Wisconsin in a program that focuses on Places to Visit. In Winter, Wisconsin discover a beautiful but hardy zone 3 garden at the Winter Greenhouse. The Childrens Garden at Green Bay Botanical Garden proves that gardening is not just for grown-ups. West of the Lake Garden in Manitowoc is a wonderful legacy to the community. The program ends at the West Madison Agriculture Research Station in Madison where hundreds of new varieties of flowers, vegetables, herbs and fruit are trialed before they're released to the public.

For more information, visit www.wpt.org/garden

The Wisconsin Gardener “The Magic of Gardening”

Sunday, March 1, 5:30 p.m.

Saturday, March 28, 10:30 a.m.
on Wisconsin Public Television
Check local listings for the station nearest you.

Discover "The Magic of Gardening" on the next edition of The Wisconsin Gardener when Producer and Host Shelley Ryan visits enchantingly fanciful gardens throughout the state. In Reedsburg, Chris Coutre of Coulee Country Landscape shows Ryan how a backyard pond can recapture the magic of childhood. These chemical-free water features provide a perfect habitat for water plants, fish and frogs but also make a great swimming hole for kids. Ryan learns about the delightful and versatile new trend of miniature gardening from Glenn Spevacek, a Green Industry marketing consultant, in Green Bay. Miniature gardening is as adaptable for large gardens as it is for smaller areas ? patios, decks and even tabletops. Cheryl Keeffe, a Master Gardener in Onalaska, has combined her knowledge of gardening and doll making to appoint an extraordinarily imaginative garden complete with fairies and a headless queen. Jan Wos of Mayflower Greenhouse in Green Bay takes gardening to a new artistic level and shows viewers how to create their own living masterpiece.

For more information, visit www.wpt.org/garden

FEBRUARY IN THE GARDEN--A checklist of things to do this month.

- ___ Check perennials for heaving during warm spells. Remulch as needed.
- ___ Continue bringing out your cooled forced bulbs for indoor enjoyment.
- ___ Inspect stored summer bulbs like dahlias, cannas and glads for rotting.
- ___ Check for and treat for pests on plants brought in from the garden.
- ___ Keep birdfeeders full. Clean periodically with soap and water.
- ___ Repair and clean out birdhouses. Early arrivals will be here soon!
- ___ Inventory last year's leftover seeds before ordering or buying new ones.
- ___ Order seeds and plants. Favorite sources include:

For seeds:

Baker Creek Heirloom Seeds @ RareSeeds.com or 417/924-8887
Burpee @ burpee.com or 800/888-1447
Harris Seeds @ harriseseeds.com or 800/514-4441
Johnny's Select Seeds @ johnnyseeds.com or 207/861-3901
Jung's Seeds @ jungseed.com or 800/247-5864
Park's Seeds @ parkseed.com or 800/845-3369
Seeds of Change @ seedsofchange.com or 888/762-7333
Select Seeds @ selectseeds.com or 800/684-0395
Territorial Seeds @ territorialseed.com or 888/657-3131
Thompson & Morgan @ thompson-morgan.com or 800/274-7333

For bulbs:

Colorblends @ colorblends.com or 888/847-8637
John Scheeper's @ johnscheepers.com or 860/567-0838
McClure & Zimmerman @ mzbulb.com or 800/883-6998

For plants:

Heronswood Nursery @ heronswood.com or 360/297-4172
High Country Gardens @ highcountrygardens.com or 800/925-9387
Logee's Greenhouses @ logees.com or 888/330-8038
Plant Delights Nursery @ plantdelights.com or 912/772-4794
Roots and Rhizomes @ rootsrhizomes.com or 800/374-5035
Wayside Gardens @ waysidegardens.com or 800/213-0379
White Flower Farm @ 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** @ gardenlist.com. Most catalogs are free and make for great winter reading!

- ___ Sterilize seed starting equipment and pots with a 1:16 bleach solution.
- ___ Shop for summer bulbs like begonias, caladium, calla and elephant's ears.
- ___ Use the winter days to plan next summer's garden.
- ___ Trim trees. Begin pruning fruit trees at month's end.
- ___ Begin bringing in branches for forcing: pussy willow, forsythia, quince, etc.
- ___ As the days lengthen and new growth occurs, begin fertilizing houseplants.
- ___ Check your garden for any plant damage from weather or rodents.
- ___ Visit Klein's---it's green, it's warm, it's colorful---it's always spring.

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 FEBRUARY:

- We're readying ourselves for two of our year's biggest events--Garden Expo and Valentine's Day. For Garden Expo, we've readied our displays and the plants we're selling are bursting with color. For Valentine's Day, we're awaiting the onslaught by prepping the thousands of additional cut flowers, unpacking all the beautiful vases and containers, ordering hundreds of blooming plants and securing additional delivery vehicles and staff.
- Spring plants begin arriving enforce! After Valentine's Day the first spring bedding annuals arrive. Pansies, violas and dianthus plugs are popped into cell packs so they're ready for early April sales.
- We're planting up our thousands of mixed annuals hanging baskets. The geranium hanging baskets planted in January are filling out and almost ready for their first pinching and shaping.
- We reopen greenhouses in our back range as needed. They've been shut down to save on heat and eliminate pest problems.
- The deadline approaches for Easter orders. Dozens of area churches order lilies, tulips, hyacinths, daffodils, mums, hydrangeas and azaleas for Easter delivery.

---We take advantage of the warm and sunny rooms in our front range (the retail area) to do any touch up painting or construction to ready ourselves for the spring season.

---Spring product begins arriving for unpacking and pricing--the pots, the tools, the sundries. We need to have everything priced and ready to go by April 1.

---We continue to access our needs for spring staffing and try to have the new people in place and trained by March 1. March and April are the busiest months behind the scenes in the greenhouse and we rely on a dedicated, hardworking team to have everything ready for the customer come May 1 and the spring onslaught.

EMPLOYEE PROFILE--KEN CLEVELAND

Though with Klein's for a relatively short time, Ken Cleveland has already proven himself to be an invaluable addition to the Klein's team. Persistence, maturity, a strong work ethic and a very uplifting and realistic life philosophy has brought Ken to where he is today. And like many of us at Klein's, Ken had a little bit of luck on his side.

Though now a horticulture major, Ken says he had very little experience with gardening or plants while growing up in the La Crosse, WI area. He says his family had a few plants around the house, but would by no means be considered a family of green thumbs. What Ken says he did inherit from his mother and father, is their belief that one needs to work hard to get what one wants out of life. He believes that hard work, both mentally and physically, are necessary to achieve one's goals. He also says he inherited his mother's need for punctuality, which is a very important part of his own day to day life both at work and at school.

After graduating from Onalaska High School in 2003, Ken found himself in a variety of restaurant and retail jobs while trying to "figure things out." As he tells it, it was while out in the woods enjoying the day with some friends that his deep seeded passion for nature came to the surface. He says it was a sort of revelation. He says that he became fascinated by the plants that surrounded him in that woodland setting. Being surrounded by nature suddenly made him feel very good inside. It was on that single day that his path to the present began.

Essentially, Ken was ready for a drastic change in his life; from a period of wandering rather aimlessly to becoming goal driven with a far clearer picture of where life might take him. Ken enrolled in the local technical college and tried to find a job at one of the local nurseries. With greenhouse jobs, timing is everything and luck was not on his side. Then, somewhat impulsively, he and a friend decided it was time for a big change. They packed their bags and headed to Madison. It was now or never, he says. Once in Madison, Ken immediately enrolled at the Madison Area Technical College, hoping to start his path toward an ultimate horticulture degree. As fate would have it and while biking near the MATC campus, Ken saw the "Now Hiring" sign at Klein's. It was the spring of 2008 that Ken was hired as a seasonal temporary whose main responsibility was customer service and retail sales. With his foot in the door, Ken now had the job he had always wanted and one that would send him down the correct career path.

The most useful employees in a small family business are those that can do it all --the jack of all trades. Not only can Ken work in the retail area, but he's a quick and efficient delivery driver, a handyman, and most of all a dedicated greenhouse worker whose goal is to learn everything there is to know about the industry. He says he feels lucky to work under someone as talented as our grower (Jamie Vanden Wymelenberg). Ken says that he's particularly fascinated in plant pathology and hopes to pursue that area once he transfers to the University of Wisconsin down the road. Ken says he's also very interested in all types of plants, of course, but is extremely interested in fungi. Though Ken doesn't know where life's journey will take him, he sees Klein's as a big part of that adventure. He sees his experience at Klein's as invaluable. In fact, if dealt the cards, Ken can see himself at Klein's for many years to come. He says he enjoys every day at work and finds peace in being around the sunshine, the plants and the people at Klein's-- both customers and coworkers alike.

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--"Mad Town'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.

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 2009 edition of the Bucky Book. Visit www.buckybook.com for more information and to order your copy.

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: 608/244-5661 or 888/244-5661

Floral Department Manager Kathy Lehman

kathy@kleinsfloral.com

Head Grower & Horticulturist Jamie VandenWymelenberg

jamie@kleinsfloral.com

Assistant Grower

Craig Johnson

craig@kleinsfloral.com

Retail Manager

Jennifer Wadyka

jennifer@kleinsfloral.com

House Accounts & Billing Barbara Foulk

Delivery Supervisor

Rick Halbach

Owner Sue (Klein) Johnson

sue@kleinsfloral.com

RELATED RESOURCES AND WEB SITES

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

[**www.uwex.edu/ces/cty/**](http://www.uwex.edu/ces/cty/)

[**www.uwex.edu/ces/wihort**](http://www.uwex.edu/ces/wihort)

Plant Disease Diagnostics Clinic
Dept. of Plant Pathology
1630 Linden Dr.
Madison, WI 53706

[**www.plantpath.wisc.edu/**](http://www.plantpath.wisc.edu/)

Insect Diagnostic Lab
240 Russell Labs
1630 Linden Dr.
Madison, WI 53706

[**www.entomology.wisc.edu/**](http://www.entomology.wisc.edu/)

State Soil Testing Lab
5711 Mineral Point Rd.
Madison, WI 53705
608/262-4364

[**www.soils.wisc.edu**](http://www.soils.wisc.edu)

American Horticultural Society

[**www.ahs.org**](http://www.ahs.org)

Garden Catalogs (an extensive list with links)

[**www.gardenlist.com**](http://www.gardenlist.com)

also [**www.mailordergardening.com**](http://www.mailordergardening.com)

Invasive Species

[**www.invasive.org**](http://www.invasive.org)

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

[**www.troygardens.org**](http://www.troygardens.org)

Community Gardens Division (Madison area)

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

Madison Area Master Gardeners (MAMGA)
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
www.hort.wisc.edu/mastergardener/

The Wisconsin Gardener
www.wpt.org/garden/
Has a list of garden clubs and societies

Allen Centennial Gardens
620 Babcock Dr.
Madison, WI 53706
608/262-8406
www.horticulture.wisc.edu/allencentennialgardens/Index.html

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

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

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

University of Wisconsin-West Madison

Agricultural Research Center
8502 Mineral Point Rd.
Verona, WI 53593
608/262-2257
www.cals.wisc.edu/westmad/

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
- Mexicanes
- Mistletoe
- Morning glory
- Mountain laurel
- Night-blooming jasmine
- Nutmeg
- Oleander
- Philodendron
- Poison ivy
- Poison sumac
- Pokeweed
- Poppy
- Potato

- Privet
- Rhododendron
- Rhubarb
- Water hemlock
- Wisteria

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 @ www.hsus.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

Knee slaps, flat-footed stomps, sandpapered drags, and resounding claps rattle the rafters whenever Step Afrika! takes the stage. The energetic Washington, DC-based company makes irrepressible body music, and audiences whoop and holler their approval like a Baptist revival. A sell-out from DC's Kennedy Center Family Theater to Palm Beach County's Dolly Hand Cultural Arts Center, from Brazil to Vietnam, the curtain calls mount and the accolades pour in. "Electrifying talents," crowed Sarah Kaufman in The Washington Post. Part body percussion and part poetry slam, step dancing 11. The Commission intends to put forward more detailed amendments at Committee stage based on what we consider would meet human rights standards. Clause 61: Hatred against persons on grounds of sexual orientation. 12. Clause 61 seeks to amend Part 3A of the Public Order Act 1986 to repeal section 29JA which is aimed at protecting discussion or criticism of sexual conduct etc. AMETHYST MOON One Choice Can Change a Life TM Newsletter February 2009 Authors Note Whether or not you voted for him, Barack Obama has become our 44th president. His inaugural speech clearly defined his intention to be seen as different from the previous administration. Although I believe he may be somewhat naive about many of the peoples that hate Americans, I am pleased that his vision did not limit the possibilities for this country. The Life You Want, which explores the power of choice in our lives. Previous newsletter issues have covered the other stages of Achievement: Identify, Imagine, Intend, and Believe. To view the other newsletters, visit the website, www.onechoicecanchangealife.com.