

Plant Watering Habits All Wet?

(NAPS) — To increase the life span of your plants this summer, here are a few helpful gardening tips.

According to Decor America Inc., a leading manufacturer in the production of self-watering plantpots, most people's watering habits consist of either deluging plants with too much water or ignoring them for weeks.

To prevent gardening mishaps, experts recommend you plant indoor and outdoor plants in self-watering plantpots. These include the Cylinder line for houseplants and Roman line for the great outdoors!

Indoor and outdoor plantpots water from the roots up, automatically combining the right amount of water and air to grow healthier flowers and shrubs.

Easy-to-use, these indoor and outdoor plantpots come fully assembled.

To pot plants, gardeners need only fill the capillary pillars with potting soil, tapping it down firmly before planting. As the plant uses the moisture in the potting mix, water is drawn up from the waterwell to the plant's root system by capillary action. Because

of this natural process, the plant takes in only as much water as it needs.

To water plants, gardeners need only add water through the easy to locate side opening. The water level can be checked by looking through the same side opening or by dipping a finger into the waterwell. The well storage allows plants to go two to three weeks without attention (depending on plant type) saving time, water and your plants!

In the case of rain, excess water seeps through the soil and is stored

in the waterwell. Over-watering cannot occur because the floor of the pot is designed to remain above the water level and the excess water is drained through the side opening. The ventilated floor ensures proper aeration, eliminating chances of root rot. The waterwell side opening is also perfect for adding liquid fertilizers allowing direct access to plant's roots.

For more information regarding self-watering plantpots, please call Decor America Inc. at (800) 332-6711.

Snooze Away

Do you remember the old advice of warm milk at bedtime to promote sleep? New research at the Massachusetts Institute of Technology is looking into the milk-sleep connection. Thoughts are that tryptophan, a building block of protein found in milk and other protein foods, can be converted into serotonin (a brain chemical that acts as a relaxant). Because of this perceived "a sleep potion" image, tryptophan in the

form of supplements became a big seller. However, recent reports have linked these products to a rare and dangerous blood disorder; as a result, the Food and Drug Administration ordered the supplements off the market. While more research is needed for the warm milk theory, there's certainly no harm — and maybe some nutritional benefits — in this practice!

Time To Plant Bulbs

RUTGERS, N.J. — Fall is the time to think spring and plan bulb plantings. Among hardy "bulbs" suggested as being deer-resistant are: snowdrop, snowflake, scilla, grape hyacinth, crocus, chionodoxa, fritillary, allium, eranthis, crown imperial, iris and daffodil.

Narcissus is the genus which includes those spring flowers we variously call narcissus, doffodil, jongiul. There are 20,000 varieties of these popular springtime bloomers which can make selection a puzzle as well as a pleasure. Narcissus are grouped into 11 main divisions and 18 subdivisions. Popular terms can distinguish them more simply.

The common name "daffodil" should refer to trumpet-flowered narcissus - those in which the trumpet part of the flower is equal in length to or longer than what might commonly be called the petals. The name "jonquil" should refer only to certain species - N.

Jonquilla, N. Juncifolius - and their hybrids. It would be correct to call any of this huge group of plants narcissus.

How to choose narcissus? Personal taste for color and form are probably the first considerations. Also important may be cost. Narcissus should be planted in groups or drifts of a single variety to look their best. Some varieties may be more expensive than others, but "bargain price" bulbs may not be the answer, either.

Any bulb, including narcissus needs a well-drained site, with some sun, and where after-bloom foliage, which must be left to die-back naturally, will not be a "problem" either visually or physically. Planting details should be provided with the bulbs and will vary with species and variety. Soil should be prepared, as for any planting, with additions of fertilizer, organic matter, and lime if soil pH is low.

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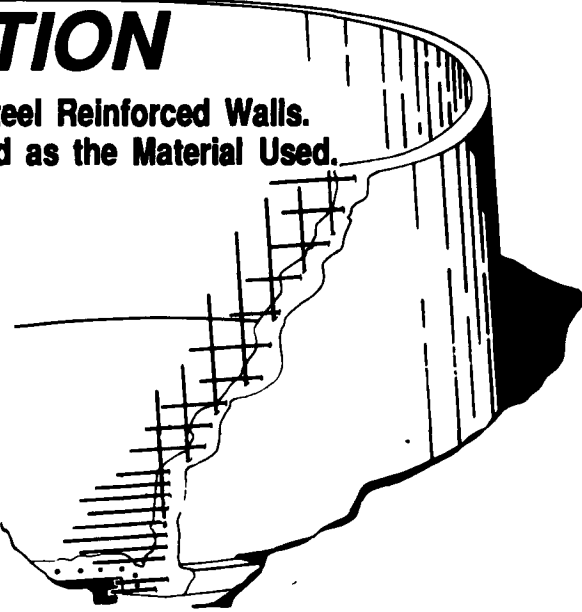
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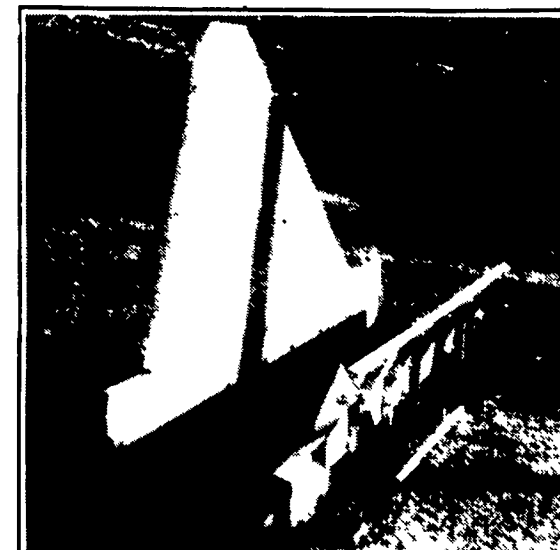
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