

# Orchard

NURSERY & FLORIST

## Home & Garden News

Certified Nursery Staff • Rare and Unusual Plants • Distinctive Gifts • Floral Design Services

### UPCOMING EVENTS

#### It's time to bring in your Bonus Bucks through July 31st!

During the entire month of July, you can redeem the Bonus Bucks you earned in March and April. Hurry in because when we turn the page on the calendar to August it will be too late!

#### An Evening in the Garden Thursday, August 5th!

If you attended one of these last year, or came to our June 24th EITG, you know what all the talk is about. A beautiful summer evening, the scent of fine food in the air, a glass of wine, perhaps some art, plus the lilting sounds of some soothing music. Mark your calendar and plan to join us. More details will be available in our e-news bulletin, and at the nursery.

#### An Evening in the Garden Thursday, September 16th

Like we said, you don't want to miss it! Mark your calendar. More details will be in our e-news bulletin, and at the nursery.

#### We'll be closed Labor Day September 6th

**Orchard Nursery, Florist  
& Lazy K Gift House  
Home & Garden News  
July-August 2010**

## Herbs for Grilling!

Now that summer is in full swing, here are some recommended herbs to use while grilling. When cooking with herbs on the grill, you don't want them to burn, so control the heat and get creative on how you can apply the flavor of the herb. Use marinades, (an easy quick marinade is chopping the herb up and mixing it with olive oil) stuff them under the skin, or use in a stuffing. If you can actually cut whatever you are grilling and stuff the herb in, that is a great way to allow the flavor to permeate further.

With fish, a nice way to cook it is in foil wrap, so the fish doesn't dry out. You can add an extra amount of olive oil, parsley, dill, along with other ingredients such as onions, mushrooms, summer squashes, and small cooked potatoes.

**BASIL:** Goes with chicken, halibut, lamb, salmon, tuna, beef, pork and vegetables. Fresh basil should be added at the last minute so it won't be burnt and lose some of the flavor.

**ROSEMARY:** Goes with chicken, most fish and shellfish, beef, lamb, pork and vegetables. One fun way to use rosemary is to grow the varieties that are upright and use the stems as skewers. Soak them first in water or olive oil. This is especially great with lamb, drizzled with a little lemon as it cooks. For looks on the plate as well as while eating, grill a whole stem of rosemary and let it cook until crispy, but not heavily burnt. This adds great texture and taste to many dishes.

**THYME:** Goes with all poultry, most fish and shellfish, beef, lamb, pork, & vegetables. The common thyme, also known as English thyme is an excellent choice, but some other good ones

to use are lemon and lime thymes. They both can give an extra zesty flavor.

**OREGANO:** Goes with chicken, most fish and shellfish, beef, lamb, and vegetables. Oregano can have a strong and pungent flavor and aroma. This may require a bit more caution in its use, but still gives you that fabulous Mediterranean flavor.

**FRENCH TARRAGON:** Goes with all poultry, most fish and shellfish, beef, lamb, pork, and vegetables. Tarragon is widely used in classic French cooking for a

variety of dishes including chicken, fish, and vegetables. Care needs to be taken when using this herb because the flavor can dominate.

**SAGE:** Goes with chicken, halibut, sole, beef, lamb, pork, and vegetables. This herb is well known for stuffing. So, if you are cooking a whole chicken or Cornish game hen, this would be the perfect herb for the stuffing.

Come in to Orchard Nursery and pick up some herbs so you can enjoy your summer grilled meals.

*Originally submitted in 2009 by Orchard's Bedding Plant Manager, Randall Barnes.*



*From the Flower Shop*

*Front Porch Sale*

*50% Off*

Silks, gifts, plants, goodies  
and such from every corner  
of the nursery!

Sale ends August 1st

*Sneak Preview...*

**Velvet Pumpkins**

Handmade in the USA,  
these unique pumpkins are  
brand new on the market.  
Crafted from aged natural  
pumpkin stems and the finest  
velvet fabrics.

Available in the Flower Shop August 1st

# ZZ is Tops!



*Zamioculcas zamifolia*

Pardon our pun... But, talk about a tough plant that can be used indoors! This plant has recently become one of our most popular houseplants. Those who have tried the ZZ plant in low light situations have been impressed with the fact that it didn't just sit there, but actually started to grow! And not just spindly growth, but good strong stalks and leaves. An added bonus is that it requires only minimal watering and is not prone to pest problems. If you have a difficult indoor situation where other plants have failed, why not give ZZ a try? Seldom do we run across a plant like this!

**Water:** Drench thoroughly and allow it to dry out between watering.

**Light:** Will do well in a wide variety of light situations, prefers filtered or diffused sunlight, but will tolerate lower light conditions.

**Temp:** Comfortable in average household temperatures of 62-85° F.

**Fertilizer:** Use a balanced fertilizer every 4-6 weeks.

# The Lazy K

"Always Your Source for the Exceptional"



*Summertime,  
and the Livin' is Easy...*

This summer enjoy all that makes the Bay Area the best place to live... great weather that makes spontaneous outdoor entertaining a breeze, the freshest produce and great recipes that make cooking a joy and wonderful table accessories that make parties fun. The Lazy K has it all. Pop in for a taste of Summer!

One of our favorite tastes of summer is Marston's Famous California Orange Salad. Sure to be a crowd pleaser. Any salad is better with Marston's Salad Dressing.

## California Orange Salad

8 Servings

2 heads **romaine lettuce**, rinsed, dried and chopped

2 **avocados**, peeled and chopped

1 cup **Marston's Candied Pecans**

½ cup **black raisins**

2 large **green apples**, unpeeled and finely chopped (tart ones like Granny Smith are best)

4 **green onions**, finely chopped heads and tops

2 cups **mandarin oranges**, drained, or 3 **oranges**, peeled, sectioned, and chopped

½ cup crumbled **blue cheese**

1 cup **Marston's San Pasqual Dressing**

½ cup **chicken breast** per person, boned, skinned, cooked, and chopped

Mix all ingredients in chilled salad bowl and serve on chilled plates.



*Gardening  
Anyone...?*

For that devoted gardener, who appreciates all things British, we have Wild & Wolf's line of watering cans and tools for the home and garden decorated in William Morris prints from the Victoria & Albert Museum collection. Royalties from their sales are covenanted to the Museum.



*Speaking of Gardening...*

One of the best ways to learn about various aspects of gardening is to join a garden club in your area. California Garden Clubs, Inc. is the largest nonprofit volunteer gardening organization in the state of California. An association of over 350 garden clubs and plant societies throughout the state, it is devoted to the development of all phases of gardening, the betterment and beautification of the community and the protection and conservation of our natural resources.

To locate a garden club near you, go to the website at: [www.californiagardenclubs.org](http://www.californiagardenclubs.org)

# Orchard's Garden Calendar

## Garden Checklist for August

- ✦ Harvest summer vegetables frequently to extend production.
- ✦ For beautiful spring blossoms divide and transplant bearded iris this month.
- ✦ Pinch off fuchsia seed pods to extend bloom period.
- ✦ Plant perennials during the next six weeks for blooms next spring and for years to come.
- ✦ Check brown spots in lawns for sod web worms and grubs.
- ✦ Clean up around fruit trees and pick any old fruit that could harbor soft rot fungus.
- ✦ Plant beets and carrots for fall harvest.
- ✦ Trim off old flowers on summer annuals to prolong blooming.
- ✦ August is the month to give your roses the last feeding of the rose formula listed in our 'Rose Care' sheet (or, the 'Organic Alternative' also available). If you don't get it done in August you can still do it in September. If you do this, you will still be cutting roses in November and even into December, if the weather cooperates.

The 'Rose Care' sheet is available in the store or online at: [www.orchardnursery.com](http://www.orchardnursery.com), look for it on the "Nursery" page.

## Late August- September

- ✦ Prepare the garden for winter vegetables by removing all spent summer vegetables.
- ✦ Plant early flowering sweet peas for an abundance of flowers during the holidays.
- ✦ Words of warning: with soaring temperatures do not leave plant material in a hot car for even fifteen minutes. Make the garden center your last stop on the way home, or make arrangements for delivery.
- ✦ Divide crowded clumps of Shasta Daisies now for better flower size next summer.
- ✦ Water Japanese Iris thoroughly before and during the blooming season to promote a spectacular bloom.
- ✦ Support chrysanthemum by staking. The fuller they become the possibility they may break.
- ✦ Keep baiting slug and snails especially once you've set out new seedling.
- ✦ If your azaleas have set their buds, switch to 0-10-10 fertilizer to promote bigger flowers in the spring. Using high nitrogen fertilizer will cause the azalea to drop their flower buds and keep on growing.

Have a question about your garden, home decorating or houseplants?

**Ask the experts at Orchard. We're here to help!**

# Summer Harvest Recipes

Okay, now your summer vegetables have been growing, here are some tips about when to harvest and recipes to further enjoy your summer harvest.

**Tomatoes:** For the best taste, harvest tomatoes when they are fully colored and slightly soft to touch. Gently twist and pull from the vine. If your plant looks like it may be over-producing, you can also harvest some as they start to ripen and let them finish indoors. If you like fried green tomatoes, harvest as they reach full size (or just as the first color change begins, if you like them a bit less tart).

**Summer Squash/Zucchini:** Pick young and check often. The skins should be tender enough to poke your fingernail through.

## Grilled Tomatoes

Preparation Time: 10 minutes      Number of Servings: 4  
Cups of Fruits and Vegetables Per Person: 0.5

Ingredients:  
4 ripe tomatoes      1 Tbsp fresh oregano or 1 tsp dried  
1 tsp lemon pepper

Directions:  
Slice tomatoes in half, lengthwise. Prepare coals. Cover grill grid with foil. Place tomatoes on foil and sprinkle with oregano and lemon pepper. Grill tomatoes with cut side down, over hot coals for about 4–5 minutes.

## Skillet Zucchini with Chopped Tomatoes

Preparation Time: 10 minutes      Number of Servings: 4  
Cups of Fruits and Vegetables Per Person: 1

Ingredients:  
1 tsp whipped light butter      1 cup chopped onion  
4 small (6-in) zucchini, thinly sliced      2 medium tomato, chopped  
freshly ground pepper

Directions:  
In a large nonstick skillet, melt butter over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

## Pasta Primavera

Preparation Time: 30 minutes      Number of Servings: 2  
Cups of Fruits and Vegetables Per Person: 3

Ingredients:  
1 cup broccoli florets      1 cup sliced carrots  
1 cup sliced zucchini      1 cup macaroni or rotini pasta

Sauce:  
1 Tbsp flour      1 Tbsp margarine  
1 cup skim milk      ¼ tsp dried basil  
½ tsp black pepper      2 Tbsp Parmesan cheese

Directions:  
Steam vegetables until crisp-tender, and cook macaroni according to package directions. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.

These recipes are from the Center for Disease Control and Prevention's website. You can get the nutritional facts and diabetic exchange information for each recipe. <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

The Centers for Disease Control and Prevention (CDC) and Produce for Better Health Foundation (PBH) are leading this initiative and are in partnership with other health organizations. The goal is to achieve increased daily consumption of fruits and vegetables.

For more information on the Fruits and Veggies — More Matters health initiative, brand and logo, please visit PBH at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). You will also find activities and tips for getting children involved as well as more recipes.

Thanks to Randall Barnes, our Bedding Plants Manager, for these tips.



# Entry Form

Dog's Name: \_\_\_\_\_

Owner's Name: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Thank you for taking me to Orchard Nursery again!  
 I LOVE all the wonderful smells to sniff, the abundance of  
 scratches I get under my ears and best of all, I can help my  
 human win an...

## Orchard Nursery \$50 GIFT CARD!

Just take the cutest picture of me at what I do best, attach it to an entry form  
 and drop it off at Orchard's Flower Shop. A random drawing will be held  
 July 31st 2010. As a bonus, my winning photo\* will grace the pages of the  
 September Orchard Newsletter! Woof!

Note: You, or your dog, need not be present to win.  
 Pictures will be posted at the Nursery.

*\*Please make a duplicate of your photo; we will not be returning photos.*

[Attach this to your dog's photo]



Orchard's Home & Garden News is published by Orchard Nursery & Florist, Inc. Articles are written or selected from current horticultural  
 publications by the staff of Orchard Nursery & Florist.



*Because Life Should Be Beautiful™*

Orchard Nursery & Florist, Inc.  
 4010 Mt. Diablo Blvd.  
 Lafayette, CA 94549  
 925-284-4474

