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Bloom



MOOD FLOWERS AND HOW THEY AFFECT US

CALLA LILY IS
THE FLOWER OF
THE MONTH

DIY

BEAUTIFUL TABLE
CENTERPIECES

HISTORY
OF VICTORY
GARDENS

TIPS & TRICKS

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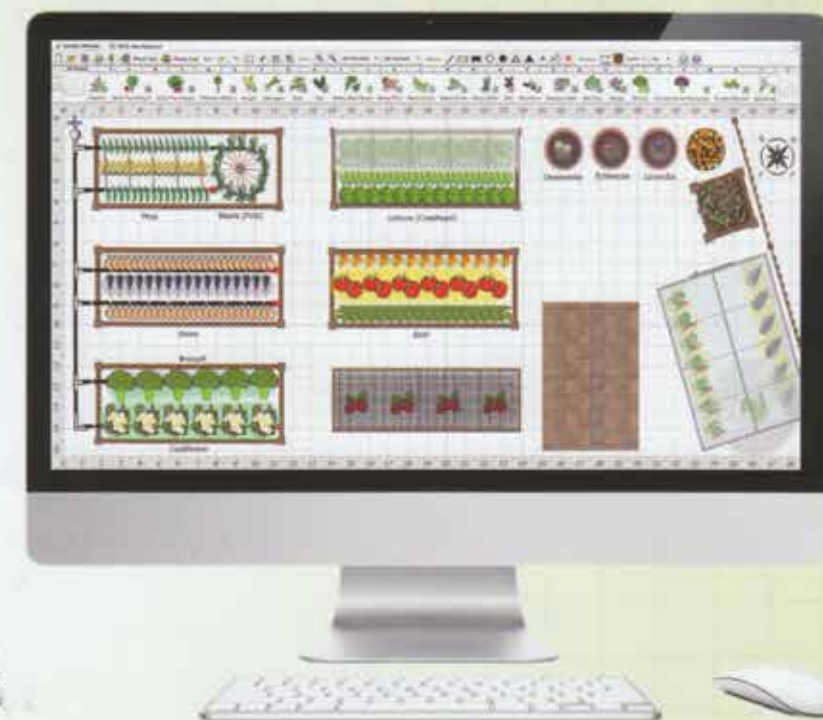


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Improving Home Improvement

This is a Ball State University J323 Magazine Design class project which was created as a requirement for the course.



Contents

Front-of-book

- CONTRIBUTORS
- CONTENTS
- MASTHEAD
- EDITOR'S LETTER

Departments

FEATURED FLOWER

Calla lilies are a great addition to a wedding p. 5

HISTORY

Victory Gardens boosted the American Economy in WWII p. 6

Features

FLOWERS AND OUR MOODS

What flowers stimulate our senses? p. 16

BIBLE PLANTS

What plants have been here since the beginning of time? p. 26

RECIPE

Simple recipe using tomatoes and cheese p. 8

DIY

Decorate your table centerpiece with underwater flowers p. 11

EXPERT ADVICE

Smooth transitions to keep your garden functioning p. 14

TIPS & TRICKS

Easy steps to prepare a garden for the first time p. 24

BUY

Compare prices on food and flowers at local stores p. 30



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FOOD CAN YOU BUY?

FOOD

Tomatoes

Possibly the most popular vegetable for any size garden, you can grow tomatoes in hanging baskets or other containers or anywhere they'll get lots of sun and have support for their stalks. Starter plants from the garden center are the easiest to grow.

LOWES		WALMART	
Bonnie 5" Tomato Plant	\$3.98	Miracle-Gro Gro-ables Roma Tomato Seed Pod	\$1.48
Tomato Seeds of Change	\$2.48		
Ferry-Morse Tomato Seeds	\$1.99	Mini Tomato 3-Pod Seed Kit	\$12.95



Cucumbers

Cucumbers like sunlight and warm temperatures, as well as support for climbing. Once you give them these and water them regularly, they grow almost like weeds. You'll probably have enough cucumbers to donate to your neighbors.

LOWES		WALMART	
2 cucumbers	\$5.98	Seedballz Cucumber 8 Pack	\$13.64
Ferry-Morse Cucumber Seeds	\$3.48		
Cucumber Seeds of Change	\$2.48	Miracle-Gro Gro-ables Cucumber Seed Pod	\$1.48

Green Beans

All sorts of green beans, from snap beans (or string beans) to shell or whole beans are ideal for home gardens. Both types grow easily from seeds. Most beans prefer full sun and well-drained soil.

LOWES		WALMART	
Ferry-Morse Green Bean Seeds	\$3.47	Miracle-Gro Gro-ables Green Bean Seed Pod	\$5.98
Green Bean Seeds of Change	\$2.48		
Green Bean Plant	\$2.99	Sprout House Green Beans Seeds Mung Bean 1 Pound	\$11.70



Gardening on

FLOWERS

WHAT FLOWERS AND



Pansies

Pansies are hardy annuals whose flowers have “faces.” These plants offer colorful flowers for any season in your garden. They have one of the widest ranges of colors and are good for containers, borders, and ground covers.

LOWES

3-Quart Pansy	\$7.98
12-Pack Pansy	\$10.98
1.5-Gallon Trailing Pansy	\$11.98

WALMART

Bouquet of Pansies	\$7.98
Pansy Wildflower seeds	\$1.88
Basket of Pansies	\$14.98

Zinnias

Zinnias are one of the easiest annuals to grow, grow quickly, and bloom heavily. They make a massive burst of color in your garden. Smaller zinnias are suitable for edging, windowboxes or other containers. The narrow-leaf zinnia also works well in hanging baskets.

LOWES

6-Pack Zinnia	\$5.98
12-pack Zinnia	\$9.98
1.5-Gallon Zinnia	\$14.98

WALMART

Zinnia Seed Balls	\$13.64
Zinnia Wildflower seeds	\$1.88
Basket of Zinnias	\$14.98



Phoenix Perennials

Not only do perennials keep coming back, but also long-flowering perennials can contribute color for two months or longer. Attractive leaves, showy seed heads, and fetching foliage add even more interest. For early color, add daffodils, crocus, and other spring bulbs.

LOWES

3-Quart Perennial	\$7.98
6-Pack Perennial	\$5.98
1.5-Gallon Perennials	\$15.98

WALMART

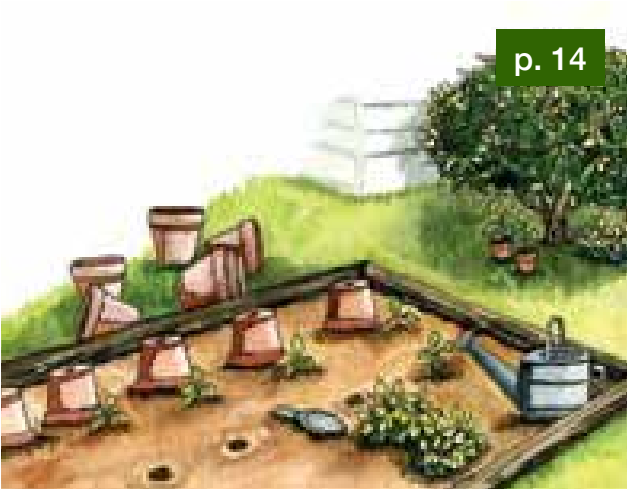
Perennial Seed Balls	\$13.64
Perennial Wildflower seeds	\$1.88
Basket of Perennials	\$14.98

YOUR VICTORY GARD p. 6

counts more than ever!



p. 30



p. 14

Cover photo

p. 16



p. 26



Turning a New Leaf

LETTER FROM THE EDITOR

Katie Miller

The outdoors have always intrigued me, ever since I was a little girl. I really liked the sounds the birds made, the smell of the flowers and laying in the grass. I enjoyed being outside so much that sometimes my mom would have to pull me up and take me inside on summer evenings. I was always happy to be outside.

As I grew up this feeling never diminished, even though my time outside did. Homework seemed to double every year at school, new technologies came along to entertain “us kids” (the biggest thing I remember getting was a CD player when I was 8 years old, but I do remember using cassette players and a Walkman!) and no one can fully resist the power of the television! The time I spent came to be more indoors than outdoors, to the point I didn’t want to leave my room, especially during the winter. While I did walk around campus in college, the “indoor mindset” still stayed with me. I had to get my homework done and then I needed to work to earn money.

Throughout those years changes came, some of them more drastic than others. They caused more imbalance than I wanted to recognize at first. I’m talking about depression. When I was sixteen I went through a period of depression that lasted about two years. When I emerged it was my senior year of high school. I relapsed a couple of times that year and once in college (though these didn’t last long). During those times, I was really down. I didn’t feel much of anything. No joy, no pain. Nothing. Believe me, you don’t ever want to go there. It was incredibly difficult.

My mom tried to get me going. She tried everything. The only time I showed signs of improvement was when I

was outside. This was harder during the winter, but mom still got me to go outside. That, coupled with love and support from family and friends, got me through the depression.

Now I’m nowhere near the state I was in high school, but I’ve noticed I still feel sad and down during the winter. And it’s not your typical “winter blues”; the feelings seem to go well beyond that. It became really noticeable this year, my senior year in college. The grayness of winter in Muncie, Indiana didn’t help much, either.

I’ve talked with a doctor about this, and though it’s not confirmed, he thinks I might have seasonal affective disorder. What led him to that was my telling him I seemed to feel OK on sunny days, but when it was cloudy and gray, I couldn’t seem to drink enough coffee to perk myself up. I’d rather take a nap. He recommended I spend more time outside in gardens where I could see and touch flowers, or even go to greenhouses. Pretty much what he, and others were telling me was to get outside and enjoy nature.

So that’s my challenge. My change, my “new leaf” is to get back to nature. I’m going to update myself on flowers and gardening techniques. I’m going to make an oasis of plants to connect me with nature, where I am happiest. It’s true that people who spend time in the sunlight and take time to “smell the roses” are some of the happiest people on Earth. I’m going back to my roots to enjoy the outdoors like I did as a kid. And I encourage you to do the same! 🌿



▲ Garlic, cinnamon, salt, mustard and coriander seeds can be grown in Indiana.

“Not only does it connect you with the Bible, but it connects you spiritually. Being out in my Bible themed garden during its full bloom helps me relax and keeps my mind at peace. It’s not just for the beauty, it’s for your soul,” says Charles Curtiss, a Muncie resident.

Of course a garden will connect you with nature, simply by you planting something. While there is satisfaction enough in that alone, there comes a deeper meaning as you raise plants which have specific purpose and meaning throughout known history. Bible gardens don’t have to be elaborate and you don’t have to plant every one on the list. Do what you can do.

AREN’T THESE PLANTS NATIVE TO THE MIDDLE EAST BECAUSE THEY ARE FROM THE “BIBLE”?

No, not necessarily. Most of the plants listed adapted to a variety of climates. Grapes aren’t just grown in Greece and lentil seeds aren’t grown just in the Middle East. With proper care and attention these plants will grow in just about any backyard in Indiana. Canada actually has the highest amount of lentil production today.

Not only can we “Hoosiers” plant and grow these in our gardens, they are popular foods available in most grocery stores. All of these

items were found at the Meijer store in Anderson.

Isn’t it interesting how these plants have become so much a routine part of our lives, that rarely a thought is given to them being a part of life since it’s very beginning?

WHAT WERE THESE PLANTS USED FOR?

Most of the spices, such as coriander, garlic, cumin and mustard were used for sanitation and treatment of dead bodies, to reduce the unpleasant aroma of decomposition. Some of these spices, along with others such as cinnamon and salt were used in cooking and preserving food.

Most of the herbs were used for medicines. Aloe plants were used to help wounds and burns heal, mint and rosemary were often used to help with digestive problems. Sage was used to help those suffering from depression.

All of the foods listed were part of a normal diet in biblical times. Grapes, apples, cucumber, pomegranate, onions and a variety of nuts were part of meals. Some foods have symbolic value, like the grapes identified earlier. These foods are still used today for diet and medicines.

Bible Gardens yield various foods and plants that can help us in our daily lives. Just think how much money you can save by planting these plants instead of going to the store to buy them! 🌿

I will sing for the one I love a song about his vineyard (grapes): My loved one had a vineyard on a fertile hillside.

- Isaiah 5:1-2

Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom—there I will give you my love.

- Song of Solomon 7:12

Like apples of gold in settings of silver is a ruling rightly given.

- Proverbs 25:11



▲ This platter contains Indiana-grown foods that appear in the Bible: lentils, grapes, apples, onions, cucumbers walnuts, almonds, pistachios and pomegranate.

What is a Bible Plant? What is a Bible Garden? They are simply plants specifically named in scripture passages. A Bible Garden is any garden that includes plants appearing in the Bible. More than 125 plants, trees and herbs are noted in scripture.

Plants of the Bible include herbs such as dill, rosemary, sage, parsley, aloe, mint and tyme among many others. This includes foods such as apples, onions, cucumbers, pomegranate, grapes, lentils, walnuts, almonds and pistachios. Spices include garlic, coriander, salt, mustard and cinnamon. All of these can be grown in Indiana!

WHY ARE BIBLE PLANTS SO IMPORTANT?

One reason is they are all hardy plants that can survive in nearly any fertile soil. Another is the symbolism they represent in cultures of the bible times. The grapevine, for example, is the

source of at least one parable spoken by Jesus. Throughout Christendom, red wine is the symbolic representative of the blood of Christ.

While these plants all have important functions identified in the Bible, their practicality is not limited to Christians of that time, or since. All of the plants referenced in this article could be grown in the regions of all the ancient cultures, and served very useful purposes in each one.

WHY DO I NEED A BIBLE GARDEN?

Those people who plant and tend Bible gardens do so for two reasons: for food and for connection. It's a more common hobby for retirees and the elderly than you might think. However, they are not just for older people. Increasing numbers of adults aged 25-45 also enjoy gardening, and planting Bible gardens in particular.

Featured Flower

Calla Lily

ONE OF THE WORLD'S MOST BEAUTIFUL FLOWERS

- Though called a lily, Calla lilies are not really lilies.
- Calla lilies are native to Southern Africa. Calla lilies are easy to grow and are generally grown from a bulb or rhizome.
- The blooming time of Calla lilies is late spring. They need sunshine, but can't stand extreme heat.
- Calla lilies also are excellent houseplants, bouquets and flower arrangements.
- Calla lilies average between 1 and 3 feet high and have a diameter of approximately 1 to 1 and 1/2 feet when fully grown. The Calla lily leaves are 1 1/2' long, rich green. The green leaves of the calla lily are shaped like arrowheads and have white or silver speckles.
- Calla lilies come in multiple colors, such as white, purple, green, pink and yellow.
- The word Calla comes from the Greek term for "beautiful."
- Calla Lilies signify magnificence and beauty.
- The Calla lily roots are poisonous.

▲ Photo courtesy of imgdex.com

We Can Do This!

VICTORY GARDENS FOR THE AMERICAN PEOPLE DURING WWII

Claudia Reinhardt | *The Ganzel Group*

As part of the war effort, the government rationed foods like sugar, butter, milk, cheese, eggs, coffee, meat and canned goods. Labor and transportation shortages made it hard to harvest and move fruits and vegetables to market. So, the government turned to its citizens and encouraged them to plant “Victory Gardens.” They wanted individuals to provide their own fruits and vegetables.

Nearly 20 million Americans answered the call. They planted gardens in backyards, empty lots and even city rooftops. Neighbors pooled their resources, planted different kinds of foods and formed cooperatives, all in the name of patriotism.

Farm families, of course, had been planting gardens and preserving produce for generations. Now, their urban cousins got into the act. All in the name of patriotism.

Magazines such as the Saturday Evening Post and Lifeprinted stories about victory gardens, and women’s magazines gave instructions on how to grow and preserve garden produce.

Families were encouraged to can their own vegetables to save commercial canned goods for the troops. The government and businesses urged people to make gardening a family and community effort.

The result of victory gardening? The US Department of Agriculture estimates that more than 20 million victory gardens were planted. Fruit and vegetables harvested in these home

FUN FACTS ABOUT VICTORY GARDENS

- During World War II, Victory Gardens were planted by families in the United States (the Home Front) to help prevent a food shortage.
- Planting Victory Gardens helped make sure that there was enough food for our soldiers fighting around the world.
- Many different types of vegetables were grown—such as tomatoes, carrots, lettuce, beets, and peas. Victory Gardens were responsible for bringing Swiss chard and kohlrabi onto the American dinner table because they were easy to grow.
- At their peak there were more than 20,000,000 Victory Gardens planted across the United States.
- By 1944 Victory Gardens were responsible for producing 40% of all
- People with no yards planted small Victory Gardens in window boxes and watered them through their windows.
- Many schools across the country planted Victory Gardens on their school grounds and used their produce in their school lunches.
- The U.S. government printed recipe books describing how to prepare home grown vegetables to make nutritional and tasty meals. Agricultural companies gave tips on how to make seedlings flourish in different climates.

and community plots was estimated to be 9-10 million tons, an amount equal to all commercial production of fresh vegetables. So, the program made a difference.

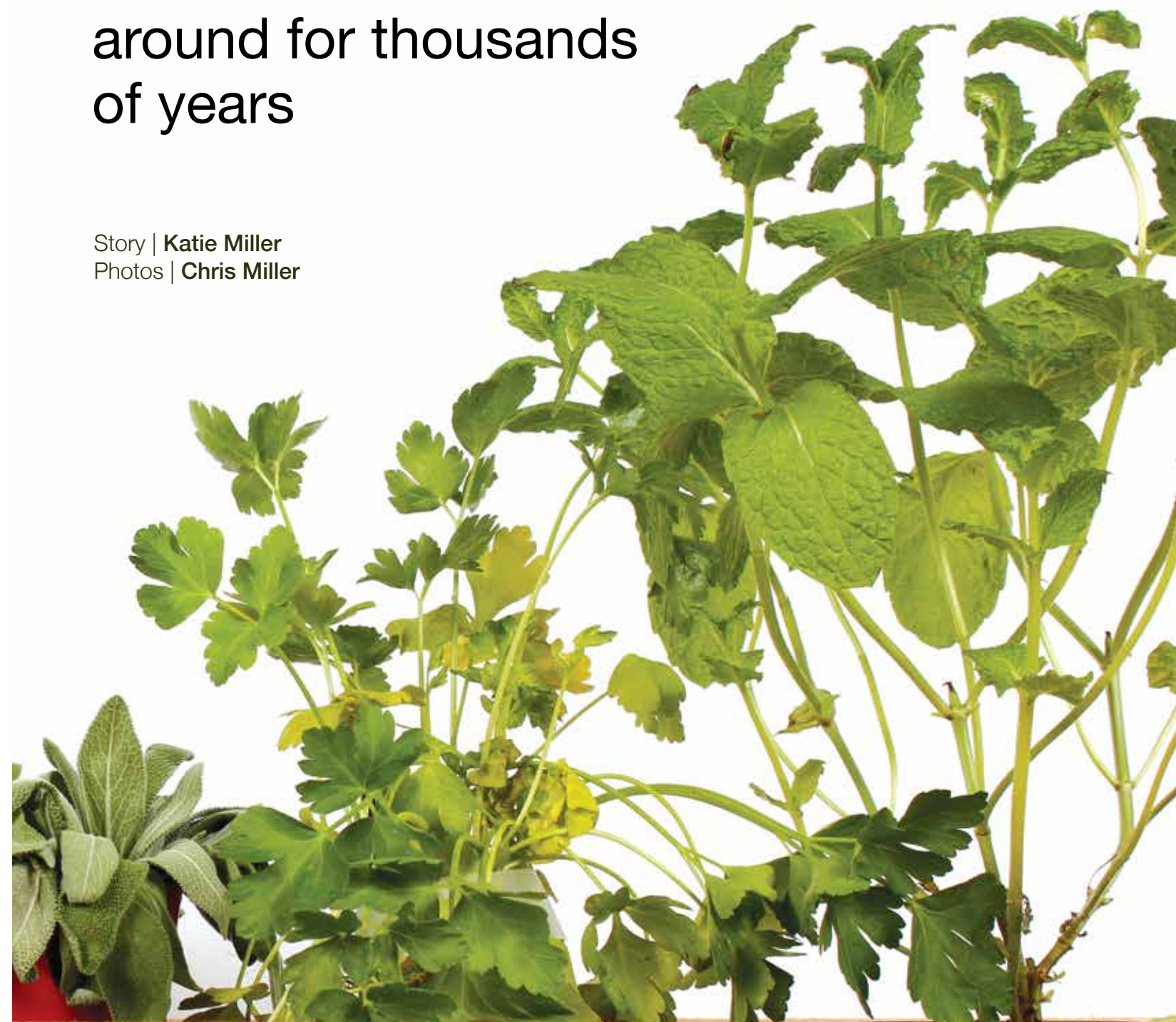
Kelly Holthus remembers that it was hard to find fresh produce, and it was a way for individuals to do their part on the home front. “It was a great moral

thing,” he says. “And for young people like me, it was, you know, I could do my part. I was a part of the effort!”

When World War II ended, so did the government promotion of victory gardens. Many people did not plant a garden in the spring of 1946, but agriculture had not yet geared up to full production for grocery stores. ☺

Plants that have been around for thousands of years

Story | **Katie Miller**
Photos | **Chris Miller**



Sage is used in medicine to help alleviate digestive problems and mental disorders, such as Alzheimer’s and depression.

Parsley leaves and roots are popular around the world as a condiment and garnish. It is also an effective natural breath freshener.

Mint is a perennial plant often used for flavor in cooking. Ancient Greeks and Romans used it to relieve pain and help soothe indigestion.

Bible Plants



Dill is unique in that both its leaves and seeds are used as a seasoning. Dill's green leaves are wispy and fernlike and have a soft, sweet taste.

Rosemary is part of the mint family that grows as an evergreen bush. It is most often used in cooking but has a wonderful woody scent.



▲ Victory Garden poster courtesy of victorygardeninitiative.org

Tomato & Cheddar Pie

FRESH AND CRISP MEAL YOU CAN MAKE EASILY AT HOME

BY IAN KNAUER | BON APPÉTIT

With its biscuity buttermilk crust, this rustic pie is our new summertime staple. Let the pie cool for at least one hour before serving.

PREPARATION

For crust:

- Whisk first 4 ingredients in a medium bowl. Using your fingertips, rub in butter until coarse meal forms and some small lumps remain. Stir in buttermilk and knead gently with your hands until dough forms. Wrap dough in plastic and chill for 1 hour.

For filling

- Lay tomatoes in a single layer on a baking sheet lined with 2 layers of paper towels. Place another 2 layers of paper towels on top of tomatoes. Let stand for 30 minutes to drain.
- Preheat oven to 425°F. Roll out dough between 2 sheets of plastic wrap to an 11" round. Remove top layer of plastic wrap. Invert dough onto pie dish. Carefully peel off plastic wrap.

- Toss both cheeses in a medium bowl until evenly incorporated. Reserve 1/4 cup of cheese mixture. Whisk scallion, mayonnaise, dill, vinegar, sugar, salt, and pepper in a small bowl.

- Sprinkle cornmeal evenly over bottom of crust, then top with 1/2 cup cheese mixture. Arrange 1/3 of tomatoes over cheese, overlapping as needed. Spread half of mayonnaise mixture (about 1/3 cup) over. Repeat layering with 1 cup of cheese mixture, 1/2 of remaining tomato slices, and remaining mayonnaise mixture. Sprinkle remaining 1 cup cheese mixture over, then remaining tomato slices. Sprinkle with reserved 1/4 cup cheese mixture. Fold overhanging crust up and over edges of tomato slices.

- Bake pie until crust is golden and cheese is golden brown, 35-40 minutes (check crust halfway and tent with foil if it's getting too dark). Let pie cool at least 1 hour and up to 3 hours before slicing and serving. 🌿



Take your garden to the next level. Use it as a peaceful getaway.

Starting a Veggie Garden

TIPS FOR BEGINNING GARDENERS WANTING TO GROW FOOD

Cindy Martin | *The Tasteful Garden*

Vegetables are easy to grow and are very rewarding at harvest time. The most important requirements are sunshine and watering. Other requirements are a loosened soil, some fertilizer, and a little bit of weeding. If you have an area in your yard that gets sunshine most of the day (6-8 hours in summer) then you can have a vegetable garden. The first time you start a new garden requires the most amount of work, but do not get discouraged.

LOOSEN THE SOIL

The ground that the plants will grow in needs to be loosened up so that the roots of the tender vegetable plants can grow into your soil and make strong, healthy plants. The roots are the only way the plant takes up water and nutrients so you want to make their job easy.

The best time to dig your garden is early spring when it is moist enough to dig easily but not so wet that the soil is muddy and heavy. The first step is to mark out your spot making sure there are no trees or large shrubs around it with roots that will spread into your garden. Then, remove the grass and create some type of border around the garden to keep it neat and weed free.

You must dig your soil to loosen the clumps and allow air in, which will allow the roots to breathe (yes, they need air also). The depth that I recommend is at least 12".

PLAN BEFORE YOU PLANT

Before you plant, you need to do



some planning to allow enough room for the plants you want to grow. Plants generally get very large and you need to allow enough space for each one, or the plant will become stressed and may not produce good fruit. When you purchase them most plants will have information on how much room they will need when fully grown. A good rule of thumb is to allow 18-24" spacing for most plants. Always keep in mind that the sun will be important to all of the plants so put the tallest ones in the back so they do not shade the shorter ones.

PLANT AT LEAST 2-3 OF EACH TYPE OF PLANT

Plant at least 2-3 of each type of plant, depending on how many vegetables you want, but do not worry about using all 6 plants in the 6 packs or you will have so much fruit you may never eat another cucumber again.

WATER GENTLY AFTER PLANTING

You should water gently after planting until the soil is moist at 1" below the surface. Water again when the soil appears dry on the top. This can happen daily in warm summers.

WEEDS SHOULD BE PULLED, NOT SPRAYED

Weeds are a fact of life with gardening but they should be pulled, not sprayed. If you check for weeds every 2-3 days and use a weeding tool, the work goes fast and easy.

If you follow the above instructions, you will be successful in harvesting lots of vegetables. It really is easy and you will learn more every year. Experiment and do not get discouraged if something does not work the first time. People have been gardening for 30 years and are still learning new things every year.

Good luck! 🌱



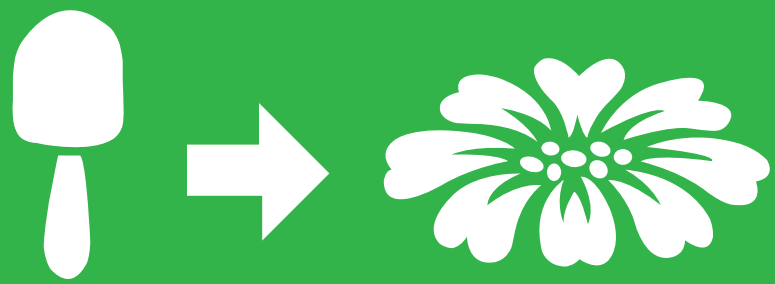
INGREDIENTS

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 6 tablespoons (3/4 stick) chilled unsalted butter, cut into 1/2" cubes
- 1 cup buttermilk

Filling:

- 2 pounds large ripe tomatoes, cored and cut into 1/4" slices
- 2 1/2 cups coarsely grated extra-sharp cheddar (89 ounces)
- 1/4 cup finely grated Parmesan (1/2 ounce)
- 1 scallion, trimmed, chopped
- 1/2 cup mayonnaise
- 2 tablespoons chopped fresh dill
- 1 tablespoon apple cider vinegar
- 2 teaspoons sugar
- 3/4 teaspoon kosher salt
- 1/2 teaspoons freshly ground black pepper
- 1 1/2 tablespoons cornmeal

► Photos courtesy of taste.com.au



**Share your
gardening tips
and make some
new friends while
bettering your
neighborhood.**

Volunteer Indiana



▲ **Purple flowers**– violet and blue hues are very good for a those battling depression.

There can be very little doubt that flowers can influence our behavior. Their size, color, fragrance and texture can affect our moods, even helping us to relax. Writings through the ages, in virtually every culture, tend to confirm this.

If you'd like some help for your psyche and some relatively inexpensive therapy, go buy some flowers for your home, your apartment, your dorm room or workspace to give a natural lift to the atmosphere.

Then watch your own mood lift right up in the process. 🌸

“When someone brings me flowers to show they care about me it warms my heart... the smell connects me to the outside world and reminds me that I am still here and important.”

- Bonnie Porter

The symbolism of red hues representing passion, love or anger; blue hues representing calmness and serenity, are now second nature to most of us. In his book “Light Medicine for the Future” Dr. Jacob Liberman explains many of the ways color effects the human body and mind. “Short wave-lengths of light from colors such as violet and blue can help the treatment of many conditions, including addictions.”

FLOWERS IN HOSPITALS

Whenever we have been in a hospital for treatment or visited a friend there, we notice the white walls and clean, sterile environment. While this helps with sanitation, the control of bacteria and reduces the risk of infection, the setting can also effect patients negatively—especially those in their care for extended periods of time—precisely because of that sterility; the lack of positive stimulation through color.

Noticing this effect, doctors have conducted their own studies in which flowers were placed in some patients’ rooms, while not being placed in others’. All of the patients’ reactions were noted and the results were significant: patients whose rooms had flowers generally seemed happier and more at ease. Consequently, their stays in the hospital were shorter in duration. Simply put, patients seemed to tolerate their hospitalization easier with the presence of flowers. For these reasons, hospitals encourage family and friends to bring flowers to patients



► **Bonnie Porter** (left) goes in the hospital with her sister, Brenda Hammons to go for another round of treatments.

in all areas, with the exception of the most closely monitored critical care units.

Aimee Oldham, a Registered Nurse at St. Vincent’s Hospital, Anderson, says “flowers work wonders. It’s great to see a patient’s mood improve instantly when they are given flowers for their room. It brightens their day and brightens our moods, too.” This simple act of kindness shows the patient their family and friends love them, which has a healing effect.

Bonnie Porter had been a patient off and on at St. Vincent’s hospital for the last two years. She had leukemia. While her bubbly personality shined brightly every day, she still had some low points being in the hospital. “I try to stay positive, but some days are just harder than others. When someone brings me flowers to show they care about me it warms my heart and they stay in my room until they need to be changed. The bright colors and the smell connects me to the outside world and reminds me that I am still here and important.”

Bonnie loved all kinds of flowers, but said her favorite colors were red, orange and yellow. They helped her feel more cheerful and make her room feel warmer and more comfortable.

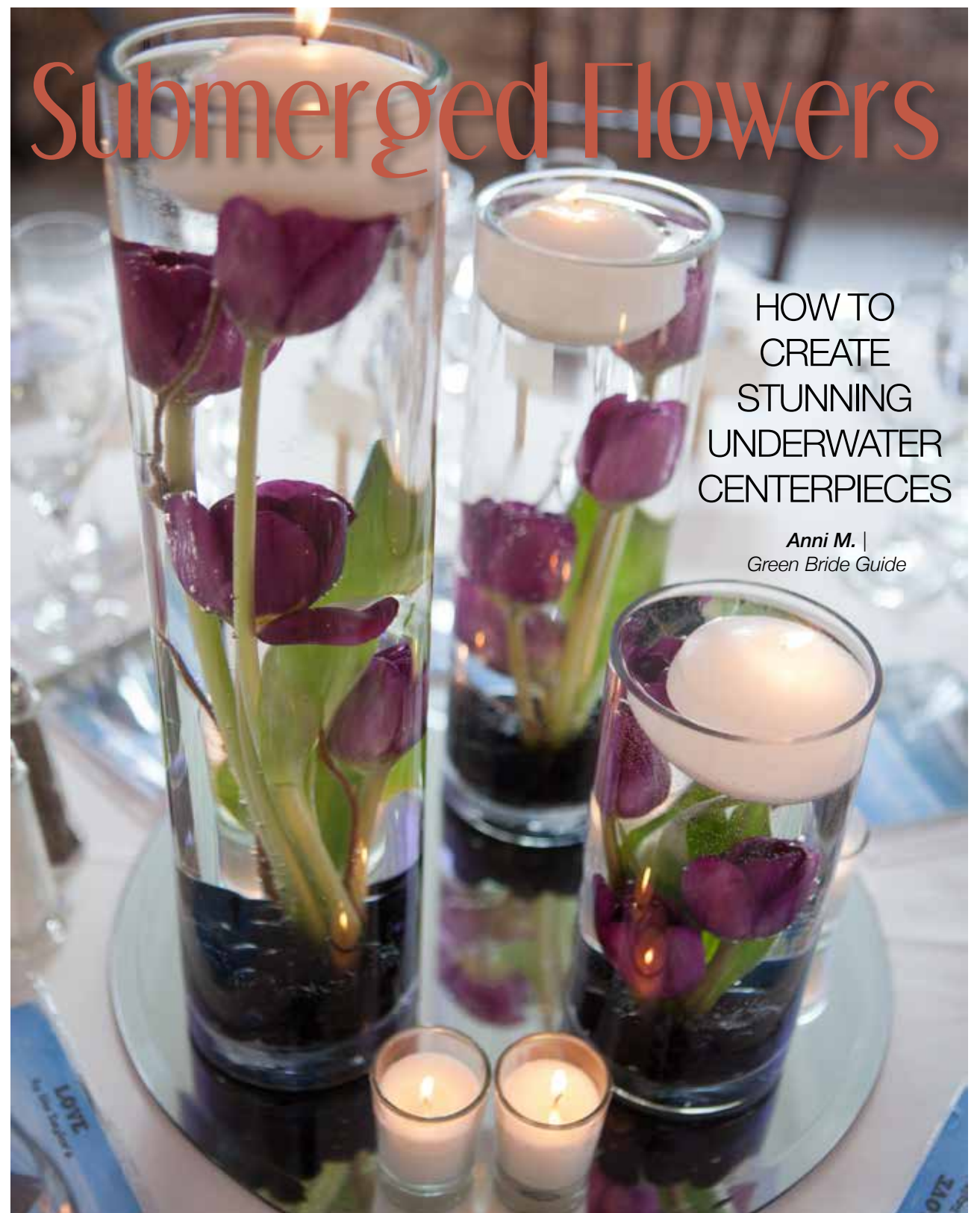
(Editor’s note: Bonnie Porter died in late March of this year, as this publication was in production. A wonderful friend; a sweet soul with a gentle spirit, she showed us all how to finish this life well.)

Depression patients also benefit from having flowers in their daily routine. According to The Mayo Clinic, “depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think and behave and can lead to a variety of emotional, physical and mental problems.”

Just as studies have shown the presence of flowers in hospital rooms to have a positive effect on patients’ moods, the same model can be applied for those battling depression. These individuals tend to disconnect from their emotions and resist moments that would be happy times for others. The sight of the colors, the scent of the flowers and the natural texture of the petals all seem to help the depression patient reconnect.

While every person has their own preferences of colors in flowers, most doctors suggest that violet or orange will be uplifting for a depression patient, without overwhelming them. Violet is actually the blend of warm and cool colors; orange is the blend of red and yellow. In itself, red can be too strong, yellow too bright. Orange is a nice compromise.

DIY



Submerged Flowers

HOW TO
CREATE
STUNNING
UNDERWATER
CENTERPIECES

Anni M. |
Green Bride Guide

▲ Photo courtesy of greenbrideguide.com

If you are looking for simple, stunning, modern and cost-effective floral wedding centerpieces, nothing beats the look of submerged flowers. Using water in your wedding décor brings nature to your ceremony or reception. It's a common element in modern design, often paired with flowers and stones. Submerging flowers in water combines two disparate ecosystems, bringing a new focus to the flower's delicate petals as they quietly float on your tables. It is also a clever budget-friendly design strategy. Submerged flowers are chic and beautiful without being expensive or hard on the environment. A single bloom can serve as your entire centerpiece. Many different varieties of flower will withstand total submersion, from baby's breath to calla lilies. Here are some instructions for creating the perfect eco-chic look:

USE REAL BLOOMS

While it might be tempting to experiment with fake flowers since they last longer than the real thing, submerging fake flowers in water is less eco-friendly and can be problematic. Over the course of the evening the water in your vases may turn colors as dyes from the petals run. The vases' glass will magnify the blossom, highlighting obvious imperfections like plastic stems or loose threads. When you use real blooms, that magnification becomes a bold feature, making visible those tiny details—the vein of a petal, the delicate ridge of a leaf—that make flowers so magnificently beautiful.

CHOOSING THE PERFECT SUBMERGED FLOWERS

It's difficult to predict which flowers will work best when submerged. Orchids, lilies, and roses all hold up well under water for several days (as always,



▲ Photo courtesy of greenbrideguide.com

organic and locally grown flowers are best). You can also use handfuls of rose petals, which are available in every color of the rainbow to match your decor. It's always a good idea to experiment with your flowers of choice before the wedding to make sure your displays look just right.

KEEP THE SUBMERGED FLOWERS ANCHORED

Flowers are naturally buoyant and they will float to the surface of your vase if you don't weigh them down. There are a few ways to do this. You can glue the stems to the bottom of the vase with clear aquarium glue or you can attach mini fishing weights to the stems. Use pebbles, shells or glass marbles to hide the weights. Your blossoms will look expertly planted.

USE DISTILLED WATER

Using distilled water will insure that your display is clear and free from additives that may discolor the flowers or create visible floating particulates over time. You can fill empty milk jugs or the vases several days in advance to achieve this clarity.

GET CREATIVE

Use multiple vases of varying heights, add bamboo or fern fronds for texture, or keep it simple and give each table a single tall cylinder of floating blooms. Create a mangrove-esque display with twisting branches accented by the occasional pink lily. This is especially exciting if you have a wildlife or forest theme. Light your flowers from below or use mirrors to double their impact. 🌿



Flower Meanings

Common flowers representing certain meanings in our culture

- Apple blossom
promise
- Azalea
abundance
- Begonia
deep thoughts
- Carnation
cheerful and bold
- Daffodil
chivalry
- Daisy
innocence
- Lilies
regal, celebration, enthusiasm
- Orchid
delicate beauty
- Rose
passion, friendship, appreciation
- Sunflower
adoration

source:
www.aboutflowers.com

Smell

Flowers can range from having sweet smells, to foresty-wood smells to pollen smells. These aromas remind us of the outdoors. If there is a flower bouquet inside, it reminds us of nature. Our brains are connected to the outdoors.

Flower smells stimulate nerve cells that travel to our brain from our nose. The smell of pollen is one of the strongest of stimuli.

Studies have shown that these nerve cells, when activated, improve memory, attention and emotion. Doctors use flowers for patients in the hospital and those battling depression, to activate their sense of smell to help improve the quality of emotion, which may be lacking.

Sound

While flowers may not have a specific sound, the environment around them does. You hear the hum of bees when they are pollinating between flowers. You hear birds chirping when they are also pollinating flowers and tasting them. These sounds remind us of nature and how we are still connected.

The sounds that birds and bees make also cause the nerve cells in the inner ear to activate and send signals to the brain. Studies have shown that our reaction to these sounds bring out happy feelings such as happiness, peace and joy.



▲ **Daffodils are fun flowers** and great additions to any garden.

Sight

When we look at flowers and floral arrangements, we not only see color on the petals, but the shape and size as well. Predictably, our optical nerve endings at the brain stimulate feelings and responses. A flower that is larger and in full bloom gives us the notion that it is healthy, strong and alive. One that is wilting or fading away just as easily connotes decline, bringing on feelings of sadness. These instinctive responses convince scientists and environmentalists to observe humans are still very much connected to nature, even in our busy, technology-driven world.

Colors we see play a major role in our sense of perception. Flower colors are also some of the best examples of color theory in psychology.



◀ **Carnations** come in various colors and are common at social events, such as dinners, parties and weddings. This red-tipped carnation was a favorite for most people at the Home and Garden Show in Indianapolis.

▶ **Orange roses** are known as "friendship roses". Red roses are most common, but roses appear in a great variety of colors.

ITEMS

- Flowers/Greenery/ Branches to be submerged (Fresh or silk/latex flowers can be used...both have their own pros and cons.
- Pretty vase (Often tall rectangular or cylindrical ones and fish bowls are the vases of choice..but there are no rules)
- Stainless steel washers and/or fishing sinkers to keep the flower submerged.
- Decorative rocks, gravel, stones seashells (to hide the wire/fishing line/weights)
- Floral tape (Needed if you are using multiple stems)
- Floral/fishing wire or Fishing line to attach the flowers/greenery to the weights
- Distilled water (Distilled water will stop the bubbles from forming on the flowers)
- Optional: Floating candles, Submersible LED lights to give the vase a pretty glow

1

Take your vase and your flowers/branches/greenery and plan how you would like it to look once in the vase and submerged. This is easy if you are using only a single stem of orchids or a single tulip but if you plan on having more than one stem you may want to practice how they will look grouped before taping/wiring/tying them together.

2



If you are using fresh flowers now might be a good time to give them a fresh cut (at an angle) under running water to keep them fresher longer! If you are using fake flowers make sure you test them first to make sure the colors will not bleed once under water.

3

(If you are using a single stem skip to the next step!) If you are using more than one stem and know how you want them grouped you can now floral tape the group of stems together to hold them in place near the bottom.

4

Now with your floral wire or fishing line tightly wrap around the stem(s) and then tie/attach the wire or line to the steel washer or fishing sinker.



5

Now you can gently slide your flowers/greenery/ branches into the vase, letting the weight rest at the bottom.

6



Next, hide the ugly washer/sinker with your decorative stones, river rocks, gems, sand..whatever you decided would be a pretty!

7

Now all you have to do is fill it up! You may choose to submerge the flower completely or just half way..Both can look very pretty!

Garden Transplanting

HELP MAKE A SMOOTH TRANSITION FROM POT TO GARDEN

Barbara Pleasant | Mother Earth News

Growing your own seedlings indoors is easy and fun because you can try vegetable varieties rarely offered at garden centers, and start them under pest-free conditions. But take some time to “harden off” transplants before setting them out in your garden.

1. HARDEN OFF PLANTS

Plants adjust to small, gradual changes in their environment better than sudden shifts, which is what the hardening off process is all about. Leaves of plants started indoors will develop pale, sunburned patches if they are suddenly exposed to too much sun. The story has a happier ending when you introduce seedlings to bright light and sheltered breezes gradually, over a period of one to three weeks. In response to more abundant light, the leaves and stems bulk up on chloroplasts. Much of that energy is sent to the main stem, which suddenly needs to get tough enough to twist and bend without breaking when blasted by wind.

This period of adjustment can take place on your deck or patio, within a protected enclosure out in the garden, or a little of both.

If you are away from home all day, put the plants in a location that will receive early morning sunlight and be shaded as the sun’s position changes late in the morning. Watch your seedlings closely for signs of drying out, and be ready to shift them to larger containers if you see roots sneaking out of the drainage holes. If frost is predicted, take the plants inside.



▲ Photo courtesy of motherearthnews.com

2. PREPARE TO TRANSPLANT

While your seedlings are hardening off, prepare the planting space by amending the soil with compost and mixing in an appropriate amount of your favorite organic fertilizer. Both additions energize the soil’s food web, so that seedlings slipped into planting holes will be met by a welcoming committee of root-friendly fungi, bacteria and water-soluble nutrients.

When the plants have been hardening off for at least a week, and the soil is ready to receive them, check your weather forecast. Soil temperatures should be to the plants’ liking, and it’s helpful to have some cloud cover or light rain during the first few days after transplanting.

3. HANDLE WITH CARE

Push plants out of their containers from the bottom rather than pulling them out by their stems. In most cases, you can place one hand over the container with the main stem between your fingers, tip it over and shake or tap

to loosen the root ball. As you set the plant in its permanent home, use the lowest leaves as handles. Should they break off, it’s no big deal.

As a general rule, it’s best to keep as much soil packed around the root ball as possible. Exceptions are seedlings whose roots have grown into a solid mass.

4. COVER PLANTS

Nicely hardened-off seedlings transplanted in perfect weather (mild, cloudy and still) can fend for themselves, but great transplanting weather seldom lasts long enough. To be safe, temporarily shield transplants from sun and wind by covering them for at least two days after transplanting.

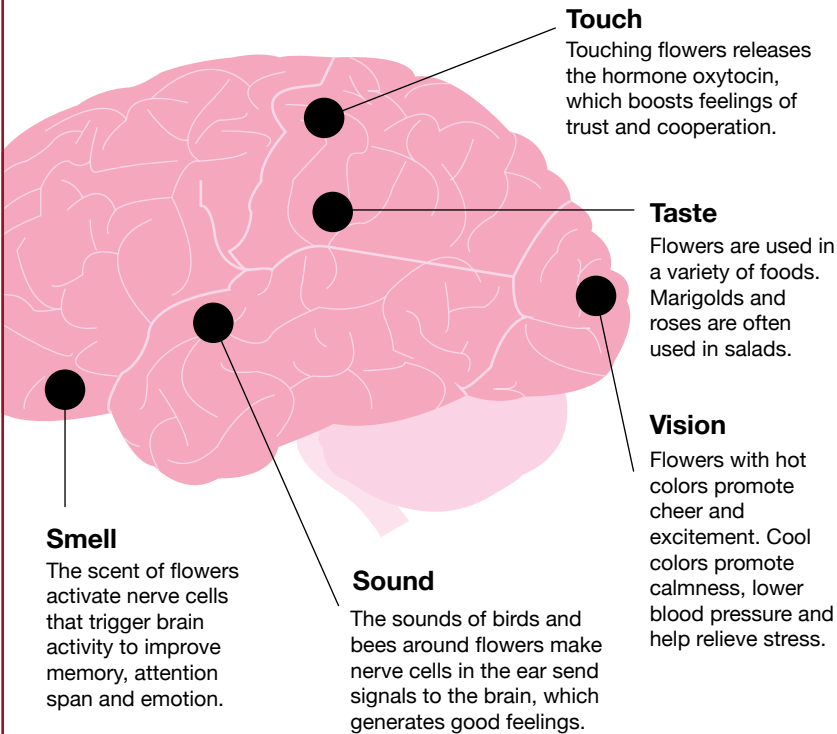
You can use upturned flowerpots, cardboard boxes or buckets as plant covers. In hot weather, opt for a piece of lightweight cloth held aloft with stakes. Remove the covers after a few days, and then pat yourself on the back for a job well done. For plants, good transplanting practices soften the transition from life confined in a pot to life in a garden. 🌿



▲ Marigolds are a good flower to use in any garden to add color and beauty. They are edible and can be used in salads.

How can flowers affect us?

Flowers use our senses to activate our brain to produce positive feelings.



Katie Miller

Source: alicesflowershopblog.com



Lilies with a full bloom can get large in size and are beautiful in appearance. Lilies are a favorite among gardeners.

OUR SENSES

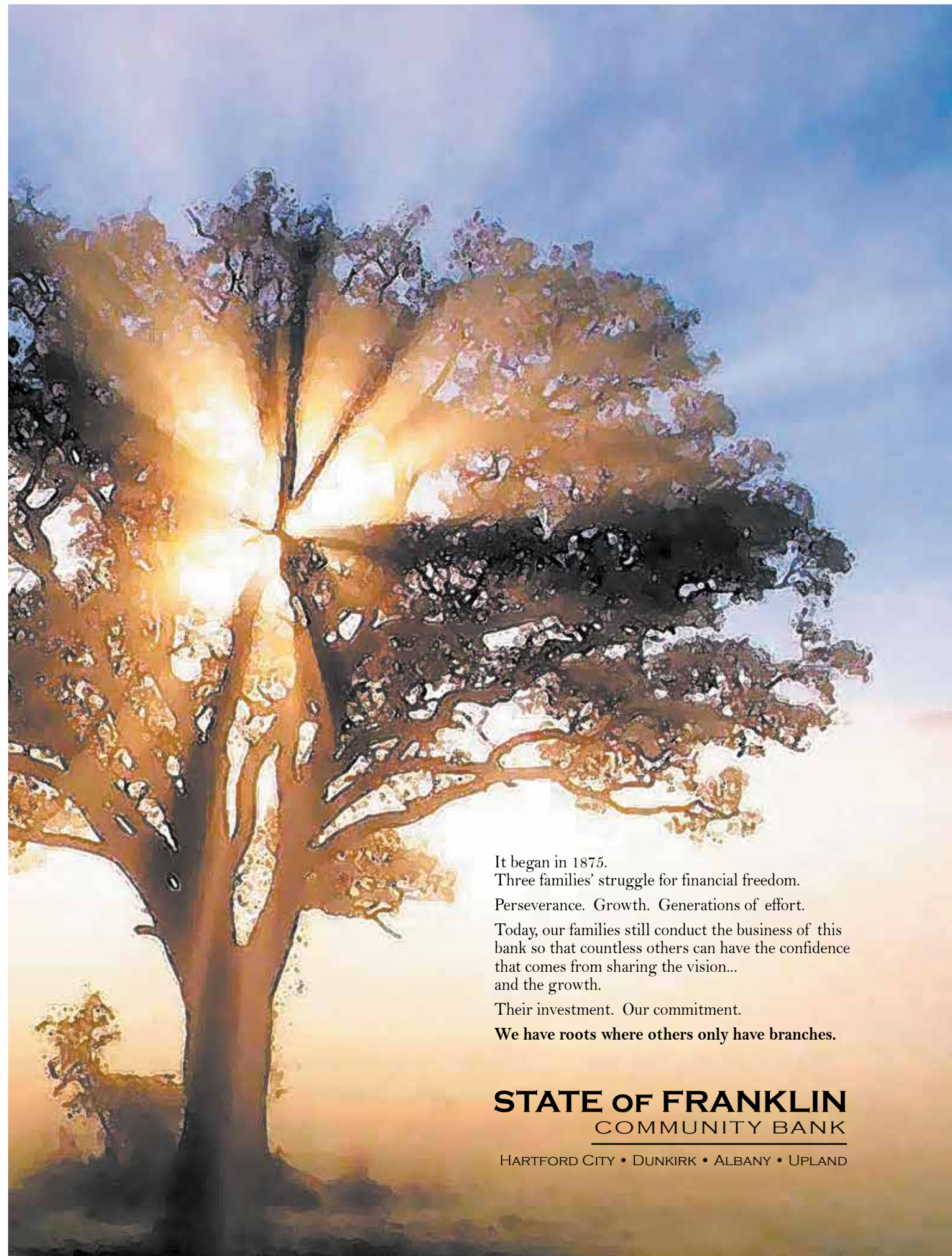
Taste

Most flower petals and buds are edible. According to the Mother Nature Network, “Petals can be eaten, and the bud can be steamed like an artichoke. Another famous edible flower, violets, are floral, sweet and beautiful as garnishes.” Flowers are usually added to salads or act as accents to a dish. What many people may not know is that flowers can also be eaten raw.

For example, carnations have a sweet taste that matches their sweet smell. A calenuda, (aka Marigold) is very edible. Calendula blossoms are peppery, tangy, and spicy — and their vibrant golden

color adds visual texture to any dish. Jasmine flowers are mixed in with teas and are used in a lot of sweet desserts. Mint flowers are, you guessed it, minty! For roses, remove the white, bitter base, but keep the remaining petals. They have a strongly perfumed flavor, perfect for floating in drinks or scattering across desserts, and for making a variety of jams. All roses are edible, with flavor more pronounced in darker colors.

While flowers are edible, it is best to eat flowers you have grown yourself. Avoid eating flowers found on the side of the road or in parks. Those have likely been exposed to pesticides and herbicides.



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Flowers

and our

MOODS



HOW FLOWERS AFFECT OUR
EMOTIONAL, PHYSICAL,
VISUAL AND MENTAL HEALTH



Story and Illustrations
Katie Miller
Photos
Chris Miller

Flowers have been around since the beginning of man; even before the beginning of man. Flowers range in various shapes, colors and sizes ranging from small Forget me Not's to large Lilies. Each flower has its unique features with exotic smells and vibrant colors. It's no dispute that flowers are beautiful and are a part of the natural world, but is that all they are good for? Humans have seen, used and decorated their homes with flowers to create a "pretty environment." Flowers are visually appealing to us humans, but that is not the only role they play for us. Flowers stimulate our senses and help produce better mental, physical and social health.