

Kathleen Brenzel presents:

Down to Earth:

10 Elements of a Beautiful, Sustainable Garden that Nurtures Body, Mind, Soul

A healthy garden starts with healthy soil—friable, rich in nutrients. Set aside space for growing healthy vegetables, fruits, and herbs. And if you can, tend the garden yourself; the calories you'll burn, in 30 minutes of gardening, range from 182 (for weeding), 202 (spading or tilling the soil), to 344 (double digging). Who needs a gym session after all that? Then, provide for privacy and tranquility. Include:

1-GREEN "WALLS" FOR A SENSE OF ENCLOSURE

Emphasize evergreens. Plant in layers, tall to small. For fall color, mix in deciduous plants; examples:

TREES: Japanese Maple (*Acer palmatum*) • Birch • Eastern Redbud (*Cercis Canadensis*) • Dogwood (*Cornus*) • Flowering crabapple (*Malus*) • Hawthorn (*Crataegus*) • Maidenhair tree (*Ginkgo biloba*) Sour Gum (*Nyssa sylvatica*) • *Stewartia* • *Parrotia persica* (*Persian parrotia*) • Chinese Pistache.

SHRUBS: *Barberry* (*Berberis*) • *Hydrangea*, *Oakleaf* (*H. quercifolia*) • *Juneberry* (*Amelanchier*) *Nandina* • *Spiraea* • *Smoke Tree* (*Cotinus*) • *Viburnum*.

NOTE: For beauty and motion, include foliage plants whose leaves flutter and tremble in breezes.

Examples: Redbud (*Cercis Canadensis* 'Forest Pansy') • Ferns, especially Western Maidenhair (*Adiantum aleuticum*) and Western Sword Fern (*Polystichum munitum*).

2-POPS OF COLOR, SPLASHES OF WHITE

Shrubs and perennials are easiest, but some annuals and bulbs (dahlias, lilies) are worth the effort. To capture moonlight in the evening, don't forget white flowers or silvery foliage at border front.

WHITE FLOWERS: Annuals: • *Cosmos bipinnatus* 'Sonata White'. **Perennials:** Candytuft (*Iberis*) • Common yarrow (*Achillea millefolium*) • *Gaura* (*G. lindheimeri*) • Shasta Daisy (*Leucanthemum x superbum*) • Snow-in-summer (*Cerastium tomentosum*). **Shrubs:** *Hydrangea* (white forms) • Mexican orange (*Chiosya ternata*) • Mock Orange (*Philadelphus*) • *Rosa floribunda* (white forms).

Bulbs: Dahlias (many) • *Lilium* 'Casablanca'.

SILVERY FOLIAGE: Bush germander (*Teucrium fruticans*) • Crown pink (*Lychnis coronaria*) • Dusty Miller (*Centaurea cineraria*) • *Dusty Miller* (*Senecio cineraria*) • *Lavandula* (some) • *Lamb's Ears* (*Stachys byzantina*) • *Russian sage* (*Perovskia atricifolia*).

3- TRANQUIL PATHS

Give them curves and destinations; blur their boundaries, and soften their edges.

Great edgings: Japanese Forest Grass (*Hakonechloa macra*) • *Marjoram* (*Origanum vulgare* 'Aureum') • *Thymes* (many) • *Sedums*, including *S. rupestre* 'Angelina' and *S. spathulifolium* 'Cape Blanco'.

4 -RETREATS

Set aside one for a group, one for just YOU.

5- Water, or the illusion of water

Choices are many, from water bowls and ponds to dry streambeds—even "lakes" of moss.

6-WILDLIFE

Plants for Bees: *Aster x frikartii* • *Borage (Borago officinalis)* • *Catmint (Nepeta)* • *Rosemary*

Butterflies: Larvae: *Asters* • *Bee Balm (Monarda)* • *Bishop's Lace (Ammi majus)* • *Cape fuchsia (Phygaleus)* • *Common yarrow (Achillea millifolium)* • *Coneflower (Echinacea)* • *Spiraea japonica 'Magic Carpet'* • *Sunflower (Helianthus)*. **Adult butterflies:** • *Astilbe (False spirea)* • *Butterfly Weed (Asclepias tuberosa)* • *Coreopsis* • *Cosmos* • *Rhododendron* • *Yarrow (Achillea)*.

Birds: Nectar Plants: *Coral Bells (Heuchera)* • *Hosta* • *Lilac* • *Lupine* • *Spider Flower (Cleome hasslerana)*.

Seed and berry plants: *Barberry* • *Cosmos* • *Cotoneaster* • *Dogwood (Cornus)* • *Flowering crabapple* • *Holly* • *Manzanita* • *Mulberry (fruiting kinds)* • *Red Flowering Currant (Ribes sanguineum)*.

What else? Birdbaths; shelters (birdhouses, brush piles).

7-FRAGRANCE

Position fragrant plants where they will be noticed: Near paths, patios, trellises, windows. Choices:
Trees: *Flowering crabapple (Malus)* • *Fragrant snowball (Styrax obassia)* **Shrubs:** *Japanese honeysuckle (Lonicera japonica)* • *Lavender (most)* • *Lilac (Syringa)* • *Mock Orange (Philadelphus)* • *Rose (Many)*. Especially 'Dee-Lish' ;'Memorial Day' • *Wintersweet (Chimonanthus praecox)*.

8-GARDEN ART

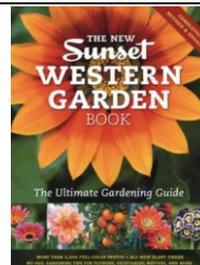
- Tuck colorful ceramics such as Bauer orbs (bauerpottery.com) among flowers or foliage plants that echo their hues.
- Frame a view with a circular trellis, such as Terra Trellis (terratrellis.com). Nestle a cluster of containers, or a shapely boulder among foliage plants. Fill mini beds with mixed foliage plants to serve as focal points. Display freshly-picked bouquets from your garden on outdoor tables.

9. EASY CONTAINER PLANTINGS

- Fill containers with fuss-free plants such as small shrubs and grasses; display them singly or in groups, by color, on patios, beside trellises, gates, pools, or entries.

10. QUICK FIXES

- Fill a hole in the border with a blooming rose in a lightweight pot. Plus, more fun gardening tips.



Kathleen Brenzel will sign these Books at the University Bookstore Booth. Special thanks to Linda Bouchard (Sunset), Betty Wong (TimeInc), and Linda Lamb Peters for their assistance with images.

