

Monthly Newsletter

AUGUST 2018

Plant of the Month

**PHYSOSTEGIA VIRGINIANA -
(OBEDIENT PLANT)
'PINK MANNERS'**



Native to the United States, this taller perennial cultivator of P. 'Miss Manners' with pastel lavender-pink tubular flowers is similarly well-behaved with a non-spreading, clumping habit. Desirable to beneficial pollinators and in cut flower arrangements, these lovely flowers are very hardy.

Why is this called Obedient Plant? When Physostegia flower spikes are in full bloom, you can push the flowers to hold any position you fancy to give them – very helpful when creating an arrangement.

Physostegia are long blooming and easy to grow with many spikes of flowers in mid summer. Each spike holds its many flower buds in rows which open sequentially from bottom to top. It will take any space you give it, making a glorious show en masse

Care:

Obedient plant prefers average, moist soil, and will even thrive in swampy areas with poor drainage. It can be divided every other year in spring. To prevent flopping, pinch back the plant by half in spring. Deadhead to prolong blooms to a lateral bud or leaf. Old foliage can be cut back after frost or in spring.

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Featured Recipe

MOJITO WATERMELON

Ingredients

- 1/4c extra virgin olive oil
- 1/3c freshly chopped mint
- Zest of 3 limes
- Juice of 2 limes
- 3 TBSP white rum
- Kosher salt
- 4c watermelon—cut into triangles



Instructions

Step 1: In a medium bowl, whisk together olive oil, mint, lime zest & juice, and rum. Season with salt

Step 2: Add watermelon and toss until fully coated

Step 3: Serve on platter with toothpicks



AUGUST GARDENING TIPS

- Keep patio container plants well watered.
- Stake tall or top heavy Dahlias and Lilies to prevent wind and rain damage.
- Dead-head bedding plants and perennial plants to stop them from self-seeding and to encourage further flowering into the autumn.
- Cut back faded perennials to keep borders tidy.
- Prune summer flowering shrubs once they have finished blooming.