



Flowers and Foliage for the House

University of California
Agriculture and Natural Resources



*Something changes when you put
fresh flowers or foliage in a room*

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Behavioral research studies from four universities

- Adding elements of nature to interiors actually leads to better emotional well-being
- People with flowers added to their home report improvement in moods and levels of stress
- Flowers on display in houses bring about positive feelings in those who enter the room.
- The space feels more welcoming to the visitor.

Three ways you can grow flowers and foliage for the house

- Direct seed into the your garden soil
- Start biennials and perennials indoors and transplant outside
- Buy worthy perennials, shrubs, and annuals to plant in your garden
- Sort of a 4th way...use what plants, shrubs, and trees you already have

Know your plants

- Annuals: Complete life cycle in one year: sunflowers, zinnias, cosmos
- Biennials: Take two years to complete cycle: Foxglove, Sweet William, Black eyed Susan
- Perennials: Come back year after year, even though foliage may die back totally: Salvia, Alstroemeria, Hellebore

Tips for direct seeding into the ground

- Seeds need warmth and moisture to break dormancy and germinate.
- Wait until ground is warm...early May
- Don't let the soil dry out.

Protect your seedlings from birds and other predators





Sunflowers: Most impact...easiest to start.



More pictures of Sunflowers



All types of Zinnias

Cosmos



Easy to start annuals for foliage: Aromatto Basil and Orach



Bulbs and Tubers: Dahlias, Iris, Lilies



Oriental-Trumpet Lilies (Orienpet, OT Hybrids)



Pinching

How to increase blooms.





*Flower seeds
to start indoors*





University of Florida

Coreopsis spp.

Coreopsis spp.





Bee on Goldenrod



mijntuinwinkel.org

Gaura



"Gaura lindheimeri4" by KENPEI - KENPEI's photo.



Clarkia unguiculata - Mt. Garland Clarkia

Matthiola incana
Stock





Zinnia Elegans

The Great Sunflower Project



DavidTe Garden Diary Blog

Helianthus annuus
Lemon Queen
sunflower

<https://www.greatsunflower.org/>



*Perennials
& Foliage*



Perennials

- Tend to overlook for cutting
- Can add accent color, more natural/casual feel
- Inexhaustible list – grow what you love and is compatible with your garden
- Along with trees and shrubs, most helpful when annuals are not in bloom



Perennial availability

- Spring

- Hellebore
- Japanese anemone
- Alstroemeria
- Nigella
- Daffodils and other bulbs



- Fall

- Asters
- Chrysanthemums
- Chineses lanterns
- Scabiosa



- Most of the year

- Baby's breath
- Dusty miller
- Sedum / succulents



Shrubs and Trees to Use for Flowers or Foliage

- Boxwood
- Camellia and citrus leaves
- Ceanothus (spr.)
- Daphne
- Eucalyptus
- Euonymous japonicas
- Euphorbium
- Firs / evergreens
- Hebe
- Heuchera
- Honeysuckle (spr.)
- Hydrangeas
- Lilac (spr.)
- Malus (Flowering Crabapple) (spr.)
- Pittosporum
- Sweet myrtle
- Roses/rose hips
- Etc.

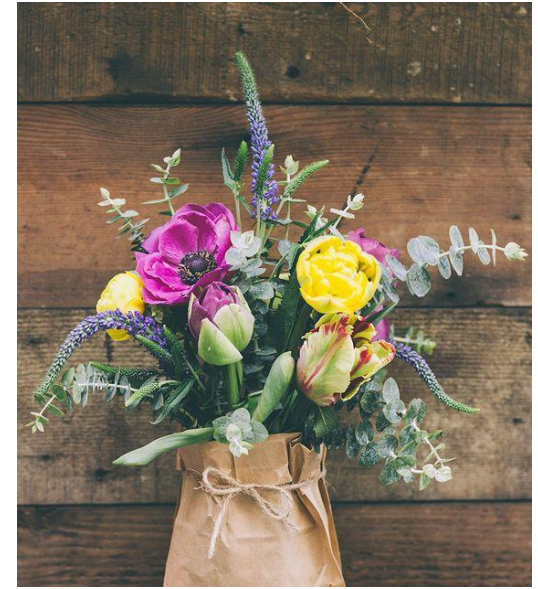
Late Winter Branches for Forcing

- In late winter, harvest stems from early blooming trees and shrubs
- Good varieties:
 - Forsythia
 - Flowering quince
 - Apricot, cherry, plum and peach
 - Pussy willow



Foliage - Why Use?

- Gives backbone / structure
- Adds bulk – less flowers needed
- Provides texture, interest / shape
- Background color
- Complements flowers
- Add dramatic effect
- Finishing touch – professional arrangements always include





Loda FLORAL DESIGN

Foliage creates effect based on size...

- Large – bold, eye-catching, tropical



- Small– fine, airy soft, relaxing



Shape...



- Round – calming, restful
- Spikey long/narrow – emphatic



- Palmate hand – exotic , dramatic , bold
- Grassy- soft, flowing, kinetic



- Pinnate (featherlike) - primal, delicate



- Fernlike – energetic, emphatic, contrasting

Texture...



- Glossy- reflects light, vibrant



- Matte- absorbs light



- Fuzzy- softens, sensual



- Spiny – provocative, dramatic

- Feathery- adds contrast



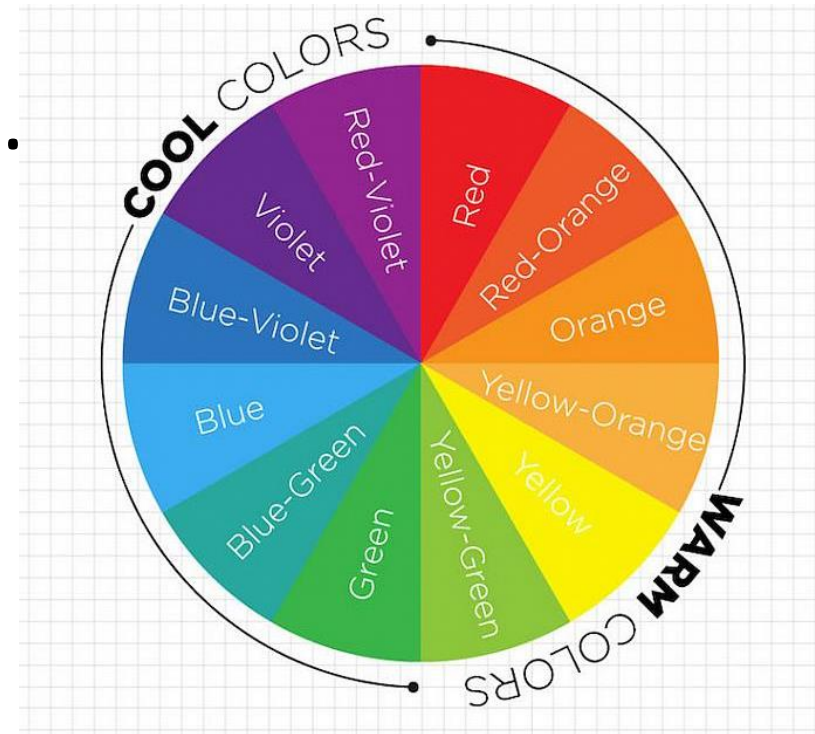
and Color

- Eye most sensitive to green and can detect more shades of green than any other color

green	chartreuse	juniper	sage
lime	fern	olive	emerald
pear	moss	shamrock	seafoam
pine	parakeet	mint	seaweed
pickle	pistachio	basil	crocodile

Color in the plant world...

- Neutrals –green and brown



- Warm colors - red, orange, yellow, and white, are vibrant, make things pop
- Cool colors – blue, purple, calm, create feeling of distance /depth

Noteworthy foliage



- Variegated euonymous and pittosporum
- Ferns-leather, tree
- Dusty Miller- New look, woody stems
- Ninebark (Physocarpus) deciduous, sun or shade, arching branches, nugget, diablo, diablo d'or
- Herbs – Basil aramatto, purple sage, rosemary, lavender, dill, bay, mint - adds fragrance
- Grains – amaranth, millet, flax- common/blue/linseed. Small seed heads on long thin stems, green or dry
- Grasses- feather top, fiber optic, Cyprus papyrus



Interesting Additions to Use

- Attractive sticks or branches - add height / help to position flowers.
- Shrubs with berries, e.g., daphne, sweet myrtle, and nandina.
- Fruits and vegetables: small pears, apples, artichokes, cabbage, peppers, etc. Use bamboo skewers as stems. Or the salad approach.





Help Us Better Serve You!

Our follow-up survey provides us the tools we need to grow and improve the quality of our program.

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