



Flowers and Foliage for the House



University of California
Agriculture and Natural Resources



Our mission: "To extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives."

UC Master Gardeners of Napa County
<http://napamg.ucanr.edu/>





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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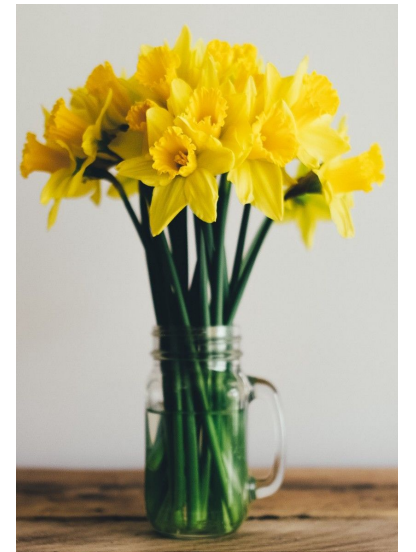


*Something changes when you put
fresh flowers or foliage in a room*

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Some behavioral studies have shown:

- Adding elements of nature to interiors 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
- 4th way (sort of)...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 starting
flower seeds*



Why should I start my flowers from seeds?

- Many more choices
- Less expensive
- Challenging



Starting from Seed

- Seeds (it's on the packet)
- Containers
- The right planting mix
- Heat requirements
- Light requirements
- Watering
- Thinning and transplanting



Selecting your seeds

That seed packet is full of information to start your plants out right.

Whether you are buying from a nursery

or a catalog

Read every word on the front and back.

Tip: Write on the label for future use.



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Early Sunrise Coreopsis
Coreopsis grandiflora. This easy-to-grow perennial produces 2"-wide, semi-double, golden yellow flowers amid finely cut foliage. Its butterfly-loved, uniform, compact plants grow up to 24" tall and spread to 26" across. Thriving even in poor soil, it should be kept moist and deadheaded to prolong flowering. Direct-sow after the last frost date, or start indoors 6 to 8 weeks in advance to promote first-year flowers. Perennial. Summer flowering. Height: 24". *Average seed life: 2 years.* #7360: One packet of about 100 seeds for \$4.05.

A detailed botanical illustration of the Early Sunrise Coreopsis plant, showing several tall stems with green, finely cut foliage and large, bright yellow, semi-double flowers. A small butterfly is shown flying near the top of the plant.

The right planting mix

Your seeds require only the best. Never use potting soil or dirt from the yard!

Seeding starting mix is mostly peat moss, coir, and vermiculite. The medium is sterile.

Tip: Moisten it before you fill your containers.



Choosing the container (on a shoestring budget)

Containers must be clean
(one part chlorine to 9 parts water)

They require drainage

Assure growing room: 2-3"



How to plant those little seeds

Some seeds require planting on the top of your planting mix; others below the surface (Refer to seed packet for depth)

Cover with plastic wrap or use the plastic dome that comes with planting kits, which helps retain moisture.



Nurture your seeds

- Place in a warm area, about 70 degrees.
- A heat mat will greatly increase the germination time.
- Place on a tray and water from below or use a sprayer.



Light

Once sprouted, remove from heat mat if using one

Keep seedlings moist but not wet

Place under light source for 15 hours per day

Or place in a south-facing window

Note: If they are getting leggy (long stems), they are not receiving enough light.



Before transplanting time...

Using very small scissors, cut off the weaker of two sprouted seeds.

If transplanting to a larger container, carefully lift from the leaves, not the stem.

Give them a weak liquid fertilizer.

Harden off your seedlings.

Carefully plant into the garden and protect from snails, birds, and intense sun until well-established. The soil should be warm, weed-free, and raked smooth.



Fall seeding

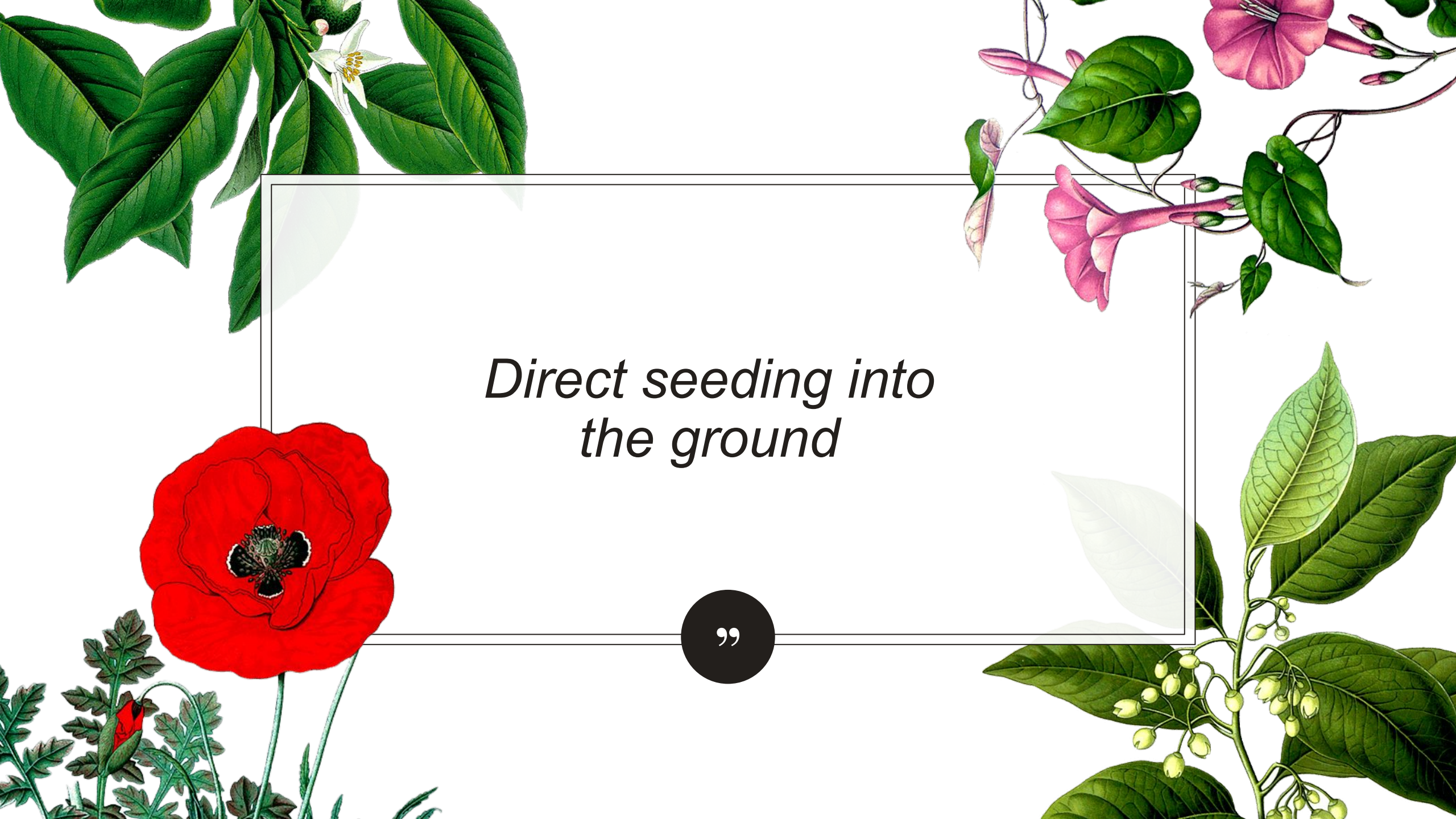
Annual cut flowers grown from fall planting by direct sowing

- Larkspur
- Nigella
- Queen Anne's Lace
- Sweet peas
- Bells of Ireland



Some flowers that may reseed include:

- Sweet peas
- Zinnias
- Amaranth



*Direct seeding into
the ground*

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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



Zinnia Elegans

New varieties of Zinnias are amazing



Cosmos



Easy to start annuals for foliage: Aromatto Basil, Amaranth, and Orach



Bulbs and Tubers: Dahlias, Iris, Daffodils



Oriental-Trumpet Lilies (Orienpet, OT Hybrids)



Matthiola incana
Stock



Pinching

How to increase blooms.





*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
- 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.

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 aromatto, 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



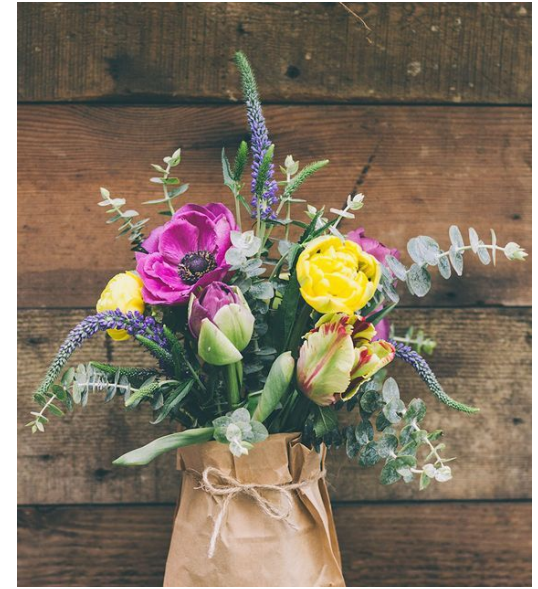
Late Winter Branches for Forcing

- 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



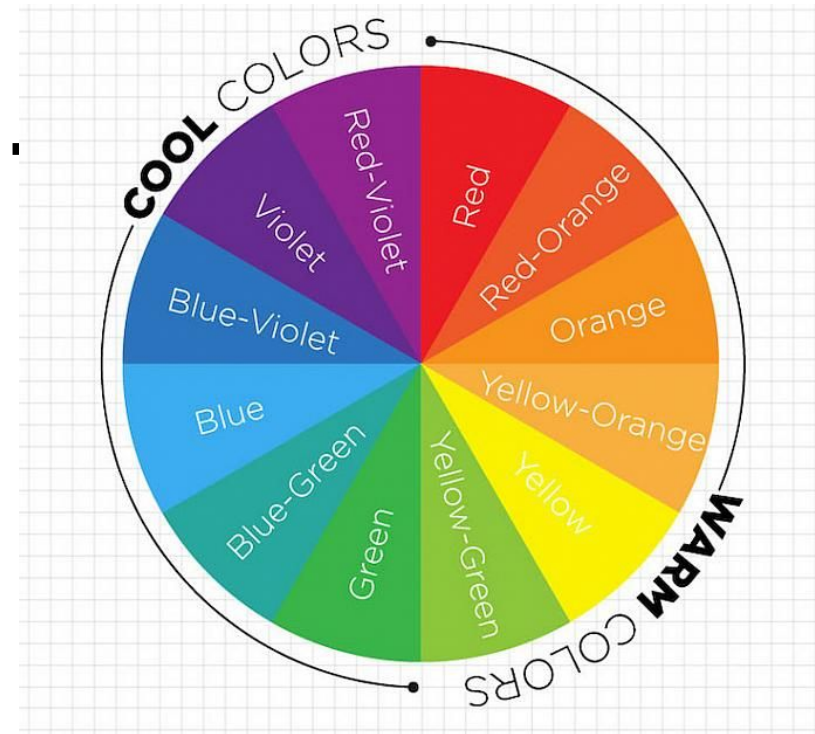
and Color

- 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

Interesting Additions to Use

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





*Tips for arranging
those flowers*

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Any container can work as a vase



You'll need a brush to clean your containers

- One suited to the container used



Check that your garden containers are full of clean water and free of debris.



- You'll need flower clippers and pruners for harvesting your flowers.
- Pick flowers at right time of day
- Remove leaves that go into the water



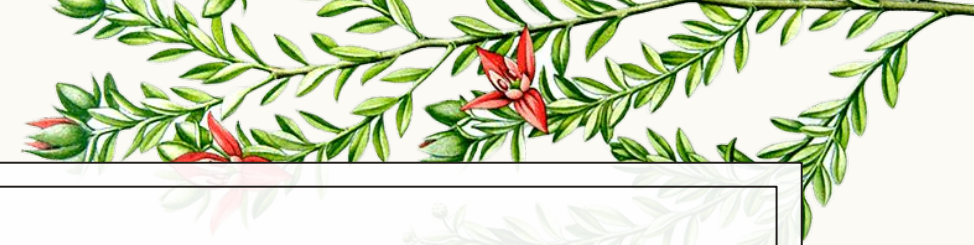
Flower preservatives

Homemade (per UC):

- Lemon juice mix:
 - 2T lemon juice
 - 1T sugar
 - ¼ tsp chlorine bleach
 - 1 quart warm water
- Lemon-lime soda mix:
 - 1 cup **regular** lemon-lime soda
 - 3 cups warm water
 - ¼ tsp chlorine bleach

Or commercial





Julie's Demo





Any Questions?



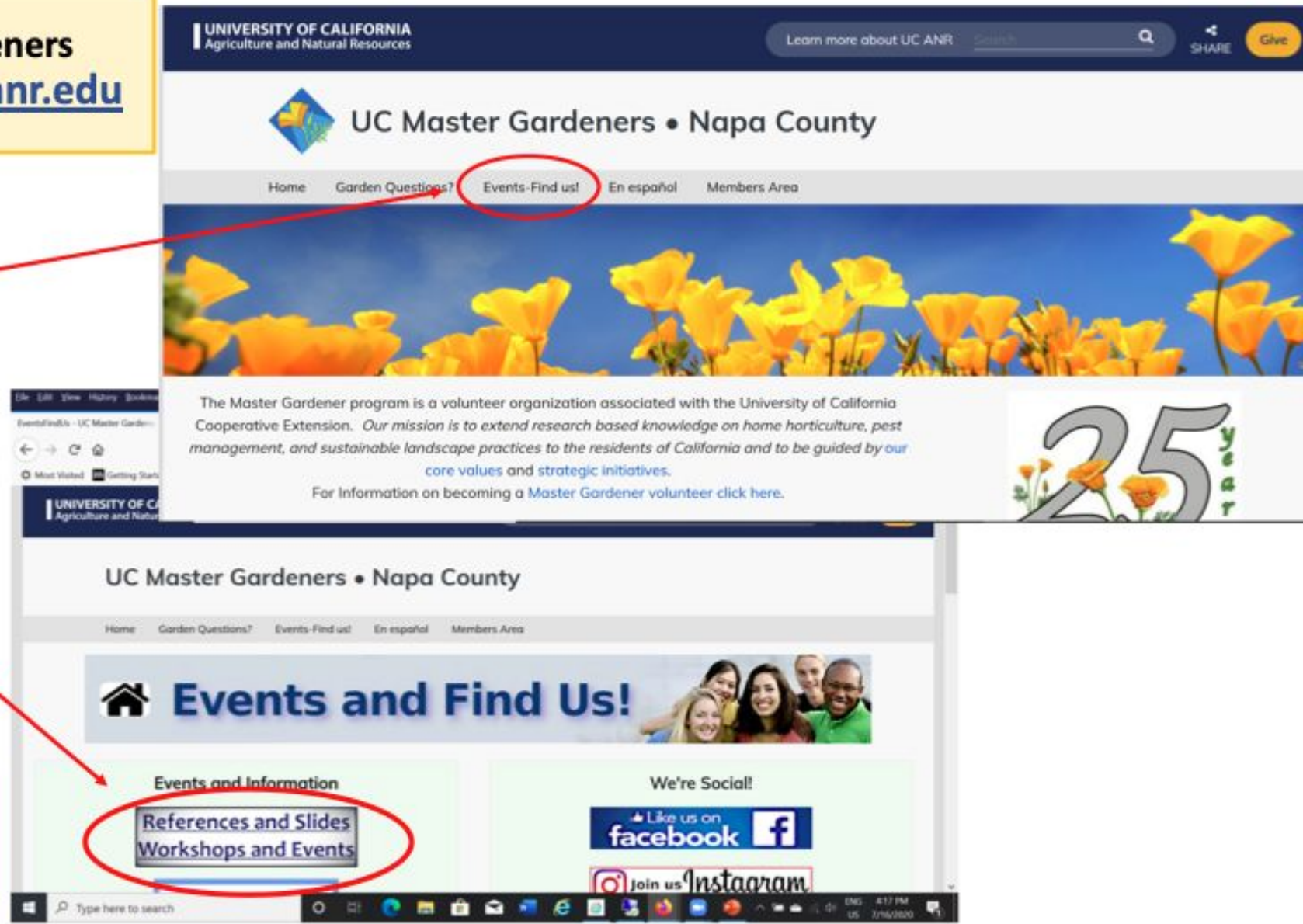
For copies of slides and information sheet:

Go to UC Master Gardeners Website: napamg.ucanr.edu

Go to **Events Find Us!**

Then click on **references and slides here**

Explore our whole website to find many more garden resources





Additional resources for cut flowers:

- Floret's Flower Farm
- Johnny's Selected Seeds
- Swallowtail Seeds
- Gardenista
- Napa Master Gardeners

