

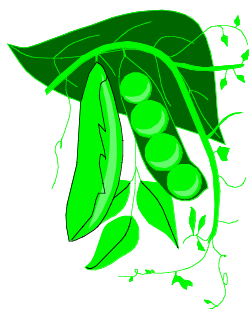
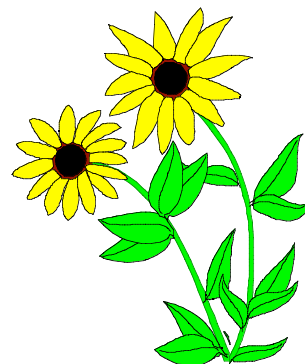
## Garden Tips

### From Women Who Love Their Gardens

Although **Garden Voices: Stories of Women & Their Gardens** (© 2005, \$14.95 pb; ISBN: 0-9758891-3-3) explores the relationships of a dozen women with their gardens, these women also shared with author Carolyn Freas Rapp some garden tips—both practical and philosophical—which appear on the Web site at [www.gardenvoices.com](http://www.gardenvoices.com).

Here is a sampling:

- Choose flowers that you love and worry later about what fits. You can always move a plant, and if it dies, you can learn from the experience. (from Susan)
- Don't let your garden add more guilt to your life. Give yourself permission to work in it only when you feel like being in your garden. (from Susan)
- Remember that good SOIL is the most important ingredient in growing things well. Garden soil needs to be a mixture of that which holds water and that which allows oxygen to get to the roots. (from Judy)
- Use at least two inches of mulch on your flower beds to keep the soil moist and stop the weeds from growing. I think of it as putting a lovely blanket on my beds. (from Sue)



- Because I sell my produce at farmer's markets, I want to pick my crops when they will be most flavorful and at their best. There's a best time to pick almost everything:
  - Pick parsley and cilantro in the morning and pick basil in the evening.
  - Thyme and other woodier plants, like oregano and rosemary, can be picked at any time. So can peas and beans.
  - Pick squash in the morning, when both the squash and the plant will have more moisture in them. (from Joan)
- Plant things that are beautiful and intriguing and that reward you for your hard work. (from Michiko)
- Don't weed your garden when the ground is wet because your shoes will pick up mud and track weed seeds through your garden. (from Julie and Zoe)
- Remember: Gardening and painting are 1% talent and 99% perspiration. Every famous artist was once a beginner. (from Carol)
- If you have petunia worms, fill two glasses with wine and creep up on them with a flashlight after dark. Push the pests into one glass of wine and toast the evening and yourself with the other glass! (from Carol)

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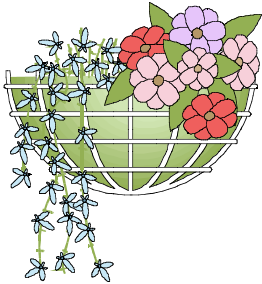
- Garden with a partner when possible. It is fun and it doubles creativity. (from Nancy)

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- Don't take too much advice from others about your garden. Experiment, have fun, and see what you can discover on your own. (from Eleanor)
- Don't hate the weeds. Without weeds the flower has no value. (from Julie and Zoe)
- Be acutely aware of water as an increasingly scarce resource, even here in the green East. Choose plants that, once established, rarely need more water than rain brings; group plants that are likely to need extra (saving work as well as water); grade and plant so that rainwater soaks into the ground instead of running off. (from Mary)



- Keep a garden journal. Then when you're in your 80s, you can read it and enjoy your garden all over again. (from Eleanor)
- Consider these hints and plant remedies from my mother (and, undoubtedly, countless other Italian mothers before her):
  - Gargle with an infusion of sage for sore throat.
  - Sprinkle chopped garlic around fruit trees to keep worms from eating the fruit.
  - Plant fruits and vegetables that grow above ground in the first and second quarter of the moon. Plant vegetables that grow underground in the third and fourth quarter of the moon. (from Francie)
- Let your garden speak to you of its mysteries and its lessons of growth, healing and renewal. (from Beth)
- Include water sounds in your garden - chimes or a water fountain - to help shift your consciousness as you work or sit and meditate. (from Sue)
- Take time to savor the inconspicuous, the invisible, the unexpected - for instance, the flash of iridescent turquoise from a tiny beetle, the delicate scent of spicebush flowers and the pungency of tomato leaves, the twig that turns out to be a praying mantis, the patterns of spore cases on the underside of fern fronds. A hand lens is a valuable garden tool. (from Mary)

Mary concludes with this observation: What I've learned in thirty plus years of gardening is that if you don't try to dictate to nature, it can do surprising and beautiful things.

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To request a review copy of **Garden Voices**, arrange an interview with Carolyn Rapp, or for any additional information, please contact Kate Bandos at KSB Promotions  
**800-304-3269** or 616-676-0758 • fax 616-676-0759 • e-mail: [kate@ksbpromotions.com](mailto:kate@ksbpromotions.com)

## **Garden Voices: Stories of Women & Their Gardens**

by Carolyn Freas Rapp

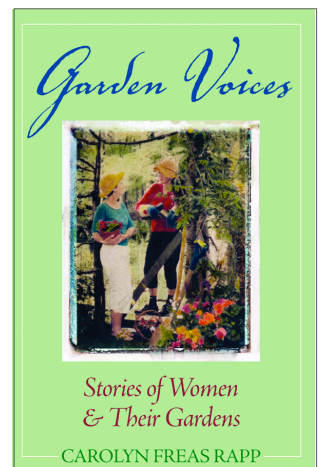
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**Garden Voices** is available in bookstores nationwide and through online booksellers. For signed and personalized copies of the book, order online at [www.gardenvoices.com](http://www.gardenvoices.com) or call Water Dance Press at 703-241-1610.

For book presentations, contact Carolyn Rapp at 703-241-1610.



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