

**THE GARDEN DOCTOR**

"No one knows all that can be contained in the male heart, possibly  
least of all, we men who caretake the male spirit. We do know that men,  
too, are sensitive, fragile beings who presently hold the power to evolve  
or destroy our planetary home." James Green



# Looking for Something?

FALL 1996

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You can't hit a target you cannot see, and you cannot see a target you do not have. Zig Ziglar



**T**his was almost the last issue of **THE GARDEN DOCTOR**, as by last spring I was deeply frustrated and nearly exhausted by 9 years of low readership despite several fine national reviews of what I've sought to offer as a refreshing, uplifting, truly alternative and personal (vs. remote and "corporate") organic gardening and environmental journal. Dedication was beginning to feel like masochism. And so it took all year to decide if this was to be the last issue, hence its arrival in your hands a bit later than usual.

But so many of you, like Sue Burrell, Caroline Dieterle, Sarah Kennedy, Rich Vander Veen, Arlene Kellman, Michael & Claudia Karpinski, Stephen Scanniello, Barbara Johnson, Karl Holmes, Crimson Barocca, Virginia Hopper, Linda Haun, Brent Dickerson, Stan Kalabza, Anne Lathrop, Mike Shoup, Dennis & Karen Phillips, Suzanne Farver, Jeffrey Dambacher, Carol deProsse, Becky Ross and Chris & Dorene Mulcahy took the time to write, E-mail or even call me long distance to express in very specific terms your affection for **THE GARDEN DOCTOR** and how it has moved and touched you, that I realized anew that it has value and impact in this world despite never having enjoyed "market success."

And self-publishing TGD these last 9 years has let me connect with (via phone calls and E-mail and letters), or even meet in person (like Barbara Johnson this summer) some fascinating, creative, positive-minded and highly alternative people I would have never otherwise known even existed! And the loving natures of these folks was made very apparent to me these last few months by the beautiful greeting cards I've received filled cover to cover with touching, insightful, and supportive words of encouragement. A few even brought tears to my eyes. Many of you also renewed your subscriptions early, for 2 years at a time, and/or gave gift subscriptions to friends as tangible expressions of support for this publication. You don't know how much I appreciated it...made me feel a bit like Jimmy Stewart in "It's a Wonderful Life"...my deepest thanks to all of you.

And so I offer this issue in gratitude to my longtime readers for having re-energized me and lifted my confidence in this journal, and to you my newest readers for giving **THE GARDEN DOCTOR** a try! In these pages I hope you find respite, useful information, inspiration, challenge, fodder for thought, visual delights, and of course a hearty laugh now and then, as I still firmly believe that humor can empower and revive us as we face life's difficulties.

By request I've brought back "Gregory Pecs" and "Phukinay" in this issue. And because so many rose-lovers and serious rosarians have become ongoing subscribers, and because that lovely, incredibly variable woody perennial has become central in my life, I've increased the number of rose articles, mindful of you folks who favor herbs and flowers and veggies and environmental issues as well.

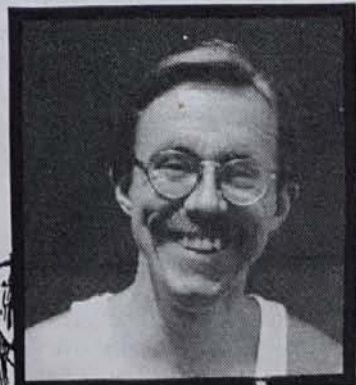
I also hope the joy and creative rejuvenation I got this summer by treating myself to 2 CD's by Enya, and 7 CD's by Yoko Ono for my 43rd birthday shines through and uplifts you too...the evocative, inspiring and limits-pushing music created by those 2 gifted women continually reminds me that the human heart has limitless ability to generate and feel all good things, and to bravely heal and grow in spite of adversity and sorrow.

I close by saying thanks once again, and let's hope our long distance partnership keeps this journal alive and growing too as a variable perennial in its own right. Take care, and enjoy!

"In the time of your life, live--- so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite variety and mystery of it all." William Saroyan 1908-1981



John



# GOOD NEWS

Used as a folk remedy for migraines for centuries, the charming, xeriscapic, cold hardy perennial Feverfew (*Tanacetum parthenium*) is now known to contain the compounds sesquiterpene lactones and parthenolide, which together seem to prevent the dilation of the cranial blood vessels that apparently causes the excruciating pain of migraines. Herbal folklore prescribes eating a large leaf a day as a preventative. The seeds of this beautiful flowering herb were included in the Fall 1995 issue of **THE GARDEN DOCTOR**.

The Heritage Rose Foundation's 1997 National Conference will be hosted in the beautiful city of Denver, Colorado on June 6, 7 and 8. Planned events include hands-on classes, select speakers, a discussion panel on the role of Old Garden Roses (OGR's) in modern rose hybridizing, plus tours of fabulous collections of Old and Modern Roses at the huge Fairmount Cemetery, the home of co-host Dr. William Campbell (over 600 varieties there!), and the renowned Jeffco Sheriff's Rose Garden nestled against the Rockies in Golden, Colorado. Attendees will also be treated to the Denver Rose Society's 1997 Old Rose Show in the Morrison Center at Denver Botanic Gardens, whose large rose gardens will also be open for enjoyment. Buses for travel within metro Denver will be provided, so you won't need a rental car. Details on cost, accommodations, etc. to be announced. Contacts: Bill Campbell, High Country Rosarium, 1717 Downing, Denver, CO 80218 phone & fax (303) 832-4026 and co-host John Starnes at this publication.



Researchers have found that two flavonoids found in tangerine juice, nobiletin and tangeretin, increased the effectiveness of the yew tree anti-cancer extract tamoxifen, currently the most effective treatment for preventing the recurrence of breast cancer. Naringenin, found in grapefruit juice, is a powerful inhibitor of the growth of human breast cancer cells grown in test tubes. Oranges contain another cancer-slowing flavonoid called hesperitin. Combining these flavonoids seems to further boost their potency. **Kenneth K. Carroll, Centre for Human Nutrition, University of Western Ontario in London.**

Hydroponic sunflowers floating in rafts, their roots dangling into the radioactive water of a contaminated pond at the Chernobyl nuclear accident site, are quickly extracting the isotopes cesium 137 and strontium 90 and storing both in their tissues. For 2 years Indian Mustard (*Brassica juncea*) has also been effectively removing both isotopes from a  $\frac{1}{4}$  acre test plot at Chernobyl. In the U.S. sunflowers are being used by the Dept. of Energy (DOE) to remove uranium from contaminated springs at the Oak Ridge National Laboratory. Farmers in central California are using the Indian Mustard and Tall Fescue to cleanse the toxic metal selenium from irrigation water. Current research also indicates that potted poplar trees may absorb the banned degreaser TCE from soil and water. The company Phytotech has begun using Indian Mustard to remove lead from soil pretreated with the chelating agent EDTA at a former battery recycling plant in Trenton, New Jersey.

SCIENCE NEWS 7-20-96

# MANURE



by  
Professor Fuller Schitt

Perhaps THE soil amendment used longest by humanity is the excrement produced by captive livestock animals. Usually vegetarian but sometimes omnivorous, these animals convert only a small percentage of their food into usable energy; the rest is transformed into a material rich in beneficial bacteria, nutrients, and the partially-digested plant material so useful in adding humus to farm and garden soils. The 3 plant macro-nutrients **NITROGEN, PHOSPHORUS & POTASSIUM** are those most sought after by farmers and gardeners, and are supplied abundantly by the various manures. Below are typical analyses of manures as reported by Nyle C. Brady in the 8th edition of "The Nature and Properties of Soils", Macmillan Publishing Company 1974:

**POUNDS OF NITROGEN, PHOSPHATE AND POTASH PER TON OF ANIMAL MANURE**

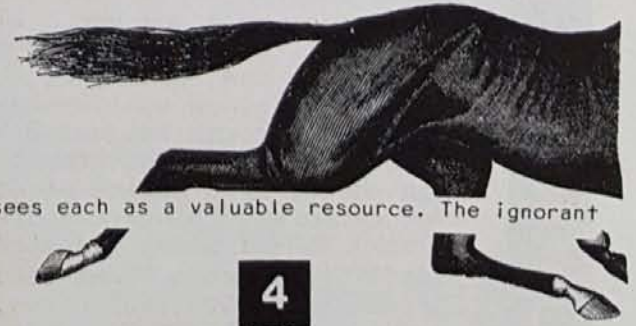
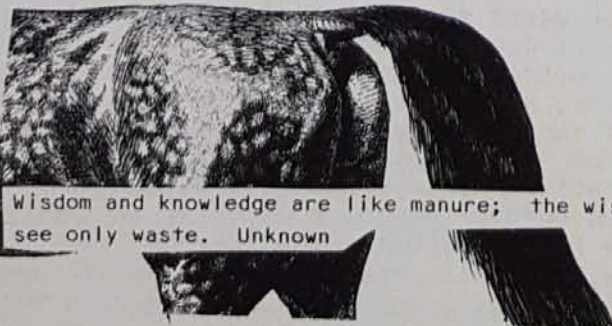
Source	Nitrogen	Phosphate	Potash
Cattle.....	10.0.....	2.7.....	7.5
Horse.....	14.9.....	4.5.....	13.2
Poultry.....	29.9.....	14.3.....	7.0
Sheep.....	23.0.....	7.0.....	21.7
Swine.....	12.9.....	7.1.....	10.9



In addition to these nutrients and humus-formers, animal manures also release mild organic acids as they decay, useful in counteracting the strong alkalinity of certain soils in the Southwestern United States, southern Florida and coastal regions where salt spray and seashells induce alkaline soil conditions.

Currently, Western culture makes little use of the MILLIONS of tons of manures produced by its agricultural animals. A dairy cow produces over 13 TONS of manure annually, a horse 9 TONS....that's a lot of poop to go unused while farmers and gardeners go broke buying chemical fertilizers that pollute groundwater and kill beneficial soil organisms. Sadly, much of this huge tonnage of manure, instead of being used to heal millions of acres of soil, is instead carelessly dumped near rivers, lakes, and streams where its nutrient-rich runoff causes severe algae blooms, thus killing aquatic life. And while many organic gardeners are vegetarians opposed to the "harvesting" of animals, many of them still feel okay with using manures that are simply discarded by the producer. In that case they are not subsidizing animal enslavement with their monies while addressing a serious aspect of water pollution. Plus they are creating that most valuable of commodities, healthy soil. Seeking out sources of free manure is thus GENUINELY acting locally while thinking globally.

Many gardeners have a favorite poop to use: mine's is good ole chicken poop and horse stall cleanings. Chicken poop is, as the chart above reveals, so rich in nutrients that it's best regarded as a true fertilizer capable of "burning" plants if over-applied. If gotten as a dried product, just sprinkle it on the entire garden as heavily as you would sprinkle parmesan cheese on spaghetti. If gotten as a heavy wet paste, stir two shovel fulls of it into a garbage can full of water, let it age a few days till "ripe", then liberally splash this "manure tea" on the lawn, veggie garden and your perennial flower beds and bushes (roses love it). Weak manure teas are also great for houseplants, potted patio plants and seedling vegetable plants. Horse stall cleanings contain a good deal of straw, which serves to "buffer" the potent manure by absorbing the horse's nitrogen-rich urine. Broadcast directly into the garden as a 6" thick mulch, horse stall cleanings will retain moisture, feed the soil, suppress weeds and add humus. (CONTINUED NEXT PAGE)



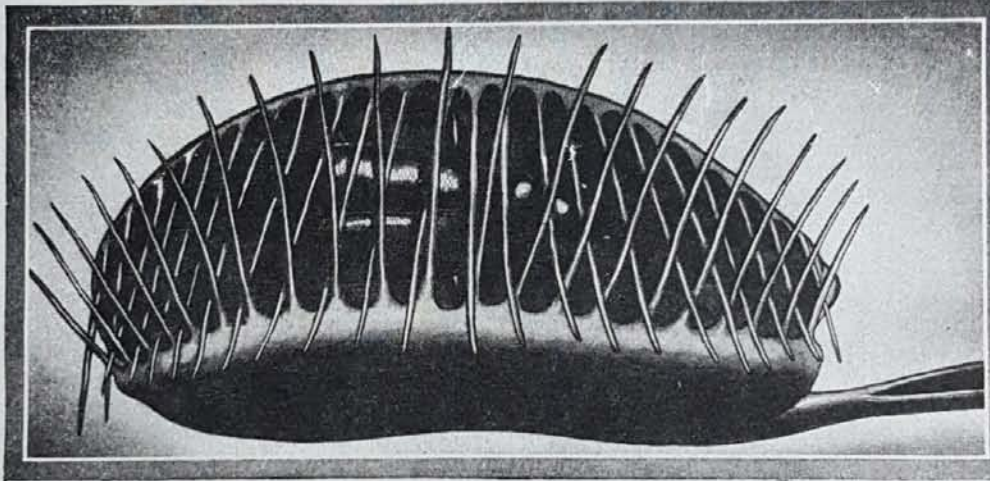
Wisdom and knowledge are like manure; the wise sees each as a valuable resource. The ignorant see only waste. Unknown

Just be sure the horse isn't fed whole oats or your garden may become filled with amber waves of grain. If grain or weed sprouts are a problem following an application of manure, a 4" to 6" thick mulch of fresh green grass clippings or alfalfa hay should do them in while further benefiting your soil.

Some gardeners also prefer to compost their manures first, although a good deal of the nutrient content may be lost due to the outgassing of ammonia and the leaching of solubles by rainfall. But since composted manures occupy much less space, they may be richer in plant nutrients POUND-PER-POUND than their fresh counterparts. And the heat produced during composting usually kills many of the weed and grain seeds present in the manure of range fed animals...using the fresh manure of such animals can often transform your garden into an instant weed lot.

In conclusion, manure from farm animals has become so plentiful in our industrialized society that it is now a burden on our natural water systems. So if your corn, okra, squash, melons, bananas, pole beans, pumpkins and other notoriously hungry crops seem scraggly and stunted year after year, try incorporating valuable free manure both into your famished soil and your developing lifestyle as an ecologically-responsive and responsible world citizen who just also happens to be a gardener.

## PLANTS THAT EAT MEAT



In North Carolina grows the plant called Venus' flytrap; and a fine insect trap it is, as this picture shows. Long spines grow along the edge of the leaf. When the leaf is open these spines are like a fringe, but when an

insect touches a trigger hair twice, the two halves fold quickly together and imprison the victim behind the long spines. Then juices pour out on the trapped insect and it is digested and absorbed.

Are you fascinated by carnivorous plants, like the motionless but effective Pitcher Plant (*Sarracenia* or *Nepenthes* species), or moving ones that capture their prey, like the Venus' Flytrap in the above picture (*Donaea muscipula*) or the sticky Sundew (*Drosera* species) but frustrated by trying to grow them in those cute little clear plastic boxes they're sold in? Try recreating for them the marshy bog conditions they are native to. First, cover the bottom of a fishbowl or aquarium with 2" of coarse gravel (for drainage...they'll rot in standing water). Next add a 2" thick layer of damp, brown Canadian peat moss for the acidic, low nitrogen growing medium their weak roots require. Cover that with 1" of damp, milled sphagnum moss as a decorative and functional mulch. Then use your fingers to make an opening in this top sphagnum layer, fashion a small hole in the underlying peat layer, then plant your chlorophylled carnivore...don't crowd them; leave a few inches between their outer leaves. Spray the entire bog garden till you see a LITTLE water accumulated in the gravel drainage layer, add some pieces of soft decaying log for a natural look, then cover the opening of the monstrous meat-munching garden with a sheet of glass to trap humidity, and place it where it will get plenty of bright but not DIRECT sunlight (you may "cook" the garden!). Once a week feed ONE trap leaf on each plant a small bit of meat or egg white, or a nugget of dry catfood softened in water...as you, for catharsis, picture a dreaded boss or employee or (fill in the blank) SLOWLY being digested in those alien-looking leaves.

Int'l Carnivorous Plant Society, c/o Fullerton Arboretum, California State University, Fullerton, CA 92634. (714) 773-2766. Annual dues: U.S. \$15, quarterly newsletter with color photos.

# Rooting Roses using Softwood Cuttings

by Cheryl Netter

Way back, when I was about 14 years old, I obtained my first rose by rooting a cutting. This was using the method of putting a canning jar over a cutting stuck into the ground. I still have that little rose. Years later I joined the Denver Rose society and learned from Joan Franson another way to propagate roses using cuttings. The method I illustrate here is basically her method. I have no doubt tweaked it a bit and can no longer remember just where her method leaves off and mine begins, but here it is:

Take a cutting that at least has color showing in the bud - this is an indication of the maturity of the wood in the stem. More mature is OK - I do it a lot after the flower has died. Preferably have at least a five leaflet set at the bottom of the cutting.

Don't use stem on stem. For the once blooming old garden roses, use the stem produced this year, not last year's growth, even if it is only a couple of inches long. Make sure the bud eyes are healthy, since they are where the new growth will come from. Use cuttings where the bud eyes haven't started growing yet. **See figure 1**

Remove the flowering part, strip off the bottom two sets of leaves and score the bottom part of the stem along its length an inch or so. Roots will form along this score. To score the cutting, you can use a knife, pin (or even a sharp fingernail) and scratch just through the surface to the pith underneath.

Don't remove all of the leaves, just those that will be underneath the soil. The cutting needs the leaves to produce roots, but those under the soil will just rot. The leaves can be trimmed back if there is a problem fitting them into the baggie. **See figure 2**

Fill a gallon zip lock baggie 1/4 to 1/3 full with moist (not wet) STERILE loose potting mix. I use 1/2 peter's potting soil and 1/2 perlite. The bag should have about 2 1/2" of potting soil and the soil should be able to clump together when squeezed, but not drip water.

Dip end of cutting into rooting compound and stick it a couple of inches into the soil. Dip n' Grow works very well for HTs and miniatures.

Inflate the baggie by blowing into it and zip it shut.

Put in bright, indirect light - if it gets direct sun it will cook. I've used both indirect sunlight, and more recently fluorescent light. If using fluorescent light, use at least a double bulb light (a shoplight works great) and have the bulbs just 2 to 4 inches from the tops of the baggies. **See figure 3**

In about a month, you should see roots forming in the soil. When you see some top growth, unzip the baggie a little. Unzip a little more every day for about a week. If any time the cuttings start to look shriveled, zip the baggie back up. Then transplant to a pot and protect from too much direct sun for a while. In order to get the cutting out of the bag, you can cut the baggie down the sides and lay it out flat with the cuttings and dirt sitting in the middle. Then you can separate the cuttings. Try to keep the dirt on the roots as much as you can, but don't worry if this is impossible when detangling a mess of roots. (Don't do like I often do and wait until the roots are a tangled mess before potting the cuttings up)



I keep mine inside for their first winter since I am a zone 4.

Some notes:

There is a BIG difference between cultivars in how long it takes them to break out. Some will show roots by the end of ten days, others will take more than 6 weeks. If the cutting is still green there is hope.

Don't use diseased cuttings. Blackspot and Mildew just LOVE the closed, humid environment of a baggie.

If the leaves drop, don't panic. The cutting may still root.

Reasons the leaves drop: diseases such as blackspot will definitely cause them to drop. Inadequate light will cause them to drop.

Figure 1

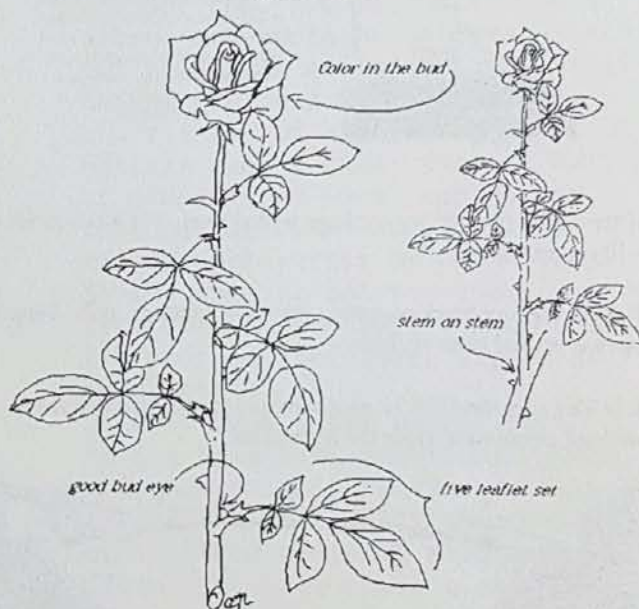
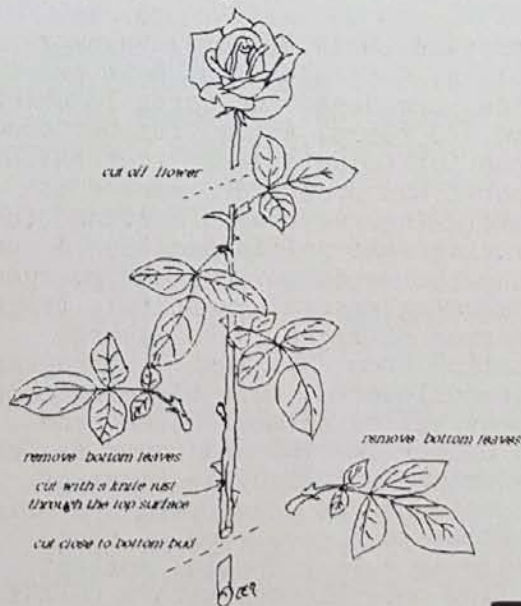


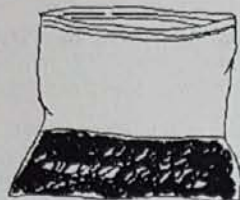
Figure 2



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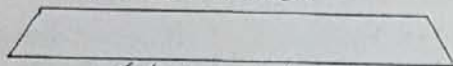
Figure 3



Fill a gallon zip lock baggie 1/4 to 1/3 full with moist (not wet) STERILE loose potting mix.



Dip end of cutting into rooting compound and stick it a couple of inches into the soil.

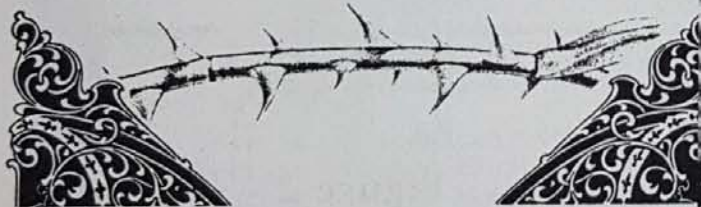


Inflate the baggie by blowing into it and zip it shut. Put in bright, indirect light. If using fluorescent light, use at least a double bulb light and have the bulbs just 2 to 4 inches from the tops of the baggies.

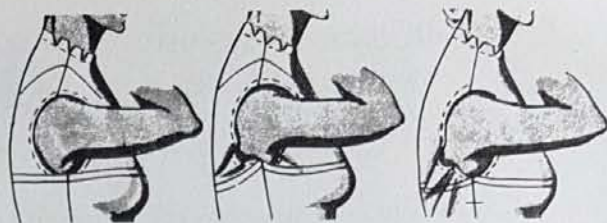
If the soil is too dry, the cuttings will shrivel, if it is too moist they will rot and turn black.

If there are any black or rotting leaves or cuttings in the baggie, just open it up and remove them.

It is illegal in the USA to asexually propagate patented roses without permission from the hybridizer.



**Cheryl & Chris Netter** live near Golden, Colorado with their two kids, two dogs, two cats, 13 chickens and 370 roses. Aside from her growing fame for being able to root ANYTHING Cheryl has produced a number of intriguing roses via "Selfing" (collecting self-pollinated hips & sprouting the seeds to see what emerges) including several beautiful, fragrant spotted Gallicas, plus diverse "selfs" from "Mr. Nash", a fragrant, large-flowered, once-blooming cold hardy yellow climber discovered in Denver in 1940 and named by Denver rosarian Toni Tichy in honor of the old man in whose yard the original specimen grew. One of those selfs is a very double, softest yellow once-bloomer with a POTENT scent of myrrh.



# Home-made Herbal Deodorants

by  
Dr. Olaf Olay



If you're wary of commercial deodorants with aluminum, try making your own herbs and natural materials with anti-septic and fragrant qualities. (Honey, sea salt and golden-seal, plus grain alcohol are natural bactericides, so include one or more of them when inventing your own formulas. To prevent spoilage keep the strained herbal preparation in your refrigerator; that icy fragrant spray hitting your armpits in the morning will REALLY wake you up!

## RECIPE 1

Into large jar pour: 2 cups witch-hazel extract (from a drugstore), 2 tblspns. baking soda, 2 tblspns. honey, 1 oz. dried lavender, 1 oz. dried sage. Shake daily for 1 week, strain & bottle.

## RECIPE 2

Fill large jar halfway with mixture of 3 parts fresh sage leaves, 1 part fresh yarrow flowers, 1 part dried or fresh lavender, 1 part dried mint or eucalyptus leaves. Add pinch of goldenseal & sea salt, fill jar with grain alcohol. Shake a few times a day for 2 weeks, strain & bottle.

## RECIPE 3

Same as recipe 2 but substitute rosemary for sage, fragrant rose petals for yarrow, lemon balm for mint or eucalyptus.







## Margaret Head's View of the News

The media is filled these days with mention of compulsive people eating themselves into blimpdom due to various food addictions. But I'm convinced that CERTAIN deep attractions to certain plant foods are instinctual, almost genetic, and can thus provide natural, healthy, sensuous pleasure.

Now I don't know about you, but I love garlic so much I would have sex with it if I could! Friends tell me I like a little food with my garlic...but there is just something so warmly satisfying about that herbal root crop that resonates in my every cell, be it slathered on garlic toast, or garlic and pasta, nibbling a clove in the kitchen, or that rich scent on my hands the day of harvest. God invented humankind, I'm sure, JUST to appreciate and cultivate garlic.

Ever wonder why certain plants or plant products move and affect us so deeply? For example, sometimes I think that John Starnes, publisher of this mutant publication, is going to "poke" his roses he loves them so much. (come to think of it, he IS pollinating them these days!). At first I thought that once again he'd gone over the deep end about something, but when I plunge my nose into those luscious blooms, and savor the rich scents of "Abraham Darby" or "Comte de Chambord" or "Barcelona" in his garden in Denver, I understand his "obsessive" attraction and devotion to roses. Think about it...no other flower, just the rose, has so captivated the human race, millions of souls, for centuries now.

Then of course there's chocolate. I've seen episodes of "Star Trek: The Next Generation" where Counselor Deanna Troi, sitting in the Enterprise lounge, stars whizzing past the windows, slowly sinks her gorgeous white teeth into a chocolate mousse, then slowly and sensuously closes her lipid brown eyes, leans her head back and moans...seemingly having "The Big O" at Warp 7. I can't think of any other food that elicits such a quasi-amorous surge of pleasure in some people, one that satisfies so completely a tiny hungry vortex spinning deep inside them. I bet you know someone like that, maybe YOU. (Of course I'D want garlic cloves dipped in chocolate!).

I've seen other people lose it big time over mushrooms, doing a Counselor Troi routine as they tease their tongues with morels or truffles or fresh shitakes. (Then of course there's the "Magic Mushrooms" many of us were illumined by in the 70's, but I'm talking gustatory pleasure, not infinite cosmic bliss!). I've read that certain mushrooms DO emit pheromone-like compounds that simulate (stimulate?) human sex hormones...sure would explain my Aunt Madge leering at every hunky waiter who walks by as she inhales her buttered truffles. (Of course I always order ordinary table mushrooms IMMERSed in garlic butter.)

Then there are those folks who DO seem utterly obsessed with hot peppers, striving for ever-more-intense searing of their oral mucous membranes (hot peppers are also THE active ingredient of certain

topically-applied aphrodisiacs..... hmmm.) If there is such a thing as "Food S & M" these people are into it BIG TIME, substituting Scotch Bonnets, habaneros and serranos for whips, leather masks and handcuffs...just watch them at their kinky Hot Pepper Festivals...you can just SEE the erogenous energy simmering in their eyes like a pot of deadly Texas chili. Hot peppers give these seemingly sedate Lois Lane types a legitimate way to obsess on Clark Kent, imagining his muscular nude form in the undulating shapes of their Big Jim peppers dangling temptingly in the garden. I've watched them CARESSING CAYENNES in the produce section with children nearby (as I secretly ran my hands through those FIRM white bulbs in the garlic bin!).

Yep, we humans seem to have powerful sensuous bonds to select agricultural products ( probably why Lisa Douglas wore those slinky negligees on "Green Acres"! ) Maybe I'll ask John to hybridize a rose that smells like garlic, with chocolate flavored petals, autumn hips that taste like grilled morel mushrooms, and unopened buds hotter than a habanero....he'll be rich if he pulls that one off! (I wonder if he moans like Deanna Troi while pollinating all those innocent little virgin rose blooms?).

Garlic anyone?

## Victorians' Secrets

These living gems graced Victorian gardens, and will thrive today in temperate climate gardens, except those followed by an "M", which need the "mild" winters found in Florida, S. California, etc. Hence most of the plants NOT followed by an "M" will be very difficult for those mild winter gardeners, especially the perennials and bulbs. The annuals, however, may be tried during those mild winters.

### ANNUAL FLOWERS AND HERBS

Nigella, Scarlet Flax, Heliotrope, Nasturtium, Fennel, Mignonette, Stocks, Nicotiana, Sweet Pea, Ageratum, Snapdragons, Calendulas, Rocket Larkspur, Angelica, Chervil.

### PERENNIAL HERBS, FLOWERS & BULBS

Winter Savory, English Daisy, Sage, Chives, Lemon Verbena (M), Angelica, Spearmint, Citrus (M), Goldenrod, Sweet Cicely, Hosta, Lily-of-the-Valley, Pennyroyal, Allium, Scilla, Agapanthus (M), Fritillaria, Sea Lavender, Galanthus, Daffodil, Gladiolus (M), Bellflower, Monarda, Monkshood, Delphinium, False Indigo, Meadowsweet, Rosemary (M), Roman Chamomile, Dahlia (M), Lavender, Forget-Me-Not, German Iris, Sweet William, Foxglove, Ranunculus, Tuberosa (M), Zephyranthes (M), Madonna Lily, Tigridia, Lemon Balm.

## BAD NEWS



The Foundation for Advancements in Science and Education (FASE), based in Los Angeles, reports in a new study that in 1992, U.S. manufacturers exported more than 300 TONS of the banned pesticide DDT to Peru ALONE! By 1994, an average of 9 tons PER DAY of domestically outlawed pesticides were being shipped from the U.S. to other countries. Between 1992 and 1994 a total of 115,950 TONS of variously restricted pesticides left U.S. ports. Many of these toxins find their way home due to global atmospheric cycles of evaporation of these volatile compounds in the tropics and subsequent condensation in cooler climates, hence their discovery in the breast milk of Arctic Inuit women and the bodies of polar bears.

SCIENCE NEWS 3-16-96





Most of us have seen the tiny aquatic plant "Duckweed" (Lemma minor) floating on goldfish ponds or for sale in the water plants tanks at tropical fish stores, each composed of a few tiny oval leaves joined at a common point beneath which a tuft of delicate roots dangles into the water. As the name implies, ducks LOVE to eat this, the world's tiniest flowering plant, as do koi and goldfish. But humans can eat it too, either raw as a salad or sandwich green, or tossed into stir fry and casseroles for bright green color and nutrition. It is a fine source of plant protein, vitamins and minerals, especially if grown in water rich in minerals. Some folks see it as "pond scum", not knowing it is a crunchy vascular plant like chard or spinach, not a slimy algae. It multiplies RAPIDLY by budding copies of itself, especially if grown in bright sunlight and warm, nutrient-rich water (a prime reason it is a common sight in Florida's freshwater lakes, rivers and ponds). As such it makes an excellent indoor food crop for the gardener-at-heart living in a high rise apartment. Gardeners in icy winter climates can also grow it indoors as a winter crop.

To make a Duckweed farm, choose a clean glass container (Pyrex baking dish, aquarium, fishbowl etc.) and nearly fill it with bottled water to within an inch or two from the top. For each gallon of water add a big pinch of kelp meal (or a kelp tablet from your health food store) for all the minerals in seawater, a scant 1/2 teaspoon of cottonseed meal or soy flour (source of nitrogen, phosphorus and potassium), a few dolomite tablets (for calcium and magnesium), and either a rusty nail or one iron supplement tablet (ferrous sulfate) to provide iron for chlorophyll formation. Then either buy a teaspoon of Duckweed starter plants from the aquarium store, or get it from a local pond, and rinse well with tap water before dropping them into the farm. If you wish to keep out the occasional housefly, lay a stiff piece of window screen over the farm, which should be placed by your brightest window (in winter a south window is best). Very soon the water's surface will be covered with thousands of these tiny, crisp, bright green freshwater veggies. Just scoop them off the water's surface with a strainer, rinse well and use as desired.

And remember, if friends or coworkers tease you for growing and eating this alternative crop, twenty years ago it was "weird" to eat alfalfa sprouts, amaranth, tofu, quinoa, spirulina (now THAT'S pondscum!), wheatgrass and other healthy plant foods the Golden Aches crowd never heard of then and won't eat now. Just wear frogmen's flippers as you sprinkle it on your salad!



apartment department



**ANAL RETENTIVE GARDENING TIPS!**

1. Spend the equivalent of an unforgettable vacation in Costa Rica re-sodding your entire property with a hybrid monocultural lawn. Then spend MORE money maintaining it with huge volumes of water and chemicals. Sacrifice most weekends fastidiously mowing, edging and weeding it. Post "KEEP OFF THE GRASS!" signs all around the perimeter, and yell at the paperboy for throwing the heavy Sunday paper onto the grass thus "denting" the uncannily level surface of your mega-lawn. And NEVER EVER let guests or your kids play on it!
2. Every 2 weeks use a surveyor's laser, a carpenter's level, taut guide strings and high-speed power shears to constrict your hedges into perfectly linear, rectangular green monoliths. NEVER let birds nest in them.

# VOWELS

# MOVEMENTS

TO BOOST YOUR BOTANICAL  
VOCABULARY



REALLY  
LIVING

By Marta Steward

Recreating the glorious ceiling of the Sistine Chapel in my mansion using cut up credit cards this summer gave me a LOT of time to dream up more perky decorating tips to help you cut back on your Prozac dosages.

Like making your own Nuclear Luminarias by recycling neighbors' clean baby food jars into cheery garden lites simply by filling them to within  $\frac{1}{2}$ " of the top with nuclear waste from your nearby atomic power plant; seal the glowing liquid with the paraffin you use for homemade jam, screw the lid on tightly, then glue lead foil to the lid to let you pick up and move your Nuclear Luminaria without getting those pesky but HARMLESS radiation burns on your prettily manicured fingers. I like to dress up the lid with a bit of old lace or recycled Christmas bows. Next time you host a summer evening garden party, just strategically scatter several Nuclear Luminarias around your Marta Steward-inspired landscape for cheery accents of that friendly blue-green gamma glow WITHOUT using electricity from some polluting coal-fired power plant. Plus that odorless gamma radiation will add to your party guests' comfort by killing mosquitos on the wing WITHOUT using smelly pesticide sprays. What's more, if you place your Nuclear Luminarias ON dandelions in your lawn, you can irradiate them DEAD with NO EFFORT as you perkily host your party! And for that trendy Hispanic flavor you can put your Nuclear Luminarias into recycled paper lunch sacks and, Ole'!, your party's in Santa Fe!

When the party's over, remove the lids and paraffin and pour the glowing contents down your drains for INCREDIBLY clean household plumbing while you help solve the nation's nuclear waste disposal dilemma with no muss or fuss!

And remember...Marta says "Smile MORE, smile HARDER, and if you have a serious life problem...DECORATE IT!!!"

**Petiole**-The stalk of a leaf.  
**Tetraploid**- A plant with twice the usual, diploid, number of chromosomes.

**Alkaloids**-Organic compounds containing nitrogen, produced by plants and physiologically active in vertebrates, often toxic & bitter, i.e. quinine, strychnine, caffeine, morphine, nicotine.

**Nectary**- The gland in flowers that secretes the sugary fluid "nectar" sought out by bees and butterflies.

**Bract**- A leaf-like structure found at the base of a flower, usually green, but may be colored as masquerade as a petal (i.e. the red bracts of the poinsettia).  
**Auxin**- A hormone-like substance produced within a plant that regulates aspects of its growth.



# SHARING SECRETS

Cold fireplace ashes and dried used coffee grounds make good sidewalk de-icers that don't harm soil as does salt.

An effective spray for spider mites can be made by mixing thoroughly 1 cup of flour (preferably high gluten) in  $\frac{1}{2}$  gallon of buttermilk; let stand overnight then spray it on affected plants; be sure to hit the undersides of leaves.

## THE CONTINUING ADVENTURES OF GRUNHILDE & BLOSSOM!

Grown organically on their own roots (vs. grafted) many "finicky" Modern Roses behave like their often easy-to-grow Old Rose brethren. In temperate regions (like Denver) the classics like Royal Highness, Chrysler Imperial, Tropicana, Troika, Mr. Lincoln, Radiance, Margaret Anne Baxter, Will Rogers, Aloha, Barcelona, Pink Peace, Good News plus most English (David Austin) roses, do well on their own roots in nutrient-rich, biologically active soil. In the Deep South they may languish due to lack of winter dormancy and/or summer humidity.



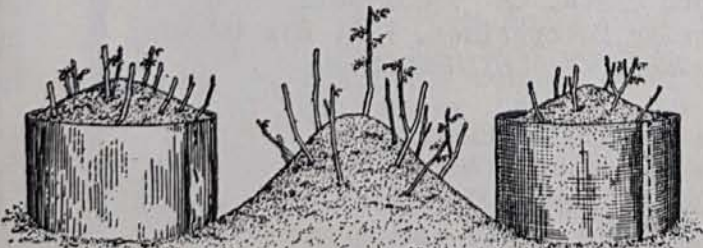
Grunhilde, I feed my soil cottonseed meal & kelp meal from the local feedstore to get MORE & BIGGER veggies, roses, herbs & flowers at a GREAT price!

Blossom, the first lowers the pH of our alkaline clay soil & supplies NPK, the second supplies crucial minerals plants need but our soil is low in! FAR OUT!!!

Sawdust from untreated lumber (NOT pressure-treated or plywood) if applied thickly (4") and topdressed with 2" manure or  $\frac{1}{4}$ " cottonseed meal then turned under to decay will loosen and acidify heavy, alkaline soil. Look in the yellow pages for local lumberyards.

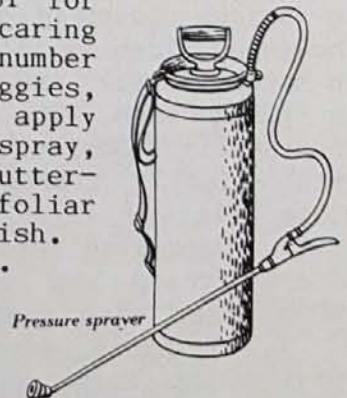
LOOK FOR THESE TOPICS in the Spring 1997 issue of **THE GARDEN DOCTOR!**:  
 Recipe for Home-Made Soap Spray  
 Sources of Own-Root Roses, Old & New!  
 Basics of Organic Lawn Care  
 3 NEW SURPRISE PACKETS OF NEAT SEEDS!  
 Spring Rose Planting Guide  
 More gardeners' E-mail addresses

The drawing below shows suggested methods of protecting rose bushes in hard winter regions, best done in early winter just before the ground freezes.



Collar of wire-screen or other material for holding winter protection. (Center shows less adequate protection by heaped soil.)

A 3 gallon pressure sprayer is a MUST for the gardener caring for a large number of roses, veggies, etc. Use it to apply home-made soap spray, BT, oil sprays, buttermilk sprays, foliar feedings, leaf polish. Get a plastic tank.



Pressure sprayer

"When weeding, the best way to make sure what you are pulling is a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant."

Paul Dickson



( *Benincasa hispida* ) "Chinese Preserving Melon" Mandarin- "Dong gwa"  
(Winter Gourd)

This ancient Chinese vegetable, rarely grown by Westerners, is thought to have come from Java centuries ago. The English name derives from the coating of vegetable wax covering the mature fruit, not only thus allowing them to be stored for long periods, but being so thick as to have once been used to make candles!

The plant is a vigorous, sprawling annual vine with hairy stems and large attractive leaves, which are edible when young and tender. It's requirements match those of winter squash and pumpkins: rich, fertile, slightly acidic humusy soil, full sun, ample water and a LONG warm growing season. The roots are so vigorous as to be often used as rootstocks for melons and other cucurbits grafted to them. Feeding every few weeks with manure tea will help support the rapid growth of the huge vines, as would a deep organic mulch. The vines can be allowed to grow as a groundcover, or trained over STRONG fences, trellises and garden sheds.

The immature fruits are sometimes fuzzy, and may be a purplish-blue to various shades of green in color. The juicy flesh is mildest in flavor in mature fruits, and a bit stronger in young ones. The shape varies from nearly spherical to cylindrical with slightly flattened ends. The protective wax layer may be chalky white. Depending on the cultivar, mature fruits can weigh from 5-100 pounds, with rumors persisting of 1,100 pound giants grown by burying the main stem to produce

a secondary root system. Fully mature fruits will store from 6 months to a year if stored in a very cool (50's Farenheit) room with dry air. They should not be allowed to touch, as this hastens the formation of "bad spots" at those points of contact.

The fuzzy very young fruits can be harvested when only a week old and used as a substitute for Chinese "hairy melon", a related variety long treasured by Asian cooks. As they age and increase in size, wax gourds can be stuffed and baked, cut up into soups and stir fry, shredded and dried for winter use, pickled or made into chutney, or fashioned into the beautifully sculpted "winter melon pond soup".....the gourd is cut in half, the seeds and wax removed, a complex design carved into the rind, with a multi-ingredient soup then being poured into the hollow seed cavity. The entire soup-filled gourd is then steamed for several hours then served whole to guests at Chinese banquets, who use the gourd as a soup bowl while gouging out chunks of the appealingly translucent flesh.

#### Possible Seed Sources:

Kitazawa Seed Co. 1748 Laine Avenue,  
Santa Clara, CA 95051-3012  
Sunrise Enterprises, P.O. Box 10058,  
Elmwood, CT 06110-0058

The Cucurbit Network News  
The Cucurbit Network, P.O. Box  
560483, Miami, FL 33256- \$10 annual  
membership fee, 2 issues per year.

"The last of human freedoms is the ability to choose one's attitude."  
Viktor Frankel

A

Autumn sees gardeners in all climates in our Northern Hemisphere feeding their lawns with natural soil nutrients like cottonseed meal, compost, manure of one sort or another, soybean meal, Ringer Lawn Restore, or alfalfa pellets. Folks living in very mild regions like southern California and Florida do that PLUS feed and re-mulch their garden beds. They also feed the soil around their shrubs, including hibiscus, gardenia, roses, frangipani, and gardenias for a winter wave of growth, color and fragrance. These blessed mild winter gardeners may also prune their lanky, overgrown non-woody and semi-woody tropical and sub-tropical perennials like pentas, allamanda, lantana, jatropha, clerodendron, jasmine and tropical salvias for lush regrowth and rebloom. Now is the time too for heat-hating cold hardy annual flowers (snapdragons, sweet alyssum, pansies, annual poppies, calendulas, sweet peas etc.) and veggies (most leafy crops like chard, lettuce, mustard, tat soi, collards etc. plus root crops like beets, garlic, onions, turnips, carrots etc.) to take advantage of the cooler winter growing season. This climatic see-saw that brings peak productivity to subtropical areas brings outdoor gardening to a dead halt in temperate regions (most of North America and Europe). But does gardening have to cease for several months just because the garden itself is dormant beneath snow and ice?

No! The obsessed northern gardener can build hyper-insulated hotframes in his or her backyard using foam-core steel doors laid on their long sides for the north, east and west walls, and double-pane patio glass doors for the south wall and roof. Use 2" thick slabs of construction styrofoam to insulate the soil mass beneath and inside each hotframe to a depth BELOW your region's frostline...that large mass of insulated soil, isolated from the frozen soil surrounding your hotframe, will act as an effective thermal reserve, GREATLY reducing or even eliminating the need for heaters powered by electricity or fuel! If you're rich, buy the steel doors and glass doors for \$200.00 OR MORE each. If you live at a lower income and/or are pathologically cheap (like yours truly) scavenge them from the dumpsters of nearby manufacturers and installers. The foam slabs for insulating the soil are several dollars each, and are less likely to be scavenged unless you (again like yours truly) know of a "sacred", unusually productive dumpster. Creating these radiantly warm and vibrantly alive pockets of "Eden" in winter's icy desolation feeds the soul AND the belly, plus to sit INSIDE one and read a good book in the cozy warmth, peering out through the glass south wall at the rest of your winter-gripped back yard creates a satisfaction hard to put into words...just imagine the pungent scent of tomato vines and the haunting fragrance of Old Roses rejuvenating your winter-weary soul on a JANUARY day!

Another, easier-to-get-started method is to simply grow potted ornamental and food crops INDOORS on or near the sills of South (best) or east and west windows. Dark pots, like commercial black 1 gallon pots, will absorb more solar heat to warm the soil, which IS an important consideration. Covering

The purpose of life is a life of purpose.

Robert Byrne

Interesting, isn't it, that it's illegal for citizens to not surrender their taxes, but legal for government to flagrantly waste them? Margaret Head (1953-)

(continued on page 19)

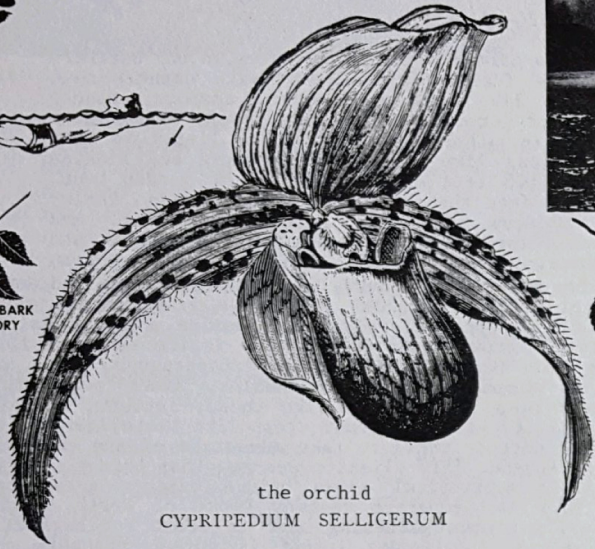


# Self-Study Guide

The "midnight sun" photographed 1:15 A.M. on July 25. Bylot Island on Baffin



SHAGBARK HICKORY



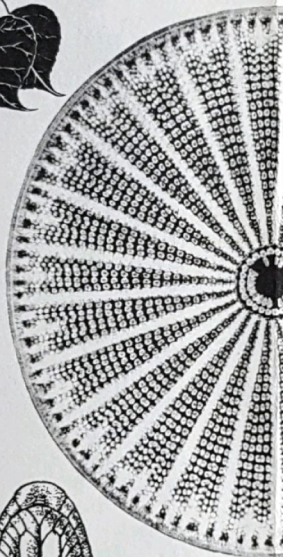
the orchid  
CYPRIPEDIUM SELLIGERUM



COTTONWOOD



Microscopic close-up of the football-like pollen grain of the Ephedra plant, which contains ephedrine used to treat asthma.



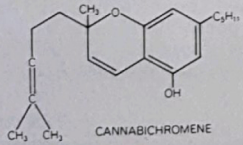
...the beautiful glass skeleton of a water diatom plant!



The Squirting Cucumber shoots its seeds into the air in a series of ejections.



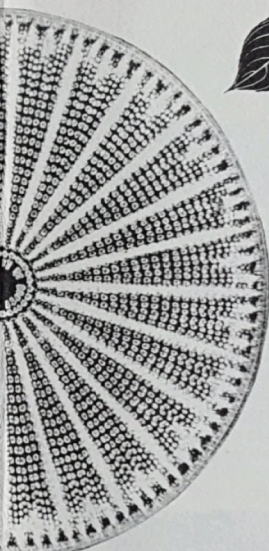
Western faded snake (*Arizona elegans occidentalis*).



The growing bark (hum) protects it from disease. Anything wounds this men... invasion to... show a tree trying to escape a wire...



ed at 15-minute intervals from 10:45 P.M. to  
in Bay, Canada.

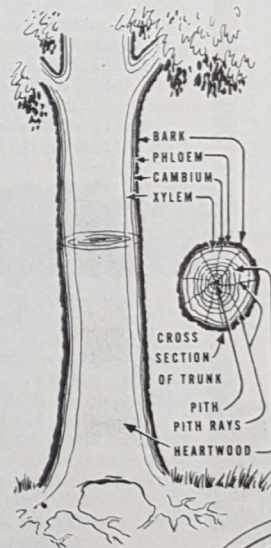
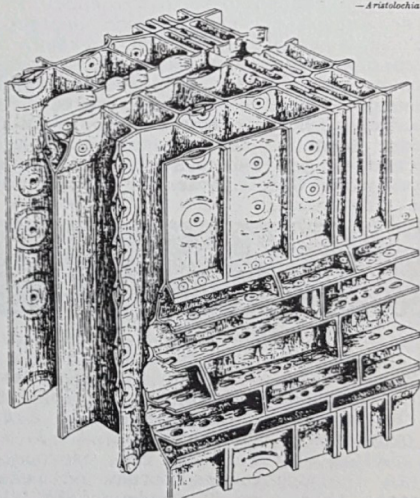


DOGWOOD



—*Aristolochia risigena*. (After Bailion.)

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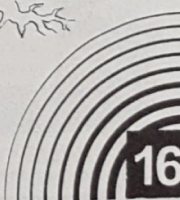
Millipede.

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fence nailed to it.

No, it's not a close-up of the Borg ship, it's a microscopic view of the secondary xylem layer beneath the bark of a pine tree. The protoplasmic contents have been removed to clearly reveal the lattice-work of rays of cellulose, which imparts strength and structure to the growing wood.



BLACK OAK





# The SEEDS



"Dressing up like a cowboy is a form of drag. It's as fetishistic as any cross-dressing. We call them transWESTites. Phyllis Frye

On your seed packet with **ONE BROWN** Scotch Rose hip dye fingerprint write: *Rosa spinosissima*. Also known as *Rosa pimpinellifolia*, the "Scotch Rose" is a VERY cold hardy, xeriscapic species roses in cultivation since the 1600's. It has very prickly stems, dark green fern-like leaflets, and creamy-colored, single (5 petalled) lightly fragrant blooms that come very early in the season. These are followed by the trademark plump, purple-black hips that gave the dye for this issue's seed packets. They are filled with red-toned seeds. The plant is measures 3'-4' tall and colonizes via suckering even in poor soil conditions. It requires deep winter dormancy and so will grow poorly, if at all, in mild winter areas. Sow the seeds  $\frac{1}{2}$ " deep in a pot of garden soil, keep damp and either chill in your fridge for 90 days or leave outdoors for 1-3 winters; they need DEEP chilling to sprout in the spring.

On your seed packet with **TWO BROWN** Scotch Rose hip dye fingerprints write: *Perilla frutescens*. This relative of coleus & mint bears characteristics of both: big minty leaves richly colored in a blend of medium green and purple-brown-maroon. You may have seen bundles of these leaves in the produce section of Asian food markets, as it is a staple of Asian cooking. The leaves and coleus-like spikes of flowers are eaten like spinach, chopped and used as a condiment, or to color food. The seeds, which yield an edible oil, are eaten raw, cooked or pickled. *Perilla* may also be grown as a beautiful ornamental annual in the flower garden. Sow the seeds about  $\frac{1}{4}$ " deep in rich, warm, damp soil in full sun when frost danger has passed, or grow indoors in a pot in a warm sunny window. Snip off leaves as needed.

On your seed packet with **THREE BROWN** Scotch Rose hip dye fingerprints write: *Datura meteloides*. Just 10 seeds of this rare plant cost \$3.99 in the 96 Thompson & Morgan catalog; now YOU have some! Native American shamans ingested this plant for mystic vision quests, but the layman should consider it a dangerously toxic but STUNNING ornamental. The sprawling 4' X 4' plant (4' tall and 12 feet wide in Florida!) has big, odorous grey-green leaves that accentuate the continuous stream of beautiful, 10 inch long white trumpets that open at sundown VERY QUICKLY (you can watch them unfurl!) to release a rich, sweet citrusy scent; they close the following day. After petal drop a big bristly seed pod forms. Sow your seeds about  $\frac{1}{2}$ " deep in warm damp soil after frost danger has passed, or indoors in a pot in a hot south window. Withstands heavy pruning well.

Special thanks to the Jeffco Sheriff's Rose Garden in Golden, Colorado for donating Scotch Rose hips for use in this issue! John

**ALWAYS** store your seeds in the meat or produce drawer of your refrigerator, NOT a kitchen or garage shelf...Cool temperatures and stable humidity will keep seeds viable for many years.

# BEYOND FRUGAL!

## A DUMPSTER DIVING UPDATE:



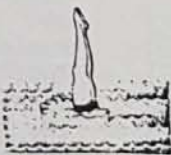
by  
John  
Starnes



In past issues of this journal the virtues of the honorable practice of "Dumpster Diving", and a variant I called "precycling" have been extolled: personal thriftiness, preventing the waste of perfectly good resources otherwise destined for the landfill, and enhancing personal creativity by encouraging the inventing of ways of using the plethora of treasures found in commercial dumpsters, especially those of wholesalers and manufacturers. I'm not talking about retrieving half-eaten drumsticks from the KFC dumpster, but useful, big-ticket items like NEW color TV's, attic insulation, stereo speakers, garden supplies, stereo speakers, NEW double-pane windows, etc. Now I've discovered a new variant on waste-recovery-as-prosperity thinking...I call it "PRE-dumpster diving".

I've learned over these years of diving that many business owners HATE to throw out these perfectly good-but-unsellable items, and many are also "closet dumpster divers" who are often willing to SET ASIDE these items BEFORE they go into the dumpster...they then will often give away or barter for these treasures. For instance, in past issues I've described making the hyper-insulated hotframes I use to grow and hybridize subtropical roses, plus grow food crops, all year long here in Denver, each made from discarded foam-core steel doors (for the north, east and west walls) and discarded double-pane patio glass doors (for the south wall and roof to trap solar radiation), with the soil mass beneath each insulated to a depth of 16" using giant slabs of 2" thick styrofoam discarded by the door manufacturer. Not only do these FREE hotframes let me garden year-round for my business AND my pleasure, they help THIS native Floridian get through the winter psychologically! Well, about a year ago the foam core steel doors ESSENTIAL to my design stopped being discarded; even the dumpster

vanished! I was deeply frustrated as I had accumulated enough glass patio doors to make a new BIG hotframe by routinely checking the dumpsters of 2 nearby window manufacturers. So I called the steel door company, told them of my hotframes made from their trash, and the 2 open-minded plant managers Fred and Scott scheduled a meeting with me one fine summer morning. Turns out both garden, and Fred's grandma used to make coldframes from discarded windows to start her seeds early, so he connected with my mindset right away! They explained 2 things...I no longer find cosmetically-blemished foam core steel doors in their trash as they found they could sell them cheaply to buyers in Texas and Mexico to recover their costs, PLUS (unbelievably and disgustingly) they had been scammed by ethically corrupt low-life dumpster divers who would retrieve the \$200 doors, and take them to a retail hardware store to demand "their money back" on the defective door. The retailer would in turn ask Fred & Scott's company for a refund. (This growing problem of scamming divers is sadly getting more and more highly productive dumpsters padlocked (and understandably so!). Seeing that I was legitimate (albeit eccentric but benign) they generously wrote up a contract donating 9 of these \$200 doors to my hybridizing effort, and I paid them back with copies of THE GARDEN DOCTOR, 2 big potted Old Roses and printed planting instructions along with a certificate of the roses' authenticity, plus the commitment to do an organic landscape consultation for Scott's troubled yard. Everybody wins! I gave both an open invitation to stop by some dreary winter day to peer through the double-pane glass roof of the new HUGE (21' X 7') hotframe made possible by their steel doors, to see blooming roses and thriving veggies basking in humid warmth WITHOUT my using a heater.



I have a similar friendly arrangement with a nearby garden supply wholesaler where I purchase Sunshine soil mixes for my hybrid rose seedlings...they give me "pulled" items like botanical pesticides, bird feeders, waterfall pumps, garden shears, plus BIG slightly torn commercial bags of vermiculite and Perlite, compost, bark mulches, you name it, all BEFORE it goes into their dumpster (hence the "PRE-dumpster diving" label. And I bring them bouquets of Old and Modern Roses from my gardens, plus give the warehouse guys fleets of my "AEROGAMI" paper airplanes. This also the arrangement I enjoy at the nearby giant paper company (all these businesses are clustered in the vast Industrial Park I've mentioned in past issues, where friends and I go dumpster-diving, and spying on Future Car prototypes at the GM and Ford product development centers we stumbled on) where I buy the shipping envelopes for THE GARDEN DOCTOR...they get roses and AEROGAMI's, and I get to joyously fish through their huge recycling bins to retrieve UNopened reams of elegant typing paper, plus hundreds of sheets of the giant heavy duty papers I construct my AEROGAMIs from. Another win-win...I get freebies, get to know nice folks, and they all in turn get unusual goodies in exchange for what they used to discard, and without worrying that I'll scam them.

So think about the businesses you deal with already, the commodities you desire that they may throw out each and every day, and what you could offer them in exchange (a product of your hobbies, produce or cut flowers or herbs, etc.) And while "Pre-dumpster diving" robs you of the thrill of crawling over the side of a treasure filled dumpster, it is a delightful form of barter that rescues resources, establishes friendly relations with neat people you might not otherwise meet, helps your household budget AND spares the landfills needless input. Write me YOUR diving and pre-diving adventures and loot hauls to share with other GARDEN DOCTOR folks in future issues to inspire them into action...what's the best thing YOU ever found in the trash?!!!



The first motto of dumpster diving is:  
"Peek and you shall find!"



cold window sills with a slab of 1"-2" thick styrofoam THEN placing the potted crop plants on the foam will also help to keep the soil warm. Rotate the pots 180 degrees every 2 weeks or so to reduce the plants leaning towards the low south sun. Keep the soil damp but not soggy, and feed monthly with a weak solution of Fish Emulsion, compost tea, manure tea or a PINCH of Ringer Lawn Restore to provide nutrients AND beneficial soil microbes. A pinch (or 1 tablet) per month of Kelp Meal will provide additional minerals. Hot peppers, eggplant, broccoli, beets, collards, Brussell's Sprouts, chard, basil and turnips can be cut back BY HALF before first frost then lifted from the garden and potted up for regrowth indoors on established plants. Or sow seeds in your indoor pots but prepared for a bit of legginess (a stiff piece of cardboard covered with aluminum foil is an easy-to-make reflector you can position along the row of pots to bounce extra light and heat against them). Very fast and very easy to grow crops to grow indoors from organic seed include: wheatgrass, oatgrass, radish leaves, buckwheat leaves, amaranth leaves, peas (leaves edible too), true beans (leaves edible too) and basil. Indoor ornamentals include Ageratum, Sweet Alyssum, Wax Begonia, hibiscus, glads, coleus, snapdragons, blue lobelia, caladium, dianthus, dwarf dahlias and the roses "Old Blush" (China, 1752) and "Duchesse de Brabant" (Tea, 1857). You are limited mainly by the number of warm bright windows you have and your imagination, so obsess away!

**INDOOR GARDENING SOCIETY OF AMERICA**, Shawn Zentz, Membership Secretary, 944 S. Munroe Rd. Tallmadge, OH 44278 (216) 733-8414  
US dues: US\$19.95, Canada US\$24.95

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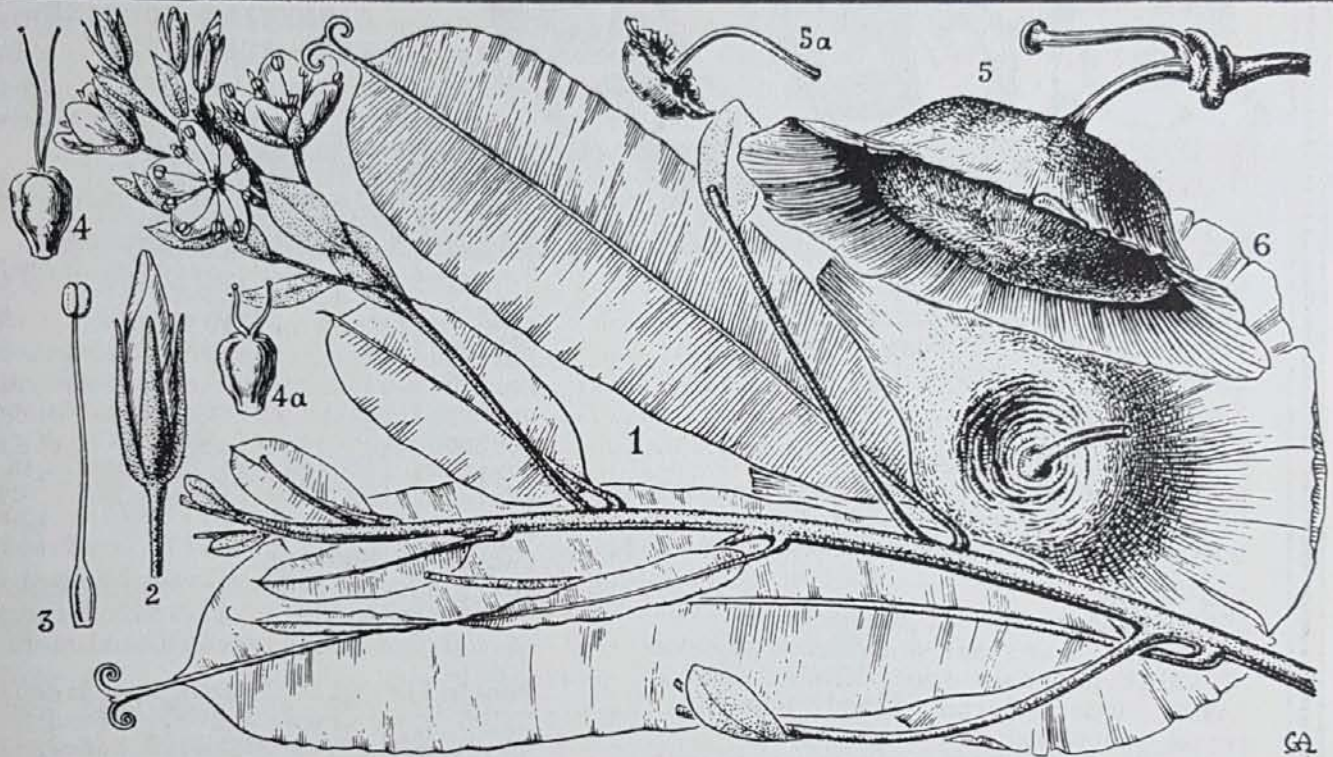
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Denver, Colorado 80220



# Radical Plants



**Habropetalum dawei** (Dioncophyllaceae) 1. flowering branch 2. flower bud 3. stamen, enlarged 4. gynoecium with abnormally short styles 5. mature seed (fruit) 5a. young seed 6. mature seed (fruit), top view, with stem visible.

The flowering shrub "*Habropetalum dawei*" (Dioncophyllaceae) of tropical West Africa is a true living fossil, dating back to the Pleistocene Age, when the world was inhabited by woolly mammoths, giant ground sloths, saber tooth tigers, woolly rhinoceroses, giant wolves and condors, the now-extinct prehistoric humans we call Neanderthals, plus early *Homo sapiens* (us!). It now survives only in sandy coastal regions of an area called Sierra Leone. A visually radical feature of this rare plant is the bizarre, winged, large ( $4\frac{1}{2}$ " across!) circular seed (see item 5, a semi-profile, and item 6, a top, stem-end view, in the above illustration kindly provided by the Helen Fowler Library of Denver Botanic Gardens). Notice how the item 5 view so resembles those snapshots of UFO's from the 50's and 60's. No doubt this Frisbee-like aerodynamic shape aids inwind dispersal of the ripe seeds, which are preceded by white, (fragrant?), 5-petalled flowers that cover the shrub in showy profusion, each measuring about  $1\frac{1}{2}$ " across. The oblong leaves measure from 5" to 18" in length, and are supported by a strong mid rib that bears at its outer tip two odd curved hooks that resemble the antennae of some insect...their function, if any, is unknown to THIS author.

The Quako people of the region value this plant greatly for 3 uses. By splitting the stems they produce a sturdy rope that is not only a trademark of their bundles of agricultural goods in the markets, but is also useful in binding their houseposts. By tossing bruised leaves and stems into streams where the sap leaches out then paralyzes and kills fish, they make "fishing" a simple matter of plucking them from the water...the fish are safe to eat. Researchers have since discovered that the plant contains a potent phenol that will kill fish in concentrations as low as 10 parts per million. Lastly, young leaves are mashed and mixed with palm oil to produce a salve that is applied to the feet to kill chiggers. (I'd use those seeds as "organic" Frisbees!)

# BOB DULL'S



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many beneficial organisms including  
predatory snails, mites, insects.  
Free catalog.



## Russian Comfrey

21

by  
Doris Yeltsin

Back when dere vas a U.S.S.R., dahlinks, you cood  
count on t'ree tink...vodka, the KGB, and peasant  
farmers, who grew many fine tink like Rossian Coomfrey.  
(Symphiticum X uplandicum), which ees a hybrid of  
the ordinary Coomfrey (Symphiticum officinale) and  
another species, S. asperum, which vas the seed parent.  
Like Rossia eetself, Rossian Coomfrey ees BEEG, seex  
feet tall and vide, vit oblong leaves hairy on both  
sides. Gee eets goot to be back home to see dose  
seex foot tall spikes of rosy-purple flowers goot  
on salads and to feed the bees. My leetle babooska,  
take me to your Daddy's farm so we can get droonk  
and dance wildly and sing da praises of thees cold  
hardy perennial herb weeth many uses: cooked leafy  
vegetable, fodder for free range cheekens (no Berlin  
vall for dem!), compost ingredient, medicinal salve,  
controversial medicinal root (causes leever damage?),  
dried for vinter tonic teas, raw leaves blended into  
morning health shakes, and as a BOOTIFOOL ornamental  
in sunny and semi-shady gardens. Jost like the U.S.S.R.  
eets easiest to propagate by deeveesion, chopping up BEEG mother plants' root  
clump into small vons veeth a shovel, in spreeng or fall. You don't know how  
lucky you are, boys and gerls, eef you can find thees rare herb in exotic herb  
catalogs...geev a try at: "Herbs-Liscious, 1702 S. Sixth St., Marshalltown, IA  
50158 (515) 752-4976." You Vesterners shoed TRY it AND wodka AND borscht!



Organic gardening seeks to create healthy soil above all else by feeding it with various plant and animal-derived materials. Microorganisms digest these, thus releasing the simpler compounds plants absorb through their roots. Materials rich in nitrogen relative to phosphorus and potassium foster the growth of leafy plant tissue AND a wide range of beneficial bacteria and fungi. An "F" after a material indicates particular usefulness in feeding your soil (and thus your plants). An "M" denotes a material recommended for mulching your soil.

**MATERIAL**

**nitrogen phosphorus potassium**

Alfalfa Hay (M)	2.45%	0.50%	2.10%
Apple Leaves (M)	1.00%	0.15%	0.10%
Bat Guano (F)	1.0-12%	2.5-16%	0.0%
Brewer's Grains, wet (F)	0.90%	0.50%	0.05%
Silk Waste (F)	8.37%	1.14%	0.12%
Coffee Grounds (F)	2.08%	0.32%	0.28%
Fresh Duck Manure (F)	1.12%	1.44%	0.49%
Eggshells (F)	1.19%	0.38%	0.14%
Feathers (F)	15.30%	0.0%	0.0%
Bean podshells (M)	1.70%	0.30%	0.35%
Fish Waste (F)	7.76%	13.00%	0.38%
Greensand (F)	0.0%	1-2%	5.00%
Hair (F)	12-16%	0.0%	0.0%
Hoof Meal, Horn Dust (F)	10-15%	1.5-2%	0.0%
Kentucky Bluegrass, dry (M)	1.20%	0.40%	1.55%
Bluegrass, green (M)	0.66%	0.19%	0.71%
Leather Dust (F)	10-12%	0.0%	0.0%
Lobster Waste (F)	4.50%	3.50%	0.0%
Oak Leaves (M)	0.80%	0.35%	0.15%
Olive Pomace (F)	1.15%	0.78%	1.26%
Peanut Shells (M)	0.80%	0.15%	0.50%
Pigeon Poop, fresh (F)	4.19%	2.24%	1.41%
Pine Needles (M)	0.46%	0.12%	0.03%
Red Clover Hay (M)	2.10%	0.50%	2.00%
Salt-Marsh Hay (M)	1.10%	0.25%	0.75%
Atlantic Seaweed (M,F)	1.68%	0.75%	4.93%
Shrimp Waste (F)	2.87%	9.95%	0.0%
Spanish Moss (M)	0.60%	0.10%	0.55%
Tobacco Leaves (M)	4.00%	0.50%	6.00%
Wheat Straw (M)	0.50%	0.15%	0.60%
White Clover, fresh (M)	0.50%	0.20%	0.30%
Wood ashes, unleached (F)	0.0%	1-2%	4-10%
Wool Waste (F)	5-6%	2-4%	1-3%

Many of these materials are discarded as waste materials and are thus free for the taking, or, often quite inexpensive. Using these materials to enliven your soil will not only help create a healthy garden, you will also be intervening in the needless waste of valuable resources. Don't be shy about approaching breweries, feed lots, farmers, canneries, fish markets, restaurants, fishermen, and other net producers of organic wastes...very often they're delighted to have someone haul away their "garbage". Closely related to the honorable skill of "dumpster diving", intercepting free fertilizer is another guerilla action organic gardeners can employ to benefit their budgets while keeping these materials from generating the Greenhouse Effect Gas methane after being buried in landfills.

G

REGORY

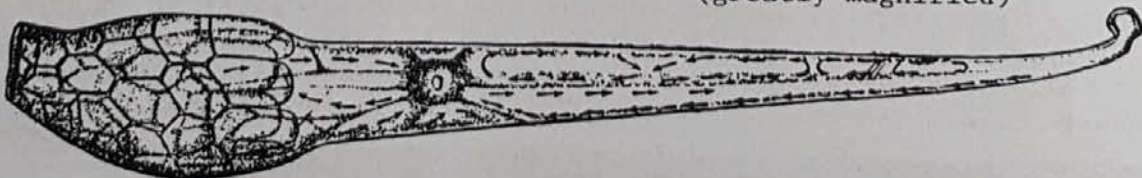
P  
ECSS  
EZ:

Whoa, dudes and dudettes! Thanks for your letters asking John to bring back my column on vigor and health and creating a lust-worthy bod...I'll have to pay each of you back IN PERSON with a nice, slow "massage", if you know what I mean. So okay, Bobs and babes, a top priority of this publication, John says, is minimal repetition of article themes over the years, but so many of you apparently benefited from trying the light treatment for Winter Depression as reported a few years ago in Science News magazine, and that I passed on to you in the Fall 95 issue, that I've got clearance from John to once again describe the simple set-up procedure. Winter Depression or SADS (Seasonal Affective Disorder Syndrome) is caused by the shorter daylengths of Fall and Winter causing an imbalance of brain hormones crucial to a sense that "Life is GOOD, man!". The first attempt to treat it consisted of sitting in front of a special "light box" each morning to stimulate the retinas to in turn stimulate the light-sensitive pineal gland deep in the brain (in many lizards the pineal gland is on the OUTSIDE of the head and can be clearly seen on top of the head between the eyes!) Since the pineal is the "master gland" that regulates all others, including the brain (now seen by many researchers AS a gland) it will then re-adjust the amounts of melatonin and serotonin back to the mid-summer levels that make a guy or gal feel REAL good most days. But here's the simpler method from last fall's issue...

Suspend a swag lamp with a CERAMIC socket (a plastic one may melt) about 2 feet over your pillow. Screw in a 150 watt GE Gro N Sho full spectrum bulb (about \$10). Plug the lamp into a wall outlet timer (about \$8) and plug that in. Set the timer to come on 2 hours BEFORE you usually get out of the sack and to run for 2 hours. At first that sudden flood of warm light will wake you up, as it easily shines right THROUGH your eyelids. But in a week or two you'll get used to it. The scientist guy who dreamed this up found that enough light DOES get through your eyelids to trick your brain into thinking the days are 2 hours longer...your retinas stimulate your pineal gland which then tells your brain "Whoa chump, cheer up!" No sitiin' in front of a dumb and boring light box but a light treatment WHILE YOU SLEEP! So hey, jocks and dolls, set it up each fall and take it down each April or May. So keep your bod AND your head in shape this winter... what do you got to lose but blubber and the blues!

"In the time of your life, live--- so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite variety and mystery of it all."  
William Saroyan 1908-1981

(greatly magnified)



Stinging Hair of Nettle, with Nucleus. The arrows show the direction of the currents in the protoplasm.

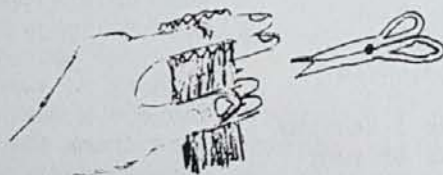


## Instructions for Pantyhose Plant Ties

by  
Cynthia Daniels

So, you started your day by finding a run in your pantyhose. Don't despair. You may have lost about five minutes, but you've gained the raw material for some of the best plant ties available. They're a neutral color, so won't show up against fence posts and plant stakes. They stretch tremendously, but won't crush the rose or tomato plant you're tying up. They're easy to knot, and stay that way throughout the growing season. And each pair of pantyhose provides about 50 to 60 plant ties.

1. Begin with a pair of clean pantyhose. (If you discovered the run at the end of the day, wash them with a knot in the toe so they don't get mixed up with your good pairs.)
2. With a sharp pair of scissors or shears, cut the leg off at the "panty" line.
3. Place the leg crosswise between the index and middle finger of the hand, holding the rest of the leg steady with the thumb and remaining fingers.



4. Cut strips about a finger's width (between 3/4 and 1 inch wide) across the leg, ending up with many loops/rings of hose. Cut down to, then discard the toe.
5. Open and stretch the loops. They will tend to curl across the cut edges, creating a small rope.
6. Take a handful of the loops and cut the loops open (one at a time is too slow). Start tying up your plants.
7. I discard the panty part of the pantyhose, but if you need extra long plant ties, cut across it down to the legs, stretch, and cut the loop open. When I need longer ties, I tie two together, then stretch the fabric taut so I'm sure the knot will hold.
8. A handy place to keep the pantyhose plant ties is in a zip lock bag with your other gardening tools.

And don't forget to make a set for your gardening bachelor friends, who may not have access to a good pair of pantyhose with a run!

The one who dies with the most joys, wins.  
Margaret Head (1953- )

You can't hit a target you cannot see, and you cannot see a target you do not have. Zig Ziglar

Except for 2 years in England, **Cynthia Daniels** has lived in Colorado her whole life. She works for "Talking Book Publishers, Inc." in Denver, collects books & Victorian furniture, and gardens well.

Cynthia also pursues the old craft of "wheatweaving".



# READERS DIGESTED

Dear John, Once again I enjoyed our conversation...it's a great pleasure to hook up with another horticulturally intersted artist. And at the risk of becoming a sycophant, I must send along some very biased flattery along with my check for subscription renewal. John, The Garden Doctor is a great publication. Stacked up against Horticulture, which inspires only slightly more than Kraft Macaroni and Cheese, Garden Design, which IS Macaroni and Cheese (heavy on the cheese) and Gardens Illustrated, which sits side by side with a Tom of Finland Retrospective on my bedstand, The Garden Doctor arrives like a friend. Lots of other publications give me things to think about but TGD actually gets me to wonder about things and, occasionally gets me looking for a broom to clean up whatever I knocked over while laughing at one of your jokes. Phukinay! Til Next Time, Have Fun, Karl Holmes, Milton, MA (p.s. Please send a gift subscription to Mark & Jenny in Concord New Hampshire).

...Rose articles are very interesting & informative. Stan Kalabza, Cicero, Illinois

Dear John- It's been a busy summer here in Aspen & I finally got around to reading your spring issue (!) I enjoyed it thoroughly and so much appreciate your unfettered humor. Please keep up the great work of cheering us up!...I hope you're still making those great planes...I proudly display mine in my office! Best to you - & keep those issues coming. I'll try to do a better job of spreading the word! Suzanne Farver, Woody Creek, CO

Of course we want more of the Garden Doctor! Life on this planet is wasted without the wit, and information, oh so artfully contained within the Garden Doctor! You shameless puppy, send me more! Up up and astray! Dennis & Karen Phillips, San Antonio, Florida

Dear John, This won't be as long as the letter in my head. As to various ideas you pose in Spring 1996: -I love the Doctor's Seeds. I don't plant all of them, but I label and save all of them. Those I plant, even annuals, become permanent members of my community. Every time I go by one of them, or consume one of their products, the Doctor gets a thought and heartfelt thanks from me...-I love the writing every which-way; I will miss Gregory--all the eliminees, actually; I love the politically applicable tid-bits of information, but could live without strong anti-establishment editorial asides.-Please don't ever quit pasting up and coloring. PLUUUEEE-EESE. -Please keep on doing what you love to do, and if THE GARDEN DOCTOR eventually turns into a treatise on rose cultivation, well...I guess I'll have to learn all about roses, won't I? ...so what if THE GARDEN DOCTOR is hard to read--where there's a will, there's a way. Phukinay! Enclosed is a check for \$16 for a wedding shower gift subscription for my firstborn's intended, Lisa...Thanks Doc. Anne Lathrop, Lebanon, CT

Dear John, Please renew my subscription I'd sign on for two years were I not subscribing for a couple of friends as well. I hope to meet you when Crimson & I drive west this summer. We're making a pilgrimage to your washing machine. I LOVE the newsletters and pass them around a lot. I just have to take issue with one item in the most recent Garden Doctor. Sergeant is NOT the best dog in the world. Spiritual Mom ( Barbara Johnson, Millersville, MD

Hi John- Everything is late this year! Including my renewal! We're planning on Denver in '97 - it's a reality! Hope all is well. Stephen Scanniello, Brooklyn, NY

Dear John, Love "The Garden Doctor"- will be forever grateful to Joe Weintraub for my introduction. Here is my money for 2 more years of totally fun reading! Linda Haun Yacolt, WA  
Hi John, Dad passed your Fall 95 magazine to me. It's great reading!

Heather Campbell, Jensen, Utah

"We can do only what we think we can do. We can be only what we think we can be. We can have only what we think we can have. What we do, what we are, what we have all depend on what we think."

Robert Collier

# 'GREENER' CLEANERS



A significant source of the artificial toxic chemicals being dumped into our rivers, bays and water tables is the average kitchen cupboard that brims with the high-priced elixirs we've been brainwashed to believe we MUST use to keep our homes clean and sanitary. By using many of the simpler safer and cheaper cleaning compounds our Grandma's used we can reduce water pollution AND plug the drain in our budgets. Try some of these substitutions:

**WINDOW AND MIRROR CLEANER:** Fill a spray bottle with a mixture of  $\frac{1}{2}$  water and  $\frac{1}{2}$  cider vinegar. Mist the glass evenly then wipe it thoroughly with a sheet of newspaper for a lint-free shine.

**DRAIN CLEANER:** Dump in  $\frac{1}{2}$  cup baking soda, then 4 cups BOILING WATER.

**SCOURING POWDER:** Good old-fashioned Bon Ami Cleanser is a mild but effective substitute for chlorine-based abrasive cleansers.

**ROOM FRESHENERS:** Burn incense in each room. Put a drop of a fragrant oil like cinammon or rose on a lightbulb BEFORE turning it on...the heat of the bulb will release the scent. Stuff your decorative throw pillows with dried mint, potpourri mix or fresh pine or cedar sawdust.

**FURNITURE POLISH:** Use "Murphy's Oil Soap" or a blend of 1 tsp. lemon oil in 1 pint olive oil.

**MOTH BALLS:** Fill mismatched socks (everybody has several) with cedar chips or dried lavender or dried wormwood (*Artemisia species*). Keep the pungent socks in drawers and closets.

**ALL-PURPOSE KITCHEN AND BATHROOM CLEANERS:** A. Fill a spray bottle with water and 1 tablespoon sudsy ammonia. Good for greasy jobs and CHEAP. (Ammonia IS an artificial irritant, but soil microorganisms convert it to nitrate fertilizer).

B. In another spray bottle mix  $\frac{1}{4}$  cup Pine Sol or Scotch Pine-type cleaners with water. A quite natural, PLEASANT-smelling and CHEAP cleaner.

**COPPER CLEANER:** Rub copper pieces with a fine-grained salt, like popcorn salt, moistened with lemon juice or vinegar.

**CARPET FRESHENER:** Sprinkle a box of baking soda evenly on the carpet, let sit for an hour, then vacuum.

**LIME RINGS IN TOILET BOWLS:** Use a plunger to push all the water out of the bowl, then slowly pour 6 cups of cider vinegar down the sides, starting at the rim. Use your toilet brush to swish the vinegar back up the sides several times. Repeat as needed.

**OVEN CLEANER:** Line your oven with aluminum foil to catch the spills. Remove and recycle the foil when it is soiled. Scrub spills with a paste of baking soda and water.

**SILVER CLEANER:** Soak the silver pieces in 1 quart water containing 1 teaspoon cream of tartar or 1 teaspoon baking soda. Drop in a wad of aluminum foil to act as a catalyst.

"If you are not making the progress you would like to make and are capable of making, it is simply because your goals are not clearly defined."

Paul J. Meyer

"Jeepers! I never realized..."





Long White Bush Marrow (1/2 natural size).

This new column will enable us GARDEN DOCTOR folks to more readily connect with each other.....send your E-mail address to John's listed below, and mention your interests.

Crimson Barocca, Baltimore, MD.

[charocca@mail.bcpl.lib.md.us](mailto:charocca@mail.bcpl.lib.md.us) interested in "creative organic gardening, nature observation, photography, art collage, playing music and writing."

Caroline Dieterle, Iowa City, Iowa.

[dieterle@uiowa.edu](mailto:dieterle@uiowa.edu)

Interested in cucurbits, including tropical sorts and the people who grow them. (Caroline, how do you like the title graphic and border I chose for you? John 8-)

Cheryl Netter, Arvada, CO

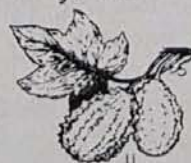
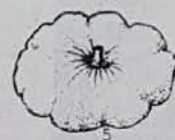
[cnetter@h2net.net](mailto:cnetter@h2net.net)

Interested in Old Garden Roses & Minis, plus sexual and asexual propagation.

John Starnes, Denver, CO

[THE.GARDEN-DOCTOR@worldnet.att.net](mailto:THE.GARDEN-DOCTOR@worldnet.att.net)

Interested in Old & Modern roses, rose hybridizing, aerodynamic design, futuristic cars, planes & spaceships, especially those of Star Trek like Voyager, Enterprise (B,C,D, & E series).

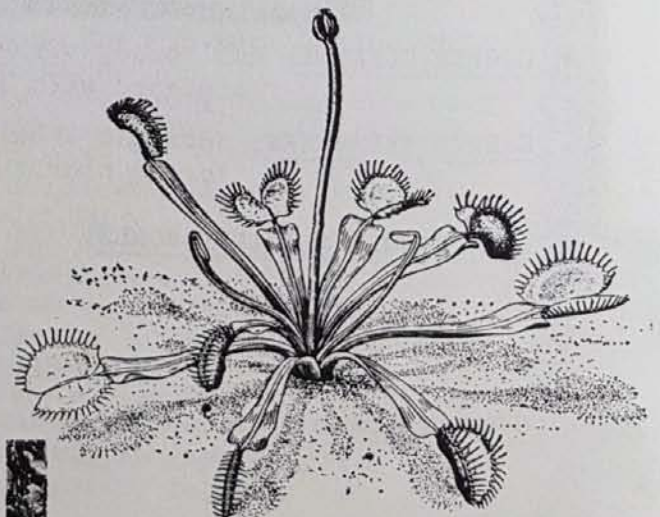


"COMMON SENSE PEST CONTROL" is THE definitive reference book on integrated pest management. It's authors use 720 pages, 55 black-and-white photos, 329 drawings, and 110 tables and charts to give the layperson a comprehensive course on pests and the very least toxic methods of their control. As I perused this well-organized hardcover, I was struck by its

concise and complete character: lawn, pet and garden care, house pests, beneficial organisms, natural pesticides and more. I dare say this landmark book belongs in the libraries of every school, pesticide applicator, and homeowner. Published by The Taunton Press in Newton, Connecticut.



"Things which matter most must never be at the mercy of things which matter least." Goethe



The carnivorous plant Venus Flytrap

The fountain of content must spring up in the mind, and he who hath so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts and multiply the grief he proposes to remove. Samuel Johnson



A gigantic freshwater lake 200 kilometers long and 50 kilometers wide has been discovered BENEATH 4 kilometers of ice at the South Pole! At 510 meters in depth it is one of the world's ten deepest lakes. **Science News** 6-29-96

A 27 pound radish 27½ inches long was grown in Wollongong, Australia by Ron Whitford in 1985! **Guinness Book of Records**

Since 1990 960 Trident II nuclear warheads have been added to the U.S. arsenal. **U.S. Arms Control & Disarmament Agency**

The moon's gravitational tug slowly lengthens our days on earth by creating oceanic tides, which act as a continual, gradual "brake" on the earth's rotation. Rare fossils called "tidal rhythmites" which formed along ancient shorelines, are essentially tidal records frozen in sedimentary stone, their bands revealing the number of days and lunar months per prehistoric year. 900 million years ago each day lasted just 18.2 hours, and there were 481 days per year! **Charles P. Sonelt, University of Arizona in Tucson**

In 1987 a bell pepper plant grew to 8 feet 1 inch and yielded 150 peppers. It was grown by Robert Allen of Gillespie, Illinois. **Guinness Book of Records**

The following roses, considered cold tender and which thrive in Florida, have proven to be cold HARDY in metro Denver, Colorado! 'Duchesse de Brabant' Tea 1857, 'Maman Cochet' Tea 1893, 'Mrs. Dudley Cross' Tea 1907, *R. moschata nepalensis*, species 1822.

Migratory birds are born with crystals of magnetite above their nostrils that allow them to detect magnetic north. They also learn to find then use the North Star to orient themselves during their annual migrations! **Science News** 9-14-96

Fewer than half of American adults know that the Earth revolves around the sun once a year! Only 5% know how acid rain forms, just 2% know its detrimental effects, yet most "oppose" acid rain. **Chicago Academy of Science**

Over 100 million years ago the ancestors of modern aphids were infected with bacteria from the genus *Buchnera*. Since then both have become symbiotically dependent, with the bacteria using

extra genes to produce crucial amino acids the aphids do not get from plant sap, and the bacteria capable of living only inside special structures within the aphids' bodies. The bacteria are transmitted from one aphid generation to the next via the insects' eggs!

**Nancy A. Moran, University of Arizona**

There's a lot of sex in certain plant names: their voluptuous and suggestive flower structures earned orchids their name, derived from "orchis", the Greek word for testicles. And get a load of these steamily risqué rose names!...The original names of two ancient Chinese Tea roses translate into "Topsy Imperial Concubine" and "The Dressing Pavillion of the Emperor's Ladies". The name of a pale pink Alba Rose from Old France translates into "The Blushing Thighs of the Aroused Nymph". Then there's the old Damask "Hebe's Lip" and the modern Floribunda "Sexy Remy", or the Kordes climber "Kiss of Desire". Cold shower anyone?

"The heart has its reasons which reason knows not of." Pascal



"WAITING TO INHALE"  
by "Bull" Clinton

"My position NEVER changes about loving these deeply fragrant roses, each followed by its year of introduction and the CHARACTER and quality of its scent."

HYBRID TEAS

- Pink Peace 1962 Deep pink, very sweet rose scent
- Halloween 1962 Gold blend, fruity rose
- Gross an Coberg 1927 apricot blend, cinammon/spice/rose
- Will Rogers 1936 Crimson-black, sweet Old Rose scent
- Margaret Anne Baxter 1927 Creamy white, sweet floral
- Mr. Lincoln 1964 dark red, Old Rose/Tea scent
- Snowbird 1936 White, sweet Tea (M)
- Double Delight 1977 Red blend, sweet rose/Tea
- Radiance 1908 Rosy-pink, sweet Old Rose
- Break O'Day 1939 Apricot-buff, sweet rose/Tea
- Mme. Leon Pain 1904 Soft pink, Fruity sweet rose scent
- Gay Princess 1967 Light pink, sweet Tea (M)
- Diamond Jubilee 1947 Buff-yellow, sweet Tea scent
- Barcelona 1932 Deepest red/black, sweet Old Rose

ENGLISH ROSES

- Mary Webb 1984 Pale yellow, very sweet "myrrh" (anise)
- Proud Titania 1982 Creamy white, rich heavy myrrh
- Tamora 1983 Apricot, Old Rose/myrrh
- Abraham Darby 1985 Apricot-salmon, fruity sweet Rose/Tea
- Othello 1986 Purple-scarlet, heavy Old Rose (damask)
- Sweet Juliet 1986 Golden apricot-pink, spicy rose/ myrrh
- St. Cecelia 1987 Creamy pink, very sweet myrrh
- Gertrude Jekyll 1986 Rich pinks, very sweet Old Rose
- Fair Bianca 1982 Pure white, sweet myrrh
- Belle Story 1984 Warm pink, fruity myrrh/rose

FLORIBUNDAS

- Angel Face 1969 Lavender, sweet fruity rose
- Chinatown 1963 Deep yellow, sweet fruit
- Margaret Merrill 1977 White, spicy sweet rose

CHINAS

- Louis Philippe 1834 Cherry red, fruity sweet (M)
- Old Bliush 1752 Rose pink, fruity rose (M)

HYBRID RUGOSAS

- Hansa 1905 Deep magenta, sweet clove/rose
- Conrad Ferdinand Meyer 1899 Silvery salmon, spicy Old Rose

TEAS

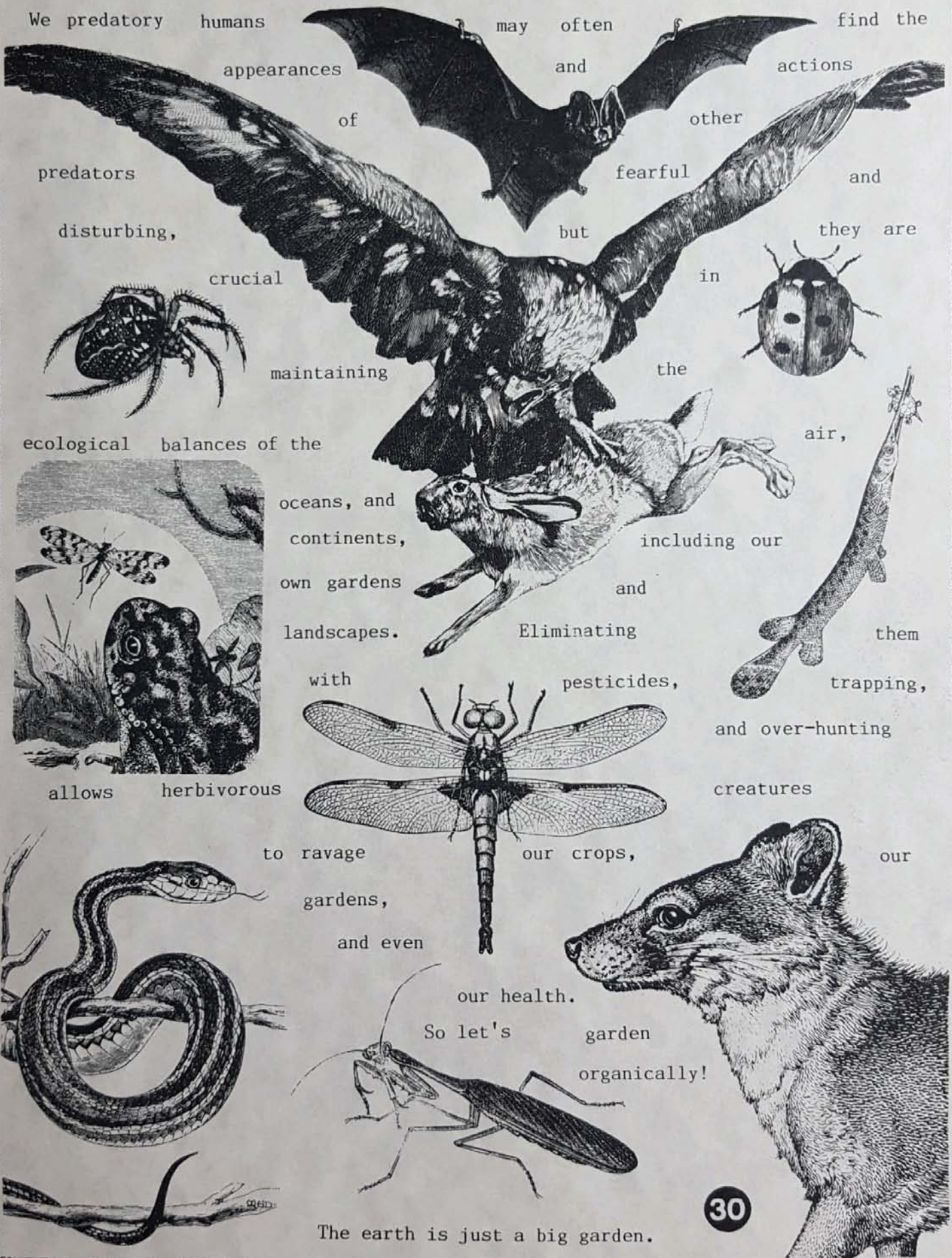
- Catherine Mermet 1869 Soft pink, spicy Tea scent (M)
- Mrs. B. R. Cant 1901 Dusky pink, peppery sweet Tea/rose (M)
- Duchesse de Brabant 1857 Shell pink, smoky citrus Tea (M)

SPECIES

- Rosa moschata 1596, white, single, rich spicy musk (M)
- Rosa soulieana 1896 white, single, sharp/sweet multiflora



We predatory humans may often find the appearances and actions of other predators fearful and disturbing, but they are crucial in maintaining the ecological balances of the oceans, and continents, own gardens and landscapes.



Eliminating them with pesticides, trapping, and over-hunting creatures allows herbivorous to ravage our crops, gardens, and even our health. So let's garden organically!

The earth is just a big garden.



WOW!

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