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www.mizztizzysweedsandseeds.com
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Free Cookbook and Free Gardening Journal
to keep track of your Nature experiences,
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Time to Start Winter Gardens

Depending upon your growing Zone, you may be able to produce at least one crops of many of these vegetables - especially those that only need 50 days to maturity. If you start seeds now or plants now, you will start getting crops before Thanksgiving.

In the fall start plants 4 to 6 weeks before your last frost date. Check with your County Cooperative Extension to find that date. When the first crop is starting to be picked you can start a second crop, which will mature before your first fall frost date. You can use row covers to protect them from chill if needed. You can also use small portable greenhouses which Amazon carries and they are wonderful.



<https://www.mizztizzysweedsandseeds.com/gardening-in-pots>

Learning About "Green Prescribing" to Heal and Cure Illness

In the United Kingdom National Health Service they are doing studies and have budgeted multi-million dollars trying to gain knowledge on the process of what they are calling "Green Prescribing." This is a holistic form of medicine which is having amazing healing effects on the human body, mind, and spirit. Plants and flowers give off chemicals which are known as phytochemicals that actually can aid in cardiovascular care, improvements in cancer recovery, and levels of healing of many issues.

Phytochemicals are produced by plants as a defense mechanism against pathogens. They are used to treat various metabolic, immunological, and neurological disorders in humans in various parts of the world as a part of traditional medicine. Among the phytochemicals mentioned as potentially providing health benefits are polyphenols, flavonoids, isoflavonoids, anthocyanidins, phytoestrogens, terpenoids, carotenoids, limonoids, phytosterols, glucosinolates, and fibers. Many of these are ingested but they also are emitted by plants that are growing outside and houseplants as well. It is already known that planting Tulsi (Rama), Rue, Lavender, and many other herbs, near your patio, or where you sit out of doors, will drive away mosquitoes, ticks, etc, but it will also waft their heavenly, clove and other spicy scents which are sending a healing process for your entire system. No kidding. Many trees, herbs, flowers, and even vegetables also do this same thing. Amazing isn't it?

If you get Gardeners World watch Season 55, Episode 3, and towards the end, a UK doctor talks about this. These phytochemicals which float around in the air also carry with them anti-fungal, and anti-bacterial effects, which will make your body start producing white blood cells (natural killer of bad cells of viruses, and bacteria). This is also being studied in Canada, the US, Australia some Asian countries, and other locations in Europe. If you have taken walks in woods, or gardens you will notice that you do feel differently and you can smell so many different things. So you may know of this healing experience already. Now the medical community in some parts of the world are finally catching up to it as well, and actually "Green Prescribing."

Still featuring Free Shipping for all purchases over \$40.00.

Also you will receive Free 20 seed Sunflower Sample in support of Ukraine with the purchase of three (3) or more packages of seeds. And tons of information on how to care for your seeds, planting directions, and helpful hints.

What To Do With Your Garden At the End of the Season



Many suggest that you clean everything out of your beds that is not perennial - be they vegetable, annual,

or perennial or herb beds, but I believe that it is time to rethink that. First of all the plants in the fall, until winter's first frost, are actually giving back all the nutrients still unused, to the garden soils that they lived in. It is a process. Secondly, many insects, butterfly, small rodents, beneficial bacteria and fungi are living in the remnants of the plants and the soil they grew in. Nestled in the leaves and nooks and crannies so if you remove things then you are removing their shelter and also probably killing the eggs that they have laid. Leaving the structures of the plants can also be tilled into the soil in the spring time to lighten the soil you are going to be planting in as a naturally composted green manure.

Another chore you will want to perform is to blow or rake your fallen tree leaves into the gardens. All of them. Then heavily water them in to help keep them in place, thus creating a cozy blanket over your soil. This adds more shelter, keeps the soil moist, and nutrients of the leaves are absolute gold to your soils and plants. You can mow over with a bag on your mower to chip them up if they are Oak leaves because they do now breakdown very well at all. Those leaves may also have insect and butterfly eggs attached to them. You can also place grass clippings from the mower into the gardens - but - only as long as you have not had your lawn treated with chemicals of any kind - meaning no herbicides, pesticides, or pre-emergents placed on your lawn at all. Adding sterilized horse manure on your gardens is also a good idea so it can continue to decompose and attract beneficial insects to help it break down as well.

Everything that you leave in your gardens are the 'amendments' that you would have to buy otherwise in the spring to add to your garden. You can remove any diseased plant and do not compost it but throw it in the trash so it will not reappear and spread that disease anywhere else in your gardens. You can remove weeds if you like but leave everything else.

The Soil's Surface is the Skin of Our Earth.

The first day of spring (vernal equinox) is when the sun shines directly on the celestial equator passing from south to north and the length of day and night are almost the same.

Spring starts in March and ends in June each year.

Did You Know That ...

... by broadcasting granular sulfur pellets, you will deter snakes and slugs, from nearing where it is spread but you will also be conditioning your soils. However, for every blessing there is a catch... By keeping the snakes away the voles, mice and moles feel quite safe in moving into that area. I would prefer the rodents. Also, DO NOT use sulfur in its powdered form as it will aerosolize and cause you harm. When it hits moisture (your lungs) it creates sulfuric acid. Do not use the powder around your ankles to prevent ticks either. Only use the granular sulfur pellets.

... fig trees need to have their feet in the shade and their heads in the sun, so mulch well, but do not put mulch near the trunk of the tree.

... you can train an eagle or hawk to come to your call? If you can whistle in a similar fashion to match their call, they will fly over you see what you want. After a while they will actually come to find you, and eventually land nearer you, if you are very patient. You can do the same with crows, and vultures.

... by turning part of a lawn into a grassland area, or a native meadow, you will attract fox, birds and other wild life to nest in that area. You will also be creating feeding areas, with the seeds of the plants you install there for the wildlife as well, thus returning it to nature for a better balance. Go to the "Wildlife" magazine website and you can actually register your areas as wildlife protected areas.

... Aspen tree groves are actually a singular organism? And that they communicate with one another.

... Nitrogen Gas produced by lightning is why everything looks so green after a storm. That is also causing the smell that you notice of ozone. When the plant dies, the fixed nitrogen is released, making it available to other plants and this helps to fertilize the soil.

... if you notice that your plants are producing only leaves and not flowers or fruit or veggies, the problem might very well be because you are getting too much nitrogen in your soils from a bad ratio of fertilizer or too many lightning storms. Below is what your fertilizer actually is meant to do and what those letters mean on the label.

N = Nitrogen - Foliage Growth

P = Phosphorus/phosphate - Blossom and Fruit Production

K = Potash / Potassium - Root System Growth

Download the interactive list of the 80+ varieties of our Native Plant Seeds on our website.