



# TRIANGLE GARDENER

YOUR LOCAL GUIDE TO ENJOYABLE GARDENING

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# Garden Trends Focus on Mother Nature

Experts in gardening sit down each year to come up with the garden trends they think will make an impact the next year. In 2019, they see people are awakening to Mother Earth to find balance and peace, and who are recognizing it's our responsibility to help save the Earth. Gardening—indoors or out—is one defensive measure everyone can embrace. Here's what they suggest we do this year.

## Indoor Generation

Reports show that Americans spend about 93% of their time enclosed indoors or in vehicles. Children spend less than one hour a day outside. If you can't be outside, the first solution, another one is to bring Mother Nature indoors with houseplants. No longer considered old fashioned, millennials especially have fallen in love with indoor plants and are responsible for 31% of houseplant sales according to GardenResearch.com.

## Screen Age

We are addicted to technology. Adults spend 11 hours a day looking at screens, while teens spend seven hours a day. A solution is to prune screen time and get outside and garden (check out



the #DeleteFacebook movement that has people turning off the blue light and turning on Mother Nature.) You can start small. Plant a container garden, grow edibles, just be in a garden. Remember, adult habits teach the younger generations.

## Golden Hearts

Our absorption with self-care and technology has been a detriment to the planet. People young and old are

now uniting for good causes to create a healthy future for generations to come. These Golden Hearts are looking for fulfillment outside of themselves and are turning to caring for the earth. Volunteerism is on the upswing. Be an Earth guardian and look for ways to make a difference: plant a pollinator garden, focus on sustainability, help create a livable future through environmental movements.

## Root to Stem

We don't do a good job of recycling. Each year 1/3 of all food is wasted, 4.4 pounds of waste is trashed daily by each American, and only 9% of plastics are being recycled. Brands are starting to take action by reducing plastic and moving to zero-emission products. Since food is the largest waste in landfill, we can compost and reduce household waste by almost 40%. Composting is the new recycling to help Mother Earth survive and thrive.

## Silence of the Insects

In 1962, Rachel Carson's "Silent Spring" warned of bird die-offs from aerial spraying of pesticides. Today the crisis is the decline of flying insects. A German study published last year shows the population of flying insects has plunged by 75% in the past 30 years because of environmental changes. We can plant insect gardens by using plants that attract pollinators. Encourage more beneficial insects to help destroy invasive ones. Plant native shrubs and trees, add a pond, be mindful of pesticides, and intervene less in the garden.

## RoboGardening

The rapid decrease in insects coupled with the increase in human populations means we need to look elsewhere for help. Technology can help propel the change. From drones to phones, new

technology is making gardening easier according to the Associated Press. From robotic mowers and wireless plant sensors to SmartPhone apps we can become better gardeners. Drones are the next wave. Experimental mini drones have been 37% successful in pollinating flowers.

## Moonstruck

Life has a rhythm and works best when in tune with it. Turns out moon-phase gardening is not just folklore or superstition. More people are turning to the moon for advice on the best time to plant, prune, weed, and harvest. And you don't need an "Old Farmer's Almanac" to do so. Plant annuals and vegetables that bear crops above ground during the waxing Moon: from the day the Moon is new to the day it is full. Then plant flowering bulbs, perennials, biennials, and vegetables that bear crops below ground during the waning Moon: from the day after it is full to the day before it is new again. And don't forget about moonlight gardens: flowers and plants that bloom at night encourage us to be outdoors to enjoy them.

## Get Minted

Color affects mood and outlook. Move over Pantone Color of the Year (it's Living Coral for 2019) because mint green is making a comeback as the new neutral in décor and in the garden. This fresh tone of mint harmonizes with plant life and nature. It's bluish-green hue is symbolic of the spirit of life, renewal and energy. You can incorporate it in your outdoor furniture and garden accessories. And growing mint is easy, just make sure to contain this rambling plant. Mint is more than an herb for tea and mojitos; it's also a great pollinator plant for bees and butterflies.

Source and photo: Garden Media Group



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