940 Montauk Highway Bayport NY 11705



ince 1932 Autumn Gardening Hours Monday - Saturday, 8 am - 6 pm Sunday, 9 am - 5 pm

I normally don't like to self promote (*and in this case it's really due to our incredibly talented staff*) but we are looking good!

Our greenhouses are filled with cool and interesting plants from cacti and succulents to air plants and Monstera! We've sourced unique gifts and gardening supplies and created outstanding indoor and outdoor container gardens. Our show cooler is filled with fresh flowers both grown locally and around the world...many designed in creative designs that are sure to put a smile on someone's face. A local bunch of sunflowers is a can't miss pick-me-up. We are decorated with beautiful fall ideas that are perfect for inside and outside your home. We've put together great classes, workshops and activities.

Take a minute to read through the newsletter and stop in...we're hoping Bayport Flower Houses is your happy spot...I know it's mine!

Enjoy, Karl



Home-Grown NUMS! September brings the cooler days of Autumn and with that the beautiful blooms of Fall Mums. A favorite because of their dense flower blooms, mums brighten any landscape or container. Our mum fields are planted by hand in late June and tended to with care throughout the summer months. Colors include bright yellows & whites, lovely purples and burgundies as well as oranges. This year we are pleased to offer both our traditional pot sizes along with beautiful hanging baskets. Mum plantings in bushel baskets or nearut baskets make great gifts

It's Tent Sale TIME

Saturday, September 14 at 8 am!







Did You Know ...

during the week. Contact Amy at *marketing@ bayportflower.com* for more info.

That we take our 'show' on the road? We are avail-



WHAT'S TRENDING!

We love it when plants come together with people! And now is the perfect time to take on "Plant Parenting" and get yourself some green babies! With so many choices, we are excited to help you create your own indoor jungle or get started with a few, new foliage plants to bring your home to life!

SUCCULENTS:

'String of Hearts' Ceropegia woodii 'String of Pearls' Senecio rowleyanus 'Burro's Tail' Sedum morganianum

FOLIAGE PLANTS

'Chinese Money Plant' Pilea peperomioides 'Snake Plant' Sansevieria 'Fiddle Leaf Fig' Ficus lyrata 'Monstera' or 'Swiss Cheese Plant' Monstera deliciosa

AIR PLANTS 'Tillandsia'

t. Brachycaulous t. Bulbosa T. xerographica t. Caput medusae

CACTI "Rat tail' Discocactus flageliformis

Health by Design: University Research Reveals Surprising Solution for Relieving Stress

According to a survey by Wakefield Research shows that 68 percent of people feel stress on a weekly basis, and 32 percent are stressed every day. Women, in particular, are affected, as 1 in 4 report experiencing stress multiple times a day. From finances and health concerns, to lengthy to-do lists, there are numerous sources of strain in our lives, and today there is a surprisingly simple way to relieve it – flowers.

A study conducted at the University of North Florida's Department of Public Health shows that living with flowers significantly alleviates daily stress. These findings follow decades of behavioral research studies conducted by researchers at universities including Harvard, Rutgers and Texas A&M that demonstrate flowers' ability to make people happy, strengthen feelings of compassion, foster creativity and even provide a boost of energy.

The study, entitled, The Impact of Flowers on Perceived Stress Among Women, concludes that adding flowers to indoor environments results in a statistically significant and meaningful reduction in stress.

"There is a growing body of research that illustrates how environmental design positively impacts health. Now it is both intuitive and scientifically known that adding elements of nature, like flowers, to interiors promotes well-being," said lead researcher Erin Largo-Wight, Ph.D., Associate Professor of University of North Florida's Department of Public Health.

The specific results include: The average reduction in stress among the women who received and lived with flowers was -5.5 points on the Perceived Stress Question-naire, a strong statistical significance in a decrease in stress.

Flowers are a unique gift with the proven potential to reduce stress among women — likely because flowers provide the opportunity for nature contact, an established health-promoting environmental exposure.

Participants who received flowers overwhelmingly reported that flowers improved their mood.

"Our findings are important from a public health perspective because adding flowers to reduce stress does not require tremendous effort to generate a meaningful effect," said Largo-Wight. "When life seems to be in a constant state of frenzy, flowers can provide us with a much-needed moment of calm."

The staff at Bayport Flower Houses sees these findings illustrated on a daily basis. There is definitely a calming quality to flowers and plants and we see it every time a customer walks in the shop. Even if they are hurried and frazzled, they seem more relaxed and less rushed when they leave. Making someone's day brighter is what we strive to achieve every day at Bayport Flower Houses.





Inspired By Nature Bayport Flower Houses' Autuman Flowers









FALL IS FANTASTIC FOR PLANTING

Summer is winding down, school buses are back on the road and cooler days are ahead. It's the PERFECT time for planting and we've got EVERYTHING you need!

With the August heat behind us, we're ready to get outside again and start to plan what comes next in the garden. Fall is ideal time for planting trees, shrubs, and perennials; they'll quickly set roots, prepping them for spring's lush flowers and foliage.



Need a hand? From the installation of small foundation plants to comprehensive landscape development, Bayport Flower Houses' has you covered.







Whether it is a completely new landscape, foundation planting, privacy screen, or simply a well placed tree, plants can enhance any property. You don't need to wait until spring to give us a call –trees and shrubs can be planted from Spring all the way up until Thanksgiving in our climate.

- Custom Planting Beds
- Specimen Plantings
- Property Screening
- Tree installations
- Poolscapes
- Horticultural Consultation

Depending on the scale of your project you may either come in and speak with our highly knowledgeable staff or request an appointment with our professional landscape designers by calling us at 631.472.0014 or email Les at landscapes@bayportflower.com.

AND FOR MULCHING

Mulch can be used at any time of year, but the many benefits of mulching in the fall make this a particularly good time to give your garden some a nice cozy blanket of organic matter. Additionally, Virginia Tech published data from it's two year study showing that by mulching, homeowners can reduce the number of BOXWOOD BLIGHT lesions by almost 97% That's an impressive statistic when it comes to pest and disease management!

Natural soil ecosystems have dense plant canopies and thick layers of fallen leaves and other debris to protect them. Gardeners who follow Mother Nature's example by covering their soil in a protective mulch blanket for the winter will find that their soil is fluffier, easier to work with, and more full of life come spring.

Mulch will also act to insulate plants and soil from cold weather. Soil microorganisms and plant roots alike benefit from a layer of insulation from the cold winter air. Mulch acts just like a blanket to regulate the temperature of the soil, keeping it more stable and protecting against hard freezes. It is especially important to mulch around tender perennials and other plants that are especially sensitive to cold, but all plants will benefit from a winter mulch blanket.

Leave space around woody plant stems. Don't smother your plant stems! It's important to leave at least an inch or two of space between stems of woody trees, shrubs, and perennials when mulching.

BAYPORT FLOWER HOUSES' 2019 WINTER PLANT CAMP

NOW ACCEPTING RESERVATIONS PALMS - GARDENIAS - FERNS - CITRUS - HIBISCUS - HOUSEPLANTS - SUCCULENTS - CACTI - TROPICALS

Let us **BABY** your **BABIES** until next summer! *call for pricing*



We proudly offer this service for customers who would like to keep their summer blooming favorites alive during the colder months but don't have the space (or time) to devote to their care. Our Overwintering Program is priced by

the pot size and includes top notch care throughout the winter in our greenhouses. For pricing and questions, you can either call us at 631.472.0014 or email us at greenhouse@bayportflower.com.



Pumphin Time!



940 Montauk Highway Bayport NY 11705 631-472-0014 Open 7 Days a Week www.bayportflower.com