



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 MUMS!**

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 peanut baskets make great gifts.







Register For ALL CLASSES Either In Store or at 631-472-0014

Did You Know...

That we take our 'show' on the road? We are available for talks on gardening, flower arranging and anything else horticultural! Give us a call for your next meeting - or school group - we'll be sure to grow on you. Our kid's classes are also available to groups during the week. Contact Amy at marketing@

bayportflower.com for more info.



#### **NEW TIME!**

Wed., September 18 at 10 am OR

Sat., September 21 at 10 am

#### \$50 per person

Create a large bushel basket FILLED with your choice of mums, ornamental kale & peppers, grasses, pansies, fall décor included. Learn the best soils, foods & flowers that keep on blooming. Need Two (2) for Front Stoop? Make 2 for \$90, just mention code PPF171

## **Pumpkin Flowers**

Saturday, October 19th at 10 am \$50 pp



Using the striking and beautiful flowers of Fall, we'll be creating a gorgeous floral masterpiece in a real pumpkin!

#### November 2<sup>th</sup> at 10 am

#### **Putting Your Garden To Bed**

FREE...Enjoy complimentary donuts & coffee while learning our tried and true tips, tricks, secrets and more of Fall Gardening which will lead to a fantastic Spring Garden!

## Smer Steetlents and other lovely HOTSAN ANTS Saturday, October 26 at 10 am

\$50 per person

Always a FUN TIME - build yourself a succulent and/or houseplant garden and join the ever increasing ranks of PLANT PARENTS! **Our AUTUMN EDITION will add** some fun seasonal items to the mix! Great class to bring friends!

> We're so EXCTTED for our new HAYRIDE for 2019! Rides Saturdays in October from 3 - 5 pm, \$3 per child. (note: included in price of kids' classes)

## Super Saturdays at Bayport Flower Houses!

All Children's classes include the listed crafts, snacks, Halloween Maze and our Autumn Hayride! Pre-registration required!

## I WANT MY MUMMY! **MUM PLANTING**

Beautiful Large Mum in a Handcrafted "Mummy" Pot

SEPTEMBER 28 AT 3 PM

\$18 PER CHILD

## Scaredy Cat SCARECROWS

You Bring Shirt & Pants We Provide All The Rest!

OCTOBER 12 AT 3 PM

\$18 PER CHILD





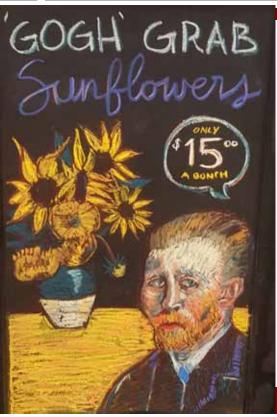


**HOSTESS GIFTS** - Whether it's a Late Summer Party or an Early Autumn Soiree, we have the perfect hostess gifts for you! Paired with our awesome Local Sunflower Bunch at just \$15 you'll be the best guest yet!









## 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

# 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

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

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 Questionnaire, 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.

#### ORNAMENTAL

GRASSES
Ornamental grasses can fit into almost any garden theme. They lend height, movement, and long season color to the land-scape. Some choices include BLUE DUNE, HOTROD, KARLEY ROSE, HOTROD and PINK MUHLY.



## PROFUSION CALLICARPA

Superb deciduous shrub with abundant clusters of long-lasting, violet-colored berries in fall. New growth has a bronze tinge. Prune in late winter to early spring to encourage new growth.



#### AUTUMN JOY S E D U M

'Autumn Joy' brings foliage variegation and combines strength and garden performance to create a colorful masterpiece through fall. Easy to grow and highly drought resistant,



#### GOSHIKI OSMANTHUS

Translates from Japanese as "five colors". New leaves emerge red and quickly turn green with spots of creamy white, gray-green, and yellow-green. Evergreen perfect for accent or hedge.



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!



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631-472-0014

Open 7 Days a Week www.bayportflower.com