



# The Gardener

Since 1932

940 Montauk Highway, Bayport, NY 11705 (631) 472-0014

It's an exciting time for Bayport Flower Houses...we have the fall harvest going on and the preparation for the holiday season. While it has been raining most weekends, that hasn't dampened our creativity. I may be biased, but I think the upcoming season will be one of our best.

Be sure to mark your calendars for our Holiday Open House weekend on November 18th & 19th. Not only is it 20% off all in stock items, but you can also join a workshop, enjoy some great local music, or join our Greenhouse Tours and see what I think might be our best Poinsettia crop in many years...see new varieties such as *Mouse Ears*, *Autumn Leaves*, *Green Envy*, and other new introductions. You can also find beautifully designed flower centerpieces and accents for your Thanksgiving table.

I know there's lots of chaos in the world right now, but I hope Bayport Flower Houses can provide some peace and comfort in your world. This will be our 91st Holiday season and it's has been and will always be the mission of our families' four generations to bring joy to the lives of all in our Long Island community.

All the best,

*Karl Auwaerter*



Bayport Flower Houses'  
**Winter Workshops**  
Holiday Porch Pots - \$65 pp  
November 18 at 10 am  
OR November 19 at 1 pm  
OR November 21 at 11 am



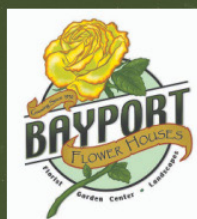
REGISTER online at [shop.bayportflower.com](http://shop.bayportflower.com)  
by phone 631.472.0014 or in store 7 days a week



Bayport Flower Houses'  
**Winter Workshops**  
Holiday Wreaths - \$65 pp  
November 25 at 10 am  
OR November 26 at 2 pm  
OR November 30 at 11am



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by phone at 631.472.0014 in store 7 days a week



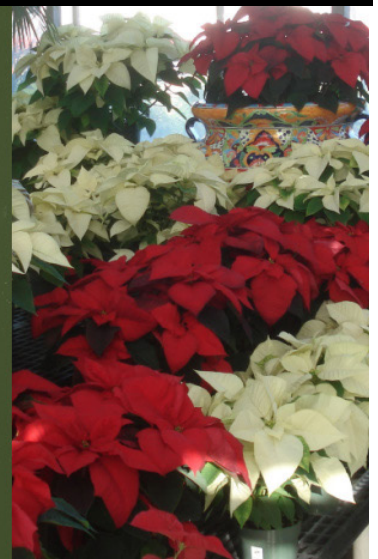
## HOLIDAY OPEN HOUSE

Saturday, November 18  
and Sunday, November 19

20% Off Your Entire Purchase!

Live Music! Refreshments!

Free Raffles! Greenhouse Tours!



[www.bayportflower.com](http://www.bayportflower.com)

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

According to a survey by Wakefield Research 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 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.



# 7 Steps to Fall Bulb Planting

**1. Be Picky.** Specifically, about your bulbs and where you're going to plant them. At your garden center, choose bulbs that are free from obvious physical damage, mold or mildew.

**2. Timing Isn't Everything.** But it's pretty doggoned important. Plant your bulbs when the soil has cooled, but well before the ground freezes. Late September and October are normally just about right.

**3. Get in Deep.** There are exceptions, but here's a good rule of thumb: dig a hole about three times deeper than the bulb is tall. So, a 3-inch bulb needs a 9" hole. Sandy soil? Go slightly deeper. Clay soil, go slightly shallower. Choose a well-drained spot for planting that will get at least six hours of sun each day. Constantly wet, mushy ground is a good way to rot bulbs.

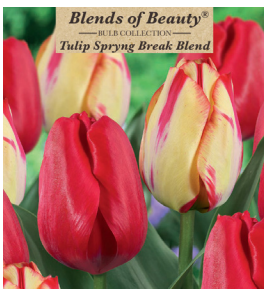
**4. Don't Miss the Point.** When you plant bulbs, ALWAYS do so with the point facing up.

**5. Get Good Dirt on the Subject.** Bulbs like well-aerated, well-drained soil rich in organic matter. If you have poor soil — too sandy or too much clay — add amendments to improve it. Be sure to add 1-1/2 heaping teaspoons of Espoma Bulb-tone® or Bio-tone Starter Plus® into the planting hole with the bulb, where the roots can find it. This rich, organic, slow-feeding plant food is especially formulated to meet the nutritional needs of bulbs. Feed again at the same rate when plants are about six inches high.

**6. After Dinner Drink.** After covering the bulbs with rich organic soil, water well to help them become established before winter.

**7. To Mulch is Enough.** Adding a 3-inch layer of mulch over the surface of the soil will help insulate and protect the bulbs against freeze and thaw conditions. If you're worried about the shoots finding their way through it in the Spring, you can always pull back the mulch in April.

Many bulbs are deer resistant, fragrant and/or bee friendly. And Fat Tuesday Mix of blue and yellow - perfect BBP School Colors!



Extra Large & Fragrant!



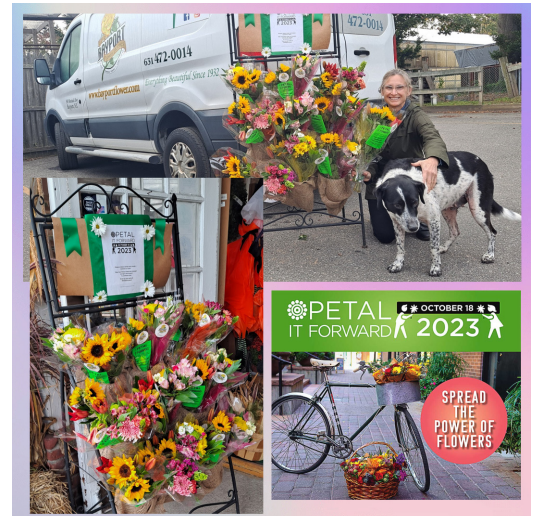
# Thanksgiving Kids' Class!

# PETAL IT FORWARD 2023



**THANKSGIVING KIDS' CLASS**  
**TOM TURKEY FLOWERS**  
 Saturday, November 18 at 3pm  
 OR Sunday, November 19 at 3 pm

Always a favorite, kid's will make a turkey with flowers for their Thanksgiving table! Hayride included! Class and hayride take approximately 1 hr. Class is \$25 per child



## HOUSEPLANT HEAVEN

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*

And don't forget our incredible selection of containers for your indoor plants! All sizes and colors - some perfect for every decor! And an added bonus - we plant up you plant for free when you purchase the container from us!

We also have a wonderful selection of organic fertilizers, plant care, moss poles, and much more to compliment and help you achieve Plant Success!

Bayport Flower Houses was happy to join florists from around the United States in participating in this year's Petal It Forward event on October 18. We collaborated with our Flower Partners, Delaware Valley, to give out over 80 flower bouquets absolutely free to customers in our surrounding area. The goal of the day was to show just how happy flowers make us feel, both as the deliverer and the recipient! We gave customers two bouquets, one to keep for themselves and one to give away! Smile was definitely the word of the day!

*Remember Flowers Make You Smile!*

**\$10 Off** 

**Off Your Purchase of \$50 or more**

not valid with other offers or past purchases. in-store items only. expires 11/12/23 code: HTSNNOV1 bayport flower houses, inc.

**BAYPORT FLOWER HOUSE**  
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