



1370 Wain Road
North Saanich, BC V8L 5V1
250-656-0384

Nursery News March 2016

Open Daily 9:00 - 5:00
Open Good Friday & Easter Monday

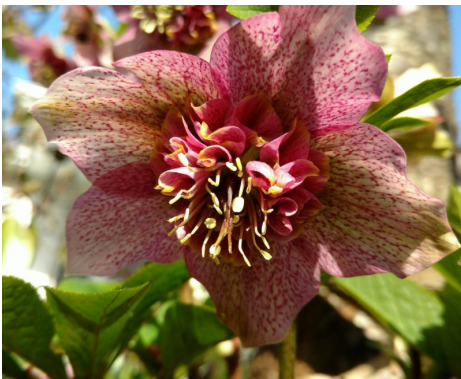
[PLANTS](#)

[PRODUCTS](#)

[SERVICES](#)

[RESOURCES](#)

[CONTACT](#)



Hellebore 'Tutu'

Irresistible Hellebores

by Susan Tice

It's hard to resist the siren call of hellebores. Winter blooming, in a wide variety of colour and form, they are long lived and don't even need dividing. All that *and* they are both drought tolerant and deer resistant!

No wonder we love hellebores, the most collectible of plants. To learn more about these fascinating plants and how to grow them to their full potential [read on...](#)

How To Save Your Back While Gardening

by Laurie

It's that time of year when we get excited about spring, but there's a lot of work to be done! Gardening can give you a good work out, but you want to be careful to avoid any setbacks from injury or strain.

Below are some of the recommendations from professional physio types about correct alignment and techniques that I remind myself of each and every time I reach for a shovel or pick up a heavy bucket.

Bending: Hinge at hip crease, not at waist. Get lower - bend knees slightly. Stick bum out behind you. Spine long, not rounded. Feet at least hip width apart.



Correct bending

Lifting: Again - hinge at the hip crease, not the waist. Get close to the object. Stiffen your trunk to protect the spine and provide core strength. Lift with hips, not knees or back. When carrying a heavy load keep your torso stiff, with the rib cage over the pelvis and no leaning back. **Never twist**

when lifting.

Digging: Stand with arms straight out on the shovel handle, keep the blade vertical when pushing down with your foot. To lift the shovel load, use a lower stance with slightly bent legs, bum out behind as hands slide down the shaft. Use legs and arms to dig, use your core muscles, not your back. Feet/hips/shoulders must always face same direction. **Do not dig and then twist around to empty shovel.** [Digging the Right Way](#)

Weeding: Get low - best to sit on a bucket or kneel with a pad. When sitting, bend at hip joint with flat back, legs wide apart. Resting an arm on the leg above knee gives extra support. Get close to weeds, never over reach. No twisting - face the area you are working in. *Remember pulling weeds is so much easier when the ground is a bit moist!* [Weeding the Right Way](#)



Use a kneeling mat to get down low.

I am constantly correcting my alignment and technique as I work through various tasks in the garden. I now know to keep a water bottle handy and take breaks, pace myself, use long handled tools and switch jobs frequently. I want to feel nicely fatigued but not pain after a good workout in the garden!

(Sources: K. Peper, consulting Restorative Exercise Specialist)

Up coming Classes

Classes are free, but space is limited. To reserve a place please register by [email](#) (include your phone number) or call 250-656-0384.



Spring Tune Up for your Lawn

with John Close

Every spring and fall John travels up and down the Island sharing his passion and knowledge of Natural Lawn Care. Each seminar is full of practical, easy to apply tips. **New this year:** Tips for managing drought. John presents the information in a conversational style and tries to answer all questions. **Saturday, March 05, 10:00 1- 1 ½ hours.**

Bringing The Outside In: Artistic Arrangements from the Garden
with Faye Ford and Laurie Acheson.

Look beyond the flower garden and you will see a wealth of plant material to bring indoors, even or especially, at this time of year. Many of you have admired Laurie's fanciful arrangements of twigs, branches and stems in our shop. Faye delights in cut hellebores and loves to accent their beauty with moss, ferns, and other woodland gems.

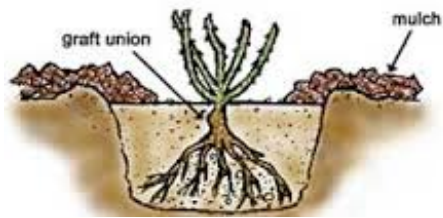
Learn how to use fresh cut material from the garden in innovative ways. This is sure to be a fun class!

Sunday, March 06, 10:00 1 - 1 ½ hours.



Branches cut from the garden

Time to Plant Bare Root Roses!



Bare root roses are available until mid-March and we have our best selection right now. They are a good choice budget-wise, are easy to plant and will establish quickly.

We have noticed in the last couple of years that roses are making a comeback, and no wonder. Today's roses are much easier to get along with than the fussy formal roses of the past. Modern roses are bred to be healthy, easy to care for, long blooming and often fragrant. They can happily co-exist with other plants and, with a minimum of care, earn their space in the garden for years to come.

Seven Ways To Grow More Food In Less Space *by Faye*

Having a small garden is no reason not to have generous harvests of your favourite fresh vegetables, all year long. **There are many ways to boost production**, and get the most out of whatever little plot of land you may have, even if it's just a few pots on the patio!



August Harvest

The one question we get asked frequently is **"what should I grow?"** Frankly, there is only one answer to this: **grow what you enjoy** eating. It's that simple. If you don't like kale, don't grow it just because it's the 'in' veggie!

By following a few simple guidelines, you too will have an abundance of nutritious and delicious vegetables from your own back yard. **Read on...**



The Million Pollinator Garden Challenge

A campaign to register a million public and private gardens and landscapes to support pollinators.

It's no secret that pollinators are in decline and lack of pollinators affects food production.

What can you do? Plant more flowers! Where? Anywhere! From window and patio planters, to home gardens, to pathways and roadsides, to acres of prairies and meadows - it all adds up.

Register your pollinator garden at [Million Pollinator Gardens](http://MillionPollinatorGardens.org) and help create pollinator habitat across North America. Join the movement. Take the challenge.

Pollinator Gardens Should:

Contain plants that provide nectar and pollen sources

Provide a water source

Be situated in sunny areas with wind breaks

Create large "pollinator targets" of native or non-invasive plants

Establish continuous bloom throughout the growing season

Eliminate or minimize the impact of pesticides.



Russell Nursery is the authorized BC distributor for **Halls English Greenhouses**. These quality greenhouses are available in a variety of sizes and models. Several are set up at the nursery. For information please visit our [website](http://www.russellnursery.com).

Call us at 250-656-0384

russellnursery@telus.net

www.russellnursery.com

1370 Wain Road, North Saanich BC, V8L 5V1