



NEWSLETTER

WHY DO TREES/PLANTS "TURN COLORS" IN FALL?

Why are some falls brilliant in their display of color and other years not so hot?

The timing and intensity of fall colors vary, depending on factors such as soil moisture, plant nutrients, and environmental signals of temperature, sunlight and length of day.



While I'm not a science guru, this is how I understand it. Chlorophyll in the plant absorbs light in the red and blue-violet portions of the visible spectrum, the green portion is not absorbed and reflected, giving chlorophyll its characteristic green color. Chlorophyll uses sunlight and carbon dioxide from the air to produce carbohydrates (sugar

and starches) that the tree uses for food (process called photosynthesis). Chlorophyll tends to mask the presence of colors in plants from other substances, such as carotenoids. Carotenoids are a type of photonutrient who function in plants as a sort of natural

"sunblock". Plants are exposed to direct sunlight (energy), but they only use a small portion of it to produce the food they need. Carotenoids in plants function to absorb this "excess energy" and protect the delicate structures in the leaves responsible for pho-

tosynthesis (how they make food).

Anthocyanins, act as powerful antioxidants, helping to protect the plant from radicals formed by UV light during metabolic process and anthocyanins have been shown to act as "sunscreens", protecting cells from photo-damage by absorbing UV and blue-green light, thereby protecting the tissues from high light stress. Anthocyanins are not present until the leaf begins breaking down the chlorophyll, as occurs when the days grow shorter and temperatures cooler, causing plants/trees to use chlorophyll faster than they can replace it.

The green color fades as the level of chlorophyll decreases and the other colored pigments

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Special points of interest:

- Expansion plans underway
- Plants for fall color
- Tough, easy-to-grow screen with exceptional fragrance
- Why landscape?

Steps to Take When Bringing the Houseplants In

Most plants grown as houseplants are native to tropical climates and will need to be brought inside when the temperature drops to below 55 degrees F.

Inspect plant leaves, stems, and soil carefully for insects, mites, or other problems. If a problem is discovered take action now before bringing the plants back inside or the insect

or disease may spread to other inside plants. Always read the pesticide label carefully to see if it is safe for houseplants and apply as directed. Insecticidal soaps, sevin and products containing bifenthrin or pyrethrins are commonly used.

Repot any pot bound or overgrown plants using a good quality potting soil. Fertlome and Miracle Growth both

market an excellent potting soil. Remove dead leaves and debris and destroy.

When plants are outside they will require a larger amount of water due to increased light levels, heat and wind evaporation. When houseplants are brought indoors in the

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Bringing Houseplants In

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fall, light levels have started to fall and light levels drop even more inside the house. Many plants will drop leaves in response to the lower light levels. Lower light levels, coupled with not being exposed to high temperatures, and wind evaporation, decreases the water requirements of the plant..

Adjusting watering routine

plants back inside. More plants from

watering than any other cause. Most houseplants like the soil to dry slightly between watering.

A thorough watering wets the entire soil in the container and leaches out excess fertilizer salts which can, when allowed to build up in the soil, burn roots resulting in burnt dried leaf edges and wilting. Water the plants until water drains from the bottom of the pot, then water once more and allow excess water to drain out. Then let the plant dry slightly before watering again. The same plant that needed watering every day when it was outside in the summer may only need water once a week or every two weeks inside.



Adjusting watering routine inside house are critical. houseplants die over-

Why Do Plants Turn Colors in the Fall? Continued from page 1

caused by carotenoids and anthocyanins to show through or “turn color” on the leaves.

Plants that are under stress from conditions like prolonged dry spells or insect attack will often display early fall color because of a decrease in ability to produce as much chlorophyll.

Red colors produced by the pigment anythocyanin tend to be most intense when days are warm and sunny, but nights cool—below 45 degrees F. Warm sunny days produce more sugars intensifying the color. Cool nights cause the sugars to remain in the leaves. Pigments are formed from these sugars; thus, more sugar, the more pigment, equals more intense red color.

Warm, rainy fall weather decreases the amounts of sugar and pigment and warm nights cause the sugars to move out of the leaves; thus, more muted leaf color.

Leaves more exposed to the sun tend to show more red color while those in the shade turn yellow. Leaf color can vary from tree to tree and even from on side of the tree to the other.

Remember to call M & M Landscape and Lawn, Inc. to winterize your irrigation system.

For plants that display nice fall color, M & M Landscape and Lawn, Inc. offers:

Burning Bush *Euonymus*

Crape Myrtle

Red Maple

Sugar Maple

Sweetspire

Forsythia

Dogwood

Fothergilla

Care of Perennials in the Fall

After the first hard frost, killing the foliage of perennials back, the stems of perennials may be cut off at or near the ground. Housekeeping is important at this time and dead leaves and debris should be removed and destroyed. Fungus and diseases can overwinter in fallen leaves and re-infect

your plants next year.

A good winter mulch will help prevent frost heaving. This occurs when the soil alternately freezes and thaws which can lift and cause damage to the dormant perennial’s root systems.

No need to fertil-

ize at this time of year. The plants will not be actively growing and won’t require extra nutrients. Your best approach would be to wait until early spring and apply fertilizer at that time.



GARDEN HUMOR

What do you get if you divide the circumference of a pumpkin by its diameter?

Pumpkin pi.

What do you call a stolen yam?

A hot potato.

What vegetable can tie your stomach in knots?

String beans.

God made rainy days, so gardeners could get the housework done.

What did the carrot say to the wheat?

Lettuce rest, I'm feeling beet.

My mother's menu consisted of two choices: Take it or leave it.

Botanists have developed a vegetable that eliminates the need to brush your teeth.

Bristle sprouts.

Thank all you dedicated Newsletter readers for suffering through misspellings, grammatical errors, unclear articles, changes in Newsletter styles, late arrivals, incorrect addresses, etc. . . The list could go on and on. When you are the chief bucket washer, Retail Nursery Manager, marketing specialist, chemical applicator, nursery production manager, secretary, resident computer problem solver, office manager, payroll clerk, public relations specialist, copywriter, editor, proofreader, cook, housekeeper, chauffeur, Basketball mom, caregiver of an aging parent, devoted friend to a few close friends, wanna-be guitarist, and right hand of a landscaper mistakes can and WILL be made;) Hang in there with me. Hopefully practice will make better (I don't think perfection will ever be attained!).

I'd quit if I could find the boss

Hey, I think the chief bucket washer will give the payroll clerk authority to give the Nursery Manager/editor a raise!

A GARDENER'S EDUCATION

A gardener's education is never completed. Even the most seasoned veteran has much to learn and so little time in which to learn it.

Every garden doubles as a classroom, and for wise gardeners, school is always in session.

SPOTLIGHT ON PLANTS

Elaeagnus pungens (Thorny Elaeagnus)

Evergreen shrub

Zone 6-7

Height: 10 ft. or more

Spread: 8-10 ft.

Exposure: Full sun.

T h o r n y
Elaeagnus is a large spreading shrub with an irregular angular profile. Twigs are tough, often thorny. The oval leaves have wavy margins and

are drab green above, silvery gray below. This plant is fast-growing and tough and makes an excellent hedge or screen plant.

The fragrance of the fall flowers is absolutely awesome. Not



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MISCONCEPTION— SPRING IS THE BEST TIME TO PLANT

Research has repeatedly shown that fall is an ideal time to plant trees and shrubs. Any time after the first rains of fall start and the night temperatures begin to cool is a great time to begin your fall plantings. The cooler temperature relieves the stress to the plant and the still-warm soils encourage good root growth. However, you will still need to keep the new plants watered throughout the fall and winter months. A good layer of mulch is the best insurance you can provide to aid in establishment.

Knowing why makes a world of difference. M & M Landscape and Lawn, Inc. continues to research and learn as well as keep accreditation through professional certification by the ACNLP (Arkansas Certified Nursery and Landscape Professional) program.

M & M Landscape and Lawn, Inc. currently has the only ACNLP certified professionals listed by the Arkansas Green Industry Association in Izard, Sharp, Fulton, Independence, or Baxter Counties.

GREENHOUSE HAPPENINGS

We are currently in the process of taking our Juniper, Arborvitae, and needled evergreen cuttings at the greenhouse in preparation of growing out plants three years down the road.

The Greenhouse will be closed for winter in November, December, January, and most of February. Re-opening in the spring.

We are still landscaping full time and, throughout the winter, weather permitting, will be installing lots of structure, retaining walls, drainage, patios and walkways. Please call us at any time so we can schedule your landscape needs. If you need plants during this time, please don't hesitate to contact us and we can arrange to meet you.

EXPANSION FOR THE FUTURE WITH THE FUTURE GENERATION OF M & M LANDSCAPE AND LAWN, INC.

We have been expanding our growing operation in anticipation of having more space to grow and tend plants.

We recently cleared approximately 9,000 sq. feet of area to allow sunlight in and ran irrigation lines to pump in water for irrigation.

Our sons, Tyler, age 15, and Aaron, age 11, who we like to refer to as the next generation of M & M Landscape and Lawn, Inc., got to learn how to drive a skid steer (in approximately 9,000 sq. ft. of cleared ground with close adult supervision at all times). Right now this is play to them, but some day it will be work.

During the clearing process, we saw it as an opportunity to work together as a family towards a common goal to cut and burn brush, they saw it as an opportunity to roast marshmallows and hot dogs. I think we all won! The work got done and we had some great scorched hot dogs!



At this time of Thanksgiving celebration our thoughts turn gratefully to you with warm appreciation.

We wish you and your family a bountiful Thanksgiving Day.



HORTICULTURAL

Horticultural therapy is a formal program which recognizes and uses the physical, mental, and spiritual benefits of gardening to help their patients. Horticultural therapy is not only an emerging profession, but a time-proven practice. Although the records of historians vary, we know that the practice of horticultural therapy has been in existence since the late 1700's.

Horticultural therapists

work with individuals who need improvement in at least one aspect of their lives. The aim of this therapy is to improve the functional abilities of the individual in the treatment programs. This therapy has proven effective from preschool to the elderly, those with developmental, physical, mental or vocational disabilities and for residents of substance abuse and correctional facilities.

For more information and great resources contact the American Horticultural Therapy Association at www.ahta.org/.

WHAT IS SUCCESS?

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty;

To find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;

To know even one life has breathed easier because you have lived;

This is to have succeeded.

Ralph Waldo Emerson

What does it profit a man if he gain the whole world and lose his soul?

Jesus, The Bible, Matt. 16:26, Mark 8:36, Luke 9:25

ENABLED GARDENS

To harness the therapeutic benefits of an "enabled garden" for yourself or a loved one, try these tips:

1. Keep the garden in scale with the enabled gardeners motivation and skill level, so as not to be overwhelming or discouraging. Start small at first.
2. People in wheelchairs or using walkers will benefit from wide pathways and beds built high enough to reach easily and from beds designed so the center can be reached easily without stretching or leaning. Non-slippery surfaces and hand rails or hand grips are especially beneficial.
3. To limit bending and stooping, use containers or raised beds for planting. Raised beds will need to be solid. Twelve inches deep is a good depth for most plants. Container gardens can be moved for convenience.
4. Convenient tool storage close to the garden and specially adapted tools such as those with easy grips or lightweight with large handles are useful. Tool pouches that can be worn as aprons or hung from wheelchairs, walkers, or raised beds will be helpful.
5. Drip irrigation, soaker hoses, and mulches around plants will cut down time on watering and weeding and eliminate the need to haul around water hoses. A water source close by the garden is a must. Sprinkler systems are helpful.
6. A resting area or seating area where the garden can be enjoyed that provides respite from the weather (sun/rain) is a must.
7. A whistle worn by the enabled gardener to alert others if they need help is useful.
8. Hanging planters can be rigged with a pulley to lower plants for watering.
9. Grow vining varieties of vegetables that can be trained up a trellis to make harvesting easier.



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*Thank you for the opportunity to serve
you!*

**M & M LANDSCAPE
AND LAWN, INC.**



**Coming soon to the Web:
mandmlandscapeandlawn.com**

**Spotlight on Plants, Continued
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the kind of plant you have to stick your nose deep into the petals to enjoy, but the kind where you go into the yard and wonder where that incredible scent is coming from! The flowers are small and inconspicuous, but without equal for fragrance when in bloom in late autumn. You can be 50 feet away and smell it's sweet fragrance—almost honeysuckle like in scent.

T h o r n y
Elaeagnus tolerates poor, dry soil and

coastal salt and winds. I have seen this plant used in other states in the medians of highways.

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Owners, Jeff and Linda McAnally, are both Arkansas Certified Nursery and Landscape Professionals.

Jeff has worked in the horticultural business since 1986. Operating first a residential and commercial lawn care business. M & M Landscape and Lawn, Inc. was incorporated in 1994 and we opened our garden center/greenhouse. Jeff, as President, monitors the day to day operations of the landscaping division. His training includes plant propagation workshops, Arkansas Certified Nurseryman Program #195, continuous study of horticultural books, literature and trade articles, yearly seminars at Arkansas Green Industry Association events.

Linda has been involved in greenhouse management and nursery retail since 1995. Linda has completed the ACNLP certification program #283, and oversees the day to day running of the retail nursery as well as works closely with the plant propagation and growing-on of cuttings and liners to a salable product.

WHY LANDSCAPE?

1. To make your home and neighborhood more beautiful, functional and enjoyable. Plants mark the changing seasons, and add grace and seasonal color. Landscaping makes a house feel like a home.
2. Conserve energy in the summer and save you money. Properly planted trees can cut your air-conditioning costs by 15-35%.
3. Increase your property values. Landscaping increases the perceived value of your property by as much as 15%.
4. Conserve energy in the winter. Proper landscaping can slow cold winter winds, and can cut your heating costs 10-20%.
5. Landscaping is fun. Planting and caring for plants can be a great family activity. Proper landscaping can attract beautiful butterflies and songbirds by providing nesting sites, food and cover for countless species.
6. Nightscaping lighting systems allow you to enjoy your landscape after dark, creating more time for hectic lifestyles.
7. Landscaping helps hold the soil in place and reduces erosion and runoff.
8. Create more usable space with proper terracing & retaining walls.