



THE
GARDENER
NEWS

HELPING
BRING
BALANCE
TO YOUR
LIFE

Spring
Summer
2010

We do it ... You enjoy it!

As winter draws to an end, we are all looking forward to the first signs of spring. As each day gets a little longer and the temperature begins to rise we await the first colourful spring blossoms and the return of migrating birds. With spring comes a new beginning, increased optimism and renewed hope.

The theme of The Gardener News is balance. In each edition we include garden related information & tips, a healthy seasonal recipe, and other valuable ideas and offers to help you create a more balanced lifestyle. This we hope will allow you to live with less stress and bring more enjoyment to you and your family.

As a special treat just for you, health and wellness expert Rose Reisman provides the recipe for her Spinach salad with cinnamon almonds, strawberries and goat cheese from her new book titled "Rose Reisman's Family Favorites" which is set to hit the shelves of bookstores everywhere in early March. Rose has written many best-selling books on the subject of nutrition and wellness, is the spokesperson for Breakfast for Learning, works as Wellness Ambassador for The Canadian Diabetes Association and most recently opened her first restaurant, Glow Fresh Grill & Wine Bar at the newly redesigned Shops at Don Mills (1090 Don Mills Rd, Toronto), which incorporates her philosophy. We hope you enjoy making this light and healthy salad this season, please visit www.artoflivingwell.ca for more of Rose's recipes or other health and wellness information.

We are pleased to partner with Sheridan Nurseries in this edition to bring you, our valued clients a special offer. Sheridan is the pre-eminent grower of hardy nursery stock in Ontario and operates 9 garden centres offering an extensive array of plant material and related horticultural and outdoor living products. Please take advantage of this valuable coupon located on the back page.

The Gardener hopes that you enjoy your property and the time that you spend at it this season. Whether its entertaining friends, hanging out with your kids or hosting a party, you want it to look its best and we can help. For information on our additional services as well as other interesting information please visit our new website at www.hirethegardener.com or contact our office by phone/email at any time.

We would like to thank all returning clients for their past business, we pride ourselves on our quality, customer service and wide range of year round services.

Enjoy reading The Gardener News along with wishes for a safe, happy and healthy Spring & Summer!

The Gardener

Spring Gardening Tips

When is a good time to plant annual flowers?

Pansies can be planted anytime after the threat of a spring frost has passed while most other annuals are not recommended for planting until close to the May long week end or mid May in some communities closer to Lake Ontario.

Do I need a Spring Clean Up for my yard?

This is a valuable service to get your yard ready for summer. It includes a litter/debris pick up, dethatching where needed, new edge & turning of any gardens, trimming of applicable shrubs and the first lawn cut. This service can be booked now and the price is quite reasonable.

What shrubs can I plant to attract birds and butterflies to my garden?

Birds and butterflies are attracted to flowering plants and ones that produce food (berries and nectar). Butterfly bush, flowering dogwood, lilac and Weigelia are all great. Also try to allow for sunlight especially for butterflies and thick dense shrubs like Globe Cedar for birds to hide in.

spinach salad with cinnamon almonds, strawberries and goat cheese { Serves 8 }

CINNAMON ALMONDS	1 cup thinly sliced red bell pepper	1 Tbsp apple juice concentrate
¼ cup whole almonds	1 cup sliced strawberries	1 tsp brown sugar
½ cup packed brown sugar	½ cup crumbled goat cheese (about 2 oz)	½ tsp chopped garlic
½ tsp cinnamon		½ tsp Dijon mustard
¼ tsp nutmeg		
¼ tsp ground ginger		
SALAD	DRESSING	6 oz grilled sliced chicken or shrimp (optional)
8 cups baby spinach	1½ Tbsp apple cider vinegar	
	1 Tbsp olive oil	

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.
2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.
3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.
4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds. Serve topped with grilled chicken or shrimp, if desired.

PER SERVING (WITHOUT MEAT) Calories 104 • Protein 3.2 g • Carbohydrates 11 g • Fiber 2.3 g • Total fat 5.6 g • Saturated fat 1.3 g • Cholesterol 3 mg • Sodium 120 mg • PREP TIME 15 minutes • BAKE TIME 15 minutes • MAKE AHEAD Prepare the salad early in the day but dress just before serving. • NUTRITION WATCH Almonds are great source of essential fatty acids, which can increase your good cholesterol (HDL).



Rose Reisman

GLOW

Rose Reisman has enlightened, entertained and inspired Canadians for over two decades. While best known for her many popular cookbooks, she has also written extensively on topics, which include fitness, chronic disease prevention, weight management, career stress, nutrition trends, parenting and dealing with challenges of a rapidly changing world. Rose practices what she eats! Rose is a remarkably fit woman with four grown children and a very full and rewarding career. Rose embodies a true zeal for her message. Rose is a sought after speaker on TV and radio, a regular newspaper contributor, an owner of a catering company and a food delivery service, consultant to Canada's leading food suppliers and most recently has opened her first restaurant Glow, incorporating her philosophy. Rose has an engaging personality that has impacted on how Canadians live.



THIS SALAD IS PERFECT for entertaining with all its vibrant colors, flavors and textures. The combination of spinach, spiced nuts, strawberries and goat cheese gives it loads of character. Prepare the almonds in larger quantities and keep in an airtight container for up to 2 weeks.



10% Off*

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*Before taxes. Valid until May 31, 2010. Discount applies to regular retail prices. Not valid with any other offer. Discount does not apply to Gift Cards, Teleflora, Landscape Design, Delivery Service, Bulk Delivery, Planting Service, Memberships, Custom Design Service and General Labour. One coupon per customer. No cash value.

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Feeling Unorganized?

Use these organizing tips to help you achieve a better life balance in your home.

1. Before you start any home organizing process create 3 bins and label them as follows: KEEP, TOSS and DONATE. When the Toss and Donate bins are full schedule a donation drop off and put the toss pile out for garbage or recycling. Start with one room at a time so you don't get discouraged. If you're unsure of letting go of an item create a SAVE bin as well and visit it 6 months later. If you haven't needed it, it's time to go.
2. Bedroom Closet Clothes: The rule of organizing is it's time to go when...
 - a) you haven't worn it for one year
 - b) it looks faded or extra worn
 - c) it's not comfortable/too big or too small
3. Bathrooms: It's time to create a calm spa feeling and a simple way to do that is to declutter. Toss old lotions and cosmetics and check all medicine expiry dates. Wipe down all surfaces and add fresh soft hand towels only remember to toss or donate the old ones.
4. Kitchens: The hub of the home needs to be organized and fresh. We spend a lot of time in the kitchen by ourselves, with our family or friends so be real on how you use it. Go through your cutlery drawers, if you don't have a cutlery organizer you should. Go through your fridge and rid yourself of all old condiments. Make sure to go through the freezer as well. In your cupboards put similar items together and whatever you don't use on a daily basis goes in a separate cupboard.
5. Back to Closets: Ok now that you've rid your closets of all those unwanted items it's time to maximize your space and make it more efficient. The best way to do that is to add a closet organizer. They can double or triple your space! Don't run out and buy one just yet though. Take at least a week and write a list of everything you'd like to put in that closet. Once you've completed that list call in a professional to help coordinate and install or purchase on your own the pieces you need accordingly and have a short term install goal. Be sure to measure twice.
6. Front Hall: This space is a high traffic area and greets you when you arrive home each day so make it function for your family's lifestyle. Here are a few important items you may want to have.
 - a) A wall coat rack to hang up jackets quickly
 - b) A bench or chair to sit on while putting on or removing your shoes
 - c) A bin or two to place seasonal items in such as gloves
 - d) A place to hang your keys
7. Home Office: It's time to go green and the office is the perfect place to start. Get the paper shredder out and rid yourself of any old, unnecessary documents. Start a new habit where instead of printing items off the internet simply tag it to an interest file on your computer with a title and when you finally have time to sit down and read, turn your computer on. This helps save your time and the environment.
8. Kids: Create a kids file folder for all of your children's' artwork, school reports and personal information that way it's right at your fingertips. Keep the files labelled separately for each child. Visit the files every so often and update any outdated information.
9. Garage: Do this area after you've gone through the interior of your home because some of those items will have been sent to the garage. The key here is creating efficient wall space and going vertical. Add shelving units, hooks and bike racks to get large items off the floor. Create zones for all items. Some suggestions for zones are Vehicle Zone, Recreational Zone, Tool Zone and Seasonal Zone.
10. Memory Box: Your good memories deserve a special place. Create one! Purchase a nice large clean/clear tote box and label it "My Memory Box". Place all your tangible memories here. Instead of having them stuffed in corners of your home collecting dust and being forgotten they are all safe and in one spot for you to visit and enjoy.

Organizing is a process that is proven to help you achieve better life balance. Get Started Today!
For more information visit www.canadianpropertystagers.ca

Franchise Opportunities

Are you thinking about a change? The Gardener might be what you have been looking for. We offer the freedom of running your own business with the security and support of The Gardener's proven brand, legendary customer service and industry leading quality.

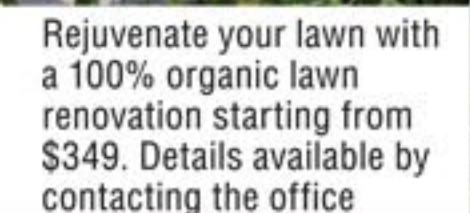
Call 1-800-970-6947 or visit our website www.hirethegardener.com today for more info.



Create instant privacy and shade for your yard by having The Gardener plant a 12 foot deciduous tree for you. Prices start at \$499 incl. delivery and installation



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The Green Corner

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- Did you know an average residential lawn produces enough oxygen each year to support a family of four?

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