



Growing Matters

Greetings

It is snowing out. The kind of snow that makes me feel like I am inside a snow globe when I look out my window. The gardens are still blanketed in white, the plants appear to be asleep, but I know it won't be long now before the crocuses start to pop out of the ground.

Actually, this is one of my favorite times of year as a gardener because it is not too early to start thinking about all the wonderful things I want to do in the garden, but I don't actually have to do any work. Plus, a garden is never quite as beautiful as

the one I have planned in my mind.

If you need a little help looking past the snow, plan on attending the *2010 CNY Blooms, Flower & Garden Show*. As a member of the CNY State Nursery & Landscape Association, I am pleased to promote this show being held March 3-7, at the Oncenter Complex in Syracuse. This will be a wonderful opportunity to receive inspiration for creating the kind of outdoor living space you have always dreamed of having. Visit www.cnyblooms.com for more information.

- Vicky Hilleges

Pippi's Perennials & Blooming Yoga?

I am incredibly excited to share with you the newest service being offered at Pippi's. Starting in March, I will be teaching weekly yoga classes.

Let me back up a little and give you some history. I've been practicing yoga off and on for over twelve years depending on what was going on in my life. Like most things we take for granted, I got away from yoga when life was flowing smoothly, and always found my way back to it when things got tough.

Last January I underwent major surgery. Although the surgery went well, I was still experiencing lingering pain six months later. When friends mentioned a restorative yoga class, I thought I would give it a try. After attending classes and working one on one with the yoga



instructor for a couple months, I was pain free. Not only was I pain free, the vertigo I had been experiencing for quite some time had also disappeared.

This wasn't the first time I had experienced the beneficial effects of a regular yoga practice, and it finally dawned on me that I wanted yoga to be a constant in my life. With a little encouragement, I made the commitment to attend Yoga Teacher Training at the Kripalu Center in Stockbridge, MA. I recently completed my training, and am now a certified yoga teacher. The blessings in my life keep piling up. Now I get to share with others two things I really love, gardening and yoga. I've even developed a spring workshop called Yoga for Gardeners. For more information on classes see the calendar of events on the next page.

Garden Gate Chat

"Why does it matter if a shrub blooms on old or new wood?" Plants that bloom on old wood produce flower buds the year before they bloom. Prune plants that flower on old wood just after they flower. If you prune later in the year, you will most likely be cutting off flower buds that would have opened the following spring. You can prune plants that flower on new wood any time after they flower up until just before they leaf out in the spring. If you're not sure if your shrub blooms on old or new wood, a quick Google search should provide you with an answer.

Pippi's Plant Spotlight



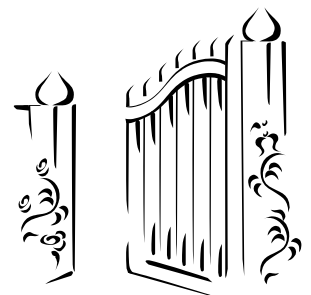
Baptisia australis

2010 Perennial Plant of the Year

Strongly upright, blue-green foliage with 12 inch violet - blue flower spikes in mid spring.

Dried seed pods are attractive in arrangements. Great plant to anchor the back of the border.

- ❖ Sun/part sun
- ❖ 3-4 feet
- ❖ Native
- ❖ Drought tolerant
- ❖ Attracts butterflies
- ❖ Deer resistant
- ❖ Zones 3-9





Helping People & Plants Flourish

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Gift Certificates Available

Calendar of Events @ Pippi's Perennials & Blooming Yoga

Pippi's Garden Club Seminars

Free & Open to the Public

Monday, April 26 @ 6:00 pm:

Yoga for Gardeners

Monday, May 24 @ 6:00 pm:

Designing a Low Maintenance Garden

Monday, August 23 @ 6:00 pm:

Plants for Challenging Locations

Pippi's Customer Appreciation Days

Discounts ♦ Refreshments ♦ Display Gardens

Spring: Sunday, June 13, 10 am - 4 pm

Fall: Sunday, Sept. 12, 10 am - 4 pm

Blooming Yoga

Yoga for Gardeners

Spring Tune-up Series

2 times & locations to choose from:

The Place at Center

108 Center St., Canastota

Mondays, 6:00 pm - 7:15 pm

March 22 & 29, April 5 & 1

Blooming Yoga

12 Sherry Ln., Kirkville

Thursdays, 9:00 am - 10:15 am

March 25, April 1, 8, & 15

4 Class Spring Tune-up Fee \$45

[Click here](#) to email Vicky & register

Weekly Drop-in
Kripalu Yoga
Class

Starting March 2nd
at Blooming Yoga

Tuesdays

9:00 - 10:15 am

\$10 per class



Tree pose grows confidence. ~ The Quote Garden

Pippi's Locations & Hours

CNY Regional Market Authority:

2100 Park Street

Syracuse, NY

Open: May 1st – Oct 16th

Thurs. 10:00 AM – 5:00 PM (Shed A/19&21)

Sat. 7:00 AM - 2:00 PM (Shed D/10+12)

Home Location:

12 Sherry Lane

Kirkville, NY 13082

Open: April 21st – Oct. 16th

Wed. & Fri. 9:00 AM – 5:00 PM

Or By Appointment

*Pippi's will be at the Farmer's
Market starting May 1*



Member
Perennial Plant Association
NYS Nursery & Landscape Association
Kripalu Yoga Teachers Association

