

# Pelican Point Garden Club

by Bernie Howard

Let me begin by saying that I hope all who are reading this are well. If you are like me, you are tired of being cooped up and never DREAMED you'd be cooped up for such a reason as we are seeing today. As I am writing this towards the end of March, I am thankful for the nice weather we are having. At least we can get outside and walk or bicycle around our beautiful neighborhood, and even spend a little time sprucing up our yards after winter.

We were very pleased to have County Agent Mariah Simoneaux speak to us at our March meeting. She gave us a presentation on Louisiana Super Plants, including the new ones for 2020! It is so helpful to know which plants will thrive in our climate. We get such extreme heat and humidity and for such a long stretch of time that you can waste a lot of time, energy and money planting things that just won't survive here.

Look at this beautiful "FlameThrower" coleus. It is available in seven varieties: Salsa Roja, Serrano, Habanero, Chili Pepper, Chipotle, Spiced Curry and Salsa Verde, several of which are shown in the picture below. Adding some of these varieties is certain to **spice up** your landscape (sorry, I couldn't resist!).



Various Varieties Shown



Note the ruffled edges of FlameThrower Coleus

Google [lsuagcenter.com](http://lsuagcenter.com), and once at the website, search for *Louisiana Super Plants* for more information and for a complete list of the Super Plants. Several of the local nurseries carry these plants; you might want to call

ahead to check if you would like to use them in your yard this year. An interesting point, too, is that some nurseries are considered essential businesses under “Food & Agriculture” sections of the ordinance and remain open during this time.

**Spring Gardening Tip:** We recently mulched our beds - or I should say my husband did — and they look so much fresher and nicely finished. Besides looking good, mulch helps keep weeds down, preserves moisture during dry weather, keeps the roots of the plants cooler, and as it decomposes it conditions the soil - - - it's beneficial to our landscaping in so many ways! Now is a good time to do it before the heat really sets in.

I personally find gardening very therapeutic. I know it sounds like a cliché, but I really believe there is something to be said for working with the soil, getting your hands dirty and actually learning about the plants that bring us so much enjoyment. Spending “quality time” with our little slice of Nature. Various studies have shown gardening is a great stress reliever and even helps reduce anxiety and depression. All that on top of the actual beauty of the plants and flowers! How can you lose?

Our Garden Club year is unfortunately coming to an earlier end than we would like. We've had some really fun meetings and activities this year and were looking forward to our final two meetings ..... BUT..... because of the current situation, we have decided to cancel our April and May meetings. We are very regretful at having to do that, and we are DETERMINED that next year our club will be bigger and better than ever!



***Happy Spring, Everyone. Stay well and may you find joy, peace and solace in your gardening activities.***