



## What to Plant in February

### Vegetables

#### Spinach (*Spinacia oleracea*)

- Planting: Sow seeds directly in the soil.
- Care: Keep the soil moist and well-drained, adding organic matter for better growth.

#### Broccoli (*Brassica oleracea* var. *italica*)

- Planting: Plant seeds in seed trays and transplant when seedlings are strong enough.
- Care: Ensure soil is rich in nutrients and well-drained.

#### Cauliflower (*Brassica oleracea* var. *botrytis*)

- Planting: Sow seeds in seed trays or directly in the ground.
- Care: Plant in sunny spots and maintain soil moisture.

#### Carrot (*Daucus carota*)

- Planting: Sow seeds in rows in well-tilled, stone-free soil.
- Care: Keep the soil moist for optimal germination.

#### Beetroot (*Beta vulgaris*)

- Planting: Sow seeds directly in the soil in rows.
- Care: Plant in well-prepared soil and maintain steady moisture.



# Aromatic Plants

## Dill (*Anethum graveolens*)

- Planting: Sow seeds directly in the soil or containers.
- Care: Plant in a sunny spot and keep the soil moist.

## Rocket (*Eruca sativa*)

- Planting: Sow seeds directly in the soil.
- Care: Prefer partially shaded areas and well-drained soil.

# Φρούτα

## Φράουλα (*Fragaria × ananassa*)

- ο Φύτευση: Μεταφυτέψτε μοσχεύματα ή νεαρά φυτά σε γλάστρες.
- ο Φροντίδα: Βεβαιωθείτε ότι τα φυτά έχουν άφθονο φως και καλή αποστράγγιση.



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# Flowers and Ornamental Plants

## **Dahlia (Dahlia)**

- Planting: Plant tubers or ready plants in well-drained soil with ample light.
- Care: Keep the soil moist but not overly wet, and provide support as they grow.

## **Calla Lily (Zantedeschia)**

- Planting: Plant bulbs or ready plants in sunny or partially shaded spots.
- Care: Maintain moist and well-drained soil.

## **Petunia (Petunia)**

- Planting: Plant seeds or plants in pots or flower beds with full sun.
- Care: Water regularly and add fertilizer to boost blooming.

## **Lobelia (Lobelia)**

- Planting: Sow seeds or plant ready plants in well-drained soil or pots.
- Care: Plant in partially shaded spots and keep the soil moist.

## **Osteospermum (Osteospermum)**

- Planting: Plant in pots or gardens with well-drained soil.
- Care: Ensure sufficient sunlight and moderate watering.

## **Rose (Rosa spp.)**

- Planting: Plant ready plants or cuttings in well-prepared soil.
- Care: Water regularly, add fertilizer, and prune to maintain the shape and health of the plant.



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# Planting Roses in Cyprus

Cyprus has a Mediterranean climate with hot summers and mild winters. Roses can be planted both as bare-root plants and as developed potted plants.

- **Bare-Root Roses:** Plant from mid-winter to early spring when the plant is dormant. This period is ideal as the temperatures are mild, and soil moisture is sufficient for the plants to root before the new foliage develops.
- **Potted Roses:** Can be planted year-round, avoiding periods of extreme weather conditions, such as summer heatwaves. It is best to plant during spring or autumn when conditions are more favorable for root development.

## Tips for Planting Roses

- **Choosing the Location:** Roses prefer sunny spots, receiving at least 6 hours of direct sunlight daily. Avoid shaded areas and ensure good air circulation to prevent diseases.
- **Soil Preparation:** Before planting, improve the soil with organic matter, such as manure or compost, and add perlite for good drainage. Roses need slightly acidic to neutral soil (pH 6-7).
- **Planting:** Dig a hole larger than the root ball of the rose. Place the plant in the hole with the roots well spread out and cover with soil, pressing lightly. Water immediately after planting to establish the plant.
- **Watering:** Roses need regular watering, especially during the hot months. Water deeply and infrequently to promote deep root growth, avoiding overwatering, which can cause root rot.
- **Fertilization:** Fertilize roses during the growing season with a balanced fertilizer. Avoid excessive fertilization, which can lead to lush leaf growth but not flowers.

## Avoiding Heat and Drought

Roses are sensitive to extreme temperatures. Avoid planting during the summer when temperatures can stress the plant. Prefer planting in spring or autumn when conditions are milder.



# Rose Pruning Guide

Pruning roses is crucial for the healthy growth of the plant and the production of abundant blooms. By following this guide, you will be able to prune your roses properly, ensuring a lush and healthy bloom

## When to Prune Roses?

- **Winter Pruning:** The main pruning is done in late winter to early spring before new growth begins. This period is ideal because the plant is dormant.
- **Summer Pruning:** During the growing season, light pruning is carried out to remove withered flowers and encourage the growth of new blooms.

## Tools You Will Need

- **Hand Pruners:** For small to medium branches.
- **Pruning Shears:** For larger branches.
- **Garden Gloves:** For protection against thorns.



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# Pruning Instructions

## Remove Dead and Diseased Branches:

- Start by removing all dead, diseased, or damaged branches. Cut them to healthy wood, about 1 cm above an outward-facing bud.

## Thinning:

- Remove branches that are too dense or crossing. This helps in good air circulation and reduces the risk of diseases.

## Shaping:

- Prune to give the plant a good shape. The desired shape for most roses is an open center that allows light and air to reach all parts of the plant.

## Pruning for Blooming:

Cut the main branches by 1/3 to 1/2 of their length. Make the cuts just above an outward-facing bud so that the new growth develops outward rather than toward the center of the plant.

### Removing Small Shoots:

Remove small, weak shoots as they will not produce good flowers and consume the plant's energy.

### Summer Pruning:

During the blooming period, remove withered flowers by cutting just above the first healthy bud below the flower. This promotes the growth of new blooms.



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## Creating a Greenhouse

## Benefits of Using a Greenhouse

- **Extended Growing Season:** Allows cultivation throughout the year, regardless of external weather conditions.
- **Protection from Pests and Diseases:** Creates a controlled environment, reducing plants' exposure to pests and diseases.
- **Improved Quality and Yield:** Allows control of temperature, humidity, and lighting, improving growth and production.
- **Water Efficiency:** Greenhouse irrigation systems are more efficient, reducing water waste.
- **Cultivation of Sensitive Plants:** Enables the cultivation of plants that cannot grow well in the external conditions of the area.

## Guide to Greenhouse Creation

### Location Selection

- **Sunlight:** Choose a location with at least 6-8 hours of direct sunlight daily.
- **Drainage:** Ensure the soil drains well and does not pool water.
- **Wind Protection:** Place the greenhouse in a protected area or create natural or artificial windbreaks.



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## Design and Materials

- **Size:** Determine the size of the greenhouse based on your needs and available space.
- **Frame:** Use materials like wood, metal, or PVC for the greenhouse frame.
- **Covering:** Use polycarbonate, polyethylene, or glass. Polycarbonate is lightweight and durable, while glass offers excellent transparency but is heavier and more delicate.

## Frame Construction

- **Base:** Construct the base, wooden or metal, and place it on stable and level ground.
- **Frame:** Connect the columns and horizontal beams to create the frame. Use corner connectors for stability.
- **Roof Support:** Place the roof beams and ensure they are well supported to withstand the weight of the covering.



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## Cover Installation

- **Polycarbonate or Glass:** Install the panels or glass, ensuring they fit well. Use sealing materials to ensure airtightness.
- **Plastic Film:** Stretch the film tightly and secure it with staples or special clips.

## Ventilation and Heating Installation

- **Ventilation:** Install openings or windows that open and close. Install fans for good air circulation.
- **Heating:** Install heating elements or cables if necessary, depending on the plants' needs and the climate.

## Irrigation System Installation

- **Pipes:** Install pipes for the irrigation system, drip, or spray.
- **Timers:** Use timers to automate watering.

## Soil and Substrate Preparation

- **Soil:** Renew the soil with organic matter and fertilizer. Ensure it has good drainage.
- **Pots and Containers:** Use pots with good drainage and fill them with the appropriate substrate.



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# Seasonal Greenhouse Cultivation

## Spring

- Tomatoes (*Solanum lycopersicum*)
- Cucumbers (*Cucumis sativus*)
- Peppers (*Capsicum* spp.)
- Eggplants (*Solanum melongena*)
- Zucchini (*Cucurbita pepo*)

## Autumn

- Cabbage (*Brassica oleracea*)
- Broccoli (*Brassica oleracea* var. *italica*)
- Cauliflower (*Brassica oleracea* var. *botrytis*)
- Carrots (*Daucus carota*)
- Beets (*Beta vulgaris*)

## Summer

- Lettuce (*Lactuca sativa*)
- Spinach (*Spinacia oleracea*)
- Strawberries (*Fragaria x ananassa*)
- Basil (*Ocimum basilicum*)
- Peppers (*Capsicum* spp.)

## Winter

- Lettuce (*Lactuca sativa*)
- Spinach (*Spinacia oleracea*)
- Rocket (*Eruca sativa*)
- Cress (*Lepidium sativum*)
- Celery (*Apium graveolens*)
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## Use of Covers and Geotextiles

### Plant Covers:

- **Types of Covers:** Use geotextiles, plastic covers, or fabric coverings. Geotextiles allow ventilation and protect plants from frost without causing overheating during the day.
- **Installation:** Place the cover over the plants before dusk when frost is expected. Secure the cover at the edges with stones or wood to prevent it from being blown away by the wind. Ensure the cover does not touch the plants directly, as this can cause burns due to contact with the frozen material.

### Plastic Covers:

- **Temperature:** Use transparent plastic covers to trap the sun's heat during the day. Remove the plastic covers during the day if temperatures rise to prevent plant overheating.

### Use of Bell Cloches:

- **Protection:** Bell cloches are small, hemispherical covers placed over plants. They provide protection from cold and wind and are suitable for smaller plants or young seedlings.



Frost Protection  
for Young Plants



# Watering Before Frost

## Protective Ice Layer:

- **Morning Watering:** Water the plants early in the morning before the temperature drops. The evaporating water releases heat, which can protect plants from frost. Watering can create a thin layer of ice over the plants, which acts as an insulating material and protects the plant cells from freezing.
- **Timing:** Ensure watering is done early enough to allow some water to evaporate before the temperature drops too low. This helps maintain the plant's temperature near zero, avoiding frost damage.



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## Additional Tips

### Use of Heating Elements:

- **Small Heaters:** Place small heating elements near plants or use heating lamps to keep the temperature above freezing.

### Root Coverage:

- **Soft Covering:** Add a layer of organic matter such as straw or compost around the base of the plants to protect the roots from cold.

### Moving to a Protected Area:

- **Pots and Mobile Plants:** Move pots and small plants to protected areas, such as greenhouses or covered spaces, during very cold nights.

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## Companion Planting and Polyculture

## Companion Planting

Companion planting is the practice of planting different species of plants close to each other. This can include plants that have different needs in nutrients, moisture, and space but work harmoniously together to enhance each other's growth and health.

### Benefits of Companion Planting

#### Soil Fertility Improvement:

- Some plants, like legumes, have the ability to fix nitrogen from the atmosphere and enrich the soil, benefiting neighboring plants.

#### Pest Reduction:

- Planting pest-repellent plants next to sensitive plants can act as a natural insect repellent. For example, companion planting carrots with onions can reduce infestations by carrot and onion pests.

#### Efficient Use of Space:

- With the right choice of plants, you can use space more efficiently. For example, vertically growing plants like beans can be planted next to horizontally growing plants like squash.



# Examples of Companion Planting with Ornamental Plants

## Rose and Lavender:

- Roses can be planted together with lavender. Lavender repels aphids and other insects, and the combined planting creates a beautiful and fragrant landscape.

## Sunflower and Sweet Potato:

- Sunflowers provide shade for sweet potatoes, which prefer cooler roots. This companion planting also creates an attractive visual effect.

## Polyculture

Polyculture is the cultivation of many different crops in one area. This practice increases the variety of products produced and reduces the risk of diseases and pests.



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# Benefits of Polyculture

## **Biodiversity:**

- Polyculture enhances biodiversity, making the agroecosystem more resilient to diseases and pests.

## **Economic Efficiency:**

- Growing different types of plants can provide income at different times of the year, reducing economic risk for the farmer.

## **Soil Improvement:**

- The variety of roots and plant residues improves soil structure and fertility.

## Examples of Polyculture with Ornamental Plants

### **Vegetables and Ornamental Flowers:**

- Growing vegetables like carrots and radishes together with ornamental flowers like marigolds can increase productivity and reduce the spread of diseases. Marigolds repel many insects and add color to the garden.

### **Basil and Tomatoes:**

- Growing tomatoes with basil not only improves the taste of tomatoes but also adds a beautiful green tone to the garden.

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## Temperature and Lighting

### Temperature:

- **Maintaining a Stable Temperature:** Most indoor plants prefer temperatures between 15-24°C. Avoid sudden temperature changes and keep plants away from cold drafts or direct heat from radiators.
- **Protection from Low Temperatures:** If the temperature drops below 10°C at night, make sure the plants are placed in a protected area, away from cold windows.

### Lighting:

- **Ensuring Adequate Light:** Winter brings fewer hours of sunlight. Place plants near south or west-facing windows to maximize exposure to natural light.
- **Artificial Lighting:** If natural light is not enough, use fluorescent or LED lamps to provide additional lighting. Ensure that plants receive 12-16 hours of light per day.



Care of Indoor  
Plants in Winter  
in Cyprus



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# Watering and Humidity

## Watering:

- **Reduced Watering:** During winter, plants need less water due to reduced growth. Water only when the top layer of soil is dry.
- **Avoid Overwatering:** Excessive water can cause root rot. Use well-draining pots and remove excess water from trays.

## Humidity:

- **Increasing Humidity:** Indoor heating can reduce air humidity, which is not ideal for many indoor plants. Use a humidifier or place plants on trays with pebbles and water to increase humidity.
- **Frequent Misting:** Mist plants with room-temperature water to keep leaves moist and prevent drying out.



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# Fertilization and Pruning

## 1. Fertilization:

- **Reduced Fertilization:** During winter, plants grow more slowly and need fewer nutrients. Reduce fertilizer use and apply only every 6-8 weeks.

## Pruning:

- **Removing Dead Leaves:** Prune dead or damaged leaves to promote healthy growth and improve the appearance of plants.

Shaping Plants: If necessary, prune plants to maintain their shape and encourage new shoots in the spring.

# Protection from Pests

## Pest Control:

- **Regular Inspection:** Regularly check plants for signs of pests such as aphids, mites, and whiteflies. Remove pests manually or use natural insecticides like insecticidal soap or neem oil.

## Plant Cleanliness:

- **Leaf Cleaning:** Clean leaves with a damp cloth to remove dust and improve light absorption. This also helps remove pests that may be hiding on the leaves.



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