



## What to Plant in April

# Vegetables

### **Tomato (*Solanum lycopersicum*)**

- Planting: Use ready-made plants or seeds directly in the soil or seed trays.
- Care: Plant in sunny locations with well-drained soil. Water regularly and add fertilizer for good growth.

### **Peppers (*Capsicum* spp.)**

- Planting: Use ready-made plants or seeds in seed trays.
- Care: They require sunny locations and regular watering. They prefer well-drained soil.

### **Eggplant (*Solanum melongena*)**

- Planting: Use ready-made plants or seeds in seed trays.
- Care: Prefer full sun and rich, well-drained soil. Water regularly.

### **Zucchini (*Cucurbita pepo*)**

- Planting: Seeds directly in the soil or ready-made plants.
- Care: Needs sunny locations and regular watering. Plant in rich, well-drained soil.

### **Carrot (*Daucus carota*)**

- Planting: Sow seeds directly in the soil.
- Care: Sow in sunny areas with light, sandy soil. Water lightly but frequently.

### **Lettuce (*Lactuca sativa*)**

- Planting: Seeds directly in the soil or in seed trays for transplanting.
- Care: Prefer semi-shaded areas and rich, well-drained soil. Water regularly.



# Bulbs

## Dahlias (Dahlia)

- Planting: Tubers in well-drained soil.
- Care: Plant in sunny locations and water regularly. Provide support as they grow.

## Calla Lilies (Zantedeschia)

- Planting: Bulbs in well-drained soil.
- Care: Prefer semi-shaded locations with rich, moist soil. Bloom from June to August.

## Gladiolus (Gladiolus)

- Planting: Bulbs in well-drained soil.
- Care: Plant in sunny areas with well-drained soil. Bloom from July to September.



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# Aromatic Plants

## Lavender (*Lavandula* spp.)

Planting: Cuttings or ready-made plants.

Care: Prefers sunny spots and well-drained, sandy soils.

# Flowers and Ornamental Plants

## Daisies (*Argyranthemum*)

- Planting: Ready-made plants or seeds.
- Care: Plant in sunny spots with well-drained soil for abundant flowering.

## Chrysanthemums (*Chrysanthemum*)

- Planting: Ready-made plants.
- Care: Prefer sunny locations and require regular watering and fertilization.

## Verbena (*Verbena*)

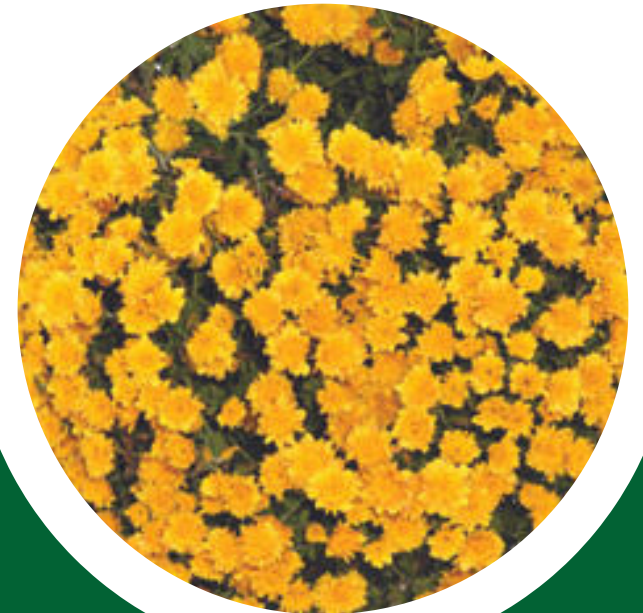
- Planting: Seeds or ready-made plants.
- Care: Ideal for sunny spots, withstands heat and drought.

## Roses (*Rosa* spp.)

- Planting: Ready-made plants.
- Care: Require full sun and well-drained soil to bloom richly.



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Hydrangeas (Hydrangea) are among the most popular and beloved flowering plants, known for their large, impressive blooms. They are an excellent addition to any garden or balcony, offering rich color and beauty. To enjoy the best possible growth and flowering of your hydrangeas, follow this complete guide for cultivation and care.

## Pruning Hydrangeas

Pruning is important for the health and growth of hydrangeas. Follow these steps to prune your hydrangeas properly:

**Pruning Time:** Most hydrangeas should be pruned in late winter or early spring before new growth begins.

**Removing Dead Branches:** Start by removing dead or damaged branches. This helps prevent diseases and promotes healthy growth.

**Pruning Flowering Branches:** For hydrangeas that bloom on old wood, only remove dried flowers and lightly trim to maintain the plant's shape. For hydrangeas that bloom on new wood, you can prune more heavily, leaving 2-3 buds per branch.

**Rejuvenation Pruning:** Every 3-4 years, prune more heavily to rejuvenate the plant and promote new growth.



Guide for  
Cultivating and  
Caring for  
Hydrangeas



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# Soil for Hydrangeas

Hydrangeas have specific soil requirements:

**Soil Type:** Prefer well-drained soil rich in organic matter. Humus-rich soil is ideal.

**Soil pH:** Hydrangeas are sensitive to soil pH, which affects the color of the flowers. Acidic soil (pH 4.5-5.5) produces blue flowers, while alkaline soil (pH 6-6.5) produces pink flowers. To adjust pH, add aluminum sulfate for acidic soil or lime for alkaline soil.

## Fertilizing Hydrangeas

Proper fertilization is essential for abundant hydrangea flowering:

**Fertilizer Type:** Use a complete, balanced fertilizer (10-10-10 or 20-20-20). Also, special fertilizers for acid-loving plants are suitable.

**Fertilization Period:** Fertilize hydrangeas in spring and summer, avoiding excessive fertilization during heat waves and late summer.

**Dosage:** Follow the fertilizer instructions and avoid overuse, which can damage the plant.



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## Care Tips

- **Watering:** Hydrangeas need regular watering, especially during the growing and flowering period. Keep the soil moist but avoid excessive moisture, which can cause root rot.
- **Light:** Hydrangeas prefer semi-shaded locations. Avoid direct sun exposure during the hot hours of the day, which can cause leaf burn.
- **Pest and Disease Protection:** Regularly check plants for signs of pests (like aphids and mites) and diseases (like mildew and rot). Use organic insecticides and fungicides to protect the plants.
- **Winter Protection:** In areas with harsh winters, protect hydrangeas by covering the base of the plant with straw or leaves to prevent frost damage.



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## The Ten Most Resilient Indoor Plants

### Zamioculcas (*Zamioculcas zamiifolia*)

Zamioculcas is one of the most resilient indoor plants, with long, glossy leaves. It can survive in low light conditions and requires minimal watering, making it ideal for offices and dark spaces.

### Sansevieria (*Sansevieria*)

Sansevieria, also known as "mother-in-law's tongue," is extremely resistant to low light and infrequent watering. Its long, leathery leaves make it a stylish choice for any indoor space.

### Pothos (*Scindapsus*)

Pothos is a climbing plant that tolerates low light and infrequent watering. It's ideal for hanging pots and can beautifully decorate the dark spots of your home.



## Dracaena (Dracaena)

Dracaena is a classic indoor plant with a strong trunk and pointed leaves. It can survive in low light conditions and infrequent watering, making it perfect for living rooms and office spaces.

## Monstera (Monstera deliciosa)

Monstera is known for its large, split leaves that add an exotic touch to any space. It withstands low light and limited watering, making it ideal for indoor environments.

## Cacti (Cacti)

Cacti are perfect for those who often forget to water their plants. They withstand low light and drought, adding a unique touch to any space.



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## Aloe (Aloe vera)

Aloe is known for its healing properties and resilience. It withstands drought and can survive in low light, making it ideal for indoor spaces.

## Spider Plant (Chlorophytum comosum)

The spider plant is resilient to low light and infrequent watering. It is ideal for indoor spaces, offering greenery and freshness with minimal maintenance.



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## Philodendron (Philodendron)

Philodendron is ideal for indoor spaces due to its resilience to low light and infrequent watering. It offers lush foliage and is easy to care for.

## Aspidistra (Aspidistra elatior)

Aspidistra, also known as the "cast iron plant," is extremely resilient and withstands low light and infrequent watering. It is ideal for spaces with limited light.



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## Aphids

## What Are Aphids?

Aphids are small, soft-bodied insects belonging to the Aphididae family. There are many different species of aphids, which can be various colors such as green, black, yellow, or pink. These insects often congregate on the undersides of leaves, on new shoots, and on tender parts of plants.

## Aphid Life Cycle

Aphids have a short and prolific life cycle:

- **Reproduction:** Aphids reproduce asexually through parthenogenesis, allowing them to rapidly increase their population.
- **Birth and Development:** Nymphs are born live and begin feeding immediately. Within a few days, they can be ready to reproduce.
- **Metamorphosis:** Aphids go through several nymph stages before becoming adults. Some species develop wings and migrate to other plants.



# Signs of Infestation

Aphids cause a range of signs of infestation in plants:

- **Wilted Leaves:** Leaves that have been sucked by aphids may curl or appear distorted.
- **Sticky Residue:** Aphids secrete a sweet substance known as honeydew, which can create sticky surfaces on leaves and stems.
- **Sooty Mold Formation:** Honeydew can provide a substrate for sooty mold growth, covering the leaves with a black layer.
- **Reduced Growth:** Continuous nutrient sucking by aphids can lead to stunted plant growth.



## Damage Caused by Aphids

Aphids can cause significant damage to plants in various ways:

- **Direct Damage:** They suck sap from plants, weakening them.
- **Virus Transmission:** Many viruses are transmitted by aphids to plants, causing serious diseases.
- **Fungal Growth:** The honeydew excreted by aphids can attract fungi, which hinders plant photosynthesis.



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# Methods of Controlling and Combating Aphids

## Natural Methods

- **Manual Removal:** Regularly check your plants and remove aphids by hand or with a high-pressure water spray.
- **Beneficial Insects:** Introduce natural predators such as ladybugs, parasitic wasps, and green lacewings that feed on aphids.
- **Plant Extracts:** Use plant extracts such as garlic extract or neem oil that act as natural insect repellents.

## Biological Methods

- **Biological Insecticides:** Use biological insecticides based on bacteria or fungi that are lethal to aphids but harmless to plants and humans.
- **Potassium Soap:** Spray plants with a potassium soap solution to destroy aphids without harming plants.

## Chemical Methods

- **Chemical Insecticides:** In cases of severe infestations, chemical insecticides may be necessary. They should be applied carefully and according to the manufacturer's instructions.



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## Growing Vegetables in Pots

Growing vegetables in pots is an excellent solution for those who don't have much garden space or live in apartments. This cultivation method offers the possibility to enjoy fresh vegetables year-round, even in small spaces like balconies and rooftops.

### Choosing Pots

- **Size:** Choose pots of appropriate size depending on the type of vegetables you want to grow. For example, tomatoes and peppers need larger pots compared to lettuce and radishes.
- **Material:** Use pots made of materials such as clay, plastic, or wood. Each material has its own advantages, such as the durability of clay or the lightness of plastic.
- **Drainage:** Ensure that pots have adequate drainage holes to avoid waterlogging.



# Soil and Fertilization

- **Soil Selection:** Use a good potting mix containing peat, perlite, and organic matter for better drainage and nutrient content.
- **Fertilization:** Add organic fertilizer to the soil before planting and repeat fertilization during cultivation to ensure nutrients for your plants.

# Choosing Vegetables

- **Tomatoes:** Ideal for growing in pots, prefer dwarf varieties or cherry tomatoes.
- **Peppers:** Grow sweet or hot peppers in medium-sized pots.
- **Lettuce and Spinach:** These vegetables grow well in shallow pots and are quick to develop.
- **Radishes and Arugula:** Ideal for small pots and buckets.



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## Watering and Care

- **Watering:** Water regularly and keep the soil moist but not soggy. Use a drip system for more efficient watering.
- **Lighting:** Place pots in locations with plenty of sunlight, at least 6-8 hours daily.
- **Care:** Remove weeds and protect plants from pests and diseases. Regularly check for aphids and other insects and use natural insecticides if necessary.

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## Proper Body Posture

### When Digging or Planting:

- Bend your knees when reaching towards the ground instead of hunching your back.
- Use a small stool or kneel to avoid straining your back.

### When Pruning or Watering:

- Use tools with long handles to reduce the need to bend over or reach far.

## Tips for Gardening



# Injury Prevention Tips

## Use of Appropriate Equipment:

- Wear gardening gloves to protect your hands from cuts and stings.
- Use knee pads or a soft mat to protect your knees when kneeling.

## Suitable Clothing and Footwear:

- Wear comfortable clothing that allows free movement.
- Choose footwear with good support and non-slip soles.

## Hydration and Breaks:

- Drink plenty of water while gardening to stay hydrated.
- Take regular breaks to rest and avoid overexertion.



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# Injury Prevention

## Safe Use of Tools:

- Use tools according to the manufacturer's instructions.
- Sharpen and maintain your tools regularly to ensure effective and safe use.

## Sun Protection:

- Wear a hat and sunscreen to protect yourself from the harmful rays of the sun.
- Prefer to work early in the morning or late in the afternoon when the sun is not as strong.



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