

Vegetables

Cabbage (*Brassica oleracea* var. *capitata*):

- Care: Prefers cool and moist climates. Needs well-drained soil and regular watering.
- Planting Tips: Plant directly in the soil or in seed trays for transplanting.

Carrot (*Daucus carota*):

- Care: Prefers cool climates and light, well-drained soil.
- Planting Tips: Sow directly in the ground, avoiding soil compaction.

Spinach (*Spinacia oleracea*):

- Care: Resistant to low temperatures. Prefers well-drained, organic-rich soil.
- Planting Tips: Sow directly in the soil, keeping the soil moist.

Garlic (*Allium sativum*):

- Care: Resistant to low temperatures. Needs sunny locations and well-drained soil.
- Planting Tips: Plant cloves about 5 cm deep and 10-15 cm apart.



What to Plant in November

Aromatic Plants and Herbs:

Mint (*Mentha spicata*):

- Care: Prefers moist soil and semi-shaded locations. Needs regular watering.
- Planting Tips: Plant in containers or directly in the garden, keeping the soil moist.

Thyme (*Thymus vulgaris*):

- Care: Resistant to heat and drought. Prefers sunny locations and well-drained soil.
- Planting Tips: Sow or transplant in spots with good light and ventilation.

Sage (*Salvia officinalis*):

- Care: Resistant to heat and drought. Needs well-drained soil and sunny locations.
- Planting Tips: Plant directly in the ground or in pots, avoiding excessive moisture.



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Fruit Trees:

Quince (*Cydonia oblonga*):

- Care: Prefers sunny locations and well-drained soil.
- Planting Tips: Plant in deep, organic-rich soil, keeping sufficient distance from other trees.

Apple Tree (*Malus domestica*):

- Care: Prefers cool climates and well-drained soil. Needs adequate watering during growth.
- Planting Tips: Plant in semi-shaded locations, maintaining distance for good air circulation.

Pomegranate (*Punica granatum*):

- Care: Drought-resistant and prefers sunny locations.
- Planting Tips: Plant in well-drained soil, with enough space for growth.



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Flowers and Ornamental Plants



Cyclamen:

- Care: Prefers semi-shaded locations and moist, well-drained soil. Avoid excessive moisture on the bulb.
- Planting Tips: Plant in cool spots with good drainage. Suitable for pots and flower beds.

Poinsettia:

- Care: Prefers indirect light and a humid environment. Needs well-drained soil.
- Planting Tips: Plant indoors or in protected areas, avoiding sudden temperature changes.

Philodendron selloum:

- Care: Prefers semi-shaded locations and well-drained soil. Needs regular watering.
- Planting Tips: Suitable for indoor and outdoor spaces. Keep soil moisture consistent without over-watering.

Aglaonema:

- Care: Prefers indirect light and high humidity. Needs well-drained soil.
- Planting Tips: Ideal for indoor spaces, plant in pots with good quality potting soil.



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Feature on Poinsettia

Poinsettia, also known as the Christmas Flower, is one of the most popular plants during the Christmas season. With its striking red, pink, or white bracts, Poinsettia adds color and vibrancy to any space.

History and Origin

Poinsettia originates from Mexico and is known as the "Christmas Flower" due to its impressive appearance and blooming season. In Cyprus, Poinsettia is particularly beloved during the holiday season.



Planting and Care of Poinsettia in Cyprus

Location Selection:

- Choose sunny or semi-shaded locations with plenty of indirect light.
- Ensure that the soil has good drainage.

Watering:

- Water Poinsettia regularly, keeping the soil moist but not waterlogged.
- Avoid excessive moisture that can cause root rot.

Temperature and Humidity:

- Poinsettia prefers temperatures between 18°C to 24°C.
- Avoid cold drafts and sudden temperature changes.

Fertilization:

- Fertilize Poinsettia every two weeks with a liquid fertilizer during the growing season.
- Reduce fertilization during the blooming period.

Pruning and Maintenance:

- Prune Poinsettia after blooming to maintain its shape and encourage new growth.
- Remove dry and damaged leaves.



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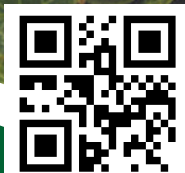


Feature on Cyclamen

Cyclamen is a beautiful plant that blooms in autumn and winter, adding color and freshness to gardens and indoor spaces. With its characteristic flowers in shades of pink, red, and white, Cyclamen is ideal for the climatic conditions of Cyprus.

History and Origin

Cyclamen is native to many areas of the Mediterranean and is particularly loved in Cyprus due to its hardiness and long blooming period.



Planting and Care of Cyclamen in Cyprus

Location Selection:

- Choose semi-shaded locations as Cyclamen does not tolerate intense sunlight.
- Ensure the soil is well-drained.

Watering:

- Water Cyclamen regularly, keeping the soil moist but not waterlogged.
- Avoid watering directly on the leaves and flowers.

Temperature:

- Cyclamen prefers cool temperatures from 10°C to 18°C.
- Avoid high temperatures and cold drafts.

Fertilization:

- Fertilize Cyclamen every two weeks during the growing season with a liquid fertilizer.
- Stop fertilizing when the plant enters dormancy after blooming.

Pruning and Maintenance:

- Remove dry and damaged leaves and flowers to keep the plant healthy.
- Prune lightly to encourage new growth.



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Iodine and Plants: Importance, Uses, and Applications

Iodine is a chemical element that plays an important role in plant health, although it is better known for its use in medicine and human nutrition. In agriculture, the importance of iodine should not be underestimated, as it can improve plant growth and their resistance to diseases. Here is an article on how iodine affects plants, its uses, and its applications in agriculture.

Importance of Iodine for Plants

Nutrient:

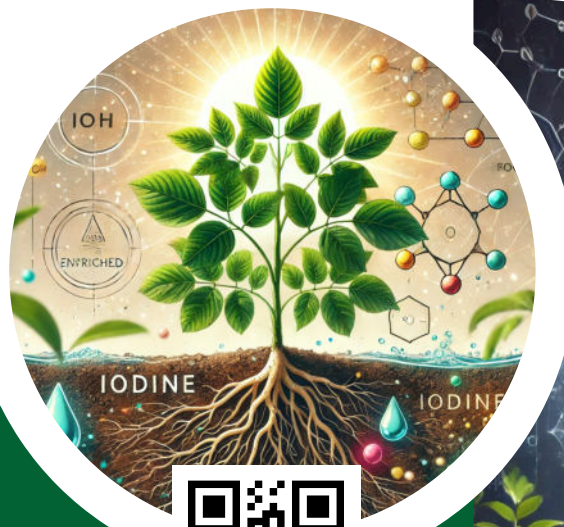
- Iodine is considered a micronutrient for plants, meaning it is required in very small quantities.
- Although not as critical as other nutrients like nitrogen or potassium, iodine plays a significant role in the overall health and growth of plants.

Antioxidant Action:

- Iodine has antioxidant properties that help protect plants from oxidative stress.
- It can enhance the resilience of plants to environmental stressors such as UV radiation and pollutants.

Antimicrobial Action:

- Iodine has antimicrobial properties that can help protect plants from bacterial and fungal diseases.
- It can be used as a natural defense enhancer against pathogens.



Uses of Iodine in Agriculture

Fertilizers:

- Iodine can be added to fertilizers to enhance the nutritional value of the soil and improve plant growth.
- Fertilizers containing iodine are mainly used in areas where the soil is deficient in this element.

Plant Protection Products:

- Iodine is used in various plant protection products to combat bacterial and fungal diseases.
- It can be applied as a spray solution or added to plant irrigation.

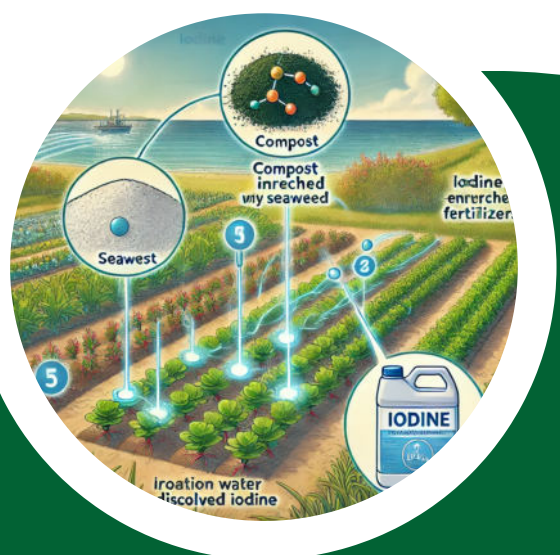
Enhancing Resilience:

- Adding iodine to the soil or irrigation water can improve plant resilience to environmental stress.
- Especially in areas with high sunlight or pollution, iodine can help plants withstand harsh conditions.



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Applications of Iodine in Plants

Improving Growth:

- Experiments have shown that adding iodine to the soil can increase plant growth and crop yield.
- Plants receiving iodine often exhibit better rooting and foliage development.

Disease Control:

- Iodine is used for the prevention and treatment of diseases such as root rot and other fungal infections.
- Iodine applications can reduce the need for chemical pesticides, making cultivation more environmentally friendly.

Improving Product Quality:

- Adding iodine can improve the quality of produced fruits and vegetables by increasing their nutrient and antioxidant content.
- Products with higher iodine content are also healthier for human consumption.

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Sources of Iodine for Plants

Organic Materials:

- Adding organic materials like compost and seaweed to the soil can increase iodine concentration.
- These natural sources are rich in iodine and improve soil structure and fertility.

Iodine-Enriched Fertilizers:

- Special iodine-enriched fertilizers are available on the market, which can be applied to crops to enhance soil nutritional value.
- These fertilizers are suitable for use in areas with low natural iodine content.

Irrigation Water:

- Adding iodine-soluble solutions to irrigation water can be an effective method of providing iodine to plants.
- This method is particularly useful in crops that require frequent watering.



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GARDENS
a green gift for everyone

Preparing a Garden for Wildlife in Winter

Creating a wildlife-friendly garden is an excellent way to support local ecosystems and attract a variety of birds, insects, and small mammals. During winter, wildlife needs special care and attention, as food and shelter sources are limited. Here's a guide on how to create a wildlife-friendly garden during winter, with plant choices and design ideas.

Design Ideas for a Wildlife-Friendly Garden

Protected Shelters:

- Plant shrubs and trees: Shrubs like hawthorn (*Crataegus*) and trees like oak (*Quercus*) provide shelter and food for wildlife.
- Create piles of branches and leaves: These piles offer shelter for small mammals, insects, and reptiles.

Food Provision:

- Grow plants with berries and fruits: Plants like firethorn (*Pyracantha*) and dogwood (*Cornus*) provide food for birds and small mammals.
- Plant bulbs and perennials: Plants like daffodils and winter clovers provide an early food source for insects and birds in the spring.



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Water Sources:

- Create small ponds or water basins: These provide water for wildlife and attract insects, frogs, and birds.
- Use water pots: Place water pots in various parts of the garden to provide easy access for wildlife.

Use of Ecological Materials:

- Use natural and recycled materials: Wood, stones, and straw are ideal for creating shelters and supporting biodiversity.
- Avoid chemical pesticides: Prefer organic methods for pest control to avoid harming wildlife.



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Plant Choices for Winter

Shrubs and Trees:

- Hawthorn (Crataegus): Provides shelter and berries for birds.
- Firethorn (Pyracantha): Produces berries that are beloved by birds.
- Oak (Quercus): Offers acorns and shelter for various animals.

Perennials and Flowers:

- Daffodils (Narcissus): Bloom early in the spring, providing food for insects.
- Winter Clovers (Trifolium winter): Provide food and shelter for insects and small mammals.

Plants with Berries and Fruits:

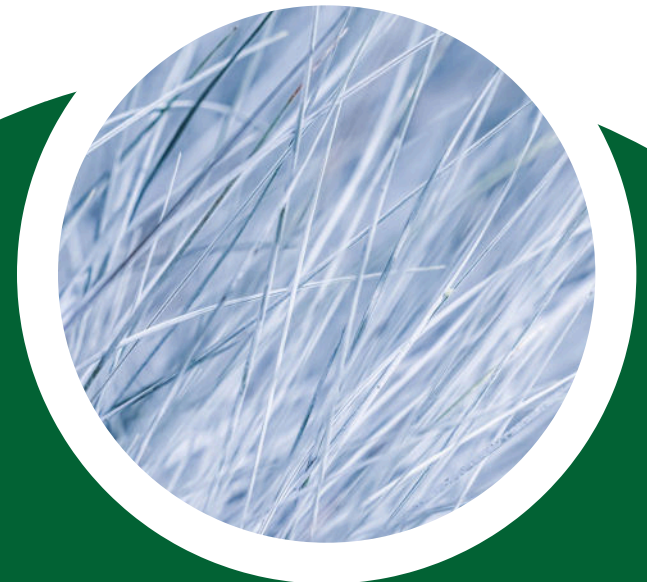
- Dogwood (Cornus): Produces berries valuable for birds during winter.
- Holly (Ilex): Its berries are a food source for birds in winter.

Lawns and Grasses:

- Fescue (Festuca): Provides shelter for insects and small organisms.
- Reeds (Phalaris arundinacea): Create dense masses that offer protection and shelter.



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Additional Tips

Conservation of Natural Resources:

- Reduce water consumption by using rainwater collection systems.
- Use compost to improve soil structure and increase moisture retention.

Support Biodiversity:

- Create microhabitats with a variety of plants that provide different shelters and food sources.
- Incorporate native plant varieties that are adapted to local climate conditions and support local ecosystems.

Monitoring and Care:

- Monitor wildlife in your garden and record visits.
- Keep food and water sources clean and accessible.



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Citrus fruits are one of the most important and popular categories of fruits in Cyprus, known for their excellent taste and nutritional properties. Cyprus, with its mild Mediterranean climate, offers ideal conditions for growing citrus fruits such as oranges, lemons, mandarins, and grapefruits.

History and Importance

Citrus fruits have been cultivated in Cyprus for centuries and are an important part of local agricultural production. They are known for their high vitamin C content, fiber, and antioxidants, making them essential in the diet.

Feature on Citrus Fruits



Citrus Varieties

Orange Trees (*Citrus sinensis*)

- Varieties: Valencia, Navel, Jaffa
- Care: They love sunny spots and well-drained soil. Need regular watering and fertilization.

Lemon Trees (*Citrus limon*)

- Varieties: Eureka, Lisbon, Meyer, Lapithou
- Care: Prefer sunny spots and well-drained soil. Need regular watering and protection from frost.

Mandarin Trees (*Citrus reticulata*)

- Varieties: Clementine, Satsuma, Dancy, Arakapa, Nova.
- Care: Need sunny spots and well-drained soil. Require regular watering and fertilization.

Grapefruit Trees (*Citrus paradisi*)

- Varieties: Ruby Red, Marsh, Duncan
- Care: Prefer sunny spots and well-drained soil. Need regular watering and protection from wind.



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Cultivation and Care of Citrus Trees in Cyprus

Location Selection:

- Citrus fruits prefer sunny locations with plenty of light throughout the day.
- Ensure the soil is well-drained to avoid root rot.

Watering:

- Water the trees regularly, especially during hot summer months.
- Avoid excessive moisture that can cause disease problems.

Fertilization:

- Fertilize the trees with a balanced fertilizer twice a year, in spring and fall.
- Prefer organic fertilizers for better results and long-term soil health.

Pruning:

- Prune the trees to maintain their shape and encourage new growth.
- Remove damaged or diseased branches to promote tree health.

Protection from Diseases and Pests:

- Regularly check trees for pests such as aphids and scale insects, and use natural insecticides to treat them.
- Use fungicides to prevent and treat fungal diseases such as powdery mildew.



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The olive tree is one of the most important and historic plants in Cyprus, symbolizing peace, wisdom, and prosperity. The cultivation of olive trees has deep roots in Cypriot tradition, and the country is known for producing high-quality olive oil and table olives.

Olive Varieties

Cypriot Olive (*Olea europaea* var. *cypria*)

- Characteristics: Traditional variety of Cyprus, resistant to local climatic conditions.
- Use: Suitable for olive oil production and table olives.

Koroneiki (*Olea europaea* var. *koroneiki*)

- Characteristics: Small fruit, high oil content.
- Use: Mainly for producing high-quality olive oil.

Tsunati (*Olea europaea* var. *tsounati*)

- Characteristics: Large fruit, suitable for table use and olive oil production.
- Use: Traditional variety for table olives and olive oil.

Kalamata (*Olea europaea* var. *kalamata*)

- Characteristics: Large, elliptical fruit with rich flavor.
- Use: Mainly for table olives, popular for its excellent taste.

Feature on Olive
Varieties



Cultivation and Care of Olive Trees

Location Selection:

- Olives prefer sunny locations with good drainage.
- They are drought-resistant and can withstand poor soils, but prefer slightly alkaline soils.

Watering:

- Water olives regularly during the first two years after planting to establish roots well.
- Once established, olives need minimal watering and are highly drought-resistant.

Fertilization:

- Fertilize olives with a balanced fertilizer once a year in spring.
- Use organic fertilizers for better results.

Pruning:

- Prune olives annually to maintain their shape and encourage fruit production.
- Remove damaged or diseased branches and keep the tree's inner structure open for better air circulation.

Protection from Diseases and Pests:

- Regularly check trees for pests such as the olive fly and use natural insecticides to control them.
- Use fungicides to prevent and treat fungal diseases such as anthracnose.



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