

September



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Vegetables

Lettuce (*Lactuca sativa*):

- Planting: Sow seeds directly into the soil or in trays for transplanting.
- Conditions: Prefers cool and semi-shaded locations. Thrives in well-drained soil.
- Care: Regular watering, especially during hot days.

Spinach (*Spinacia oleracea*):

- Planting: Sow seeds directly into the soil.
- Conditions: Resistant to low temperatures coming in winter. Prefers rich, well-drained soil.
- Care: Keep the soil moist and add organic fertilizer.

Onion (*Allium cepa*):

- Planting: Small bulbs or seeds.
- Conditions: Prefers sunny locations and well-prepared soil.
- Care: Sparse watering, but ensure good drainage.



What to plant
in September



Herbs and Aromatic Plants

Parsley (*Petroselinum crispum*):

- Planting: Sow seeds in containers or directly in the garden.
- Conditions: Prefers semi-shaded locations with well-drained soil.
- Care: Regular watering and shading on hotter days.

Dill (*Anethum graveolens*):

- Planting: Sow seeds in rows or scattered in the garden.
- Conditions: Plant in sunny spots, but it can also tolerate shade.
- Care: Keep the soil moist and add a little organic fertilizer.

Oregano (*Origanum vulgare*):

- Planting: Seeds or ready plants.
- Conditions: Resistant to heat and drought. Prefers sunny spots.
- Care: Moderate watering and well-drained soil.



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Flowers and Ornamental Plants

Ficus amstel king:

- Planting: Ready plants.
- Conditions: Prefers semi-shaded spots, resistant to heat and drought.
- Care: Regular watering, avoiding excess moisture.

Nerium oleander:

- Planting: Ready plants.
- Conditions: Resistant to heat and drought. Prefers direct sunlight.
- Care: Moderate watering and resistance to extreme conditions.

Tradescantia:

- Planting: Ready plants.
- Conditions: Prefers semi-shaded spots but can also tolerate sun.
- Care: Regular watering, avoiding excess moisture.

Gardenia:

- Planting: Ready plants.
- Conditions: Prefers shaded or semi-shaded spots. Sensitive to heat and requires adequate moisture.
- Care: Regular watering and protection from direct sunlight.

Solanum:

- Planting: Ready plants.
- Conditions: Resistant to heat, prefers sunny spots.
- Care: Regular watering, especially during flowering.



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Gardenia: A Guide for Rich Blooming

Gardenia is one of the most beloved ornamental plants, known for its glossy leaves and wonderfully fragrant flowers. However, caring for gardenia presents several challenges. Many gardeners wonder why their gardenia does not bloom or why the buds fall off before opening. Let's look at the main reasons and solutions to enjoy the beautiful blooming of gardenia in your garden or balcony.

Causes of Reduced Blooming

- **Lack of Light:** Although gardenia does not like intense sunlight, it needs enough light to bloom. Placing it in a dark or very shaded spot can prevent flower formation.
- **Unfavorable Weather Conditions:** Gardenia needs a cool environment to grow smoothly. High temperatures and strong winds negatively affect its blooming.
- **Problematic Watering:** Proper watering is crucial. Excess moisture or inadequate watering can cause bud drop and reduce blooming.



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- **Excessive Nitrogen Fertilization:** While nitrogen encourages shoot growth, excessive amounts hinder blooming. The same applies when combined with excessive watering.
- **Lack of Nutrients:** To bloom, gardenia needs fertilizers containing nitrogen, phosphorus, and potassium, as well as trace elements such as zinc, iron, and boron.
- **Insect Infestation:** Diseases and insects, such as mealybugs, can cause problems in the growth and blooming of gardenia.

Tips for Rich Blooming

- **Placement:** Ensure cool semi-shaded or shaded spots with afternoon light. Avoid strong winds and high temperatures.
- **Watering:** Water twice a week in spring and fall and every two days in summer. Avoid overwatering.
- **Fertilization:** Use a complete fertilizer once a month, except in August and January due to extreme temperatures.
- **Insect Protection:** Spray the foliage with soapy water (1 tablespoon of green soap in 1 liter of water) for preventive protection.
- **Soil:** Use acidic soil or special potting soil for acid-loving plants.



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Autumn Fertilization of Trees and Shrubs

Autumn is the ideal time to fertilize your trees and shrubs, preparing them for the next growing season and strengthening their resistance during winter. Considering Cyprus' climatic conditions, with mild temperatures and often dry summers, it's important to adjust fertilization to ensure optimal growth and plant health.

When to Fertilize

The best time for autumn fertilization is from mid-September to late October. During this period, plants begin to prepare for dormancy, and nutrient absorption becomes more efficient.



How to Fertilize

Choosing the Right Fertilizer:

- Nitrogen Fertilizers: Avoid excessive use of nitrogen fertilizers in autumn, as they may encourage the growth of new shoots vulnerable to cold. Prefer fertilizers with low nitrogen content.
- Phosphorus and Potassium Fertilizers: Focus on using phosphorus and potassium, which enhance root growth and plant resistance to cold. A balanced fertilizer with a ratio of 5-10-10 or 8-12-12 is ideal.
- Organic Fertilizers: Compost, manure, and other organic materials can improve soil structure and provide a steady supply of nutrients.

Applying the Fertilizer:

- Clearing the Area: Remove fallen leaves and debris around plants to prevent the spread of diseases and pests.
- Fertilizer Distribution: Apply the fertilizer evenly around the base of the plant, avoiding direct contact with the trunk. For trees, apply the fertilizer in the root zone area (around the perimeter of the foliage).
- Watering: After applying the fertilizer, water the soil well to help absorb nutrients and prevent salt buildup.
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Suitable Fertilizers and Nutrients

- **Phosphorus (P):** Promotes root growth and overall plant health. Ideal for enhancing cold resistance.
- **Potassium (K):** Strengthens plant resistance to diseases and stress and helps transport nutrients.
- **Micronutrients:** Calcium (Ca), Magnesium (Mg), and Zinc (Zn) are important for overall plant health and growth.

Additional Tips

- **Soil Testing:** Perform a soil test to determine nutrient needs and adjust fertilization accordingly.
- **Fertilization Frequency:** Avoid excessive fertilization, as it can cause soil salinization and damage roots.
- **Pest and Disease Protection:** Inspect plants for signs of diseases and pests and take appropriate preventive and control measures.

With these tips and techniques, your trees and shrubs will be healthy and ready to face the challenges of winter, ensuring dynamic growth next spring.



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Container Planting

Tips for Growing Plants in Pots and Containers

- **Choosing Containers:**

Use containers with good drainage to avoid excess moisture that can cause root rot. Prefer ceramic, plastic, or wooden containers depending on the plant species and your garden's aesthetics.

- **Choosing Soil:**

Use quality potting soil containing organic materials and offering good drainage. Mix the soil with perlite or vermiculite for better aeration and drainage.

- **Watering:**

Water plants regularly but avoid excess moisture. Check the soil before watering to see if it's dry.

Use self-watering containers for plants that need consistent moisture.

- **Fertilization:**

Use liquid fertilizer or slow-release granules to provide plants with the necessary nutrients.

Fertilize plants every two weeks during the growth period.



Plant Choices and Care Instructions

- **Aromatic Plants:**

Basil, Mint, Oregano: Prefer sunny spots and regular watering.

- **Flowers:**

Petunias, Geraniums, Violas: Bloom profusely in sunny spots and require regular fertilization.

- **Vegetables:**

Tomatoes, Peppers, Lettuce: Grow them in deep containers and provide enough light and water.

- **Perennials:**

Lavender, Rosemary: Love light and have low water requirements.



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Recycling and Reuse in the Garden

Ideas for Recycling and Reusing Materials in Your Garden

Using Old Containers and Items:

- Turn old boxes, barrels, or buckets into pots.
- Use old gardening tools as decorative elements.

Composting:

- Create compost from plant scraps, fruits, and vegetables.
- Use compost as natural fertilizer for your garden.

Reusing Water:

- Collect rainwater in barrels and use it to water plants.
- Use water from washing vegetables to water plants.

Creating Pathways and Vertical Gardens:

- Use old bricks or stones to create pathways.
- Make vertical gardens from wooden pallets or old shelves.



Practical Tips for Reducing Waste and Conserving Resources

Reducing Plastic Use:

- Avoid using plastic pots and prefer biodegradable materials.
- Reuse plastic containers instead of throwing them away.

Pruning and Replanting:

- Prune overgrown plants and replant them in other garden areas.

Using Natural Materials:

- Use leaves and branches to mulch the soil and improve its structure.



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Soil Management and Soil Regeneration

How to Improve the Structure and Fertility of Your Soil

Adding Organic Materials:

- Add compost, manure, and other organic materials to the soil to improve fertility and structure.

Using Cover Crops:

- Plant cover crops like clover or vetch to improve soil structure and add nutrients.

Avoiding Excessive Tilling:

- Reduce soil tilling to retain moisture and the health of microorganisms.



Instructions for Using Organic Materials and Regeneration Practices

Applying Compost:

- Spread compost over the soil and gently incorporate it.

Using Natural Fertilizers:

- Use natural fertilizers like bone meal or wood ash to add nutrients to the soil.

Adding Soil Conditioners:

- Use perlite, vermiculite, or sand to improve drainage and soil aeration.



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Weed Control in a Garden

Weeds are a common problem for gardeners, as they can compete with cultivated plants for nutrients, water, and light, and reduce the garden's aesthetic appeal. Here are some effective strategies and techniques for managing weeds in your garden.

Weed Prevention and Control

Proper Soil Preparation:

- Clear the soil of weeds before planting. Use tools like a hoe to remove weed roots and debris.
- Apply a thick layer of organic mulch or compost to improve soil structure and suppress weed growth.

Using Cover Crops:

- Plant cover crops, such as clover or lentils, which can suppress weed growth through shading and competition for nutrients.



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Covering the ground with ground cover materials:

- Use organic materials like straw, leaves, or wood chips to mulch the soil around plants. This will reduce weed growth and retain soil moisture.
- You can also use synthetic mulch materials, such as gardening fabrics, which allow water passage but block weed growth.

Dense Planting:

- Plant cultivated plants close to each other to reduce the space available for weed growth.
- Choose fast-growing plants that cover the soil, such as violets or pansies, to reduce weed growth.



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Natural Methods for Weed Control

Manual Removal:

- Remove weeds by hand, ensuring to pull out the entire root to prevent regrowth.
- Use tools like hoes or weeders to remove large or deep-rooted weeds.

Using Cultivating Tools:

- Use hoes, cultivators, or garden carts to break up the soil and destroy weeds. Repeat the process regularly to control weed growth.



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Chemical Weed Control Methods

Choosing Chemical Herbicides:

- Choose herbicides that are safe for cultivated plants and the environment. Prefer herbicides with natural ingredients or organically certified products.
- Read and carefully follow the usage instructions to avoid overuse or misapplication of products.

Targeted Application:

- Apply herbicides directly to weeds to minimize exposure to cultivated plants and soil.
- Use sprayers with directed nozzles to limit the application area and minimize herbicide spread.

Ecological Weed Control Methods

Using Acetic Acid:

- Vinegar can be used as a natural herbicide. Spray acetic acid directly on weeds to destroy them.
- Be careful not to spray cultivated plants, as vinegar can harm them.

Solarization:

- Cover the soil with clear plastic and leave it in the sun for a few weeks. The heat trapped under the plastic will kill the weeds and their seeds.

Using Natural Predators:

- Encourage the presence of natural weed predators, such as insect larvae and birds, which can help reduce weed populations.



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