



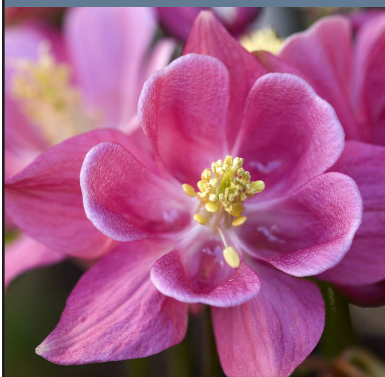
keep up your **SPIRITS** by keeping up your **GARDEN**

Most of us are aware of the many health benefits of gardening: fresh air, sunshine, exercise, nurturing nature and much more. But did you know that gardening could actually help alleviate depression?

Researchers have discovered beneficial bacteria found in garden soil that causes the brain to release more serotonin! So enjoy the fresh air and sunshine, garden often and be happy!

Read more at Suite101: The Healing Garden: Natural Cure Revealed for Depression, Anxiety, OCD, Low Serotonin
http://vegetablegardens.suite101.com/article.cfm/the_healing_garden#ixzz0iITR0mf1

WINTER IS COMING TO AN END



refreshing signs of the change in the seasons are everywhere! Come experience spring at Murphy's Nursery. **KEEP ON GROWING!**

- Columbine
- Helleborus
- Creeping Phlox
- Wall Flower
- Forsythia
- Manolia
- Violas & Pansies
- Ranunculus
- Heath & Heather
- Bog Rosemary
- Pieris

FOLKLORE IS FUN BUT SOMETIMES IT'S DOWN RIGHT RIDICULOUS!



'Don't plant until frog jump' is one of the more preposterous myths. Trees, shrub and perennials should be planted now in our area. This will give these hardy plants plenty of time to sink deep roots before the weather get's too hot and dry.

NOW IS THE TIME TO...

- Prepare your flower and vegetable beds: rake out winter debris, weed and amend soil as necessary.
- Use pre-emergent herbicides to prevent weed seeds from sprouting. Use glyphosate for non-selective, post emergent weed control around your house.
- Plant trees, shrubs & perennials.
- Prune and feed your Clematis vines.
- Plant bare root fruit trees and grape vines.



TIMELY GARDEN TIP

Daffodils are up and blooming already, a couple of weeks early for this area. When finished flowering, do not cut the foliage back on these or any other flowering bulbs. Leaves are necessary for photosynthesis, the plants food making process. If you remove them, before they dry out naturally, you will weaken the bulb and prevent it from blooming next year



FABULOUS FRUIT

Have you ever considered an orchard? How about a single, dwarf fruit tree in a container off the terrace? Ever dreamed about growing grapes and producing your own wine? Murphy's has an excellent selection of bare root fruit trees, shrubs and vines in inventory. Let us help you nurture your dreams and your garden.