

Fresh from the Garden



FEBRUARY EVENTS

Free Seminar:

How to Design Your Garden

All Stores

February 1

Seminar - 1pm

Consultations - 11am-1pm & 2pm-3pm

Free Seminar:

Attracting Birds to Your Yard

All Stores

February 8 - 1pm

Kid's Club: Valentine's Day Card

February 8 - 2:30pm

Employee Discount Days

February 13 & 14

Valentine's Day

February 14

Free Seminar: Heaven Scent - Best Plants for a Fragrant Garden

All Stores

February 15 - 1pm

Presidents Day

February 17

Orchid Festival Weekend

All Stores

February 22 & 23

Make It & Take It | Creations & Cocktails: Orchid Arrangement

All Stores

February 22 & 23 - 2:30pm

Free Seminar: Orchids 101

All Stores

February 22 - 1pm

Free Seminar: Tried & True Orchid Tips

All Stores

February 23 - 1pm

Employee Discount Days

February 27 & 28

Free Seminar: Landscape Design Basics

All Stores

February 29 - 1pm



OBSERVATIONS

by John Darin, President



The Spring selling season is right around the corner. What is the best thing to do during the month of February, when the transition is happening? Well, working safe and working clean are always first priorities. But also, training! When the new products are hitting the shelves and you can feel the traffic increasing, that is the time you should be brushing up on your product knowledge.

Customers come to English Gardens for expert advice. They expect knowledgeable, friendly sales associates to help them be successful in completing their projects. This Spring you will be solving their pest problems or offering advice on proper light or watering for their plants. You will help them decorate their homes and outdoor living spaces. Now is the time to make sure you are familiar with all of the products we sell, so that you are able to offer your expertise to our customers.

During the next month, some of you will attend Garden Center Training, Bonide Training, House Plant Training and/or Furniture Training, just to name a few offered in house. But every day you have learning at your fingertips, with our Success Training cards. These are important tools to utilize in order to expand your knowledge and renew your focus for all of the Spring Products and Services English Gardens has to offer.

And remember, every item in our store has at least one item to accompany it. Make sure you read the monthly Sales Planner and review tie in sales for all of the products you will be selling this gardening season.

Thank you for your hard work!

John Darin

Benefits Corner for Employees

February is National Heart Health Month: Here is a Heart Healthy Recipe to inspire your cooking this winter

Charred Shrimp & Pesto Buddha Bowls

These shrimp and pesto Buddha bowls are delicious, healthy, pretty and take less than 30 minutes to prep. In other words, they're basically the ultimate easy weeknight dinner. Feel free to add additional vegetables and swap the shrimp for chicken, steak, tofu or edamame.



Ingredients

- 1/3 cup prepared pesto
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 pound peeled and deveined large shrimp (16-20 count), patted dry
- 4 cups arugula
- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 avocado, diced

Directions

Step 1

Whisk pesto, vinegar, oil, salt and pepper in a large bowl. Remove 4 tablespoons of the mixture to a small bowl; set both bowls aside.

Step 2

Heat a large cast-iron skillet over medium-high heat. Add shrimp and cook, stirring, until just cooked through with a slight char, 4 to 5 minutes. Remove to a plate.

Step 3

Add arugula and quinoa to the large bowl with the vinaigrette and toss to coat. Divide the arugula mixture between 4 bowls. Top with tomatoes, avocado and shrimp. Drizzle each bowl with 1 tablespoon of the reserved pesto mixture.

Tips

To make ahead: Cover and refrigerate dressing (Step 1) for up to 2 days.

Nutrition Facts

Serving Size: 2 1/2 cups

Per Serving: 429 calories; 22 g total fat; 3.6 g saturated fat; 188 mg cholesterol; 571 mg sodium. 901 mg potassium; 29.3 g carbohydrates; 7.2 g fiber; 5 g sugar; 30.9 g protein; 1126 IU vitamin a iu; 14 mg vitamin c; 109 mcg folate; 205 mg calcium; 3 mg iron; 130 mg magnesium

Tell Us About It

West Bloomfield- Avery, Eric and all the Christmas tree workers are so nice, helpful, patient...it is why I get my trees here every year. Thank you!

Clinton Township- First time visitor. Looking for office desk plants that require low sunlight. Incredibly helpful and friendly staff, I will be back!

Eastpointe- Mary in the Christmas tree room was a wonderful help to us!

Royal Oak- Becky was patient, polite, and knowledgeable! She exceeded all expectations!

Plymouth- I wanted to recognize Erin G. for her excellent customer service! I shopped your store at Christmas for all my gift giving needs. I was tired and just had hip surgery and Erin was so helpful in picking out gift items for me. I am very grateful and thankful for Erin and her service!

SAFETY *It's Everyone's Business*

Flu Prevention: Prevent catching and spreading the flu with these easy tips.



There are several steps you can take to help prevent catching the flu and reduce the spread of viruses that cause it. It's easier than you think, read below for tips and advice.

What to Do

Get vaccinated. Vaccination is the first step to flu prevention. In general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high-risk groups, all healthy children get a flu vaccination.

Wash your hands. Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.

Do the elbow cough. Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.

Disinfect common surfaces. Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use disinfecting products on phone receivers, doorknobs, light switches, and remote controls.

Drink Water. Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day.

SELL FOR SUCCESS *Tricks to Keep Orchids Thriving*

Appropriate Watering

Orchids are not friendly to standing water. For maximum results, you should only water your Orchids once a week. Before watering again, wait until the moss or bark is completely dry.

Water well and drain excess water completely.

Light

Orchids do well in well-lit areas. However, the plant should never be kept in direct sun, or draft spots. If an orchid doesn't get enough light, it won't bloom.

Apply Fertilizer Appropriately

Orchids are good with high-nitrogen fertilizers. Feed the plant once a month. Before applying fertilizer, water first.

Follow the instructions on the label when using the fertilizer. Orchids require more fertilizer when budding as compared to when they are not growing.

Normal fertilizers have additional nutrients for orchids. Therefore, it's advisable to use orchid customized fertilizer.

Re-pot Regularly

Depending on the health of your orchids, re-pot every two to three years. Re-pot into a one to two inch wider pot. Repotting ensures that your orchids get more room and space for growth. Always use fresh soil when repotting your plants.



Tips for Pruning

Just like any other plant, orchids suffer damage, and wither. Usually, orchids lose leaves and flowers time over time. It doesn't mean you haven't taken good care of your flowers.

When your orchid loses all of its flowers, cut the plant back. New flowers will regrow from the stem.

If the plant doesn't regrow and turns brown/ yellow, do the following.

i. The Quickest Trick:

Cut the stem above the third or second dormant bud. Cut about half an inch.

ii. The Gardener's Trick: Cut the plant's stem about half an inch above the first dormant bud. This gives orchids enough time to recover from the withering. The single dormant bud will turn into a flowering shoot.



Tricks to Combat Pests

Paying attention to diseases and pests on any plant is essential. Orchids, in particular, require more attention.

The common pests likely to attack orchids are red spider mites, scale, and woolly lice. The pests are likely to attack more often.

To combat pests in orchids, inspect the plant regularly. When you notice any pest, apply the approved pesticides for orchids.

Orchids are very sensitive. Do not apply general pesticides. Consult your specialist to get the right recommendation for the pests attacking your orchids.

Congratulations to all of the 2019 Recognition Award Winners!!



Manager of the Year- Paul Graebert, EP

Associates of the Year- Scott Schultz, LC and Annette Ferris, RO

Customer Service Award- Eastpointe

Safety Award- Landscape Company

Family Feud Champions- Clinton Township



February is American Heart Health Month



February is Heart Health Month. I like to encourage everyone to take care of their heart so it will continue to take good care of you!

Simply put, I love my heart. It's literally the closest thing to me. It's important for me to take care of my heart because it takes excellent care of me each and every day. My heart gets me going in the morning. It supplies me with energy and helps me feel healthy, strong and ready to accomplish all my goals and daily tasks. It helps me get through anything – from an hour-long workout to a tough day in the office. And since my heart works so hard for me, it's my responsibility to do everything I can to help protect it.

Heart disease is the number one killer in the U.S. Heart attacks happen about every 40 seconds in this country, according to the American Heart Association. While some heart problems may be hereditary, others are preventable. Weight gain can increase your risk for heart disease. But the good news is that losing weight and eating healthy can help decrease the risk. Maintaining a healthy weight and eating healthy isn't just about looking good in a swimsuit or special pair of jeans. It's about improving your total quality of life. You can reduce your risk for heart disease, heart attacks and strokes with a proper diet and exercise. Studies show that one of the most effective ways to reduce the risk for those conditions is by losing 5 to 10 percent of your body weight.

In addition, here are a few heart health tips from WW:

Get Support: Visit your doctor regularly for a physical exam and to learn ways you can improve your heart health. Seek support from friends and family members who want to get healthy, as well. Attend a WW workshop in your area for support and tools you need to lose weight, eat healthier and exercise more.

Eat healthy: Fill half your plate with fruits and vegetables. The rest of your heart-healthy plate should include lean protein, such as skinless chicken, fish. Add beans, nuts and whole grains. And most of these heart-healthy foods are ZERO points with WW.

Lose Weight: Start small and set realistic goals. Reaching a healthy weight – or even a 5 to 10 percent weight-loss – can decrease your risk of heart disease.

Exercise. Like any muscle, your heart will stay stronger if you exercise it. Being active has a host of physical and mental benefits and can also help you reach a healthy weight, while decreasing your chance of having a heart attack or stroke.

And remember, it's very important to take care of your heart. It's literally one of the closest things to you.

*- Love, love, love,
Florine Mark*

EMPLOYEE ANNIVERSARIES

Years of Service	Employee Name	Location
ASSOCIATES		
19	Stephanie VanHaverbeck	LC
13	Karen Carducci	PN
13	William Maywood, Jr	CT
8	Michael Martens	DB
7	Stephanie Urcheck	DB
6	Mary Gidner	EP
6	Scott Schultz	LC
1	Mary Ann Nisley	PN
1	Ronald Brent	LC

NEWS from the Landscape Company

"Professionals Doing Extraordinary Work"

February for the Landscape Company is all about preparing for the upcoming spring. We completed most of our holiday take down work, and are working on training and learning opportunities for the season.

We attended the Great Lakes Trade Expo in East Lansing at the end of January and are working on some internal training, also.

Senior Designers Stephanie VanHaverbeck and Jamey Gutierrez attended The Atlanta International Gift & Home Furnishings Market with the shareholders. They researched new ideas and products for our holiday customers, and came back with lots of cool stuff to share.

As always, your help is crucial for our success. We urge all associates to continue to discuss our landscaping services with potential customers, and send us their information. We know the cold weather doesn't get customers in the mood for landscaping, but please continue to inform prospects that this is a great time to contact us about our services. Our design staff can spend more time with clients during this time of the year, and we can reserve the first available spots for installation in the spring. We will even measure in the snow!

Finally, the Landscape Company is hiring for several positions including: Design staff, crew leaders, crew members, and interns. Please inform any job seekers about our open positions!

We appreciate all the help, and look forward to a successful 2020!