



CEDAR RIVER GARDEN CENTER

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A Sign of Spring

We are Opening for Business!

On the first full day of spring, March 21st, we will be ready to greet you!
9:00-4:00pm, Monday - Friday.

Gizmo Fragrant Lily

Zone: 3

44-48" tall

* Creamy white blossom in cooler weather and
pure white in more heat

* Cross between an Easter Lily and Oriental Lily



Pumilum Turk's Cap Lily

Zone: 3

12-24" tall

- Cute tufts add textural

interest
to
your
perennial
beds

- Bold
color
draws
your
eye



Foxtrot Hardy Lily

Zone: 3

16-18" flowers

* Salmon colored blooms show their face in June

Smaller plant great for front of the garden

* Can be grown in containers



Carbonero (OT) Lily

Zone: 3

36-38" tall

* Deep raspberry red petals

* Velvety petals add a layer of interest

* Middle of the garden



Stargazer Fragrant Lily

Zone: 4

35-47" tall

- * Prized for heavy scent
- * Flowers 5-7" across
- * Heavily laden with buds beginning midsummer



Speedy Fragrant Lily

Zone: 3

12-16" tall

- * Note the ruffled edges of the petals
- * Large blooms are typically first to show their face among the lily family

Fragrant Lily
Lilium Oriental
'Speedy'



Full Sun



Kaveri (OA) Lily

Zone:3

32-36" tall

* Exotic orange and yellow colors add a tropical feel to your space

* Easy care midsummer color

* Fragrant

Hardy OA Lily
Lilium Oriental Asiatic
'Kaveri'[®]



Full Sun



Super Color for Supper

Watermelon Radish

2-4" round radish with white skin, green



shoulders, and unusual dark pink center. Add color to salad, relish trays, or an unexpected twist for stir-frys. Don't forget you can plant weekly for continuous harvest.

59 days to maturity



Livingston's Color Mix Carrot

This mix is a combination of Red Chantenay, Orange Kuroda, Amarillo Yellow, Snow White, and Purple Haze. Best results for all carrots is a loose soil for planting.

75-80 days to maturity

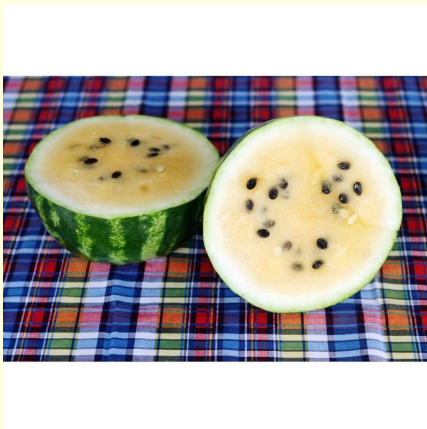


Chocolate Cherry Tomato

Indeterminate

1" tomatoes darker in color than the traditional cherry tomatoes. Grows in clusters of 8. Resists cracking and not easily knocked off plant.

70 days to maturity.



Petite Yellow Watermelon

Are you looking for a tasty melon that can fit in your fridge with ease? These melons are nearly a perfect sphere and weigh 5 to 7 pounds. They have a bright yellow flesh and a dark and light green striped rind.

65-80 days to maturity

Chioggia Beet



Rose pink skin hides rings of white and pink. Great flavor and color. Beets grow best in spring and fall. Don't forget your late season seeding! Can be pulled any time from 1" to maturity.

55-65 days to maturity.

Veggie Quiz: How Smart is Your Bean?

1: How many servings of veggies should a school kid eat every day?

- A) One pound
- B) 2 to 3 cups
- C) Five different veggies
- D) Two handfuls

2: Which of the following veggies is also in the broccoli family?

- A) Onion
- B) Cabbage
- C) Radish
- D) Potato

3: Lycopene, an antioxidant in tomatoes, carrots and spinach, protects us from what?

- A) Heart disease
- B) Sun damage
- C) Cancer
- D) All of the above

4: Which "veggie" is technically a fruit?

- A) Asparagus
- B) Peas
- C) Cucumber
- D) Brussels sprouts

5: How many kids eat the recommended amount of veggies per day?

- A) 10%
- B) 25%
- C) 52%
- D) 80%

6: Which veggie carries the most calcium for good bone health?

- A) Cauliflower
- B) Collard greens
- C) Celery
- D) Beets

7: Which color of veggies should we eat the most of?

- A) Yellows and oranges
- B) Greens, they're super
- C) A mix of colors
- D) Bright reds

8: Which veggie provides the most protein per calorie?

- A) Broccoli
- B) Kale
- C) Mushrooms
- D) Lima beans

9: Which veggie is known as the "crazy apple" to Italians?

- A) Eggplant
- B) Tomato
- C) Sweet pepper
- D) Zucchini

10: What nutrient gives carrots, sweet potatoes and other veggies their orange color?

- A) Vitamin K
- B) Lycopene
- C) Folate
- D) Vitamin A

Quiz answers:

1) B, 2-3 cups. This is for most boys and girls in school. Younger kids will require less, 1 to 2 cups.

- 2) B, cabbage. Both cabbage and broccoli, as well as kale and turnips, are members of the cole family and descendants of wild cabbage.
- 3) D, all of the above. Lycopene also is known to prevent diabetes and eye-related illnesses.
- 4) C, cucumbers. They are a fruit, along with tomatoes, peppers and squash, because they have seeds.
- 5) A, 10%. More than nine in 10 kids did not consume the USDA-recommended amount of veggies from 2007 to 2010.
- 6) B, collard greens. One cup of cooked collard greens offers 268 mgs of calcium, or 27% of the recommended daily value.
- 7) C, a mix of colors. Each veggie color represents a different set of nutrients, so eating a rainbow will ensure a healthier, more balanced diet.
- 8) C, mushrooms. While all options provide protein, mushrooms offer the highest amount per calorie – 1 gram for every 7.2 calories.
- 9) A, eggplant. Italians believe that if someone eats too much eggplant, he or she will become mad. We're just mad about its nutrition.
- 10) D, vitamin A. Beta-carotene, a form of vitamin A, is good for our eyes and immune systems.

Quiz was found online <https://vegyvida.com/veggie-quiz-10-questions/>



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