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Contact: Miriam Stern  
414-303-5881  
miriam@melindamyers.com

### **TIPS FOR MAKING MOTHER'S DAY MEMORABLE FOR MOM FROM GARDENING EXPERT MELINDA MYERS**

**April 23, 2010** – Make Mother's Day memorable for mom and fun for the whole family. Consider a gift of flowers. Nothing generates a smile faster than a single bloom or bouquet of her favorite flowers. And, the research proves it true. Rutgers University found that a gift of flowers generated a smile and improved a woman's mood for 3 days. "I can't think of a more beautiful way to make mom smile and feel better," explained Melinda Myers, nationally known gardening expert, TV host and author.

You can extend the beauty and enjoyment of this year's Mother's Day bouquet. According to Myers, just follow these simple steps to keep mom enjoying your floral gift:

- Select flowers free from brown edges and blemishes that are just starting to open.
- Wrap flowers with paper or plastic to protect them on their journey home.
- Remove the lower leaves before arranging. Submerged leaves can lead to fungal growth and reduce vase life
- Recut the stem on a slight angle. This prevents the cut end from sitting square on the bottom of the vase, preventing the uptake of water.
- Place the flowers in a clean vase and keep it filled with fresh water.
- If the vase does go dry, recut the stems and place them back in the vase filled with fresh water.
- Prolong their life by adding floral preservative to the water. If the florist doesn't provide it, you can make your own. Add clear sugary soda and a drop of bleach to the water to keep the flowers looking good.

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- And, if the roses start to nod, don't throw them in the compost pile. Revive them in a bath of warm water. Cut the stems of drooping roses and submerge the whole flower in warm water for thirty minutes. Cut the stem again and place the rose in a vase with fresh water. The buds will open and you will be able to enjoy their beauty for days to come.

For mom's who like to enjoy a flower's beauty even longer, Myers recommends giving a plant. "Indoor plants help clean the air and outdoor plants can spruce up a patio, deck or front entryway," said Myers.

And, if mom is a gardener, a gift certificate to her favorite garden center may be just the perfect gift. Half the fun comes in shopping. And, your gift may allow her to buy that special plant or expensive garden art she could not fit into her garden budget.

And, don't fret if your budget is tight. Moms always love gifts from the heart. Myers shared a few creative, inexpensive gift ideas, including:

- Decorating an old pot with outdoor acrylic paint or permanent markers. This could be a fun activity, no matter what your age. Or, find a discarded item and turn it into a planter. This is a great way to beautify and hold on to fond memories.
- Children can make a cardboard vase filled with dried flowers. These gifts last for years and are sure to make mom smile. Simply cut several layers of corrugated cardboard into a fun shape. Glue them together and decorate the outside with colorful paper, markers, crayons or other items. Then fill the corrugated channels with dried or silk flowers.
- A coupon for help in the garden is always welcome. Large jobs are often overwhelming when faced alone, but much easier and more fun when several people attack the job. This is a good way to get the family together or spend a little one-on-one time with mom. If mom is a good cook or baker, you might just have a homemade treat when the work is done.
- Take mom for a visit to the local public garden or arboretum. It's the perfect gift. No watering, dusting or care needed. A walk through the garden can raise everyone's spirit, provide a breath of fresh air and create new family memories. Be sure to bring along the camera. Gardens make great backdrops for family photos.

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Most gardens have paved or accessible walkways for visitors of all ages and abilities. And, many gardens have brunches and family events tied to Mother's Day and National Public Garden Day which is also celebrated that weekend.

So, get creative and give mom a gift she is sure to love!

If you'd like to schedule an interview with Melinda, please contact Miriam Stern at 414-303-5881 or [miriam@melindamyers.com](mailto:miriam@melindamyers.com)

Gardening expert Melinda Myers has 30 years of horticulture experience and has written over 20 gardening books, including **Can't Miss Small Space Gardening**. She hosts the nationally syndicated "**Melinda's Garden Moment**" television segments which air on network TV stations throughout the U.S. and "**Great Lakes Gardener**" seen on **PBS** stations throughout the country. In 2010, Myers launched **Melinda's Garden Moments** for radio. Melinda also appears regularly as a guest expert on various national and local television and radio shows. She writes the twice monthly "**Gardeners' Questions**" newspaper column and is a contributing editor and columnist for **Birds & Blooms** magazine. Melinda has also been a contributing editor and columnist for **Backyard Living** magazine and has written articles for **Better Homes and Gardens** and **Fine Gardening** magazines. Additionally, she hosted "The Plant Doctor" radio program for over 20 years. Myers' web site is [www.melindamyers.com](http://www.melindamyers.com).

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