

Dear Dick,

Save money, grow your own ...

Arugula, lettuce, carrots, radishes, beets, chard, turnip and spinach. All of these grow quickly from seed and do not require large plots of ground. Edge or find open spaces in your flowerbed, or plant in containers. Soak seeds overnight in a liquid seaweed solution. Make sure those spots have loose organic soil. Cover seed with about 1 inch of soil (or compost) - finer seeds less and bigger seeds more. Tap down the soil by pressing with the head of a rake. Water with a water-wand. Do not drown - but do not let dry out. Check out our [Vegetable Planting Guide](#) for the proper times to plant seeds here in north Texas.



Redenta's Vegetable Starter

Use **Redenta's Vegetable Starter** to produce healthier vegetable plants with stronger roots. It contains earthworm castings, rock phosphate, diatomaceous earth and epsom salt. Mix in 1 cup thoroughly



notes from ruth

Years ago when I ran many miles a day, I tried to explain the term "runner's high" to my husband. He thought I was nuts - according to him, no one can possibly feel that good exercising! Well, I did. That time "on the road" also was my thinking and planning time. So many ideas and thoughts would go through my mind. Situations would become clearer and problems solved.

An hour (or preferably a day) alone in the garden yields the same results. Pulling weeds, digging holes and spreading mulch are physically invigorating. The mind wanders. What will be the topics of the next newsletter? What is the best way of educating our employees and our customers about gardening organically? What can I make for dinner with what is in the garden and the pantry?

It truly is therapeutic. To me it is so much more satisfying than spending the same time in the mall - and so much cheaper. When I come in I am

with the soil that came out of the planting hole. Place this soil mix in the planting hole around the plant. Water in thoroughly.



Earthworks

We are excited about our new line of soaps and hand creams. The most exquisite fragrances are combined with pure and natural ingredients such as shea butter, jojoba, honey, grapeseed oil and soothing calendula to create the most luxurious soaps and body lotions, which nourish, moisturize and soothe the skin.



All products are paraben-free, are not tested on animals and the packaging is recyclable. Recommended in Herb Companion magazine (Dec. 08), Everyday with Rachel Ray (Jan. 08), Lucky (Aug.08) and many, many more!

Believe it or not, it's time for your first organic fertilization of the year. If you would like for us to take that chore off your hands this year, Redenta's has had an [organic fertilization service](#) for over 15 years now.

If you are thinking about a landscape project this year, keep in mind that a professional from our landscape design group will come out and brainstorm ideas with you. The cost is \$75 for a one-hour session and you will get a \$25 gift certificate to use in the store at the end of the session.

not only dirty and tired, I am refreshed. Sort of like a "runner's high" ...

Note: Ruth posts her thoughts on gardening every Monday on her blog, www.suppliesorganicgardening.com.

Quick Links...

[Organic Gardening Tips](#)

[Garden Shops](#)

[Redenta's Online Shop](#)

[Landscape Design](#)

[Organic Fertilization service](#)

[Ruth's Blog](#)

[More About Us](#)

[Sign up a friend for our FREE newsletter here](#)



email: newsletter@redentas.com

web: <http://www.redentas.com>

Presidents Day Sale

Friday - Monday
February 13th - 16th

Presidents Day is on the 16th so print this coupon and bring it in to the stores this weekend for a

16% discount

on your total purchase of regularly-priced merchandise.

THE SMALL PRINT: Items must be rung up at same time. One time use per coupon. Must be surrendered at time of purchase. Restricted to inventory on hand. No transfers, no holds, no special orders, no prior sales, no landscape services. Cannot be combined with other discounts or coupons. Good only on the dates February 13th through February 16th.