

Low-Hassle Grasses

Texas A & M University and the University of Nebraska have cooperated in developing Prairie Buffalograss and 609 Buffalograss (a more intense blue-green colour than Prairie). Both are improved strains of a native grass found in America's Great Plains.

According to the Texas Water Commission Environmental Guide, buffalo grass needs watering on the average of every 21 to 45 days under normal conditions after the turf is established. Other common lawn grasses need water every 4 to 10 days.

The tough durable buffalo grasses are resistant to drought, pests, temperature extremes and disease. The grasses are capable of taking a lot of foot traffic, making them ideal for lawns, golf courses and commercial developments. They also have a smooth, even texture that is soft to bare feet. The grasses grow lush and thick, but gain height very slowly. The maximum height of the all-female grasses is 6 inches which reduces the need for frequent mowing. For more information contact Crenshaw and Douget Turfgrass, Inc., 609 Castle Ridge Rd., Suite 220, Austin TX 78746 USA.

-from *Garden Ideas & Outdoor Living*, Summer 1993



*Flowers
that can take
the HEAT
(and rain, & drought...)*

These durable flowers were recommended by The American National Garden Bureau. Apparently these plants can take just about anything nature can dish out.

- Begonia, wax or fibrous-rooted
- Butterfly weed (*Asclepias tuberosa*)
- *Celosia plumosa* or *Celosia cristata* (cockscomb)
- *Cleome* (spider plant)
- *Coreopsis grandiflora* or *Coreopsis tinctoria* (annual)
- Cosmos (Mexican aster)
- Nicotiana (flowering tobacco)
- Petunias
- *Salvia coccinea* or *Salvia farinacea*
- Vinca (periwinkle)
- Zinnia
- Portulaca (moss rose)
- Achillea (yarrow) (which will take over your garden if you let it)

HOE-2-3-4

In his book *Fitness the Dynamic Gardening Way*, author Jeff Restuccio says that gardening is the perfect tool for exercise, a healthy diet and stress reduction. Gardening isn't for wimps, especially if you follow Restuccio's tips. They include: gardening while wearing arm and leg weights, using the "lunge and weed" method and doing step aerobics on a wood box placed between garden beds. Besides exercise tips, the book is also full of gardening tips. (Available from Balance of Nature Publishing, P.O. Box 637, Cordova, TN 38018)

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