

# Flower talk

spring 2008

## shop talk

### Happy to Help

Raise the Woof, Festival of Trees, Casa Maria House, Women's Business Network, Peterborough Children's Chorus, One Love Benefit, and Ontario Speed Skating Oval

### Enjoyment Guarantee

We sell only top quality flowers. We treat each order with personal consideration. Please enjoy your flowers to the fullest. If they do not meet your expectations within 96 hours, please return them to us (with the card) for full replacement. We want you to enjoy the many benefits our blooms can bring.

### Flowers After Hours

Need to order flowers after hours? No problem! Our 24-hour answering service is operated by real human beings who will be pleased to assist you at any time of night or day. Just call 742-1617.

### Dates to Remember

Earth Day & Passover	April 22
Canada Book Day	April 23
Secretaries Day	April 23
Mother's Day	May 11
Int'l Day of Families	May 15
Father's Day	June 15
Hiroshima Day	August 6

### Lavender Lemonade

Infusion: 3 tablespoons lavender added to 1 cup of boiling water. Steep for 15 minutes.

Mix together 8 cups of cold water, 1 cup of lemon juice, (freshly squeezed would be lovely!), and 1 cup of sugar, along with the lavender infusion.

Or, you could use a can of frozen lemonade, and use the lavender infusion as one can of water.

### ➤ Congratulations! ➤

Janet is celebrating  
30 years at  
East City Flower Shop



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## not just another pretty aroma

Lavender is a well known flower, famous for its colour and beautiful fragrance, but many people might be surprised to hear it is a very versatile plant. A part of the mint family, lavender is native to the region across the Canary Islands, North and East Africa, Southern Europe and the Mediterranean, Arabia, and India, but is commonly found in gardens world-wide. Lavender can also be found in homes, serving a variety of purposes; it can be dried and used in flower arrangements, or put into pouches and kept amongst clothing to deter moths. It is also an edible flower, used to flavour sugar, tea, or food. In fact, chefs in Provence, France, have been using the flower's exquisite flavour in cooking for centuries.



Finally, lavender is said to have many healing properties. Lavender may be used for the following reasons: antiseptic, anti-inflammatory, insect bites, headaches, help to sleep and relax, help heal acne, and soothe burns. Despite this, it is recommended that you do not ingest lavender if you are pregnant or breastfeeding.

Overall, with a bit of research there are many ways that lavender can be used – or you can just enjoy the beautiful scent it has to offer.

Every time I smell lavender I think of Frederique's beautiful wedding. Frederique was a Rotary Exchange Student visiting Peterborough for a year in 2000/2001. I was fortunate enough to be one of her host families, and she stayed with me for four months.

After she returned home to France, she finished school, met and fell in love with Pierre, and was married in June 2007.

When the call came to announce the wedding, you can imagine how thrilled I was when she asked me to do the flowers. I arrived in the south of France the week of the wedding. Frederique and I had not seen each other since her time in Canada, but we picked up where we left off.

The day of the wedding was perfect. The flowers she chose were on a blue and white theme. As a finishing touch, I slipped into the family garden and clipped lavender from the bushes heavy with flowers. I was thrilled to be included in Frederique and Pierre's special day, and I will always have the scent of lavender to remind me.

## what do they mean?

When selecting the perfect flower for someone special, sometimes it is helpful to have an idea of what they could symbolize. Roses are the most common symbolic flower, but other herbs and flowers can also convey certain traits.

Different colours can be used as well to set a specific mood. Of course, aside from these suggestions there are hundreds of colours and flowers to choose from, and sometimes it is more fun to throw all meaning aside and just pick your favourites!

### cut flowers

red roses: love, passion, respect, courage

yellow roses: joy, friendship

light pink roses: grace, gladness

dark pink roses: thankfulness

coral roses: desire

white roses: innocence, purity, secrecy

lavender: love at first sight, enchantment

### herbs and flowers

wheat: prosperity

parsley: festivity

marjoram: joy

orange tree: generosity

lavender: love, devotion

sage: wisdom, domestic virtue

thyme: courage, strength

### moods

nurturing: pastels, yellows, peach, pink, cream

romantic: delicate lavenders and pinks

sensuous: rich colours, reds, purples, hot pinks, oranges

tranquil: sky and sea shades, green, blue, lavender

whimsical: bold and contrasting colours, yellow, pink, orange, purple, green

## ftd spring garden bouquet

Hand crafted ceramic keepsake vase with a nice assortment of lisianthus, mini carnations, and daisies. A beautiful, long-lasting bouquet that is sure to put a smile on anyone's face.

