



Be inspired by functional beauty.



# Zone 3 Gardens Spring 2014 Newsletter

{Volume 2 Issue 1} By Heather Hohenstein, Zone 3 Gardens, 218-235-8193, zone3@highstoneglassworks.com

*Summer, winter, and fall may have their fans, but spring is clearly the best season – according to Science!*

## 1. There Are More Hours in the Day

Following the spring equinox, when the Earth's horizon is perfectly aligned with the Sun, the days begin lasting longer and the nights get shorter. With warm weather comes warm air. Open your windows to allow the breeze to refresh your home.

## 2. All the Animals Come Back

Many species of animals migrated south to follow their food supply during the winter. There is no better indicator of spring than birds chirping outside your window.

## 3. You're Actually Happier

Exposure to sunlight increases the hormone serotonin in your brain, which makes you feel happy. Sunlight triggers your body to produce the vitamin D3, which keeps your bones strong.

## 4. Trees and Plants Turn Green

Spring brings growth back to plants and trees. A successful spring leaf growth ensures a cool canopy to relax under during the hot summer.

Plants convert sunlight into energy and produce the pigment chlorophyll, which turns them green - a 2012 study found that people who saw green before a challenge came up with more creative solutions. Spring's green plant life will hopefully do the same!

## 5. Flowers Bloom

After months spent conserving energy, colorful flowers bloom in the spring, signaling to the bees and butterflies that they are ready for pollination – and so life-cycles continue.

<http://mentalfloss.com/article/55573/15-scientific-reasons-spring-most-delightful-season>




**Rent-an-Orb is available again this year - \$25 - please let us know by April 30<sup>th</sup>. Todd will soon be turning the glass furnace on for new creations!**

## Welcome DyAnne & Rachel

New gardeners, new gardeners! We are excited to welcome DyAnne Korda and Rachel Haaversen to our "Z3" crew. DyAnne has a degree in Creative Writing (and has college teaching experience) and Rachel is currently a student at Prescott College in Arizona. Both live in Ely (at least part time) because they love being outdoors in all types of weather – and obviously they both have green thumbs! While Andy pursues his Art (in the fall, you may want to check out his show at the Minneapolis Institute of Art) and Ellen works on her new CSA (community supported agriculture – call 218-827-8102) we needed more hands in the field. Please say 'hello' to DyAnne or Rachel when you see them happily pulling weeds in your garden ☺

## Bulbs Blooming

This winter was a "doozy". Even skiers were disappointed with the bitterly cold temperatures.

The good news - for both skiers and gardeners - though, was the amount of snow. All those bulbs we lovingly planted last fall were kept snug under a thick downy blanket of snow. Soon they'll be blooming and winter will be a distant memory!

My youngest sister lives in the Portland OR area and at the end of April my mom and two sons will be visiting her. It will keep me from planting anything in the ground too early – and we'll be attending their Tulip Festival .

