



PLANT SPOTLIGHT OF THE MONTH



Eastern Red Cedar/Red Juniper (Juniperus virginiana)

Ahh...late fall, finally! Cozy socks, tea, pumpkin bread, leaves changing color and falling everywhere--except for the majestic evergreens! This month we're spotlighting *Juniperus virginiana*, not only because it's one of the most widely distributed of the eastern conifers, but also because of its delicious fragrance and wildlife importance. Foliage provides nesting material and the pretty, pale, plump berries are a food staple for a variety of birds and mammals. Humans, too, can make good use out of the tree. Some humans may use it for Christmas purposes; others might prefer a warming cup of Juniper tea. Leaves, berries, and twigs all have a history of medicinal use for treating colds, cough, and more. Red Cedar naturally has a beautiful shape to it, but may do well with occasional thinning or pruning. Now would be an excellent time to do so, especially removing dead or diseased branches or thinning the bottom-most limbs.

Winter is almost here!

We can help ease your garden into the new season with the following services:



- Tree Services including pruning for health, removal, and installation of new trees and shrubs
- Integrated Pest Management
- Weed management and cleanup of dead foliage
- Installation of spring bulbs
- Soil amendment
- Hardscape planning and installation
- Garden design



This holiday season, let us do the heavy lifting for you.

For all your **holiday tree** and **light** set-up needs, we're here to help!

With our all-female crew led by a certified arborist, Eating for the Ecosystem offers a variety of seasonal services, customizable to meet your needs:

OUTDOOR SERVICES

We install decorative lights on houses (windows, eaves, you name it--hard to reach heights are our specialty) as well as any outdoor trees. We'll also remove them for you once the season's past.

INDOOR SERVICES

We procure, deliver, and set up holiday trees. If desired, we can also install decorative lights on indoor trees, door frames, mantles, etc. Once the holiday is over, we haul away the tree to be composted or recycled in an eco-friendly manner, true to EFTE's mission.

Relax more and work less this winter—let EFTE help get your home bright and beautiful.

[CLICK HERE](#) for more or call/text 267.607.9254 or email sherrilyn@efteonline.com to book your installation services!



Winter Care



F O R S U B S H R U B S

Subshrubs are an interesting category of plants that often have a woody base but herbaceous growth at the top. Examples include Lavender, Sage, Oregano, and Germander. Unlike herbaceous perennial plants, you cannot cut them back to the ground during the colder months. You really shouldn't even prune subshrubs during very cold temperatures, as the tender new growth is more susceptible to damage. With Lavender, for example, your best bet is to prune only the spent flower stems in fall, and then don't mess with it until you see a flush of new growth in the spring. Other good ideas would be to utilize mulch, gravel, or sand around the plant and to stop watering for the season. You might also gently cover them with leaves or straw to help insulate in the coldest months.

Rosemary is a bit more of an evergreen shrub than a subshrub depending on your climate. Here in Philly we suggest not pruning it during colder months, like subshrubs. Some gardeners recommend bringing Rosemary inside for the winter, but I've had success leaving it outside, too, and treating it similarly to Lavender. If you are able to bring in your Rosemary, consider these tips:

- Put gravel on the drainage pan so the roots aren't constantly touching the wetness; the plant will enjoy the water evaporating from the pan in this way
 - Mist foliage with water 1-2x a week in addition to modestly watering the soil every two weeks or so
 - If the visible plant growth is getting to be about as tall as the pot , it may be time to get a bigger pot for it or prune the roots
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RESOURCES FROM OUR APPLIED RESEARCH AND EDUCATION BRANCH

If you're interested in overlaps between plant life and human psychology, read [this article about trauma and tree transplanting](#). If you want the lowdown on best seasonal garden practices, check out Dr. Sherrilyn Billger's straightforward checklist on [Autumn Dos and Don'ts for Healthier Plants and Fewer Weeds Next Spring](#).

from our social media feed:

WILD GRAPE: WEED OR WONDER?

Wild Grape is a perennial multi-stemming vine that is often spread by birds and other animals who eat the fruit. It is a very hardy vine that can quickly envelop

trees and shrubs to their detriment, but it is also a great source of food for animals and humans alike. Fruits ripen from August through frost. You can also use the leaves to make dolmas. However, be very careful not to confuse this plant with common moonseed, which is poisonous!



Eating for the Ecosystem is a woman-owned business with predominately-female work crews. In addition to our meticulous and eco-friendly practices such as limiting our carbon footprint and composting landscape debris, we are also committed to helping clients learn more about—and develop stronger relationships with—the plants in our ecosystem.

Help us Grow

If you believe a friend or family member would like to learn about Eating for the Ecosystem, please [forward this newsletter](#).



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