

Thursday, April 1 | Taos,  
New Mexico



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***march 2010***

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What gardener doesn't experience at least a little shiver of joy at the first crocus? Tangible evidence of winter's end, **the crocus** bloom heralds the arrival of spring!

*Welcome, wild harbinger of spring!  
To this small nook of earth;  
Feeling and fancy fondly cling*

*Round thoughts which owe their birth  
To thee, and to the humble spot  
Where chance has fixed thy lowly lot.*  
- Bernard Barton, To a Crocus

The delicate chalice-shaped blooms of the crocus grow in shades of white, yellow, lavender, and purple and are cradled by its grassy leaves. While this hardy perennial is known for its spring blossoms, there are some of its 80+ species that bloom in fall. (Plant the spring-blooming variety in the early fall, and the fall-blooming in the spring.) These lovely plants grow two to six inches high and three to six inches wide, and prefer full sun to partial shade. A great drought-tolerant choice, the crocus prefers well-drained soil.

The name of the crocus comes from the Latin “crocatus,” meaning saffron yellow. Saffron is the most expensive spice in the world and is harvested from the *Crocus Sativus*, a fall-blooming species. The inner portion of the flower is picked by hand and then dried, and the resulting saffron can be used as a mild seasoning in cooking, or as a bright yellow dye, paint, or ink.



### Did you know?

- Homer referred often to the Goddess Eos as saffron-robed.
- An infusion of saffron is said to help enhance psychic abilities.

- Saffron was once used to dye the robes of royalty as a symbol of status and wealth.
- Rinsing sheets and blankets in an infusion of saffron (or even a whole crocus) is said to help bring strength to the body while one sleeps.
- Saffron has also been used to treat bladder, kidney and liver disorders, diabetes, and measles, and some modern studies are reported to have shown that it may help fight cancerous tumors and ease the discomfort of chemotherapy.
- Saffron has been used to treat recovering alcoholics and is said to help repair damage done to the brain by alcoholism.
- An infusion of saffron is said to help relieve depression.



*"If we had no winter, the spring would not be so pleasant." - Anne Bradstreet*

***march calendar of events***



1 National Pig Day

3 Peach Blossom Day

5 World Day of Prayer

8 International Women's Day

10 Middle Name Pride Day

14 Daylight Savings!

Learn About Butterflies Day

15 New Moon

18 Goddess of Fertility Day

Los Jardineros Garden Club of Taos Meeting  
(see "announcements" below for details)

19 Happy Birthday, Patricia!

20 Spring Equinox

International Astrology Day

22 National Goof Off Day!

28 Something on a Stick Day

29 Full Moon; Storm Moon

30 Passover begins

31 Happy Birthday, Naneen!



*"To be interested in the changing seasons is a happier state of mind  
than to be hopelessly in love with spring."*

**- George Santayana**

## ***featured artist***

**craig riches**

Craig Riches is a resident of Alabama and works magic with copper. YART features his wind spirals, but he also creates large

spinning copper water features. Contact YART to inquire.



Hand crafted of copper, the "Prayer Wheel" creates a mesmerizing whirl of art. 14" x 4". One of a kind.  
\$240.00. [Buy here!](#)

[View](#) more by Craig...

*Spring is nature's way of saying, "Let's party!" - Robin Williams*

*dance*



*"The last fling of winter is over ... The earth, the soil itself,  
has a dreaming quality about it.  
It is warm now to the touch; it has come alive; it hides secrets that in a moment,  
in a little while, it will tell."  
- Donald Culross Peattie*

## ***good news***

Good News is a new feature in the YART newsletter with a focus on positive and uplifting news from around the world and in our own community. If you have some good news you'd like to share, please **email** your story to [yart@taosgardenstyle.com](mailto:yart@taosgardenstyle.com).

### **click on these links:**

**[Amma, 'Hugging Saint' of India, Draws Crowds of American Devotees](#)**

**[Healing Music Helps Mothers and Premature Babies](#)**

**[Hawk Flies High After Rehabilitation](#)**

[Study Shows Good Deeds Fuel Good Deeds](#)

[Moscow Erects Monument to Kindness](#)

*"It is in this unearthly first hour of spring twilight  
that earth's almost agonized livingness is most felt.  
This hour is so dreadful to some people  
that they hurry indoors and turn on the lights."  
- Elizabeth Bowen*

*wellness on the web*

click on these links:

[Health Benefits of Kindness](#)

[The Art of Reiki](#)

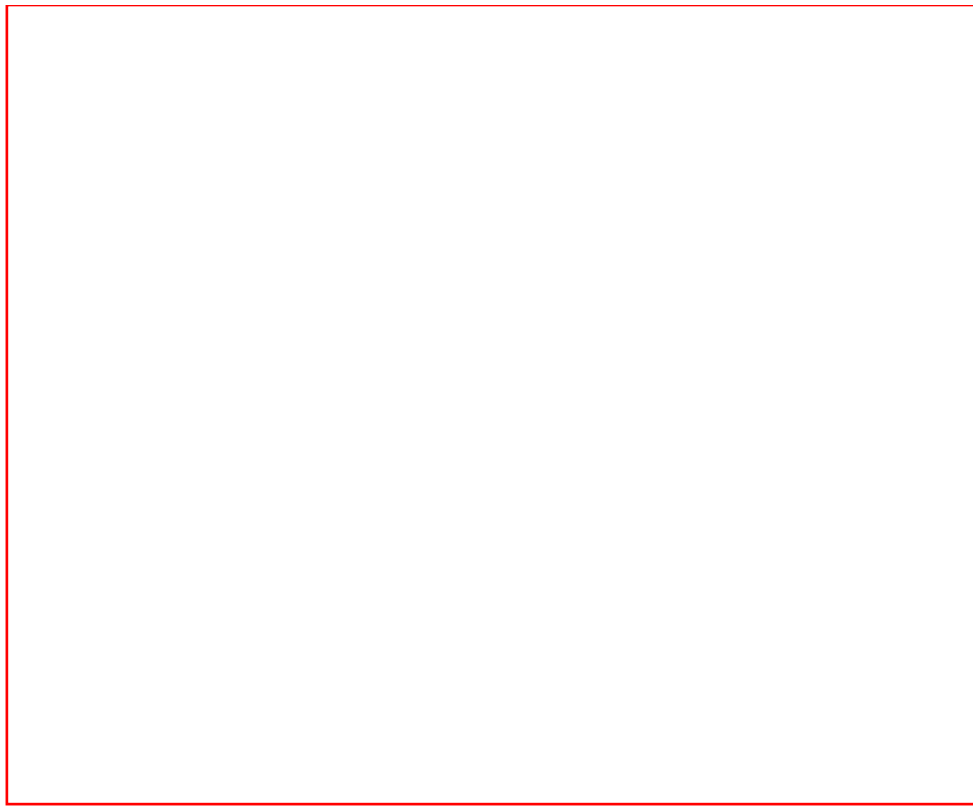
[Happiness is Good for Heart Health](#)

["Love" Hormone May Help Autism Symptoms](#)

[Latest Research Shows Meditation May Hold the Key to Compassion](#)

*"March is a tomboy with tousled hair, a mischievous smile,  
mud on her shoes and a laugh in her voice."  
- Hal Borland*

*march is women's history month*



*dear soup*

Dear Soup,

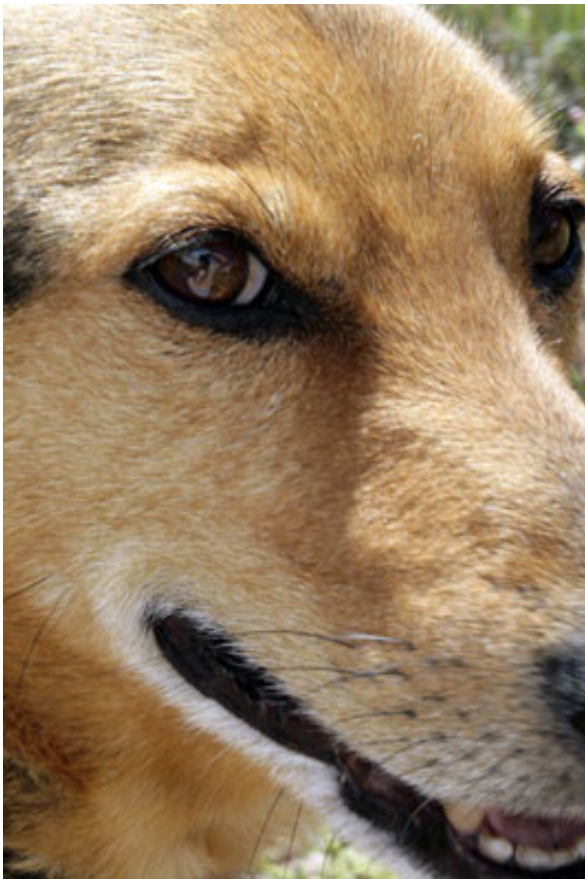
I need help. I waste so many hours of so many days consumed by racing thoughts and an inability to calm my mind. What can I do?

Frazzled,

Pixie

Dear Frazzled,

Ah yes, the endless circle-turning, tail-licking, and fence-running can mentally exhaust the most energetic. If curling up with a juicy bone or zoning out to the glowing screen doesn't bring you peace, perhaps consider yoga or meditation. Downward dog is my favorite!



Namaste and Woof,  
Soup

If you have questions you'd like to ask Soup, send him an email at [DearSoup@gmail.com](mailto:DearSoup@gmail.com).

### ***march poem***

*"Through all the frozen winter  
My nose has grown most lonely  
For lovely, lovely, colored smells  
That come in springtime only.  
The purple smell of lilacs,  
The yellow smell that blows  
Across the air of meadows  
Where bright forsythia grows.  
The tall pink smell of peach trees,  
The low white smell of clover,*

*And everywhere the great green smell  
Of grass the whole world over."*

- Kathryn Worth, Smells

## ***announcements***

### **march hours**

YART is open every day from 10-5:30. Closed Tuesdays.

### **los jardineros garden club of taos meeting**

**Date:** Thursday, March 18, 2010

9:30 a.m. Refreshments

10:00 a.m. Business meeting followed by program

**Program:** "Vegetable/Fruit/Herb/Flower Gardening in Taos: Meeting the Challenges"

A panel discussion followed by Q&A session with Gael Minton, Squash Blossom Farm/CSA

Suzanne Wollter, Willowwood Farm/CSA & market garden

Patrick and Mukta Webber, family garden

**Location:** Kurt's Deli at Quail Ridge Inn

88 State Road 150

Directions: At first light after El Prado post office [aka Old Blinking Light intersection] turn right onto NM State Road 150. At 0.8 miles turn left into parking lot for Kurt's Deli (after Comanche Road and Quail Ridge Inn sign)

### **look for us at the taos home & garden expo**

Date: March 27, 2010

Time: 9:00 AM - 3:00 PM

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