

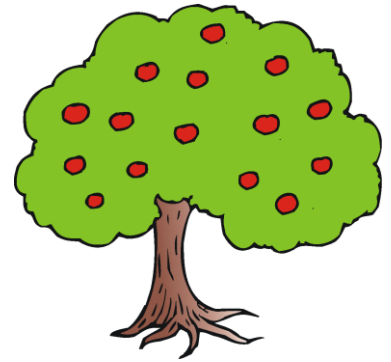
Just a Bite

Quote to ponder under the apple tree

So many weeds, so little thyme.

~ Author unknown

May is **Gifts from the Garden Month** and in case you can't grow your own, **Wildflower Week** also falls in May, giving you a chance to appreciate roadside delights. Therefore this issue of **Just a Bite** takes excerpts from "**In the Garden**," a **MindPlay Connections™** title written to honor the flora in our lives. and available in the Wiser Now store (www.WiserNow.com).



Spread the word: You are encouraged to share *Just a Bite* with your mail list.



What Do You Know about Flowers?

Answers are always given at the end of this bite.

1. Watering potted bulbs with gin or vodka will prevent the flowers from flopping over.

a. True ____

b. False ____

2. The daisy was originally known in England as the "day's eye."

b. False ____

a. True ____

3. The world's most expensive spice is derived from a crocus flower.

a. True ____

b. False ____



Celebrate Wildflower Week All through May

Did you know that 80 percent of all medicinal drugs originate from wild plants? Most remain unstudied. Consider the pink Madagascar periwinkle, (shown here) from which vincristine is derived. Vincristine has increased the survival rate of children with leukemia from 20 percent to 80 percent. What else remains to be discovered? The beauty of flowers is more than skin deep. (Learn more at

<http://www.nps.gov/plants/cw/variety.htm>.)

Lovely Flower Games

I recommend Scramble Squares from www.b-dazzle.com as a great brain game that is inexpensive, comes in more than 100 variations and is adaptable for varying abilities. The basic concept is simple: Take nine 4 X 4-inch squares and form one large square in which the pictures match up on all sides. (In other words, if I have a square which has half a yellow tulip on one side, half an orange tulip on a second side, half a red tulip on a third side and half a lavender-striped tulip on the fourth side, the aim is for all the pieces it touches in my large square to have the appropriate other half.)



While coming to that solution is hard, you can still have fun playing the pieces like dominoes, or all in a line, or in smaller groupings. Plus, as you can see, the design is lovely even when the sides don't match! I've had good luck purchasing many Scramble Squares used from Amazon. To order or view: American Native Flowers, [click here](#); Pansies, [click here](#); Tulips, [click here](#).

Garden Puns

Can you match the beginning to its punny ending?

1. A good gardener's motto is ____
2. The best flowers to kiss ____
3. Looking for oranges on an apple tree ____
4. The raisin wine that he would never ____
 - a. achieve grapeness.
 - b. is a fruitless search.
 - c. are tulips.
 - d. weed 'em and reap.



Answers: Flower Knowledge

1. a – True; bulbs with very long stems flop from the weight of the blossoms. Watering them with 7 parts water and 1 part 80-proof alcohol (such as gin, vodka, whiskey, or rum) stunts the growth of the stem and leaves so that the flowers don't require additional support.
2. a – True; so-named because the flower closed at sunset and opened at dawn.
3. a – True; they make saffron.

Source: <http://encarta.msn.com/encnet/features/quiz/quiz.aspx?QuizID=256>

Garden Puns: 1. d 2. c 3. b 4. a

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- Our **caregiver materials** including the use of improvisational theatre techniques for smoothing out the cares in caregiving.

Additional products authored by Kathy Laenhue can be found at Health Professions Press including

- [Getting to Know the Life Stories of Older Adults](#) - book + CD
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