**TIMELY TIPS MAY 2018**

**THALICTRUM (MEADOW RUE)** 

This Sunday is Mothers Day. My family and I often celebrate by going to a nursery, where I get to shop, unimpeded. One of my all time favorite purchases was: *Thalictrum rochebruneanum* commonly known as Meadow Rue. The genus Thalictrum is in the Buttercup family and includes about 130 species most of them found in the north. All have small, delicate flowers, carried on tall slender stems. The word “rue” refers to the resemblance between the leaves of these plants and the herb rue. The leaves also remind me of columbine or maiden hair ferns. I wish I could show it to you when it is in bloom, but if I were to wait till June or July when it will begin blooming, I wouldn’t be able to fit it in my car. Meadow Rue can grow to be over 9 feet tall.

While there are various strains of meadow rues, this is one of the sturdiest. It is native to Japan and very hardy in our zone. The purplish stems and lush blue green foliage contrast beautifully with the airy, delicate lavender pink flowers that have petite yellow stamens. It can bloom from July, to as late as October. Dead-head regularly to prolong the bloom time. It prefers moist, humus-rich soil, in partial shade. It transplants easily, which is best done in the Spring. Meadow Rue self seeds, so it will slowly spread over time.

It does well as a backdrop or see through plant in a mixed bed or border. It is also perfect for a wild or woodland garden.

Use it as a specimen: in a clump against rock outcroppings, as an accent to a gate or fence or put it in a pot on your deck. You’re going to love your Thalictrum!

Continuing with my Mothers Day theme, I know that many Mothers are probably doing their Spring Cleaning right around now. We deep clean the closets, the appliances, the deck & yard furniture, the pet stuff, etc. etc. We are even concerned with the cleanliness of the air we breathe **IN** our homes. Mold spores and Volatile Organic Compounds are two of the biggest indoor air polluters. After this winter and spring, mold and mildew are probably thriving. The fumes from our common cleansers and disinfectants are big contributors of VOC’s. VOC’s can be up to ten times higher indoors than out. In our attempts to clean and disinfect we are polluting our own air!

**SPRING CLEANING WITH BENEFECT**

 I am not a spokesperson for this product nor do I have anything to gain by mentioning it. My husband hired a company that used it to clean various stinky crawl space areas in our home. My itchy eyes, runny nose, and scratchy throat that developed when we moved in, are things of the past. Who knew I was allergic to the house? **Benefect cleaned my symptoms away.**

Benefect is an antimicrobial mixture of plant extracts (particularly Thyme) that surpasses government requirements for hospital disinfectants and is also classified by the FDA as Generally Recognized As Safe or as a Direct Food Additive. I think that means you could eat it!

Benefect’s botanical active ingredient has no adverse affects to human health or the environment. It contains no ammonia, chlorine, oxidizers or alcohols and has a neutral pH. It is noncorrosive, non flammable, and non reactive. It is environmentally correct!

If you’re really into herbal cleaning products you could make your own cleaner with Thyme and essential oils. Recipes are all over the web.

I have literature about, and samples of Benefect . The company is located in Hamilton, Ontario and they sent me a bunch of sample size spray bottles that you can bring home and try out.

**Happy Mothers’ Day!**