



November/December 2004 Volume 3, Issue 6

M. Bloomers

A Garden Journal



Angels in the Garden Holiday Gala...Debbie McDowell

To most of us, our pets are our angels... We are constantly reminded of just how much our special friends mean to us and how our lives are touched by their presence.

Since our animal friends are so near and dear to our hearts, Martha's Bloomers is dedicating our annual **Holiday in the Garden** to those orphaned pets in our area who long for a caring and loving home. This year's event will be called

Angels in the Garden Holiday Gala.

We invite you to join us on Friday, November 19th for the captivating evening of our annual *Gala Celebration* as we usher in the Holidays by bringing love and support to our pet friends in need. Not only will you be helping a worthwhile cause, you will experience the glitz, festive cuisine, live entertainment and enchantment that only a Martha's Bloomers' Holiday in the Garden can bring to the season.

The evening extraordinaire will include the delectable fare of Café M. Bloomers, with scrumptious food tables throughout the courtyard filled with culinary delights. Enjoy samplings of the very best our kitchen has to offer as you mingle with friends or just enjoy this year's holiday entertainment. And of course,

there will be sinfully delicious desserts of every kind to tempt you during this Gala Event. Your choice of wines and beer will be served at your beck and call throughout the evening.

This Gala will also feature spectacular giveaways, gift shopping, sample items and other special treats and surprises. Also, each of you will leave with a bag of Holiday treats for your pet.

Most of you know the enjoyment of past **Holiday in the Garden** Galas, this year will be no exception. Except this year you will have the satisfaction of knowing that your contribution will help care for our furry friends until they can find a loving home. To attend this festive event, we ask a small donation of \$25. To reserve your tickets by credit card please call our

Angels Hotline
(936) 825-8578.

Enclosed in this issue, you will find a return envelope with ticket order information. Please join us again this year for our Holiday Gala,

Angels in the Garden.

A loving pet is therapy for your heart and mind.



*"Animals are such agreeable friends -
they ask no questions; they pass no criticisms"...George Eliot*



A Time to Give, A Time to Receive...Staff

To those of us who have lost our life-long spousal companion or live alone, our pets are the best friends we have. They never want us to leave home; and when we do, we usually do not look back to see the saddened eyes of the ones who love us.

Coming home is a true love story. The wagging tail, the play toy nudged against us or the purring nester in our lap as soon as we sit down...these are truly creature comforts. These eyes say "I need you, no matter what".

If you have ever visited a shelter, you feel the wistful look in the eyes of the many pets as they watch you walk by...hoping that you will take them home and give them a new life.

After visiting the area animal shelters, our eyes were truly opened to the tremendous need for financial support of these very deserving agencies. Many of the shelters desperately need extra funding to properly care for the many pets that are brought into the shelters each year.

Thousands of animals have been adopted through these caring facilities with the help of devoted employees and volunteers who handle them with love and respect as we do those in our homes.

But there are some pets that are not as fortunate as the ones we have at home. For these Angels, there is no home...yet. But with your help, we can make a better life for them. You can help them by purchasing your tickets to **Angels in the Garden** now.

Purchasing your tickets is easy to do. Use the enclosed envelope to return your check or credit card information. You can also call our Angel Hotline to purchase your tickets by credit card.

Proceeds from this Gala Event will be disbursed among the area animal shelters. So

please join us in our Garden for this wonderful evening as we give a special gift to the Angels that need us so much! Together, we can make a difference in the lives of these Angels.

The Friday before Thanksgiving, November 19th, is the date for the **Angels in the Garden Gala**. Ticket sales will be limited. To reserve your tickets by credit card please call our

Angels Hotline
(936) 825-8578

or mail your check in the ticket-order envelope provided in this newsletter. Better yet, purchase your **Angels in the Garden Gala** tickets or sponsorships online at:

www.MarthasBloomers.com

and click on "**Angels in the Garden Tickets**".

A Time to Give...Today:

Tickets purchased prior to the gala are \$25 per person or \$35 at the door. Sponsorships are available.

If you are unable to attend but would like to make a donation or be an Angel Sponsor, we will gladly accept your donation in the enclosed envelope. All sponsorship donations are tax deductible! Please do it today!

A Time to Receive:

Be an angel sponsor of \$500 or more, and receive free gala tickets, valet parking, special recognition at the Gala, and you will be honored at a special evening dinner for two at Café M. Bloomers. This spectacular candlelight dinner will be in Martha's Bloomers' festive holiday tradition on December 3rd at 7 pm.

Angels in the Garden is an opportunity for you to be personally involved with this heartwarming and gratifying experience.



Volunteers are Needed!

If you would like to volunteer to for this Gala Event benefiting the area animal shelters, please email: volunteers@marthasbloomers.com or contact Shirleen McDonald at (936) 825-7777, ext. 100. Our Special Angels thank you in advance for your help!

Martha's Bloomers proudly sponsors **GARDEN SUCCESS** with Doug Welsh every Thursday at Noon to 1 pm on KAMU-FM 90.9. *Tune in and turn on to more Successful Gardening!*

"Autumn is the eternal corrective. It is ripeness and color at a time of maturity"...Hal Borland



Romancing the Season... Tricia Barksdale, Petals 'n Bloomers

Join us Saturday, November 6th at 11:00 am for a free seminar featuring holiday floral designs using fresh and silk flowers, berries, herbs and greenery. Themes shown will include:

"Woodlands" - the gardener's style brought indoors.

"Heirloom" - connecting family traditions with a new twist.

"Winter White" - always a classic, and at home with any décor.

"Williamsburg" - reminiscent of our country's beginning using cut greens and fruits.

Decorating for the holidays can be over-the-

top elegance or understated coziness. No matter what your personal style, you will find jolly ole ways of expressing it at this seminar.

To register, call our seminar registration line at **(936) 870-4044**

or email: registration@MarthasBloomers.com.

*Order Holiday Arrangements for
your Special Holiday Event!*

Petals n Bloomers Florist

(936) 825-8577



*Fresh-Cut Christmas Trees,
Wreaths and Holiday Greenery*

Carolina Fraser Fir Christmas Trees & Wreaths
Beautiful Poinsettias Fresh Garlands Christmas Cactus

Gift Baskets... Pamela Hays, Café M. Bloomers

The holidays are quickly approaching, and now is the time to make your holiday preparations. This season Café M. Bloomers is offering a variety of gift baskets, including tea gift baskets featuring our signature orange spiced tea, demitasse cups and saucers, and coffee gift baskets featuring the Café's line of flavored coffees. The Café is also offering gift baskets filled with baked goods and packaged in edible peppermint bowls or on edible peppermint trays.

A variety of baskets are available, starting with our:

- "Coffee Mug" Basket from \$9.95
- "Tea & Baked Goods" Basket up to \$49.95.

Order now from our Gourmet Shoppe or Tea Room to avoid the holiday rush.

To Order Your Gift Basket,
call Pamela Hays at the Café

(936) 870-3277.



Master Gardener Classes for 2005!

Grimes County Master Gardener Classes February 2 thru April 26.

Classes are on Tuesdays from 8:30 am until 12:30 pm.

Class will be held in the Go Texan Building at the Grimes County Fairgrounds.

Registration forms at Martha's Bloomers, or contact the Grimes County Agent's office.

"Thanksgiving, after all, is a word of action"... W.J. Cameron



Glamour in the Garden...Holiday Fashion Show...Debbie McDowell, Staff

Snuggling up to a cozy fire, family gatherings and the smell of cinnamon and spice are all blissful reminders of a year coming to a close and festivities that are yet to come. To usher in the upcoming seasonal celebrations, *Café*

M. Bloomers Tea Room and *Petals 'n Bloomers* Floral Boutique are partnering with **Stein Mart** and the **Closest Door** to introduce a stunning display of sparkle, color and texture. Glamour in the Garden will envelop your senses with chic holiday fashion apparel, floral design pieces, and a tastefully divine luncheon!

As wise shoppers, we consistently desire timeless fashion pieces; therefore, our guest emcees Mary Bryant (**Stein Mart**), and Pam Schultz (**Closest Door**), will showcase the hottest designer fashions and accessories to dazzle your way through the season. Some of the designer labels will include Wills River, Carilyn Vaile, Fao Paulo and A.B.S. just to mention a few. And as a personal touch, all of the collections can be seen individually as our models casually stroll from table to table.

This delightful fashion affair wouldn't be complete without our expert floral designer, Tricia Barksdale of *Petals 'n Bloomers* presenting her latest floral creations. Let Tricia show you how to bring elegance and holiday charm to your tabletops, mantels, and doors. Her

unique style and distinct flare for color and texture are reflected in the spectacular arrangements she creates. Many of her beautiful fresh and silk ensembles will be carried by models throughout the fashion show presentation.

Not only will you feast your eyes on the latest fashions, you'll enjoy a glamorous feast of your own! Adding the flavorful touch to this gala affair is a delectable culmination of fine cuisine prepared by our very own Pamela Hayes, the manager and exclusive chef for *Café M. Bloomers*.

The menu for the **Glamour in the Garden Holiday Fashion Show and Luncheon** includes festive holiday quiche, spinach and grapefruit salad, mini croissants with cranberry butter, and of course one of the Café's signature sinful dessert's, chocolate mint cream cake.

Please join us for this glamorous event of fashion, fragrant flowers and fabulous food as we set the holiday season in motion. This is an event that you won't want to miss!

Glamour in the Garden Holiday Fashion Show & Luncheon

Monday, November 29.

Two seatings: 11:00 am and 1:30 pm.

Cost: \$25.00 per person.

Call *Café M. Bloomers* at (936) 870-3277 to make your reservation today. Reservations confirmed by credit card are required. Seating is limited.



Be an "Angels in the Garden" Sponsor!

Garden Tips to Martha and Bloomer...New Feature

Mollie and Marlene write..."Dear Bloomer: We enjoy your column. Here's another suggestion for cracked or broken clay pots. Lay them on their sides in a flower bed, cracked side down and prop them up a little. Fill the pots with pebbles that seem to flow out of them. Two or three different size pots look great together. It's a kind of instant flower

bed decoration, and we like to sit and lounge there, too."

This is a new feature of A Garden Journal. If you have a garden tip for Martha or Bloomer, please let us know!

Just email "tips@MarthasBloomers.com" or write Martha & Bloomer at P. O. Box 999, Navasota, TX 77868.



Gift Cards Now Available Online!

Visit www.MarthasBloomers.com and click on "Purchase Gift Cards Online". Purchase your gift card online and we will gladly send it to you or anyone you wish with your greeting.

"The greatest gift of the garden is the restoration of the five senses"...Hanna Rion



Ask Martha & Bloomer....

Dear Martha: Leaves, leaves, leaves, what should I do with them?

Martha here... Purrsonally, I like to play in leaf piles, but after the fun just run over them with the lawn mower. Apply 2 or 3 inches of the chopped leaves as a winter blanket for your dormant flower beds or garden. Dried leaves are rich in carbon and will enhance your lawn and garden soils.

Dear Bloomer: I am so busy in December that I just don't have time to garden. What would you suggest I do?

Bloomer here... Hibernate...just a little! Curl up with a seed catalog, gardening magazine or a good novel. Enjoy a little dormant time along with your garden.

The Spice of Life...Amy Keilers

As the old adage says, "Variety is the spice of life," but research proves yet another thing about the spices of life. When added to healthier dishes, herbs and spices can deliver extra nutrients to help lower your blood cholesterol or provide antioxidants that fight cancer and heart disease. Try the following tips to spice things up.

Use a teaspoon of cinnamon to top a bowl of oatmeal or add flavor to hot tea. Cellular and molecular research conducted by the University of California, Santa Barbara, Iowa State University and the U.S. Department of Agriculture suggests that cinnamon acts as an insulin substitute for people with type 2 diabetes and may help to prevent and combat certain diseases. *Diabetes Care* reported that when type 2 diabetics were given 1 to 6 gram of cinnamon per day for 40 days, they experienced a significant decrease in triglyceride levels, LDL cholesterol levels and blood glucose levels.

Add fresh oregano to homemade soups or sprinkle some on a homemade pizza. The Johns Hopkins breast cancer newsletter *Artemis* reports that oregano packs an extra pre-

ventative punch because it contains quercetin, which contains strong antioxidant power and helps protect against breast, ovarian and endometrial cancers. In fact, a study conducted by the U.S. Department of Agriculture found that oregano contains 42 times the antioxidant power of apples, 30 times the power of potatoes and 12 times the power of oranges.

Add a teaspoon of fresh grated ginger into muffin or sweet bread batter or add a teaspoon of minced ginger when steaming fresh vegetables. The American Institute for Cancer Research has explored the health benefits of ginger, saying that it can be used to treat nausea, motion sickness and other digestive problems. An article entitled "Ginger aid - the health benefits of ginger" in *Better Homes and Gardens* said that ginger can also reduce blood cholesterol and kill some pre-cancer and early-stage cancer cells.

Other tips to remember... Fresh herbs are more potent and contain more of the ingredients that are good for you. Fresh herbs cook down more than dried herbs, so double the amount. Add a little extra spice in your next dish and let your food work for you!

The Holiday Party Season is Upon Us.... Pam Hays

The holiday season is upon us and there is still time to plan your fabulous event. Café M. Bloomers offers the perfect atmosphere for an intimate gathering or a corporate function.

From an hors d'oeuvres or dessert party to a luncheon or dinner party, Café M. Bloomers has special menus to fit all of your holiday party needs. Café M. Bloomers also offers wine and beer. While the Café does not offer offsite ca-

tering, party trays are available for pick up.

The holiday event calendar is filling quickly, so make your holiday party reservations early!

For more information or to book a party, please contact

Café M. Bloomers

Bonnie Larsen, Events Coordinator
(936) 870-3277

Please Note...Café M. Bloomers will be closed for lunch on Friday, November 19.

"Don't wear perfume in the garden unless you want to be pollinated by bees"...Anne Raver

Calendar of Events...

"Romancing the Season—Floral Designs from Williamsburg to the Woodlands" Seminar - Saturday, November 6 at 11 am. Presented by Tricia Barksdale, Petals 'n Bloomers Florist.

Café M. Bloomers - Friday, November 19—Closed in preparation for the evening's gala event.

"Angels in the Garden Holiday Gala" - Friday, November 19 at 6:30 pm. Enjoy our Angels in the Garden Holiday Gala with hors d'oeuvres, holiday spirits and enchanting live music. Call our Angel Hotline at (936) 825-8578 for your Gala Tickets or use the enclosed envelope.

"Thanksgiving Day" - Thursday, November 25—Closed.

"Glamour in the Garden Holiday Fashion Show and Luncheon" - Monday, November 29 — two seatings: 11 am and 1:30 pm. Sponsored by Stein Mart and the Closet Door. Limited seating for this fashion show and luncheon. \$25 per person. Reservations confirmed by credit card are required. Call Café M. Bloomers at (936) 870-3277.

"Scratch, Dent 'n Seasonal Sale" - Saturday, December 4 from 9 am to 6 pm.

"Orchids for the Holidays" Seminar - Saturday, December 11 at 11 am. Presented by Dr. Rainer Fink, Orchid Specialist.

"Festive Holidays" Tea - Sunday, December 19— 2 pm-4 pm. \$15.00 per person. Reservations confirmed by credit card required. Call Café M. Bloomers at (936) 870-3277.

"Christmas Day" - Saturday, December 25—Closed.

"New Year's Day" - Saturday, January 1—Closed.

For more information on our seminars, visit us at www.MarthasBloomers.com.

Saturday Seminars are Free.

To Register: Call (936) 870-4044 or email us at: registration@Marthasbloomers.com.

We welcome your suggestions for future seminars.

Please email to: suggestions@MarthasBloomers.com

Scratch, Dent 'n Seasonal Sale

Saturday, December 4—9 am to 6 pm

Antiques Home & Garden Décor Pottery Apparel Selected Trees, Plants & Shrubs



Return Service Requested

If you have an email address and would like to receive reminders and special offers, please email us at emailupdates@MarthasBloomers.com to register.

"Naturally," our newsletter is printed on recycled paper which meets or exceeds federal EPA guidelines for recycled paper!

8101 Hwy. 6 Bypass
Navasota, TX 77868



Mon-Sat 9-6 Sun 11-5
(936) 870-4111