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Now that the weather has turned warmer (spring is finally here!) I want to make a pledge to myself to get outside more and to eat more fresh produce. No more wistful glances at my tennis shoes, no more rock-hard winter tomatoes, it's time to celebrate the best of spring and get healthier to boot. I'm not the only one pledging to improve my health. BHG is partnering with GE in honor of National Women's Health Week (May 9-15) to host the [GE Pledge for Better Health](#). I'm entering my pledge in the cool Google map tool, care to join me?

Other cool parts of the program include:

- health articles
- expert-backed tips
- yummy recipes and fun polls
- daily blogs, including one with healthy recipes and meal ideas
- opportunities to share with your friends on Twitter and Facebook



Categories: [Health](#) | Tags: [GE](#), [Health](#), [Pledge for Better Health](#)  
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**Plant of the Day: Hellebore**

April 7, 2010 at 10:35 am, by [Justin W. Hancock](#)

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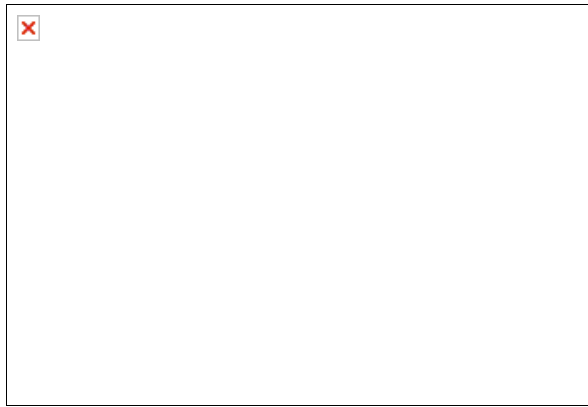
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Looking for a surefire winner for your shade garden? Try [hellebore](#). Hellebore is a long-lived perennial that couldn't be easier to care for. In late winter or early spring it bursts into bloom, showing off cup-shaped flowers in shades of purple, pink, white, cream, and chartreuse. And it looks good for weeks — in fact, the ones in the Better Homes and Gardens® Test Garden are still looking great today. In many areas, hellebore foliage is evergreen (in Zones 5 and colder the leaves can get a little ratty over the snowy season) so you can use it to give your garden a little structure in winter. Best of all, though, it's resistant to deer, rabbits, and other critters that may want to eat it because it's very poisonous. Though hellebores prefer moist, well-drained soil rich in organic matter, they tolerate drought pretty well once established so they can be a good choice for planting under maples or other trees. Categories: [Garden](#), [Plants](#) | Tags: [Hellebore](#), [Plant of the Day](#) [1 Comment](#)

## Print Your Own Fabric & Vinyl Wall Art

March 29, 2010 at 9:30 am, by [Brenda](#), BHG Editor

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This very cool new product from [inkbloom](#) lets you design, color and print your own [fabric](#) or [vinyl wall art](#) with your home printer! They offer [pre made graphics](#) that are easy to recolor to coordinate with other fabrics or designs. Simply [choose your design](#) (or make your own) and print out your fabric in your very own colors for [quilts](#), [bags](#), [pillows](#) and so many other projects! Try printing on the vinyl itself and create your own wall art or [scrapbooking embellishments](#). Check out their [video](#) on how to use Loomtack, the fabric stabilizer and printable vinyl. There's helpful [step-by-step tutorials](#) showing you how to recolor the Inkblocks and print what you've created onto the fabric. I tested the [Zest Collection](#) and printed a few pieces. I think I'll make this small [scrappy strips bag](#) with these fun prints made of juicy summer colors. It's so easy and let's you create one-of-a-kind crafts. By recoloring [inkblocks](#) from different collections there are so many pattern possibilities, my favorite is this [pincushion](#) made from the [tilly](#), [paizley](#) and [julette](#) inkblocks. Find [more fun project ideas](#) that are perfect for using inkbloom products! Categories: [Better Homes & Gardens](#), [Crafts](#), [decorating](#) | Tags: [bags](#), [fabric](#), [patterns](#), [pincushions](#), [purses](#) [2 Comments](#)

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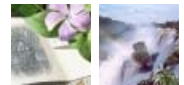
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## Behind the Scenes: Photo Shoot

March 19, 2010 at 12:37 pm, by [Alicia, BHG Editor](#)

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Although tomorrow is the first day of spring (woohoo!), our minds have been on [Christmas](#) this week. We are prepping the 2010 issue of "Christmas Ideas" magazine and wanted to give you a behind the scenes look at one of our photo shoots. Yesterday's subject? Christmas centerpieces. And just like Christmas, our morning started with unwrapping all the goods from their boxes.

Then the team (senior editor Sam Thorpe, [stylist John Loecke](#) and assistant art director Katie Leporte) was ready to pull all of these great Christmas decorations into centerpiece masterpieces. John brought a lot of sketches depicting his ideas and the team consulted the drawings before setting up the centerpieces to be photographed. After lots of careful arranging and rearranging on our prop table top, shooting was ready to begin. Even though Christmas is still months away and we have lots to celebrate between now and then, we can't help but get excited about the big holiday. And we look forward to sharing brand new ways to decorate, celebrate and enjoy the season!



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## Plant of the Day: Gaillardia

March 17, 2010 at 7:22 am, by [Justin W. Hancock](#)

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Gaillardia 'Mesa Yellow'

If you're struggling with what to plant in a hot, sunny spot in your yard, try gaillardia. This easy-care perennial is simple to grow as long as it has at least 6 hours of direct light per day and well-drained soil (amend clay soils with organic matter before planting to increase drainage).

Why do I think [gaillardia](#) is great?

- It has a long bloom season—all summer and through autumn if you remove the spent blossoms.
- It attracts large numbers of butterflies.
- It's a wonderful cut flower.
- It offers blooms in a range of festive summer shades including yellow ('[Mesa Yellow](#)', a new variety for 2010 is shown here), orange, red, and combinations of the three.
- It holds up really well to drought.
- Its small size makes it easy to tuck in the landscape. You can even incorporate it into your container gardens.
- It is relatively deer and rabbit resistant.

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