

Try These Violas

The cheerful blooms of these prolific annuals will brighten your containers and borders and last from fall through spring

As senior director of gardens at the Dallas Arboretum, Jimmy Turner has tested thousands of selections of violas and pansies, but violas remain his hands-down favorite. Why? Because violas are the best performers.

“Violas bloom longer than pansies and are more prolific,” he says. “Newer selections are more tolerant of cold weather, and they are all resistant to bugs and mildew.”

These easy-to-grow, colorful plants bloom in

white, yellows, oranges, pinks, reds, purples—even black.

“Gardeners often think viola flowers won’t show up from a distance because they’re so small, but one plant may have hundreds of flowers at a time, while larger-flowered pansies have only two or three blossoms,” Jimmy explains. “The total amount of color is what we’re looking for. I actually use violas in the arboretum’s winter and spring designs because they are so floriferous that, from a distance, you can’t even see the foliage. They just become solid borders of color.” ⇨



Give violas a lift by planting them in a strawberry jar; create a striking combination with ‘Sorbet Plum Velvet’ and ‘Sorbet Icy Blue’ violas.

CREATE THIS CONTAINER!

Use a lightweight, premixed potting soil that includes a slow-release fertilizer. Add damp soil up to the first level of holes in the side of the jar. Insert violas from six-packs. Add soil up to the next level of holes, and plant. Repeat until you’ve planted the whole jar. Water gently.



PATIENT INFORMATION
LOVAZA® (iō-vā-zā)
(omega-3-acid ethyl
esters) Capsules

LOVAZA
omega-3-acid ethyl esters

Read the Patient Information that comes with LOVAZA before you start taking it, and each time you get a refill. There may be new information. This leaflet summarizes the most important information about LOVAZA and does not take the place of talking with your doctor about your condition or treatment.

For more information, visit
LOVAZA.com or call 1-877-LOVAZA1

What is LOVAZA?

LOVAZA is a prescription medicine, called a lipid-regulating medicine, for adults. LOVAZA is made of omega-3 fatty acids from oils of fish, such as salmon and mackerel. Omega-3 fatty acids are substances that your body needs but cannot produce itself.

LOVAZA is used along with a low-fat and low-cholesterol diet to lower very high triglycerides (fats) in your blood. Before taking LOVAZA, talk to your healthcare provider about how you can lower high blood fats by:

- losing weight, if you are overweight
- increasing physical exercise
- lowering alcohol use
- treating diseases such as diabetes and low thyroid (hypothyroidism)
- adjusting the dose or changing other medicines that raise triglyceride levels such as certain blood pressure medicines and estrogens

Treatment with LOVAZA has not been shown to prevent heart attacks or strokes.

LOVAZA has not been studied in children under the age of 18 years.

Who should NOT take LOVAZA?

Do not take LOVAZA if you:

- are allergic to LOVAZA or any of its ingredients.

What should I tell my doctor before taking LOVAZA?

Tell your doctor about all of your medical conditions, including if you:

- drink more than 2 glasses of alcohol daily.
- have diabetes.
- have a thyroid problem called hypothyroidism.
- have a liver problem.
- have a pancreas problem.
- are allergic to fish and/or shellfish. LOVAZA may not be right for you.
- are pregnant, or planning to become pregnant. It is not known if LOVAZA can harm your unborn baby.
- are breastfeeding. It is not known if LOVAZA passes into your milk and if it can harm your baby.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicine, vitamins, and herbal supplements. LOVAZA and certain other medicines can interact. Especially tell your doctor if you take medicines that affect clotting such as anticoagulants or blood thinners. Examples of these medicines include aspirin, nonsteroidal anti-inflammatory agents (NSAIDs), warfarin, coumarin, and clopidogrel (PLAVIX®).

How should I take LOVAZA?

- Take LOVAZA exactly as prescribed. Do not change your dose or stop LOVAZA without talking to your doctor.
- Your doctor should start you on a low-fat and low-cholesterol diet before giving you LOVAZA. Stay on this low-fat and low-cholesterol diet while taking LOVAZA.
- Your doctor should do blood tests to check your triglyceride and cholesterol levels during treatment with LOVAZA.
- If you have liver disease, your doctor should do blood tests to check your liver function during treatment with LOVAZA.

What are the possible side effects of LOVAZA?

The most common side effects with LOVAZA are burping, upset stomach and a change in your sense of taste.

LOVAZA may affect certain blood tests. It may change:

- one of the tests to check liver function (ALT)
- one of the tests to measure cholesterol levels (LDL-C)

Talk to your doctor if you have side effects that bother you or that will not go away.

These are not all the side effects with LOVAZA. For more information, ask your doctor or pharmacist.

What are the ingredients in LOVAZA?

Active Ingredient:
Omega-3-acid ethyl esters
Inactive Ingredients: Gelatin, glycerol, purified water, alpha-tocopherol (in soybean oil)

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PLAVIX is a registered trademark of Sanofi-Synthelabo.

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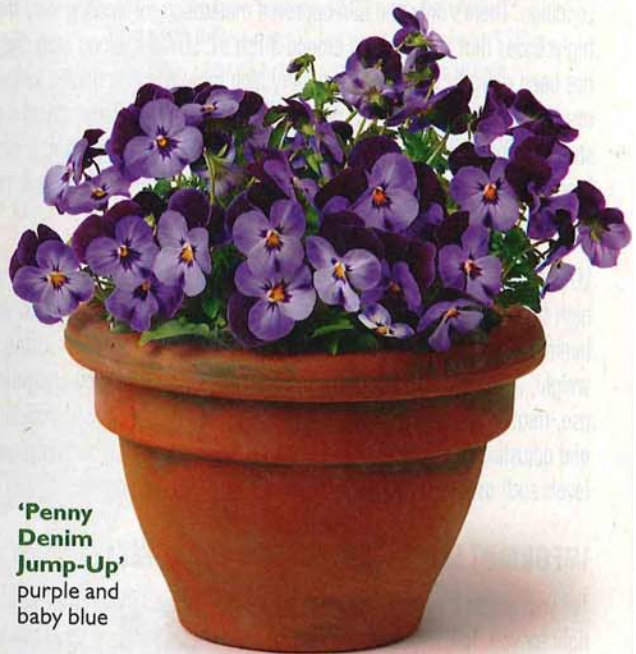
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gardens GARDENING 101

— TAKE IT FROM A PRO —

Look for These Blooms

Horticulturist Jimmy Turner says, "From the heirloom Johnny-jump-ups that reseed themselves to the latest selections of violas, they all perform." He's never met a viola he hasn't loved, but when pressed to choose favorites, he suggests the ones you see here. To find out about the top choices from the Dallas Arboretum's plant trials, visit dallasplanttrials.org.



'Penny Denim Jump-Up'
purple and baby blue

Keep Your Violas Happy

PLANTS: For borders and large containers, buy transplants in 3- or 4-inch pots and space plants 8 to 12 inches apart. They'll get your violas off to a better start than smaller six-packs would. (The tiny root-balls of six-packs do work well in strawberry jars, though.)

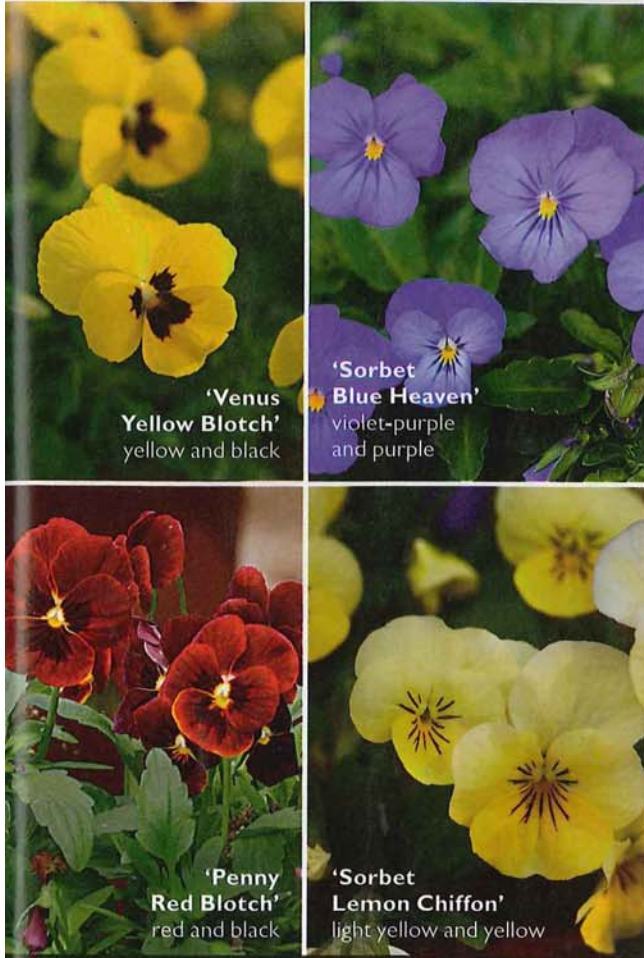
LIGHT: Full sun is best (at least four to six hours a day), although they can take some light shade.

SOIL: Violas need well-drained, loose soil that is rich in organic matter.

WATERING: Keep soil slightly moist. (Terra-cotta containers can dry out quickly and may need more regular watering. Glazed pots will dry out slower.) As the days cool, you can water less, but always give violas a drink if they begin to droop. Make sure your plants are well watered if freezing weather is forecast, especially ones in containers. A light covering of mulch, such as pine straw, can also help protect plants during cold days.

FEEDING: Incorporate a balanced fertilizer, such as a 10-10-10,

TENNY RED BLOTCH PHOTOGRAPH: VAN CHAPLIN



'Venus Yellow Blotch'
yellow and black

'Sorbet Blue Heaven'
violet-purple and purple


'Penny Red Blotch'
red and black

'Sorbet Lemon Chiffon'
light yellow and yellow

into your soil at planting time. Use a slow-release granular food, or try an organic food, such as Dynamite Organic All-Purpose (10-2-8). Other organic amendments you can use at planting include blood meal and cottonseed meal.

GROOMING: Deadhead plants regularly to encourage blooms and keep plants well groomed. **Tip:** Group several small vases or vintage bottles on a windowsill, and fill them with violas. The warmth indoors will bring out their fragrance.

PESTS: Violas are generally bug free, though you may see aphids in plants that are overwatered or stressed. Wash aphids off your plants with a strong stream of water from a hose, or use an insecticidal soap. Rabbits and deer love these flowers. To discourage four-legged diners, add violas to your high-hanging baskets.

CLIMATE: In the Lower, Middle, and Coastal South, you can begin planting violas. In the Upper South, you can plant, but you may have the most blooms in spring. In the Tropical South, wait until November to begin planting. 



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