FROM THE DIRECTOR’S DESK
“Mary, Mary, quite contrary, how does your garden grow...?”

What better time than in the dead of winter to plant your own indoor container garden! February seems to be the longest “short” month of the year. It is usually dreary and cold and seems to hang on well past its welcome. Why not change that for yourself this year? All you will need is a little patience, soil, a small pot and the plants or seeds of your choice.

Here’s how to get started:

Choose your container - Almost anything can work, provided it has proper drainage. A good rule-of-thumb is to allow at least one, 1 inch hole in the bottom center of the pot. It’s also a good idea to cover the bottom inside of the pot with a thin layer of loose pebbles or pieces of a broken clay pot. This helps your plant to stay moist, but not waterlogged.

Assess how much sun your container will get - Six or more hours of sun per day is considered “full sun.” Decide where you would like to place your planter and time the intervals of sunshine the spot gets throughout the day. The amount of sun your pots get will determine what you can plant in them.

Buy the right soil - Purchasing soil that is specific to container gardening will help your plants to thrive. Some soil is sold with time-released fertilizer already in the mix. If you purchase this type of soil, make sure you continue to use an organic, granulated fertilizer after the time has lapsed for the fertilizer in the soil. Remember, many plants will not grow well unless you use fertilizer, and each plant species is different. Take care not to use topsoil or gardening soil. These types of mediums do not work well for container gardening.

*Flip to page 4 for the rest of this Director’s Desk!*
In September, ETS Seniors visited Eastern Kentucky University and University of Kentucky last September. RIGHT: in the UK library. BELOW: current EKU students and ETS alums, Allison & Makenzie! BOTTOM RIGHT: In October, 10-12th graders visited Morehead State University.
10-12th graders visited Wright State University in Dayton, OH and then toured the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base in Fairborn, OH in November. In December, 8-9th graders visited the Columbus, OH Center of Science and Industry.
Plants or seeds? - If you choose to plant seeds in your container, zinnias, marigolds and dahlias sprout well and are easy to grow. If planting seeds, follow the directions on the seed packet for depth and watering. If you prefer plants that vine, you may wish to try English ivy, sweet potato vine or portulaca. This is where the fun part comes in! Select plants that you think you would enjoy taking care of and make sure the container you select and the spot you choose are suitable.

Planting your container - Planting your container is often the easiest part of the whole process and usually takes the least amount of time. Fill your container with potting soil 1 to 2 inches from the top of the pot. This allows for easier watering. If planting from a small pot, turn the pot upside-down and gently loosen the plant, taking care not to pull the plant out. If you are having difficulty, run a small knife around the inside of the pot to loosen the soil. If the roots are tightly bound, loosen the roosts gently. You can even cut some of the loose roots off without hurting the plant. Dig a hole in the center of your pot and spread the roots out as evenly as you can and then cover. Make sure you do not cover the crown of the plant where the stem meets the roots.

Watching your plant thrive - All you need to do now is place your container in your chosen indoor location and watch it grow! For seeds, water thoroughly after planting and watch for them to sprout. Most seeds sprout in 7-10 days. For existing plants, water them once a week, making sure to cut off any dead leaves, stems or flowers. This allows all the plant’s energy to refocus itself to other parts of the plant.

Enjoy the beautiful plants that you have nurtured and cared for. Spring is right around the corner!

Lisa M. Brinkman
Director

These photos show another selection of Lisa’s own container garden: violets (top), an orchid and another violet (left).
We’re half-way through the school year. It’s winter. We’re ready for warmer weather. Like Lisa mentioned in Director’s Desk, it’s not too early to start planting and thinking about those months ahead. While you’re thinking about what you’d like to do when weather is warmer, also think about what you can do to finish your year strong. These conversation heart tips are here to help.

Here are our Valentines for you!

From top left:
SHOW UP (Be at school and be on time); TRY YOUR BEST; PREPARE (AKA study!);

DO YOUR WORK; SLEEP; DON’T HATE (i.e., be positive!);

DESTRESS (find time for the things you enjoy); CARE (Apathy isn’t doing anyone any favors. Find what you care about, and turn to that for inspiration and motivation.); 100 (Be you and do right by yourself. Don’t let stress or distractions keep you from accomplishing your goals.)
# UPCOMING EVENTS

There are great trips in store for the second half of the year! Save these dates.

<table>
<thead>
<tr>
<th>EVENT DATE(S)</th>
<th>EVENT DESCRIPTION</th>
<th>PERMISSION FORM DETAILS</th>
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<tbody>
<tr>
<td>Tues. April 4, 2017</td>
<td>8-10th grades NKU/UC College Visit</td>
<td>Tues. March 14, 2017</td>
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**REMEMBER:** All event dates and details are subject to change. If you ever have a question about an ETS event, call 859-448-8941. We also post field trip permission forms online at ets.nku.edu and facebook.com/nkuets.

**HAPPY 2017!**

FROM LISA, ALLYSON & SHELBY