The July
HORT REPORT

LANDSCAPE MAINTENANCE

- Divide and replant crowded iris beds after August.
- Apply preventative white grub treatments, late June thru mid-July.
- Expect some leaf fall, a normal reaction to drought. Water young plantings well.
- Mowing heights for cool-season turf grasses should be 3 inches during the hot and dry summer months. Gradually raise mowing height of Bermuda grass lawns from 1 ½ to 2 inches.
- Vegetative establishment of warm season grasses should be completed by the end of July to ensure the least risk of winter kill.
- Brown patch disease of cool-season grasses can be a problem.
- Meet water requirements of turf.
- Fertilization of warm-season grasses can continue if water is present.
- The hotter and drier it gets, the larger the spider mite and aphid populations will become! Spraying plant foliage will provide partial relief of these pests.

10 CROPS THAT GROW IN 60 DAYS

Summer is in full swing, and it has me thinking about the tasty fall crops you can still sow if you want to squeeze in just a little more gardening. I suggest trying these frost tolerant crops. These can even be more enjoyable in late summer because cool temperatures of fall will sweeten my leafy greens and I can worry less about bolting. You may notice these crops seem to take longer – and you are correct! Late summer/early fall crops may take a couple more weeks to reach maturity as hours of daylight shorten and temperatures cool.

Try 10 of my favorite varieties to sow in late summer. They will not disappoint!

1. **ARUGULA** – sown in late summer/fall provides a mellower flavor and attracts flea beetles less than spring-sown crops.
2. **BEETS** – are silky, earthy, and delicious. Try them roasted, pickled or raw.
3. **BROCCOLI RAAB** – is so fast and what a delicacy! You can cut it 3 times and keep enjoying the delicate, slightly spicy flavor for weeks.
4. **COLLARDS** – are heat tolerant and survive in temperatures as low as 20 degrees. This is a productive heirloom green.
5. **KALE** – just keeps going past the first frost and keeps getting sweeter. Dwarf Blue Curled is very cold tolerant.
6. **KOHLRABI** – has the crunch of an apple and is mildly sweet with a touch of a mild radish flavor. Try is raw with a sprinkle of salt.

7. **LETTUCE –** a staple in the garden all summer long. There are many different varieties and I recommend you try them all!
8. **PEAS –** are for fall too. Sugar Bon and Wondo are two you should try.
9. **RADISHES –** late summer is the time to sow winter radishes. Try Daikon, great for the soil and delicious.
10. **SPINACH –** Sweetened with the cooling temperatures and can over winter. Sow every couple of weeks to always have on hand.

TOMATOES: COMMON PESTS AND DISEASES

Tomatoes are a garden staple, but sometimes pests and disease can make growing them a bit more of a challenge. With these tips for prevention and a watchful eye you can identify and eliminate any issues that arise right away.

Prevention is the key to a healthy garden.

Follow these steps:

1. Water the soil, not the leaves, and try to prevent splashing. Wet leaves can promote fungus, and soil splashed onto leaves can spread soil-borne diseases.
2. Scout plants regularly, every 7 – 10 days. Look for eggs, insects (friends & foe), and signs of disease like brown spots on leaves. Take immediate action as treating early is always most effective.
3. Avoid stressing plants. Stressors include drought, over/under fertilization, and transplanting without hardening off.
4. Season-long cleanup. Remove any diseased plants to avoid the spread of disease, and keep the garden weeded as weeds may carry disease that are spread by insects or contact. DO NOT compost diseased plant material, as it can persist.
5. Rotate tomatoes and other crops like peppers, eggplant, and potatoes so that they are not grown in the same area more than one time in three years.
6. Clean up the garden at the end of the season to prevent pests and disease from overwintering on plant debris.

Management... Diseases are often caused by fungus or bacteria. Once a plant has a disease you can generally only manage the spread of the disease, making early identification and treatment SO important. Most fungal or bacterial diseases can be organically treated using copper or sulfur. If you must treat for insects, apply pesticides in the evening, night, or early morning and avoid applying it to flowers. These practices keep your garden safe for pollinators.

Disease/Pests...

BLOSSOM END ROT – is a common but fixable tomato problem. The most obvious symptom is a dark area at the blossom end of the tomato, resulting from a lack of calcium to the fruit. The main cause is usually not a calcium deficiency in the soil, but drought stress followed by excessive moisture; this fluctuation reduces the

plant's uptake of calcium. Avoid blossom end rot by watering deeply on a regular basis and mulching after the weather warms up and plants are well established. Over fertilizing is another contributor to blossom end rot. Don't add too much Nitrogen as this can cause the problem to occur also. NOTE* I have a really good information handout on BLOSSOM END ROT… And all the reasons it is caused. Come in and visit with me and pick up your copy today!

TOMATO HORNWORMS – are green thumb-sized caterpillars that bore into fruit and strip away foliage. They can be organically controlled using Bacillus thuringiensis (Bt), or Spinosad, and/or handpicking them. Bt and Spionsad kill all types of caterpillars so avoid spraying unaffected plants or butterfly host plants.

FLEA BEETLES – are tiny, hopping pests that chew small holes in leaves and rapidly skeletonize the leaves especially in spring when they are most active. They eat several varieties of plants including alyssum, mustard, broccoli, cauliflower, kale, cabbage, potatoes, and tomatoes. Control with Spinosad or Neem Oil based insecticide. Planting nasturtiums nearby will help deter the beetles.

THRIPS - cause tiny, beige stippling on leaves and spots on fruit where they feed. Thrips also spread disease. Spinosad is an organic control.

CUTWORMS – are larvae of the black cutworm moth which feeds on vegetable stems and flower seedlings at night. There is usually only one generation per year. One week before setting out transplants, spread Bacillus thuringiensis over surface of beds.

APHIDS – are among the most common garden pests. They feed by sucking plant sap, which causes distorted leaves, buds, and flowers, sometimes spreading viruses in the process. Aphids excrete a sticky honeydew which attracts ants, and is a host for black, sooty mold. Knock aphids off plants with a steady stream of water – repeat frequently as needed. There are many native predators and parasites that can control aphids; attract them by planting pollen and nectar plants. For heavy out breaks, spray insecticidal soap or Neem oil sprays. Oil sprays work by smothering the insects and mites they meet; thus, thorough coverage is important.

TO BE HUMAN IS TO EXPERIENCE BIOPHILIA

Biophilia literally translates to "love of life". It is the idea that fascination and communion with nature stem from an innate, biologically driven need to interact with other forms of life such as animals and plants.

JOY – Every exposure to nature. From caring for plants to just sharing a space with organic elements… promotes a sense of well-being.

CONNECTION – Relationships define the quality of life. We are here to nurture connections between people and plants and the places in which they both thrive.

GROWTH – Cultivating our spaces, both the places we inhabit, and our internal realms, allows us to reflect, restore, and transform for the better.

Plants to the rescue... plants have the "power" to elevate our mental health and boost our spirits.

Here are seven 7 ways plants can enhance your mood and lift your spirits:

1. **REDUCE STRESS** – Time spent in natural settings can help speed up mental fatigue recovery, slow down heart rate and anxiety, and reduce blood pressure.
2. **INCREASE MEMORY RETENTION** – Walking through green spaces helps you focus better, concentrate, and have better working memory.
3. **ELEVATE YOUR INTELLECT** – Architecture that incorporates the geometry of natural elements enhances quality of life and can produce a healing effect.
4. **DECREASE SYMPTOMS OF DEPRESSION** – After taking a walk in a natural environment compared to a walk in an urban environment, researchers discovered: an increase in the person's mood, fewer incidents of depressive symptoms, increased memory span, and decreased symptoms of anxiety.
5. **LESSEN SYMPTOMS OF DEMENTIA** – Researchers found dementia patients cognitive abilities improved and incidents of aggressive behavior decreased when they became involved in gardening activities.
6. **BOOST CREATIVITY** - Researchers reported subjects who took nature walks or visited parks experienced boosts of creativity, mood, and sense of vitality.
7. **IMPROVE YOUR QUALITY OF LIFE** – Psychological well-being improved amongst those who interacted with nature, and reported greater feelings of positivity, hopefulness, comfort, relaxation, and overall happiness and satisfaction of life.