

PHYTONUTRIENT GARDENER'S JULY GUIDE

July is when sit back and enjoy!!

In the Phytonutrient Garden



Set out fall tomatoes, peppers, and eggplants late this month. Sow Halloween pumpkins. Clean up the garden, then mulch the bare soil to conserve moisture. You will want to Add 2 to 3 inches of mulch to retain water.

In the Phytonutrient Garden



Late in the month, cover fruit trees with nets to protect fruit from birds. Spread compost on areas where you plan to grow fall veggies and flowers. For fall harvest, plant lettuce, carrots, beets, turnips, early beans, cabbage, and summer squash. Protect peppers, tomatoes, eggplants, and lettuce from sun scald with partial shade.

In the Phytonutrient Herb Garden



You can still grow just about anything so continue to sow seeds of: Anise, Basil, Bay, Catnip, Comfrey, Cumin, Fennel, Germander, Horehound, Lamb's Ear, Lavender, Oregano, Perilla, Rosemary, Sage, Summer Savory, Winter Savory, Sorrel, Southernwood, Tansy, Tarragon, Thyme.

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Think about this...

The dog days of summer are upon us, which means plenty of hot weather. Between now and mid August everything slows down in the garden so we can start spending less time doing and more time enjoying. But for those who need to keep busy, there are always a few things you can do to keep your garden looking beautiful. Whenever it's hot, try to schedule these tasks for morning or early afternoon.

If the weather turns dry, avoid fertilizing your plants. It will further stress your plants to put energy into new growth during periods of drought.

Raise the blade on your lawn mower. The tall grass will keep the roots cool and conserve moisture – a must during the hot, dry weather typical of July.

Now is a good time to make rose cuttings. Choose stems that are just under the diameter of a pencil. Make your cut at an angle just above a leaf node. Be sure the cutting is at least 4 to 5 inches long and has a couple sets of leaves.

Tomato horn worms are large with green and white stripes and a red "horn" near the end. Hand picking is the best method of control. However, if you see one covered in tiny, upright eggs leave it be. These are cocoons of the braconid wasp, a predator of the tomato horn worm.

Finally, remember that some potted plants may need daily watering. Small pots, hanging baskets and window boxes for sure!