

PHYTONUTRIENT GARDENER'S JUNE GUIDE

June is when the harvesting gets going!

In the Phytonutrient Garden



Take cuttings from your favorite shrubs when the branch wood hardens slightly,
Set out seedlings of late-summer flowering annuals, Add a layer of mulch (2-3 inches) around newly planted trees and shrubs
Cut back and thin out diseased or spindly branches of spring-flowering shrubs
Fill flower garden gaps with larger sizes of summer-blooming annuals

In the Phytonutrient Garden



Transplant tomatoes, eggplant, peppers, sweet potatoes, southern peas, and other heat-loving veggies, if you have not yet done so. Now is the time to plant Black eyed Peas, Okra, Pumpkin, New Zealand Spinach, Malabar Spinach, Winter Squash.
Fruits: Cantaloupe, Honeydew, Watermelon.

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...

School's out! Summer vacation is a great time to start gardening with your kids.

Gardening can be good exercise and is a wonderful activity to share with your children. Weeding, watering, planting, and identifying insects and bugs in the garden help to educate and instill an enthusiasm in children for the natural world. The magic of seeing a big, beautiful sunflower or zinnia emerge from a tiny seed is enough to turn anyone into a lifelong gardener. For that matter, it's not too late to plant cantaloupe or watermelon. Melon seeds are large and easy to handle and most germinate within 7 to 10 days. It's such a treat to watch these melons gradually develop into big, sweet juicy fruit.

You can find kids hand tools, hoes, rakes, gloves, watering cans, watering wands, books and more at nurseries and big box stores - all will make your child's experience more fun.

