



## Henderson County Master Gardeners Weekly News Article      May 29, 2017

### June Garden To-Do List

by Lydia Holley

Nat King Cole sang “Roll out those lazy, hazy, crazy days of summer”, and those summer days are upon us. To keep from going crazy, break down your June garden chores into priorities. Highest priority should be harvesting vegetables as needed. Potatoes, beans, tomatoes, onions, cucumbers, squash, and some other vegetables will mostly likely need to be harvested this month. Monitor the weather, and keep your vegetables and ornamental plantings well watered if rain does not occur regularly.



Continue to keep your ornamental plants deadheaded, so new blooms can form quickly. If you have empty spots in your garden, you may plant annuals to fill in the spots, or plant seeds such as zinnias, cosmos and gomphrena. If you wish to place a perennial or shrub in the empty spot next spring, mark the spot with a short bamboo stake or colored flag. Or, if you have children running through your garden and are afraid of them (or you) falling on the stake, place a pot filled with annuals in that particular space. It will give you beauty and color now, and the pot will be a visible reminder where you need to place a plant later.

Just for fun, make a point to plant something with a child or grandchild this summer. A row of sunflowers will grow fast and can amaze young and old alike with their towering heights and large seed heads. You could make a lifetime of memories if you choose to plant a sunflower playhouse by planting sunflower seeds close together in a large semi-circle, leaving just enough room for a doorway.

If you are interested in having a fall vegetable garden, this is the time to prepare your soil and/or build raised beds. Start seeds indoors for peppers, eggplant and tomatoes to plant next month.

All gardeners need to know the signs of heat exhaustion. While working outdoors, be aware of the heat and your body’s responses. Several years ago, I was with my father when he began to suffer from heat exhaustion, and it was very scary. Thankfully, my father ended up o.k., but it could have been very serious.

Since then, however, I have been very aware that bodies have limitations, and am respectful of the heat and the potential damage it can cause. Signs of heat exhaustion include fatigue, confusion, agitation, rapid pulse, difficulty breathing, and absence of sweating (dehydration). You may also experience dizziness, nausea or vomiting, weakness, headache, or muscle cramps. If you have any of the symptoms listed above, it is best to get medical attention immediately. People that have suffered from heat exhaustion are more susceptible to having it again.

Remember to take lots of breaks, drink plenty of water, and if you are planning on working outside all day, have a buddy check on you throughout the day. It is also o.k. to be a little lazy during these crazy days of summer.

*For more information, call 903-675-6130, email [hendersonCMGA@gmail.com](mailto:hendersonCMGA@gmail.com) or visit [www.henderson-co-tx-mg.org](http://www.henderson-co-tx-mg.org).*