

URBAN DIRT

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IN THE GOOD OLD SUMMER TIME



Summer is a great time for pool side fun, air conditioned movies, or mall walks, but gardening? Some days it seems difficult just to walk outside, never mind gardening. However, we still have some wonderful reasons to step back into that garden. First of all, if this is the year you planted tropicals, this is the time

to enjoy them in all their glory. Water gardens are also at their best this time of year. Summer harvests should keep you running back and forth to the garden for herbs, fruit and salad ingredients.

There are, however, some chores that still need tending to. Make sure your garden mulch has been replenished, plants need protection from the heat too! It will also cut down on rampant weed growth. Get a big glass of lemonade and look around your garden (hopefully in the morning or early evening) for plants that are in trouble from summer time heat. Make sure they are getting enough water and make a mental note to transplant the plants that are getting too much sun, to a shadier location during the winter dormant season. Watch for signs of drought on your fruit trees and water well or else next year's crop will rather sparse.

Also, take of yourself when you are in the garden. Remember to wear sun screen and take a big pitcher of water with you while you work, you might also consider a large gardening hat for shade. Take frequent breaks and watch out for symptoms of heat exhaustion or sun stoke. It's important to know the difference, **heat exhaustion** signs are: cold, clammy skin, heavy sweating, dizziness, nausea, rapid pulse, throbbing headache or pressure in your head. **Heat stroke** is similar, but the main symptoms are: warm, dry, skin, no sweating or sometimes heavy sweating, high internal fever, slow pulse, pale grey skin, it can lead to confusion and unconsciousness. Get immediate emergency medical care if you suspect heat stroke. Both conditions are helped by: getting out of the heat, cooling with ice packs and rehydration.

I hope this doesn't scare you away from gardening, have a safe, happy summer!

___Pam Libby

JULY: 7/15/97

Executive Board	5:30 p.m.
Dessert and Coffee	6:30 p.m.
General Meeting	7:00 p.m.

SUBJECT:

"Saving Seeds and Advanced Propagation Programs Techniques."

Speaker: Tom LeRoy, Advisor and County Extension Agent-Horticulturist..

AUGUST: 8/19/97

Executive Board	5:30 p.m.
Dessert and Coffee	6:30 p.m.
General Meeting	7:00 p.m.

SUBJECT:

To be announced

Speaker: "TBA"