

JULY 2025

# GARDENING TO DO'S



## Cultivating Freedom & Growth

As we celebrate Independence Day and the spirit of freedom, July is the perfect time to reflect on the joy of growing your own food, flowers, and community. Whether you're sowing seeds, harvesting herbs, or simply tending to your soil, every act of gardening is a small expression of independence, sustainability, and care for the world around you.

### Midseason Momentum

We're reaching the halfway point of our growing season—but don't worry, there's still plenty of time to plant and harvest!

#### Still Time to Grow

##### Lettuce & Greens

- Choose heat-resistant varieties like 'Buttercrunch' or 'Jericho'.
- Try the "cut and come again" technique: harvest outer leaves once they're 4-6 inches tall to allow continual regrowth.

##### Tomatoes

- Use transplants, not seeds—most varieties need 60-100 days to mature.
- Water deeply and regularly; mulch to retain moisture and control weeds.

##### Sunflowers

- Great for pollinators and later as a seed source for birds.

##### Summer Squash

- Fast-growing and productive.
- Harvest regularly to encourage more fruiting.

##### Green Beans

- Both bush and pole varieties can be sown now.
- Keep picking to promote new blooms.

##### Herbs

- Basil - loves heat; pinch blooms to extend harvest.
- Lavender - needs full sun and well-drained soil.
- Oregano, Sage, Thyme - drought-tolerant and flavorful additions to any meal.

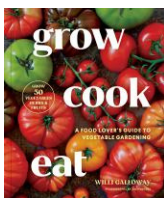


### Bonus Tips for July Success

- Water Wisely: Early morning is best to reduce evaporation. Deep, infrequent watering strengthens roots.
- Mulch It Up: A 2-3 inch layer of organic mulch keeps soil cool, moist, and weed-free.
- Deadhead Flowers: Remove spent blooms to encourage more flowering.
- Check for Pests: Aphids, Japanese beetles, and squash vine borers are common in July. Inspect plants regularly and use eco-friendly controls.

### Book Suggestion

Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening by Willi Galloway



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