

## Digging Deap

# Your Garden is Your Canvas This June

By Cynthia Brian

*"The world is but a canvas to the imagination." Henry David Thoreau*



*Cymbidiums are blooming in abundance outdoors.*

With summer approaching quickly, June is possibly one of the busiest months. Graduations, Father's Day, weddings, birthdays, vacations, swim meets, pool parties... it seems that these 30 days offer the most opportunities for celebrations.

It is time to fire up the barbeque, sweep the patio, freshen the flowerbeds and get ready for some serious fun. By growing your own food, you and your family will be healthier, happier, and enjoy more exercise. Get your children involved in the seed sowing, planting, and caring process to help them understand how food travels from the ground to the table. Allow your garden to become your artistic canvas to showcase your imagination and creativity throughout the summer.

### SEED SOWING

This is a fun project to do with children, providing pride in growing. Start with radishes, lettuces, kale, zinnias, marigolds, or beans as they germinate quickly. An edible garden is especially popular with young kids.



*Sweet peas reseed and climb wire or fences. Excellent for cut bouquets.*

- **RECYCLE** plastic six-packs, flats, and pots to use to grow your own seedlings. Wash well before beginning the process and make sure the drainage holes are not plugged.
- **HANG** a shoe organizer on a sunny wall with the pockets filled to three-fourths full with soil for a fun vertical garden that is especially excellent for herbs, lettuces, and other compact plants.
- **BUY** sterile seed-starting mix, which doesn't have any soil in it when you want to plant seeds in a container.
- **READ** seed packets carefully. It's critical to know how to plant each variety of seed, what amount of water, sunshine and care it will need. You also want to know how big the plant will become.
- **PLANT** extra seeds as many will not germinate.
- **KEEP** seedlings moist or they will shrivel and die as summer approaches.