



G O L D E N A C R E
H O M E & G A R D E N

SINCE 1967

Long haul gardening.

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Summer gardening.

- Can be harder to get motivated.
- Hotter.
- Plants can “slow down”.
- Water is essential.
- Fertilizer program is key.
- Healthy soil.
- Enjoy your space your way.
- Still time to plant or even start seeds.





Motivation sappers!

- Heat.
- Tiredness.
- Other distractions.
- Novelty has worn off.
- Plants and blooms have slowed down.
- Never ending bugs and weeds....

Get motivated ☺

- Beat the heat –
 - Garden early morning or late evening.
 - Appropriate clothing.
 - Water. Then more water.
 - Slow it down.
- Tiredness –
 - Small batches of success.
 - Focus on priority.
 - Save energy.
 - Teamwork.



Get motivated ☺

- Other distractions.
 - Get garden ready before vacation.
 - Plan-ahead for free time to garden.
 - Remember essential vs aesthetic.
- Renewing interest and novelty.
 - Start new plants and seeds.
 - Divide perennials.
 - Garden party.
 - Install new bed, décor, fountain.



Get motivated 🤪

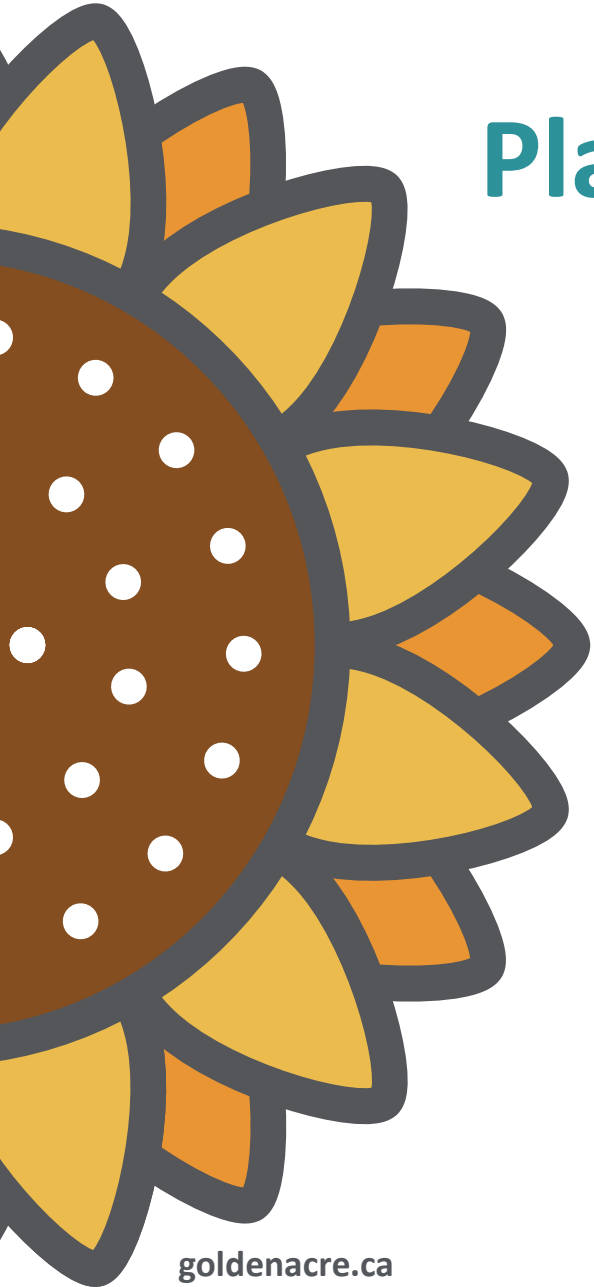
- Plants and blooms reinvigorated.
 - Keep deadheading.
 - Keep fertilizing.
 - Increase water.
 - Move pots around.
- Bugs and weeds.
 - The more you treat the easier it becomes.
 - Predator bugs.
 - Water accordingly.
 - Act fast before it becomes an issue.
 - Weeds are a mind set... 🤪
 - Provide for the birds and good bugs, you'll get less weeds and bad bugs.





Summer heat.

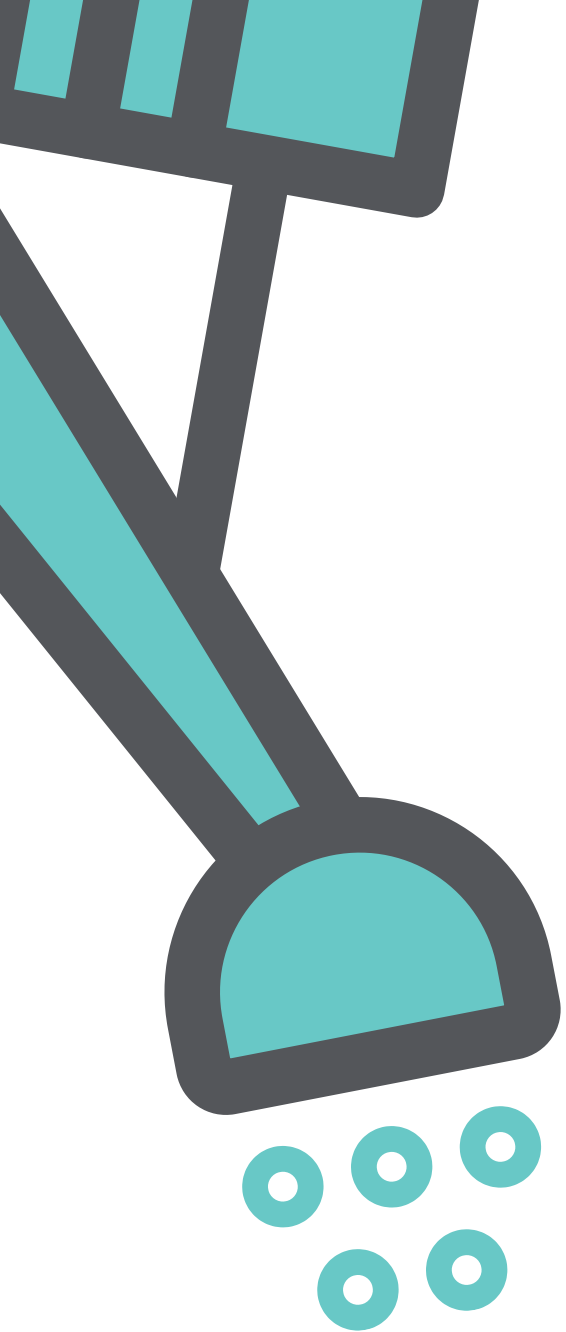
- Protect yourself.
 - Long sleeves and pants/skirts.
 - SPF.
 - Hats.
 - Water, water, water.
 - UV rated sunglasses
- Protect your plants.
 - Water.
 - Covers if needed. (Shade cloth/frost blankets).
 - Mulch for roots.
 - Feed correctly.
 - Move pots if possible.



Plant slow down.

- Why do plants slow down?
 - Excessive water evaporation.
 - Flowers are forfeit for preserving life.
 - They stop breathing.
- How to help!
 - Water accordingly and water lots.
 - Mulch.
 - Healthy, living soil.
 - Be prepared to cover or create shade.
 - Fertilize regularly, healthy, strong plants tolerate heat better.





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Water!!!

- Water is essential and **cannot** be skipped.
- Water early if possible 4:30am – 6:30am
- Water scorch is a debunked myth.
- Watering during heat stress is not efficient but can be essential.
- Water slowly and deep. Soaker hoses are your friend.
- Mulch is your friend.
- Spraying leaves can help cool and clean plants.
- Water pots and containers accordingly. It is still possible, though unlikely, to overwater these even during a heat wave.



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Fertilize!

- If you haven't started now is the second best time.
- Although not “essential” it is an absolute sure way to promote healthy and resistant plants.
- Fertilize accordingly –
 - Use correct fertilizer.
 - Do not over fertilize.
 - Apply accordingly.
 - Go weaker if plants are stressed.
 - Make sure soil is moist before using water soluble.

Keep that soil healthy.

- Healthy soils holds moisture better.
- Well aerated soil allows better gas exchange.
- Add amendments throughout the season.
- Compost and manure help hold the soil.
- Peat moss and coir help moisture retention.
- Worm castings add essential, slow-release nutrients.
- Shredded wood mulch helps keep the soil healthy.





Enjoy your space your way.

- Garden for you.
- Celebrate yourself and you garden.
- Garden party.
- Back yard fires and BBQs.
- Hammocks and seating area.
- Personalized décor.
- Have fun.



Enjoy your space your way.

- Use social media to celebrate your success, ask for help, look for inspiration.
- Use it as a place of peace and harmony to boost mental health and to escape.
- Celebrate silly days, WNGD, Pollinator day, Weeding day, Diatomaceous Earth Day.
- Invite others to see your garden and to share plants, cuttings, seeds.

Keep going. 😊

- Still time to plant.
 - Trees and shrubs.
 - Perennials.
 - Annuals, if you can find them.
 - Seeds. Yep seeds.
- Maintenance can be as good for you as the garden.
- Don't forsake your hard work thus far.
- It's OK to take a break.
- It's OK to slowdown.

Plants and our mental health.

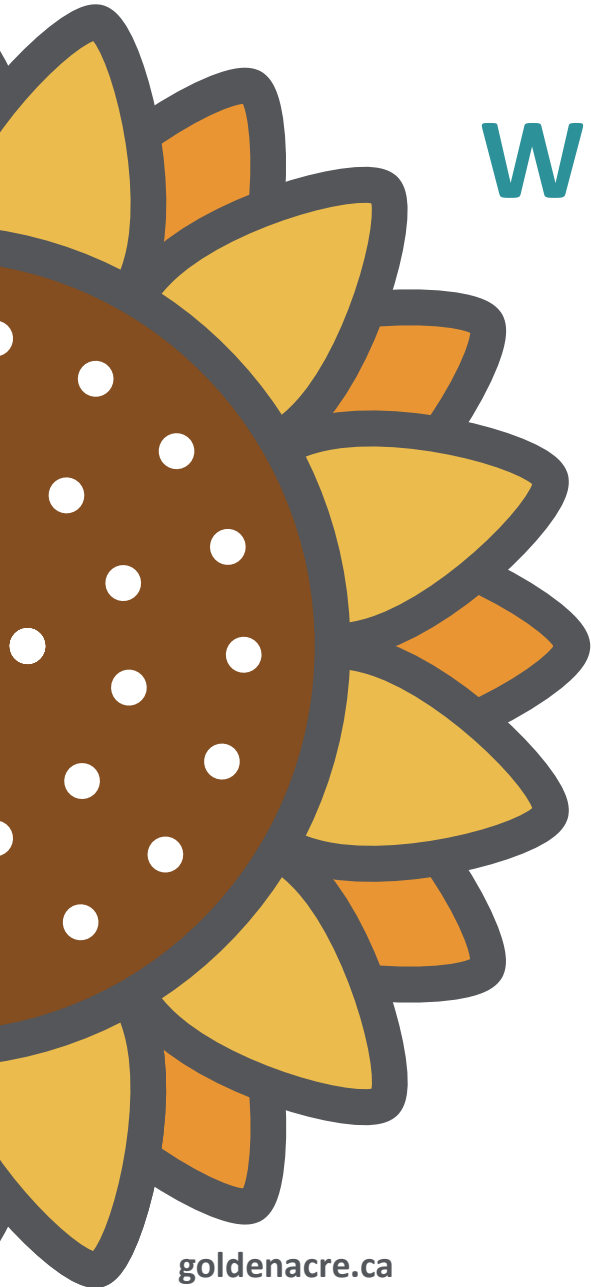


Plants have been proven to –

- reduce stress.
- Boost creativity.
- Increase quality of life.
- Increase memory retention.
- Elevate cognitive ability.
- Lower aggression.
- Decrease anxiety.
- Lower symptoms of depression.
- Increase general happiness.

It is important to note that plants are not a cure-all. They are a tool in the toolbox. Seeking professional help, having community, medication, awareness are all essential parts of mental health.





What I have learned from plants.

- Downtime is essential, it's not frivolous.
- Patience, things will happen in their own time.
- React carefully, slow down and consider everything.
- Be mindful of taking care of myself to ensure growth.
- Balance is essential. Good and bad need to be recognized.
- Awareness that days, season and years will dictate changes in my life. Nothing stays the same.
- One size does not fit all. Diversity is essential and understanding that what is good for one person may not be good for another. Being aware that the more we support each other the better chance we have at succeeding.



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