



REGINA FARMS  
5181 Milford Road  
East Stroudsburg, PA 18302

(570)223-8358  
Email: [info@reginafarms.com](mailto:info@reginafarms.com)  
Website: [www.reginafarms.com](http://www.reginafarms.com)

---

## *Your Indoor Outdoor guide to gardening* **JULY**

### **ORGANIC PEST CONTROL**

Properly cared for gardens with rich soil can avoid many pest problems. Adding compost made from kitchen scraps helps your garden, improves soil and decreases materials sent to landfills. Mulch helps keep out weeds cools soil, and helps retain soil moisture. Mulch trees also, but do not pile mulch any higher than where the root flare begins. Piling mulch against the bark will encourage insects and other pests to attack it.

Examples of organic pest control include: rotating "crops", using barriers, non-toxic poisons and mechanical removal of the pests. More aggressive organic controls include using predators of pest materials that kill invaders, and trapping the pests.

Rotating your garden crops each year place many pests at a disadvantage. When they are ready to feed, they do not have a plant to eat.

Barriers can keep some pest out of the garden. Wire mesh underneath the raised bed garden keeps burrowing mammals out. Fences that are correctly installed can decrease damage form rabbits, deer, groundhogs, and other animals. Thin copper foil can repel snails and slugs. Mesh placed over your fruit tree or bush can prevent birds from taking everything. Some pesticides are relatively non-toxic to people and pets. Saucers of beer placed at soil level lure and kill slugs. Horticultural oils supplied to leaves of plants can suffocate insect pests such as aphids.

Mechanical removal can be as simple as pulling weeds or picking insects off plants. A forceful stream of water can rid plants or aphids. This requires a delicate balance between enough forces to remove the aphids without damaging the plants.

Natural pest predators may include beneficial nematodes, lady beetles, some wasp varieties, and a host of other helpful animals. Some of these may come to your garden to feed on your pests. Others can be purchased.

Non-toxic gardening is both fun and rewarding. Produce is safer and there are less damaging materials added to the environment. The next time you see a pest in your garden, do not reach for the insecticide spray, but reach for information and get rid of your pest naturally. Every now and then, you might find the pest is actually a beneficial visitor to your garden.

By Dr. Ed Haines, Penn State Master Gardener

### **FLOWERING THIS MONTH**

- ❖ Perennials: Baby's breath, balloon flowers, bee balm, bell flowers, Coreopsis, feverfew, lavender, Phlox, Queen-of-the prairie, Stokesia, Veronica.
- ❖ Shrubs and Trees: Abelia, broom, Clematis, Clethra (summer sweet), golden-rain tree, horse-chestnut, Hydrangea, linden, Rhododendron, Rose, sourwood, Stewartia, Virburnum.

### **HOUSEPLANTS**

- ❖ If you will be leaving for a few days of vacation, you can help your plants stay moist until you return. Loosely cover the plants with a clear plastic bag and move them out of direct sunlight.

- ❖ This is an excellent time to propagate houseplants, especially Coleus, Fuchsia, geraniums, wandering Jew, Swedish ivy, wax plant and other succulent plants.

### **BULBS**

- ❖ Divide bearded iris using the vigorous other portions of the rhizomes. Leaves can be cut back to 8" tall.
- ❖ Order Irises and peonies for planting this fall.

### **COMPOST**

- ❖ Comfrey is an excellent compost addition. The large succulent leaves help break down "browns."
- ❖ Keep the compost pile moist, but not wet.

### **VEGETABLE GARDENS**

- ❖ Continue to plant heat resistant vegetables like beans, chard, and cucumber.
- ❖ Provide shade to lettuce, radishes, and spinach to discourage bolting (stretching and flowering).
- ❖ If sweet corn leaves roll or pumpkins and squash plants wilt, and they do not recover in the cooler evening, a thorough (soaking) watering is needed.
- ❖ Leave your cantaloupes on the vine until the netting on the outside turns golden or the fruit separates easily from the stem. The fruit you harvest will be sweeter.
- ❖ If the bees and other pollinators are ignoring your squash and zucchini you can still get vegetables. Gather pollen from male flowers and "paint it on" female flowers using a cotton swab or small artist's paintbrush. To help you, the female flower has a small swelling behind the flower petals; the male has powdery orange-yellow pollen.
- ❖ Corn earworm problems can be avoided in home gardens by placing a drop of mineral oil on the green silks when they appear at the tip of the ear.
- ❖ Watch for tomato hornworms; hand-pick these large caterpillars off plants.
- ❖ Diseases on vegetables to watch for: asparagus rust, bean mosaic, downy mildew on cucurbits/pumpkins/squash, bacterial spot on peppers, early or late blight of tomatoes, leaf spots on beets/carrots/celery/onions.
- ❖ Prepare for your fall garden with potatoes, broccoli, carrots and other fall crops.
- ❖ Continue to weed your vegetable garden and apply fertilizer as needed.

### **SMALL FRUITS**

- ❖ Blueberries, grapes and raspberries should be covered with netting to prevent birds from eating the entire crop.
- ❖ Strawberries, June-bearers only, should be renovated following fruiting.
- ❖ Fertilize strawberries now.

### **TREE FRUITS**

- ❖ Apples and other fruits produced in very hot weather tend to be tart and not keep well. Also, very hot days tend to cause them to mature so rapidly that they may spoil on the tree. Taste some apples as soon as they are ripe to evaluate when to pick them.
- ❖ Summer prune. Pull off suckers.
- ❖ Peaches, plums and nectarines should be allowed to ripen on the tree: harvest them just as they begin to soften for best flavor. Protect fruit from birds with netting.

### **HERBS**

- ❖ Harvest the first flowers from lavender to encourage a later flowering.
- ❖ Rub hands with lavender leaves to remove strong odors.

### **LAWNS**

- ❖ Be careful not to cut grass too short, most should be around 2.5" to avoid drought damage problems.
- ❖ Leave nitrogen rich clippings on the lawn to keep it greener.

- ❖ Water your lawn in any week where there is less than an inch or rainfall.
- ❖ Look over the lawn area and note how much shade there is under trees and if the turf is thin. Make plans to thin out dense shade trees to allow light for lawn if needed.
- ❖ If using herbicides, be cautious about applications during very hot days, injury to desirable plants increases then.
- ❖ Aerate lawns to improve drought resistance. A step-on, plug aerator is okay for small areas.
- ❖ Maintain lawn mower, by keeping the mower blades sharpened and replacing the air filter and oil per the owner's manual.

### **PERENNIALS, BIENNIALS & ANNUALS**

- ❖ Continue pinching mums and asters so that plant can flower in late summer and fall.
- ❖ Candytuft, snow-in-summer, rock cress and other fine stemmed plants can be cut back to half their height after flowering to promote a second flowering for the year.
- ❖ Echinacea, some sedums, and Astilbe produce decorative seedpods which you may want to cut for dried arrangements, or leave them on the plants for winter garden enjoyment.
- ❖ Deadhead (remove) dying and dead flower heads from flowering plants, unless you want them to reseed the area. Columbine and foxglove are among the many plants which will reseed.
- ❖ A mid-summer application of liquid fertilizer will help to keep your flowers coming through the remainder of the summer.
- ❖ More frequent watering's will be needed if you have a sunny, windy location. Be sure to water deeply at each watering.
- ❖ Dig, divide and replant crowded Iris plants.
- ❖ Dry flowers for use in winter arrangements. Earlier flowers are better for drying than those that develop later in the summer. Cut flowers for dried use in the afternoon in late bud or early flower stage.

### **TREES & SHRUBS**

- ❖ Native trees and shrubs may require additional watering if there is not at least 1" of rain per week.
- ❖ When you shear hedges, remember to shape them so that the bottom is wider than the top if you look at the plants from the side. This will help keep growth full to the ground.
- ❖ Many trees and shrubs can be propagated from cuttings in July and August. Most will take five to more years to reach the size of the plants you usually find in nurseries, however, producing your own plants can be very satisfying.
- ❖ Check trees for webs of Fall Webworm.
- ❖ Remove dead, dying, or hazardous tree limbs.
- ❖ Remove suckers growth from trees.
- ❖ Keep plants mulched to conserve water and cool roots.
- ❖ A report from Michigan State University indicated that in 50 years a healthy tree can produce \$31,250 worth of oxygen, recycle \$37,500 in water, and provide \$62,000 in air pollution control and \$31,250 in soil erosion control. Consider adding a tree to your landscape this fall.

### **ROSES**

- ❖ If heat is excessive this month, your flowers may be about half their usual size; they should recover to normal size when the weather cools. Cut fertilization to half strength to avoid stressing the plants further.
- ❖ Reduce problems with black spot by watering only in the morning and remove lower leaves of diseased plants to improve air circulation.

### **WATER GARDENS**

- ❖ Remove dead leaves.
- ❖ If mosquitoes are a problem, add a few goldfish to the water.

