

GARDENING

It's never too late to start gardening

A full-body workout, par excellence, gardening is enjoying life to the fullest! Up, down, lift, set down, turn, push, pull... no aerobic exercise is as complete. Surprised, aren't you? Even if the rhythm is slow and you generally don't get out of breath, gardening involves all of our muscles: arms, legs, back, and neck. You will say that June is too late to start a garden. It is never too late in the summer for gardening. Certainly, when we read the word "garden," we first imagine a vegetable garden with tomatoes, carrots, cucumbers, etc. But it often includes a flower garden.

In both cases, vegetables and flowers, even June is a good month for gardening.

Nurseries are full of plants in full growth and multi-coloured flowers, annuals and perennials, just waiting for our enthusiastic visit to be adopted. Seed, plant, maintain, and enjoy the best days of summer.

To extend the pleasures of gardening even during rainy days, take advantage of the bad weather to read magazines and reference manuals, and plan for your next gardening day. In Canada, we love our gardens. There is an impressive choice of publications available that explain our particular local flora.

Whether you are a novice gardener or an expert, gardening is a summer pleasure that is the most accessible to everyone, even children who will especially love eating what they have grown themselves.



Even in June, there is still time to make a vegetable garden, and landscape a part of our yard into a flower garden.

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For healthy outdoor plants

From grass, to perennials, including shrubs and vegetable plants, to appear and be healthy all plants need care. Of course, it's always possible to "let nature" to do its work. But then, don't complain if you notice that your neighbour's grass is greener than yours!

This said, taking care of outdoor plants isn't witchcraft. Start by a visit to your local garden centre. You will find there all types of soil and fertilizer necessary for the good nutrition of plants. And this is the right time to spread spring fertilizer. By choosing the product appropriate for each type of plant, you will obtain results that make your neighbours jealous. For example, flowers will have an abundant and better quality growth, and a longer flowering period. Thanks to a good rich soil, water and nutritional elements will be better absorbed.

Just like your indoor plants, outdoor plants need to be cleaned regularly to keep a healthy, youthful look. Arm yourself with a pair of secateurs and cut – above all, don't tear – the dried leaves and wilted flowers.

Despite the fact that the plants are outdoors and benefit from rain, it's important to water them regularly. During a heatwave, a daily watering may be necessary. Just like grass, water after sunset to prevent the hot rays of the sun from burning leaves and flowers.



The best way to keep flowers that look and are healthy is to regularly clean plants by trimming the dried flowers and leaves.

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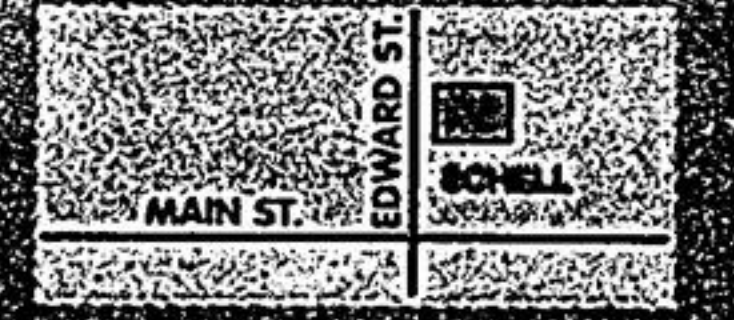


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