



District 410A

# "Green Living"

## August 2014



### Garden tasks for August

- ◇ Seedlings and plants growing in shallow containers may need watering more frequently;
- ◇ Plant seed potatoes that have sprouted;
- ◇ Prune fuchsias by cutting back 2/3 and removing dead & inward-growing stems;
- ◇ Check pot plants to see if roots have grown through drainage holes. If so, re-pot into a larger pot with fresh potting soil;
- ◇ Remove old flower stems and dead leaves on perennials and work compost and 3:1:5 into the soil and water well;
- ◇ Don't be in a hurry to dig out seemingly dead plants. Cut away frosted foliage, lightly fork in compost and a sprinkling of a general fertilizer and water thoroughly.



### South African Guide Dog Association (GDA)

Interesting facts:

- ⇒ The Labrador Retriever breed was first recognized by the UK Kennel Club in 1903;
- ⇒ A dog will start his advanced guide dog training at the age of approx. 12-14 months;
  - ⇒ DGA has trained over 1,400 guide dogs so far;
- ⇒ Labradors make good guide dogs because they are adaptable, willing, friendly and relatively easy to train;
  - ⇒ Guide dogs are trained to sit in the footwell of a vehicle and not on the seat.

Visit [www.guidedog.org.za](http://www.guidedog.org.za) for more information

### Dates to diarise

- 1-7/09: National Arbour Week [Lavender Tree]
- 10-12/09: Green Building Convention at CTICC
- 16/09: Int'l day for Preservation of the Ozone Layer
- 19/09: Recycling day ([www.recyclingday-sa.co.za](http://www.recyclingday-sa.co.za))
- 15-21/09: National Clean-up and Recycle Week
- 22/09: World Rhino Day ([www.worldrhinoday.org](http://www.worldrhinoday.org))



### Tips to get rid of ants...

- Sprinkle talcum powder wherever you see a trail.
- Cayenne pepper and cinnamon also works.
- Wipe countertops and floors with white vinegar.
- Diluted mint essential oil works well too.
- Cornmeal kills ants that take it back to their nest—they can't digest it.

### Grow your own....

**Spring Onions**—are easy to grow directly from seed and even in pots and throughout the year. They will be ready to harvest after ± 45 days. They don't have any enemies and their sharp aroma repels pests from other veggies. Pick from the soil while they are still firm and enjoy in salads.

**Tomatoes**—plant seedlings in a sunny spot. Prepare ground well with compost and 2:3:2. Tomatoes creep and will benefit from a frame or trellis. Add a layer of straw so that low-hanging fruits don't touch the ground. Soil must be moist so water deeply at least once a week. Look out for white fly, aphids and red spider mite—use an organic pesticide. Tomatoes are best stored at room temperature as a cold fridge robs them of their flavour.

**Rocket**—prefers full sun or semi-shade and well-drained soil. Water at the end of the day otherwise it will go to seed too quickly. Only harvest the young leaves when you need them—pick a few from each plant. Older leaves have a stronger flavour. Snails and slugs can be a problem! Rocket works perfectly with omelettes, frittatas, in risotto, with olive oil & lemon juice, stirred into pasta & salads. Yum...

**Bay leaf**—grow in almost any soil but prefer fertile soil to which plenty of compost has been added. Grow in full sun or semi-shade but do better in warmer climates. Harvest the leaves at any time. Thread bay leaves in-between meat when making kebabs for great flavour!



**De Liz**