



# GARDENING THROUGH SUMMER

**Gardening through a Summer in the South is less about fighting the heat and more about collaborating with it. Between intense sun, humidity, and long dry stretches, here is how to keep things alive - and even productive:**

## **1. Keep a Diary or Garden Journal**

- a. Date the day of planting and the varieties. Then notate which failed and which succeeded.
- b. Note what pests visited you in the garden, when they arrived what you used to treat them and how often.
- c. Note any diseases and what you used to treat them.

## **2. Improve your soil**

Healthy soil = resilient plants. Add compost regularly to improve moisture retention and root health. If you start a new garden use quality garden soil or for containers a quality potting soil.

## **3. Plant timing matters**

In the South, spring crops often fade by June. Transition to heat-loving crops and start planning fall crops by late summer.

## **4. Choose heat-tolerant varieties**

For the Vegetable Garden -adapted plants like okra, peppers, sweet potatoes, melons, winter squash, summer peas, and heat-set tomatoes. These vegetables thrive in this climate.

## **5. Some plants prefer a little Shade in the Summer**

Give plants like strawberries, herbs such as the mint family, biennials – kale and chard morning sun and afternoon shade.





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## 6. Group plants by water needs

This prevents over-watering while under-watering others, especially important when it is brutally hot.

## 7. Water deeply, not frequently

Shallow watering trains weak roots. Water early in the morning and soak the soil so roots grow deeper and handle heat better.

## 8. Mulch like you mean it

A 2–4-inch layer of mulch (hardwood, pine bark, pine needles, and compost) keeps soil cooler, holds moisture, and reduces evaporation dramatically.

## 9. Low and Slow Fertilizing

Too much fertilizer can push tender growth that burns easily in extreme heat, so a slow and steady feeding approach works best. Choose organic or natural options, whether dry granulated fertilizers or liquid feeds. **Medina** offers several liquid choices, including **Seaweed**, **Medina Plus**, **Fish Blend**, and **Hasta Gro**. For those who prefer a dry option, **Growin Green 3-2-3** or **9-6-1** are excellent choices.

## 10. Give containers extra attention

Pots dry out fast. Use larger containers, high-quality potting mix, and expect to water daily (sometimes twice).



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