

18 NEWS



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17-19



15-21



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EVENTS

JUNE

1 National Iced Tea Month
Freshen up your summer tea with 1 tablespoon of coarsely chopped, just-picked spearmint leaves.

1-7 Sun Safety Week Before heading out to your garden, apply sunscreen with an SPF rating of 15 or higher, and don a wide-brimmed hat and tightly woven clothing.

10 Losing Ladies Help survey ladybug species by photographing them in your garden and sending photos to

Cornell University researchers through lostladybug.org.

13 Get Outdoors Day Visit nationalgetoutdoorsday.org and celebrate in one of the official locations, or consult nps.gov and discover some nature near you.

15-21 Men's Health Week
Recent studies suggest that eating more than one serving of broccoli or another cruciferous vegetable each week may lower the risk of prostate cancer.

JULY

1 Canada Day Celebrate Canadian independence by growing one of these provincial flowers.
Alberta: wild rose
British Columbia: Pacific dogwood
Manitoba: pasque flower
Newfoundland: pitcher plant
Ontario: white trillium
Quebec: blue flag
Saskatchewan: western red lily

17-19 Lavender Festival
Sequim, Washington, the "Lavender Capital of the U.S.,"

hosts its 13th annual event. For perfect dried lavender, harvest stems when the first couple of blossoms open.

22 Hammock Day Take a break from the heat to swing in a hammock. You cool off faster by placing your feet above heart level.

31 National Blueberry Month
On hot days, check young, succulent shoots on blueberry bushes. If the tips are drooping or wilted, the shrubs need to be watered.



June tip

Are Colorado potato beetles chewing on the leaves and stems of your tomatoes? Look before you answer! If so, spread a layer of straw as mulch. The young beetles hatch in soil and can't fly for a week, so the mulch halts or at least slows their progress.

RESEARCH REPORT.01

Mow Less

"I'm not lazy. I'm saving the earth."

Findings: It's true—mowing less—often cuts carbon dioxide emissions. Canadian researchers report that mowing weekly released up to four times the annual carbon dioxide emissions as mowing only three times a year. If mowing frequency was severely trimmed on all 50 million acres of turf throughout the United States, the potential reduction of CO₂ emissions could amount to more than 600 billion pounds. That's more CO₂ than is emitted by all of the U.S. commercial airline flights!

Our advice: Set your mower height at 3 to 3½ inches, and maintain some lawn areas as infrequently mown meadows where possible. Not only will you release fewer greenhouse gases; you'll also create friendly conditions for beneficial insects.

