



August 2023

Horticulture

August is upon us and that means it's time to start thinking about planting a fall garden. Fall is an often overlooked garden season, in part because we are tired of gardening by that time, however it can be one of the most productive seasons. Most of our cool season crops such as carrots, broccoli, potatoes and radishes can be replanted in the fall the exception is peas. The cooler weather as the vegetable's mature leads to tastier and higher quality vegetables versus the ones that ripen in the heat of the summer. Here are some fall gardening activities:

- **Mid-July-** Start planting potatoes.
- **Late-July** seed your carrots, beets and green beans.
- **Late July-Early August-** seed spinach and longer season head lettuce. (Leaf lettuce will be started later in the fall.)
- **Early August-** Transplant broccoli, cabbage and cauliflower seedlings into the garden.
- **Mid to Late August-** Start radishes and leaf lettuce.

Family Consumer Sciences

Summer Sweat and the Importance of Hydration

Summer is here! With summer comes heat, and with heat comes sweat! As we sweat it is important to remember to hydrate, especially with water.

Here are some tips to make drinking water a more routine part of you and your families' diet.

- Carry a refillable water bottle with you. · Choose water over sugary beverages.
- Serve water during meals and always opt for water while eating out.
- Improve the taste of your water by infusing or adding a variety of different fruits, herbs, and/or vegetables to add tastes and flavors. Lemons, limes, oranges, cucumbers and/or mint are great options.
- Make drinking water fun. Use bendy, silly, or colored straws. Let children choose their favorite cup to drink out of.
- Give your child water with ice cubes or crushed ice. Look for fun ice cube trays such as dinosaurs, letters, or animals. Freeze fruits and put those into your child's beverage. · Track your water consumption with a fun tracking sheet.
 - Learn more about water through fun activities and games: ○ NASA:
<https://spaceplace.nasa.gov/water/en/>
 - University of Georgia, Eat Healthy, Be Active Curriculum:
<https://extension.uga.edu/publications/series/detail.html?id=64&name=Eat+Healthy%2C+Be+Active>

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