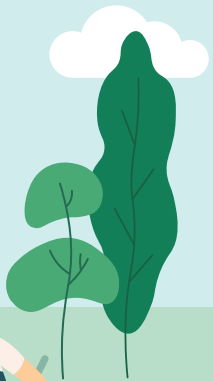


A HOBBY FOR SOME. A LIFESTYLE FOR OTHERS.

TIPS FOR GARDENING



Flowers, fruits and vegetables are some of the most popular plants to grow in gardens. It's well known that greens are good for your health, but gardening can also help you relax, burn calories and spend time outside.

Start refining your green thumb with these simple tips.



1



It's vital to **plant during the right time of the year** since some temperatures may stifle plant growth.

4



If you plant in the fall, it's important to **clean your soil** by removing dead plant waste, fallen leaves and weeds.

2



In the spring, make sure to **check your soil before planting**. The ground should be about 50-55 degrees before you work it.

5



Deadheading, which is removing faded blooms, is a good way to **encourage new buds** while keeping your plants looking healthy.

3



Summer heat can quickly dry out soil, so it's important to **water your plants periodically** so they maintain healthy growth.

