

UF College of Dentistry Green Team

Green Tips of the Month



June 2009

Grow Something Green!

Record-approaching heat might have you wanting to move to Alaska, but don't pack up the U-Haul just yet. Take advantage of the year-round growing season the Florida climate offers! Gardening gives you the benefit of time spent outdoors, exercise, and fresh vegetables (and it might just save you some money). It's a fun and affordable activity to do with your family, and it helps the environment by absorbing greenhouse gases, releasing oxygen into the air, and cutting down on the fuel use from grocery-store produce. If you compost your organic waste, it's even more helpful!

Summer is a great time to start! There are several heat-loving vegetables and herbs that will thrive when planted in June and July (see the Florida Gardening Calendar linked below for some options).

Gardening resources on the web:

- [Florida Vegetable Gardening Guide](#) (IFAS)
- [Florida Gardening Calendar](#): What to plant and when.
- [National Gardening Association](#): wondering which plants grow well in Florida, how to handle pests, or what to do to make your garden environmentally friendly? This site will answer those questions, and provides many how-tos and other resources.
- [GardenWeb](#) forums: Search the forums for answers to all your gardening questions and get real-people advice from an active, established community.

Happy gardening!