



# Good Morning Master Gardeners

NATURAL STATE  
LAVENDER



COMPANY

Saturday, June 8th - 9  
*a.m.*

13707 Lower Steel Rd  
Scott, AR

Contact Jo Anne Jennings  
501-231-1566

# TOUR IZZY'S NATIVE POLLINATOR GARDEN

- **Friday, June 14 - 10:00 a.m.**
- **8300 Hood Road, Roland**
- **Contact Jo Anne Jennings**  
**501-231-1566**
- **Limited parking. Carpool if possible.**





Coming in  
September

# Fall Event



**What - Luncheon and Silent Auction**

**Where - Kathy Ratcliffe Garden at the Vines**

**When - Monday, October 7 - 11:00 a.m.**

**Cost - \$25 - Deadline to register is September 15**

**More details to follow**

# Videos and Handouts

## Contact

**Christy Bolling**

**501-580-1995**

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**U of A** DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*



# THE Magnolia CHRONICLE

Pulaski County Master Gardener Newsletter



**Stuff**







Dremeler's  
will be in the  
lobby after  
the meeting.

# Don't Forget

**Record your WORK and  
EDUCATION hours.**

# A word from Derek

- Hort. Hotline
- Summer Heat



# Beat the Heat

## ▶ Hydration:

- ▶ **Drink Plenty of Water:** Keep a water bottle with you and take regular sips, even if you don't feel thirsty.
  - ▶ Pinch Test
- ▶ **Avoid Dehydrating Drinks:** Limit consumption of caffeine and alcohol, as they can lead to dehydration.

## ▶ Timing:

- ▶ **Garden Early or Late:** Plan gardening activities for early morning or late afternoon when temperatures are cooler.
- ▶ **Take Breaks:** Rest in the shade frequently to avoid overheating.

## ▶ Clothing:

- ▶ **Wear Light-Colored Clothing:** Light colors reflect sunlight and help keep you cool.
- ▶ **Choose Breathable Fabrics:** Opt for loose, breathable clothing made from natural fibers like cotton.

# Beat the Heat- Stay Safe

## ▶ Sun Protection:

- ▶ **Use Sunscreen:** Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin and reapply every two hours.
- ▶ **Wear a Hat:** Choose a wide-brimmed hat to protect your face, neck, and ears from the sun.
- ▶ **Sunglasses:** Protect your eyes from UV rays with sunglasses that block both UVA and UVB rays.

## ▶ Heat Illness Awareness:

- ▶ **Know the Signs:** Be aware of symptoms of heat-related illnesses, such as dizziness, headache, nausea, rapid heartbeat, and confusion.
- ▶ **Seek Shade:** If you start to feel overheated, immediately move to a shaded or air-conditioned area.



# Beat the Heat- Prepare

- ▶ **Pacing Yourself:**
  - ▶ **Work at a Steady Pace:** Avoid overexertion by working at a slow, steady pace and taking regular breaks.
  - ▶ **Use Tools Wisely:** Use ergonomic tools to reduce strain and avoid overexertion.
- ▶ **Emergency Preparedness:**
  - ▶ **Have a Phone Handy:** Keep a mobile phone with you in case of emergencies.
  - ▶ **Gardening Buddy:** If possible, garden with a friend or let someone know you are outside and check in periodically.



THE HUM OF  
BEEES IS THE  
VOICE OF THE  
GARDEN.



Nature Hills Nursery

Hope to see  
you in June