



VISTA MATTERS

- August Edition -

Renewal Deadline is August 1

Please remember that **renewal forms and payments are due by August 1**. If you haven't already renewed, it's easy to use the link below to complete your renewal form and pay the dues. If you prefer, you are welcome to put your completed form and check in the drop box at the garden (in the shed). We look forward to another great year of growing and gardening together!

[Renew](#)



UPCOMING EVENTS

Note: No New Member Orientation Tours in August. Tours resume in Sept.

Bonefish Grill Fundraiser (Carrollwood location on Dale Mabry)

Wed, July 27, 11:00 a.m. - 10:00 p.m.

VISTA receives 10% on lunch and dinner purchases. They have live music on Wed nights.

Jersey Mike Fundraiser (corner of Bearss and Dale Mabry)

Wed, Aug 3, 5:00 - 8:00 p.m.

VISTA receives 50% of sales if you print and show the **flyer** from our website. Please write VISTA on your receipt.

Seeding Next Season's Plants

Join HRS volunteers at the pavilion. Email [Deb Ramos](#) to volunteer.

- Sat, Aug 6, 8:30 - 9:30 a.m. Seeding tomatoes and up-planting eggplants and peppers
- Tues, Aug 16, 8:30 - 9:30 a.m. Up-planting tomatoes
- Sat, Aug 20, 8:30 - 9:30 a.m. Seeding broccoli, collards, kale
- Tues, Sept 6, 8:30 - 9:30 a.m. Up-plant broccoli, collards, kale

How to Prep Your Bed for Planting

Sat, Aug 27, 8:00 a.m., VISTA Gardens

VISTA Garden Party - Save the Date!

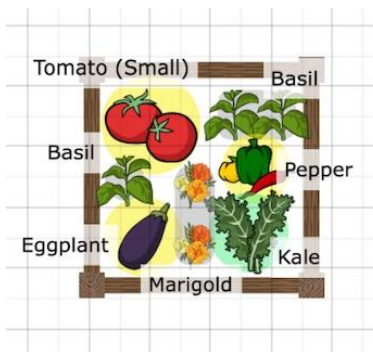
Sat, Sept 17, 4:00 - 6:00 p.m., VISTA Pavilion

3 Steps to Get Ready to Grow



Prep

Preparing your soil is key to successful gardening...



Plan

Now the fun part, planning your garden...




Plant




Place plants a little closer together in raised beds...


[Read More](#)




What to Plant in August

EDIBLES TO PLANT IN August



	North	Central	South
 EASY TO TRANSPLANT	Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chinese Cabbage, Collards, Endive, Eggplant, Kale, Peppers, Tomatillo, Tomatoes, Tropical Spinaches	Eggplant, Endive, Peppers, Sugarcane, Tomatoes, Tropical Spinaches	Eggplant, Ginger, Peppers, Sugarcane, Tomatillo, Tomatoes, Tropical Spinaches
 TRANSPLANT WITH CARE	Celery, Mustard	Pineapple	Amaranth, Calabaza, Papaya, Passionfruit, Pineapple, Seminole Pumpkin, Sweet Potatoes
 USE SEEDS	Beans (bush, lima, pole), Carrots, Cucumbers, Onions (bunching), Squashes, Turnips	Beans (bush, lima, pole), Carrots, Okra, Onions (bunching), Peas (southern), Squashes	Okra, Pumpkin



   GardeningSolutions.ifas.ufl.edu
Text only: go.ufl.edu/EdibleText

Sunshine on a Stem



Starry rosinweed

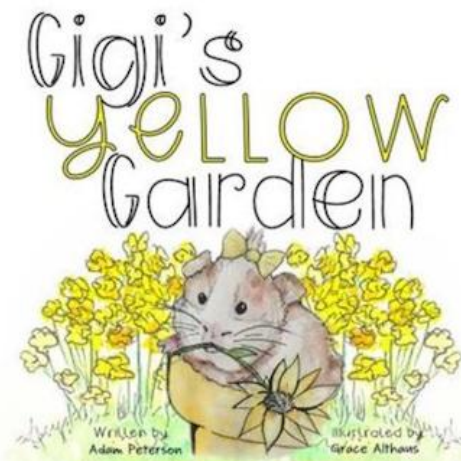
Pictured above: Starry rosinweed (*Silphium astericus*) by Stacey Matrazzo for the Florida Wildflower Foundation. At VISTA, Starry rosinweed grows in our Wildflower Garden and pollinator garden in our Native Plant Landscape surrounding the pavilion.

In the Little Free Library

Gigi Guinea Pig loves her yellow garden. She loves the way the flowers brighten her day. Follow her story through beautiful, watercolored pages, as she sparks a movement of kindness that changes the world around her forever. [Click on the book image](#) below for more info.

Both VISTA and our community appreciate [Forever Friends](#) for the grant to purchase books for the Little Free Library.

Read more
www.flawildflowers.org



Committee Changes

Dana Tyskie will co-chair the **Herb Garden** with Karen Rose. Vicki Kuse is handing off her herbs leadership role to focus on the **Native Plant Landscape** and the **Monarch Waystation Garden**.

Watch for more information about their exciting plans for the garden.

Social Butterflies

Laurie Kleiner is always making a plan, organizing people to take part in events and gathering friends for activities, so heading up the **Social committee** at VISTA Gardens seemed like a task right up her alley...

Read
More



Did You Know?

Moving an email to the Gmail Primary tab

If your VISTA Matters newsletter lands in your gmail Promotions tab, you can click on the newsletter and drag it to your Primary inbox tab. A message will ask if you want all future VISTA Matters to be delivered to your Primary tab. Click YES and you'll find all future newsletters in your primary inbox.

Avoiding Back and Knee Pain WHILE GARDENING



10 Tips for Reducing Knee and Back Pain While Gardening

Preventing and managing knee problems and back pain are elements of gardening as important as selecting and growing seeds and plants. Just as much care and attention need to be paid to your body as to the design and maintenance of your garden.

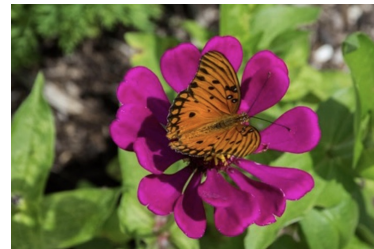
[Read more](#)
dengarden.com



Parks, Recreation, and Mental Health

Spending time outside and in nature can positively affect quality of life. According to the National Recreation and Park Association, it is nearly unanimous across all generations, from Baby Boomers to Gen Zs, that everyone agrees activities...

[Read more](#)
www.hillsboroughcounty.org



I sit beside the fire and think of all that I have seen, of meadow-flowers and butterflies in summers that have been; Of yellow leaves and gossamer in autumns that there were, with morning mist and silver sun and wind upon my hair.

— J. R. R. Tolkien

Click here to submit your photos and stories for future editions of VISTA Matters.

