

Lyncourt Ecology Club Newsletter

Gardening Tips; How to Plant Flowers and Vegetables



Ecology Club Mission Statement:

“Be safe in, be respectful of and be responsible with the environment.”



What does Ecology Club do?

- Explore the environment
- Educate others about persevering the environment
- Encourage others to recycle



Gardening Tips



How to Plant Flowers Properly

Planting Flowers can be a difficult task especially if you don't know how to garden. To start, you will need the following materials: a digging tool; a garden hose or watering can; clippers; seeds or plants, and mulch. Incorporating compost to the soil will add nutrients the soil may be lacking. Now, before you dig, read the tags that come with your plants, so you know where the best spot to plant them is. To start your flower bed, dig a square/circle in the ground which is where you will plant your flowers. Once your flower bed is dug out, add the compost to the soil and mix it in well. Now you are ready for planting your seeds/plants. Follow the directions on the seed packet/plant to see how deep and far apart each should be from each other. If you are using a potted garden plant, you should plant with the soil at the same level as the soil in the pot. Now time to plant your beautiful flowers/seeds! For potted plants make sure you gently remove the plant from its container. If roots are tangled, tease some or all of the soil from the roots before setting the root ball into the hole you've prepared. Then cover the plants with the soil and compost mixture. Using the hose/watering can, thoroughly soak the soil around your newly planted flowers. Garden flowers will generally need 1 to 2 inches of moisture every week to perform well.



More Gardening Tips



Tips on How to Plant Vegetables

“Did you know, store bought vegetables contain less nutrients than home grown vegetables? More industrial brands of food use non-organic methods of growing foods. Pesticides and fertilizers usually decrease the amount of nutrients certain vegetables have. In 2003, a study by University of California, Davis, researchers found that strawberries and blueberries grow with more vitamin C and natural chemicals called polyphenols, which are crucial to human health. You could either switch to buying more costly organic food or resort to growing your own garden. How do you do that? First, locate the sunniest area in your yard. Vegetables and herbs need a full sun, 6 or more hours worth, to grow and thrive properly. If you're not sure where that spot may be, look for an area in your yard to monitor the amount of sunlight for a few days to see where the sunniest spot is. Always water them twice a week if you use a sandy type soil and once a week if you use a clay based soil. Make sure you water them closer towards the morning of the day as watering them during the hottest part of the day is not recommended, it just leads to the water drying out before it reaches the roots.

If you're a beginner, start with a small garden. If you don't have an area to plant your veggies, get pots. Huge gardens are beautiful, but try to only grow what you will eat. If you grow too much, think about sharing the extra with family, neighbors, or food kitchens.

Decide if you are going to plant young plants or seeds. take longer to grow and if you live in a generally cold area, seedlings would be better. It's better for some plants (which include peppers, tomatoes, and eggplants) to buy seedlings instead of seeds.

Use seeds for easy-to-grow plants like cucumbers, squash, peas, beans, and some herbs. Pay close attention to harvest dates as stated on the seed packets.

Check on your garden every day to be sure that the soil is not dry. As stated above, water in the morning hours and avoid afternoon and night time watering.



Best Flowers/Vegetables for this Season!

Flowers Seeds-

Marigolds
Red Poppy
Zinnias
Sunflowers
Snapdragon
Moonflower
Foxglove



Vegetable Seeds-

Beetroot
Broccoli
Arugula
Bell Peppers
Cabbage
Cucumber
Eggplants
Beans
Brussel Sprouts



~Our Club Advisor Mrs. Erikson!~

Our Club Advisor Mrs. Erikson's journey at Lyncourt is coming to an end. After this school year she will be retiring. She has taught at Lyncourt for 20 years! We had asked some of the Ecology club members what their favorite memories are of her and this is what they said:

I have enjoyed doing Ecology Club with her being our Advisor.

I just enjoy being around her and how she could make her students smile even if they were having a rough day.

She's a really amazing teacher, and she is always asking questions like, "How are you? How's your day going?". She genuinely cares about us and not just our grades.

I really enjoyed our Walk for Nature trip last year! It was super fun to go with her!

My favorite memory was when I did a lab and had to squeeze a clothespin, or exercise in place. It was just super fun to collect data while everyone was laughing while doing the lab.

We will all miss you soo much Mrs. Erikson! ❤️

-The Ecology Club Members

The Club Members

President- Zau Mun-Lat & Iah Murphy

Vice President- Jayden Le

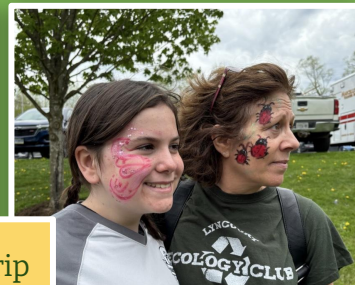
Secretary- AJ Than-Win

Treasurer- Julie. Nguyen

Newsletter- Abby. Dodge & Zau Mun-Lat

Class Representative- Abby Dodge

Advisor- Mrs. Erikson



Pictures for the walk for nature trip