



Creignish Community Garden



Follow us on social media and check our bulletin boards for gardening tips.

New tip posted every Sunday.

We encourage you to share tips and experience in the comments.



Kindness is the sunshine that grows community.



Creignish Community Garden Committee recognizes the support of the Province of Nova Scotia.



Creignish Community Garden

Tip 4: Take care of yourself as you take care of your plants. Appropriate clothing is important to safeguard against the sun, insects, and scrapes from thorny plants.

*broad spectrum sunscreen applied prior to heading outside and re-applied if out for long periods of time

*wide-brimmed hat to shield the head and face from the sun

*UV rated sunglasses or safety glasses when trimming trees etc.

*durable gloves to protect from blisters and cuts (rubber for day to day soil work and leather for thorny plants and pruning branches)

*long-sleeved light coloured shirt and pants that allow for movement made from fabrics that breathe (pant legs tucked into socks to prevent scrapes and/or bug bites)

*bug repellent

*sturdy waterproof shoes



*Kindness is the sunshine
that grows community.*

Creignish Community Garden Committee recognizes the support of the Province of Nova Scotia.



Creignish Community Garden

Tip 3: Cut Back to Bounce Back

It feels a little wrong to start chopping away at your plants... But trust me—pruning can be a total game-changer right now.

- Tomatoes: remove those lower yellowing leaves and any suckers you don't need.
- Herbs like basil or mint: cut them back hard and watch them explode in a week.
- Overgrown greens: harvest aggressively to encourage fresh, tender growth.

Your plants will thank you with new energy and better productivity.



The logo for Sproutbox Garden. It features a stylized green leaf icon above the word "SPROUTBOX" in a bold, dark blue font, with the word "GARDEN" in a smaller, light green font below it.

*Kindness is the sunshine
that grows community.*

Creignish Community Garden Committee recognizes the support of the Province of Nova Scotia.

The official logo of the Province of Nova Scotia, featuring a stylized blue and red crest above the words "NOVA SCOTIA" in a bold, blue, serif font.

Creignish Community Garden

Tip 2: Your Soil Is Tired—Give It a Snack

If your plants are stalling or leaves are yellowing, they might just be hungry.

Midseason is the perfect time to top up your soil's nutrition. Try:

- A layer of compost or worm castings scratched into the surface.
- A boost of liquid kelp or fish emulsion for a quick hit of nutrients.
- Mulching with straw or shredded leaves to keep things cool and moist.

Good soil = happy roots. And happy roots = actual tomatoes instead of just endless leaves.

SPROUTBOX
GARDEN



Kindness is the
sunshine that grows
community.

Creignish Community Garden Committee recognizes the support of the Province of Nova Scotia.

NOVA SCOTIA

Creignish Community Garden

Tip 1 :Succession Planting Is Your Best Friend
Think you missed your window? Not even close.

There are still tons of crops you can direct sow right now and enjoy well before the first frost.

Here's what to consider:

- Fast growers: radishes, lettuce, bush beans, arugula, cilantro.
- Cool season preppers: carrots, beets, kale, spinach (for a fall harvest).
- Second rounds: zucchini, cucumbers, even another round of green beans if your first batch is on the decline.

Pro tip: soak your seeds before planting to help with germination in hot soil.

Information compliments of

SPROUTBOX
GARDEN



*Kindness is the sunshine
that grows community.*

Creignish Community Garden Committee recognizes the support of the Province of Nova Scotia.


NOVA SCOTIA