

**“One of the healthiest ways to gamble is with a spade and a package of garden seeds.” -Dan Bennett**



### **August-In Our Herb Garden:**

- Seed frost tolerant herb perennials indoors for later transplanting.
- Start indoor cuttings of perennial herb to promote fall plantings.
- Use mornings to prepare garden soil for fall herb garden by adding and spading in manure, peat moss, compost, coarse sand, or a combination of these ( Quality Organic Products of Selma, Living Earth, and Fertile Gardens Supply provide several mixes).
- Preserve your herbs by drying them in the air (upside down to draw oils back into leaves), refrigerator, or microwave, freeze in ice cube trays or as an oil paste; make herb flavored vinegars, jellies, butters, oils, honeys, pickles, relishes or mustards.
- Catnip ingredient repels MOSQUITOES: Scientists at Iowa State University have been studying catnip and have found that one of its ingredients, nepetalactone, appears to repel mosquitoes more effectively than DEET. They have not done “gold-standard” experiments, which require volunteers. Nepetalactone has been used as an arthritis rub, but is not yet available commercially for use as a repellent. – JG & TG
- *HERBS: A Resource Guide for San Antonio* (visit the San Antonio Herb Society’s web site @ <http://www.saherbs.org>)

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