

PEST PERIODICAL:

Like, ew...



Cutworms

- Are the larva of several varieties of moths
- So-called because they cut down seedlings and small plants with their stem feeding.
- Some varieties feed at ground level, some climb plants, one stays in the soil and eats roots.
- Curl into a C shape when disturbed



Spot the differences!

Glassy Cutworm larva

- Multiple sets of short legs
- Lives on the surface
- Grows into a moth



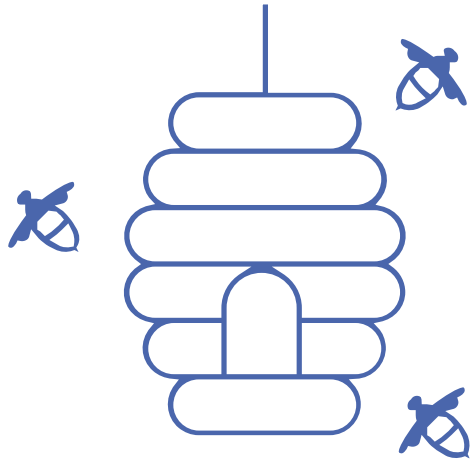
Japanese Beetle grub

- Six legs at the front of the body
- Stays underground
- Grows into a beetle



In either case, feel free to yeet it onto the nearest hard surface for a bird to snack upon.
Straight fire!

Bees & Wasps



- As the season progresses, bees and wasps will become more aggressive
 - Shorter days
 - Higher population
 - Food becomes scarce
 - Certain food sources, like fallen fruit, will attract more insects with greater competition
- If a sting occurs, take Benadryl right away to reduce known allergic response



LD got stung by
a yellow jacket
☹️ whomp
whomp



COOLING TEMPERATURES





What is cold stress?

- Wind speed + low temperatures x any moisture = increased risk for injury due to cold.
- Risk factors for cold stress include:
 - Wetness/dampness, dressing improperly, and exhaustion
 - Health conditions such as hypertension, hypothyroidism, and diabetes
 - Poor physical conditioning

Dressing for Cold



- Wear at least three layers of loose-fitting clothing. Layering provides better insulation.



- An inner layer of wool, silk or synthetic to keep moisture away from the body.
- A middle layer of wool or synthetic to provide insulation even when wet.



- An outer wind and rain protection layer that allows some ventilation to prevent overheating.

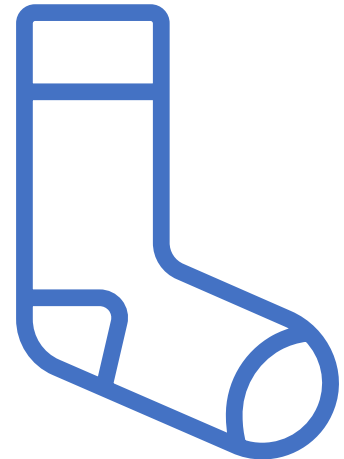
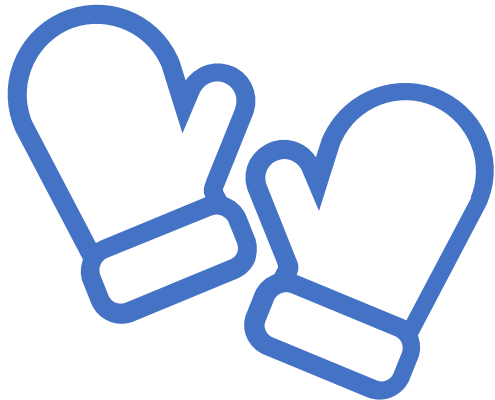


- Knit mask to cover face and mouth (if needed)
- Hat that will cover your ears, Hats reduce the amount of body heat that escapes from your head.
- Insulated gloves to protect the hands
- Insulated and waterproof boots to protect the feet



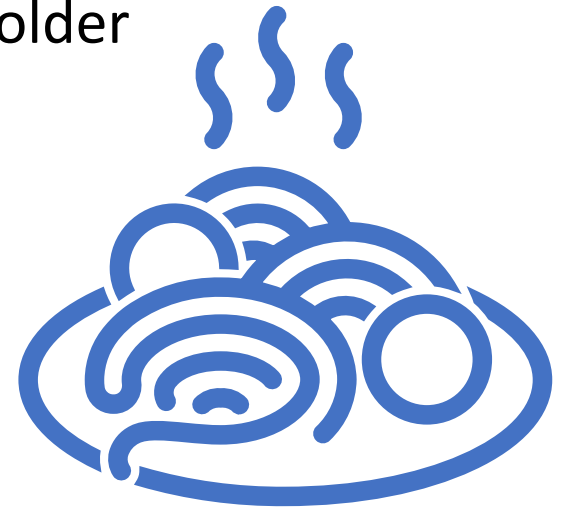
Hot Hands and Toe Warmers

- Oxygen activated so open the package when you load up in the morning so it has time to activate
- Moisture will make the warming stop
 - In wet conditions it can be helpful to wear them inside of plastic gloves under your work gloves
- Hand or toe warmer on the top of your hand, not in your palm so it doesn't impede your dexterity
- Adhere the toe warmer to outside of your sock



Fuel for Cold Days

- Increase the amount of food you pack as the weather gets colder
 - More protein and carbohydrates for energy
- More fluids
 - Bring a thermos of warm beverage of choice.
 - Stay hydrated – drink even though you're less thirsty





SEASONAL CHANGES AND MENTAL HEALTH

Mental Health at HSG



End of season

- Less sunlight makes the days seem longer, like there is less time after work for living your life
- There are still the same number of hours in the day, it just feels off because of the light changing
- It can feel stressful when you're facing a huge volume of leaves to clean up and you're cold and you're tired and your feet hurt.

Angie – “I like to remind myself that this is the LAST TIME I’m deadheading these #### daylilies at this client! I’ll never have to clean the base of this hosta again (this season, at least!)”



How Seasonal Changes Affect Mental Health

Less sunlight =
Less serotonin production =
Disruption of circadian rhythm



Symptoms of Seasonal Affective Disorder



- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live



Lifestyle & Coping

- Increase natural light in your home environment if possible
 - Vitamin D supplements
- Get outside
 - Natural sunlight within 2 hours of waking up
- Exercise regularly
- Normalize sleep patterns
 - Limit napping
- Take care of yourself
- Practice stress management
- Socialize
- SAD Lamp
 - Easy to find online, your Dr can even write you an Rx for one!
- Travel
 - In person
 - Watch nature shows featuring sunny climates



Treatment of SAD

- If you experience symptoms of Seasonal Affective Disorder for more than a few days at a time

Or

- If the symptoms impact your normal functioning

Or

- If you have any thoughts related to wishing you weren't alive

- Please get help

• **Suicide & Crisis Lifeline**

• **988**

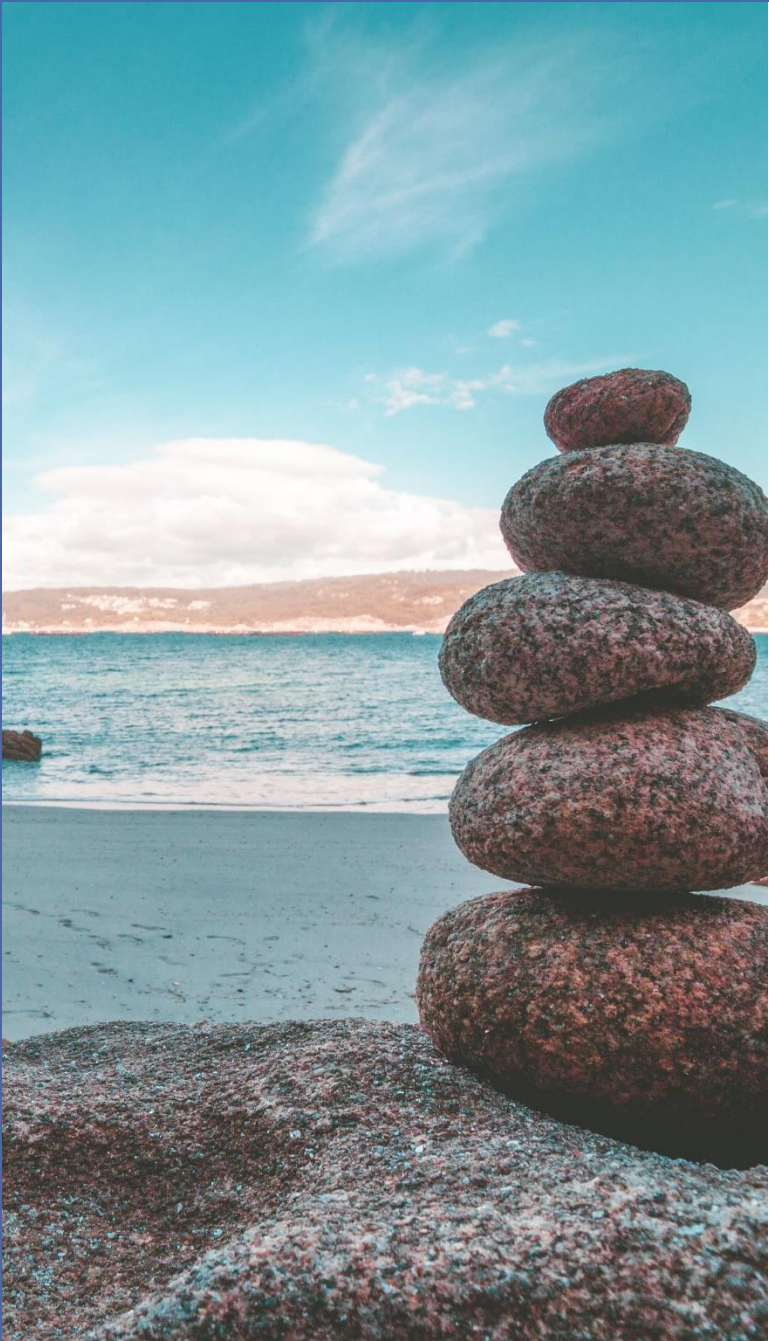


MEDITATION

Tips from TG

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Meditation

- What is it?
- Why do it?
- How to do it?



Meditation



- What is it?
 - Focused attention and awareness; Mindfulness
 - Observing thoughts and feelings without judgement
 - Being in the present moment
- Some Forms/Methods
 - Mantras
 - Praying
 - Guided
 - Sound
 - Yoga



Meditation

Why do it?

Overall health improvement; long lasting benefits

Decreased

Anxiety

Depression

Stress levels

Pain

Improved

Concentration/focus

Ability to process emotions

Sleep

Blood pressure, heart function

Increased resilience

Meditation

- How to do it?
 - Find what you prefer
 - Contemplation
 - Body centered
 - Emotion centered
 - Visual centered
 - Breath work
 - Consistency /Make it a Habit
 - Same time, same place
 - Give yourself grace
 - Takes time and practice
 - Start small



Meditation

- Resources

- Apps

- Headspace
 - Insight Timer
 - Calm
 - Aura
 - Healthy Minds

- Other

- Daily Meditation Podcast
 - Mindful.org
 - National Center for Complementary and Integrative Health
 - Youtube: [F*ck That: An Honest Meditation](#)

Insight Timer 

