



Backyard Garden Club

Welcome to the July 2025 issue of the City of Brampton's Backyard Garden Club e-newsletter!

In this issue, learn more about the key tasks of gardening and all about beets!

Have gardening questions? [Email us.](#)

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Pay special attention to your garden this month!

July is one of the most important months for taking care of the garden. We need to focus on nurturing it during the heat of the summer, so it continues to thrive. It is a great time to invite young people to share in the joy of gardening and teach them how to help it grow.

Key July Tasks

- **Watering:** Deep watering helps roots grow further into the ground, leading to stronger, more drought-resistant plants. Aim for about one inch of water per week, applied in the morning and kept off the leaves to prevent mold.
- **Weeding:** Regularly remove weeds to prevent them from stealing water and nutrients from your plants. Pinch or cut off flower tops before they go to seed. This reduces spread and focuses energy back into the plant.
- **Deadheading:** Remove dead flowers from plants when necessary to encourage new blooms and maintain a tidy appearance. This also helps prevent unwanted seed development and can extend flowering time.
- **Fertilizing:** Use natural fertilizers like compost or organic mulch, applying it to the soil surface without disturbing roots or touching plant stems. Chemical fertilizers and dyed mulches should be avoided.
- **Pest and Disease Control:** Keep a close eye on your plants for any signs of pests or disease, such as discoloration or damage. Address issues early using natural or organic methods when possible.
- **Mowing:** Mow your lawn regularly but allow the grass to grow longer during hot summer months to conserve moisture — around three inches is ideal. Leave mulched clippings on the lawn or use them in garden beds to return nutrients to the soil.

Happy gardening!

Contributed by Carole Spraggett, Brampton Horticultural Society

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It's vacation time. You're taking a breather from work, but all the container plants, flowerbeds and houseplants you've worked so hard to plant and keep beautiful this spring are staring you in the face. How can you take time away from the garden without disrupting all the progress your garden has made? Follow the tips below to make sure your garden thrives even without your daily TLC.

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Lets Talk Beets!

Beetroot, also widely known simply as beet, is a cool-season root vegetable belonging to the *Beta vulgaris* subsp. *vulgaris* species, specifically within the Conditiva group. Traditionally recognized for its deep red color, it also comes in golden varieties. Beets can be sown directly into the ground and thrive best in full sun, although they can tolerate light shade. They can be harvested as early as July and reseeded during that month for continued growth.

All parts of the beet plant are edible, including the leafy beet greens, which are a popular addition to many dishes. The taproot portion is commonly consumed and can be enjoyed raw, roasted, steamed, or boiled. It is also frequently canned, pickled, spiced or served in sweet-and-sour preparations. With a long history dating back to domestication in the ancient Middle East, beetroot has become a beloved staple in diets around the world.

Contributed by Carole Spraggett, Brampton Horticultural Society



Support Those In Need In Our Community

If you are a present or past participant in the City of Brampton Backyard Garden Program, please mention that you are donating from the City's backyard garden program when dropping off produce at one of the food banks listed below.

Regeneration

253 Queen Street East (use south entrance marked as Regeneration Marketplace)

Hours of operation: Monday - Friday, 9 am - 3 pm

Knights Table

287 Glidden Road, Unit 4 (use back door)

Hours of operation: Monday - Sunday, 11 am - 6 pm

NOTE: please separate produce by type

Lifting the Fallen Church/Iglesia Pentecostal Levantando Al Caido

171 Advance Boulevard, Unit 14-15

Hours of operation: Friday, 10 am - 4 pm | Saturday, 5 - 8 pm | Sunday, 3 - 7 pm | Monday-Thursday by appointment only, call 905.499.0777

Heart Lake United Church's Community Cupboard

85 Sandalwood Parkway East

Hours of operation: Wednesday, 6:30 - 7:30 pm by appointment only, call 905.846.4519

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