De-stressing in your Home Gardens

There are several features of gardening that can help you relax and destress.

1. The simple act of sitting and observing your garden can have a calming effect.
2. Gardening can provide a distraction from daily stresses.
3. The physical activity of gardening can help reduce stress.

Tips for De-stressing through Gardening:

- Choose easy-to-care-for plants.
- Set a realistic gardening goal.
- Take breaks and enjoy the process.

Time for Action: Spring Clean-up

Many gardens have a lot of debris that needs to be removed before the upcoming growing season can begin. A thorough clean-up can improve your garden's appearance and set it up for a healthy growing season.

What’s “Up”?

While it is an exciting time for gardeners across the region, there are some issues that can impact your plants. These are:

- Early Spring Temperatures: Plants and weeds might start to grow earlier than usual.
- Weed Removal: With early spring temperatures, weeds may begin to grow faster than usual.
- Invasive Species: Some invasive species may become more noticeable due to the warmer weather.

The following invasive species are commonly found in the region:

- Hairy Bittercress
- Garlic Mustard
- Water Hyacinth

Time for Climate Change

This is a great time to start thinking about how you can be more environmentally friendly with your gardening practices.

- Use water wisely: Group watering similar plants together to reduce water usage.
- Mulch: Mulching helps retain moisture and suppress weeds.
- Compost: Composting helps improve soil health and reduces the need for chemical fertilizers.

What’s Happening in the Garden?

- Red Maple
- Silver Maple
- Chestnut Oak
- Eastern White Pine
- Sassafras
- Nyssa sylvatica
- American Sycamore
- Tulip Tree
- Fagus grandifolia
- Acer rubrum

Invasive Species Spotlight

Hairy Bittercress is a common invasive species found in many gardens. It is characterized by its small, white flowers and hairy leaves. It can quickly spread and dominate a garden, so it's important to remove it as soon as possible.

De-stressing in your Home Gardens

Gardening can be a great way to relax and de-stress. Here are a few tips for making your garden a soothing space:

- Choose easy-to-care-for plants.
- Set realistic gardening goals.
- Take breaks and enjoy the process.

Time for Action: Spring Clean-up

Now is the time to start cleaning up your garden. Remove any debris, dead leaves, and weeds to get your garden ready for spring.

What’s “Up”?

Early spring temperatures can lead to unexpected growth in your garden. Be ready with your tools and get to work!

Time for Climate Change

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Don't forget to check out the Delaware Estuary website for more information and resources on gardening.