



Meet Regina Cady, Horticulturist

Regina joined the Park District in May, 2009 in the Park Maintenance Department. She has enhanced and beautified the Community Centers, indoors and outdoors, and has added plantings to the twenty-four parks located in the District boundaries. She has taught environmental classes at the Park District and is responsible for the maintenance of the Community Garden. Regina is from a little town in Georgia called Tunnel Hill. She went to College at ABAC (Abraham Baldwin Agricultural College), in Tifton, Georgia and graduated with an A.S. in Ornamental Horticulture Technology with an Option in Greenhouse/Flower-shop Management. She has worked for the City of Atlanta Parks Department as Horticulturist, the University of Georgia Experiment Station in Griffin in the departments of Horticulture, Entomology and Plant Pathology and at the USDA at the Experiment Station with the Plant Genetics Resource Conservation Unit in the area of Peanuts.

Tips for Winterizing your Lawn and Flowerbeds

As winter quickly approaches, a little prep now will mean big rewards this spring for your lawn and flowerbeds.

- 1. Feed your lawn!** In our area we use more cool season grasses that tend to slow down during hot summer months and then revive in the cooler months of early through late fall. Two applications, the first, from mid to late September should be a little higher in nitrogen than the second, applied around Thanksgiving, which should contain more phosphorus to give the roots a healthy prep for the next year.
- 2. Clean those flowerbeds!** As a rule of thumb, I recommend cleaning out old annuals after first frost and cleaning dead material from around your perennials. Cut down spent flower heads, with the exception of Coneflower which is fed upon heavily by our winter feathered friends.
- 3. Mulch!** Now is the time to top dress your flower beds to protect those crowns, one to two inches should be plenty. Also, mulch those tree rings; just make sure when you are finished they look like donuts not volcanoes, two to three inches of mulch should be sufficient.



Community Garden Update

Our first year of the community garden program was a huge success. The plots opened in early May, with all of the plots selling out in less than three weeks. By June 1, there was a wait list of nearly 20 people. Thank you to all of our dedicated gardeners who did a great job of maintaining their garden plots. Walkers and joggers who use the Century Park path near the garden plots consistently commented on how nice the gardens looked.

Due to the increasing demand for additional garden plots, the Park District has identified an area in Hartmann Park to add another community garden with 9 15' x 15' plots. This site will be open in the spring of 2012 in addition to the 15 garden plots in Century Park.

We will be offering all 2012 garden plots via a lottery system. Registration information will be in the Spring/Summer program guide.