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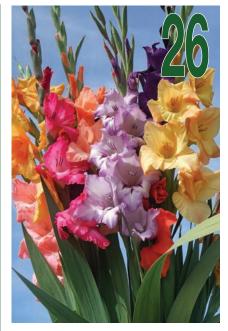
g HOME & GARDEN

August 2025

Garden getaway
At the end of a long lane
to Susan Edwards' home,
the Queen Anne's County
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plants from seed to flower,
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Savor summer: The sweetest days of all

There's something undeniably special about August. The buzz of early summer softens into a slower rhythm.

The sun casts a golden glow on everything it touches, and the days feel both endless and fleeting. August invites us to linger — in the warmth of a sunset, in the laughter of a backyard gathering, in the soft lull of waves at the shore.

While September waits quietly with sharpened pencils and crisp routines, August says: Not yet.

It urges us to take one more dip in the pool, grab that last scoop of peach ice cream, and stretch out barefoot on the grass without a care.

It's the month of late-night

Sweet Simplicity



By Kristine George

stargazing and early morning walks before the heat rises.

It's fireflies and farmers markets, baseball games and beach reads.

It's a gentle reminder to slow down and truly live in the moment. At least, that's what I try to tell myself.

In reality, I always feel a little melancholy when the calendar flips to August — like the Sunday evening of summer. (Ask any teacher, and they'll tell you this is 100-percent true.)

The magic is still there, but it's tinged with the awareness that it won't last forever.

So maybe the gift of August is this: it reminds us that nothing lasts forever, which is exactly why it's worth savoring.

August may hint at what's ahead — school bells, earlier sunsets, pumpkin everything — but there's still magic in the air.

If you're like me, you're not quite ready to let go (PAGE 43)





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Slow watering is always best, and only water between 5 a.m. and 10 a.m. This prevents evaporation and scorching your grass or plants, and it is the most efficient use of water.

There's a science to watering

This month I want to discuss the proper watering of plants.

I have had many questions from customers on the proper way to water lawns and landscape gardens.

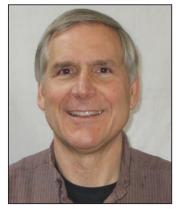
While it may appear to be a simple task, the fact is there are a lot of factors to consider.

August traditionally is one of the drier months of the year, and usually it is when we have a drought, along with unrelenting heat and humidity. Well, as we have all experienced so far this summer, it has been hazy, hot and humid, with a large amount of precipitation.

Here are some of my thoughts on watering.

Soil types play a factor as sandier soils like those in northern Dorchester County and almost all of Caroline County, have a need for water more often — usually every

Ken-Do Attitude



By Ken Morgan

three days with no rain. You can help sandier soils by applying Leaf-gro or another type of compost with a high humus rating, which will help hold more moisture in the soil. Clay soils tend to hold moisture longer and usually need irrigation when no rain has been present for a five too seven-day period.

Remember every garden and yard has its own unique microclimate, where sunlight, shade and air flow can affect each garden differently.

Understanding how heat, humidity and air flow effects, your garden helps determine how to water correctly. The hotter and drier the air could mean your plants may need more water.

The windier the exposure, the sooner container plants and garden soils can dry out.

Remember don't water by routine, but only water when the soil feels dry beneath the mulch. Overwatering is always bad for plants.

The wetter the season and the higher the humidity, the more likely the soil can become waterlogged.

When planning your garden make sure you provide good drainage, and make provisions (PAGE 21)

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Hibiscus "Blue River" can grow 4-5 feet tall and spread up to 3 feet and bears pure white flowers that can spread up to 10 inches wide.

(Photos by Ginny Rosenkranz)

Hibiscus can shine, even in August

August is usually a hot and dry month and sometimes it seems that very few plants are blooming in the gardens.

It may be hot and dry but there are some very lovely plants that bloom with huge and often brilliantly colored flowers even in August.

Hibiscus is a cultivar or nativar of the Hibiscus moscheutos, also known as swamp mallow, which grows best in full sun and moist, organically rich soils.

Shore Home & Garden • August 2025

Gardening Tips



By Ginny Rosenkranz

They are herbaceous perennial shrubs growing 3-6 feet tall and

2-5 feet wide with green leaves and colorful flowers with 5 petals that can grow 6-8 inches wide and come in white, pink, red or burgundy.

Because the swamp mallow is so lovely, there are many nativars have been hybridized to bring brighter colors and larger flowers to the gardens.

Hibiscus "Summer in Paradise is a lovely compact and bushy plant that has maple shaped green leaves and brightly colored (PAGE 42)

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Solace in Susan's garden

Edwards' personal oasis serves as ideal getaway after a long workday

Story, photos by Sean Clougherty

elping others regain strength and motion working as a physical therapist, Susan Edwards uses her idyllic garden for her own rejuvenation. "I just love it," she said. "It's kind of my own therapy. It's my zen."

At the end of a long lane to her Centreville home, the Queen Anne's County Master Gardener designed a serene garden space where she can take plants from seed to flower, cut them for arrangements or simply admire their beauty in the bed.

"I like to be creative," Edwards said. "I think that's the main thing about a cut flower garden."

The symmetrical spot she specially designed contains a lot of the standard options in cut flowers: zinnias, cosmos, snapdragons,



celosia, dahlias and hydrangeas, but she also leaves space every year to try new flowers, pairings and ideas she's found along the way.

"If I don't like it, I won't get them again. If I do, I'll get more," she said in the most simplistic terms.

But each year, the planning starts well before that.

"I begin by sowing seeds under grow lights in my basement, she explained on her website, inthegardensue.com. "Once they have flourished, I carefully transfer them to my greenhouse, allowing them to thrive for an additional four weeks.

"This meticulous process prepares me for the exciting moment when I finally plant my garden on a grand scale."

She's even designed and published multiple garden planners, drawing on years of experience, trial and error.

Heavy landscape fabric, stone pathways and diligent weeding help keep the space pristine and photogenic for Edwards' social media, sharing the good and bad of a growing season.

This year posts showcasing colorful blooms dominate her feed, but she's also not afraid in showing wind-damaged dahlias and the need for one more layer of trellis.

"I learned my lesson I guess," she



Susan Edwards plants a variety of cut flowers each year, some tried and true, some as experiments. "If I don't like it, I won't get them again. If I do, I'll get more," she said.

said in the post.

After past attempts folded under the weight, a new archway fabricated by family gives and extra-sturdy perch for luffa plants to climb.

"It grows really fast and just takes over," Edwards explained of the plants "My son-in-law and father made this for me and gave it to me for Christmas."

Family has been the focal point of the garden this year as Edwards

planned the garden's peak bloom to coincide with her daughter's wedding in June held on the property.

That included flowers in her large patio planters matching the wedding colors and many many flowers cut for decoration and bouquets.

"It was just incredible, and what a beautiful day we had," she said.

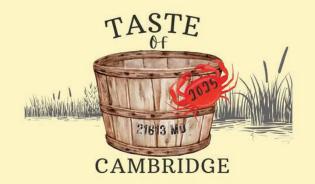
As much as she enjoys growing flowers, she said giving them away brings her more joy. "When I retire, maybe I'll do something more like that," Edwards said. "I just like to give them away and this year I have a lot of give away."

She's also an avid seed saver from her own flowers and shares and trades lot of them with fellow gardeners.

"That's always fun," she said. "It just saves a lot of money overtime."



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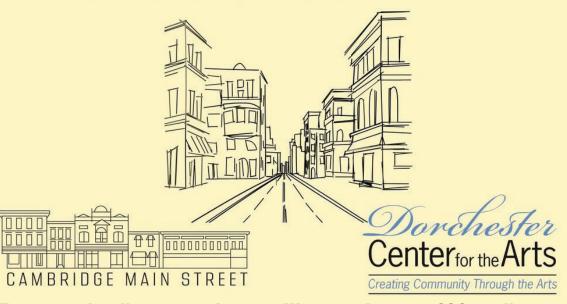
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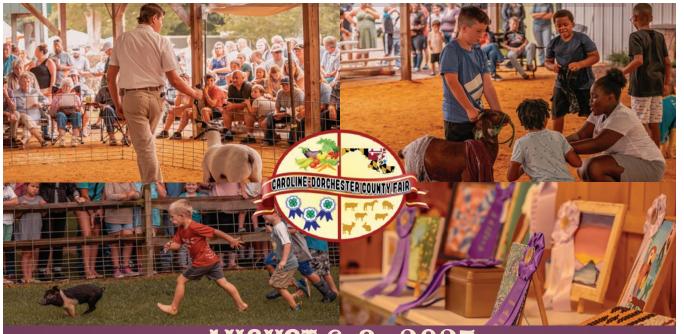


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Forget the calendar

GDD method reveals the ideal time to tackle garden pests

Story, photos by Jessica Damiano

hate to break it to you, but just like your calendar can't tell you the best time to harvest, it won't provide you the perfect date to attack the pests waging war on your plants.

Timing effective pest control is all about understanding how the weather affects insect life cycles.

We know that most plants and insects emerge in spring, advance through summer, and, in cold regions, go dormant over winter. But beyond those general seasonal cycles, there's no way to predict precisely when, for example, seeds will sprout, garlic will be ready for harvest or pests will be at their most vulnerable.

Those developmental stages vary from year to year because they're dependent on the weather.

That's where growing degree days come in.

GDD is a cumulative system used to determine exactly when plants and insects will reach certain stages of maturity. And with so much variability — with different pests having different life stages that are vulnerable (or resistant) to different control methods at different times — it's a helpful tool for gardeners.

The system, introduced by the French entomologist René An-

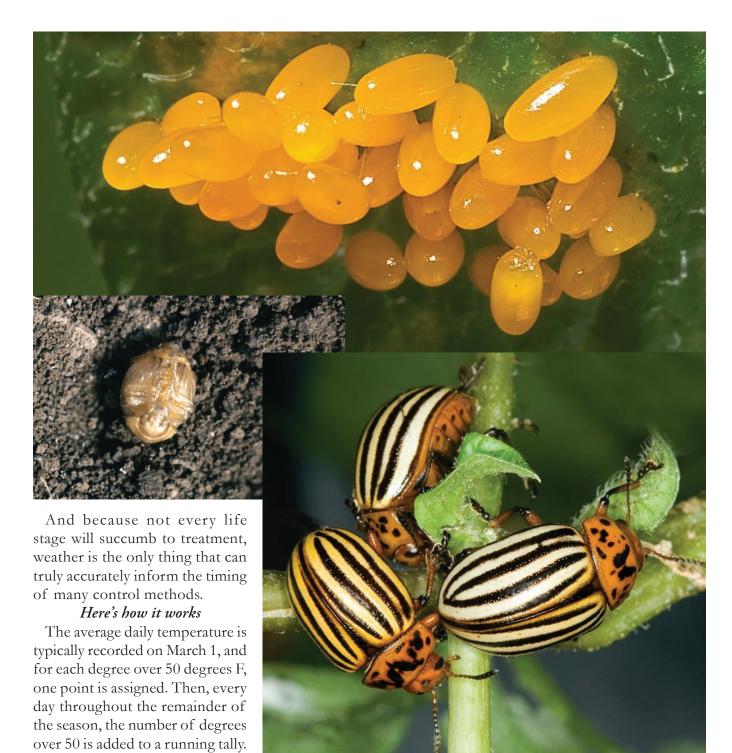


Scale insects infest a leaf. The first generation of euonymus scale insects are most vulnerable to Neem oil and horticultural oil treatments between 400 and 575 Growing Degree Days.

(Photo by Jessica Damiano)

toine Ferchault de Réaumur in 1735, is a measurement of heat accumulation that accurately predicts when seeds will germinate, crops will mature and specific pest populations will hatch and reach advancing stages of maturity.

The progression of an insect's life cycle, like much of the natural world's biological activity, is dictated by environmental factors like temperature.



The progression of an insect's life cycle, like much of the natural world's biological activity, is dictated by environmental factors like temperature. The Colorado potato beetle, for instance moves from eggs on a plant (top) to pupa (left) to larvae (Ending 403) to the adult leaf-devouring beetle (above).

assigned a score of zero.

Let's say the temperature was 53 degrees on March 1; the GDD on that day would be 3. If it was 60

If the temperature is exactly at

or below 50 degrees, the day is

(Photos courtesy Bugwood.org via AP)

on March 2, the GDD would be 3 plus 10, or 13. If the temperature was 49 on March 3, that would add nothing, and the accumulated growing degree days would remain at 13.

The tally continues to grow through a regionally specific date in the fall.

Seems complicated? The good news is you don't have to crunch the numbers yourself.

Your local cooperative extension office likely tailors and tracks this information for your region, and many post the GDD, as well as pest- and plant-specific GDD guidelines, on their websites. In addition, the agricultural company Syngenta offers a handy tool among its GreenCast online resources that quickly generates

the GDD for your zip code.

What does this mean for your garden?

As an example, Colorado potato beetle eggs and pupae are not susceptible to pesticides, so attempting control during those stages would be pointless. But their larvae are vulnerable to the natural biological control Bt from the time they emerge until they reach a quarter-inch in length.

Rather than heading out into the garden with a ruler — or spraying every day and hoping for the best — you can time the application for between 65 and 185 GDD.

Similarly, the first generation of euonymus scale insects are most vulnerable to Neem oil and horticultural oil treatments between 400 and 575 GDD.

And for pre-emergent crabgrass controls, like corn gluten meal, to be effective, they should be applied just before 200 GDD.

That's why I recommend a treatment window that coincides with the time between when the first forsythia blooms and the last of the lilacs fade: It's a visual cue tied to nature's reaction to temperature.

Depending on the variety, most tomatoes, which love the heat, are ripe for the picking between 1,000 and 2,000 GDD. But, for the record, my tomatoes always let me know when they're ready.

(Editor's note: Jessica Damiano writes weekly gardening columns for the Associated Press and publishes the award-winning Weekly Dirt Newsletter.)

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(FROM PAGE 8)

for all down spouts to be diverted away from your plants.

In the case where the soil may take longer to dry out, consider putting a French drain under the plant. Simply dig the hole for planting as normal, then take a post hole digger and dig two or three holes at the bottom going down at least two feet. Then fill the holes with gravel, which will allow for the extra water to travel below the root zone of the plant which can cause phytophthora (root-rot), which can kill your plant.

Lawns need an inch and a half of water every week to keep them healthy and looking good. Water anytime your lawn retains footprints or the grass blades curl inward and the blades begin to turn a blue-grey color. When you water, use a sprinkler that delivers the water slowly. This avoids wasteful runoff and the moisture will go deep, and the roots of the grass will then grow down away from the heat and drought at the surface.

Electrically timed irrigation systems tend to ignore the weather

(Unless they have a rain gauge or sensor as part of the system). They are often not set properly and water too often and too shallow. Have your irrigation company only use low-gallon nozzles and limit the run-time to be only long enough to water gently and deeply every week to 10 days. Turn your system off if you do not have a rain sensor or gauge as part of your system, when we get an abundance of rain.

Newly planted trees and shrubs will need watering every three to four days as their roots systems have not yet been established. Remember slow watering is always best, and only water between 5 a.m. and 10 a.m. This prevents evaporation and scorching your grass or plants, and it is the most efficient use of water.

Always water the ground around the plant and avoid overhead watering of plant. Humidity and overhead watering encourages leaf spots, mildew, rust, scorch and other negative conditions. High humidity causes the best environment for insects such as mites, aphids, scale and other insects. To avoid insect issues are sure to water the ground under the plants and avoid overhead watering.

Remember, always check the soil before watering. Happy August!

(Editor's Note: Ken Morgan is the owner of Robin's Nest Floral and Garden Center in Easton, Md.)





An iconic bird of our area Great Blue Herons enjoy our marshes and crabs as much as we do. Standing a bit over 5 feet tall, the Great Blue Heron is hard to miss.

(Photo by Suzette Stitely)

Great blue heron

Backyard Birds



By Suzette Stitely

(Editor's note: Suzette Stitely is a member of the Talbot Bird Club and travels extensively for birdwatching.)

Shore means boats, water and crabs and if you're on a boat or near the water enjoying crabs chances are you'll see a Great Blue Heron.

An iconic bird of our area Great Blue Herons enjoy our marshes and crabs as much as we do.

Standing a bit over 5 feet tall, the Great Blue Heron is hard to miss.

They are one of the most widespread wading birds and can be found all across North America.

Great Blue Herons are a lovely gray/blue color with a head that is mostly white with a dark blue stripe running from behind the eyes to the back of the head and a white crown.

They have pale eyes and a large,

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heavy yellow bill. Their long legs are brownish.

Great Blue Herons have been observed eating many different things, but the majority of their diet is fish.

Its preferred species are killfish, bay anchovies and juvenile menhaden.

They stand in shallow water and patiently wait for a fish to swim by.

The heron will then stab the fish with its dagger bill and swallow it whole.

Great Blue Herons will eat frogs, snakes, turtles, crabs, rodents and even other birds.

Great Blue Herons tend to forage and roost alone or in small loose groups; however, they do nest in colonies which can be as large as hundreds of pairs.

They begin breeding at about 2

years old.

While Great Blue Herons are monogamous, they choose a new mate most years. Nests are made of sticks (carried by the male and arranged by the female), usually placed in a tree and then lined with moss, pine needles or dry grass.

Three to six eggs are laid and both parents incubate them for about a month.

Eggs and nestlings are predated by Bald Eagles, common ravens and American crows.

Once hatched, both parents feed them and the chicks remain in the nest for about seven weeks before their first flight.

They become independent within a few weeks, although their hunting success is low at first.

The Great Blue Heron popula-

tion seems to be stable however it can be greatly affected by winter storms and hurricanes. Adult birds have few predators and their estimated life span is 23 years.

Learn more about birds, including the Great Blue Heron, by joining the Talbot Bird Club.

Talbot Bird Club offers local birding trips weekly and welcomes anyone who has an interest in birds, whether a novice or experienced ornithologist, and whether you enjoy watching birds at your feeder or traveling throughout the world.

Our members learn from one another and are willing to share their knowledge.

The Talbot Bird Club is part of the Maryland Ornithological Society and also has a Facebook page.



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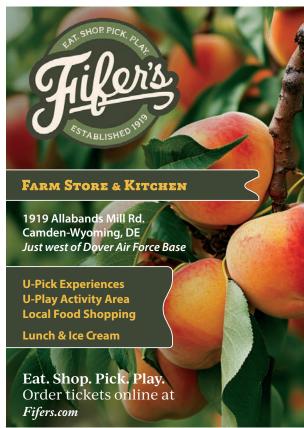


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With seven 50-foot rows of gladiolus at Katelin Frase's Vintage Flower Farm, cut flower seekers have a lot to chose from. Frase said she selects varieties for color and bloom type to offer a lot of options. "It's based on personal preference, as most flowers are. I like to get a lot of varieties our there and let them decide."

Gladiolus gives bouquets bold color

Story, photos by Sean Clougherty

oing back to Greek mythology, gladiolus has a rich history.

Its name comes from the Latin word "gladius" meaning sword, as it's tall stems and flowers blooming from the bottom up take the shape of a gladiator's weapon.

Thus gladiolus has been associat-

ed as a symbol of strength, healing moral character, honor, intelligence and victory.

In the early 1900s, hybridizers focused their attention on the plant leading to the American Gladiolus Society forming to promote the flower. Then, decades later, it picked up the stigma of a "funeral flower" as florists found it cheap and readily available.

That's given them a love-'em-orhate-'em dichotomy among gardeners and flower fanatics, said Katelin Frase of Vintage Flower Farms, a cut flower farm near Preston, but she's firmly on the love 'em side.

"I put them in all my arrangements," she said. "I think they're beautiful."

With seven 50-foot rows on the farm, she and flower seekers have

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a lot to chose from. Frase said she selects varieties for color and bloom type to offer a lot of options.

"It's based on personal preference, as most flowers are," Frase, who launched the farm operation with husband Eric in 2022, said. "I like to get a lot of varieties out there and let them decide."

For her, gladiolus' bring bold color, height and structure to an arrangement.

The sword-shaped flowering plants can reach between 2-5 feet in height. Their showy funnel-shaped blooms also range in size — from less than 3 inches to more than 5 inches in diameter.

Extra appeal of the flower for Frase came when she found out her farm, focused on heirloom varieties in general, was at one time long ago a gladiolus farm.

"Neighbors told us about it after we were here. We're all about the backstory," she said. "They are a vintage flower. It's been grown here for centuries. We're just carrying on the history."

A harsh winter can do in a gladiolus bulb — technically, it's a corm — so Frase digs them up for overwinter storage and plants them again the following year, successionally to spread out the bloom period.

Older corms may produce two or three cuttable stems in a season, while first-year corms may just produce one.

She said this year, she hopes to have gladiolus blooms through August for the those who love them and even those who may be coming around to like them.

Say it with color!

B eyond the many interpretations, the birth flower for August carries other meanings based on its color.

- Red gladiolus symbolize love, romance, passion, and the perfect way of expressing how much you adore someone.
- Pink gladiolus symbolize compassion and love but are more subdued in meaning. You can give a pink gladiolus to someone you love but also just show a friend that you care about them.
- White gladiolus symbolize innocence and purity. They

also mean profound respect for someone you admire or hold dear to your heart. White gladiolus are commonly used in wedding bouquets and arrangements.

- Yellow gladiolus symbolize joy and friendship. The color also stands for positive energy and is a meaningful choice for a friend who needs a pick-me-up.
- Purple gladiolus symbolize charm, grace, royalty, fortune, and beauty. Purple gladiolus make a wonderful gift for almost anyone.

—Sean Clougherty



With its sword-shaped flower clusters, gladiolus has been associated as a symbol of strength, healing moral character, honor, intelligence and victory. Pink flowers symbolize compassion and love.

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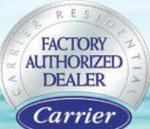


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Caroline Co. Museum of Rural Life

Antique Discovery

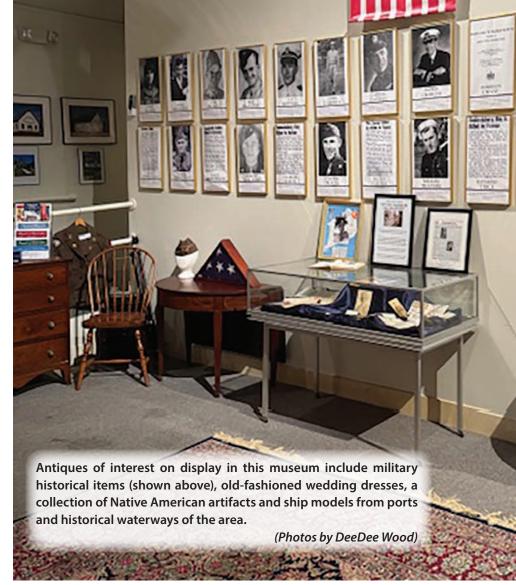


By DeeDee Wood

(Editor's note: DeeDee Wood is the owner of Black Cat Curiosities, an online antiques research and sales venue.)

s you drive around Denton, you could find yourself in the downtown square that showcases the county's historic courthouse. Adjacent to the courthouse green, there is a stately row of homes that encompass history in the area, one being the Museum of Rural Life, the headquarters of the Caroline County Historical Society. A perfect place for our first in a series of the 2025 Antiques Road Trip, treasures and the past await you in this historical building, packed full of surprises and local history.

I met with Robin Westre, Secretary of the organization, and



leader of the docent program at the museum.

She showed me around the museum and pointed out some of the things visitors could view at the museum, and explained some of the displays.

From rural Caroline County history, to a display on military of different eras, to the presentation of an entire sharecropper's house encased within the museum, there

are artifacts, antiques and treasures to view and discover.

The museum house itself, the Annie Taylor House, was moved to the current location on the courthouse square back in the 1990s from the northside of Denton.

In the back rooms of the museum, one can't help but notice a full, small house on display, a sharecropper's cabin, Robin explains, "was placed here, and the museum was



built around this, to showcase how a sharecropper lived and functioned in this area."

Across from the cabin, there is a room display out of a middleplanter home from the area.

Westre explained the difference between a share cropper and a middle-planter: "The share cropper had 15-30 acres, and the middleplanter would manage 1500 acres or more." The middle-planter display had a wide variety of antiques to view, from old writing desks, oil lamps, fireplace accessories, chairs, dolls and more.

The interesting thing about this museum is the entire rooms or buildings encased therein, a nod to the preservation this museum attempts to manage to showcase the county's rich agriculture history.

Other antiques of interest on display in this museum are numerous, from old fashioned wedding dresses, a collection of Native American artifacts, military historical items, ship models from ports and historical waterways of the area, (such as the mighty Choptank River and tributaries), and interesting items that find special interest for the visitor.

One of the more interesting displays in the museum covers a famous chicken of era.

Known as Lady Eglantine, the chicken was a white longhorn, and made the Guinness Book of World Records in 1915 for laying the most eggs by any chicken in the world, at 314 eggs in 365 days.

There are many historically significant narratives and exhibits in this museum that include artifacts and antiques to help tell the story.

There are displays that cover the Underground Railroad in Caroline County, African American history and important figures and historical figures of the era.

There is an entire wall out of a local historic home, the Frazier Flats House, that has been reassembled, brick-by-brick, complete with original window, and reinstalled in the museum, to preserve and present the story of historic dwellings of the era.

The middle room and peppered throughout the back rooms of the museum, there are smaller and larger military displays and narratives, showcasing local military heroes and their roles in wars and combat.

Contained in these displays, you can find artifacts of the military persuasion, such as stories on Buffalo Soldiers (African American soldiers who served the U.S. military in Western campaigns after the Civil War), displays, stories and artifacts telling the stories of local war heroes and people who served in the military locally, and even a wooden crate on display that brought home a coffin of a local war hero. Military uniforms, war posters and historic artifacts complete the military representations in this museum.

Other artifacts and antiques of interest in this museum are numerous.

I viewed a dollhouse replica of house museum, portraits of historical local figures, antique furniture, bottles, sundries, and numerous goods and personal items of the people from this area.

There are examples of rural life in this museum, of course, from canning history, to farm implements, to school girl samplers and even silhouettes.

There is a pier mirror from a local iconic "Two Johns" historic home of the area, tidbits on many local and historic residential dwellings, some long gone, but documented and photographed, and nautical items, such as a long-lost sea captain's trunk and content informa-

tion, represented in this quaint and well-represented museum.

It is interesting to note and view the history of Caroline County, presented with many antiques, artifacts and narratives, represented in this museum with many rooms and displays.

From a small portrait of Moses Viney, a former enslaved person who achieved many great achievements in the area in his lifetime, to World War II stories of bravery and courage, pivoting over to nautical tales and waterway history of the area and more, the artifacts, entire cabins, military displays and narratives guide the antique enthusiast and history buff into a world of appreciation and carefully crafted narrative.



Robin Westre is the secretary of the Caroline County Historical Society, and leader of the docent program at Caroline County Museum of Rural Life.

Recently, The Caroline County Historical Society has had some major losses. In memoriam, JOK Walsh, a passionate local history authority and major administrator/contributor to the museum and society, had a lasting, indelible mark on this museum and society, and Charles Andrew, the Caroline County Historical Society's President.

Both of these individuals and their contributions are honored and remembered in this historical community.

The Museum of Rural Life for Caroline County is located at 16 N. Second Street in Denton, and is open on Saturdays from 11 a.m. to 4 p.m., from March through November.

For more information, visit their website at carolinehistory.org, or call 443-305-9693.



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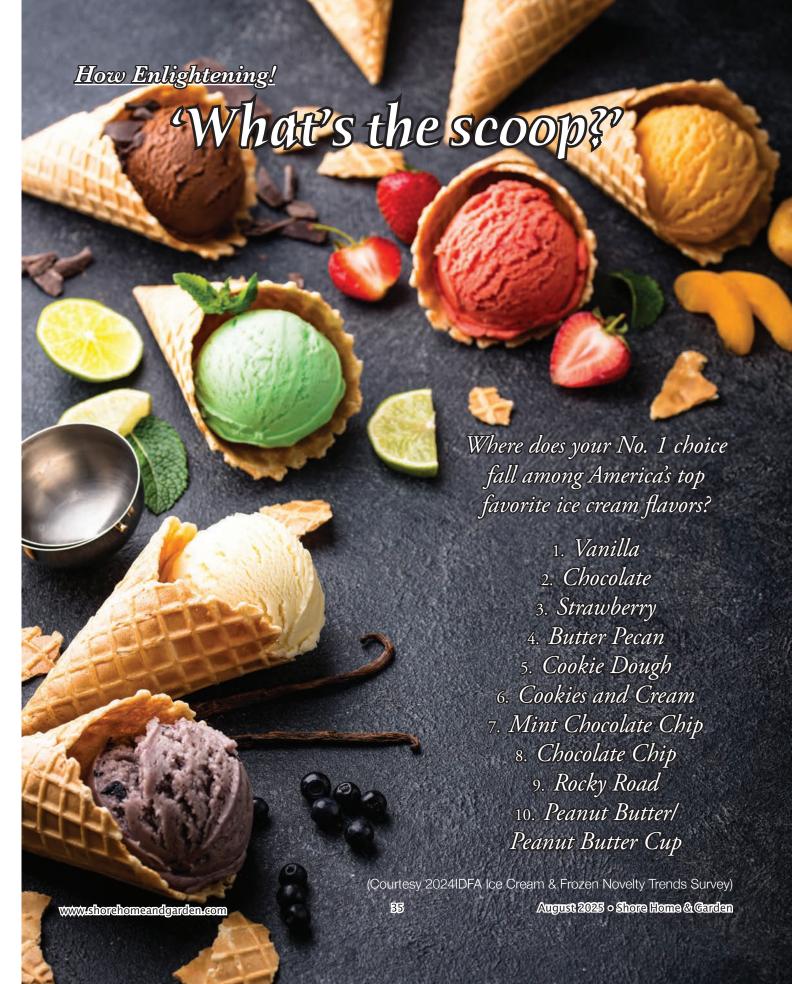
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Sunflowers grow happily all summer, so succession planting can give a longer period of blooms.

Saving sunflower seed simplified

Photo by Sean Clougherty

S unflowers are more than just beautiful additions to your garden; they are symbols of summer, joy, and abundance. Their towering heights and radiant faces can transform any outdoor space into a vibrant spectacle.

If you've ever admired these magnificent blooms and wished you could have more, you're in luck! Propagating sunflowers is a rewarding and relatively simple process that allows you to multiply your favorite varieties or grow new plants from the seeds of your existing beauties.

Whether you're aiming to fill your garden with a golden sea of petals or simply want to try your hand at seed saving, gardening expert Calum Maddock at HomeHow. co.uk shares everything you need

to know to successfully propagate sunflowers.

What You Will Need

Below is a list of the things that you will need in order to propagate sunflowers:

- A couple of paper bags;
- Garden scissors;
- An envelope or small jar with a lid;
- Medium-sized pots with drainage holes;

- Fine soil or peat-free, multipurpose compost;
 - Watering can;
 - Dibber or pencil;
- A cane or stake for support and some string; and
 - A plastic bottle

One of the easiest ways to propagate new plants from one sunflower is to collect and dry out the seeds after it flowers.

Once your sunflower has flowered, leave it in place rather than cutting it down. Seeds will form in the centre of the flowerhead. They'll need a little time to develop. So, to protect the seeds from birds, you may need to pop a paper bag over the flowerhead until it's ready to cut off.

You'll need to wait around two weeks after flowering has finished before you can start collecting the seeds. A good sign that the time is right is when the petals have faded and are starting to drop off. You may notice the base of the stem turning yellow, too. Have a check to see if the seeds are starting to come loose from the flowerhead. If so, carefully snip the whole flower head off along with around 10cm of the stem. This makes it easier to handle.

You can either pop the head into a clean, dry paper bag and give it a shake or shake the head over a sheet of newspaper. The seeds should all fall out of the flowerhead quite easily. If you're not sowing the seeds straight away, leave them in a warm, dry place for a few days before popping them into an envelope or sealed jar. Remember to label your seed container, so you don't forget what they are.

Sunflowers grow happily all summer, so you may want to grow new sunflower plants straight away. If so, choose a sturdy pot with a drainage hole in the bottom. For tall-growing sunflowers, a wider-bottomed pot will help them stay upright. Alternatively, plant your seeds directly at the back of your border or bed.

For pot-grown sunflowers, fill your pot with soil or multipurpose compost and water it to make it moist but not wet. If you're planning to stake the sunflower, put the stake into the soil first. This saves the risk of pushing the stake through the roots while the plant is growing.

Make a little hole, about an inch deep, in the soil using a dibber or pencil. Now, pop in one of your seeds and cover it over gently with the soil.

If you're planting up more than one sunflower, you'll need a gap of around 8 to 12 inches between each hole or multiple pots.

You can cut the end off a plastic bottle to make a cover for your sunflower seedling. This will protect it from slugs and increase the humidity to boost growth. Once it's tall enough, remove the cover and loosely tie your sunflower stem to your stake for support.

As your plant grows, be sure to keep the soil moist with light watering during dry weather.

Can You Grow Sunflowers from Cuttings?

You can take cuttings from plants that grow multiple flowers, such as Patio Sunflower 'Sunbelievable'. Choose a stem that's 4 to 6 inches long and has leaves but no flowers or buds. Strip the lower leaves from the stem. Pop the stripped end into a pot of moist compost. Roots should start to develop within a week. Dipping the end of the stem in rooting powder can help speed up root growth. To begin with, keep the cutting in a conservatory or greenhouse overnight. This should help you get good results.

If you've got a single-stem sunflower that's been damaged by wind or pests before it has a chance to flower, you can carry out the same process to get a new plant rather than simply composting it.

Where Should You Position Sunflowers?

As their name suggests, sunflowers do like plenty of bright sunlight. For optimal growth, health, and bloom production, your sunflowers should be positioned in a spot that receives a minimum of 6 to 8 hours of direct sunlight every single day. Consider the sun's path across your garden throughout the day. Southfacing gardens are usually ideal as they receive the longest periods of sunlight.

Avoid placing your sunflowers in areas that become shaded by buildings, large trees, or other structures for significant portions of the day, as this can lead to leggy, weak plants with smaller blooms. The more sun they get, the stronger their stems will be and the larger and more vibrant their flower heads will become.

Tall sunflower plants also benefit from a bit of shelter from the wind. So, place them by a fence or wall and support them with a stake. As

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No deductibles. No claims. No waiting periods. Just quality care at a price that fits your budget. your sunflower begins to grow, it is always worth using a stake as the sheer weight of the mature sunflower head can be substantial. Make sure to drive a sturdy stake (bamboo, wood, or metal) into the ground a few inches away from the main stem. As the plant gains height, gently tie the stem to the stake using soft ties, twine, or fabric strips. Make sure the ties are loose enough to allow for stem growth and avoid girdling the plant.

Propagating sunflowers, whether it is from saved seeds or carefully taken cuttings, is a very satisfying gardening job. Not only does it allow you to extend the beauty of these iconic flowers season after season, but it also offers an easy and sustainable way to extend your garden without constantly relying on shop-bought seeds or plants.

By following these straightforward steps, from the careful collection of seeds and proper planting to providing essential sunlight and support, you will be well-equipped to create your own thriving patch of sunflowers. Enjoy the process of nurturing these cheerful giants and watch your garden burst into a symphony of golden hues.



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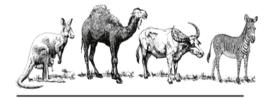
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From left, the Hibiscus "Berry Awesome," Bloomables and "Summer in Paradise" are each fascinating specimens.

(FROM PAGE 10)

cherry red saucer shaped flowers that spread 7-8 inches across.

The flowers last only 1 day but with the large number of buds, the plants are covered with new flowers each day from June to September.

Another nativar is Hibiscus "Berry Awesome "is also a compact but bushy herbaceous perennial that is sometimes called the dinner plate hibiscus because the pinkish lavender flowers can spread up to 8 inches wide.

Like most Hibiscus, "Berry Awesome "has a brilliant red eye in the center of the flower.

This is natures way of calling on the pollinators to feast on the nectar of this beautiful Hibiscus.

Hummingbirds are often viewed hovering over the open flowers and diving into the center red circle for the nectar they need.

Both butterflies and moths and other pollinators visit the flowers as well.

There are 28 species of butterflies and moths in their caterpillar stage will feast on the foliage, so it is always a good idea to plant the Hibiscus close enough to enjoy the flowers but far away enough to hide the nibble on foliage.

Native bees also visit the flowers including the solitary native Hibiscus bee, also known as the Eastern digger bee which collects the pollen.

The female bee will walk on the surface of water to moisten the hard backed soil so she can lay her egg in a vertical nest that is surrounded by a muddy turret or chimney.

Hibiscus "Blue River "can grow 4-5 feet tall and spread up to 3 feet and bears pure white flowers that can spread up to 10 inches wide.

The flowers have a satiny texture, and have creamy white stamens for a soft contrast.

It is called "Blue River "for the beautiful blue green foliage that provides a fabulous backdrop to the beautiful and abundant flowers.

There is a series of Hibiscus under the name Bloomables, with

the sales name Head Over Heels® Passion™ Hibiscus.

This lovely, compact plant grows only 3 feet tall with a 4 foot spread and features striking burgundy foliage that makes its 8 inch wide, deep pink flowers with crimson red centers truly glow.

Hibiscus plants thrive in a variety of gardens including Rain gardens, pollinator gardens, perennial borders, as low but vibrant hedges or even in containers.

Since they are slow to emerge in the spring — waiting for the soil to fully warm- it's a good idea to cut back the branches in late fall and leave about 4 inches of stem.

This not only marks their location; it allows native bees to place their eggs in the stems and also ensures that the gardeners remember where to expect new growth.

Once summer heat arrives, lush green or burgundy foliage will emerge, soon followed by a dazzling display of tropical like blooms that seem to float above the leaves.



(FROM PAGE 6)

of summer just yet. Here are a few ways to stretch out the season.

• Savor the Slow: One of the gifts of summer is its rhythm — unhurried, spacious, and full of room to breathe. Try to hold onto that slow pace, even as life begins to speed up again.

Start your morning with coffee on the porch or end the day with a long evening walk. Give yourself permission to say yes to spontaneity — a last-minute trip to the lake, dinner on the patio, or doing absolutely nothing at all.

• Keep the Flavors Alive: Summer has a taste — juicy watermelon, buttery corn on the cob, tomatoes still warm from the garden, and ice cream that melts faster than you can eat it. Just because school supplies are hitting the shelves doesn't mean the summer table has to disappear.

Hit up the farmers market, fire up the grill, and let dinner stay simple and fresh.

• Chase Golden Hour: The light in late summer is its own kind of magic. Make time to watch the sun rise or set — no phones, no distractions. Just you and the sky.

Whether you're journaling, walking, or sitting in silence, let the golden glow remind you to slow down and soak it all in.

• *Bring Summer Inside:* Even as the evenings get shorter and backto-school energy creeps in, you can keep the summer feeling alive right in your own space.

With a few thoughtful touches, your home can become a soft echo of the season — a place that still feels sun-soaked, airy, and full of light.

Start with scent. Smell is one of the strongest ties to memory, so light a candle or diffuse essential oils that capture the essence of summer — coconut, sea salt, lemon, fresh linen, or even the faint sweetness of sunscreen. It's a simple way to trigger warmweather nostalgia, even when you're indoors.

Add a little color. Bright, breezy accents like a bowl of citrus, a vase of fresh flowers, or even a colorful beach towel tossed over a chair can keep the mood light and vibrant.

Swap in light textiles — gauzy curtains, cotton throws, or crisp white bedding — to reflect the season's easygoing energy.

Open the windows whenever you can.

Let the breeze drift through, play your favorite summer playlist, and let the light in — literally and figuratively. Little sensory touches can help your space reflect the season — even as the world around you starts inching toward fall.

• *Dress the Part:* It's tempting to lean into fall fashion early, but don't pack away your summer favorites just yet. Keep wearing those flowy sundresses, sandals, straw hats, and bright colors.

There's something liberating about dressing for sunshine and simplicity — even if you're just running errands or relaxing at home.

• Revisit the Moments: Scroll back through your summer photos and let yourself relive the joy. Print out a few favorites. Make a reel or highlight album. Write down three summer memories you want to hold onto.

When the days grow colder, you'll be glad you took the time to document the warmth.

• *Make One Last Plan:* Summer doesn't have to fade away quietly — sometimes all it takes is one last intentional moment to give the season a proper send-off. That "one more" can be big or small — it's more about the spirit than the scale.

Plan something that feels like summer to you. Maybe it's one final day at the beach, where you lose track of time with sandy toes and salty hair. Or maybe it's a spontaneous road trip to nowhere in particular — windows down, favorite playlist on, and nowhere to be.

It could be as simple as an ice cream date after dinner, a lazy hammock afternoon with a good book, or a backyard bonfire complete with s'mores and stories under the stars.

If you have kids, bring them in on it — let them choose a "last hurrah" before the school routine returns. If you're flying solo, gift yourself a mini staycation day or unplugged evening that gives you the peace and joy summer is meant to offer.

Let that one last plan become a memory that warms you well into autumn.

So here's your gentle reminder: The calendar may be shifting, but the feeling of summer doesn't have to vanish overnight.

With a little intention, you can carry the warmth, wonder, and slow joy of the season into the weeks ahead.

(Editor's Note: Kristine George is a freelance journalist who resides in Easton.)



Grilled Greek nachos a solution for leftovers

(Editor's note: Deborah Walker is the author of "An Eastern Shore Special: Recipes from the Heart." She has written about food and recipes for 15 years, She resides in Ocean City.)

hat is the most dreaded question in the history of gastronomy? If you guessed, "What to do with leftovers," you are correct.

Serving the meal a second time is the most common option, but is it always the most interesting one?

Summer is here and grills are rocking. Believe it or not, but grilled proteins are an interesting twist for nachos.

Before we delve into the intracacies of nachos, does one know it's Shore Home & Garden • August 2025

Food For Thought



By Deborah Walker

origins?

You might be surprised.

In 1943, the wives of U.S. soldiers stationed in Eagle Pass, Texas were in nearby Piedras Negras, Mexico which is just across the border.

A day of shopping and sightseeing perked their appetite and led them to a restaurant that had just closed.

The maître d', Ignacio Anaya, invented a new snack for them with what he had available in the kitchen.

On a whim, he fried tortilla chips, topped them with cheese and sliced jalapenos, and heated until the cheese was melted. He named the dish after his nickname, "Nacho," and the rest is history.

There is a preconceived notion that nachos are just a dish that is composed of throwing together chips, toppings, and cheese, and bake until warm.

This thought process could not be further from the truth.

For clarity, let us deconstruct classic nachos and see the detailed con-

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siderations that comprise this dish.

Chips are the first consideration.

The ideal chip is a medium-thick consistency; thin versions will not hold up to all the toppings.

Blue chips are dark by nature and are a great contrast to the bright toppings. Many supermarkets offer house-made tortilla chips that are located in the deli section.

I find these to be tastier and fresher than the national brand of tortilla chips.

I adore cheese and I want my nachos loaded up like there is no tomorrow. A variety of cheeses are more interesting and give the dish depth of flavor.

Cheddar, Pepper Jack, and mozzarella are standard choices. Stay away from liquid cheeses.

The bottom line is to have fun and allow personal preference be your guide. The protein is the next consideration.

Shredded, pulled, or ground meat makes for easy building.

If you are going to use chicken breasts, brine them for a juicier and more tender consistency.

Simply place your chicken breast in a large Ziploc bag with an 1/8th cup of salt and 1 quart of water. Brine for at least six hours and cook accordingly.

Seafood adds sophistication and upscales what is considered a "poor man's feast." The most common mistake is overcooking the crustaceans; there is a fine line between under and over cooked.

Onions are another consideration. Yellow and red onions can be aggressive and overpower the nachos.

Secret ingredient is 'Details.'

"Creativity doesn't wait for the perfect moment. It fashions its own perfect moment out of ordinary ones."

— Giogio Armani

Sweet onions are preferred and should be coarsely chopped for better contrast in texture. Finely chopped scallions are a great garnish.

Gardens are flourishing with colorful peppers and are a nice addition.

Grilled peppers add variance and add to the presentation. Tomatoes or salsa will be an eternal debate. I prefer fresh tomatoes for the simple fact that salsa will turn the chips soggy.

Roma tomatoes have less juice and seeds and are the best option for tomato connoisseurs.

Serving salsa on the side gives your guests more options which is always a good thing.

Shredded lettuce breaks up the richness of the dish. The base of Romaine lettuce is crunchy and loaded with natural juices.

This is another way to incorporate texture and breakup some of the richness.

Jalapeños are a must; they give the nachos a burst of heat. Pickled or raw, they allow guests to personalize their heat index.

Don't be afraid to add a touch of fruit.

Grilled pineapple and chicken are a perfect pairing. There is a

reason why sweet-and-salty gets rave reviews.

Sour cream is served on the side and calms the palette from all of the bold flavors. A dusting of fresh cilantro is the final touch to a mouthwatering meal.

As you can see, simplicity can be complexity in its final stage. Just recently, I had company over and grilled leg of lamb was on the menu.

The next day, I had every intention of diving into the succulent protein with all the sides for a second time.

But at the last second, I thought the smokey lamb would make an interesting choice for nachos.

Instead of the tradition toppings, I decided to use ingredients associated with Greek cuisine.

Olives, capers, sun-dried tomatoes, artichoke hearts, pepperoncinis, grilled peppers, grilled lamb, marinated mushrooms, and a cheese combination of 50-percent feta, 25-percent grated cheddar, and 25-percent grated mozzarella were the foundation for my grilled Greek Nachos.

Place your chips on a heat proof serving dish. Load up on cheese, then place the toppings on top.

Add some more cheese and bake in an oven at 400 degrees until the cheese has melted.

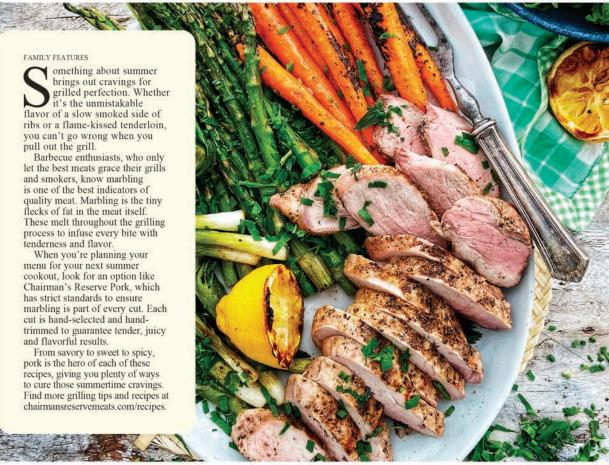
Choices are what set chefs apart. The toppings are the star of the dish and should not be smothered with cheese.

In closing, if you have leftover grilled lamb, consider grilled Greek nachos.

They are so good and will wow your guests. Enjoy.

Now we're cooking!

COOKOUT CRAVINGS



Grilled Pork Tenderloin and Vegetables

Grilled Pork Tenderloin and Vegetables

Recipe courtesy of pitmaster Tuffy Stone Prep time: 2 hours Cook time: 35 minutes

Servings: 4

Coriander Rub:

- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- 2 teaspoons freshly ground coriander seed
- 1 teaspoon granulated garlic
- 1 Chairman's Reserve Pork Tenderloin (2 pounds)
- 4 tablespoons extra-virgin olive oil, divided
- 3 tablespoons Coriander Rub, divided
- 12 small carrots with tops, washed and dried
- 8 spring onions, washed and dried
- 12-18 thin asparagus spears, washed and dried
 - 1 lemon, halved
 - 2 cups watercress, arugula or spring salad greens mix, washed
 - 1 tablespoon chives, thinly sliced
 - 1 tablespoon tarragon leaves, torn or chopped
 - 1 tablespoon Italian parsley, torn or chopped

To make coriander rub: In airtight container, mix salt, black pepper, coriander seed and garlic together. Store until ready to use.

To make tenderloin and vegetables: Brush tenderloin with 1 tablespoon olive oil. Evenly season both sides of pork with 1 tablespoon coriander rub and refrigerate 2 hours. Coat carrots, spring onions and asparagus with 2 tablespoons olive oil and season with 1 tablespoon coriander rub; refrigerate.

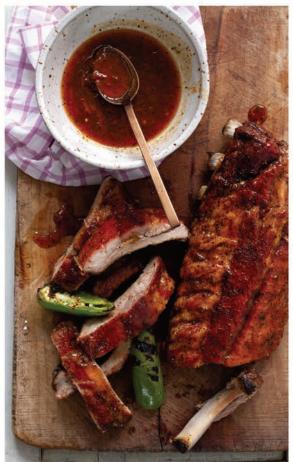
Remove tenderloin and vegetables from refrigerator and bring to room temperature.

Heat grill to 400 F using direct grilling setup. Place lemon halves, cut sides down, over hot coals and cook approximately 5 minutes, or until lemon halves are charred. Remove to cool.

Place seasoned pork tenderloin over hot coals and grill 3-5 minutes. Using tongs, rotate meat every 3-5 minutes and cook until meat thermometer placed in thickest part of tenderloin reads 140 F (about 15 minutes). Remove tenderloin from heat and let rest 10 minutes.

Place seasoned carrots, onion and asparagus on hot grill. Cook
3-4 minutes then turn and cook another 3-4 minutes. Transfer to plate.
Toss salad greens in remaining olive oil, juice of 1 charred lemon half and 2 teaspoons coriander rub.

Slice tenderloin into 1/4-inch medallions. Place grilled vegetables and medallions on platter; garnish with herbs and juice of remaining lemon half. Serve with spring greens salad.



Loin Back Ribs with Peach Jalapeno Glaze

Loin Back Ribs with Peach Jalapeno Glaze

Recipe courtesy of pitmaster Tuffy Stone Total time: 5 hours Servings: 4

Cool Smoke Barbecue Rub:

- 1/2 cup turbinado sugar
- 1/4 cup, plus 2 tablespoons, kosher salt
- 1/4 cup chili powder
 - 2 tablespoons smoked paprika
 - 3 tablespoons ground cumin
 - 2 teaspoons ground oregano
 - 2 teaspoons cayenne pepper
 - 1 tablespoon, plus 1 teaspoon, black pepper
 - 1 tablespoon, plus 2 teaspoons, granulated garlic
 - 1 tablespoon, plus 2 teaspoons, granulated onion

Pork Ribs:

- 2 racks (1 1/2 pounds) Chairman's Reserve pork loin baby back ribs
- 1 cup Cool Smoke Barbecue Rub
- 1/2 cup apple juice, in spray bottle

Peach Jalapeno Glaze:

- 1 cup peach preserves
- 1/2 cup chicken or pork stock
- 1/4 cup minced jalapeno (about 1 large jalapeno)
 - 3 teaspoons Cool Smoke Barbecue Rub
- 2 teaspoon lemon juice

To make cool smoke barbecue rub: In medium bowl, mix turbinado sugar, kosher salt, chili powder, smoked paprika, cumin, oregano, cayenne pepper, black pepper, garlic and onion thoroughly. Store in airtight container until ready to use.

To make ribs: One hour before cooking ribs, use shaker to dust each rack evenly on both sides with 1/4 cup Cool Smoke Barbecue Rub per side.

Heat smoker to 275 F.

Place ribs meat-side up in smoker; cook 1 hour. Spray ribs with apple juice. Cook 1 hour more, spraying every 30 minutes and at end of cook time.

Cut two 18-by-24-inch lengths of extra-heavy foil; set aside. When ribs turn reddish-brown, transfer from grill and place each rack meatside down on foil. Wrap tightly, being careful not to puncture foil. Place foil-wrapped ribs, meatside down, in smoker and cook 1 1/2-2 hours until tender. Open foil package and use skewer or toothpick to check tenderness.

To make peach jalapeno glaze: In saucepan over low heat, stir peach preserves, stock, jalapeno, Cool Smoke Barbecue Rub and lemon juice. Cover and keep warm until ready to use.

Remove ribs from foil, brush each rack with Peach Jalapeno Glaze (1/4 cup per side) and return to smoker meat-side up, 5-10 minutes to set sauce. Watch carefully to avoid burning sauce.

Serve warm with extra Peach Jalapeno Glaze.

Oak Smoked Brown Sugar Chili Rubbed Ribs

Prep time: 40 minutes Cook time: 4 hours, 50 minutes Servings: 6

Oak wood chips

- 1 can (6 ounces) tomato paste
- 2 tablespoons brown sugar
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons kosher salt
- racks Chairman's Reserve pork loin baby back ribs

Heat outdoor grill or smoker on low. Using charcoal, heat coals until white. Soak oak wood chips in water 15-30 minutes. Spread wood chips over coals or use smoke box.

In mixing bowl, combine tomato paste, brown sugar, chili powder, cumin, garlic powder, onion powder and salt.

Rub tomato mixture over ribs and grill 1 1/2 hours on direct heat. Wrap ribs using heavy duty foil and move to indirect heat about 3 hours until tender.



Oak Smoked Brown Sugar Chill Rubbed Ribs

August events

Queen Anne's County Joust slated for Aug. 23

QUEEN ANNE — The Tuckahoe Equestrian Center and Tuckahoe State Park will host the Queen Anne's County Joust on Aug. 23, from 1-4 p.m.

The event will be held at 619 Crouse Mill Rd, Queen Anne, MD The public is invited to attend.

A covered dish meal will be held after the joust. Attendees are en-

couraged to bring a dish if they plan to attend, and are urged to bring their own chairs to watch.

Foe more information, call Diane Sherwood at 410-310-7945.



CBMM hosting paint night under fireworks

ST. MICHAELS — Visitors are invited to the Chesapeake Bay Maritime Museum's Coulbourne & Jewett Education Center on Friday, Aug. 8, at 5:30 p.m., for a fun and relaxed painting class!

Participants can get creative as they paint their own artwork with step-by-step instructions by teaching artist Nancy Lorentz. It's great for a date night, friends' outings, or a solo night out. This month's piece features a fireworks display over St. Michaels harbor and the historic Hooper Strait Lighthouse.

All painting materials are provided. Participants are encouraged to bring their own drinks (including

alcoholic beverages) and snacks (including charcuterie boards) to add to the fun.

The cost is \$40, with a 20-percent discount for CBMM members.

For more information, visit https://cbmm.org/event/paint-night-fireworks-over-st-michaels/.



'Wags, Wings & Wheels at Cambridge airport

CAMBRIDGE — The Cambridge Dorchester Regional Airport will host Wags, Wings, & Wheels on Aug. 9 from 10 a.m. to 4 p.m.

The event will be held at 5263 Bucktown Rd.

Scheduled attractions include live music, aircraft displayed, a car show,

a EAA Young Eagles rally, bi-plane rides, Trooper 6, food vendors, business vendors

The event is dog-friendly.



Mermaid Tasha to host book reading

CAMBRIDGE — Families are invited to join come to the Visitor Center at Sailwinds Park to meet Mermaid Tasha and listen to her read from her latest book, Mermaid Tasha's Mission.

Attendees can learn how Mermaid Tasha decided to leave her home waters near Assateague Island to explore the human world. Learn

about Assateague Island and some major environmental threats that have affected the island in this fun, interactive story book.

After learning about things like pollution, red tides, and eddies, kids can take the Mermaid Pledge to become honorary mermaids themselves.

Following story time, ShoreRiv-

ers educators will guide families on beach exploration. Families should be prepared to get wet and sandy.

The event is geared for children in grades 2-5, but all ages are welcome.

The cost to attend is \$10 per child.

To register, visit https://www.shorerivers.org/expedition-register.





Annual SummerDaze scheduled for Aug. 9

PRESTON — SummerDaze will be held on Saturday Aug. 9.

The public is invited to "supersoaking fun" at Preston's SummerDaze event at James T. Wright Park at 105 Backlanding Rd.

Thanks to donations of Preston local sponsors, and the Caroline County Council of Arts, the Town of Preston will host the annual event, which lasts from noon through 4 p.m.

The Turning Point Band will be featured during the entire event, and belly dancer Caitlyn Poole will perform at 2 p.m.

Poole is a local belly dancer with "The Sammati Dance Company". The dancers in the company specialize in American tribal-style belly dancing.

There will also be an arts and craft table available all day, along with a 20-foot waterslide, cornhole, foam party, a vender's market, a PVFC "hose-down," food truck and a dunk tank (\$5 for three balls).

The Town of Preston's SummerDaze event has provided a much-needed opportunity for locals

to enjoy its beautiful park while celebrating music, life, family and community in a safe setting since 2020.

Those interested in helping are urged to send donations to The Town of Preston, P.O. Box 91, Preston, Maryland or delivered to 105 Backlanding Road, Preston, MD 21655.

For more information, contact Town Manager Amber Korell by calling 410-673-7929 or e-mail her at prestonmanager@prestonmaryland.us.



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