

August 2026 Newsletter

Summer is REALLY here!

We need to follow nature's cues and the sun — up and out. We need to splash in its light and sit beneath its slow set. We need to let our eyes settle and the moments linger. It's an act of resistance to savor the here and now when the world pressures us to find better and faster. To feel deeply when the world says to feel quickly. But imagine unfettered delight. Imagine breathing deeply, until a moment sinks in fully. Imagine a wholehearted return to what fuels us most: sun-warmed skin and fresh-cut grass beneath our feet, dipping our toes in the water and our hands deep into the dirt.

The moments you collect may not be loud or flashy. They might be quiet or covered or a far-off view you were lucky to catch. But this is true: A moment savored says to your soul, *you have lived something beautiful*. And it keeps you buoyed. It sustains you when you're running empty. It lifts you up and carries you forward filling you with unfading power of summer nostalgia ...

SEPTEMBER MEETING IS JUST AROUND THE CORNER:

Date: September 9, 2026

Time: 9:30 AM - Set-up

10:00 AM - Meeting

10:45AM - Social Time and Snacks

11:00AM - Speaker

12:30 - Clean-up

Location: Our Savior Lutheran Church

745 Front Street South

Issaquah, WA

YOU MIGHT HAVE MISSED:

JULY OUTING:

We toured Gretchen VanBrundt's amazing garden in Issaquah and then had lunch on her beautiful front porch. A good time was had by all! We missed those of you that weren't there ...

POST OFFICE TROUGH:

Thanks to Lexie and Sandra for taking care of the trough in July

August: Deb M.

September: Maura E.

October: TBD

BLUE STAR MARKER:

**** July 4th Celebration**

** Dianne provided a floral display for the occasion using some of the grant resources she procured

** We need to check on the planted areas to be sure they are being adequately watered. A sign-up sheet was passed around at the July outing. There is a hose located back by the wall and you can pick up the key to turn on the water from the reception desk in the Senior Center (if needed). The sprinkler system waters most of the garden. Bring your pruning sheers to dead head and a poker to check for dampness under the bark. There is a trash can across the sidewalk to dispose of grass and weeds.

August 3	Georgann L.
August 10	Joan F.
August 17	Lexie D.
August 24	Joan F.
August 31	Joan H.
September 7	Joan H.

Our Blue Star Marker efforts were noted on page 43 of the *National Gardener*, 2026 Summer Issue:

“Plant America Grants Program”

“One example of the Blue/Gold Star Memorial Beautification grant is in Issaquah, Washington. This club is working to celebrate many veteran holidays as well as the 250th Anniversary. They plan to have banners, fags, a reception and more. After weeding, planting and mulching, the Blue Star Garden was ready (and this was for Memorial Day). This is one of many gardens that are being prepared for July 4. Congratulations to all these clubs.”

A picture was included.

SAVE THE DATES:

August 21 - 23 - Washington State Flower Show “Red White, & Bloom” (celebrating the 250th Birthday of the United States). This will be held at Bellevue Botanical Gardens. Volunteers are needed!

September 9 - First Garden Club Meeting for 2026 - 2027 year

EDUCATIONAL CORNER:

How Often to Water Container Plants During a Heat Wave, According to Experts

It's more than you might think.

It's important to make sure your garden is watered well, especially when temperatures soar. However, keeping container plants hydrated can be especially challenging during a heat wave. Because pots hold less soil and heat up more quickly than garden beds, moisture evaporates faster, meaning potted plants often need more frequent attention. So how can you ensure these thirsty plants stay healthy through extreme heat?

Ahead, gardening experts share their best advice for watering container plants during a heat wave.

Meet Our Expert

Steph Green, container garden expert and founder of [Contained Creations](#)
[Pamela Crawford](#), author, TV host, and container gardening expert

How Often (and When) to Water

During a heat wave, most container plants should be checked at least once every morning and may need watering once or even twice a day, depending on the plant, pot size, and temperatures.

“The most common watering mistake in unusually hot weather is [not watering enough](#),” says gardening expert Pamela Crawford. “Some gardeners keep the same watering schedule regardless of temperature extremes or plant species.”

The key is to keep a close eye on your container plants. “During a heat wave, it’s best to [water container gardens in the morning](#),” says Steph Green, founder of Contained Creations. “Plants absorb water more efficiently when they’ve had the evening to cool off and recover. This also hydrates them and prepares them for the heat of the day.”

Green suggests checking your containers again in the late afternoon during prolonged periods of extreme heat. “If the potting mix is dry about 2 inches below the surface, a second watering may be beneficial,” she says. She recommends watering early enough so that excess moisture on the foliage and soil surface will have time to dry by the end of the day—this helps to reduce the risk of fungal disease.

Watering in the middle of the day is less effective than morning or late-afternoon watering, as evaporation from the midday sun may prevent moisture from being properly absorbed into the soil.

How to Water

The frequency of watering is important, but so is the method. Plants face additional stressors during a heat wave, so it’s even more essential to make sure that you’re watering correctly. Watering haphazardly or on the tops of the leaves can prevent water from being absorbed properly into the soil.

“Water slowly and gently at the base of the plants, pausing periodically to give the potting mix time to absorb the moisture,” says Green. “Continue until you see water escaping from the drainage holes in your pots, indicating the potting mix has absorbed all it can at that time.”

Additional Care Instructions

While there isn't a one-size-fits-all formula for watering container plants, it's always best to consider three key factors: the size of the container, the type of plant, and the temperature.

"Container size has a significant impact on how quickly planters dry out," says Green. "Larger containers hold more potting mix, which retains moisture longer and helps insulate the root zone from summer heat." She adds that smaller pots have a limited volume of potting mix, so they dry out more quickly and provide less insulation. "This results in more frequent watering."

The type of plant plays a part, too. "Generally, plants that store water in their leaves, like succulents, require less water than plants with thin leaves," says Crawford, while noting that there are exceptions.

Always remember that the actual temperature plays a part, too. Even a shift from 85 degrees to 95 degrees Fahrenheit can significantly impact your container plants.

Tips and Tricks

There are some other quick tips that can help your plants survive even during periods of extreme heat. Here are a few that experts recommend:

Pay close attention when conditions are especially dry. "The potting mix can shrink away from the sides of the container, allowing water to run down the edges and escape before reaching the roots," says Green. "If this happens, continue watering slowly until the soil expands back against the container, or submerge the pot in a bucket of water up to the soil line to fully rehydrate it."

Remember, a heat wave isn't just another regular week in the garden. Consider pausing your fertilization schedule, and avoid heavy pruning during this time.

Temporarily moving containers to a shaded location can play a huge part in protecting and supporting these plants during a heat wave.