



Deer and Rabbit Protections

Tree tubes
Wire cages
Repellents
Multiple Metal Stakes
(Antler Rubbing)

A Great Read

Recommended : **"An immense World"** by Ed Yong. We, as humans, perceive a tiny sliver of all the sights, sounds, textures, tastes, magnetic and electric fields we encounter. **Animals all perceive their own sliver of reality**

Good Quote

"You can't plant trees if you haven't botany."™

Sunfish Lake's Arbor Day is cohosted by the Sunfish Lake Tree Board, Recycling Coordinator Courtney Selstad, and your City Forester, Jim Naves.

www.sunfishlake.org

2024 Sunfish Lake Arbor Day Tree Planting

SATURDAY, MAY 4th

9:00 am – 1:00

The Arbor Day event will happen along Salem Church Road on the 494 side, roughly between the stop sign at Windy Hill Road and 45 Salem Church Road. Please join with our neighbors to plant trees, share treats and conversations, and welcome spring to our City.

Reserve a Time to Plant Trees with the City Forester

Call ahead to reserve a time for your family/group tree planting at 9 am, 10 am, 11 am, noon, and 1 pm. All planting holes will be pre-dug and ready for installing trees but bring gloves and your favorite planting shovel. A few extra shovels will be on hand. Please contact Jim Naves with any questions at 612-803-9033 or jim_naves@mac.com

Trees for Sale

There will be limited numbers of witch hazel, osage orange, and button bush are available at \$10.00 each. White pine, concolor fir and balsam fir baby trees are available to purchase at \$13.00 each. Call ahead to be sure you get the trees you want 612-803-9033.

Forest Bathing – Shinrin-Yoku

Feeling stressed ... forest bathing could help ... and enjoying our forests, woodlands, and prairies couldn't hurt either. Forest bathing is a real thing, very relaxing, enjoyable, calming, stress reducing and it does not involve plumbing a hot tub out in the woods or a swimming suit. We are creatures of the prairies and woodlands. Most civilizations developed in areas with trees and trees are part of our human story. Green plants are the color of life and sustain us by capturing energy from the sun and nutrients from the earth. Forest bathing is essentially slowing down, mindfully breathing in the forest smells and seeing the forest up close and personal.

Sometimes in the middle of a dark, stormy winter period I will go to Gertens, not to buy a plant, just to be around and smell living green plants. In a very real sense that is what forest bathing provides. Communing with the plant world is calming and energizing. Traditional forest bathing is available locally. There are forest bathing guides that lead walks in various Minnesota woodlands and at the Minnesota Landscape Arboretum. Google "Forest Bathing MN" for more local information.

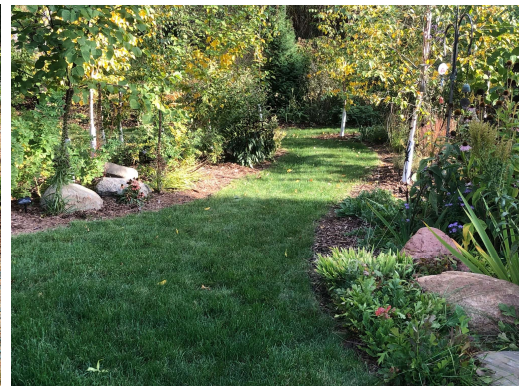
Lawn to Woodland Conversion



Day 1



Day 30



One Year

How to Plant a Tree

At the Arbor Day Green Fair in Sunfish Lake we start with the best and easiest trees to plant that are available. For many years now we have exclusively used gravel bed rooted bare root trees. Gravel bed trees are easy to plant and easy to plant correctly.

1. Start with a healthy tree of the right species for your location that will grow into the mature tree you desire.
2. Protect the young tree from dehydration and excessive heat while transporting the tree and preparing the planting hole.
3. Dig the planting hole by removing and discarding sod and then excavating a hole one shovel blade deep and wide enough so that all roots can be laid straight out horizontally from the tree trunk. No circling roots and deeper is not better.
4. Mix about 1 gallon of a 50/50 mixture of live compost and C 20 soil amendment into the soil removed from the planting hole. This will help the baby tree's roots grow out into the surrounding soil.
5. With a helper/partner hold the tree upright in the planting hole and replace the amended soil gently around the tree's roots. The planting depth after firming soil should be about one thumb width above the topmost root on the tree.
6. Apply a donut of shredded wood mulch 2"-4" deep around the newly planted tree with mulch no closer than 3" from tree trunk. Water it right away. A 5-gallon pail of water should be enough for planting day.
7. Plan on watering 1-2 pails of water per week depending on weather and soil conditions.