“Insanity.” Webster’s defines insanity as “extreme folly; senselessness, foolhardiness; a derangement of the mind. Yes, I believe I am going insane. This torturous itching is driving me mad. I pray for some relief. I swear to my higher power that, if given a respite, I will remember to wear my personal protective gear. And to those, like me, who casually cast their protective gear aside, heed my words. If you are going to garden, wear the appropriate personal protective gear!

The day started out like any other with allure of sunshine and warm temperatures calling me outside to play. In my mind I had compiled a list of simple chores. So without another thought, out I went. My work gloves left in the drawer next to my sunglasses, my wide-brimmed hat left on the closet shelf, my long sleeved, oversized shirt left hanging in the closet, and, my pink garden clogs left on the shoe rack! And, of course, the spray on bug repellant wasn’t even thought about or even the sun block. Yes, all my protective gear was left safe and sound in the house.

I started by pulling weeds from the flowerbeds, followed by harvesting a few vegetables, admiring a blooming mum, and wrapped things up by rinsing my hands under the outside faucet. It was then I first noticed my hands. Funny, those bumps were not on my finger earlier today. But there they were and from there they spread.

Now, indoors I stay. An itchy, red rash covers my face, my arms, and my thighs. A mild sunburn covers my nose and cheeks. My big toe aches from where I dropped the rock on it. And I swear, next time I feel the urge to garden, I will remember to wear my work gloves, my sunglasses, my wide-brimmed hat, my long-sleeved shirt, and my garden clogs. Not to mention the spray and sun block. Gardening in Texas is always a challenge, but especially in the summer, so please remember your gear or insanity may be the result!

Have any questions about gardening in Central Texas? Contact ask.bcmga@gmail.com