



SPRING FORWARD

with nutritious fruits and vegetables that will keep you healthy!

Spring is here! Time to prepare edible gardens that will produce lots of nutritious vegetables and fruits to keep us healthy! It's time to get connected to nature, practice healthy living, plan spring menus using early plantings, and make plans for a home or community garden!



Start seedlings indoors using small pots, or even milk cartons, placing them in the window sill or under grow lights. Try: tomatoes, peppers, beans, melons, or other favorites!



After the risk of frost, plant seeds in your spring garden: salad greens, carrots, beets, kale - yum! (remember to have a cover handy in case a cold snap occurs!)

Make a salad table out of wood and screen, fun way to make fresh greens available for each meal! <http://bit.ly/SaladTable>

