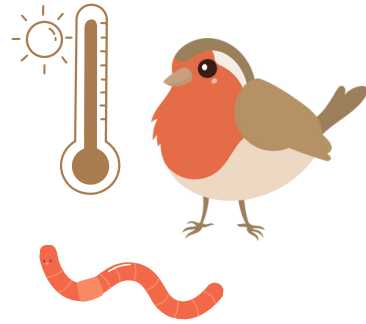


MARCH 2024

GARDENING TO DO'S

Earthworms, robins, and cool-weather vegetables are all signs that spring is on its way!

Citizen Scientists Alert! You can help track the signs of spring—earthworms, migrations, and blooms at www.maps.journorth.org/maps.



Implementing these top 5 gardening tips will help kickstart your gardening season in March and set the stage for a successful and bountiful garden throughout the year!

Prepare Garden Beds

As soon as the ground thaws, begin preparing your garden beds by removing debris and dead vegetation.

Loosen the soil and incorporate compost or aged manure to improve soil structure and fertility.



Start Seeds Indoors

March is an ideal time to start seeds indoors for plants like tomatoes, peppers, eggplants, and herbs (for fast growing herbs, try our microgreen varieties!). Use seed-starting trays and keep them in a warm, sunny location or under grow lights.

PS: We have a lot of microgreens in our seed library and they grow fast!

Don't Guess—Soil Test

Conduct a soil test to determine pH levels and nutrient content. This will help you adjust soil amendments and fertilization accordingly for optimal plant growth.

PS: We have a Raintrip Soil Tester in our Library of Things that you can check out for free with your library card!

Scan the QR code to check it out today!



Plan and Plant

Cold-Hardy Vegetables

Take some time to plan your garden layout and start planting cold-hardy vegetables like lettuce, spinach, peas, and radishes directly into the garden once the soil can be worked. These vegetables thrive in the cooler temperatures of early spring.



Prune Trees and Shrubs

Late winter/early spring is the perfect time to prune deciduous trees and shrubs before new growth begins. Remove dead or diseased branches, as well as any crossing or rubbing branches.



For more information on our Seed Library, please visit rtdl.org/seed-library

From Seed to Superfood

MICROGREENS

Microgreens are the tiny seedlings of edible vegetables and herbs, typically harvested when they are just a few inches tall. Despite their small size, they pack a powerful nutritional punch.

Nutrient-Dense

Studies show that microgreens can contain up to 40 times more vitamins and minerals than their mature counterparts, making them an excellent source of essential nutrients.

Antioxidants

Microgreens are packed with antioxidants which help protect cells from damage and may reduce the risk of chronic diseases.

Easy to Grow

Microgreens can be easily grown at home, even in small spaces, making them a convenient and sustainable source of fresh greens.

Flavorful and Versatile

Microgreens come in a wide variety of flavors and textures, adding a unique and delicious touch to any dish. They can be enjoyed raw, cooked, or juiced.

Microgreens Smoothie

Ingredients

1 ripe banana, peeled	2 - 3 cups microgreens
1/2 cup fresh pineapple	ice cubes
1 cup orange juice	

Instructions

Blend all ingredients together in a blender. Add or subtract ice to reach your desired consistency. Feel free to add or substitute whatever microgreens, fruits, veggies, or juices you like!



Microgreen Pesto

Ingredients

1.5 oz Basil microgreens (or regular basil)	1/4 cup pine nuts
1.5 oz Arugula microgreens	1 cup freshly grated parmesan cheese
4 cloves garlic (minced)	2-3 Tbsp good quality olive oil

Instructions

Add the garlic, basil and arugula microgreens to a blender. Blitz just until incorporated together.

Add the pine nuts and blitz until they are incorporated.

Slowly add in the oil while blending until it reaches a nice smooth consistency.

Transfer to a bowl and stir in the parmesan cheese.

