

# MAY 2025

# GARDENING TO DO'S



## Meet Us at the Farmers' Market!

May 10 - Perennial Exchange Come celebrate the growing season with us at the Redford Township Farmers' Market on Saturday!



### Take Care Before You Dig!

Gardening can be physically demanding. Before lifting mulch bags or pulling weeds, treat your body with care:

- Stretch your major muscle groups, especially your back, legs, and shoulders.
- Do light warm-up exercises, like arm circles, torso twists, or a brisk walk around the yard.
- Use ergonomic tools and pace yourself to prevent injury.
- Stay hydrated and take breaks often.



Your garden deserves your best self—and so do you!

## Spring-Planted Bulbs for Summer Blooms

Unlike fall-planted bulbs (like tulips and daffodils), spring-planted bulbs such as dahlias, gladiolus, lilies, calla lilies, and crocosmia are tender and thrive in the warm soil of late spring. These produce spectacular blooms throughout summer and into early fall.

### When to Plant

- Ideal Timing: After the last frost date (around May 6-10 in Redford), once the soil has warmed to at least 60°F.
- Soil Prep: Ensure the soil is well-drained and loosened to a depth of about 8-12 inches. Mix in compost or bulb fertilizer.

### Planting Tips

- Bulb Orientation: Plant with the pointed end facing up.
- Group Planting: Cluster bulbs in groups of 5-7 for visual impact, rather than spacing them evenly in rows.
- Label Them: Use markers to identify where you've planted bulbs, especially in mixed beds.
- Watering: Water thoroughly after planting, and keep soil consistently moist (not soggy) during establishment.
- Mulch: Apply a 2-3 inch mulch layer to retain moisture and suppress weeds.

## It's Grow Time!

According to the Old Farmer's Almanac, Redford's last frost occurred in April, but for safety, it's best to wait until the average frost date of **May 9** before transplanting tender plants or sowing summer crops.



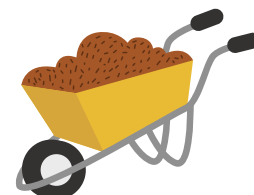
### Vegetables to Plant:

- Tomatoes & Peppers: Transplant seedlings after May 9. Pair tomatoes with marigolds to deter pests.
- Lettuce & Carrots: Continue sowing for successive harvests.
- Zucchini & Cucumbers: Direct sow seeds mid-May for summer yields.
- Green Beans & Sweet Corn: Plant seeds after the soil warms up.



### Flowers to Plant:

- Marigolds: Pest-repellent and vibrant.
- Zinnias & Cosmos: Attract pollinators and add color.



For more information on our Seed Library,  
please visit [rtdl.org/seed-library](http://rtdl.org/seed-library)

Redford Township  
**RTDL**  
District Library

# MAY RECIPES

Fresh, colorful, and full of nourishing ingredients, this **Spring Veggie Bowl** is a perfect seasonal meal! Roasted sweet potatoes, crisp radish, ribboned carrots, red cabbage, and greens are served over brown rice or quinoa with chickpeas or lentils for protein. Everything comes together with a drizzle of creamy Turmeric Tahini Sauce and a sprinkle of sesame seeds.

## Ingredients

- 1 large sweet potato, cubed
- Extra-virgin olive oil, for drizzling
- 1 watermelon radish or 2 red radishes
- 2 medium carrots
- 1 cup shredded red cabbage
- Lemon wedge, for squeezing
- Arugula or any other greens



- 2 cups cooked brown rice or quinoa
- 1 cup cooked chickpeas or cooked lentils
- 2 tablespoons sesame seeds
- Turmeric Tahini Sauce, for serving
- Microgreens, optional
- Sea salt and freshly ground black pepper



## Basic Tahini Sauce

### Ingredients

- 1/2 cup tahini
- 1/4 cup fresh lemon juice
- 6 tablespoons water, plus more as needed
- 1 small garlic clove, grated or pressed
- 1/2 teaspoon sea salt
- Maple syrup or honey, as needed
- Extra-virgin olive oil, as needed

Combine all the ingredients!



## Instructions

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Toss the sweet potatoes with olive oil, salt, and pepper, and spread onto the baking sheet. Roast for 20 minutes, or until golden brown.
3. Thinly slice the radish into rounds (this is best done on a mandoline), and use a vegetable peeler to peel the carrots into ribbons.
4. Toss the radish slices, carrots, and shredded cabbage with a squeeze of lemon. Set aside.
5. Assemble individual bowls with the brown rice, chickpeas, arugula, carrots, radishes, cabbage, sweet potatoes, sesame seeds, and microgreens, if using. Season with salt and pepper and serve with the Turmeric Tahini Sauce.

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