

Early Childhood WELLNESS

A Program of Child Care Aware® of Kansas

April: National Garden Month

We all know that “April showers bring May flowers,” but did you know that April is recognized as National Garden Month? As the weather shifts, now is the perfect time to consider how you can create a garden. What a great excuse to get outside and get your hands dirty!

Guide to Container Gardening

Even the smallest area can boast a crop of vegetables or a garden of flowers in containers. Planter boxes, wooden barrels, hanging baskets and large flowerpots are just some of the containers that can be used. Consider the following guidelines when choosing your container:

- Avoid containers with narrow openings.
- Cheap plastic pots may deteriorate in UV sunlight and terracotta pots dry out rapidly. Glazed ceramic pots are excellent choices but require several drainage holes.
- Wooden containers are susceptible to rot. Redwood and cedar are relatively rot resistant and can be used without staining or

painting. One advantage of wooden containers is that they can be built to sizes and shapes that suit the location.

- Use containers between 15 and 120 quarts capacity. Small pots restrict the root area and dry out very quickly. The size and number of plants to be grown will determine the size of the container used. Deep rooted vegetables require deep pots.
- Make sure your pot has adequate drainage. Holes should be 1/2 inch across. Line the base of the pot with newspaper to prevent soil loss.
- Set containers on bricks or blocks to allow free drainage.
- Line hanging baskets with sphagnum moss for water retention. Keep baskets away from afternoon sun.
- If you choose clay pots, remember that clay is porous and water is lost from the sides of the container. Plants in clay pots should be monitored closely for loss of moisture.
- Since potting mixes drain water rapidly, fertilizer will be washed out of the container as you water. Lighter mixes will require more frequent fertilizing than heavier mixes. It's a good idea to use a dilute liquid fertilizer with every other watering. Liquid fish emulsion or liquid seaweed are great plant boosters.
- Check the labels on the products in your garden center to be sure that they contain a complete, balanced solution that includes trace elements.

Read more: Guide to Container Gardening | Garden Guides - www.gardenguides.com/685-guide-container-gardening.html
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April 2015



SUPER STRETCH YOGA APP

Move, play and breathe as Super Stretch introduces you to his friends and their yoga poses.

Features:

- 12 yoga poses for all skill levels
- Breathing breaks
- Inspiring music

Cost – free; download at iTunes

Review: <http://bridgingapps.org/app/?id=456113661>



TAKING STEPS TO HEALTHY SUCCESS

Follow these simple behaviors to a healthy you!

Week 1: Pack your lunch and avoid fast food

Week 2: Aim for 10,000 steps per day.

Week 3: Avoid added salt.

Week 4: Strive to include strength-based and aerobic activity to reach your physical activity goals.

LOOKING FOR *WHAT* AND *WHEN* TO PLANT?

Spring planting: April

Beet
Broccoli
Brussels Sprouts
Cabbage
Carrot
Cauliflower
Cilantro
Collards
Kale
Lettuce
Mustard
Onion
Parsley
Peas, Snap
Potato
Radish
Spinach
Turnip

Summer planting: May

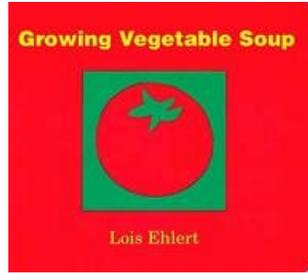
Beans (Bush and Pole)
Corn
Cucumber
Eggplant
Cantaloupe
Okra
Peas, Southern
Peppers
Pumpkin
Squash, Summer
Sunflower
Sweet Potato
Tomato
Watermelon

Source: Kansas City Community Gardens

**“Clip and Save”
Makes it easy to clip out
and save this healthy recipe
before recycling your
newsletter.**



GROWING VEGETABLE SOUP



Having trouble getting your child to eat veggies? Then this is the book for you! “Growing Vegetable Soup” is a child’s impressive first lesson in gardening, vegetable varieties, harvesting, cooking preparation, following a recipe, and nourishment.

Lois Ehlert’s elementary, labeled paintings in wildly vivid colors add to the magic. Her straight-forward directions make it all seem very easy. Your child will want to read it again and again to watch the garden grow before their eyes. Of course a recipe for vegetable soup is included at the end.

“Growing Vegetable Soup” will nourish your child’s artistic eye, mind and body. See if you can stir interest in gardening or cooking activities.

Source: http://www.superkidsnutrition.com/bc_growingvegetable/

ARE YOU LOOKING FOR SOME CREATIVE ACTIVITIES BASED ON THE BOOK?

Check out one provider’s creative ideas: <http://paulaspreschoolandkindergarten.blogspot.com/2014/10/growing-vegetable-soup-brits-storytime.html>



Healthy Eats

Vegetable Pasta Salad

Ingredients

1 c. cooked orzo pasta	1 c. chopped fresh spinach
1 c. chopped, lightly steamed asparagus	1/2 c. chopped yellow summer squash
1/2 c. chopped carrots	1/4 c. Low-fat vinaigrette salad dressing
1/2 c. sliced green onion	1/4 tsp. salt
2 tbsp. grated parmesan cheese	

Directions

1. Combine the pasta, asparagus, carrots, green onions, spinach, squash, dressing, and salt in a large bowl.
2. Toss to coat with the salad dressing and parmesan cheese.

Serves 4

Source: National Cancer Institute, National Institutes of Health

Early Childhood Wellness, a Program of Child Care Aware® of Kansas

www.ks.childcareaware.org

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