

## Mark Your Calendars

- April 1<sup>st</sup> — April Fools Day
- April 10<sup>th</sup> — Palm Sunday
- April 17<sup>th</sup> — Easter
- April 18<sup>th</sup> — National Animal Cracker Day
- April 22<sup>nd</sup> — Earth Day
- April 26<sup>th</sup> — National Pretzel Day



## Strawberry S'mores

No campfire required for these fruity graham cracker snacks!



### Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla (2 tablespoons)

### Directions

1. Rinse the strawberries in water
2. Slice the strawberries
3. Add the yogurt and strawberries to 1/2 of graham cracker
4. Top with the other 1/2 of graham cracker
5. Enjoy Immediately

## Celebrate Earth Day and Create a Garden!

A good Earth is hard to find!

With spring in the air, getting outside is a great time to think about preparing a garden. First-time gardens can start with fresh herbs and can be created in any size space. Even a few pots will do. Herbs such as basil, sage, rosemary, and mint are great in containers and can even be brought inside in the winter. Tools to have before you begin are containers, soil, hand rack, scissors, watering can, and a hand shovel. New to gardening? Look for a community garden in your area or join a garden club.

### Planning an Herb Garden

**Location:** Herbs do best in full sun

**Soil:** Soil should be well-drained and herbs should be planted away from competing plants

**Selection:** Select herbs that have a variety of shapes, textures, scents, and leaf forms

**Spacing:** A four-by-five foot bed accommodates about 15 different herbs; or if space is limited, a variety of containers will do.

**For more information check out:**  
[Green-City-Toolkit-Growing-Herbs.pdf](#)

## Why Eat Seasonally?



With the sun staying out longer and warmer weather fast approaching, many fruit and vegetables will be in season. Seasonal food tends to be less expensive and is often fresher since it does not require long distances for transport. In addition, crops picked at their peak are better tasting and provide many nutrients. Some seasonal produce includes lettuce, spinach, onions, radishes, with strawberries starting in May. A few ways you can eat more local produce include shopping at local farmers markets, planting a garden or visiting your local farmstand.

Healthy Meals Grow  
Healthy Kids

