

RAMSEY READER



THIS WEEK'S ACTIVITIES:

Make a windowsill garden

From old to new: regrowing herbs and vegetables

Visit a restoration site with native plantings

Gardens

Gardening presents a number of benefits for people of all ages. For children, gardening can teach responsibility, introduce scientific concepts and enhance fine motor development. For adults, it can be a great way to feel connected to nature, relieve stress and lower blood pressure. For everyone, gardening can foster family bonding and a sense of achievement. Let's also not forget about the opportunity it presents to grow delicious and healthy food for all to enjoy!

Growing a garden

It surprisingly doesn't take much to start a garden for those who wish to venture into the hobby, and gardening certainly doesn't have to be complicated or fussy. Containers that once held milk or juice can be repurposed to start seeds in. Worried that you don't have the space? There are many things that can grow in a sunny window. Learn more about gardening the hands-on way with a few ideas for gardening at home — the simple way.

→ **MAKE A MILK CARTON GARDEN**

Virtually any style milk or juice carton can be transformed into a pot for some veggies or herbs. After rinsing the container, remove one side and reinforce the edges with duct tape. Poke a few holes in the bottom to allow water to drain, and you're ready to go! Put in some potting soil and then add your favorite herbs or seeds. See the full activity at boulderlocavore.com/diy-milk-carton-herb-gardens-tutorial/

→ **GROW NEW PLANTS FROM OLD**

If you can't get to a garden center for plants or seeds, you can regrow some produce that you may already have.

Green onions

Cut green onions from about an inch from the roots, and leave them in a glass of water. Once roots begin to grow, you can move them into some soil in your milk carton pot.

Celery, romaine lettuce, bok choy & cabbage

Cut off about two inches around the base and place in a tray of water in front of a sunny window. New leaves should begin to grow.

Basil, mint & cilantro

Take a sprig with leaves on top and place the stem into a clear glass. Place in a sunny window. Within a couple of weeks, roots will start to grow from the stem, which can then be transplanted into a pot.

Learn how to regrow other vegetables by visiting about.spud.com/blog-regrowing-vegetables-from-scrap/



Natural beauty

Native plants are great additions to a garden, as they tend to be easier to grow and are cost-effective. Even more importantly, native plants such as purple coneflowers, blue flag irises or sneezeweed provide food and habitat for local wildlife, especially for pollinators.



VISIT A RESTORATION SITE

During the spring season, visit some of Ramsey County's restoration sites featuring landscapes beautifully transformed with native plantings, thanks to the collaborative efforts of Ramsey County Parks & Recreation and its Soil & Water Conservation division, the Ramsey-Washington Metro Watershed District, the Vadnais Lake Area Water Management Organization and other local groups. Start your exploration at Keller Regional Park and the Vadnais Sucker Lake Channel.

Learn more

There's so much more to learn about gardening. Check out these select resources to continue exploring and discovering.

Gardeners' Magazine

Learn about square-foot gardening, a great way to organize your garden space.
gardenersmag.com/square-foot-gardening

The Old Farmer's Almanac

Don't have much space? Try container gardening.
almanac.com/content/container-gardening-vegetables#

University of Minnesota Extension

Find guidelines and best practices to help you grow healthy plants in your own yard.
extension.umn.edu/how/planting-and-growing-guides

White Bear Lake Seed Library

This local seed library is a free program whose goal is to strengthen our community of gardeners by sharing seeds.
wblseedlibrary.blogspot.com/

Eartheasy

Learn how to encourage little hands to plant, water and grow.
learn.eartheasy.com/guides/gardening-with-children/

Did you know?

A sunflower may look like one large flower, but each head is actually composed of hundreds of tiny flowers called florets, which ripen to become the seeds. Both the fuzzy brown center and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.