

SPECIAL POINTS OF INTEREST:

- April Need-to-Knows
- Earth Day April 22
- National Gardening Month
- 8 Reasons to Garden
- Beginner Guide to Kid Gardening
- What's in April?

March Highlight:

- Winona's Kid First Project GO group had a great time learning about spring!



- Exciting News: The Project GO website is in the process of getting a makeover!

8 Reasons to Garden



(<http://dirtandboogers.com/>)

1. Homegrown produce is delicious.
 2. Great exercise.
 3. Kids learn of seeds and plants.
 4. Kids learn the what, where, and when of planting.
 5. Relieves stress and boosts mood levels.
 6. The process teaches patience.
 7. Motivates to eat healthier and local foods.
 8. Avoids pesticides and chemical fertilizers.
- [Find More Reasons](#)

Ready, Set, Go!



APRIL 2015

April Need-to-Knows

April is a great month to open up the house and get outside. The name originally came from a Roman word, Aprilis, meaning 'to open'. In the month of April, small animals come out of hiding and birds migrate northward, and bees and butterflies begin to gather nectar. Did you know, April is planting time but in other parts of the world, it's the harvest season? April is also known for people going on huge spring cleaning sprees indoors and outdoors. Rain and mud are also in huge supply during April, so don't forget the rain boots!

Earth Day = April 22

April 22nd marks the anniversary of what many consider the birth of the modern environmental movement. Earth Day helps remind us that we need to stay in that green state of mind. **Let's Get Involved!** Here are some kid friendly ideas: [Pledge an Act of Green](#), plant a tree or some plants, learn bird calls, start a compost bin, make bug houses from recycled containers, go on an outdoor nature scavenger hunt, build a fairy garden, and/or give the kids a camera and let them document their environment.



National Gardening Month

April is National Gardening Month: Go Plant Something! Project GO is challenging kids and families to post to our Facebook how they celebrated. The [National Gardening Association \(NGA\)](#) sponsors National Garden Month to encourage individuals to get outside and grow plants. If you have want-

ed to try growing your own food but are feeling overwhelmed and aren't sure where to begin, start small with easy-to-grow vegetables, herbs, and flowers.



(<http://nurturestore.co.uk/>)

Beginner Guide to Kid Gardening

1. Choosing what to plant can lead to when and where to plant.
 2. "Feed" your soil to boost fertilization and add nutrients.
 3. Make it fun for kids by giving them their own space or finding cool containers to grow plants in.
 4. FASTEST growing veggies are radishes, baby carrots, and lettuce.
 5. Most PROLIFIC veggies are cherry tomatoes, snap peas, and herbs.
- [What else to plant?](#)

We would love to see your gardens, share your pictures with us on [facebook!](#)

What's Happening in April?

Metro Area:

[Arbor Day Event](#) April 24 at the South Washington Conservation Corridor in Woodbury MN
[MN Valley Refuge Programs](#) throughout April at MNVNW

Southern MN:

[Woodcock Walk](#) April 16 at Chester Woods Park
[Healthy Kids Day](#) April 25 at the

Rochester Area YMCA

[EarthFest EcoFair](#) April 26 at Mayo Civic Center in Rochester MN

Northwest MN:

[Helping Hands Club](#) April 8 at Cathedral School, Crookston
[Natural Playscape Meeting](#) April 9 @ 6pm at Ada-Borup High School
[Storytime](#) April 11 @10:30am at Crookston Public Library

Other:

Go for a walk or take a hike at your nearest park or on any trails near your home. To find your nearest park or trail, visit your County's [Parks and Trails](#) website.
[Olmsted County](#)
[St. Paul](#)
[Minneapolis](#)
[Polk County](#)

For more information on Project Get Outdoors please visit us at mnprojectgo.com/. You can also check out all our wonderful partners on our [Partners Page](#).

