

## Celebrate the Outdoors with National Garden Month!



### 1. Stop and Smell the Roses

Visit a local garden or arboretum. National and State parks are a great place to start! Pack a picnic and enjoy a day amongst nature. If it is still cool where you are, you can visit a nature conservation center.

### 2. Plant something

Whether it's a fruit or vegetable garden or flowers, plant a seed! Many herbs are cheap and easy to look after and they can be used to boost the flavor and nutrition in almost any dish.

### 3. Decorate your Garden

Transform your yard or garden into a space you would want to spend time at. Benches, outdoor chairs, candles, and lights make for a great ambiance.

## Make Gardening Fun for The Whole Family!



- Take children to conservatories and garden centers to let them enjoy nature.
- Children love getting their hands dirty! Plant seeds together and teach children how to look after them.
- Host a garden scavenger hunt!

### Dig into the benefits of gardening:

[www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening](http://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening)

### When to plant in New Jersey:

[www.almanac.com/gardening/planting-calendar/NJ](http://www.almanac.com/gardening/planting-calendar/NJ)

### Eco-Friendly Recipes:

[www.jerseysbest.com/home/garden-plate-flavorful-eco-friendly-recipes-that-are-easy-to-make/](http://www.jerseysbest.com/home/garden-plate-flavorful-eco-friendly-recipes-that-are-easy-to-make/)

In season, locally grown fruits and vegetables have more nutritional value than their out of season or canned counterparts. Growing your own garden is not only cheaper and more rewarding than purchasing from the grocery store, but it can also be more nutritious! Check out fruits and vegetables that can be easily grown for first time gardeners.

1. Lettuce is a low maintenance and easy to grow vegetable that can be planted in any soil and in any type of garden bed.
2. Peas do not require much room and grow great vertically, making them a good choice for city gardening where horizontal land may be scarce.
3. Tomatoes are versatile and can be grown in boxes, containers, beds, and even poor soil. Tomatoes can also be trained to grow vertically to take up less space.
4. Squash can be harvested year round and are great for cross-pollinating other vegetables like tomatoes, beans, and carrots.
5. Cucumbers are another great cross pollinator that can be harvested year round depending on the variety you plant.

## April Holidays

**April 1** - April Fool's Day

**April 4** - International Carrot Day

**April 18** - National Animal Crackers Day

**April 19** - National Banana Day

**April 20** - National Cheddar Fries Day

**April 23** - National English Muffin Day

**April 26** - National Pretzel Day

**April 30** - National Oatmeal Cookie Day

## Leek Pie

1 (9 inch) refrigerated pie crust

2 teaspoons butter

3 leeks, chopped

1 pinch salt and black pepper to taste

1 cup light cream

1 ¼ cups shredded Gruyere cheese

### Directions:

Preheat oven to 375 degrees F (190 degrees C). Melt butter in a large saucepan over medium-low heat. Stir in leeks; cook, stirring occasionally, for about 10 minutes, or until soft. Season with salt and pepper. Reduce heat to low. Stir in cream and cheese, and warm through. Pour mixture into pie shell. Bake in preheated oven for 30 minutes, or until custard is set and golden on top. Allow to sit 10 minutes before cutting pie into wedges.

