

Grow Yummy Veggies This Summer!

Getting outside and playing in the dirt is the perfect spring and summer activity. Growing vegetables is easy and a great way to eat healthier. We can start planting some crops now and continue to plant throughout the summer. Below are some helpful tips on growing veggies.



- The vegetables that we grow in the garden fit into two groups based on their temperature preferences- cool season and warm season crops.

Cool Season Vegetables

- * These plants can be planted now
 - * They prefer soil temperatures of 45°F
- These crops include:



Warm Season Vegetables

- * Warm season crops like the hot weather of June and July
- * They prefer soil temperatures of at least 55°F
- * These crops can be planted in early May, they include:



You can find your local soil temperature on the K-State Mesonet Website.
mesonet.k-state.edu

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To access resources and services made available through K-State Research and Extension please contact Cassie or visit any Post Rock District Office.



Make Your Own– Grass Head

This activity is fun for kids of all ages! Create a grass head by decorating a plastic cup or pot. You can be creative and design a cartoon face or use a picture of yourself! Use potting soil to fill the cup, then add some grass seeds or any seeds you have on top. Don't forget to water regularly. In a few weeks your head will need a hair cut!



TOP 10 THINGS TREES DO FOR US

- 1 They are home for many birds and other animals.
- 2 They feed us with nuts and fruits.
- 3 They clean the air, the water, and the soil.
- 4 They help us save energy.
- 5 They give us paper and wood.
- 6 They hold the soil in place.
- 7 They make the world a prettier place.
- 8 They give us medicines.
- 9 They provide shade.
- 10 They make air for us to breathe.

Post Rock Extension District

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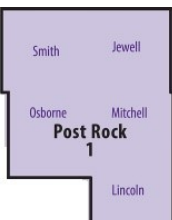
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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