



Building Strong Families

Life resources for health, wellness,
finances, and positive relationships.

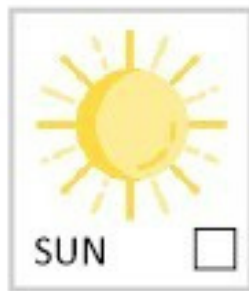
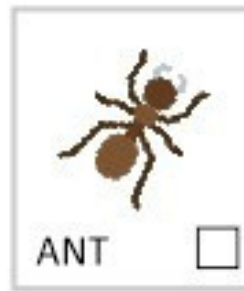
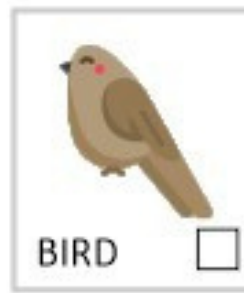
Spring is the perfect time to plant carrots!



- Carrots are an excellent source of vitamin A
- Space carrot seeds 1-2" apart and plant the seeds 1/2" deep
- Carrots grow best in loose and sandy soils
- Most carrot varieties require 55-60 days from seeding to harvest
- Once harvested cut the tops to 1/2" long, and store them in a plastic baggie in the refrigerator

Spring is the best time to get outside and enjoy nature. In early spring you can plant veggies like; carrots, potatoes, onions, lettuce, radishes, and more! Spend some extra time outdoors when the weather is nice by completing the nature scavenger hunt on the back of this page.

Nature Scavenger Hunt



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