

MAY 2024

GARDENING TO DO'S



READY, SET, GROW

Last Average Spring Frost Date: May 8!



Nectar Lovers Return! Keep an eye out for returning bees, birds, and butterflies! If you enjoy flighted creatures with a sweet tooth, here are a few tips to welcome nectaring pollinators to your plot of earth:

MDHHS Soil SHOP - May 16 12:00 - 3:00 PM

Worried about lead in your garden or play area? Bring your soil to the MDHHS SoilSHOP on May 16th for a free screening! MDHHS recommends collecting 2-3 cups of soil from the yard, dig no deeper than 6 inches, remove rocks and debris, and place in a quart-sized bag.

Pollinator's Garden - May 22 6:30 - 7:30 PM

Join Brian, one of the founders of Bees in the D, to learn how to grow plants in your yard and garden that help benefit pollinators. Registration is required and space is limited. Sign up at rtdl.org/events.

Plant Nectar-Rich Flowers

Plant a variety of flowers that produce abundant nectar such as bee balm, lavender, butterfly bush, coneflowers, salvia, zinnias, and milkweed. Opt for a mix of colors and fragrances to attract a diverse range of pollinators.

Provide Continuous Bloom

Aim to have flowers blooming throughout the growing season, from early spring to late fall. This ensures a steady food source for our nectaring visitors as they return to your garden. Planting in clusters or drifts makes it easier for pollinators to locate food sources.

Include Native Plants

Native plants are well-adapted to our local environment and often attract a greater diversity of pollinators.

Create a Butterfly Habitat

Consider adding specific plants that cater to the needs of butterflies at different stages of their life cycle—host plants for butterfly larvae (caterpillars) as well as nectar plants for adult butterflies.

Provide Shelter & Water

Create habitat diversity by including shrubs, trees, and other plants that offer shelter from wind and predators. Additionally, provide a shallow dish or birdbath with clean water (changed regularly) for drinking and bathing.

Did You Know?



Did you know that the 3 B's aren't the only pollinators? There are other peculiar pollinators such as bats, beetles, wasps, and even spiders!



For more information on our Seed Library, please visit rtdl.org/seed-library

SPRING RECIPES

A Taste of Spring: Recipes Using Seeds You Borrowed

Green Goddess Salad

Ingredients

- 7 ounces Romaine (or any other lettuce you prefer)
- 1 cup Snap Peas
- 1 cup Broccoli Florets chopped
- 1 cup cooked beets cubed
- 1/4 cup sunflower seeds
- 3 tablespoons feta crumbles
- 6 radishes thinly sliced
- 1 large avocado cubed

Instructions

In a bowl, add the chopped romaine, snap peas, chopped broccoli, beets, radishes, avocado, sunflower seeds, and feta crumbles. Dress the salad with the green goddess dressing



Looking for a dressing? Try making the Green Goddess Salad Dressing!

Ingredients

- 1/2 cup yogurt
- 1/3 cup mayo
- Salt to taste
- Freshly ground Black pepper to taste
- 1/2 teaspoon ground paprika
- Juice of 1/2 lemon
- 4 tablespoons of fresh tarragon leaves
- 1/2 cup fresh parsley leaves
- 1/3 cup fresh dill
- 3 tablespoons of chopped chives
- 2 tablespoons olive oil
- 4 tablespoons of water add more or less depending on how thick or thin you like your dressing to be
- 1 medium garlic clove

Instructions

Add all the ingredients to a blender or food processor. Blend until smooth – make sure to taste and add additional salt, black pepper, or other spices to your liking. This dressing will keep well in an airtight container in the fridge for up to 5 days.



Cacio e Pepe with Arugula and Lemon

Ingredients

- 1 pound bucatini pasta
- 4 tablespoons salted butter
- 1 1/2 teaspoons freshly cracked black pepper
- 1 cup freshly grated parmesan cheese
- 1/2 cup fresh grated pecorino cheese
- A couple handfuls baby arugula
- Fresh basil and lemon zest, for serving



Instructions

1. Bring a large pot of salted water to a boil and cook pasta until al dente. Just before draining, reserve 3/4 cup of the pasta water. Drain.
2. Melt 2 tablespoons butter in a large skillet over medium heat. Add the pepper and cook 30 second to 1 minute, until toasted.
3. Add the reserved pasta water and bring to a simmer over medium heat. Add the pasta and remaining butter. Reduce the heat to low and add the parmesan and pecorino, tossing until melted. Remove from the heat, add the arugula, toss until the greens are wilted, adding in more pasta water if needed to thin the sauce. Transfer to a bowl and serve topped with fresh basil and lemon zest.