

MARCH 2025

# GARDENING TO DO'S

## Spring Awakens: What to Do in Your Garden Now

### Take Part in Local Phenology Tracking!

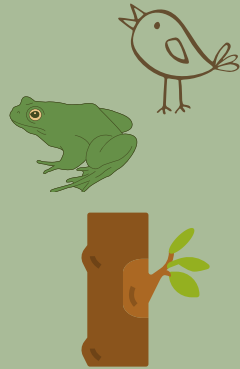
Help monitor spring's arrival by logging your sightings at the USA National Phenology Network link: [usanpn.org](http://usanpn.org)

SCAN ME



### Nature's Alarm Clock: Signs of Spring

- **Snowdrops & Crocuses** - These first bloomers signal the soil is warming.
- **Frogs & Peepers** - Their nighttime chorus means it's time to prep your garden.
- **Budding Trees** - Maples and willows wake up early, a great indicator that spring is near.



### Revive Your Garden Beds

- Remove leaves and dead plant matter to discourage pests.
- Add compost, coffee grounds, or aged manure for nutrient-rich soil.
- Try a no-till approach to preserve beneficial microbes and worms.



### Get a Jump on the Season by Sowing

- Tomatoes, Peppers, & Eggplants (6-8 weeks before last frost)
- Broccoli, Cabbage, & Brussels Sprouts (4-6 weeks before planting out)
- Herbs like basil, thyme, and cilantro thrive indoors now!



**Pro Tip:** Keep seedlings warm with a heat mat and supplement with grow lights for stronger plants.

### Cold-Hardy Vegetables to Direct Sow

Once the soil is workable, plant these frost-tolerant veggies:

- ✓ Spinach - Plant now for early harvests.
- ✓ Carrots & Beets - Cool weather = sweeter roots.
- ✓ Kale & Swiss Chard - Hardy and packed with nutrients.
- ✓ Peas & Radishes - Quick growers, perfect for March planting.



**Tip:** Cover young plants with row covers to protect from cold snaps.

For more information on our Seed Library, please visit [rtdl.org/seed-library](http://rtdl.org/seed-library)

# MARCH RECIPES

## Chicken and Mushroom Stir fry

### Ingredients

- 1.5 lb. skinless, boneless chicken breasts (about 4-6), cut into 1.5 inch pieces
- 3 Tbsp. soy sauce, divided
- 1 Tbsp. plus 1 tsp. cornstarch
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. toasted sesame oil
- 1 tsp. honey
- 1/4 cup plus 2 Tbsp. extra-virgin olive oil
- 10 oz. mixed mushrooms (such as crimini, oyster, and/or king trumpet), torn into bite-size pieces
- Kosher salt
- 1 3" piece ginger, peeled, finely grated
- 4 garlic cloves, finely grated
- 1/2 tsp. crushed red pepper flakes; plus more for serving
- 1 bunch scallions, cut into 1" pieces
- Steamed rice (for serving)

### Preparation

1. **Marinate Chicken:** Toss chicken with 1 Tbsp soy sauce and 1 Tbsp cornstarch, ensuring a sticky coating for tender meat. Set aside.
2. **Prepare Sauce:** Whisk together balsamic vinegar, sesame oil, honey, 2 Tbsp soy sauce, 1 tsp cornstarch, and 1/3 cup water to create the stir-fry sauce.
3. **Cook Mushrooms Thoroughly:** Sauté mushrooms in 1/4 cup olive oil over medium-high heat until deeply browned and their moisture has evaporated; season with salt and remove from the pan.
4. **Brown Chicken & Add Aromatics:** Cook chicken in 2 Tbsp olive oil until lightly browned on one side. Add ginger, garlic, and red pepper flakes; cook until fragrant.
5. **Finish Stir-Fry with Sauce & Vegetables:** Pour the prepared sauce into the pan and cook, stirring, until thickened. Add scallions and the cooked mushrooms; cook until the chicken is cooked through and everything is combined.
6. **Serve Hot:** Transfer the stir-fry to a platter, top with additional red pepper flakes if desired, and serve immediately with steamed rice.



### Horseradish Prep Tips:

- Grate fresh for best flavor.
- Peel and remove cores/green spots.
- Finer grate = stronger flavor.
- Use caution when grating; fumes are strong.



For more information on our Seed Library,  
please visit [rtdl.org/seed-library](http://rtdl.org/seed-library)