

FOR IMMEDIATE RELEASE

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Spring Has Sprung!

The birds are chirping, the flowers are blooming, and the bees are buzzing. What does this all mean? Spring is here and the world outside is coming back to life. Officially, spring is from March 20th to June 20th. Here in Kansas, this also means that the growing season is starting if you grow your own. And at the grocery store, new seasonal fruits and vegetables are available. They are usually less expensive and better tasting. Here are some spring produce options.

Spring Produce

- | | |
|------------------------------------|---------------------------------------|
| <input type="radio"/> Asparagus | <input type="radio"/> Brussel Sprouts |
| <input type="radio"/> Cabbage | <input type="radio"/> Lettuces |
| <input type="radio"/> Garlic | <input type="radio"/> Green Onions |
| <input type="radio"/> Strawberries | <input type="radio"/> Swiss Chard |
| <input type="radio"/> Spinach | <input type="radio"/> Collard Greens |
| <input type="radio"/> Peas | <input type="radio"/> Radishes |

Growing your own vegetables?

One great resource from K-State Research and Extension for growing your own vegetable garden is the Kansas Garden Guide, which can be found at: <https://bookstore.ksre.ksu.edu/pubs/s51.pdf> or purchased at your local extension office. It has everything you need to know about planning, soil, seeds, etc. Another resource from KSRE is the four page “Vegetable Garden Planting Guide” which has an easy to read garden calendar, specific crop information, spacing and depth requirements, and basic troubleshooting and tips. It is available at your local extension office or online at: <https://bookstore.ksre.ksu.edu/pubs/mf315.pdf>

Produce Safety

As always, keep food safety in mind when storing and using fresh produce, whether store bought or home grown. [Here is a link](#) to a document prepared by Londa Nwadike, PhD, Kansas State University Consumer Food Safety Specialist. They provide a table with basic produce storage information, and other tips for produce safety.

Store bought or home grown, the time is ripe to eat fresh fruits and veggies. Treat yourself with some in season produce, or start your own garden! Happy Spring!

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