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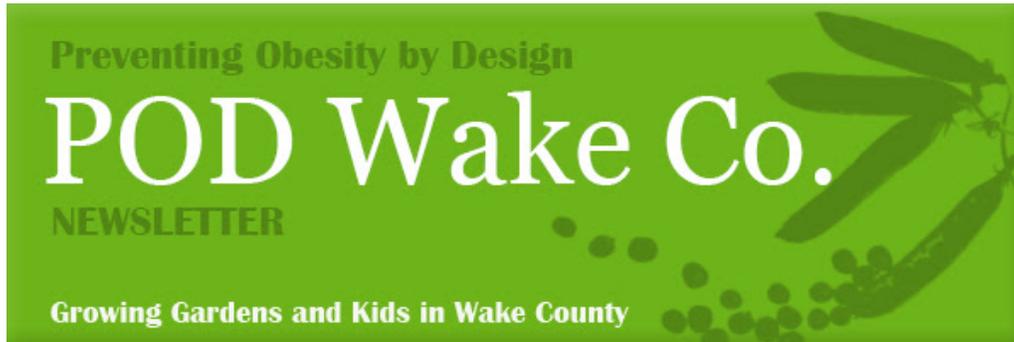
**POD Wake Co Newsletter- March 2018**

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Mon, Mar 5, 2018 at 9:53 AM

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## Planting Seeds Indoors



When to start gardening and how to do so is one of the many questions gardeners are asked frequently. To help alleviate your worries start by

planting seeds indoors. Starting indoors can be a quick, easy, and inexpensive way to grow and learning about the gardening process.

How to start planting indoors? Seed starting pots, cardboard egg charts, or yogurt containers are great starting options. In addition, newspaper pots are a great choice when starting a garden in a childcare center or at home. After the last frost date, plant seedling in the garden. For locations outside of North Carolina, check with your local cooperative extension agent.

Ways to include children? Encourage children to decorate newspaper pots or help plant seedlings when the outdoor garden season starts in your region. Create activities that focus on the gardening process, essentials of gardening and plant development and lifecycle. Invite parents to participate in this activity.

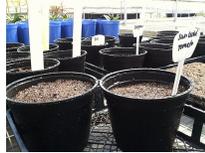
## What you need to know

### Last Frost Date



Determine last frost date in your area to prevent frost damage.

### Seed Choice



Pick plants that do well starting from seeds.

### Seed Packaging



Helps to determine number of weeks to start seeding indoors before average last start date.

### Spacing



As seedling emerge, thinning out space ensures continued plant growth and development.

Need more information? Visit these resources: [Natural Learning Initiative](#) and [Better Homes & Gardens](#) or check with our local cooperative extension office.

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## March Activity

### Sink or Float

To appeal to the natural curiosity in children, conduct an experiment that looks at what items will sink or float. Fill a water table (or large plastic container) with water. Allow children to collect items they wish to see float or sink. Allow children to make predictions on whether items will float or sink. Encourage them to test their predictions. Have fun exploring the properties of nature by expanding this activity to incorporate other learning components.



### Walk Like An Animal

"Walk like a crab, wiggle like a worm, leap like a frog!" Get creative with this activity by having



children move like their favorite animals. Prompt children to emulate other animals such as snake, gorilla, or elephant. Extend the activity to incorporate action word, directional words and sight words. This stimulating activity is a great way to get children active and to encourage them to use their imagination.

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## Plant of the Month

### Spinach

A cool-season crop that over the years spinach has become increasingly popular in daily consumer spending. This is evidence in the high consumption of both fresh and processed spinach. Packed with high sources of vitamin A, vitamin C, iron, calcium, fiber, spinach is great vegetable to introduce in children's diet. In addition, incorporating spinach into gardens and diet is a great way to promoting healthy eating and learning more about the natural world around us.



To learn more about spinach...

[Click Here](#)

Did you know beets and swiss chard are in the same family as spinach? They are all a part of the goose family (Chenopodiaceae).

Want to learn more about planting and harvesting spinach? Check with your local cooperative extension agent.

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## Recipe

### Spinach Quiche

**Prep time:** 20 mins   **Cook time:** 40 mins   **Total time:** 1 hour

#### INGREDIENTS:

1T Olive  
2 Garlic cloves, minced  
1 Onion, chopped  
10 ounces Fresh or frozen spinach  
5 Eggs, beaten  
3c Shredded cheese  
1T Fresh parsley, chopped  
Pinch of nutmeg (optional)  
1/8t salt  
Pinch of pepper



## INSTRUCTIONS:

1. Spray a 10-inch pie plate with non-stick spray. Set aside.
2. Preheat oven to 350F
3. Over medium-high heat, heat olive oil in a large skillet.
4. Add garlic, stir-fry for 1 minute.
5. Add onions and cook for about 5 minutes or until softened.
6. Add spinach and cook, stirring occasionally until mixture has lost its' moisture.
7. Meanwhile, combine eggs, cheese, herbs, and spices.
8. Remove spinach mixture from heat, and set aside to cool slightly for a few minutes.
9. Combine cheese and spinach mixture.
10. Pour mixture in prepared pie plate.
11. Bake in oven for approximately 30-40 minutes or until mixture has set.

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\* Be mindful of allergies and dietary restrictions.

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