Grow Yummy Veggies This Summer!

Getting outside and playing in the dirt is the perfect spring and summer activity. Growing vegetables is easy and a great way to eat healthier. We can start planting some crops now and continue to plant throughout the summer. Below are some helpful tips on growing veggies.

- The vegetables that we grow in the garden fit into two groups based on their temperature preferences- cool season and warm season crops.

**Cool Season Vegetables**
- These plants can be planted now
- They prefer soil temperatures of 45°F
  
  These crops include:

**Warm Season Vegetables**
- Warm season crops like the hot weather of June and July
- They prefer soil temperatures of at least 55°F
- These crops can be planted in early May, they include:

You can find your local soil temperature on the K-State Mesonet Website. mesonet.k-state.edu

Stay connected by following “Post Rock Extension” on social media:

Visit our website: www.postrock.ksu.edu

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To access resources and services made available through K-State Research and Extension please contact Cassie or visit any Post Rock District Office.
Make Your Own– Grass Head

This activity is fun for kids of all ages! Create a grass head by decorating a plastic cup or pot. You can be creative and design a cartoon face or use a picture of yourself! Use potting soil to fill the cup, then add some grass seeds or any seeds you have on top. Don’t forget to water regularly. In a few weeks your head will need a hair cut!

Top 10 Things Trees Do for Us

1. They are home for many birds and other animals.
2. They feed us with nuts and fruits.
3. They clean the air, the water, and the soil.
4. They help us save energy.
5. They give us paper and wood.
6. They hold the soil in place.
7. They make the world a prettier place.
8. They give us medicines.
9. They provide shade.
10. They make air for us to breathe.