

Sowing the Seeds to Achieve Change We Want to See

It's Spring in the Springs, and this can be a great time to get outdoors as things warm up and turn green. It can be relaxing to focus on something besides busy work days and on bringing beauty and transformational growth to our living environment.

Consider these tips and ideas to help prepare you for a successful Spring and Summer:

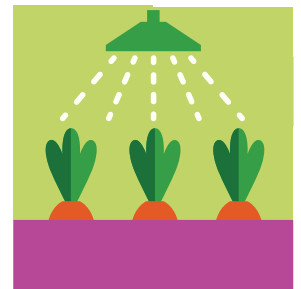


- Spring is a time for new beginnings as changing seasons bring about lots of colors outside, from green leaves on trees to yellow daffodils sprouting from the ground
- Spring is ideal for planting many flowers and crops because the soil is cool enough for roots to thrive, there's lots of rain, and new plants love the warmer air



Here are some garden ideas you can use in April and May to focus on things outside of work:

- Cover tender plants if late frost is in the forecast
- Start tomato seeds indoors
- Prune spring-blooming shrubs, such as forsythia, after they have finished flowering
- Sow your cool-season vegetables in succession so you can have a steady harvest throughout the growing season
- Clean up your garden, including raking up any leaves, removing winter mulch, removing any dead plants and mixing in compost in your garden soil



Just like you give great care to your patients and one another, it can be relaxing and rewarding to tend to your lawn and garden.

Let's work together to continue to sow the seeds of success!

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