

FUN THINGS TO DO THIS SPRING



1. **Sow wildflower seeds** – With such a dry winter, we are not seeing many wildflowers this year; so, why not sow your own? It is not too late for Sweet Alyssum, California Poppy, Baby’s Breath and many more. You can even plant them in a container. Just imagine the sweet smell of Alyssum greeting you after a long day away from home.

2. **Visit the farmers market** – If you are used to purchasing your produce from the grocery store, do yourself a favor and check out your local farmers market this spring. The farmers market is a fabulous site in the spring. The smells and colors from all the different varieties of produce will inspire even your most vocal “I hate vegetables” family member!

3. **Take a hike** – If you have been thinking of visiting one of our local state parks, now is the time! In another month or so, the weather will be so hot that only the most diehard hikers will want to be out in it. However, remember, it’s rattlesnake season, so keep your eyes open and listen for rattles, especially if you are venturing off trail. If you do see or hear a rattlesnake, do not try to touch

it. If you can see the snake, give it wide berth because a two-foot snake can strike a distance of at least one foot. If you do not know where it is and only heard the rattles, stay still for a moment and look around you. If it is quiet, then proceed with caution.

4. **Sleep outside** – Remember how fun it was to sleep outside when you were a kid? Guess what – it is still fun! Pull out the sleeping bags and flashlights and have fun!
5. **Have a garden party** – Or a barbeque! Enjoy the bounties of the spring produce and the beautiful weather outdoors with friends and family.

Whatever you choose to do, try to get outdoors and feel the sunshine on your face and breathe the fresh air. Your body will thank you for it!

