Week 4

Home

Practice Stretching Routine
Experience a new 10-minute walk around your home or in a nearby park or trail

Observe and identify: Trees

Growing Microgreens
Start pea shoots from seed

Healthy Eating Tips
Make a homemade salad dressing
Physical Activity

Observing Trees

This week, choose a 10-minute walk around your home, on a nearby trail or in a park. See if you can identify at least three different types of trees. Vermont has more than 50 different species of trees! All of these are either coniferous or deciduous. Conifers are evergreen trees that bear cones, such as pines, spruces and balsam firs and deciduous trees are those with broad leaves that shed every fall, after providing a brilliant seasonal display of colors including yellow, orange, and red.

WHERE TO GO?

As surprising as it might sound, using your smartphone can be a great way to help you connect with nature. Below are a few app suggestions to check out. However, while there are a lot of great resources right on your phone, there’s certainly no need for one to help you get outside and enjoy your surroundings! If you do not feel like using technology, simply start by walking along the sidewalk and see where it leads you. If you are moving, you are doing it right!

All Trails

- Free and user-friendly app and website
- Simply search town or city name to find nearby trails labeled “Easy, Moderate, or Hard”
- Each trail listed has a brief description, directions to the trailhead, and reviews from others who have recently completed with useful updates on trail conditions and difficulty level

Map My Walk by Under Armour

- Free and user-friendly
- See what walking routes those around you have done!

Yelp.com

- Free and user-friendly website
- Simply search “Walking Trails” in “Burlington, VT” to find popular local spots with reviews and pictures

Google.com

- A quick google search of “parks in Burlington, VT” will show popular local spots with reviews and pictures
HOW TO MAP YOUR ROUTE

Map My Walk by Under Armour
- User-friendly and free app
- Tracks distance and time for each walk
- Not sure where to walk? Choose “Routes” to see where other users have walked including total distance and elevation gain
- App available on App Store (Apple) and Google Play (Samsung)

Fitbit: Health & Fitness Mobile Tracker
- User friendly and free
- Tracks all day activity (steps, floors, total daily mileage) in addition to distance / time for walks, runs, and other physical activities
- Want to connect with others using the app? Click “Community” to stay inspired, join groups, and participate in challenges with those around you
- App available on App Store (Apple) and Google Play (Samsung)

Google Fit
- Free
- Tracks daily steps as well as minutes spent moving throughout the day
- Incorporates tracking information from various health tracking apps, so all tracked activities can be found in one place
- App available on App Store (Apple) and Google Play (Samsung)

IDENTIFYING TREES

Virginia Tech Tree ID: A free app that offers identification information on almost 1000 trees from all over North America

Also, if you live in or near the Burlington area, check out https://branchoutburlington.org/ for more information on trees, tree-related community events in Burlington, Vermont and to try out some great Tree Walks! In their online Tree Walk Library, volunteers have listed 15 beautiful tree walks including walks in Burlington’s Hill Section and Five Sister’s Neighborhoods, Greenmount and Lakeview Cemeteries and parks including Ethan Allen Park and Rock Point. Maps with specific trees and info are available for free to download. Bring the map and tree info with you on your walk and see if you can locate these grand, often historical, leafy contributors!
Microgreens, Shoots & Sprouts… Oh My!

Gardening for Health

More than just a colorful garnish used in today’s trendiest restaurants, microgreens, shoots and sprouts can offer 4-40x more nutrients than their mature counterparts. These tiny greens can be grown from seed to harvest in as little as 10 days, all year-round, in the space of a sunny windowsill. Even if you’re new to gardening, growing your own microgreens or sprouts is FUN, easy to learn, inexpensive & good for you too!

SPROUTS
- Look for seed packets labeled ‘Sprouting Seeds’, or similar.
- Put 1-4 tbsp. seed in a mason jar and secure screen or sprouting lid. Add water, swirl and drain. Add 1 cup water and soak for 4-8 hours.
- Rinse jar 2-3x daily. Invert jar so water drains. Do this for 3-6 days.
- When sprouts are 1-2” long, they are ready to harvest. Rinse off seed hulls if necessary. Drain, cover and refrigerate. Best within 5 days.

MICROGREENS OR SHOOTS
For microgreens, you will need a very bright window or grow light, a container or tray to plant in and plastic wrap or a plastic dome lid.
1. Look for seeds labeled ‘Microgreens’ and read for special instructions.
2. Cover the bottom of the container with 1-2” of pre-moistened organic potting soil. Add a dry, organic fertilizer such as kelp. Flatten soil surface gently.
3. Scatter seeds in one, even layer over the top of the soil and gently press seeds into soil.
4. Cover with a thin layer of soil and spray lightly with water, cover with plastic wrap or plastic dome.
5. Check for germination and moisture level daily. Once seeds have sprouted, remove plastic covering. Water daily, or as needed.
6. Harvest when microgreens are 2” tall and before 2nd set of true leaves have formed. Shoots can be harvested when they have reached the desired height. Will keep for 3-5 days in refrigerator; best if used immediately after harvest.

SOIL SPROUTS
1. Follow directions above but soak seeds for 6-8 hours before planting.
2. When planting, do not cover seeds with soil. Cover with moistened newspaper and place in a dark, warm spot.
3. Remove paper after 4 days and place container in a sunny windowsill. Allow sprouts to grow for 3-5 days until at least 2” tall and ready to harvest. Will keep for 3-5 days in refrigerator; best if used immediately after harvest.

FOR MORE INFORMATION
University of Maryland College of Ag. Study on Microgreens
www.agr.umd.edu/news/mighty-microgreens

Growing Microgreens
www.gardeners.com/how-to/how-to-grow-microgreens/

Year-Round Indoor Salad Gardening
Vermont Author, Peter Burke

SEED SOURCES
High Mowing Seeds
www.highmowingseeds.com

Johnny’s Selected Seeds
www.johnnyseeds.com
Basic Vinaigrette

INGREDIENTS
½ cup extra-virgin olive oil
3 tablespoons vinegar of choice
1 tablespoon Dijon mustard
1 tablespoon maple syrup or honey
2 medium cloves garlic, minced or pressed
¼ teaspoon fine sea salt, to taste
Freshly ground black pepper, to taste

INSTRUCTIONS
1. Just whisk together the ingredients in a small bowl or shake them up in a mason jar, then toss with your greens. Feel free to try out using other vinegars and oils to experiment.

Simple Tahini Dressing

INGREDIENTS
2 tablespoons tahini
2 tablespoons lemon juice
2 tablespoons olive oil
2 cloves garlic, minced
Salt to taste
Optional: herbs like dill, oregano, parsley, basil

INSTRUCTIONS
1. Mix the ingredients together in a small bowl with a fork or shake them up in a mason jar.
2. This tahini dressing is perfect on grilled vegetables, subbed for mayo in coleslaw, beans, greens, or rice.

Herb Green Goddess Dressing

INGREDIENTS
1 cup plain Greek yogurt
1 cup lightly packed fresh herbs like cilantro, parsley, dill, basil, tarragon and/or mint
1 medium clove garlic, roughly chopped
½ teaspoon fine sea salt
Freshly ground black pepper, to taste
Optional: 1 tablespoon finely chopped green onions or chives

INSTRUCTIONS
1. Whisk the ingredients together or blitz them in a food processor until creamy and smooth.
2. This recipe is very flexible and can take on any herbs you have growing and need to use up!
3. Try it with cucumbers and feta, tossed with cooked grains and orange slices, drizzled over grilled veggies.