

APRIL



NUTRITION NEWSLETTER

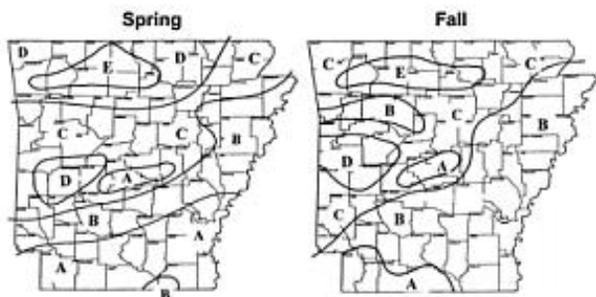


Spring is officially here! Spring time is a great time to start a garden, especially one with fruits and vegetables! Arkansas, with its rich soils and warm summers, provides a wonderful environment for gardening, which is ideal for a lot of fruits and vegetables to grow! Let's take a closer look at some tips for successful gardening in Arkansas.

Frost Zones for Arkansas		
Zone	Mean Date of Last Spring Freeze	Mean Date of First Fall Freeze
A	March 20	November 15
B	March 27	November 7
C	April 1	October 30
D	April 10	October 24
E	April 20	October 20

A garden can take a lot of work and patience, but with the right tools and information, you can have a great harvest! Listed below are a few tips for a successful garden:

- Decide which fruits and vegetables your family is most interested in growing.
- Determine if you have the appropriate soil to grow. If not, you can use raised beds or have a container garden so you can control your own soil type!
- Check your local weather forecast and use information from Arkansas Grown websites to determine when to plant your garden. Some plant types need to be planted before or after frost(s).



SOME PRODUCE THAT CAN BE PLANTED IN APRIL IN ARKANSAS:

- Kale
- Leaf Lettuce
- Mustard Greens
- Turnips
- Beans (Lima)
- Brussel Sprouts
- Carrots
- Collard Greens
- Corn (Sweet)
- Potatoes (Sweet)
- Watermelon
- Squash (Summer)
- Squash (Winter)



- Onions
- Cantaloupe
- Cucumber
- Tomato
- Asparagus
- Peppers
- Okra
- Potatoes (Irish)
- Snap Beans
- Cauliflower
- Eggplant
- Spinach
- Broccoli

RESOURCES FOR PLANTING A GARDEN, FARMERS MARKETS, AND YOU-PICK FARMS

Arkansas has a rich history for farming and gardening so there are a lot of resources available to help with starting a garden. If you're unable to grow your own garden, Arkansas is a great place to find Farmers Markets and You-Pick Farms so you can still get great local produce! Check out a couple resources below!

- Arkansas Grown
www.naturallyarkansas.com
- U Pick Lists and Farmers Markets

- U of A Division of Agriculture Cooperative Extension
www.uaex.edu/yard-garden/vegetables/
- Garden Health, Planting Questions, Garden Resources