

The Square Footer



NDSU
Extension Service
RICHLAND COUNTY
418 2nd Avenue N.
Wahpeton, ND 58075
(701) 642-7793
dale.siebert@ndsu.edu

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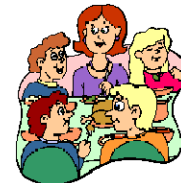
HOW DOES YOUR GARDEN GROW?

By now all of your plants should be up and growing in your garden, although growth of some of the warm weather plants such as the peppers, tomatoes and beans have been slowed by the cool temperatures. Notice how some plants such as the radishes, lettuce, and onions seem to thrive even in these cool conditions. That is because they are considered cool season plants and like the early cool growing conditions. When the weather does warm up--and it will--they will stop growing as fast and the warm season plants such as the tomatoes, cucumbers, peppers and beans will really take off and grow. If you do have plants that did not germinate, go ahead and plant another seed or two where the plant failed to grow. They will fill in the square and quickly catch up to the others.



FAMILY MEALS

Sitting down with the family for meals is an important time for children. Eating together helps children feel part of a family group and gives them time to share. Family dinners especially help single parents. They create a more normal family life.



Try to eat one meal as a family each day, and select at least one night to be family dinner night. Research shows that family dinners are healthier. They contain more calcium, iron, fiber, fruits, and vegetables, and less salt and fat.

To make family meals more pleasant:

- Let children help shop, cook, and set the table. Helping a parent fix dinner is a good way to connect.
- While preparing and eating a meal, turn off the TV, put the newspaper aside, and don't answer the phone.
- Don't make family meals a battle zone. Children should not have to listen to family fights.
- Children should not have to stay at the table until their plates are clean. Problems also occur when parents insist that children eat certain foods or when children are told how much to eat.
- Encourage children to practice serving themselves. For example, let them serve themselves from a bowl, pour their own milk from a small pitcher, or spread butter on their bread. Expect spills and messes.
- Let children help with regular clean-up duties. Rotate duties among children.

Resource: nutritionmaterials.com



THINNING YOUR PLANTS

Now is the time to be thinning out your plants to the recommended spacing and number of plants per square foot. Refer to the seed packet for the recommended spacing and the plot map that was handed out with the recommended number of plants of each variety per square foot. When thinning your plants use a scissor rather than pulling out your plants so you do not disturb the plant you wish to save and carefully snip out those unwanted plants. Thinning your plants will allow the remaining plants to develop and produce high quality vegetables.