

March 2022



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Spring Into Wellness

Are you tired of the cold weather? Have you or someone you know been sick for what seems like an eternity? Why not recharge your health by exploring the dimensions of wellness? Join the Live Healthy Live Well 6-week “Spring Into Wellness” email challenge to learn more about all of the dimensions of health.

Along with the 2 weekly email articles, there will be a 4-part webinar series related to the challenge content, a fun BINGO card for those who like to make a game of it, and as always, access to the OSU Live Healthy Live Well blog site and #LHLW365 Texting Program. Register before April 4, 2022 at go.osu.edu/lhlwfranklin.



OSU Extension at The Columbus Dispatch Home and Garden Show



OSU Extension and the Franklin County Master Gardener Volunteers completed 8 days of Extension programming at the 2022 Columbus Dispatch Home and Garden Show held Feb. 19 – 27. The Extension Educator and Master Gardener Volunteers taught 24 different workshops for 452 individuals at the show; answered gardening questions for 915 individuals at the *Ask A Master Gardener* booth, and distributed 21,400 OSU Extension facts sheets on scores of gardening topics.

Master Gardener Volunteers also developed and staffed *The Edible Garden* exhibit at the show which attracted 4,288 visitors. *The Edible Garden* exhibit featured a herb garden, fruit garden, and several vegetable gardens featuring

live plants grown in greenhouses on campus. More than 100 Master Gardener Volunteers staffed the exhibit to educate visitors about growing vegetables, herbs, and fruit crops in the home garden.

4-H Enrollment Deadline is Approaching! April 1, 2022

Do you know a youth in Franklin County that is looking for an opportunity to meet new friends, try fun projects, or learn through service? The 4-H program is the place to do all of those things. With over 40 community clubs throughout the county, each meeting at a different time place and time, there's surely a club that fits your family's needs. For more information on how to join 4-H, please visit our website at go.osu.edu/Join4H.



Biosecurity for Backyard Poultry



OSU Extension recently collaborated with the Ohio Poultry Association for outreach on poultry health. Check out [this](#) video featuring Dr. Tim McDermott, Agriculture and Natural Resources Educator, and Jenna Gregorich, Bird Health Program Manager at Ohio Poultry Association, to learn about how using Biosecurity will help keep your backyard flock safe.

Rising Stars: Maddie, Adam, and Annelise



Left to Right: Maddie Allman, Adam Slappy, and Anneliese Whited

We'd like to take a moment to introduce three rising stars. This spring we have three interns working with us. Maddie Allman attends The Ohio State University and is majoring in Community Leadership with a specialization in Community and Extension Education along with minors in Youth Development and Rural Sociology. Her passion for youth development blossomed through her experience as a life-long 4-H member. Upon graduation, Maddie plans to pursue both a masters and doctoral degree in Community and Extension Education. Central State University senior, Adam Slappy, is majoring in Agriculture Education. His work with local farmers as an intern at the United State Department of Agriculture Natural Resources Conservation Service fostered a passion for agriculture and natural resources. He plans to continue his education work upon graduation. Our final intern, Annelise Whited, is a Medical Dietetics major from The Ohio State University. After graduation, Annelise hope to use her nutrition knowledge to improve the health of our communities by increasing access to healthy foods and education.

All About Flowers: 4-H SPIN Club

Are you or do you know someone in grades 5-12 and who loves flowers? If so, we invite you to join us for All About Flowers 4-H SPIN Club. This club will give youth the opportunity to create floral projects ranging from bud vases, flower arrangements, a gift for that special person the week of Mother's Day and more. The club will be held on Wednesday evenings, April 13 - May 18, 2022, 6:30PM - 7:30. The cost is \$25. You may register at go.osu.edu/spinflori.



National Nutrition Month



March is **National Nutrition Month**! Join our Family and Consumer Sciences Educator Jenny Lobb for a class on the 2020-2025 Dietary Guidelines for Americans where you will learn how to make simple shifts in your diet to improve your nutrition. There are three class options: Wednesday, March 16 at 1 pm at the Bexley Public Library (virtual and in-person attendance options are available), Monday, March 14 at the Mount Carmel Healthy Living Center (virtual), and Monday, March 21 at 6:30 pm at the Westerville Public Library. If you can't make these classes, a recording from the National Nutrition Month presentation Jenny gave on the Dietary Guidelines for Americans last year is available [HERE](#).

OHIO STATE UNIVERSITY EXTENSION • FAMILY AND CONSUMER SCIENCES

**STRENGTHENING
Our COMMUNITY**

Spring into Healthier Eating with SNAP-Ed and The Linden Market!

The Linden Market provides free, fresh produce to any household earning less than **200% of the Federal Poverty Guidelines**. If you qualify and would like to become a member, stop by the market during our open hours (Mondays 1 PM – 5 PM & Tuesdays – Fridays 11 AM – 4 PM). All you need with you is your ID! Households can get food from the market once a day, every day that they are open! Questions? Call (614) 298-4192 ext. 6 or email lindenmarket@4allpeople.net.

Join SNAP-Ed at The Linden Market every other Wednesday at 10 AM starting March 30, 2022, for in-person community nutrition classes! Explore easy, healthy recipes, tips for eating more fruits and vegetables, and ideas for how to stretch your food budget. Want to know more? Check out OSU Extension Franklin Co. SNAP-Ed's new [blog](#) or contact Danielle Seidita at Seidita.2@osu.edu or (614) 292-8274.



Upcoming Events

March 3: Tai Chi for Beginners [Workshop](#)

March 4: New Master Gardener [Training](#)
 March 5: Home Buyer Education Virtual [Workshop](#)
 March 8: Tai Chi for Beginners [Workshop](#)
 March 8: CARTEENS [Class](#)
 March 8: Taking Control of Student Loan Debt Virtual [Workshop](#)
 March 8: Mindfulness Series: [Mindful Breathing](#)
 March 8: Spring Gardening Tips [Class](#)
 March 9: OSU Women's Club Garden Workshop
 March 10: Tai Chi for Beginners [Workshop](#)
 March 11: New Master Gardener [Training](#)
 March 12: Home Buyer Education Virtual [Workshop](#)
 March 14: What's New in Nutrition? [Workshop](#)
 March 15: Tai Chi for Beginners [Workshop](#)
 March 15: Master Gardener Volunteer Leadership Team Meeting
 March 16: What's New in Nutrition? [Webinar](#)
 March 17: Tai Chi for Beginners [Workshop](#)
 March 18: New Master Gardener [Training](#)
 March 19: Money Management Virtual [Workshop](#)
 March 19: Master Gardener Volunteer [Day of Education](#) at Ohio 4-H Center
 March 21: What's New in Nutrition? [Workshop](#)
 March 22: Senior Community Nutrition [Workshop](#): Linden Community Center
 March 22: Home Garden Pest Management [Workshop](#) at Franklin Park Conservatory
 March 22: Tai Chi for Beginners [Workshop](#)
 March 23: Senior Community Nutrition [Workshop](#): Dodge Community Center
 March 24: Senior Community Nutrition [Workshop](#): Marion Franklin Community Center
 March 24: Tai Chi for Beginners [Workshop](#)
 March 25: New Master Gardener [Training](#)
 March 26: Money Management Virtual [Workshop](#)
 March 29: Senior Community Nutrition [Workshop](#): Linden Community Center
 March 29: Mindfulness Series: [Mindful Eating](#)
 March 30: Market Ready Workshop
 March 30: Senior Community Nutrition [Workshop](#): Dodge Community Center
 March 30: SNAP-Ed Community Nutrition [Workshop](#): The Linden Market
 March 31: Senior Community Nutrition [Workshop](#): Marion Franklin Community Center
 April 2: [Clover 5K](#) & [Walk & Serve](#)

Be sure to check out franklin.osu.edu/events for the most up-to-date list of event.



2022 Clover 5k

Saturday, April 2
8:30a.m.

Register Today:
<https://4hcouncil.org/clover5k-race-info/>





College of Food, Agricultural and Environmental Sciences

4-H PROJECT GREEN TEACHER

HYBRID SCHOOL GARDEN SERIES FOR EDUCATORS AND OTHERS

**JUNE 6-10,
OHIO STATE UNIVERSITY CAMPUS**



DO YOU WANT TO LEARN HOW TO BE A SCHOOL GARDENER AND USE THE GARDEN AS A PROJECT-BASED LEARNING TOOL FOR STEAM EDUCATION WITH YOUR STUDENTS? FOR INFORMATION AND TO REGISTER GO ONLINE AT:

GO.OSU.EDU/PGTSU22

\$25 ZOOM/\$40 IN PERSON

CONTACT HOURS AVAILABLE



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