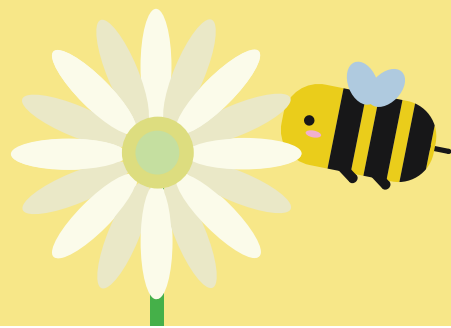




March



Abriendo Caminos Clearing the Path to Hispanic Health

It's March!

What better way to celebrate the early beginning of Spring by taking a crack at making a small garden! Because it is still important to social distance, that doesn't mean you should avoid spending time with yourself and the Earth.

In this article, I will mainly focus on growing vegetables in containers, just because of the practicality and simplicity of the practice!

The best vegetables that grow well in small spaces are tomatoes, leafy greens, and peppers.

Tomatoes

Tomatoes need big containers and a tomato cage. This will support the plant to keep growing tall.

Tomatoes need full sun exposure and moist soil. The plants should be planted deep with good drainage.

Lettuce

Growing lettuce in a container is practical because it avoids the growth of weeds!

Constant watering and partial sun are essential for the lettuce plant.

Lettuce is sensitive to heat so rotating your plant depending on the sun may be needed.

Peppers

Need sun and warmth to thrive, alongside a larger container.

They need a good drainage hole with consistent watering. Making sure the soil isn't dry or soggy.

Key things to keep in mind while gardening is to continue doing your research!

Resources

thespruce.com

Resources

COVID-19 Vaccine

Vaccination for COVID-19 is important and essential to partake in! Currently, there are two places in Champaign, Illinois to get the vaccine. Make sure to visit the link below to get more information.

Vaccination Location (illinois.gov)

Still hesitant about the COVID-19 vaccine? You shouldn't be! Below is the link from the Illinois government answering commonly asked questions and revising the safety of the vaccine for everyone.

COVID-19 Vaccine | IDPH (illinois.gov)

Donations Always Needed!

Spring is here, and Spring cleaning is encouraged! Donating your no longer needed belongings is the best thing to do for the community. Below is another article referencing the need for donating and where to do so.

Where To Donate Clothing, Household Items in Champaign-Urbana (chambanamoms.com)

Champaign Food Pantries

In need of food? Anytime these places can provide food if needed! Follow the link below.

Food Pantry List CUH (cuathome.us)

abriendo.caminos.uiuc@gmail.com

:Email

<http://4abriendocaminos.org/>

:Website

(217) 300-4924

:Phone



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Stay Healthy!

Enjoy some Food

Ingredients

FOR SALAD

- 6 leaves Lettuce
- 1 whole Scallion
- 2 leaves Ramson (Broad-leaf Wild Garlic)
- 3 whole Radishes

FOR THE DRESSING:

- 1 Tablespoon Extra Virgin Olive Oil
- 1 teaspoon Water
- 1 teaspoon Apple Cider Vinegar
- 1 pinch Himalayan salt

Instructions

Slice all the salad ingredients and add them to a mixing bowl.

Transfer dressing ingredients into a small bowl and mix until smooth. Pour dressing over salad and toss to combine.



Spring Lettuce Salad

Quick & Easy Spring Lettuce Salad | Tasty Kitchen:
A Happy Recipe Community!

Excercise Tip

Spring is upon us and it is time to loosen up and enjoy the weather. Doing yoga for your health can help decrease migranes and neck strain. Yoga helps with better mood, posture, less pain through out the body and more!

Don't forget
your mask!



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Check out our NEW Abriendo Caminos Blog:
<https://extension.illinois.edu/blogs/salud-y-familia>



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