



# Growing Together: Food, Family and Friends

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist  
Susan Quamme Wehlander, M.Ed., Child Development Specialist

This month we explore eye health and gardening for all ages.

## Eat

Spring is bursting in full color with green grass and colorful tulips. April is National Gardening Month and also Sports Eye Safety Month. With healthy and protected eyes, we can enjoy the beautiful sights of spring and summer.

## Which fruits and vegetables nourish eyes?

Think color! Corn, dark green leafy vegetables (spinach, kale), orange bell peppers, oranges, mango, broccoli, brussels sprouts, orange bell peppers and carrots can help nourish our eyes, regardless of age. Consider growing some eye-healthy produce or buying it in the grocery store.

## Do you know the sports activities that can impair vision?

Basketball, martial arts, hockey and other sports can lead to eye injuries, as can concussions. Spectators can be injured by balls that fly out of play. Use protective eyewear as recommended by an eyecare professional.

See the “eye” section on NDSU Extension’s **Nourish website** for more nutrition information.

## Citrus Salsa

Watch the video of how to make it on the **NDSU Extension recipe website**.

1 mango, peeled and diced  
1 large grapefruit, peeled, segmented and diced  
½ red onion, diced  
½ jalapeno, minced  
¼ cup cilantro, finely chopped  
Juice of 1 lime  
(approximately 2 tablespoons)  
Salt and pepper to taste

Combine all ingredients in a bowl and stir to combine. Makes four servings. Each serving has 60 calories, 0 g fat, 1 g protein, 16 g carbohydrate, 2 g fiber and 0 mg sodium.

NDSU

EXTENSION



## Connect

### Spring is Sprouting — Let's Get Growing!

Spring is in the air, and that means it's the perfect time for hands-on science fun with the whole family! Here are two simple, exciting ways to bring a little green into your connections with your children while learning about plants.

### Start Your Own Mini Garden!

Give old plastic fruit containers a second life as mini greenhouses! Here's how:

1. Clean the container.
2. Fill it with potting mix from your local garden store.
3. Plant vegetable or flower seeds.
4. Keep the soil moist — make a watering schedule and let everyone take turns!
5. Plant outside a couple of weeks after the last frost and enjoy all summer.

### Watch this video for more details:

[www.youtube.com/watch?v=Kdvy-6WezcY](https://www.youtube.com/watch?v=Kdvy-6WezcY)

### Make Your Own EggHeads!

Get creative with eggshell planters — perfect for growing microgreens or grass!

**Step 1:** Crack an egg *gently* near the top with a butter knife and pour out the egg.

**Step 2:** Rinse the shell under running water to thoroughly clean. Let it dry. Wash your hands.

**Step 3:** Draw a fun face on it (add googly eyes for extra giggles!).

**Step 4:** Fill the shell with dryer lint, moisten it with a little water and then sprinkle on grass or microgreen seeds and a bit more lint.

**Step 5:** Place your watered EggHead in a warm, sunny spot and watch the “hair” grow!

**Step 6:** Who can give the silliest haircut to their EggHead?

No eggs? No problem! Use a paper cup, yogurt container or an old pot instead!



### Bonus Science Fun!

Have kids record daily plant growth with drawings and notes.

Ask them:

- *What changes do you see?*
- *How are the colors changing?*
- *How tall is the plant today?*
- *What do you predict will happen next?*

NDSU Extension Parenting Resource Center offers many opportunities to learn more ways to connect with your children: [www.ndsu.edu/agriculture/extension/programs/parent-education](http://www.ndsu.edu/agriculture/extension/programs/parent-education)

## Savor the Gardening Fun

Children who help grow food are more likely to eat it. Plant a container garden in a large pot, such as a salsa garden or a pot of herbs such as basil. See the NDSU Extension Field to Fork website for recorded webinars and handouts.

April 2025

Get this newsletter in your email **every** month. Subscribe at [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost, Title IX/ADA Coordinator, Old Main 100, 701-231-7708, [ndsu.eoaa@ndsu.edu](mailto:ndsu.eoaa@ndsu.edu). This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.