Gardening for your health, fitness, mood, and nutrition

Chandra Jennings - Director of Wellness

The old saying is that April showers bring May flowers, and we already see those starting to pop up! For any of us who have gardened for a while we know that there is a lot more than spring rain that brings about the beauty of the summer bounty.

Gardening can be hard, sweaty, hot, dirty, work. However, it also brings about a plethora of benefits from stress reduction to exercise, better nutrition for our families, and connection to our community where we buy seeds, plants, and share our produce. One of my favorite joys of gardening is the sense of peace and accomplishment we can feel taking note of the beauty and bounty of our work.

Learn more about gardening for your health and well-being by clicking here to read the full article published by Mercola (2019).
Recipe of the Month

Student Wellness Ambassadors

As we prepare for spring garden season the early produce will be here before you know it. Check out this list of 40 Easy Spring Produce Recipes from Real Simple. One of our all-time favorites is the Lemon Asparagus!

Click here for the full list.

Move of the Month

Vicky Jaeger - Assistant Director of Wellness

Over 80% of us live with back pain, and gardening can increase it. So, in addition to minding your posture while you garden, follow it up with this stretch. The T-Stretch can be done anywhere anytime. Click the image to see it in action, and if your knees can’t touch the ground, that is fine, go as far as you can without the opposite shoulder lifting off the ground. Hold for 20-30 seconds before switching to the other side.

Employee Spotlight

Perry Halse - Facilities/Grounds

If you’ve ever stopped to take in the beautiful flowers and plants on campus, both indoors and out, chances are you can credit Perry. We caught up with Perry to learn about how gardening has impacted his health, and those around him. He also shared a few tips for the upcoming gardening season, including how to avoid some of those pesky weeds!
Click to read the full interview.

Beyond Luther

Seed Savers Exchange Heirloom Plant Sale

We get very excited for Seed Savers’ Heirloom Plant Sale each year, and hope you will too! Discover rare heirlooms, storied varieties, and beloved favorites to plant in your own garden at the Heirloom Plant Sale. This is the kick-off for spring transplant sales at the Lillian Goldman Visitors Center on Saturday, May 4th from 9-5.

Click here for more information on the sale!

Did You Know? Monthly Wrap Up Fact

April is National Donate Life Month! Learn more about how to be a registered organ donor to save a life by clicking here.

Stop slouching and loosen up.