



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

Local Lawn & Garden Q&A
Every Wednesday, 11am-1pm
(see page 2 for details)

[Navigating Money Challenges](#)
Ongoing

[Extension Extras Parenting Hour](#)
Tuesdays

[Cabin Fever Conversations](#)
Fridays

[Pollinator Fridays](#)
with Dr. Nate Walton

[Summer Food Fun Series](#)
Open Houses & Fruit Kabobs

[Safe Food = Healthy Kids](#)
Several online class dates/times

[Summer Online Food Preservation Series](#)

[Mindful Families](#)

For Youth:
[Snapshots of Rural Life](#)

For Older Youth:
[Games Over Zoom](#)

[DIY Spa Products - Virtually!](#)

[Creatures of the Deep](#)

For High School Youth:
[Adulting 101 - College](#)
[Wellness Resources](#)

Health, Wellness & Relationships

[MoveItMonday.org](#) is an international campaign encouraging people of all fitness levels to kick off the week with exercise!

[Programs and resources](#) for families to care for their mental health
MSU Extension Learning [YouTube channel](#) - videos updated regularly!
[Managing Farm Stress](#): resources and programs to support the health and wellness of farmers and agribusiness professionals

Food & Nutrition

[Cook with what you have](#): recipes and tips to enjoy fresh, seasonal produce year-round

Become a Grill Master - [use a food thermometer!](#)

Nutrition, storage and handling information on a variety of fruits and vegetables from [have a plant](#)

How will COVID-19 change [fresh produce and local market sales?](#)

Youth Wellness & Learning

Calendar of online learning for youth (and resources for parents) [here](#)

Getting youth involved in [growing vegetables from seed](#)

Coronavirus is isolating children. [How to help them thrive.](#)

[Fun and educational activities](#) are added regularly to the Farm to School of Northwest MI YouTube channel

[Educational Resources](#) - from science to financial literacy, for toddlers to teenagers

Community Resources

MDARD guidance for u-pick operations to [safely open and operate](#) in the face of the COVID-19 pandemic

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II

The Veteran Outreach team at MSU Extension compiled [this list](#) of resources for veterans and their families. [Connect on Facebook, too!](#)

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)



LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

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