ONLINE PROGRAMMING:

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

Extension Extras Parenting Hour
Tuesdays

Wind Down Wednesdays

Cabin Fever Conversations
Fridays

Pollinator Fridays
with Dr. Nate Walton

Summer Food Fun Series
Up Next: Infused Water

Safe Food = Healthy Kids
Several online class dates/times

Michigan Cottage Food Law

Summer Online Food Preservation Series

Emergency Preparedness

Parenting Series
Wednesdays in July

For Youth:
Ocean Explorers

Teen Talks Forum
Creatures of the Deep

Youth Reflect and Connect

For High School Youth:
Cracking the Code to College

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Health, Wellness & Relationships

Programs and resources for families to care for their mental health
All about Poison Ivy in Michigan: how to identify and control
MSU Science Festival presentations, videos, virtual tours and more!
Clean Fact Sheet from Partnership for Food Safety Education
Walking is an easy, inexpensive way to get active!

Food & Nutrition

Planning to buy beef from a local farmer? Here is a guide to how many steaks, roasts and other cuts to expect
Whole grains: Cooking tips and tasty recipes!
Asparagus and Quinoa Salad - one of our favorite recipes!
Michigan Fresh: tips on growing, handling and preserving the seasonal bounty from your backyard or local farmer's market

Youth Wellness & Learning

Calendar of online learning for youth (and resources for parents) here
Don't avoid the hard conversations: talking to kids about prejudice and discrimination may help to relieve stress and promotes overall health
Inquiring Minds Want to Know: Science Activities for Young Minds
KidsGardening.org has lots of great activities!
The Power of Choices for Children

Community Resources

Simple Garden Plans: designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II
NW Michigan Victory Growers welcomes food plant growers of all identities and abilities

In need of a soil test kit? Purchase online!
- For a home lawn and/or garden kit: Shop here
- For commercial/agricultural sampling instructions: Click here

Connect online for more programs and resources
MSU Extension Online Events Schedule
Grand Traverse County MSU Extension Website & FaceBook Page

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

Connect here!