



CARE for CREATION TIP of the WEEK

March 12: If you plan to add new plants to your garden or yard this spring, you should look for ones that are native to your area. These plants thrive with less watering or use of toxic sprays for pests. One source for locating plants native to your area is: www.audubon.org/plants. You can also check out the local master gardeners' website: mgnv.org

March 5, 2023: Beginning to feel like Spring. Some of us may be putting seeds or plants into the ground for food/flowers. Some of us do not have "green thumbs." But we can support local farmers, reduce food-transport costs & bad environmental effects, eat healthier and enjoy meeting other kindred souls when we **shop at area Farmers' Markets**. Most function over the weekends. Are costs sometimes a little higher? Yes, but still worth it!

Feb. 26, 2023: Go outside. Connecting with creation and being reminded of God's goodness is a powerful way to motivate ourselves and others to care for our Earth. Not only that, numerous research studies show spending time in creation is so good for us in many ways – mentally, physically and spiritually. Make some time this week to spend time in nature and give thanks for this beautiful world God created. Plant something in the garden, walk in your local reserve or find a nearby hiking track. Share with a friend or family member what you saw, heard and experienced. Give thanks to God for creating such a precious and amazing world.

Feb. 19, 2023: About 15% of global greenhouse emissions result from livestock farming — almost on par with those produced by all sectors of transportation. Each year the amount of forested land cleared for cattle grazing releases emissions equal to driving 600 million cars. This Lent give your health and the planet's health a boost and consume less red meat.

Feb. 12, 2023: By using vinegar to clean mirrors, kitchen counters, bathroom sinks, etc., you can save money and avoid buying more plastic spray bottles of cleaners that contain a lot of chemicals. Mix equal parts water and vinegar in a spray bottle. Use full strength vinegar to clean mildewed tile or grout.