



York Region Environmental Alliance

*raising awareness of sustainability issues*

www.yrea.org

Greetings!

We hope to inspire you with spring thoughts during Earth Month...

### Bright idea # 1 - Front Yard Vegetable Gardens

Thinking of growing some vegetables this year? - but your back yard is too shady. How about the front instead? As these images show, veggies can be just as attractive as other plants and certainly more so than boring old grass.



Add some flowers and companion [plants](#) to keep insects in check. Many [flowers](#) such as pansies, marigolds, geraniums & begonias are edible & a feast for the eyes as a garnish for salads & other foods.

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### Bright idea #2 - Give your fruit & veggies a bath

Instead of wasting water by running a tap while you wash produce use a large bowl, then pour the water into a pail and reuse to irrigate indoor and outdoor plants.

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## Let's celebrate 2016 by eating a diverse variety of beans & lentils

Pulses have important health benefits, are highly nutritious and economical, fostering sustainable agriculture and promoting biodiversity. Check out these tasty [recipes!](#)



Stay informed. Visit YREA [Facebook](#) for eco news. April is Earth Month, play a part by committing to sustainable lifestyle choices. Check out our [website](#) for ideas - SHOP LIKE THE PLANET'S WATCHING, Organic lawn care, CLEAN WATER and other useful resources.

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NOW**

Support us! YORK REGION ENVIRONMENTAL ALLIANCE is your local, environmental charity working with our nose to the ground, (see our [annual report](#)) seeking & advocating for ecological solutions to mitigate climate change.