

**WellNYS Everyday** is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of  
Employee Relations**  
Work-Life Services

# June 2024

Grow a Plant or Garden Challenge.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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For more information go to: [oer.ny.gov/wellnys-everyday](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.



1. The Monthly Challenge for June is to grow a plant or garden. Join the June wellness webinar on Wednesday, June 5, Gardening in Containers: Small Spaces, Big Results. To register, go to: <https://meetny.webex.com/weblink/register/ra813f536b62feba7711df8ada0a75556>.
2. What is your favorite plant? Do you have it growing in a container or garden? If not, consider growing your favorite plant in a container or garden.
3. Spread joy by growing a sunflower this summer. Start with a pot of good soil. Put one seed in a hole about two centimeters deep and put it in a sunny window. Water every one to two days, then watch it grow. As your plant gets taller, insert a stick and tie it to support the stem. The flower should grow in about eight weeks.
4. "The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul." — Alfred Austin
5. Join Cornell Cooperative Extension Master Gardener Christine Saplan as she discusses Gardening in Containers: Small Spaces, Big Results today at 12:00 noon. To register, go to: <https://meetny.webex.com/weblink/register/ra813f536b62feba7711df8ada0a75556>.
6. change over time as you water and tend to them. Consider which parts of your life need tending to and what ways you are practicing self-care.
7. A community garden is a plot of land where the residents are empowered to design, build, and maintain spaces in the community. For more information on how to start a community garden, go to: <https://www.soils.org/about-soils/community-gardens/>.
8. When you are gardening, drink plenty of water, wear sunscreen, and take frequent breaks. When lifting heavy bags like soil or mulch, be sure to use proper lifting techniques. For more information on proper lifting techniques, go to: <https://medlineplus.gov/ency/patientinstructions/000414.htm>.
9. During this time of the year, your local garden center is a wonderful place to browse. Be mindful as you walk the aisles. Stop and smell the flowers and look at the beautiful colors. Purchasing one or two plants is relatively inexpensive.
10. Cornell Cooperative Extension is an excellent resource for gardening. They have 56 regional offices in New York State which can assist with many gardening questions. To find your local office, go to <https://cals.cornell.edu/cornell-cooperative-extension/local-offices>.
11. Here are three tips to start a garden. Start small, don't take on more than you can handle, and build a network of other people interested in gardening. For more information on the benefits, go to <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening>.
12. If you do not have time or space to grow a garden, consider joining a community supported agriculture (CSA). A CSA works by purchasing a share in a local farm. Every week you will receive bag of vegetables. Reach out to local farms in your area to see if they offer working shares.
13. The average cost of one organic cucumber in the grocery store is approximately \$0.80 to \$1.00. One cucumber plant can produce up to 20 cucumbers which makes planting a \$3.00 plant cost efficient.
14. One of the easiest veggies to grow in a container or in the garden is leaf lettuce. Make sure they have full sun and lots of water. It's a cut and come again crop which means you take a few leaves, and it will grow again.
15. Fresh herbs are easy to grow in a container, on a windowsill, or in a garden. What herbs do you like to cook with?
16. Happy Father's Day. Buy your dad, uncle, brother, son, or friend a vegetable plant.
17. According to the Farmer's Almanac, here are the top 10 easiest vegetables to grow: lettuce, green beans, peas, radishes, carrots, cucumbers, kale, Swiss chard, beets, and zucchini.
18. Aloe is an easy plant to grow indoors. It's also very easy to make aloe vera gel which is used for softening the skin. Search online on how to make aloe vera gel.
19. Pushing a lawn mower is an excellent cardiovascular exercise and can build strength and endurance. Try it as an intensity workout. Play music into headphones and pick up your pace when the music picks up.
20. Gardening is an excellent form of moderate intensity physical activity. What is your favorite? Lifting, raking, hoeing, bending, or pruning.
21. Think of the flower's scent as you slowly read about these flowers: tulip, daffodil, rose, lilac, and lilies of the valley. Fresh flowers can fill a home with a beautiful scent and color.
22. If you don't have a lot of sunlight, you can still grow plants. Try a spider plant, snake plant, or fern.
23. To access six gardening guides: easy gardening, starting seeds indoors, gardening at home, starting a garden, container gardening, and companion planting, go to <https://www.nal.usda.gov/plant-production-gardening/vegetable-gardening>.
24. "To plant a garden is to dream of tomorrow." — Audrey Hepburn
25. It's not too late to plant a garden. Here are some quick growing vegetable plants: radishes, spinach, arugula, spinach, and carrots.
26. Sharing existing plants from friends and family are called cuttings. The cuttings can be taken from houseplants and garden flowers. Search online for videos on how to do the cutting and how to grow plants from cuttings.
27. If you love potatoes, did you know you can grow them in a five-gallon bucket. Search online to learn more.
28. Did you know you can grow a banana tree from the seeds of a banana or a strawberry plant with the seeds of a strawberry. Add the seeds to a pot of soil, add water and sun and watch it grow.
29. "Flowers always make people better, happier, and more helpful; they are sunshine, food, and medicine for the soul." — Luther Burbank
30. Here are a few of the most common gardening tools: hand trowel, hoe, shovel, garden scissors, gloves, and hand pruner. Do you have any or all?

### NUMBER OF DAYS COMPLETED