



Strolling about Philadelphia, maybe you've seen the flush of purple crocus blooms, snowdrops (our *Galanthus* friends who've escaped cultivation), or the green tulip foliage emerging from the earth. Or maybe you've noticed the buds on many trees beginning to show up and swell, or maybe you've even seen some cherry blossoms. Maybe you've noticed patches of unwanted weeds popping up in your garden (read on for ideas on what to do with them). It's clear: spring is almost here!

PLANT SPOTLIGHT OF THE MONTH



Sugar Maple (*Acer saccharum*)

Many of our local environmental centers have hosted Sugar Maple festivals to highlight this amazing tree and the delicious sap it produces this time of year. Did you know it takes at least 40 years for the Sugar Maple to grow big enough to be tapped? After that point, as long as they are treated well in a healthy environment, they can usually be tapped year after year. The sap is often boiled down into maple syrup or even maple candy, but for those seeking naturally filtered water full of minerals and nutrients, you might try drinking some of the sap straight from the tree! Besides producing well-loved sap and syrup, Sugar Maples provide dense shade, beautiful fall color, and benefits for native wildlife.

Spring Services

- Chemical-free weed & pest management
- Tree services with certified arborist
- Garden & woodland cleanup & installation
- Custom containers
- Home consultations

We can help make your home and garden beautiful and beneficial—for you, the ecosystem, and the planet. [Learn more and book your spring services via our website.](#)



DISCOUNT OFFER

Mention code **WOODPOPPY** to receive \$50 off a purchase of \$350 or more, limit one per person. All clients eligible. Deadline April 30.



UPDATES FROM OUR APPLIED RESEARCH AND EDUCATION BRANCH

CHECK OUT OUR NEWEST ARTICLE

Our recently published article, "[Nature & The Nervous System](#)," draws on scientific, psychological, and somatic perspectives to articulate the benefits of rekindling a deep relationship with nature.

SOIL HEALTH WORKSHOP POSTPONED

Unfortunately, our previously scheduled workshop focusing on soil health, climate connections, approaches to testing, and organic remediation and amendment has been postponed due to concerns about the spread of COVID-19. If you have concerns about ensuring your soil is in good shape for planting, feel free to reach out to info@efteonline.com. EFTE's horticultural teams can assess and amend soil or provide home ecosystem consultations. Now is a great time to spend time with your soil, if you can--[it's good for your immune system!](#)

COVID-19

We are monitoring the spread of COVID-19 and staying up to date with recommended practices. We are committed to the safety and health of everyone in our communities and are adjusting our schedules and routines appropriately. Reach out if you have any questions regarding eco-landscaping strategies during this time or how we are handling things on the Applied Research and Education end of things.

Weed Woes: Lesser Celandine & Co.



You've no doubt come across the infamous Lesser Celandine . It's a very prolific and quick-spreading plant that adapts to a wide variety of environments. Although the yellow blooms are charming and cheery, the thick mat it can form over large swaths of land can block out other beneficial native vegetation.

Interestingly, the leaves and roots have been found to be edible when cooked and harvested prior to flowering time. For an adventurous eater (at your own risk), you might try eating some Lesser Celandine after you've pulled some from your garden. Once you clear an area, it's important to plant something else there rather than leave bare earth. **Some native alternatives that provide early-spring cheer include Wood Poppy/Celandine Poppy (*Stylophorum diphyllum*) or Marsh Marigolds (*Caltha palustris*) for a particularly wet area.**

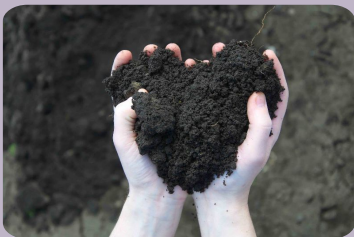
Some other common weeds you might be seeing right now that are edible include: dandelion, chickweed, bittercress, and onion grass. Put those weeds to use and add them to your next meal!



Are you eagerly awaiting the "last frost" date?
It will probably be early this year.

While rural areas can see frost at 36 degrees, 32 is usually a better mark for more urban areas. According to a standard definition, every year there's about a 30% chance we'll have a frost after mid April, so our last frost date is usually April 10-15. But in 2020, it appears that our temps will stay above freezing from March 10 onward, a full month ahead of schedule.

What does this mean for our gardens? It means we can probably start planting annuals and tender perennials earlier, and we may have a longer growing season. It also means that we'll likely have to start weeding earlier too. Just remember that the last frost date is not a guarantee; if we get low temps around or below freezing, be sure to cover tender plants to keep them alive.



We're Hiring!

EFTE is seeking 2 part-time eco-landscaping crew members to begin the week of March 16. [More details and application info can be found on our webpage.](#)





Eating for the Ecosystem is a woman-owned business with predominately-female work crews. In addition to our meticulous and eco-friendly practices such as limiting our carbon footprint and composting landscape debris, we are also committed to helping clients learn more about—and develop stronger relationships with—the plants in our ecosystem.

Help us Grow

If you believe a friend or family member would like to learn about Eating for the Ecosystem, please [forward this newsletter](#).



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