When Avera Medical Group Integrative Medicine physician, Sally Williams, DO, is not busy in her clinic, you might find her in her garden. Williams’ gardening experiences began as a child, and what was once a chore is now a passion.

Her children often help out in the garden; you can instill the joy of hard work and healthy eating in your children by starting a family garden.

Williams said that you don’t need a lifetime’s experience in growing plants and getting your hands in the dirt to do well with gardening. In fact, you don’t even need a backyard or a big plot.

“It’s easy to get overwhelmed with gardening, so start small,” she said. “You can also just focus on what you like to eat. If you love salsa, you can start a salsa garden in a few small pots if you have a sunny spot around your home.”

Vegetables don’t need a tremendous amount of fine-tuning or expert horticultural skill to start, and since spring is unfolding around us, the time to start is now. Pick a few favorite veggies, and then get planting.

“Once you have your plants or seeds, you’ll just need soil, sun, water and some time to keep them going well,” she said.

Think about all the chores that go along with having a garden: digging holes, placing the seeds, watering mounds and plants, weeding, and harvesting. The work to keep a veggie patch can be daunting, so get the whole family involved. Assign duties between your children and rotate from week to week.

You may also try a small herb garden to infuse your cooking with fresh basil, chives or other herbs. These typically don’t require much assistance.

Find local gardening classes to expand your gardening education so that your family may have delicious salads, salsas and ingredients you might not find elsewhere.

“Summertime skin reminder! Remember to wear a water-resistant sunscreen with an SPF of at least 30 when out in the sun. Reapply every couple of hours, especially after swimming or sweating.”
SUMMER THERAPY CAMPS

Little Critters
Led by a licensed SLP, OT and PT, this playgroup provides structured play opportunities for gross and fine motor play, social skills and language development.
Ages: 3–5 year olds
Dates/Times: 1.5 hours on Thursdays, June 7, 14, 21, 28; 9–10:30 a.m.
Cost: $100 for 4 sessions

Munch & Crunch: Making Mealtimes Fun!
Positive food exploration and education for children and their families. Led by an SLP and OT, this small group setting addresses oral motor, sensory, social and play aspects of feeding.
Ages: 3–7 year olds (will group according to ages)
Dates/Times: 1 time per week for 4 weeks, for 1 hour on Thursdays, June 7, 14, 21, 28; 3:30–4:30 p.m.
Cost: $125

SENSEational Fun*
Led by an OT, children learn to self-regulate their attention, activity level, and behavioral responses for different tasks and situations.
Ages: 7–10 year olds
Dates/Times: 5 different 1 hour sessions on Tuesdays, June 12, 19, 26 and Thursdays, July 12 and Aug. 2; 4–5 p.m.
Cost: $125

Super Sitter Babysitting Class
Summer dates: Thursday, July 12 or Thursday, July 26
Boys and girls ages 10–13 learn the basics of babysitting in this one-day class. Topics include basic safety and first aid, feeding children, poison prevention, and home-made toys and games. Register at Avera.org/events

SPINACH, STRAWBERRY AND CUCUMBER SALAD

Salad Ingredients
• ¼ cup sliced almonds, toasted
• 1½ cups strawberries, sliced
• ½ of one medium cucumber, sliced
• ¼ of one small red onion, sliced
• 6 ounces baby spinach

Dressing Ingredients
• The juice of 1 lemon
• 2 tablespoons white wine vinegar
• 1 tablespoon extra-virgin olive oil
• 1 tablespoon poppy seeds
• 3-4 tablespoons honey – adjust for preference

Directions
1. In a small bowl, combine all dressing ingredients and mix.
2. In a larger bowl, combine salad ingredients.
3. Drizzle dressing over salad.

*All groups have limited availability. Each group must have a minimum number of participants to be held. If that minimum is not met, you’ll be contacted one week prior to the start of the group. To sign up or for more details, call 605-322-5150. A registration packet will be mailed to you that will need to be filled out and sent back in, along with a $25 registration fee to hold your spot for the group: Avera Therapy – Pediatrics, 810 E. 23rd St., 2nd floor, Sioux Falls, SD 57105. Learn more at 605-322-5150.