



Refresh and Reset with These Spring Decor Ideas

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March brings with it the promise of warmer days and blooming flowers, making it the perfect time to give your home a fresh makeover. Here are a few creative ideas to help you welcome spring into your living space.

Soft pastels - Use soft pastel colors like pale blues, mint greens, and blush pinks to create a light and airy atmosphere in your home. We all know what an impact color has in creating the ambiance of any space. Pastels help bring a serene and soothing tranquility to a room - something most of us are looking for more than ever to help ease us out of the day-to-day demands of our busy lives.

Floral-Inspired Decor - Emphasize the beauty of flowers in your home this spring. According to studies conducted at Rutgers University, flowers have a long-term positive effect on our mood, trigger happy emotions, and heighten our feelings of life satisfaction. We can't think of a better excuse to incorporate these humble, yet complex and beautiful plants into our everyday decor. Introduce floral patterns throughout your home with curtains, throw pillows, and, of course, plenty of

fresh flower arrangements.

House Plants - What better way to bring the garden indoors than with living plants? Select a plant with light requirements that suit where you will place it. A few of the easiest and most popular indoor plants to maintain in low light are:

- Pothos (*Vines to 6-10 ft*)
- Philodendron (*Vines to 8 ft*)
- Prayer Plant (*Up to 3 ft tall*)
- Bird's Nest Fern (*Up to 2 ft tall*)
- Peace Lily (*1-6 ft tall*)
- ZZ Plant (*2-3ft tall*)
- Chinese Evergreen (*2-3 ft tall*)

Create small gathering areas - Convivial seating is a design concept that, with the use of cozy furniture, creates small, inviting spaces within large, open rooms that encourage conversation, relaxation, and social interaction. When creating this type of intimate seating, choose soft, plush pieces that allow people to sit for long periods of time. Include floor cushions and throw blankets. The idea is for your family or guests to unwind, feel cozy, get comfortable, and converse.

As spring unfolds around our homes, take time to enjoy rooms that reflect the beauty of the season and keep your family and guests happy to be there.



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March Calendar

March 10 - Daylight Saving Time Begins

March 17 - St. Patrick's Day

March 20 - Spring Begins

March 17 - 23 is Poison Prevention Week

Homeowner Tips



Use Green Waste for the Garden

Invest in a kitchen compost bin to create a nutrient-rich soil amendment for your spring garden. Kitchen compost bins make scrap collection easy. Scraps can include fruit and vegetable bits and peels (without plastic stickers) breads, grains, coffee grounds and filters. Do not include meat, bones, or dairy products in your household compost.

Lucky You, You Have a Clover Lawn

Clover's reputation has had its ups and downs over the last century, but today's gardeners are getting wise to clover's benefits.

Clover is versatile, easy to grow, affordable, requires less mowing, and attracts pollinators.

Clover actually improves your lawn's soil health. It produces a combination of tap roots and fibrous roots that help aerate the soil and help create a loose texture of soils, while also keeping weeds at bay.

Clovers can protect soil from wind and water erosion.

Clover also adds nutrients to your soil, and reduces your need for fertilizers while it acts as a natural mulch to protect your soil.

Clover's strong root system actually suppresses the growth of weeds, yet requires minimal water for growth as opposed to traditional grass.

Clover lawn? Lucky you.



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Peas and Pea Shoots with Spring Onions and Mint

Here's a simple, spring side dish of delicate peas and pea shoots.

Ingredients

- 1 pound frozen peas (4 cups)
- 1 1/2 tablespoons extra-virgin olive oil
- 3 medium spring onions (bulbing), sliced 1/4 inch thick (3 cups)
- Salt
- 3 tablespoons unsalted butter
- 3 cups lightly packed tender pea shoots or small watercress sprigs
- 1/3 cup fresh mint leaves
- Freshly ground black pepper

Directions

In a large saucepan of boiling salted water, cook the peas until they are just

tender, about 3 minutes. Drain.

In the same saucepan, heat the olive oil. Add the onions and a pinch of salt, cover and cook over moderately low heat, stirring occasionally, until softened, 5 minutes.

Stir in the peas, cover and cook until heated through, 1 minute.

Stir in the butter, 1 tablespoon at a time. Remove from the heat and stir in the pea shoots until wilted.

Stir in the mint, season with salt and pepper and serve.



Photo and recipe courtesy of: FoodandWine.com