

# Fresh Picks

## Happy New Year!



We're kicking off 2025 with a focus on perennials, pollinators, and Iowa natives! Braving single-digit temperatures, Core Crew members Alyssa, Ethan, Hogan, and Tyler helped plant 99 trays of seeds that will spend the next 60 days outdoors. This exposure to cold, moist conditions will prepare them for germination and a thriving spring start

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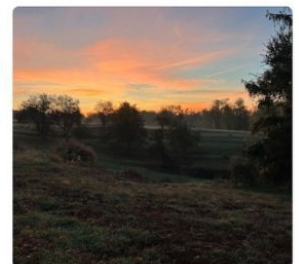
## Why Iowa natives? 🌱

Here are just a few reasons we're excited to grow and offer them:

- **Food for pollinators:** Native plants provide nectar and pollen for bees, butterflies, moths, and more.
- **Habitat for pollinators:** They offer shelter and nesting spots for native insects.
- **Ecosystem health:** Adapted to local climates, native plants thrive without fertilizer or pesticides.
- **Water conservation:** Their deep roots reduce water use, prevent erosion, and mitigate flooding.
- **Wildlife support:** Native plants feed local wildlife and bring natural beauty to any landscape.

By planting and nurturing Iowa natives, we're creating a stronger, more sustainable environment for pollinators and wildlife—and we invite you to join us.

**Stay tuned for updates on our progress  
and opportunities to get involved!**



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## New Year Recipe - Cran-Apple Fizz!



Cheers to growth, joy, and new opportunities in the year ahead. Start the year on a sweet note

**Here's the recipe for an 8 oz beverage:**

🍏 6 oz Apple Juice (warm or cold, your choice!)

🍷 2 oz Ginger Ale

❤️ Splash of Cranberry Juice

🎄 Garnish with fresh or frozen cranberries



## Grow: Growing Real Opportunities for Work

GROW is a non-profit that empowers individuals living with challenges by providing valuable employment skills through meaningful work in horticulture.

[Learn about Our Mission](#)