



# Grow an outdoor garden

Gardening outside can help reduce depression, anger and stress. It can help reduce the risk of diseases as well as improve your immune system.

Pueblo's frost-free growing season starts April 30 and ends October 5, totalling 158 days. Depending on where you live in Pueblo, we primarily cover planting zone 5b.

## Planting Zone 5

Zone 5: Zone 5 includes a large area in Colorado, stretching from Northwest Colorado down to the central areas of the state and back up to include cities in the Northeast areas of the state as well.

- March: Begin broccoli seeds indoors.
- April: Plant broccoli, beets, kale, peas and spinach outside.
- May: Begin beans and onions indoors. Plant carrots outside.
- June: Plant Brussels sprouts, cabbage, cauliflower, corn, cucumber, onions, peppers, tomatoes and squash outdoors.
- July: Plant beans outdoors.
- August: Beets, broccoli, carrots, kale, lettuce, peas and spinach are ready to be planted outdoors for a second season.

Start Seeds Indoors			Plant Seed/Transplant							Harvest	
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
						Beans					
			Beets				Beets				
		Broccoli				Broccoli					
			Brussel Sprouts								
			Cabbage								
			Carrots				Carrots				
			Cauliflower								
						Corn					
						Cucumber					
			Kale				Kale				
			Lettuce				Lettuce				
			Onions								
			Peas				Peas				
			Peppers								
			Spinach				Spinach				
						Squash					
						Tomato					

### Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

#### VISIT

Health Solutions  
Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

#### CALL

Health Solutions  
Crisis Services  
719.545.2746



#### STATE HOTLINE

Colorado Crisis Services  
1.844.493.8255

#### OR TEXT

Colorado Crisis Services,  
text TALK to 38255