



# SPRING EQUINOX MEANING



- The spring and fall equinox days are when the number of daylight and night-time hours are equal.
- The spring equinox is considered by many cultures as the 'dawn of new life' for the area.
- Spring equinox signals the changing of the seasons! In the Northern Hemisphere, days become longer and warmer.



# SPRING EQUINOX TRADITIONS



*Mexican Cascarónes*

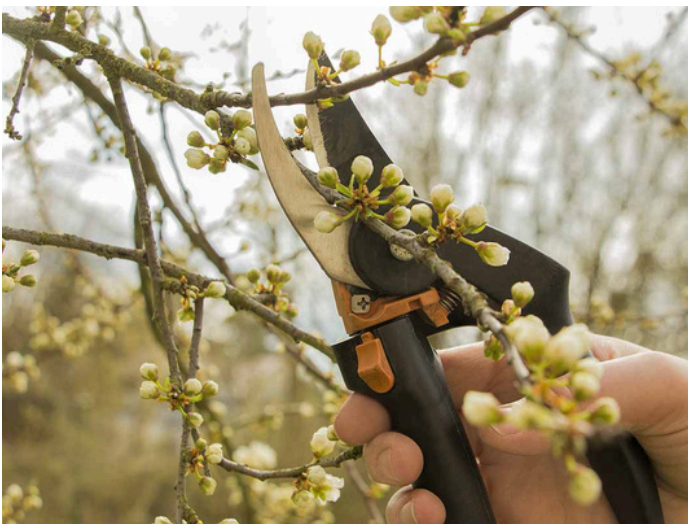


*Japanese Higan traditions of visiting ancestors graves and reflecting on life's journey to enlightenment*

- Many cultures have traditions for spring that involve eggs, like Easter eggs, Washi Eggs in Japan wrapped in paper, & Cascarónes in Mexico filled with confetti.
- Some cultures use the renewal of spring to reflect on their life's progress to joy and peace.
- Some cultures also focus on planting the new crops, or honoring their ancestors in spring.



# SPRING GARDENING TASKS



- Spring gardening should start with a clean-up and making room for new growth.
- Check the soil - does it hold moisture well, is it rich or does it need amendments?
- Prune plants to encourage new growth. Divide or transplant any overgrown plants before they wake up from winter dormancy.
- Start seeds for spring or summer fruits, veggies, and annual flowers