

the **Outreach**

WESTERVILLE PUBLIC LIBRARY

Got the winter blues? Try adding a little green to your life. By growing an herb garden indoors you can brighten up your mood along with your food. Being able to simply pick fresh herbs from your own kitchen is both convenient and cost-effective. Plants are linked to many great benefits such as lowering blood pressure, helping with depression, im-

proving the
side, and even
ness. Herbs
your bland
all of the nega-
seasonings may
health. And,
an indoor herb
windowsill is
start your
with a con-
least 6-12
a 2-3 inch layer
into the bottom



quality of air in-
creasing happi-
also can spice up
cooking without
tive effects other
cause to your
anyone can grown
garden. A sunny
the perfect spot to
herbs. You begin
tainer that is at
inches deep. Place
of potting mix
of the container.

Center your herb plant in the soil. Finish filling the container with soil, pressing firmly around the plant. Leave around one inch at the top to allow watering. Herbs such as parsley, chives, basil, mint and thyme are good choices because they do not grow very wide or tall and can be maintained easier. Remember to water sparingly because herbs do not do well sitting in soil. Trimming the herbs often helps them and ensures new growth on the plant. Whatever parsley you chop off can be tossed in your spaghetti sauce. Basil goes nicely on sandwiches instead of lettuce. Chives can be diced and thrown into your tuna salad. Fresh mint can be made into hot tea. Herbs are a nice way to bring a little bit of the outside we miss so much in the cooler seasons, inside to enjoy.

Staff Picks

Contact us at 882-7277 ext. 144

<p>Thomas <u>Dearly Devoted Dexter</u> by Jeff Lindsay</p> <p>Dexter works in forensics for the Miami Police and is a serial killer on the side..</p> <p><u>"Imaginary Heroes"</u> (R) (R)</p>	<p>Ellyn <u>Noah's Compass</u> by Anne Tyler</p> <p>Retired fifth grade teacher Liam suddenly finds himself unable to recall his move to Baltimore.</p> <p><u>"Julie and Julia"</u> (PG-13)</p>	<p>Keith <u>Open House</u> by Elizabeth Berg</p> <p>A woman recreates her life after a divorce by opening her heart and home.</p> <p><u>"Beyond a Reasonable Doubt"</u> (PG - 13)</p>
<p>Julie <u>Bad Faith</u> by Aimee and David Thurlo</p> <p>One time investigative reporter turned nun is in search of the mystery of Father Anselm's death in the monastery.</p> <p><u>"The Green Mile"</u> (R)</p>	<p>Jennifer <u>"K" is for Killer</u> by Sue Grafton</p> <p>Private detective Kinsey Milhone investigates the murder of a beautiful and dark young girl.</p> <p><u>"The Lady and the Tramp"</u> (PG)</p>	

Upcoming Events

Pancake Breakfast: March 3 and April 7: 7-10:30 am at the Westerville Senior Center, 310 West Main Street 901-6560

Curtain Players Presents: Hedda Gabler: by Henrik Ibsen, Directed by Matt Hermes: Numerous times and dates in March. Call 614-360-1000 for more information.

Senior Art Exhibitions: Miller Gallery, Otterbein College Art & Communication building, 33 Collegview Rd. 614-823-1792

Westerville Egg Hunt: April 3, 10:30 am: Westerville Community Center Gym: 350 N. Cleveland Ave. 614-901-6500. There will be a visit from the Easter Bunny!

S.O.S. (Saving Our Seniors) April 24: 10 am –2 pm. Westerville North High School: 950 County Line Rd. A free event on health awareness and crime and safety. Door prizes and free lunch while supplies last.