### **Community Directory**

Questions Regarding Stroh Ranch Development Codes, Covenants & Restrictions:

#### PCMS: 303-224-0004

Bookkeeping Ext. 308
Design Review Ext. 200
Community Inquiries Ext. 500
MON-THURS 7:30 AM - 4:30 PM
FRI 7:30 AM - 12:30 PM

### **Community Website:**

www.strohranchhoa.com

#### **Architectural Committee**

Approval Of New Landscaping, Exterior Paint Colors,
Additions To Exterior Of Home, Etc.

PCMS: 303-224-0004 ext. 200

## Homeowners' Association Inquiries & HOA Assessments

Stroh Ranch Community Assoc., Inc. 303-224-0004 | Bookkeeping Ext. 308

## Creekside Recreation Center 303-840-1240

Questions Regarding
The Creekside Townhomes Association:

### **Western States Property Services**

303-745-2220 | FAX 303-745-3335

#### **Schools:**

Douglas County School District: 303-387-0100 Legacy Point Elementary School (PK-5) 303-387-8725

Sagewood Middle School (6-8) 303-387-4300 Ponderosa High School (9-12) 303-387-4000

#### **Water and Sewer Service**

Parker Water & Sanitation District: 303-841-4627

### **Snow Removal | Street Damage**

Town of Parker: 303-840-9546

### **Advertise in the March issue of**

### On The Go at Stroh Ranch

**Deadline to advertise is** 

February 20th

E-mail: kerri@porchlink.com Text Us: 720-295-2649

# **Upcoming Events:**

### **Youth Nite Pool Party!**

Join your friends for the first Pool Party of the year for 6th through 8th graders on Friday, February 7th from 6:30 – 8:30pm. No reservation needed ... just the youth, a swimsuit and towel!!! Youth Night is open to all residents, 6th to 8th grade only. Each resident is allowed two non-resident friends as guests. Cost is \$7.00 per person at the door or in advance (credit card only please) and includes pizza, soda, snacks & prizes!!! Parents, if you are new to having your child attend this event, it is supervised by MaryBeth, Katie, staff, and 2 lifeguards will also be present. It begins promptly at 6:30 and ends at 8:30pm. The staff supervises only during that time so please make a note of it. ALSO, be sure your child (and friends if necessary) has a signed note from you if you are NOT planning to pick them up at 8:30 pm and allowing them to leave the center at that time without adult supervision (i.e. riding bikes, walking, etc.).

### **Please Keep Dogs Leashed**

To ensure the safety and enjoyment of all residents, please remember to keep your dogs on a leash while in the community. Leashed dogs help prevent accidents and ensure that everyone can enjoy their time outdoors. Let's work together to create a welcoming environment for all our furry friends and neighbors! Thank you for your cooperation!



Stroh Ranch Community

Website

Info

The Stroh Ranch Community Association currently has two websites:

www.strohranchhoa.com (No log in/registration required)
 ✓ VIEW/DOWNLOAD/PRINT THE GOVERNING DOCUMENTS
 ✓ GENERAL ASSOCIATION INFORMATION

2 https://pcms.cincwebaxis.com (Registration required)

Step 1: REGISTER @ https://pcms.cincwebaxis.com

Step 2: View both accounts for the Cherry Creek South Metropolitan District #1 and the Stroh Ranch Community Association

☑VIEW/DOWNLOAD/PRINT THE GOVERNING DOCUMENTS /GENERAL ASSOCIATION INFORMATION

☑YOUR HOMEOWNER ACCOUNT: ACCOUNT BALANCE AND MAKE PAYMENTS ON YOUR ACCOUNT

☑ARCHITECTURAL REQUEST HISTORY AND SUBMIT YOUR ARCHITECTURAL REQUESTS

☑VIEW YOUR COVENANT VIOLATION HISTORY AND ADD NOTES/UPDATES TO THE COVENANT VIOLATION LISTED

☑SUBMIT WORK ORDER REQUESTS FOR MAINTENANCE ITEMS YOU FEEL NEED TO BE REVIEWED/ADDRESSED EITHER IN THE COMMON AREAS OR CLUBHOUSE WITHIN THE COMMUNITY

**☑**RECEIVE COMMUNITY E-NEWS UPDATES

Questions? Please contact corpoffice@pcms.net.



### Advertise in the March issue of

On The Go At

### Stroh



Ranch

## Per Issue Display Ad Rates

(Business card-Full page)

AD SIZE	COLOR					
<b>Business Card</b>	\$45 /ISSUE					
1/6 Page	\$70 /ISSUE					
1/4 Page	\$90 /ISSUE					
1/3 Page	\$115 /ISSUE					
1/2 Page	\$130 /ISSUE					
Full Page	\$165/ISSUE					
Buy 5 issues and ge	t the 6th issue FREE!					

## **Street Snow Removal Reminder:**

As a reminder, the street snow removal is provided by the Town of Parker. Their website can be found at:

### http://www.parkeronline.org/491/Snow-Operations

Also, while it is not required, it would help tremendously for getting out of your driveway if you also shovel the gutter area so the snow and/or melting snow can have somewhere to go instead of building up, creating an issue with getting out of your driveway.



Target your market with neighborhood newsletters!

### **KERRI WATTS**

**ADVERTISING SALES** 



720-295-2649



kerri@porchlink.com





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### **Member Notification Info**

**Community Legal Name:** 

Stroh Ranch Community Association, Inc.
Date Declaration Recorded: March 18,1988
Fiscal Year: January-December
Assessment: \$110.00 Semi-annually.
Includes: Trash Removal, Newsletter,
Covenant Enforcement, Social Activities

**Community Representative:** 

Mark L. Eames, PCAM
CAM Lic. No. RM000001261
Management Company: PCMS
Address: 7208 S. Tucson Way, Suite 125
Centennial, Colorado 80112

Contacts:

Office: 303-224-0004,Fax: 303-224-0002 Email: corpoffice@pcms.net

Documents: The Guidelines and Enforcement Policies can be viewed at the Stroh Ranch website. All other documents are available by email, fax or mail if requested.

Check Policy: By issuing or providing a check as payment, you authorize us either to use the information from your check to make a one-time electronic funds transfer from your account, or to process the payment as a check transaction.

## **Stroh Ranch Classified Advertising**

OB PAINTING: 10% OFF Interior or Exterior Painting. Over 30 years in business. Call today! 303-908-9063.

## **REAL ESTATE**

**RE/MAX PROFESSIONALS - JEFF SKOLNICK. SELLING HOMES IN PARKER SINCE 1987.** For all your real estate needs, Call "Your Trusted Real Estate Advisor" 303-946-3701 <a href="Jeff@JeffSkolnick.com">Jeff@JeffSkolnick.com</a>

## HOUSEPAINTING

Exterior \$300 <u>DISCOUNT COUPON!</u>
LANDMARK PAINTING, INC
(303) 680-4060

Call for a free estimate. Expiration 06/30/25 www.denverlandmarkpainting.com



HOME REPAIR AND INNOVATION Provides Handy Man Services in Parker area., help knock out the to-do lists.

homerepairandinnovation.com

**MOBILE NOTARY PUBLIC:** When you need a conveniently located or mobile notary public, call 303-512-3499. Services include: notarization of wills, power of attorneys, acknowledgment statements, adoption documents, affidavits, oaths, auto loans, certified copies, child custody documents, deeds, demand for payment, divorce documents, and legal certificates. No charge for veterans.

### UNLOCK EXCLUSIVE SAVINGS ON OUR WEBSITE,

**MOOREHEATINGAC.COM!** Elevate your comfort today – visit us online or call 303-680-5300 to schedule your furnace maintenance/repairs/installations.

**CARPET REPAIR/RE-STRETCHING:** Carpet & upholstery cleaning. Wool area rug cleaning. Specials: \$25 off each service provided. Call A Personal Touch 720-344-2870.

**THE BEST CLEANERS:** Lowest prices in town. Honest people. Free estimate. References available (720) 364-8403.

**NEIGHBORHOOD PLUMBER:** Licensed and insured master plumber. Repairs, maintenance, and remodels. 40-years experience. Call Vince at 720-266-9845.

A BETTER GARAGE DOOR INC. Garage door and opener repair to full replacements 25 years experience with multiple trucks for a quick response 303-920-2267.

**DON'T WAIT TO HAVE YOUR GAS FIREPLACE SERVICED OR REPAIRED.** Selling soon? Check that off your list! Want to enjoy your fireplace again? Call us today! Quality Fireplace Solutions 303-946-6535.

**RENEWABLE CARPET CLEANING:** Specializing in carpet cleaning, stretching and repair. Tile and grout cleaning. Call Rene at 720-503-5282.

**MICALLEF ACCOUNTING AND BOOK KEEPING SERVICES** - Reasonable fees, over 30 years experience - Call today 303-862-9404.

**AFFORDABLE KITCHEN & BATH DESIGN:** Quick and affordable kitchen and bath cabinet refacing. Complete kitchen and bath remodeling. Call today for a free estimate: 720-837-4885 or akbdesign2010@aol.com. Member Team Dave Logan

# Try classified advertising-

## It's easy, affordable and **EFFECTIVE!**

Our classified advertising option has been a great success for small, local businesses interested in marketing in an EFFECTIVE & AFFORDABLE way!

And it's EASY to do- simply email kerri@porchlink.com with the text for your ad (base pricing for 25 words, \$.50 per additional word) and let us know which newsletters you would like to advertise in.

Best of all- new advertisers can try classified advertising in and receive the same ad FREE in The following month's issue! Our deadline is always the 20th of the preceding month.

There is **no long term commitment**, you are welcome to advertise on a monthly basis depending on your needs. However, most of our classified advertisers stick with us month after month... for years!

## Why not give it a try?

Email kerri@porchlink.com with any questions. We'd be happy to email you any past newsletters or samples of classified ads for reference.

Rates per issue for 2		ditional word:
Publication	# of Homes	Rates per issue
Stonegate	4,600	\$35
Stroh Ranch	2,400	\$25
Pradera	550	\$25
ALL OF Parker (above)	7,550 HOMES	\$75
Blackstone	2,457	\$35
Tollgate Crossing	1,500	\$25
Tallyn's Reach	2,037	\$35
Saddle Rock North	663	\$25
Saddle Rock East/South	1,566	\$25
Murphy Creek	1,400	\$20
The Farm	1,500	\$10
ALL OF Aurora (above)	11,123 HOMES	\$165
Willow Creek 1, 2, and 3	1,629	\$35
Foxridge	1,000	\$25
Hunters Hill	275	\$10
ALL OF Centennial	2,904 HOMES	\$60
Sapphire Pointe	800	\$15
Founders Village	2,200	\$15
ALL OF Castle Rock	3,000 HOMES	\$25
Colliers Hill (Erie)	1,545	\$25

## 2025 Stroh Ranch Board of Directors **Meeting Schedule:**

The Stroh Ranch Community Association Board of Directors meeting schedule for 2025 is the 2nd Monday of every other month. Please email PCMS at Corpoffice@pcms.net if you would like confirmation of the Zoom meeting login details. Be sure to include the address of the property you own when requesting this information. You can also visit the Stroh Ranch HOA website at www.StrohRanchHOA.com for the most up-to-date meeting dates/times.

- March 10, 2025-5:30 PM
- May 12, 2025-5:30 PM
- July 14, 2025-5:30 PM
- September 8, 2025-5:30 PM
- November 10, 2025-5:30 PM-Annual Membership & Budget **Ratification Meetings**

## **The Cherry Creek South Metropolitan** District No. 1 (CCSMD#1) Board of **Directors Meeting schedule for 2025:**

The Cherry Creek South Metropolitan District No. 1 (CCSMD#1) Board of Directors meets on the 4th Wednesday of February, April, July, and October at 8:00 a.m. at the Creekside Recreation Center, located at 19301 J. Morgan Blvd., Parker, CO 80134. Meetings may also be offered via Zoom (TBD). Please contact PCMS at corpoffice@pcms.net or by calling 303-224-0006 prior to attending, as dates and times may change. For the most up-to-date meeting dates and times, please visit the CCSMD#1 website at www.CCSMD1.com.

- February 26, 2025-8:00 AM
- April 23, 2025-8:00 AM
- July 23, 2025-8:00 AM
- October 22, 2025-8:00 AM-Budget Hearing













### **NUTRITION CENTER & WELLNESS SPA**

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25 Years

Parker, Colorado

Personal Websites



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> 720-934-8413 realtormarc303@gmail.com

www.marcthurstonrealestate.com



## Think You Have Tried Everything To Help Your Struggling Student?



Set Your Child Up For Success Schedule Your Child's FREE Performance Screening Now!

# School success takes more than 20/20 vision.

### Symptoms to Be Aware Of:

- Difficulty with reading.
- · Underperforming in academics or athletics.
- Homework takes an excessive amount of time.
- Poor handwriting.
- · A diagnosis of ADD, ADHD, or Dyslexia.
- Recurring headaches.



BETTER VISION

PAGE 4 ON THE GO AT STROH RANCH



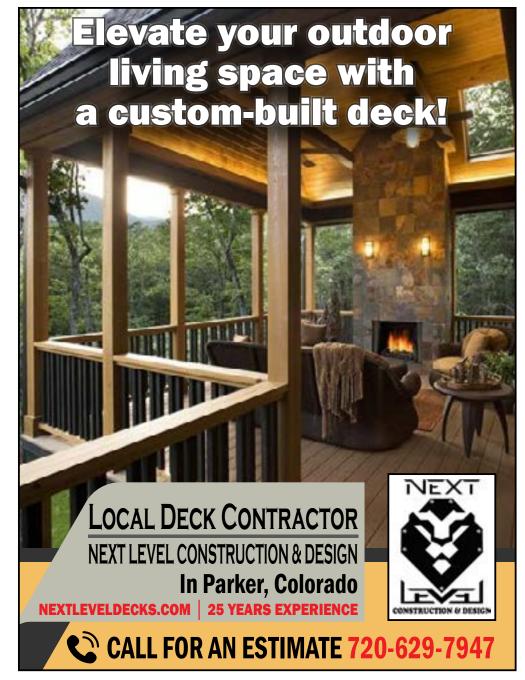


### **Porch Lights Aglow**

The long winter nights and short winter days are upon us again. The long dark nights are the perfect opportunity for the criminal element to strike. The best way to prevent criminal activity is to keep the area well lit. If you are worried about cost, don't be too concerned. Studies show the demand is low at that time of day, so there is only a nominal cost. That makes the porch light a relatively inexpensive way to protect your valuables. There is much more expensive crime fighting equipment out there, but the police even suggest that leaving your light on is the best deterrent to a would be criminal. For the best savings, use a 40 watt, 130 volt bulb. Light also prevents accidents.

### **Trash Removal Reminder:**

The Association has received concerns regarding owners that are either placing their trash out too early and/or owners that do not have their trash properly contained and are placing their trash receptacle and/or bags on the right-of-way sidewalk. As a reminder, all trash bags need to be properly tied and all trash cans should have a lid to help eliminate blowing debris and animal access. Also, we ask that your please do not block the sidewalk access.



## CREEKSIDE RECREATION CENTER ACTIVITIES

Creeksidereccenter@gmail.com | 303-840-1240 or 303-840-1241 | Creekside Recreation Center is managed by MaryBeth Amann and Front Range Recreation Monday through Friday 7am - 9pm | Saturday 7am - 7pm | Sunday 9am - 7pm

Indoor Pool opens when Rec Center opens and closes 1/2 hour before the Recreation Center closes

## WEEKLY FITNESS CLASSES

YAGNOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Aerobics 8:30 AM Water Aerobics 5:30 PM	Cardio Strength Combo 9:15 AM Chair Yoga 10:30 AM	Water Aerobics 8:30 AM Zumba Toning 9:15 AM Water Aerobics 5:30 PM	Barre-Pilates 9:15 AM	Water Aerobics 8:30 AM Pi-Yo 9:15 AM	Water Aerobics 7:45 AM Pilates 9:00 AM

### RESIDENT

**CREDIT/DEBIT CARD ONLY** 

1-Punchpass/Drop-in \$4.00 5-Punchpass \$19.00 10-Punchpass \$35.00 20-Punchpass \$65.00

### FITNESS CLASS POLICY FOR WINTER WEATHER CANCELLATION OR DELAYED START SCHOOL CLOSURE:

ALL CLASSES (AM/PM): IF DOUGLAS COUNTY SCHOOLS are CLOSED, all classes CANCELLED, including swim lessons

### NON-RESIDENT

**CREDIT/DEBIT CARD ONLY** 

1-Punchpass/Drop-in \$5.00 5-Punchpass \$24.00 10-Punchpass \$45.00 20-Punchpass \$85.00

#### **SCHOOL DELAYED START TIMES:**

Water Aerobics (ALL): Class times as usual Tuesday AM Classes: Class time 1 hour later Cardio @ 10:15 Chair Yoga @ 11:30 Wednesday AM Classes: Class time 1 hour later Zumba @10:15

Friday AM Classes: Class time 1 hour later PI-YO@ 10:15

All evening classes: Class time as usual \*\*Saturday classes: Decision will be made that day. Please call between 7 and 7:30 am

Tennis/Pickleball Procedures: If you wish to use the racquetball or outdoor courts, please SCAN THE QR CODE which can be found at the front entry at the rec center. Reservations may be made up to two hours in advance through the QR Code in lobby or by using this link - creeksidereccenter.as.me. If you are playing in twilight hours, see the front desk to turn on the court lights. Lights will automatically go off at 9:15pm.

ACCESS SYSTEM IS IN PLACE through Rocky Mountain Registry: Access the recreation center with your phone; or fobs are available @ \$25 each for those who prefer. Please contact the office for more information.

Guest Policy: Guests are permitted at the rec center. 2 guests per household at no charge. \$3 fee per each additional guest up to a maximum of 5 guests per day. Payment by credit card only.

Weight Room Etiquette: Residents, please respect our homeowner's policy that no children under the age of 13 years are to be in or using the weight room. All children 13 to 17 years of age must be accompanied by an adult resident if they have not done a youth orientation. Any questions please see the front desk.

Youth Orientation: Teens ages 13 to 17 are eligible to use the Recreation Center unaccompanied only after attending Youth Orientation. Email katie@ frontrangerecreation.com to schedule an orientation. The date will be scheduled based on the teens and management availability. Each teen must have a current doctor's note or physical release. Teens are not permitted to bring guests into the Recreation Center by themselves.

#### **Barre-Pilates Fusion:**

Blend of Pilates and ballet movements with cardio and strength training.

Thursday 9:15 am - 10:15 am

#### Cardio/Strength Combos

Variety of cardio activity and toning combined with strength training techniques to work the entire body. Tuesday 9:15 - 10:15 am

#### **Pilates**

An exercise regimen that elongates and strengthens the muscles.

> Friday (Pi-Yo) 9:15 - 10:15 am Saturday 9 - 10 am

#### **Chair Yoga**

Gentle movements using a chair and bar... no floor work. Tuesday 10:30-11:30 am

#### **Zumba TONING**

"Dance" with EXTRA emphasis on sculpting and definition. Wed 9:15 am-10:15 am

#### **Water Aerobics**

Continuous cardio w/ buoys and noodles added for resistance training.

Personal Training: Contact the front office or stop by the center for info.

Parent-Tot Swim Class: Arrange Group Classes by calling the front office.

Adult&Children Private/Semi-Private Swim: Lessons offered all year. Contact the front office.

Karate for Kids (actually ALL ages)! @ Creekside: Tuesdays and Thursdays

- Tiny Tigers: (Ages 3-6) at 5 PM
- Karate For Kids: (Ages 7-10) at 5:30 PM
- Teens & Adults (Ages 11- Up) at 6:15 PM
- **Adult Special Needs Mondays & Wednesdays** 4:00-4:45 PM

For more information or register: Call (303) 841-2145, or go to www.karate4kids.com, and sign up.

**Creekside Rec Center is CASHLESS** All purchases will need to be made with a debit/credit card.

Stay posted through CRC E-News.

If you don't get the CRC E-News, please sign up by sending your email address to: corpoffice@pcms.net

### Dogs and Neighbor's Grass Reminder:

As we all strive to maintain a harmonious community, please be respectful of your neighbors by keeping your dog off their lawns and promptly picking up after your pet. This small effort helps keep our shared spaces clean and enjoyable for everyone. Let's work together to create a pleasant environment for all residents. Thank you for your cooperation!



FREE **Impact** Resistant Upgrade!

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### **Contact Us**

Phone: (303) 734-7131 Frontdesk@NadyaLambert.com

6855 S. Havana St., Suite 370, Centennial, CO 80112 (Off of Intersection of E. Arapahoe and S. Havana)

Call today for a FREE 30-minute consultation.

## Stroh Ranch Teen Services Updated February 2025

To add your name please contact: <a href="mailto:corpoffice@pcms.net">corpoffice@pcms.net</a>.

<u>Teen Services Update</u>: If you have previously registered your teenager for the Teen Services listing in the newsletter publication and your teen is no longer interested in having their name listed or has moved out of the community, please send an email to corpoffice@pcms.net and request that your teens name be removed from the list. The Association has received a few calls indicating that they have tried calling several of the teens listed and were told they are now at college or moved, etc.

NAME	PHONE	SERVICES
Brady Archuleta	720-935-8068	PHD
Jamisen Brogan	303-862-2755	HCSD
Aiden Byrne	720-683-8287	B♡PH
Owen Castillo	303-332-5434	LCD
Tyler Clay	720-284-7353	BPLSD
Cameryn Clay	720-905-6788	B♡
Tyler Clay	720-284-7353	BPLSD
Faith Collins	303-805-0158	Р
Ryan Cummings	720-810-2031	PHLCS
Raena Cummings	720-810-9357	PH
Jasmine Dieken	303-805-3566	в♡рн
Parker Duval, 14	720-288-6493	PHLC
Alyssa Gieling	720-660-0016	В
Owen Glick	303-915-9808	PHLCSD
Lance Hampton	720-645-9009	PHSD
Ashley Irvine	720-272-9705	violin lessons
Jacob Johnson	720-380-1100	PHLSD
Lily Johnston	412-445-6736	B♡D
Sophia Jones	303-257-7757	B♡D
Keona Lewis	720-229-5616	BPHD

# CINC Webaxis Account/ E-News Notifications:

Please register your account through the CINC Webaxis homeowner portal located at <a href="https://pcms.cincwebaxis.com/">https://pcms.cincwebaxis.com/</a>. You will need your account # to register, which can be found on your welcome letter or most recent assessment billing.

(After you submit your website registration request, the system will send you an email to set your password. Please note that this email may go to your junk folder. The link expires after 5 hours. If you miss this window, please contact the bookkeeper at <a href="mailto:accounting@pcms.net">accounting@pcms.net</a> to have a new link emailed to you.)

This site allows you to see your account information, submit ARC requests, file a concern/complaint and receive updates. The email address used for your account will automatically be in the system to receive community E-News updates. If you would like an additional email address registered, please provide your property address and the additional email address to <a href="mailto:corpoffice@pcms.net">corpoffice@pcms.net</a>. Don't miss out on important community events and updates.

B=	BABY SITTER
♡=	RED CROSS /AMERICAN HEART CERTIFIED CPR CERTIFIED
P=	PET SITTER
H=	HOUSE SITTER
L=	LAWN CARE
C=	CHORES
S=	SNOW SHOVELER
D=	DOG WALKER

Isabelle McGuire	303-877-8751	B♡
Genevieve Oslick	303-993-4371	B♡P
Katherine Pfaff	303-356-9472	B♡PD
Alexis Premo	303-594-4099	B⇔PHC
Savannah Premo	720-480-8790	B⇔PHC
Garrett Reece, 17	303-829-4218	PHSD
Kaitlin Reece, 15	303-829-4218	PHD
Julia Reinfeld	720-280-4094	в♡н
Rihanna Richardson	720-869-2905	BPHD
Audrey Sarra	720-693-6831	B♡
Brady Schuerman	303-841-3232	s
Jenna Smith	303-909-7010	B⇔PHC
Colin Stamper	785-317-2246	LCS
Luke Stamper	720-495-0956	LCS
Kiera Tueller	720-724-0229	В♡
Titan Tueller	720-701-0664	B♡PHLCSD
Regan Weber	303-807-8510	В♡
Lindsay Werner	303-862-7990	B♡PH
Joe White	303-525-8973	ВРН
Causha Withey	720-883-1231	BPHCS
Causha Withey	720-883-1231	ВРНСЅ







## **Complaint Procedure**

Who May Submit Complaints? Complaints regarding alleged violations of the Covenants, Design Guidelines or Rules and Regulations may be reported by members of the Board of Directors, members of the Community or the Association's Manager.

How Complaints Should be Submitted: Complaints by a member of the community shall be in writing and must include a contact name and email address or phone number in case there is an inquiry from the Board or management office regarding the complaint submitted. Anonymous complaints will not be accepted. Your name and contact information will not be provided to the person you have made a complaint about; it is only needed for the management team. The member must have observed the alleged violation and shall contain the nature of the alleged violation, the location of the alleged violation and the date it was observed, photos are very helpful. A complaint may also be submitted by any member of the Board of Directors or by the Association Manager after a walk through or inspection of the Community. You may send your concerns to PCMS via email at support@pcms.net or via fax at 303-224-0002.



#### **HomeSmart**

8300 E Maplewood Avenue Greenwood Village, CO 80111











# Maggi Pritchard CRS®, GRI, ABR®, CNE. SRES® Your Stroh Ranch Neighbor

# Stroh Ranch/Anthology Statistics

Based on information from REcolorado for the period of December 16, 2024 through January 15, 2025

Active Listings 14\*
Pending 9\*
Closed 8\*
Average Days on Market (Closed Properties) 47\*
Months Required to Sell Inventory 1.8\*

\* Excludes new construction

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# Microgreens: Friend or Fad? A New Year's Growing Trend

#### Nichole Rairigh, CSU Extension Master Gardener, author and photo credit

As winter plods on, planting something to beat the winter blues is an attractive idea. Many of us are thinking about fresh ways to bring vegetables into our lives, though outdoor vegetable gardening is a few months away. Enter microgreens: tiny, nutrient-packed plants that promise big rewards in a short time. Are they a passing trend, or here to stay? Let's explore.



Jazzy Blend

### What Are Microgreens?

Microgreens are small, edible plants harvested at a early stage of growth. They are slightly larger than sprouts but should not be confused with them. These little greens include a variety of vegetables such as mustard, radish, basil, Swiss chard, kale, cabbage, arugula, and cress. There are also specially designed blends tailored to top sandwiches or salads.

One of the best things about microgreens is how quickly they grow. From seed to harvest, the whole process takes just 10 days. For those new to gardening, especially kids, growing microgreens is an exciting activity. Watching the plants grow so quickly can inspire young gardeners and teach them about the cycle of plant life—right in the comfort of home.

### Why Grow Microgreens?

Microgreens are rarely sold in grocery stores and when they are they are expensive due to fragility of the product and packaging required. Microgreens grow incredibly fast providing a fast payoff in the doldrums of winter. Plus, they are nutritional powerhouses containing vitamins A, B, C and antioxidants.

### How to Grow Microgreens

Seeds can be procured at your local garden center. I have recently tried cilantro microgreens and the Jazzy Mix offered by Botanical Interests®. For step by step directions with pictures, visit An Edible Project for Winter Green Thumbs – Pueblo County Extension.

### Growing microgreens is easy and doesn't require much space. Here's a simple step-by-step guide to get you started:

- 1. Procure Seed Starting Mix or Potting Mix Start by moistening the mix.
- 2. **Fill a Container** You can use a six-pack from your local nursery or even clear to-go containers with lids. Anything that can hold the mix and allow for drainage works.
- 3. Sow the Seeds Sprinkle the seeds generously over the soil.
- **4.** Water Use a spray bottle to moisten the soil.
- **5. Cover** Place foil or a lid over the container to block light for the first day. This encourages leggy plants that will reach for the light, making them easier to harvest.
- 6. Light Exposure On day two or three, move the container to a sunny window or under grow lights.
- 7. Harvest Once the first true leaves appear (after the cotyledons, baby leaves), it's time to harvest. Snip off the greens with clean scissors just above the soil level.

#### How to Harvest and Store Microgreens

Once your microgreens are ready, use clean scissors to trim them just above the soil level. Be sure to harvest them fresh, as their shelf life is short. If you're not using them right away, store them in a container lined with a paper towel in the fridge. They'll stay fresh for about 3-5 days if kept cool and dry. Wash before eating.

### Microgreens: A Fun, Low-Time Commitment Winter Gardening Project

Microgreens offer an exciting way to keep your gardening spirit alive during the winter months. Whether you're a seasoned gardener or a beginner, these little plants are a fun, fast-growing project that don't require a lot of space or time.

Why not give microgreens a try? They may just become your new favorite kitchen staple. Happy growing!

To learn more about microgreens, check out the CSU article:

https://elpaso.extension.colostate.edu/wp-content/uploads/sites/44/2018/10/Oct-20-2018-Growing-Microgreens.pdf





## 2025 Calendar

### TRASH PICK-UP ON TUESDAY & RECYCLE (even dates) PICK-UP OCCURS EVERY OTHER WEEK

Trash carts must be out at 7am until 7pm.

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Highlighted days indicate trash pick-up day | Properties | Recycle logo indicates recycle week

Trash pick up will be moved to the following day if pick up day falls on or after a holiday during the week.

New Year's Day- January 1st Falls on a Wednesday (service starts Thursday)

Memorial Day- May 26th
Falls on a Monday (service starts Tuesday)

Independence Day- July 4th Falls on a Friday (Friday is moved to Saturday)

Labor Day- September 1st Falls on a Monday service starts Tuesday

Thanksgiving- November 27th
Falls on a Thursday (Thursday is moved to Friday)

Christmas-December 25th Falls on a Thursday service starts Friday

**RECYCLING GUIDELINES:** For the health and safety of our workers, please make sure all recyclable materials in your curbside bins are washed out and clean and follow the below guidelines.

- · Empty and rinse all containers
- Place recyclables loose and unbagged in your curbside recycling container
- Flatten all cardboard/paperboard boxes
- Place your recycling container 4ft from parked cars and other obstacles

#### **ACCEPTABLE ITEMS:** What items CAN be recycled?

Paper: mixed paper | newspapers, magazines, catalogs | cardboard | cartons | paperboard | phonebooks & paperback books

Plastics: Clean and rinsed out rigid plastic bottles and containers | No food residue No plastic bags | No Styrofoam | No hard plastic items

Metals: aluminum cans, foil, pie plates | steel cans | loose metal jar lids & bottle caps

Glass: Clean and washed out glass in your curbside recycling bin | No food residue

### NOT ACCEPTABLE ITEMS: What items CAN NOT be recycled?

NO GARBAGE | NO STYROFOAM® | NO ELECTRONICS | NO SCRAP METAL

NO PLASTIC BAGS OR FILM: We cannot accept plastic bags. Plastic bags can be recycled at most local grocery stores. NO NON-RECYCLABLE PLASTICS: We accept plastics #1-7. Some plastics that are not recyclable: Styrofoam, hard plastic items including toys, plastic chairs, flower pots, PVC pipes & any other plastics that are not listed in these guidelines.

NO LIQUIDS OR FOOD RESIDUE: Please completely empty and rinse out all containers.

**NO CERAMICS OR OTHER GLASS PRODUCTS:** Do not place glass, ceramics, china, dishes, mirrors, light bulbs, Pyrex, porcelain, or window glass in your recycling container.

**NO HAZARDOUS WASTE:** No hazardous waste such as oil-based paint, automotive fluids, car batteries, fertilizers or pesticides. Latex paint recycling locations can be found on PaintCare.org.