

PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



March 20th will be the first day of Spring, the spring equinox. Here in Austin that means a few amazing weeks of mild heat. Really though, isn't it the most beautiful in spring? The wildflowers are blooming, bluebonnets are all along the highways, SXSW is upon us, there is new life everywhere, the birds are singing! Spring is the best time to venture outdoors and start anew. Maybe the very adventurous new years resolutions have been pushed to the side. Well let us dust them off and allow spring to help us get back outside. Did you know that an equinox is said to bring a transition of renewal? That's right! When day and night are nearly equal in length. After the equinox the day becomes longer than the night. The word equinox comes from the Latin words aequus (equal) and nox (night). Giving us more time to be outdoors in the daylight.

There are many outdoor activities that we will be venturing into this spring. Finding a reason to go outside can sometimes feel daunting, but spring lifts a bit of that and yes it maybe cheesy, puts a spring in our step. Shake off the winter blues and get out there to soak up some spring renewal.

When we are talking about activities to do outside in the springtime we are going to start at the beginning of the equinox celebrations.

- **Gardening** - Many cultures celebrate the spring equinox as the start of the planting season. Gardening is a great activity for reaping the benefits of nature. It not only helps you physically, but mentally gardening can be a great stress reliever. You do not have to be a "green thumb" to start a garden. Start with something small, like an herb, mint, basil or cilantro are all great places to begin and a delightful addition to most dishes. Pepper, Tomatoes, okra, lettuce are all great crops to grow in Austin. If you are intimidated by veggies try planting a butterfly garden. These can all also be grown in containers on a porch or balcony, you don't need a lot of room for a small practice that has such amazing longterm effects for you. Checking out your local library can be a good way to start to, not only are there resources to guide you, but also Austin has a Seed Sharing program where you can pick up some seeds from local branches and use those on your gardening journey. [Check it out](#)
- **Nature Walks** - Probably the best way to observe the change of the seasons is to go out and take a nature walk. See how new life is blooming around you.
- **Having a Picnic or a tea party** - On Equinox why not host a picnic pot luck outdoors or have a tea party and enjoy the spring flowers and the sounds of nature.

March Highlighted Outdoor Events

Calendar

Guided Hikes

Austin Water Wildland Conservation Guided Hikes

Saturdays and Sundays
March 1 - March 30th

Various Locations
[Check out website for all events and locations.](#)

Science under the Stars

Science Under the Stars

Thursday, March 13th
7 PM - 8:45 PM

Brackenridge Field Laboratory
[2907 Lake Austin Blvd., Austin, Texas 78703](#)

No RSVP is required
<https://scienceunderthestars.org/>

DINO DAYS

DinoDays

February 22 - March 22, 2025

Zilker Botanical Gardens
[2220 Barton Springs Rd., Austin, TX 78746](#)

IT'S MY PARKS DAY

It's My Parks Day

Saturday, March 1st

Various Locations and times throughout the day.
[Register Here](#)

March is...

NATIONAL NUTRITION MONTH®

Get into Nature with the Austin Parks and Recreation Department.

- Lamar Senior Activity Center
- Conley-Guerrero Senior Activity Center
- South Austin Senior Activity Center
- Tennis
- Golfing at Golf ATX
- Softball, flag football, Basketball leagues
- Disc Golf
- Pickleball
- Trail Directory
- Skate Parks
- Zilker Botanical Garden
- Pools
- Playgrounds
- Picnic Sites
- Austin Nature Science Center

Other Organizations Around Austin with Upcoming Outdoor Events:

- Texas Farmers Market at Lakeline
- SFC Farmer's Market Downtown
- Mueller Farmer's Market
- Boggy Creek Farm
- [Lady Bird Johnson Wildflower Center](#)
gardening, yoga, etc.
- Nature Rocks Austin
Find Activities in Green Spaces & Parks in Your Community
- Austin Parks Foundation
Movies in the Park
- Texas State Parks
- Tree Folks
Volunteer & Calendar of events
- Peace Park Conservancy
- Waterloo Greenway and Moody Ampitheatre
- Austin Public Library
Outdoor Storytime

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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