



SUMMER CAMPS

Central Iowa opportunities for kids to enjoy inside and outside

**Can't-miss fun
in Des Moines**

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**Des Moines Art Center
is the place to be**

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**Enjoy Des Moines
coffee shops**

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Des Moines Outdoor Fun is now part of Des Moines Parent

By Erin Huiatt

I am excited to announce that two awesome Des Moines resources are coming together!

Des Moines Outdoor Fun will now be a part of Des Moines Parent. The previous owner has moved to the East Coast, and I am honored that Des Moines Parent will be taking over and growing this amazing outdoor resource in correlation with Des Moines Parent.

Des Moines Outdoor Fun provides reviews, guides and an interactive map to parks, nature trails and more all across central Iowa. As the weather continues to warm up, I will begin sharing this resource with Des Moines Parent. You can now find great ideas of things to do indoors and outdoors all over.

Both of these resources would not be possible without the feedback and contribution of other parents, businesses and organizations. I am always open to topics, guest writers, project ideas and more. Please feel free to email me at any time. ■



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Before heading to any event or activity, please double check times and locations. We try hard to keep everything accurate, but things do change without notice.

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Dogpatch Urban Gardens: gardening with kids

By Jenny Quiner, Owner of Dogpatch Urban Farms

My name is Jenny Quiner, and I am a mom to three amazing boys (Oliver, 5; Walter, 3; and Lewis, 1) and the owner of Dogpatch Urban Gardens (DUG). DUG is an urban farm located just north of Beaverdale off of Meredith Drive and 51st Street. I grow annual vegetable crops on less than half an acre. That may seem small compared to most farms, but you would be amazed by the amount of food that can be produced in a small area. I grow biointensively using organic methods, so I'm proud to say that all the food sold to the community is nutrient dense and grown in a manner that regenerates our precious soil.

I sell my produce to multiple places in the Des Moines area. I have an onsite farm stand called the DUG FarmStand. Many people assume the stand is a tent over the back of my pickup truck, but the DUG FarmStand has quickly evolved into a locally sourced grocery store. I sell the produce I grow but also produce I buy from other local producers. Along with produce, I sell transplants, flowers, dairy products, eggs, jams, honey, pork products, ground beef, salad dressings, mustards, barbecue sauce, ice cream, and more — all sourced as locally as possible. The FarmStand will open Mother's Day weekend and is open Thursday from 3:30-6:30 p.m. and Saturday and Sunday from 9 a.m. to 1 p.m.

I also have a modified CSA called a Salad Subscription and sell to local restaurants (Table 128, HoQ, The Wine Experience, Baru 66, La Mie Elevate, The Cheese Shop, Reeds Hollow, and others), the Iowa Food Coop, and through a food aggregator.

This is my second season running Dogpatch Urban Gardens. Prior to becoming an urban farmer, I was a high school science teacher at Dowling Catholic for six years. It was a great job, but, in that time frame, I had my three boys. One of my reasons for the career change was because of my kids. I loved teaching, but running my own farm gives me more flexibility with my hours. I also get to raise my boys with a better understanding and appreciation for our environment and where their food comes from. Full disclosure, my farm is a tightly run ship,

and my boys are not at the ages where they can help me be productive. If I let them loose at the farm, I end up with pounds of unwanted harvested green tomatoes. That being said, I fully recognize my boys will be assets to me at the farm as they grow older.

When it comes to gardening with kids, there are so many fun things you can do as a family. It's actually difficult putting this blog together, because I feel like my mind is going in so many different directions.

First off, you don't need a large space in order to explore/experiment with growing. I specialize in growing produce, so that will be my focus, but you can grow so many other things with your kids to get them excited about gardening. From my experience, kids learn the best through doing, so the more experiences you can give them, the better. Make the plunge and get out there and grow some food. Your garden may not look flawless; you may have weeds, disease, pest issues, etc., but who cares? Make those lasting memories with your kids! If you're in an urban area and don't have a yard, you can still grow. Look into straw bale gardening or even setting up some lights somewhere in your home. Where there is a will, there's a way to grow food!

WHY IS THIS IMPORTANT?

I feel strongly that our youth should be more connected with our food system. When I ask kids where certain food comes from, a common answer is the grocery store. When kids grow their own food, they have a better understanding and appreciation that food comes from the earth and to not take that for granted.

I find that my kids eat better when they are more connected to their food. One, it helps that locally grown/produced food naturally has better flavor. Think about the flavor difference of a vine-ripened tomato picked from your garden compared to a tomato you buy at the grocery store. Most all tomatoes sold at grocers are picked green and exposed to ethylene gas to help them ripen in the transportation process. They are likely traveling hundreds of miles to



get to the store. Tomatoes grown on your own taste better, are more nutrient dense, and have less impact on the environment.

The other day I was preparing dinner and my 3-year-old son was watching me. Like most 3-year-olds, he was asking question after question about the food I was making. When I started to chop carrots and potatoes, he perked up and proudly said, "Mommy, those grow underground." When I started to prepare some spinach, he said, "Mommy, those leaves are from plants in your garden."

One last ingredient I had out were eggs. I asked him the question, "Walter, where do eggs come from?"

I was expecting him to say a chicken or hen, but his response was even better. He perked up proudly in his chair and said, "Our eggs come from Jordan!" I laughed because Jordan is our farmer friend who we sometimes get our eggs from.

If you're interested in specific tips/tricks when it comes to gardening and incorporating your kids, I can definitely help you out. Feel free to shoot me an email with specific questions. More importantly, I think the biggest thing is to just go do it. Here are some plant suggestions that I think are great to grow with kids:

- **Radish:** Some kids may not love the flavor, but the great thing about radishes is they are quick crops. When the season is right, you can have product around 21 days after planting. They are also easy to pull out of the ground, so kids can enjoy them. Note: The leaves can be

prickly, so be aware of that when harvesting.

• **Carrots:** Most kids are familiar with carrots, so they are an easy sell. I would experiment with planting a variety that will have colors other than just orange (Starburst is a variety I enjoy). The key to having success with growing carrots is to make sure your soil is loose and not compacted. If your soil is too compacted, the carrots will become stubby. When you harvest, you will probably want to use a pitchfork to loosen the soil before pulling them out of the ground. If you just pull the carrots up by their greens, the root can easily snap underground.

• **Tomatoes:** An Iowa classic! Tomatoes are a great plant to start from seed and have your child go through the whole process of seeing the production from seed to fruit harvest. That said, I wouldn't recommend starting your seeds now because it's about time to plant tomatoes, and they take around 6-8 weeks to be ready to transplant. The number of tomato varieties available to grow is overwhelming, but I've found my kids' favorite to be Sungold. Sungolds are yellow cherry tomatoes that are super sweet.

Be warned, when you harvest they may not make it back to the house because they're so good right off the vine.

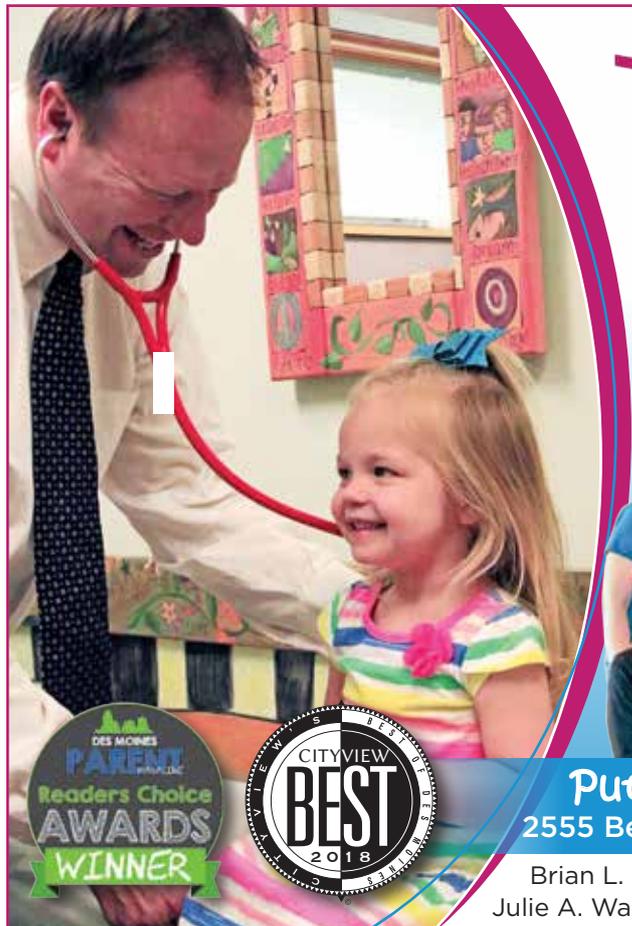
• **Lettuce:** Lettuce is an easy crop to grow, and it develops pretty quickly. I find those tend to be more favorable with kids (as we know their attention spans may not be the longest). Pick a few varieties that interest you. There are so many options, from head lettuce, romaines, buttercrisp, etc. I say grow what you and your family will eat. Lolla Rossa is a fun variety because it has a vibrant red color. Another thing I like about it is that you can get multiple cuts off of one head of lettuce. When you harvest, hold the leaves in one hand and cut about two inches above the core. This will allow for the leaves to regrow for another harvest in a few weeks. Note: Lettuces tend to go bitter and bolt in the summer, so they are more ideal in spring and fall.

• **Brussel Sprouts:** I chose this plant mainly because I think it's one of the coolest plants out there. No, I don't expect your kids to become overwhelmed with joy at the thought of eating a brussel sprout, but I think this plant



has a great wow factor that kids can appreciate. You ideally transplant brussel sprouts in the late spring/early fall, and you won't get a yield until the fall, but the way they grow is so unique. They are larger plants, and the brussel sprouts form off the main stalk of the plant. You can twist off the sprouts (starting at the bottom of the plant) for a few weeks, and that's a great task for your kids to do. ■

Link to original post: <https://desmoinesparent.com/dogpatch-urban-gardens-gardening-with-kids/>



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Mother's Day events in Des Moines

Mother's Day is Sunday, May 13. Mark your calendars. Here are some great ways to celebrate this special day with your mother. Some of these events require registration. Make sure to check our event calendar for additional events and activities.

Make 'n Take Mother's Day Crafts

Saturday, April 28, 10:30 a.m. to 2:30 p.m.

Clive Public Library

Make and take something truly from the heart for the mothers in your life. They will provide the supplies to create and some ideas to get you inspired. While supplies last. Drop-in program.

Mother-Daughter Tea

Saturday, May 5, 10-11 a.m.

Senior Center Community Room, Urbandale

Come celebrate the girls in your life by joining this Mother/Daughter Tea Party and decorating a May basket. Mothers and daughters are encouraged to dress up for a garden party. All children must be accompanied by an adult. Fee is per person. Please register with Urbandale Parks & Rec. Registration deadline is April 30. \$10 per person.

Arts and Crafts: Mother's Day Cards

Saturday, May 5, 10 a.m. to noon

Balance Chiropractic & Wellness

Bring your kids and have them create a fun and unique card for you. Adults will be around to help create a masterpiece you will always remember. Learn more at www.meetup.com/Bellies-Babies-and-Beyond/events/247481873/.

Project Mother's Day

Friday, May 11, 5:30-7:30 p.m.

Lutheran Church of Hope, West Des Moines Dads and kids, the clock is ticking on Mother's Day, so we're here to help you out! Come together at Hope West Des Moines for a kid-friendly meal then make some Mother's Day gifts. Following the gift making, we'll send the kids out for some supervised play while dads get to mingle with each other and hear some words of encouragement from super dad and father of four, Pastor Andy Hermanson. Please register for count, \$20 per family. Register at www.lutheranchurchofhope.org/west-des-moines.

Mom's Night Out!

Friday, May 11, 4 p.m.

Grimes Community Complex

All tickets include a 5-minute massage, snacks, and two drink tickets. Let local vendors and businesses pamper you with samples, mini spa services, free wine, giveaways and raffle drawings. This event is for moms of all ages, including moms to be. Be one of the first 50 guests through the door and receive an amazing gift bag full of samples, goodies, treats and more. Purchase tickets at www.facebook.com/events/2033420963594151/.

Terrace Hill Mother's Day Tea

Saturday, May 12, 10:30 a.m.

Celebrate mom in sublime style at Terrace Hill. Enjoy the legendary, tasty sweets and savories created by Chef Sharon VanVerth and enjoy live entertainment. Sit, sip and surround yourself with Victorian splendor at Terrace Hill, Iowa Governor's Residence and National Historic Landmark. Reservations are \$40 per guest. Purchase tickets at www.eventbrite.com/e/terrace-hill-mothers-day-tea-registration-42955083812.



Mommy and Me Tea

Saturday, May 12, 1-2 p.m.

Altoona City Public Library

Wish your mother a Happy Mother's Day! Come have tea (or hot cocoa) and treats at the library. We will play games and make crafts together with our mothers and grandmothers. This is an all ages event. Registration is required. Please register all participants (adults and children). Register at <https://altoona.libcal.com/>.

Mom and Me Yoga

Saturday, May 12, 10:45-11:30 a.m.

New U Yoga Studio, Ankeny

Bring your little ones for some fun on your mat together! Followed by a small craft and s'mores mix. \$10 per person; 30-minute yoga class. Sign-up to reserve your spot today or call/text 515-444-7323 for help getting signed up. Visit www.newuyoga.com/ for more information.



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Mother's Day at The Tea Room

Sunday, May 13, 10:30 a.m. to 1 p.m.

Bring your moms, your sisters, your aunts and your girlfriends for some relaxation and laughs at The Tea Room. We will provide a delicious buffet brunch, full cash bar including \$4 Bloody Marys and hilarious mom improv comedy. Enjoy time with friends and loved ones while celebrating Mother's Day in the best way at The Tea Room. \$50 general admission and bottomless mimosas; \$40 general admission. All attendees must be 21 or older. Purchase tickets at <https://thetearoomdsm.com/events-at-the-tea-room/>.

Glazed Expressions

Sunday, May 13, noon to 5 p.m.

Grab breakfast or lunch, then head to Glazed Expressions for the afternoon. Spend the day creating some artwork with your mom and for your mom. Learn more at www.glazedexpressions.com/home-1222.html.

Mother's Day at Reiman Gardens

Sunday, May 13, 9 a.m. to 6 p.m.

Walk through the beautiful gardens at Reiman Gardens. In honor of Mother's Day, all moms are admitted free of charge. No registration required. Learn more at www.reimangardens.com/.

Mother's Day at Greater Des Moines Botanical Garden

Sunday, May 13, 10 a.m. to 5 p.m.

Take your mom out to enjoy the beautiful gardens at the Greater Des Moines Botanical Garden. All moms are admitted free of charge. Grab a yummy lunch at Trellis Café, too. Learn more at www.dmbotanicalgarden.com/visit-us/free-days/.

Mother's Day Sunday Tunes

Sunday, May 13, 2-5 p.m.

Summerset Winery

Join us on Mother's Day for live music. Moms get in for free and will receive a complimentary glass of Sangria. Heartland Prairie Massage will be on hand to help mom relax. Cover is \$5 per person or \$15 a car load. Learn more at www.summersetwine.com/.



Urbandale Open Swim

Sunday, May 13, 1-4 p.m.

Grab the entire family and celebrate Mom while splashing in the pool. Learn more at www.urbandale.org/270/Swimming-Pool. ■



Link to original post:
<https://desmoinesparent.com/mothers-day-events-in-des-moines-2018/>





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Central Iowa garden centers

Spring is in the air, and it is planting season. Visiting a local garden center can be a fun outing as a family. It is a great way to get your children involved with nature and interested in how flowers grow, where their food comes from and more. A lot of garden centers offer events and activities, too. Take a look at this great list of garden centers located in central Iowa. Grab the family, spend a day picking out some colorful flowers and fun plants, and get dirty.

Busy Bee Garden Center

5901 U.S. Highway 65-69
Visit them at the Des Moines Downtown Farmers Market, too.
Busy Bee offers over 500 varieties of annuals, over 100 varieties of tomatoes (salsa anyone?), peppers, herbs, succulents, fruit trees and much more. Everything is homegrown and all produce is grown chemical-free. They grow a large variety of produce including beans,

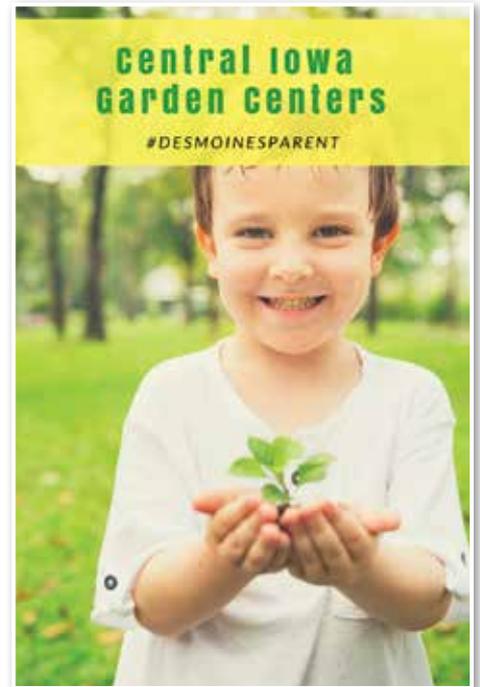
beets, brussel sprouts, summer squash, sweet potatoes, tomatoes, winter squash and much more. www.growbusybee.com

Canoyer Garden Center

3355 S.E. Gateway Drive, Grimes
175 S.W. Oralabor Drive, Ankeny
Canoyer offers everything from trees and shrubs to annuals, herbs/vegetables, tropicals and a cute little gift shop. The staff is friendly and very helpful. They offer several fun classes and events throughout the year. <http://canoyergardencenter.com>

Earl May

Located in Des Moines, Ames, Ankeny, Waukee and West Des Moines
Earl May has several locations in central Iowa. They offer several types of flowers, vegetable/fruit plants, bushes, landscaping materials and much more. Their staff is full of experts to help you create and keep your garden growing.



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Harvey's Greenhouse

611 Nile Kinnick Drive S., Adel
A local garden center located in a small town. Harvey's Greenhouse offers houseplants, tropicals, annual flowers, vegetables, perennials, trees, shrubs, water plants, herbs, cacti and succulents. Learn more by visiting their Facebook page.

Ted Lare Design & Build

2701 Cumming Ave., Cumming
Ted Lare Design & Build is much more than just a garden center. They offer landscape design and installation, lawn care services and more. They offer a large selection of annuals, items for a fairy garden, fountains, furniture and more. Want to learn more about planting or a certain topic? Check out the classes they offer. They also offer a Farmers Market, Ladies Night Out and other fun special events. www.tedsgardens.com

Wright Outdoor Solutions

8000 Raccoon River Drive, West Des Moines
This garden center offers trees, shrubs, plants and decorative elements to create and personalize your very own garden. They have beautiful display beds to inspire you and even encourage you to bring a lunch and enjoy the scenery. www.wrightoutdoorsolutions.com ■



Link to original post:
<https://desmoinesparent.com/central-iowa-garden-center/>



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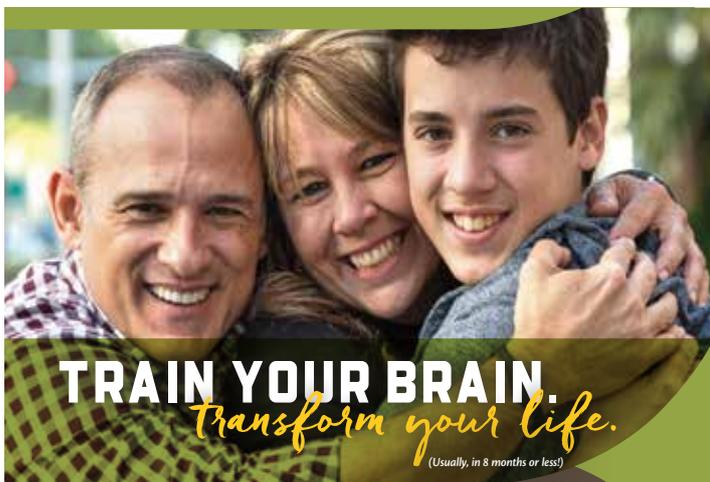
What is Camp Fire? It's a way of life. For more than 100 years, Camp Fire has been providing a nurturing, constructive and fun environment for young people to light their fires within — to discover who they are, become strong leaders and contribute to their community.

In collaboration with highly trained, caring adults, Camp Fire's programs also connect young people with nature. Camp Fire offers day camps, overnight camps, environmental education and short-term outdoor programs that include day trips. At camp, youth from different backgrounds develop important skills, such as self-reliance and problem solving, while interacting with natural surroundings and enjoying fun activities such as swimming, archery, hiking and so much more.

Camp Fire Heart of Iowa offers several different options for families. Take a look at all the options below.

DAY CAMPS

- Hantesa Day Camp. Grades 1-8, drop off/pick up locations in Des Moines, Ames, Madrid and Boone
 - Equestrian Day Camp. Grades 4-10, drop off/pick up locations in Des Moines, Ames, Madrid and Boone
 - Hantesa Outrageous Day Camp. Grades 5-10, drop off/pick up locations in Des Moines, Ames, Madrid, and Boone
 - Canwita Day Camp. Grades 1-6, drop off/pickup in Ames
 - Canwita Outrageous Day Camp. Grades 6-10, drop off/pickup in Ames
 - Camp Discovery. Grades 1-6, drop off/pickup in Des Moines
 - Camp Outrageous. Grades 6-10, drop off/pick up in Des Moines
- Each day camp offers a fun theme like Campers vs. Counselors, Myths & Legends, Under the Sea, A Bug's Life, Dirt Detectives and many more. Take a look at specific dates, descriptions and register on their website. A full week of day camp prices vary. Please check the website for specific details.



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OVERNIGHT CAMPS

- Hantesa Resident Traditional Camp. Grades 1-12, drop off/pick up at Camp Hantesa
- Hantesa Resident Minicamp. Grades 1-4, drop off/pick up at Camp Hantesa
- Herman’s Ranch Camp (Equestrian). Grades 4-12, drop off/pick up at Camp Hantesa
- Outpost Camp. Grades 7-12, drop off/pick up at Camp Hantesa, offering multiple options including an Equestrian Outpost Trip and a Canoe Outpost Trip in Minnesota.

TEEN LEADERSHIP CAMPS

- Leadership Challenge (LC) and Buckaroo. Grades 9-10, pickup/drop off at Camp Hantesa
- Apprentice and Wrangler. Grades 11-12, pick up/ drop off at Camp Hantesa

OVERNIGHT CAMPS

Overnight camps are loaded with fun activities and tailored to age group. Take a look at specific dates, itineraries and register at www.campfireiowa.org/programs/summer-camp/. Prices vary.

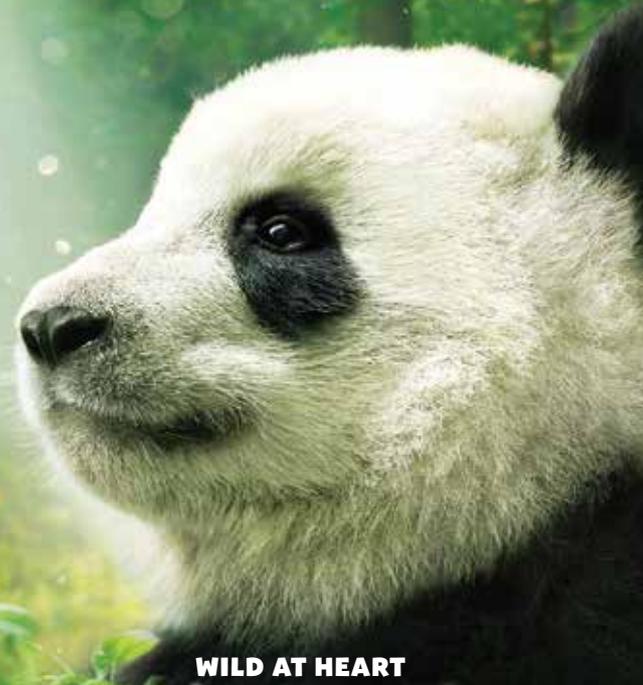
Special Discount: Mention Des Moines Parent and you will receive \$10 off your first week of camp. ■



Link to original article:
<https://desmoinesparent.com/summer-at-camp-fire-heart-of-iowa/>



NARRATED BY **KRISTEN BELL**



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Can't-miss events around Des Moines

SAFE K:DS GREATER DES MOINES

Saturday, April 28

Safe Kids Day

Safe Kids Day at UnityPoint Clinic Pediatrics-Walnut Creek is an opportunity for your children to learn about staying safe at home and on the go. Bring a bicycle for the bike rodeo, tour the Fire Safety House and meet West Des Moines Emergency Medical Services personnel. 9-11 a.m. For information, contact Walnut Creek at 515-224-4993.



Saturday, April 28

Trees for Kids

Head out to Brenton Arboretum to participate in the Trees for Kids program in conjunction with the City of Dallas Center. Starting at 9 a.m., Andy will be hosting tree planting demonstrations on the hour at 9 a.m., 10 a.m., 11 a.m., and 12 p.m. Learn how to plant a tree, then take home a free oak or hickory tree to plant in your own yard. They will give away 200 bare-root trees from the State Forest Nursery, first come, first served. This is a drop-in event. No pre-registration necessary. Learn more at <http://thebrentonarboretum.org>.

Sunday, April 29

Wildflower Hike

Enjoy a Wildflower Hike at Thomas Mitchell Park. Hike through the woods to view and identify the dazzling display of spring wildflowers. 2-3 p.m. Free and no registration required. Learn more at www.polkcountyia.gov/conservation.



Sunday, April 29

DSM Kids in Biz Fair

The Des Moines Kids in Biz Fair will allow kids to sell their own products, teaching them about marketing, sales, counting change and calculating profit. Reserve a booth for your kid(s) today or just plan to come and shop. 1-3 p.m. Learn more at www.dsmkidsinbiz.com.



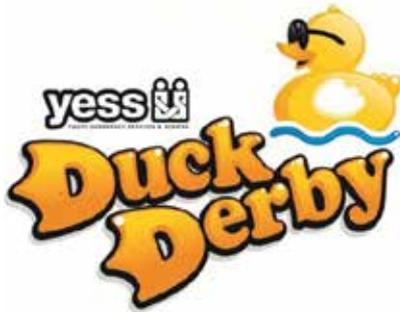
Tuesdays, May 1-23

Story Hour at the Park

Come to Raccoon River Nature Lodge for Story Hour at the Park. Join the West Des Moines Parks and Recreation staff for an hour of story power. Bring a picnic lunch to enjoy as their naturalist shares nature books, stories and games. Noon to 1 p.m. This activity is held every Tuesday until May 23.

Saturday, May 5 YESS Duck Derby

Come to the YESS Duck Derby at Jordan Creek Town Center. Noon to 3 p.m. The fun starts at noon, when you can enjoy free family friendly entertainment including live performances, food samples from Jordan Creek-area restaurants, a hands-on look at construction trucks and emergency vehicles, activity booths and handouts from event partners. Duck-themed gear will be available for purchase. The event features inflatables, games, crafts and other outdoor activities for kids of all ages. Learn more at www.YESSDuckDerby.org.



Saturday, May 5 Toddlerfest

The Dallas County Toddlerfest will be held at the Dallas County Fairgrounds in Adel. Families with young children are invited to stop in for a morning of fun. Children can participate in many educational crafts and activities provided by a variety of local businesses at no charge. A very special superhero from the Iowa League of Heroes is planning to “swing” by, so bring your camera. 10 a.m. to noon. For more details, visit the Iowa League of Heroes Facebook page.

Saturday, May 12 Honeybee Bash with Ellen Bell

Learn all about bees at the Honeybee Bash with Ellen Bell from Bell Farm. This event will be held at the Altoona Public Library 3:30-4:30 p.m. Ellen will give a show-and-tell demonstration of her bees. You will learn how to identify a queen bee, watch her laying eggs, and probably even see some baby bees being born. There will be a honeybee-themed craft for our younger attendees, Bell Farm honey will be available for sampling, and some take-home information will be available for those interested in beekeeping. Bring your questions, and be ready to learn some amazing facts about these busy pollinators. Program is free but registration is required at <https://altoona.libcal.com>.



Saturday, May 12 Food Truck Throw Down

The Des Moines Social Club's fourth annual Food Truck Throw Down is a great kick-off to summer and a celebration of local food and music fanfare. \$5 admission gives attendees access to more than 15 food trucks, live music, Iowa Beverage beer tents, art activities and more. 11 a.m. to 8 p.m. Learn more at www.desmoinessocialclub.org.



Saturday, May 19 Pedal the Prairie

Join Neal Smith National Wildlife Refuge for Pedal the Prairie, a spring bike ride on the Prairie Parkway Bike Trail. Their paved and expanded refuge entry road features four-foot bike lanes on each side. Participants will have the chance to see bison and elk, ride among native wildflowers, toss seed bombs, meet live animals, hike the trails, and explore the Visitor Center. Snacks, refreshments, games and activities provided. Like all refuge activities, Pedal the Prairie is a free event. Riders and non-riders are welcome to attend. There is no registration necessary for this event. 9 a.m. to 1 p.m. Learn more at www.fws.gov/refuge/neal_smith.



For more events around Des Moines, go to www.desmoinesparent.com/event-calendar



Living History Farms: Summer Day Camp

Central Iowa has a ton of great options for summer camp. The Living History Farms Summer Day Camp has been around for years. When I came across this camp, I knew it would be a perfect fit. What child would not love farm animals, mud, making ice cream and creek stomping? I made sure to get my son signed up right away.

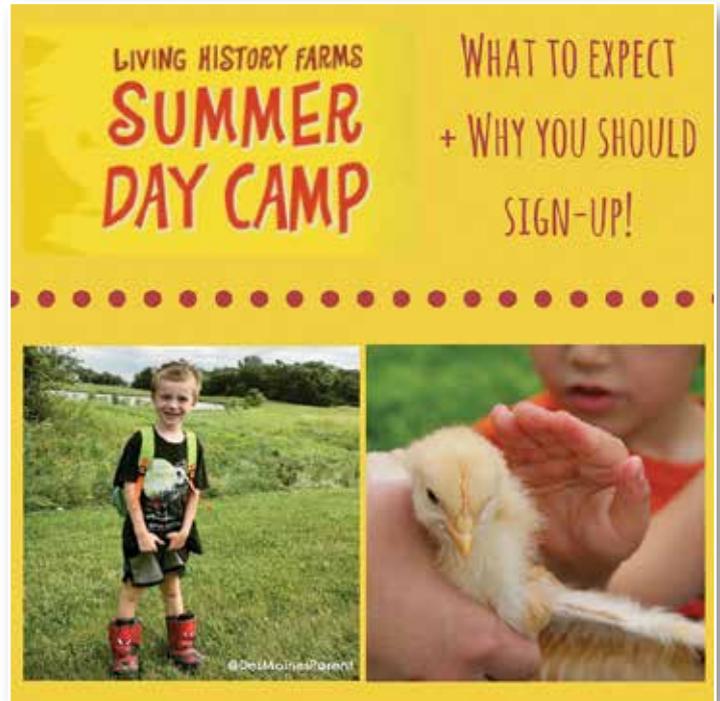
As a parent, education and activities my children will be doing is important, but organization and communication is even more crucial to me. Living History Farms exceeded in all of these categories.

A few weeks before camp started, we received a small packet with Monte's schedule, a camp checklist and helpful hints for camp. This was great so I could purchase and gather whatever items I needed for the week of camp.

The week before our camp started, our camp counselor called me personally to go through what Monte would be doing, asked me about any concerns, and reminded me what to pack with him and what he should wear. I loved the fact that she personally called me. It gave me a chance to know exactly who my son would be spending the day with and an opportunity for me to ask questions before dropping him off on the first day.

Drop-off and pick-up was super smooth and organized. No major chaos! Find your designated flag, sign the sheet, and off you go.

Monte attended the Farm Life Camp for Kindergarten, and he loved it. His schedule consisted of themes for each day which included:



Monday - Farm Animals. He visited the 1900 farm and took care of chickens.

Tuesday - School Days. He visited the schoolhouse and shopped in the general store.

Wednesday - Farm Life. He stomped and played in the creek and made a fun caterpillar craft.

Thursday - Cooking. He made apple muffins and ice cream. They also cared for the garden.

Friday - Farm Crops. He planted seeds and visited the 1700 and 1850 farm.

Monte had a blast and came home each day with a fun coloring sheet or craft and a story to tell about his day. He also received a camp T-shirt and a cute picture of his camp friends and counselor — a wonderful souvenir of the fun-filled week.

After camp ended, I received a survey in my email. This is where I could share my thoughts, concerns and any ideas I had for changes. I loved that this gave me the opportunity to give feedback.

Living History Farms is a great place to explore and learn as a family. Learn more about Living History Farms at www.lhf.org. ■



Link to original article:
[https://desmoinesparent.com/
living-history-farms-summer-day-camp/](https://desmoinesparent.com/living-history-farms-summer-day-camp/)



Art Terrarium with kids



nervous to take my overly interested 3-year-old, being afraid she would break something or destroy all the plants, but she did awesome. The staff was very welcoming.

Art Terrarium offers a wide selection of hearty houseplants, succulents and cacti. They offer fun events and actively support independent local artists. A true gem in Des Moines.

When we first entered, Amelia was in awe of all the pretty and unique plants she saw. She loved the colorful little succulents and the ones with small spikes (cacti), which I had to remind her several times not to touch.

The person working helped us pick out the perfect succulents for our terrarium, and Amelia was able to put it together on her own (with a little guidance). We picked out three succulents based on where we would be hanging them in our home. We then scooped up each layer and dumped it into our terrarium. While doing each layer, the staff person was knowledgeable

Amelia and I enjoyed a fun afternoon in Downtown Des Moines over spring break. Big brother went on a couple days' adventure with Grandma and Grandpa, and we decided to hit up some local places in Downtown Des Moines.

One place that I had really been wanting to check out was Art Terrarium. I was a bit

106 11th St., Des Moines
515-346-4155
Sunday: noon to 4 p.m.
Monday and Tuesday: 10 a.m. to 6 p.m.
Wednesday: closed
Thursday: 10 a.m. to 6 p.m.
Friday and Saturday: 10 a.m. to 5 p.m.

and explained the purpose of each. Amelia's favorite part was decorating the inside with colorful gems and seashells.

If you are looking for a unique and fun activity to do with your kids, I highly recommend taking a trip to Art Terrarium. If you are interested in learning more about plants and attending some of their other fun events, check out their event calendar at <https://artterrarium.com>. ■



Link to original article:
<https://desmoinesparent.com/art-terrarium-with-kids/>



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**Color Cubbie Bear
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an Iowa Cubs game!**



Each entrant will receive two Reserved Grandstand tickets to an Iowa Cubs game. The top three entrants received by May 25 (chosen randomly) will have the opportunity to throw out a first pitch at an Iowa Cubs game. Other entrants chosen at random will be featured on Iowa Cubs social media accounts.

SEND ARTWORK TO:
**Cubbie Bear, Iowa Cubs, Principal Park,
1 Line Drive, Des Moines IA 50309
Or email to: photos@iowacubs.com**

Artist _____
Age _____
Address _____
City / State / Zip _____
Parent _____
Phone _____

HAVE A GRAND SLAM BIRTHDAY PARTY AT AN IOWA CUBS GAME



WEEKENDS ARE FUN WITH THE IOWA CUBS

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FIREWORKS

SATURDAY NIGHTS

PRE-GAME CATCH ON THE FIELD

SUNDAY AFTERNOONS

FAMILY 4-PACK: 4 TICKETS, 4 PIZZA SLICES, 4 SOFT DRINKS, 4 COKES: \$56

PEDAL TO THE PARK: BIKE VALET AND TICKET SPECIALS

KNOTHOLE GANG: FREE TICKET, TREAT FOR MEMBERS

POST-GAME KIDS RUN THE BASES



2018 IOWA CUBS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
MAY						
		1 OMA 6:54	2 OMA 12:00	3 OMA 12:00	4 RR 7:00	5 RR 8:00
6 RR 1:00	7 RR 7:00	8 OMA 6:25	9 OMA 11:00	10 OMA 6:30	11 OMA 7:00	12 RR 7:00
13 RR 1:00	14 RR 12:00	15 RR 12:00	16 OMA 6:30	17 OMA 6:30	18 OMA 7:00	19 OMA 7:00
20 OMA 1:00	21 RR 7:00	22 RR 7:00	23 RR 7:00	24 RR 7:00	25 NO 7:00	26 NO 7:00
27 NO 1:00	28 NO 1:00	29 NO 12:00	30 COL 7:40	31 COL 7:40		

PACIFIC COAST LEAGUE OPPONENTS

- ABQ Albuquerque Isotopes (Rockies)
- COL Colorado Springs Sky Sox (Brewers)
- ELP El Paso Chihuahuas (Padres)
- FRE Fresno Grizzlies (Astros)
- LV Las Vegas 51s (Mets)

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE						1 COL 7:40
2 COL 2:00	3	4	5 ABQ 7:00	6 ABQ 12:00	7 ABQ 7:00	8 ELP 7:00
9 ELP 1:00	10 ELP 12:00	11	12 REN 9:00	13 REN 9:00	14 REN 9:00	15 TAC 9:00
16	17 TAC 3:50	18 TAC 8:00	19 TAC 8:00	20	21 COL 7:00	22 COL 7:00
23	24	25	26 NO 7:00	27 NO 7:00	28 NO 12:00	29 MEM 7:00
30 MEM 1:00	31					

PACIFIC COAST LEAGUE OPPONENTS

- MEM Memphis Redbirds (Cardinals)
- NAS Nashville Sounds (Athletics)
- NO New Orleans Baby Cakes (Marlins)
- OKC Oklahoma City Dodgers (Dodgers)
- OMA Omaha Storm Chasers (Royals)

SUN	MON	TUE	WED	THU	FRI	SAT
JULY						
1 MEM 1:00	2 MEM 7:00	3 MEM 7:00	4 NAS 7:00	5 NAS 7:00	6 NAS 7:00	7 NAS 7:00
8 NAS 6:10	9	10	11 TRIPLE-A ALL STAR GAME 7:00	12 NAS 7:00	13 NAS 7:00	14 NAS 7:00
15 NAS 1:00	16 MEM 7:00	17 MEM 7:00	18 MEM 7:00	19 MEM 7:00	20 NO 7:00	21 NO 7:00
22 NO 1:00	23	24 FRE 9:00	25 FRE 9:00	26 FRE 9:00	27 SAC 9:00	28 SAC 9:00
29 SAC 3:00	30 SAC 2:00	31				

PACIFIC COAST LEAGUE OPPONENTS

- REN Reno Aces (Diamondbacks)
- RR Round Rock Express (Rangers)
- SAC Sacramento River Cats (Giants)
- SL Salt Lake Bees (Angels)
- TAC Tacoma Rainiers (Mariners)

SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST						
				1 SL 7:00	2 SL 7:00	3 SL 7:00
4 LV 1:00	5 LV 7:00	6 LV 12:00	7	8 NO 7:00	9 NO 7:00	10 NO 7:00
11	12	13	14 COL 7:00	15 COL 7:00	16 COL 12:00	17 OKC 7:00
18 OKC 7:00	19	20	21 COL 7:40	22 COL 7:40	23 COL 7:40	24 OMA 7:00
25 OMA 6:00	26	27	28 OKC 7:00	29 OKC 7:00	30 OKC 12:00	31 RR 7:00

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1 RR 1:00	2 RR 12:00	3	4	5	6	7
8	9	10	11	12	13	14

515.243.6111
iowacubs.com

It's FUN TO BE A FAN

Des Moines Art Center is ‘The Place to Be’

By Michele Krage

The Des Moines Art Center has so much to offer. I have been going continually for as long as I can remember, more frequently since having a child five years ago. I had been thinking that the artwork definitely needed to be mixed up. Much to my delight, that wish came true. Last week, when I went to the Art Center, I noticed so many pieces that I hadn't seen before. My 5-year-old also noticed new pieces. The Des Moines Art Center has about 5,600 pieces to choose from in their vault or on loan, as well as additional art work at the John and Mary Pappajohn Sculpture Park and many sculptures amongst the Rose Gardens to the south of the Art Center.

As you enter the Art Center, you are greeted by people eager to help guide you in the best direction. For children — and maybe adults, too — there are interactive boards to play with. The boards show different works of art to identify. The Art Center has added a small book to their repertoire. The book has activities and pictures of art as well as helpful hints on how to act in a museum. The Art Center also encourages taking



pictures and sharing them using the hashtag #EntirelyUnexpected. Another way to use the museum and its resources would be to go into the Museum Shop, buy postcards of artwork within the museum, and have your child search for the artwork viewed on the postcards. You also have an opportunity to use the audio guide to help you through the museum.

If you decide to go straight into the Anna K. Meredith Gallery, the transformation from the Drawing in Space exhibit to the Wanderlust exhibit is amazing, vibrant and enlightening. Three video exhibits in the first gallery and several more scattered throughout the Meier Building will keep the kids busy.

The Art Center is made up of three different buildings: Eliel Saarinen Building, I.M. Pei Building and the Richard Meier Building. Each building is easy to navigate. The Meier Building has stairs as well as a giant elevator. Choosing the stairs gives you an opportunity to gaze out the windows or see an entire art installation above. On the lower level are two gender-neutral bathrooms that are clean and handicap accessible. If anyone needs help, there are many docents to provide guidance.

You might also want to grab a bite at the Chef's Palette. The Café has small bites as well as handmade desserts. The menu changes weekly. There is also a kids' menu. The Café is open Tuesday through Saturday 11 a.m. to 2 p.m.

There is so much more the Des Moines Art Center has to offer. The Art Center offers classes, camps and one-day workshops throughout the year. Summer art camps are available for kids and adults. The camps offer extended care. You are able to get a discount of 20 percent if you become a member. Becoming a member is super easy. Members get a discount at the Museum shop as well as many other perks. Prices start at



Admission: Free
 Hours: Closed Monday
 Tuesday, Wednesday and Friday:
 11 a.m. to 4 p.m.
 Thursday: 11 a.m. to 9 p.m.
 Saturday: 10 a.m. to 4 p.m.
 Sunday: noon to 4 p.m.
 Summer Camp: 515-271-0316;
 Monday – Friday: 8 a.m. to 5 p.m.
www.desmoinesartcenter.org
studioclasses@desmoinesartcenter.org

\$30 for students to \$55 for household/grandparent. The membership is due yearly.

Yoga, documentaries, workshops, performances, Drop in Baby and Me Tours, and Mother's Books & Blankets are all offered at the Des Moines Art Center. All things art can be found by visiting their website or by simply visiting the Art Center itself to see all the beautiful, amazing things they have for all ages.

If you didn't make it to the Drawing in Space exhibit, don't fret. The Art Center has an equally wonderful exhibit in Wanderlust: Action, Traces and Journeys (through May 13). Go see the Des Moines Art Center. It's amazing! ■



Link to original article: <https://desmoinesparent.com/des-moines-art-center-is-the-place-to-be/>



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Des Moines coffee shops

Coffee is pretty much a necessity if you are a parent. Not only do I love coffee, but I love the atmosphere when entering a local coffee shop. I love to take in all the uniqueness that coffee shops have to offer. It is a great place to hang out, drink some yummy (caffeinated) beverages, enjoy snacks, and even play games with the kids. Take a look at this list of local Des Moines coffee shops. I still have a bunch to check out!

5 Borough Bagels

13435 University Ave., Clive

The title may not give it away, but 5 Borough Bagels has some unique and delicious lattes such as a Cookie Butter Latte or Peppermint Zebra Latte. One of our favorite spots to stop and grab a New York style bagel and coffee. <http://5boroughbagels.com>



Cafe Diem

229 Main Street, Ames

2005 S. Ankeny Blvd. Suite 700, Ankeny

Cafe Diem offers two main locations and two locations on the DMACC Ankeny Campus grounds. I love the laid back vibe. <http://cafe-diem.com>

Capes Kafe

900 Mulberry St., Des Moines

Capes Kafe is located in the Des Moines Social Club and makes milkshakes, smoothies, teas and Italian sodas. They have fun drinks and hundreds of comic books to read. A fun place for any comic book lover. <http://capes-kafe.business.site>

The Coffeesmith

770 Alice's Road, Waukee

We just made a visit to The Coffeesmith.

They offer traditional espressos, coffee and espresso specialties including a Peanut Butter Cup Mocha (yum!). This is the place to visit if you have a little future coffee enthusiast. They have the "Little Smitty" menu, which includes a Babyccino, Not-So-Hot Chocolate, and Iced Chocolate. All three include sprinkles. Win! www.yourcoffeesmith.com

Corazon Coffee Roasters

516 Elm St., West Des Moines

Corazon Coffee Roasters roast organic, fair trade coffee beans right here in Des Moines. www.corazoncoffeeroasters.com

DSM Brew Coffee Co.

300 W. Martin Luther King, Jr. Parkway, Suite 140, Des Moines

This is a fun place to visit, and one of my favorite things to order is the Nitro Coffee. Nitro Coffee is cold brewed and then infused with nitrogen gas. It is served straight from a tap and is delish. www.dsmbrew.com



Freedom Blend Coffee

2329 Hickman Road, Des Moines

Freedom Blend Coffee is much more than just coffee drinks. They are an enterprise of Freedom for Youth Ministries. They teach job skills such as marketing, customer service, management and more. They also offer some lunch options. www.freedomblendcoffee.com



Friedrichs Coffee

801 Grand Ave. Suite 310, Des Moines

4632 86th St., Urbandale

1821 Second St. Unit 101, West Des Moines

4126 University Ave., Des Moines

699 Walnut St., Des Moines

Friedrichs Coffee is located in several places around Des Moines. This is one of my favorite places to sit and work. They offer many roasts you can take home in bulk and tea. <https://friedrichscoffee.com>

Grounds for Celebration

2709 Beaver Ave., Des Moines

6601 University Ave., Windsor Heights

5950 University Ave., located at the Iowa Clinic Cafe, West Des Moines

They offer much more than just delicious coffee. It is one of my favorite spots for lunch, which includes sandwiches, salads and more. <http://groundsforcelebration.com>

Horizon Line Coffee

1417 Walnut St., Suite B, Des Moines
Located in downtown Des Moines, this place is worth the stop. Not sure what to try? Check out their Coffee Flight option. www.horizonlinecoffee.com

Inspired Grounds Cafe

117 Fifth St., West Des Moines
If you are walking and shopping in Historical Valley Junction, make sure you stop here for a pick me up. They offer a complete menu of coffee drinks, ice cream, pastries, breakfast and lunch sandwiches. www.valleyjunction.com/business/inspired-grounds-cafe

Java Joes Coffee House

214 Fourth St., Des Moines
4944 Douglas Ave., Des Moines
Java Joes Coffee House is located in two different locations. The original location, downtown, offers live music and events, tasty food, a small theater space for kids, and coffee, of course. The Douglas location offers food and coffee. www.facebook.com/JavaJoesDesMoines

La Barista Coffee

1963 Grand Ave., West Des Moines
La Barista Coffee has been around since 1995 and offers a convenient drive through, full menu of coffee drinks, homemade pastries and breakfast items. They are famous for their ham and cheese quiche and breakfast burritos using Grazianos sausage. www.facebook.com/LaBaristaCoffee

Mahalo's Coffee & Mini Donuts

4800 Mills Civic Parkway, #105, West Des Moines
Who doesn't love coffee and donuts? Mahalo's offers several delicious donuts to indulge on while you sip on your coffee. www.mahaloscoffee.com

Mars Cafe

2318 University Ave., Des Moines
One of my favorites in Des Moines. Located in the Drake neighborhood, this is a popular hang out for college students who are studying. They offer delicious coffee drinks, breakfast options, paninis, desserts, smoothies and even wine and beer. <http://marscafe.net>

Mars Sidebar

400 Locust St., Suite #130, Des Moines
If you are walking through the East Village and need a quick pick me up, the locally owned Mars Cafe has a sidebar available. They offer their coffee drinks and pour overs at this location. <http://marscafe.net/mars-coffee-bar>

Porch Light Coffeehouse

417 S.W. Third Street, Ankeny
Porch Light Coffeehouse is located in the newly developed Uptown Ankeny. They offer coffee drinks and other hot drinks such as the Mexican Spiced Hot Chocolate. They also offer Coffee Rings, code for delicious mini donuts, along with sandwiches and salads. <https://porchlightcoffeehouse.com>

Ritual Cafe

1301 Locust St., Suite D, Des Moines
Ritual Cafe is known for their vegetarian menu, offered all the time. They also serve amazing coffee and coffee drinks. They are located in Western Gateway Park in Downtown Des Moines. The perfect place to stop after visiting the Central Library or walking through PappaJohn Sculpture Park. www.ritualcafedsmiowa.net

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Campers fill their days with fun and engaging outdoor experiences, hands-on activities, games, crafts, and visits to Living History Farms' historic sites. The fun and learning never stops at LHF Summer Day Camp!

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Coffee shops continued...



Scenic Route Bakery

350 E. Locust St., Suite 104, Des Moines

One of my favorites and located in the East Village. They offer amazing coffee, pastries and lunch items in a super cute coffee shop. <https://scenicroutebakerydsm.com>

Smokey Row Coffee Co.

1910 Cottage Grove Ave., Des Moines

This is a favorite of the entire family. We enjoy grabbing coffee, lunch and dinner at Smokey Row. They offer some yummy pies and ice cream as well. <https://smokeyrow.com>

St. Kilda Cafe & Bakery

300 S.W .Fifth, Des Moines

St. Kilda is a full-service Australian-style cafe and bakery serving breakfast, lunch and dinner. Their menu is amazing, and if you are looking for a truly unique coffee beverage, check out the Australian Iced Coffee. www.stkildadsm.com

Timbuktu Coffee Bar

4825 EP True Parkway, West Des Moines

Timbuktu offers yummy coffee, smoothies, pastry and more.

Twisted Bean Coffee Company

6155 S.E. 14th St., Des Moines

4504 Merle Hay Road, Urbandale

I just came across the Twisted Bean Coffee Company a few weeks ago and fell in love with their coffee and tasty pastries. Each location's menu is a bit different, but the Urbandale location offers breakfast and lunch sandwiches, smoothies and more. <http://twistedbean.com/>

West End Cafe

22 Ninth St., Des Moines

The West End Cafe is located in the West End Architectural Salvage. They are a large cafe that offers free wif-fi in addition to a complete coffee bar with hot and cold espresso drinks, Italian sodas and smoothies. www.westendsalvage.com

Zanzibar's Coffee Adventure

2723 Ingersoll Ave., Des Moines

Zanzibar's is a fun adventure, and I love their unique coffee shop. They offer breakfast, snacks, espresso beverages and more. I have enjoyed the Cafe Zanzibar. www.zanzibarscoffee.com ■



Link to original article:
<https://desmoinesparent.com/des-moines-coffee-shops/>



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Doctor Rob Fornoff

Our patients and parents praise his ability to connect with children and make the visit to the doctor a fun experience. Dr. Fornoff attended one of the Top Ten medical schools in the country, and has been a pediatrician for 15 years. He has privileges at all area hospitals, and has a particular interest in newborns, asthma, depression, and sports medicine for children. He lives in Ankeny with his wife Mary.



Doctor Amy Peterson

Dr. Petersen is one of the 2016 Top Three Favorite pediatricians in the entire Des Moines area from Pipsqueaks magazine. Area families voted on this award! She earns this reputation every day by treating your children like her own.



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