



Koj xam tau pes tsawg tus muv?

Rau cov lus txhais ua
lus Mev, lus Hmoob, lus
Русский, thiab lus Af
Soomaali, los yees qhov QR
code tus duab.



Ntau hom tsiaj uas nqa kua paj mus xws li tus muv rusty-patched tab tom ploj mus vim tsis muaj chaw rau lawv nyob. Txawm yog lub paj tsis tawg paj txi txiv los, cov paj thiab nroj tseem yog ib qho chaw rau cov tsiaj no tsaws thiab so.

Muaj ib daim duab txog lub xeev Minnesota tus muv uas muaj kev pheej hmoo ploj mus tag nrho nyob ntawm sab laug uas nyob rau saum tsob **Wild Bergamot** tom lub tsev kawm ntawv qib siab St. Thomas University.



Sab laug:

Lub paj xim paj yeeb Purple Coneflower (Echinacea purpurea) muaj ntau hom tsiaj uas nyiam nqa nws cov kua ncig mus xws li cov muv ntab, cov muv ntawm sab hnuv tuaj, cov muv tawm hws, cov muv muaj kub ntev thiab cov npauj npaim.

Daim duab nyob ntawm sab laug yog ib tug muv ntab.

Sab xis:

Tsob Rough Blazingstar (Liatris aspera) yog ib hom tsob uas npauj npaim nyiam heev.

Daim duab nyob ntawm sab xis yog lub xeev Minnesota tus npauj npaim, hu ua tus monarch.



Cov duab ntawm: University of St. Thomas



Lub paj Golden Alexander (Zizia aurea) muaj xim zoo nkauj heev thaum tawg paj uas muaj ntau hom tsiaj nyiam, xws li Cov Muv Sab Hnuv Tuaj, cov kab pib nyug, cov yoov khws muv (yoov syrphid) thiab ntau hom muv me thiab dub, xws li genera Lasioglossum (muv tawm hws me), Ceratina (muv me) thiab Hylaeus (muv muaj ntsej muag xim daj).

Daim duab nyob ntawm sab laug yog ib tug muv rau saum ib lub paj Golden Alexander.

Koj Puas Tau Paub?
Allina Health muaj tej qho chaw
tseg cov luv thij uas nyab xeeb?
Caj koj lub luv thij tuaj xyuas peb!

