

# Spring Equinox

As winter is slowly coming to its end, the spring equinox is right around the corner. March 20, 2021 marks the spring equinox or the vernal equinox, which is also the first day of spring. It occurs two times a year in the Northern and Southern Hemisphere, more specifically the month of March and September. In simple terms it means, day and night are about the same length. The sun crosses the equator, heading north. After this the Northern Hemisphere tilts more towards the sun causing more daylight and increasing temperatures.

Not to get confused with solstices; a solstice results in the longest or shortest day of the year, while equinoxes result in equal amounts of daylight and darkness. The key difference is that solstices are involved in the length of day and night and equinoxes are not. Even though they aren't at all the same there are two of each a year. Solstices occurring in the winter and summer, and equinoxes occurring in the fall and spring.

There are so many different ways to celebrate the start of spring and these are just some of them. Some see this time of year as a sign of new beginnings or the feelings of rebirth. Others feast as a form of celebration, digging in with hearty greens, sprouts, eggs, bread, etc. Many also celebrate the vernal equinox with Easter. There is so much that goes into learning about equinoxes and what they do, and these are just a few of the basic things about it.