

EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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April is National Garden Month

Tired of eating vegetables and fruit that are grown hundreds or thousands of miles away? Miss that 'just picked' flavor of summer ripe produce? Celebrate National Garden Month by planting lettuce in your yard or in containers on your porch. Lettuce is an easy to grow vegetable that grows best in the cool temperatures of spring time. You can use your EBT card to buy the seeds.

The five varieties of lettuce include loose-leaf, romaine, butter head, French and crisp head. Lettuce comes in many colors, textures and tastes so choose one (or more!) that your family enjoys.

Plant your lettuce seeds directly in the soil and plant only 1/8th inch deep. Lettuce seeds need light to germinate. Keep the soil moist while the plants are growing. At 50 degrees, your seeds should begin to grow in about 7 days. You can harvest individual leaves by cutting the leaves with scissors. If you plant a type of lettuce that forms a head, like romaine, butter head and crisp head, you can wait until the head is fully grown before harvesting or you can cut individual leaves. Consider planting a few seeds one week, then a few more seeds the next week and so on so you have lettuce to eat for many weeks.



Freshly grown lettuce is terrific in salads, on sandwiches or to roll up other ingredients in (lettuce wraps). Two cups of shredded lettuce only has 10 calories, so including lettuce in your daily meals is a great way increase nutrition without adding lots of calories.

Go Lean With Protein – Choose Eggs this Month

Eggs are not only for breakfast! Eggs are a healthy and less expensive protein source, averaging \$1 per pound. In addition to breakfast, try hard boiling eggs to keep in the refrigerator for a quick snack or as an addition to a packed lunch. Consider making an egg dish for dinner. Afraid eggs are not part of health diet? Think again – research shows that most Americans can enjoy an egg a day without increasing their risk for heart disease. One large egg only has 70 calories, is a good source of protein and contains a variety of vitamins and minerals.

Make sure your eggs are safe to eat by cooking them until the whites and yolk are firm or until an egg dish reaches 160 degrees. Store your eggs in the main part of your refrigerator at a temperature between 33 and 40 degrees. Thoroughly clean your hands and any surfaces that come into contact with raw eggs by using hot soapy water.



EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County
5657 State Route 5
Herkimer NY 13350
315.866.7920
herkimer@cornell.edu

For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:

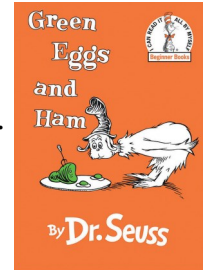


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With your child, head to the local public library and check out "Green Eggs and Ham." Enjoy reading this classic with your child and ask her or him about the different ways they like to eat eggs. Make scrambled eggs together. Even toddlers can help to beat the eggs before you add them to the frying pan. Consider adding a sprinkle of grated cheese just as the eggs finish cooking and try serving the eggs with your family's favorite salsa.



Baked Kale Frittata

Serving Size: 1/6th of recipe
Serves 6

Ingredients:

- vegetable cooking spray
- 1 bunch kale (3 cups chopped, stems removed)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- 1/4 cup water
- 5 eggs
- 1/2 cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



Directions:

1. Preheat oven to 375. Coat 9-inch round or square baking pan with vegetable cooking spray.
2. Wash and chop kale. Chop onion.
3. Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking pan.
7. Bake 20 minutes.
8. Remove from oven and let set for 2 to 3 minutes. Slice into wedges or pieces.

Nutrition Facts: Serving Size: 1/6th of pan, 110 calories, 50 calories from fat, 5g total fat, 1.5g saturated fat, 0g trans fat, 155mg cholesterol, 330mg sodium, 7g total carbohydrate, 1g dietary fiber, 2g sugar, 5g protein, 110% vitamin A, 15% calcium, 70% vitamin C, 8% Iron.

Source: *Loving Your Family, Feeding Their Future—The Healthy Family Guide Book* (USDA)