

# EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension Herkimer County programs, call 315-866-7920

Produced by Cornell Cooperative Extension April 2021

## It's National Garden Month! Benefits of Growing a Vegetable Garden

### 1. The freshest food possible

When you plant your own food, you know exactly what went into your process; the seed types you selected and any growing challenges encountered. Not only will you be able to harvest your produce at its peak, you can consume it at its freshest too as you've eliminated time produce spends traveling to the grocery store.

### 2. Physical activity

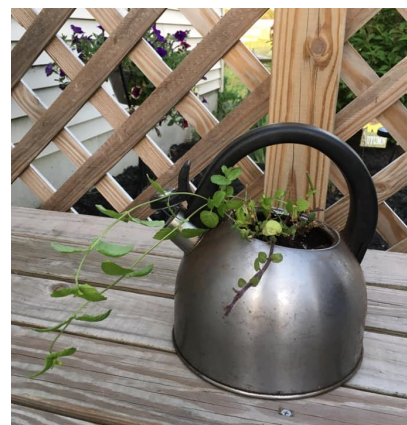
When you prepare, plant, weed, water, and harvest a garden, you also get sunshine, fresh air, and physical activity. The exercise can help you stay in shape, relax and reduce stress.

### 3. Family time

Gardening is an activity that kids of all ages can take part in. They can help with weeding, watering, planting, and even harvesting, depending on their ages. Gardening gets everyone together, active, and engaging with each other and nature.

### 4. Use your SNAP benefits

You can use your SNAP benefits (EBT card) to buy vegetable plants and seeds to start your home garden.



Used kitchen items can be repurposed into fun containers for gardening. This is a mint plant growing in an old tea kettle.

## Tips for New Gardeners

- **Start small** – Gardening can be an investment. Start with container gardening if you want to give it a whirl. Tomatoes and peppers are good starters and are easy to eat.
- **Soil** – Use the right soil for the plant. Depending on the plant, you may need to check with the garden center to determine if you have the right soil to grow a particular plant or tree.
- **Potted Plants** – Anything in a container, such as a clay, plastic or resin pot will require more watering than a plant that has been placed in the earth. Depending on the daily temperature, these plants will likely need to be watered at least twice a day.

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

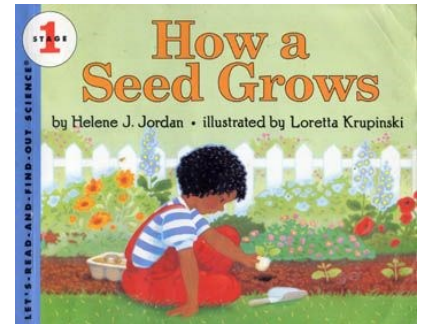
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

# KORNER IDS

Visit your local library and check out "How a Seed Grows" By Helene J. Jordan. Read the book to your child. When you finish, create a simple paper chain craft and label the stages of seed growth with your child.



## April Fool's Day Breakfast! Surprise Fried Egg

**Serves 1**

**Ingredients:**

- 1 toaster waffle, toasted
- 1/2 cup low fat vanilla yogurt
- 1 canned peach half (canned in its own juice or water)

**Directions:**

1. Spread vanilla yogurt on a round waffle
2. Top with a half of a peach.



Looks like a fried egg!

**Nutrition Facts**

1 servings per container	
<b>Serving size</b>	<b>1 waffle (272g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 22g	
Includes --g Added Sugars	<b>--%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 187mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 186mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: [www.kidscookingactivities.com](http://www.kidscookingactivities.com)  
2% calories from fat