

EFNEP Newsletter

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

Produced by Cornell Cooperative Extension April 2022

Celebrate Gardening This Month!

It's National Garden Month, a great way to celebrate spring weather and the return of locally grown vegetables and fruit. By this time of year, many people are tired of eating less than delicious produce that has traveled hundreds or thousands of miles.

If you have a small outside space, you have room to grow a pot of lettuce. Lettuce is very easy to grow from seed and makes a wonderful fresh and healthy salad. Looseleaf lettuce is the easiest to grow in a container. Look for varieties like Black Seeded Simpson, Red or Green Leaf, or Green or Red Salad Bowl. Lettuce likes moist, but not wet soil and lots of sun.



Look for a plastic pot and potting soil at a dollar store. You can use your SNAP benefits to buy vegetable seeds. Into recycling? Reuse large yogurt or milk jugs instead of a new pot. Just poke a few holes in the bottom for good drainage. Fill your container with potting soil and sprinkle your lettuce seeds on top. Gently press them into the soil and then sprinkle a little more soil over the top. Water well, but gently because you do not want the seeds to move from where they are planted. The ideal temperature to grow lettuce is 60-65 degrees, but it will grow at cooler temperatures too. Remember to keep your lettuce plants moist.

When leaves grow large enough to eat, you can trim individual leaves with scissors from your plants and the plants will continue to grow. Gently wash the lettuce before eating. If you plan to store cut lettuce in the refrigerator, wrap it gently in a paper towel and place it in a large zip top bag.

Encourage your whole family to join in planting, harvesting and eating!

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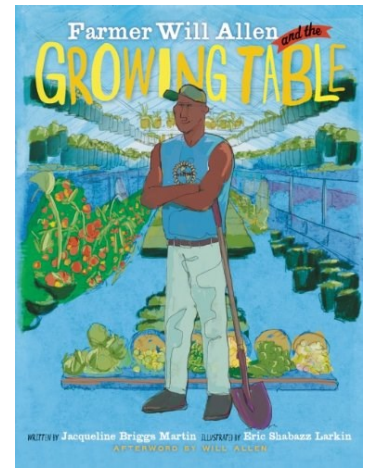
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



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

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Head to the public library with your child and borrow "Farmer Will Allen and The Growing Table" by Jacqueline Briggs Martin. Learn about this real life food hero who helped feed his neighbors and others in Milwaukee.



Homemade Italian Dressing

Make 2 servings
Serving size 1/2 of recipe

Ingredients

- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- 1/4 teaspoon black pepper
- 1 clove of garlic (fresh), minced
- 1/2 teaspoon lemon juice

Directions

1. Whisk olive oil, red wine vinegar, black pepper, garlic and lemon juice in a small bowl until blended.
2. Use with your favorite lettuce salad.



Nutrition Facts for 1/2 recipe: 45 calories, 4.5g total fat, 0.5g saturated fat, 0mg cholesterol, 0mg sodium, 1g total carbohydrate, 0g dietary fiber, 0g total sugars, 0g added sugars, 0g protein, 0% Vitamin D, 0% calcium, 0% iron, 0% potassium, 90% calories from fat

Source: Westchester County Cornell Cooperative Extension

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