

# SPRING QUICK TIPS

## Building Healthy Habits: Food and Community Nutrition



### April is National Garden Month

April is a wonderful month to start cool season vegetables- like radishes, lettuces, and spinach- in your garden. Your garden can be a plot of land in your yard, a raised bed you build with wood, or a good sized flowerpot full of potting soil. Homegrown vegetables are often more flavorful than those you choose at the store. Gardening can help to decrease your food bills and may help improve your mental and physical health. Being outside in nature can help lower stress and boost your mood!



**Cornell  
Cooperative  
Extension**

Use your EBT card to buy vegetable seeds and plants from any retail store who accepts EBT. Some of the easiest vegetables to grow from seed are green and yellow beans, lettuce of all types, spinach, fresh herbs, green onions, and radishes. When you buy seeds, be sure to read the back of the package to find out how deep and far apart to plant seeds. Make sure to thoroughly water your seeds and plants after planting. Check seeds daily to see if they need water, once sprouted, water when dry. Contact your local Cornell Cooperative Extension with all your gardening questions!

# GET MORE *Healthy* RECIPES

## Spring Garden Salad

Serving Size: 1 cup

Serves 10

### Salad Ingredients

- 1 bag of baby spinach OR 7 cups of other salad greens
- 3 oranges or 1 - 15 oz can of mandarin oranges in juice (drained)
- 1 1/2 cups of washed, halved strawberries
- 1 cup of walnut pieces (toasted) optional

### Salad Dressing Ingredients

- 1 teaspoon of sugar
- 1/4 teaspoon paprika
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 1/2 teaspoon vinegar (any type)
- 1 teaspoon finely chopped onion
- 2 tablespoons vegetable oil

### Directions

1. Wash hands with soap and water
2. Wash and dry spinach or salad greens, tear into pieces and chill.
3. To prepare orange: cut off peel and membrane of out part of the sections. Using a paring knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane. If using mandarin oranges, drain juice.
4. Make dressing by mixing sugar, paprika, orange juice, lemon juice, vinegar, onion and oil in a small bowl or jar with tight lid. Shake well. Set aside.
5. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: Calories per serving: 100; Total Fat: 6 g; Cholesterol: 0mg; Total Carbohydrate: 11 g; Added Sugar: 0g; Fiber: 3g; Protein: 2g; Calcium: 69 mg; Potassium: 166 mg; Vitamin C: 56 mg

Source: Revised from FoodHero.org

## Kids' Book Nook

To begin your gardening adventure, take your child(ren) to the public library and borrow, "Plant it! Grow It! Eat It!" by Kathryn Selbert. Together, read the book and decide what vegetables you want to grow and talk about the insects that are helpful for our plants.



Are you ready for the April 8th eclipse? Many libraries and schools are giving away free eclipse glasses. Pick up a pair for everyone in your family!

### 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?

Parents, grandparents, guardians, young adults (18 to 25 years of age), and youth. Families participating in SNAP, WIC, Medicaid, Head Start, free or reduced price school meals, and other limited resource benefits.

For more information on the Building Healthy Habits program in Herkimer County, see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below to sign up for personalized nutrition education:



Instagram

Building Healthy HabitsBHH

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