

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.



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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herkimer@cornell.edu

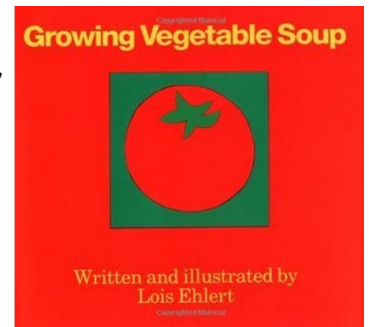
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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With your child, visit the library and borrow "Growing Vegetable Soup" by Lois Ehlert. It tells the story of a father and child growing a vegetable garden together.



Zesty Spinach Omelet

Serves: 1

Serving: 1 omelet

Ingredients:

- 2 eggs, beaten
- 2 tablespoons water
- Dash cumin
- Dash salt
- Dash black pepper
- Non-stick cooking spray
- 1/2 cup cooked spinach
- 1/4 cup reduced, fat cheese, shredded
- Salsa (optional)



Directions:

1. In medium bowl beat eggs, water, cumin, salt and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet to medium high heat.
4. Pour egg mixture in a pan. Lift edges of eggs and tip pan as needed to let uncooked mixture flow beneath and cook.
5. Cook until almost set. Spread spinach and cheese over 1/2 of the omelet. Using spatula, fold other side of omelet over filling. Top with salsa and serve.

Source: Cooking With EFNEP-Recipes for Eating Smart and Moving More. North Carolina State University EFNEP. 2015

Nutrition Facts: Serving Size: 1 omelet, 220 calories, 10g total fat, 3.5g saturated fat, 420mg sodium, 7g total carbohydrate, 1g dietary fiber, 20g protein