

# 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 and grows best in the cool spring temperatures. 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 1/8<sup>th</sup> 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 include lettuce as part of your vegetable choices each day.

## 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  
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:

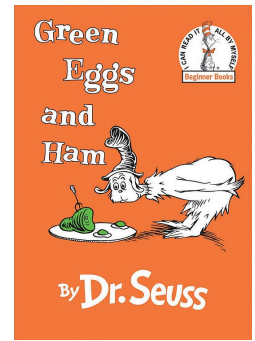


*This material was funded by the USDA's Expanded Food and Nutrition Education Program.*

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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.



## Zesty Spinach Omelet

Serving Size: 1 omelet

Servings per recipe: 1

### Ingredients:

- 2 eggs, beaten
- 2 tablespoons water
- Dash cumin
- Dash salt
- Dash black pepper
- Non-stick cooking spray
- 1/2 cups cooked and drained spinach
- 1/4 cup reduced-fat cheese, shredded
- 1/4 cup salsa



### Directions:

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

Nutrition Facts: Serving Size – 1 omelet, 220 Calories, 10g Total Fat, 40% Calories from Fat, 3.5g Saturated Fat, 0g Trans Fat, 420mg Sodium, 7g Total Carbohydrate, 1g Dietary Fiber, 20g Protein . Excellent source of calcium and vitamins A and C. Good source of iron.

Source: Cooking with EFNEP Recipes for Eating Smart and Moving More, North Carolina Expanded Food and Nutrition Education Program