Directions

1. If using plastic screening, cut it to cover the hole at the bottom of the pot. Coffee filters or paper towels are also efficient.
2. Fill the container with potting soil, with at least 3 inches of space from the rim.
3. Feel free to mix in some fertilizer if there isn’t any already in the soil – warning – peas don’t require a lot of fertilizer.
4. Lightly pack down the soil, but don’t compact it.
5. Sprinkle peas onto the surface of the soil and lightly press them into the surface.
6. Cover the peas with 1 to 2 more inches of soil.
7. Water whenever the soil does not feel moist and keep them in the sun!
8. Watch your peas grow and enjoy them with friends and family as they are harvested!

Source: https://www.thespruce.com/growing-peas-in-container-gardens-848242

Container Garden Peas

Materials/Supplies:

- A good container with the ability to drain
- Potting soil
- Fertilizer
- Pea seeds (sugar snap, English, or snow peas are best)
- Plastic screening (opt).

Grow in Your Garden, Grow in Your Life

Welcome to the first week of National Gardening Month! It’s the perfect time of year to fight off any winter blues with the bright hopes and colors of a fresh garden!

Focusing energy and attention on any project, especially one like a garden, helps reduce stress and tension. Space isn’t even an issue!

Container gardening allows even the smallest of spaces to foster growth! Many herbs, and small plants can grow in small mason jars on window sills. Self-watering containers simplify the process further to ensure accurate watering.

Some great plants for container gardening are “Bush Big Boy” Tomatoes, “Gretel” Eggplants, broccoli, bush beans, and carrots!

Spruce up your space and your diet with fresh garden grown vegetables. The work makes them taste that much better!

Photoglynne (Photographer).
**Garden Pasta Salad**

**Ingredients:**
- 1 box Bow Tie pasta
- ¾ c Red Wine Vinegar
- ¾ c Olive oil
- Fresh basil
- Fresh Arugula
- Black olives
- Fresh grape tomatoes
- 1 small Red onion
- 1 green pepper

**Directions**
1. Bring water to a boil and cook pasta according to box directions.
2. Chop red onion and green bell pepper, mixing in a large bowl, then sauté with the fresh basil.
3. Add fresh grape tomatoes and sliced black olives to the bowl after the onion and green bell pepper have been sautéed.
4. Once pasta is cooked to preference, drain, and add to the bowl.
5. Let mixture cool in fridge.
6. In a separate bowl, mix vinegar and oil until combined.
7. Pour the dressing mix into the bowl and thoroughly mix until everything is evenly coated once pasta mixture is cool.
8. Place a bed of arugula on a plate and top with the pasta salad.
9. Garnish with more fresh basil if desired.

Recipe developed by Lauren Mickley
**Spring Lettuces with Avocado Dressing and Pistachios**

**Ingredients:**
- ¼ avocado, pitted
- ½ c buttermilk
- 2 tsp. red wine vinegar
- Pepper to taste
- 6 c mixed spring lettuces (red leaf, watercress, baby bok choy)
- 1/3 c shelled, roasted pistachios

**Directions**
1. In food processor, combine avocado, buttermilk, vinegar, and pepper until smooth
2. Prepare the lettuces on a plate
3. Drizzle dressing over lettuce and garnish with pistachios

Source: [https://www.realsimple.com/food-recipes/browse-all-recipes/spring-lettuces-avocado-dressing](https://www.realsimple.com/food-recipes/browse-all-recipes/spring-lettuces-avocado-dressing)
**Directions**

1. Shred zucchini with a box grater and squeeze dry in a paper towel.
2. Cook zucchini, 2 tbsp. oil, and garlic in a large deep skillet over med-low heat for 15 minutes, occasionally stirring.
3. Add 2 tbsp. water at last 2 minutes of cooking, scrape pan to loosen stuck pieces and let cool.
4. Combine parsley, almonds, and mint in food processor, pulsing until finely chopped.
5. Add zucchini mixture, last 2 tbsp. oil, lemon rind, lemon juice, and pepper, to combine, but not smooth.
7. Serve dip with other fresh vegetables or on slices of toasted whole grain bread!

**Ingredients:**
- 1 ½ lbs. zucchini, shredded
- 8 tsp olive oil, divided
- 2 chopped garlic cloves
- 2 tbsp. water
- 1 c fresh parsley
- 1/3 c slivered toasted almonds
- ¼ c fresh mint
- ½ tsp. grated lemon rind
- 2 tsp. fresh lemon juice
- ¼ tsp. black pepper
- 1 1/3 oz. grated parmesan cheese


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**Fight Back with Fresh!**

National Gardening Month is the perfect time to focus on eating more fruits and vegetables!

Have you ever wondered what makes fruits so vibrant or vegetables so clean looking? Phytonutrients and antioxidants are the main source of color in our foods. That’s why it’s so important to eat a rainbow of food! Not only does it keep your dishes looking inspiring, but it helps fuel your body and immune systems.

Gardening is a holistic approach to health. The body is worked physically by the tasks of tending the plants. The brain is refreshed by the calming effects of being around nature. Finally, the body is completely replenished by all of the essential nutrients found in a variety of fruits and vegetables.

Gardening freshens up your space and your life! Your friends and family will love sharing the harvest with you. Who knows, they may have some excellent tips to share with you!