

EAT WELL, AGE WELL. NATIONAL GARDENING MONTH

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!

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).



Photoglynne (Photographer).

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>

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Lauren Mickley

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Clean Green Cuisine

Have you ever tried to grow your own herbs in a kitchen garden? It's an awesome way to expand your palate, while shrinking your grocery bill!

Some of the best herbs and small plants grown indoors are arugula, "Blue Boy" Rosemary, Dwarf Garden Sage, "Fernleaf" Dill, Lettuce, and "Spicy Globe" Basil.

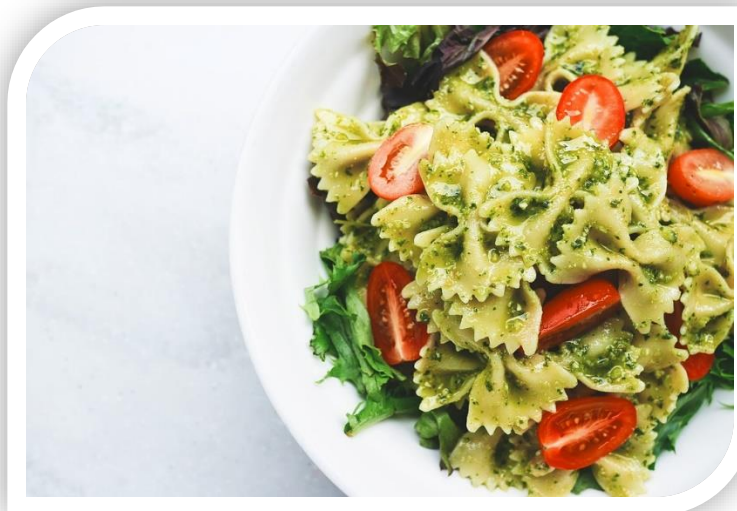
It doesn't take much of a green thumb to cater to these sweet plants. They only need about 4 hours of sunlight a day, so a windowsill is perfect if a grow light isn't available. 4 to 6-inch diameter plastic or clay pots are great as long as they can drain. And it only takes 3 seeds to start your own kitchen garden!

Using home grown herbs and vegetables is a great way to enhance any homemade dish. The room they're kept in will smell fresh and inviting as well!

Garden Pasta Salad

Ingredients:

- 1 box Bow Tie pasta
- $\frac{3}{4}$ c Red Wine Vinegar
- $\frac{3}{4}$ c Olive oil
- Fresh basil
- Fresh Arugula
- Black olives
- Fresh grape tomatoes
- 1 small Red onion
- 1 green pepper



Pexels (Photographer).

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

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Breathe Easy!

Indoor plants do much more than replace our carbon dioxide with fresh oxygen. Research shows they can filter even more toxins from our air!

Plants remove formaldehyde, benzene, dust, bacteria, and mold spores. They clean our air and filter out the negative energy empty rooms have. They brighten up our spaces and make it easier to breathe!

The saying goes: if it looks good, it feels good. Just the simple act of brightening up a space with plants, flowers, vegetables, etc., makes the space feel refreshing and happy! A happy outlook greatly impacts how one's day goes. Feeling happy influences good choices throughout the day!

The best indoor plants for filtering are Areca Palm, English Ivy, Boston Ferns, Schefflera, and Bamboo Palm.

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



Anna Williams (Photographer).

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>

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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!

Zucchini Pesto

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



Jennifer Causey (Photographer).

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.
6. Stir in cheese.
7. Serve dip with other fresh vegetables or on slices of toasted whole grain bread!

Source: <http://www.myrecipes.com/recipe/zucchini-pesto-crudites>

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