

EAT WELL, AGE WELL. GARDEN TO TABLE

Perks of Produce

Gardens are maturing, so fruits, vegetables, and herbs are abundant! Welcome to the season of produce stands and farmer's markets!

A good rule of thumb is to fill half your plate with fruits and vegetables. Fruits and vegetables are packed with nutrients and may prevent or protect against chronic diseases and some cancers. Herbs and spices add wonderful flavor *and* are a healthier alternative to salt, sugar, and artificial flavor enhancers.

The taste of fresh produce is hard to beat! Take advantage of in-season produce. Canned and frozen varieties can be good, but often contain more sodium and sugar which can lead to weight gain and negatively impact health. When possible, choose fresh!

**For more information, visit
eatright.org**

Green and Yellow Garden Sauté:

Serves 2



Photos Courtesy of Pixabay.com

Ingredients:

- 1 cup corn, cut from the cob
- 1 small zucchini
- 1 small yellow summer squash
- 1.5 tablespoons olive oil
- 1 clove garlic, minced
- 1 dash pepper
- ¼ cup basil, chopped
- 1 teaspoon oregano
- 2 teaspoons white wine vinegar

Directions

1. Wash and chop the vegetables to desired size.
2. In a sauté pan, warm the olive oil using medium heat.
3. Sauté the zucchini and garlic for 2-3 minutes. Add the corn and summer squash. Sauté for about 5-10 more minutes to desired doneness.
4. Remove from heat. Add pepper, basil, oregano, and vinegar.

This sauté is a wonderful way to combine multiple garden-fresh vegetables, herbs, and spices to create a savory side dish or entrée!

Recipe adapted from: Brittanyspantry.com

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What produce is ready to pick?

We are in the last month of summer, meaning many things are coming to an end. On the other hand, while others are ending, some produce are just starting.

Beans, beets, blueberries, cabbage, cantaloupe, cucumbers, and eggplant are coming into season in August. There are many others coming into season, so watch out at the farmers markets and stands.

Attached is a recipe using a common garden product, tomatoes. Tomatoes can be used in so many ways whether the recipe is hard or easy.

Parmesan Broiled Tomatoes: Serves 2-3



Photo Courtesy of Pixabay.com

Ingredients:

- 2 Roma tomatoes halved lengthwise.
- ¼ c Italian-style breadcrumbs
- 2 tbsp shredded parmesan cheese
- 1 tbsp chopped fresh parsley
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Directions

1. Place tomato halves on a pan, cut side up.
2. In a mixing bowl, combine the rest of the ingredients. (If mixture is too dry, add in a ½ tsp olive oil more until desired texture).
3. Top each tomato half with 1 tbsp of the mixture, mounding it. Place the tomatoes in the oven until cheese is melted and topping is slightly brown, about 3-5 minutes.

Enjoy!



Recipe adapted from:

<https://www.thekitchenismyplayground.com/>



Photo courtesy of
Pixabay.com

You Were Mint to Eat Herbs!

What is Mint?

Mint is a popular aromatic and enduring herb that originates from the genus *Mentha* of the Lamiaceae family. It has 15-20 species and hundreds of varieties including spearmint and peppermint.

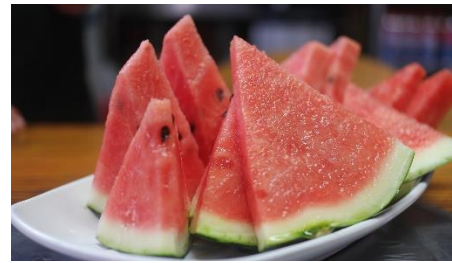
Benefits:

- Soothes skin
- Helps reduce stress
- Improves oral health
- Aids in the digestion
- Gives relief from congestion

Uses:

Mint is commonly used to spice up many dishes, beverages, and desserts. It can also be utilized as an insect repellent, a breath freshener, and for skincare. Additionally, many people use peppermint oil in aromatherapy to improve focus.

Herb, Watermelon, and Rice Noodle Salad



Ingredients

- Vermicelli Rice Noodles – 2 nests
- Watermelon – 2 cups cut into large chunks
- Mint – a bunch, tear leaves
- Thai Basil – a bunch, tear leaves
- Coriander – a bunch, tear leaves
- Green Onions – 3, finely chopped
- Sesame Seeds – 1 tbsp, toasted

Dressing

- Rice Wine Vinegar – 2 tbsp
- Fish Sauce – 2 tbsp
- Sugar – 1 tbsp
- Tai Chili Pepper – ½ teaspoon or other seasonings to your taste

Recipe adapted from <https://www.olivemagazine.com>

Directions

1. Cook the rice noodles according to instructions and place noodles in ice-cold water.
2. Drain noodles, then put them in a bowl with the watermelon.
3. In a separate bowl, mix all the dressing ingredients with 1 tbsp of water, stir to dissolve sugar.
4. Add the herbs and onions to the noodles and melon with the dressing, toss and enjoy.

Planting Tip

Plant mint in the spring after the last frost. Mint may be grown in full sun, but mint prefers partial shade and moist soil.

Herbs, Fruits, and Vegetable Growth

I love energetic, wholesome, and splendid time with my family, and we all love gardening! This is a thing I was taught growing up doing and something I still do with my family in my 20s. I find that the whole family can bond with this task and is capable among all levels of movement. Variations of helping in this project can be choosing what to plant, using a shovel to bury the seeds, watering, and seeing the growth.

Most people think that it is time consuming, but it takes some time upfront to plant and less than 5 minutes each day to water the plants each day. This sustainable practice aids in movement for the older population and creates a community among your loved ones. I know it has in my family!

Tomato Cucumber Salad

Serves 2-3

Ingredients

- 1 mini cucumber
- ¼ c halves cherry tomatoes
- ½ tbsp olive oil
- ½ tbsp red wine vinegar
- ½ tsp oregano
- ¼ c feta cheese (more or less for your liking)

There are three ingredients you can grow in your garden from the recipe: mini cucumbers, cherry tomatoes, and oregano. These items are each low maintenance vegetables and herbs.



Photo courtesy from pixabaycom

Directions

1. Wash all vegetables.
2. Cut cucumbers into coins and halve the tomatoes.
3. Combine all ingredients.
4. Mix the salad and enjoy!

This is a family recipe!