

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Garden to Table:

In the Midwest, harvest season begins in late summer and early fall, meaning there is an abundance of fresh produce available!

The possibilities are endless with produce. It can be used as a snack, in a recipe, or be preserved for later consumption by freezing or canning.



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Weekly Challenge:

Have a vegetable sitting on the counter as a snack.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Chloe Kom

Garden to Table:

What are fun and simple ways to incorporate fresh produce?

- ◆ Try new flavor combinations, such as watermelon and mint.
- ◆ Add color to your usual foods. For example, add berries to cereal.
- ◆ Try an alternative preparation method.

Weekly Challenge:

Participate in grilling season by creating veggie kabobs.



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Garden to Table:

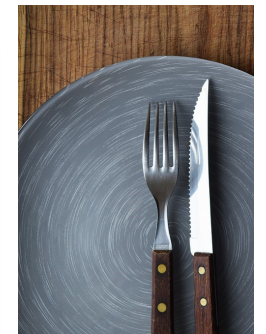
Preparing for Later

Sometimes there is too much produce to eat at one time!

Enjoy produce for longer by freezing or pickling it! Stir fry, lasagna, and soup are dishes that freeze well. Tomatoes, beets, and peaches are good pickling/canning candidates!

Weekly Challenge:

Prepare a freezer meal for the future that includes Produce.



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Easy Garden Veggies

Green



Green beans are an easy garden vegetable that can be eaten raw, sauteed, or steamed. They are a cool, crunchy food that are packed with many beneficial nutrients like vitamin C, dietary fiber, vitamin K, and silicon. They contain no cholesterol, so they are beneficial when it comes to heart health.



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Weekly Challenge:

Try a new way to prepare green beans. For example: instead of steaming them, sauté them

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Olivia Hebbe

Easy Garden Veggies

Zucchini



Zucchini is a popular summer garden classic. It is packed with vitamins, minerals, folate, antioxidants, and traces of iron, calcium, and several B vitamins. All of these beneficiaries help support the immune system, vision, and promote heart health. There are many ways to make zucchini: they can be sauteed, cooked, grilled, or even baked in breads etc..



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Weekly Challenge:

Create a new dish with zucchini.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Olivia Hebbe 8-22

Easy Garden Veggies

Cucumbers



Cucumbers are a wide spreading garden veggie that people tend to grab in the summer months. Cucumbers are loaded with benefits such as to hydration, increase bone health, reduce inflammation, and increases fiber intake. You can consume cucumbers fresh or pickled. You can eat them on the go, in a salad, sliced, and any way you prefer.



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Weekly Challenge:

Top your salad with cucumbers this week!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Olivia Hebbe

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Squash Planting Tips

Follow these steps to grow a beautiful squash plant:

1. Make a mound of soil about 3 inches high and 18 inches apart.
2. Set 2-3 summer squash plants about 5 inches apart in the mound. Water gently immediately after planting. Space mounds about 3-4 feet apart. Winter squashes need at least 4 feet between mounds.
3. Mulch the squash lightly a couple of days after planting.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emma Jones

Weekly Challenge:
Try a new recipe that incorporates squash.

Basil History & Planting Tips:



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Today, basil is often used in culinary traditions, however, in ancient Egypt, basil was used as a preserving herb as it has been found in tombs and mummies.

WHEN SHOULD YOU PLANT BASIL?

- ⇒ To get a head start on the season, begin growing the basil seeds indoors 6 weeks before the last spring frost.
- ⇒ Wait until the soil has warmed to 60-70 degrees Fahrenheit for optimal growth, and then plant outside.

Weekly Challenge:
Add some basil to your favorite dish!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Emma Jones 8-22

Watermelon History & Planting Tips:

The origins of watermelon have been traced back to the deserts of southern Africa, where the melon can be grown today. According to Egyptian hieroglyphics, the first recorded watermelon harvest happened 5,000 years ago. The melons were placed in the burial tombs of kings to nourish them in the afterlife.

CHOOSING A PLANTING SITE:

- * Watermelons prosper in fertile soil consisting of sand and clay.
- * Watermelons prefer slightly acidic soil ranging from a pH of 6.0 to 7.0.
- * Grow melon in an area that gets full sun.

Weekly Challenge:
Make watermelon juice! A perfect way to stay hydrated!

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Garden Herbs:

Dill



Dill has a powerful taste and a little will be ample for most any recipe. It's perfect for incorporating in salads, soups, fish, pickling, and making your own homemade ranch dip. It is an easy herb to grow and doesn't require a lot of attention. Dill is a key herb in protecting and attracting helpful insects to your garden.

Weekly Challenge:

Dill aids in digestion and I'd love it to be prepared in a recipe one way you will enjoy!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

Garden Herbs:

Parsley



Parsley is a very widely known ingredient in many cultures!

Did you know that it has been cultivated for more than 2,000 years?

It is not only very popular in various cuisines; it has cancer and anti-inflammatory properties.

Weekly Challenge:

Use parsley in place of salt in a recipe to enhance the flavor profile.



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Garden to table:

Produce

Produce can be very expensive in the store. Planting them at home can reduce the cost. They easily are tended to by a family with children sharing their helping hands. Planting produce allows children to be receptive to what they are consuming and enrich their learning of the different fruits and vegetables.

Weekly Challenge:

Have an indoor or outdoor area designated for growing produce!



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

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