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Eat Well, Age Well

Garden to Table: Herbs, Fruits, Veggies

Eating fresh produce, especially straight from a garden, is so beneficial on many different levels. This way, it is fresher and organic without the chemicals. It is fun, nutritious, and cheaper by having a garden! Gardening has also been shown to reduce stress levels since it is spending time outdoors in nature.

If you do not have room for a garden, consider a container garden to grow some smaller things, such as herbs, or tomatoes in containers on a porch or the front step! Don't forget to visit farmer's markets and roadside stands too.

When looking to cut some fresh herbs, find leaves that are not wilted, discolored, or spotted, but rather find leaves that look healthy and green. Wait to wash any harvested herbs until right before use to keep them looking fresh. For some herbs, such as cilantro and parsley, it is better to keep them in the fridge, while others like basil are kept better outside of the fridge in an airtight container.

Make sure to find and pick fresh fruits and vegetables that are good quality. They should be firm and not wrinkly or squishy, and they should be shiny and bright in color. Some fruits and vegetables have slightly different ways of telling if they are ripe as well. For example, with pineapples you should be able to easily pull out one of the leaves and melons when tapped should sound hollow.

Source: <https://www.cuisineathome.com/articles/how-to-eat-garden-to-table/>, <https://www.naturefresh.ca/how-to-pick-freshest-vegetables/>

Weekly Challenges

Participate in grilling season by creating veggie kabobs.

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

Prepare a future meal and freeze that includes produce.

Choose fruits and vegetables that are in season!



Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

If they ask how they should record their weekly action plan, let them know they can write short words like, "Nailed it" or a note like took a walk in the park, or talked with a friend, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1-page overview handout "*Eat Well, Age Well. Garden to Table: Herbs, Fruits, Veggies*"
- Placemat/handout- "*Green and Yellow Garden Sauté*"
- Table Tent- August 2021 "*What are fun and simple ways to incorporate fresh produce?*"
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handout- "*Parmesan Broiled Tomatoes*"
- Table Tent- "*Easy Garden Veggies: Green Beans, Zucchini, Cucumbers*"

Week 3: Give out/Post

- Placemat/handout- "*Herb, Watermelon and Rice Noodle Salad*"
- Table Tent- "*History and Planting Tips: Squash, Basil, Watermelon*"

Week 4: Give out/Post

- Placemat/handout- "*Tomato Cucumber Salad*"
- Table Tent- "*Garden Herbs: Dill, Parsley; Garden to Table: Produce*"

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout, or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org