

Eat Well, Care Well.

Garden to Table: Vegetables, Fruits, and Herbs



What is a garden to table? In our terms, we are promoting the consumption of fruit, vegetables, and herbs. Fruits, vegetables, and herbs can be from your homegrown garden, a farmers' market, or a grocery store. Any way you consume more fruits and vegetables you reward your body with the best care for your well-being mentally and physically.

On average, 27% of Americans consume 3 or more vegetables daily. Increased consumption of fruit and vegetables lowers the risk of the development of many chronic diseases such as cardiovascular disease, heart disease, and diabetes.



Monthly Challenges

Eat an extra serving of fruits or veggies for lunch or dinner

Have a fruit or veggie for breakfast

Note if feel better when you eat more fruits & veggies

Do something physical that makes you happy.

Did you know?

Engaging in both social and physical activities for enjoyment leads to an improved thought process and can help your relax.

Here Are Some Tips & Resources to Explore

1. Seasonal Fruits and Veggies

- Understand which fruits or veggies are in season
- Typically, these are on sale at the store during harvest season
- Find what is in season at this link

<https://snaped.fns.usda.gov/seasonal-produce-guide>

2. Prepare vegetables in various ways to freeze

- One way that can stop waste is to chop and prepare vegetables for a future use
- An idea can be to freeze excess basil from your meal in an ice tray of oil for meal prep
- Another idea is to cut the stems off fruits and freeze them for a smoothie
- Check out how to freeze herbs at

<https://www.bhg.com/recipes/how-to/food-storage-safety/freezing-herbs/>

3. Learn about the different vitamins consumed in your grocery haul

- All fruits, vegetables, and herbs have many vitamins, minerals, and possibly fiber in the food. Learn more at this link under the "**Monthly Magazine**" tab.

<https://foodhero.org/ingredients>