



Images by Images by congerdesign and Ekaterina Ershova from Pixabay

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!



Garden to Table: Herbs, Fruits, Veggies

Write the letter of the correct match next to each problem. Have fun and good luck!

Created on TheTeachersCorner.net Match-up Maker

- | | | |
|---------------------|--|---|
| 1. _____ parsley | | a. _____ is packed with many beneficiaries that can help vision, increase immune system health, and promote heart health. |
| 2. _____ kabobs | | b. _____ not only smells good, but it can also sooth skin, reduce stress, andimprove oral health and digestion. |
| 3. _____ dill | | c. _____ can be made into a refreshing juice that can really help to keep you hydrated. |
| 4. _____ produce | | d. Making _____ allows you to use vegetables in a fun way while participating in grilling season. |
| 5. _____ Watermelon | | e. Add _____ and vegetables to your food to add color! |
| 6. _____ cucumbers | | f. While _____ can get expensive at the store, you can plant them at home and even teach your children about nutrition. |
| 7. _____ Zucchini | | g. _____ food is by far the tastiest and can be healthier compared to frozen and canned food. |
| 8. _____ summer | | h. In the Midwest harvest season is late _____ and early fall which means there is a lot of fresh produce to go around. |
| 9. _____ freezed | | i. Using this _____ instead of salt is a great and, often, a healthier way to season your food. |
| 10. _____ Mint | | j. Green beans, zucchini, and _____ are all green vegetables that can be easily grown in a garden! |
| 11. _____ fruits | | k. Used in salads, soups, pickling, ranch, etc. _____ is a great garden herb that can be used for seasoning? |
| 12. _____ Fresh | | l. As usually encouraged, meals can be prepared beforehand and _____ for later enjoyment. |