

Food for Thought

May 2019

Dig Into Gardening!

There are many reasons that planting a garden or even a few plants is a good idea. The harvest you get is sure to lead to better health for your whole family. Here is how gardening benefits you and some tips on how to get started:



1. **Gardening gives a dose of nature.** Spending time outside provides many health benefits, including exposure to fresh air and sunlight (the best source around for vitamin D), as well as all the mental and emotional bonuses of nature. Studies show children are happier, healthier, smarter and more self-disciplined when they have regular opportunities to be outdoors.

If you don't have room for a full-size garden, try growing veggies in space saving containers. For tips on container gardening go to:

<http://web.cals.uidaho.edu/idahogardens/category/ornamentals/containers/>

2. **Gardening is a great workout.** Gardening tasks provide exercise (digging, hoeing, toting water, etc.). Inspire your kids to help by turning garden work into play: For example, challenge your kids to a weeding contest (who can pull the most weeds in 15 minutes).
3. **Gardening adds nutrition to your diet and makes healthy eating fun.** The foods you can grow are nutrition power houses that even selective eaters find hard to resist. Nobody can resist the fun of nibbling something straight off the plant that they helped grow. Some pick-and-eat favorites include green beans and vitamin C rich cherry tomatoes and strawberries.
4. **Gardening stimulates your brain.** A garden is like a classroom without all the desks, grades and homework. It presents endless opportunities for hands-on environmental learning – for example beneficial bugs, composting, photosynthesis, etc.
5. **Gardening boosts your mood.** Studies show receiving flowers made people feel better and helped improve memory. Plant a variety of plants and enjoy the color & beauty.



6. **Gardening can help your food budget.** Gardening can provide your family low cost fresh produce freeing up money from your food budget to spend on other things. Many people don't know that SNAP/food stamps can be used to purchase food producing seeds and plants.

Pleasing Primavera

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|-------------------------------------|--------------------------|
| 2 tsp. garlic | 1 Tbsp. olive oil |
| ½ c. chopped tomatoes | ½ cup broccoli |
| ½ c. mushrooms | 2 Tbsp. shredded carrots |
| 1 c. cooked whole grain penne pasta | 2 Tbsp. parmesan cheese |

Sauté garlic in olive oil. Toss in tomatoes, broccoli, asparagus, mushrooms and shredded carrots. Cook until the vegetables are tender. Mix with penne pasta and parmesan cheese.

May 2019

Eat Smart Idaho Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!		1 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	2	3 
6	7	8 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	9	10
13	14	15 <u>Think Your Drink Demo @ Troy Food Bank</u> – 106 E. 6 th St. – Troy – 4:00 to 7:00	16 <u>Think Your Drink Demo @ Moscow Food Bank</u> – 110 N. Polk – Moscow – 2:00 to 4:00	17 <u>Think Your Drink Demo @ Juliaetta Food Pantry</u> – 614 Main St. – Juliaetta – 1:00 to 3:00
20	21 <u>Think Your Drink Demo @ Deary Food Bank</u> – 405 Main St. – Deary – 1:00 to 3:00	22 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	23 <u>Think Your Drink Demo @ Potlatch Food Bank</u> – 195 Pine Street, Rm. 102 Potlatch 10:00 to 12:00 <u>Cooking with Beans Demo @ Canvas Food Bank</u> – 2200 N. 7 th St. – CDA – 2:30 to 4:00	24
27	28 <u>Think Your Drink Demo @ CAP Food Bank</u> – 124 New 6 th St. – Lewiston – 1:00 to 3:00	29 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	30	31

Sources: www.eatright.org

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Panhandle	446-1680
Clearwater, Latah or Nez Perce	883-2267
Idaho or Lewis	983-2667



To contact the Eat Smart Idaho Coordinator:

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