

EFNEP Newsletter

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Celebrate Gardening This Month!

It's National Garden Month, a great way to celebrate spring weather and the return of locally grown vegetables and fruit. By this time of year, many people are tired of eating less than delicious produce that has traveled hundreds or thousands of miles.

If you have a small outside space, you have room to grow a pot of lettuce. Lettuce is very easy to grow from seed and makes a wonderful fresh and healthy salad. Looseleaf lettuce is the easiest to grow in a container. Look for varieties like Black Seeded Simpson, Red or Green Leaf, or Green or Red Salad Bowl. Lettuce likes moist, but not wet soil and lots of sun.



Look for a plastic pot and potting soil at a dollar store. You can use your SNAP benefits to buy vegetable seeds. Into recycling? Reuse large yogurt or milk jugs instead of a new pot. Just poke a few holes in the bottom for good drainage. Fill your container with potting soil and sprinkle your lettuce seeds on top. Gently press them into the soil and then sprinkle a little more soil over the top. Water well, but gently because you do not want the seeds to move from where they are planted. The ideal temperature to grow lettuce is 60-65 degrees, but it will grow at cooler temperatures too. Remember to keep your lettuce plants moist.

When leaves grow large enough to eat, you can trim individual leaves with scissors from your plants and the plants will continue to grow. Gently wash the lettuce before eating. If you plan to store cut lettuce in the refrigerator, wrap it gently in a paper towel and place it in a large zip top bag.

Encourage your whole family to join in planting, harvesting and eating!

The EFNEP program provides nutrition education to income-eligible families and children in counties throughout New York State.

A series of eight classes is offered to adults in a variety of settings, including by Zoom and phone.

Workshop series include:

Family Nutrition Education Curriculum

Finding A Balance —
Diabetes

Healthy Children, Healthy Families

Healthy Cents

Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun and Fitness

Cooking Up Fun! Vary our Veggies

Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

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Head to the public library with your child and borrow ‘Farmer Will Allen and The Growing Table’ by Jacqueline Briggs Martin. Learn about this real life food hero who helped feed his neighbors and others in Milwaukee.

Homemade Italian Dressing

Makes 2 servings

Serving size: 1/2 of recipe

Ingredients

- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- ¼ teaspoon black pepper
- 1 clove of garlic (fresh), minced
- ½ teaspoon lemon juice

Directions

1. Whisk olive oil, red wine vinegar, black pepper, garlic and lemon juice in a small bowl until blended.
2. Use with your favorite lettuce salad.



Nutrition Facts for 1/2 recipe: 45 calories, 4.5g total fat, 0.5g saturated fat, 0mg cholesterol, 0mg sodium, 1g total carbohydrate, 0g dietary fiber, 0g total sugars, 0g added sugars, 0g protein, 0% Vitamin D, 0% calcium, 0% iron, 0% potassium, 90% calories from fat

Source: Westchester County Cornell Cooperative Extension