

May
2022

EAT BETTER FOR LESS

EatGatherGo.org 

Sow Seeds Now for Fresh-from-the-Garden Produce Later

Nothing says springtime more than the sprouts and shoots of a garden. Interested in participating in a community garden or trying one of your own? Here's how to get started!



Start small.

Start with container gardening if you want to give it a try. Tomatoes and peppers will provide color and produce to eat.



Use the right soil for the plant.

Check with a garden center or extension service to get the right soil to grow a particular plant. Clay soils do not drain well and your plants will have wet roots in rainy weather. Sandy soils drain easily, but in a drought, the plant will require more water unless the plant is drought resistant.



Water correctly.

Anything in a container, such as a clay, plastic or resin pot will require more watering than a plant that has been placed in the earth. Depending on the daily temperature, these plants will likely need to be watered at least twice a day.



Choose the fertilizers wisely.

Read labels and use the right fertilizer for the type of plant.



Mulch.

Mulching bedded plants prevents weeds and water loss.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Rice Bowl Southwestern Style

Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low-fat sour cream

Directions

1. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
 2. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
 3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
- Refrigerate leftovers within 2 hours.



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Resources: https://ipm.missouri.edu/MEG/2021/3/April_Gardening_Tips/, ngb.org/2020/04/08/container-garden/, www.eatgathergo.org/recipe/rice-bowl-southwestern-style/

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).