

Spaghetti Squash, Tomatoes and Spinach

Makes: 4 servings
Serving size: 1 cup

Ingredients:

1 spaghetti squash, washed, and cut in half, seeds removed
1 Tablespoon vegetable oil
2 cups fresh spinach, washed and chopped
1 teaspoon fresh oregano, washed and chopped, or ½ teaspoon dried
3 Tablespoons Parmesan cheese
1 cup cherry tomatoes, washed and cut in half
Salt and pepper to taste

Directions:

1. Place the 2 squash halves, cut side down, in microwave-safe baking dish.
2. Add ¼ cup water to baking dish and cover with plastic wrap.
3. Microwave on high 12 minutes or until squash is soft when pressed.
4. Let stand covered 3 minutes.
5. In large bowl, whisk oil, oregano and 2 Tablespoons Parmesan cheese.
6. Stir in tomatoes and spinach, and season lightly with salt and pepper to taste.
7. In a large bowl, scrape cooked squash out with a fork. Add strands to tomato mixture and toss until combined.
8. Sprinkle with remaining Parmesan cheese.

Serve as a side dish with grilled chicken or fish.

Grow Your Own Veggies in Container Gardens

Container gardening is a great way to connect with your family and grow healthy, low-cost food for your table. Many different vegetables, such as radishes, lettuce, spinach, kale, collards, mustard greens, and most herbs can be planted in containers.

Get Started:

- Use a planting container that is at least 3-6 inches deep.
- Add potting soil to your container, to about ½ inch from the top.
- Following the instructions on the seed packet, evenly spread seeds in the container and cover lightly with soil.
- Water lightly to moisten the soil.
- Water as needed, to keep the soil from drying out.
- Harvest lettuce and greens by cutting off the leaves at the base of the stem.
- Harvest radishes within 3-4 weeks by pulling the whole plant out, when the radish is just under an inch in diameter.
- Radish leaves can be added to salads for an extra kick, in addition to the root.



Get Growing!

Visit the market to buy seedlings to grow fresh vegetables and herbs at home.

- Purchase vegetable seeds and plants with your EBT card.
- Farmers' markets and garden centers sell vegetable seedlings.
- Grow vegetables and herbs in small containers.



Buy fresh, local produce at the farmers' market and at the grocery store.

- Buy locally-grown strawberries, they taste best June through early July.
- Look for locally-grown peaches, blueberries, squash, tomatoes, and peppers at the grocery store and at the farmers' market during the summer months.
- Local produce often costs less and tastes better.

Remember to include a variety of fruits and vegetables in meals and snacks.

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Spinach, Strawberry, and Cantaloupe Salad

Makes: 12 servings
Serving Size: ½ cup

Ingredients:

- 4 cups fresh spinach leaves, washed, tough stems removed
- 1 cup strawberries, washed and cut in half
- 1 cup cantaloupe, cubed
- 3 Tablespoons low-fat poppy seed or raspberry salad dressing

Directions:

1. Tear spinach leaves into bite-size pieces and place in a large bowl.
2. Add fruit to spinach.
3. Add salad dressing to greens. Toss to mix well.
4. Serve salad immediately.
5. Refrigerate leftovers.



Make Your Own Garden Containers and Tools

Have you ever thought of re-using plastic milk jugs, 2-liter bottles or other large plastic food containers as garden containers to grow food?

To Make Garden Containers:

- For a bottle or milk jug, use a knife or box cutter to remove the top half of the container for planting.
- Use a hammer and nail to gently pierce holes in the container for drainage.



To Make Your Own Watering Can:

- Use a milk jug with a screw-on lid or any other bottle with a wide lid.
- With a thumb tack or nail, poke several holes in the lid and one additional hole in the handle for air to escape.



Photo courtesy of OneCreativeMommy.com

Peach Salsa

Makes: 8 servings
Serving Size: ½ cup

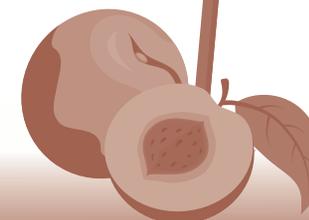
Ingredients:

- 2 peaches, washed, peeled and chopped
- ½ red bell pepper, washed and chopped
- ½ cucumber, washed, seeded and chopped
- 3 green onions, washed and sliced
- 2 jalapeno peppers, washed, seeded, and finely chopped
- 2 Tablespoons honey
- 2 Tablespoons lime juice

Directions:

1. In a large bowl combine all ingredients.
2. Cover salsa with plastic wrap.
3. Chill salsa in the refrigerator until cold.

Serve peach salsa on top of green salad, or top grilled fish or chicken to add fresh flavor without adding fat or salt.



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For more information about container gardening, visit:

<http://eatsmart.umd.edu/locallygrown/gardening>