Container Gardening

Growing your own fruits and vegetables is a great way to provide healthy food for your family. However, the idea of planting a garden may seem out of reach, because of the cost, time, space or experience needed to grow a successful garden.

The truth is, anyone can grow a garden for very little money and time, in most any space and with little or no experience. Container gardening is a simple and inexpensive way to grow food. Supplies such as potting soil and seeds can be purchased using your EBT card.

Garden containers can be purchased or re-purposed from things that you may find in and around your home or community. One great way is to re-use gallon beverage containers. Many different things come in these containers, including milk, water or juice.

A shallow container can be used for salad greens and radishes.

During the heat of the summer, containers will dry out so daily watering may be necessary. Make sure you have a drainage hole in your pot and a sunny location.

Sources: extension.umd.edu and eatsmart.umd.edu

Super Seven Spinach Salad
(Serves 6)

Ingredients:
- 1 (6 ounce) package baby spinach leaves
- 1/3 cup cubed Cheddar cheese
- 1 Fuji apple - peeled, cored and diced
- 1/3 cup finely chopped red onion
- 1/4 cup sweetened dried cranberries
- 1/3 cup blanched slivered almonds
- 3 tablespoons poppy seed salad dressing

Directions:
In a large salad bowl, combine the spinach, Cheddar cheese, apple, red onion, cranberries and slivered almonds. Toss with poppy seed dressing just before serving.

Nutrition Info:
Calorie ............. 138
Total Fat ........ 8.3g
Cholesterol ...... 9mg
Sodium ........... 112mg
Total Carbs...... 12.5g
Dietary Fiber .... 2.1g
Protein ............ 3.8g

Source: www.allrecipes.com

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Veggie Up Your Diet

The recommended intake of vegetables is **1½ - 2 ½ cups** a day, depending on your age. Most people fall short of that goal. Spring is a great time to increase the vegetables in your diet.

**Here are ways to get your children involved:**
- They can help wash vegetables for meals and snacks.
- Have your child pick a vegetable at the grocery store they have never tried before and prepare it together.
- Let them snap beans or snap peas, or break broccoli and cauliflower florets.
- Play “I Spy” game in the produce section of the grocery store.
- Let them tear lettuces for salads and sandwiches.
- Let them measure frozen vegetables before cooking.
- Make a tally sheet and see who in the family eats the most vegetables each week.

For more information:  [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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Easy Easter Garland

This easy garland is made with recycled paint samples, and it’s great way to make any room in your home look festive and cheerful for the holiday.

**All you need is:**
- Scissors
- Pencil
- String/Yarn
- Egg Template
- Variety of paint sample color cards

1. Cut out the egg template or make your own of any size.
2. Trace the template on the back of the paint sample.
3. Cut on the traced line to create your first egg.
4. Poke two small holes in the top to thread the string in and out of to begin the garland.
5. Thread the string through the holes, back to front to back.
6. Repeat as many times as you like to create the length of the garland.


Ah HH-Choo!

Allergies caused by pollen and other allergens affect 40 million Americans. Although it’s usually not a dangerous condition, it can be very uncomfortable and can severely disrupt daily activities. The standard reactions include sneezing, itchy throat headache, swollen sinuses, itchy, watery eyes and a runny nose. Allergies can be triggered by many things, including exposure to house dust and animal dander. When pollen counts are high, stay in a climate-controlled environment if possible. The pollen count peaks between 5 a.m. and 10 a.m. each day. Try to stay indoors during those hours. Your doctor is the best source of information on how best to treat allergies.

Source: [www.pdrhealth.com](http://www.pdrhealth.com)

The Expanded Food and Nutrition Education Program (EFNEP) helps families, **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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Source: [www.pdrhealth.com](http://www.pdrhealth.com)