

The Power Up Eat Right Program's

MONTHLY MINDER

www.powerupeatright.com

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For more information about the Power Up Program, please call 1-800-215-7494.

Container Gardening

Container gardening is a great way to grow your own food; it can help save you money too! Anyone can grow different vegetables in containers. Container gardens need a little different care than other types of gardens.

- Plants need soil, water, sun and time to grow.
- Plants can be grown almost anywhere using containers.
- You can use almost anything for a container, even the bag potting soil came in; this way is the easiest.

Container gardens:

- Are common when space is limited or weeds are plentiful.
- Get heavy.
- Have special needs.
- May need more fertilizer.
- Need more frequent watering.



How to Get Started

Here are simple steps to start a vegetable container garden using a bag of potting soil itself. No pot is needed! Select a bag of potting soil that has sturdy plastic.

- Tomatoes, zucchini, green beans, peppers and herbs grow well in containers.
- Decide on what you want to grow and purchase the seeds or split a pack with someone else who wants to grow their own food. Keep the seed packet because it has growing information for the vegetable.
- Decide where you want to put your growing bag. Pick a sunny spot where you can easily water and care for your plants. You can place the soil bag directly on the ground or soil, which is best, or you can keep it on a deck, porch or pavement. Using a deck, porch or pavement will require more frequent watering as these surfaces become very hot in the sun, causing the soil and plants to dry out very quickly.
- Place the bag on its side. Cut a few slits in the bottom of the bag for drainage. Cut slits in the top of the bag to sow the seeds.
- Following the seed packet directions, sow the seeds directly in the soil; water and take care of them according to the seed packet directions and enjoy eating the bounty from your harvest.

May

Wellness Corner Connection

HAPPY ALMOST SUMMER!

Don't forget about the Summer Feeding Program as a fun daily activity you can be a part of this summer!

All programs provide free meals to kids up to age 18. To find a site near you, check out this website:

<https://www.fns.usda.gov/summerfoodrocks>



Recipe Of The Month: Pineapple Zucchini Cake

Ingredients

3 eggs
2 cups sugar
2 tsp vanilla
1 cup vegetable oil
2 cups zucchini (peeled, grated)
1 tsp baking powder
1 tsp salt
1 tsp baking soda
3 cups flour
1 cup pineapple (crushed, drained)

Directions

1. Preheat oven to 350 degrees. Grease or lightly spray with non-stick cooking spray, a 9x13 inch pan.
2. In a large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini.
3. In a separate bowl, combine baking powder, salt, baking soda and flour. Add dry ingredients to creamed mix.
4. Stir in fruit.
5. Bake for 45-50 minutes.

Nutrition Information Per Serving - 1/12 of recipe

Calories 440, Total fat 20g, Saturated fat 3g, Trans fat 0g, Sodium 360mg, Carbohydrate 61g, Dietary Fiber 1g, Protein 5g,

RECIPE SOURCE: <https://whatscooking.fns.usda.gov/>

Summer Squash Suggestions

Fresh slices or sticks.

Cooked and mashed.

Diced and tossed into a green salad.

Cubed and added to vegetable soup.

Sliced, lightly battered then oven or pan-fried.

In a stir fry with other vegetables.

Grilled on a kabob with other vegetables.

Sliced and grilled.

Thinly sliced on a sandwich or rolled in a tortilla.

Q: How do you fix a broken tomato?

A: Tomato Paste!