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EAT WELL, AGE WELL. GARDENING

Gardening is an incredible way to learn about produce and experience healthy eating from “farm” to fork! However, if you are like me you may be horrible at keeping any type of plant alive. I have attempted to keep multiple succulents alive and have failed horribly. To some gardening comes naturally, but to others it can seem overwhelming. Typically, people begin growing seeds indoors 2 months before the last frost of the season, but if you are new to gardening using a starter plant, already planted, from your local gardening department might be a better idea. When starting out with gardening, vegetables are usually easier to maintain than herbs and fruits.

Tomatoes, especially the smaller varieties, are incredibly easy to grow. It is important to be sure that all threats of frost are gone before planting tomatoes. They will need to be watered regularly and fertilized monthly. If you see your tomatoes turning yellow they are likely lacking nitrogen. Root vegetables, like carrots, are also an easy veggie to grow. They can even be grown in a container and are planted and grown in spring, summer, and fall. Lastly, cucumbers are a simple and versatile crop to grow. There is a variety of cucumbers called patio cucumbers that are meant to be grown in containers outside. Make sure to place them in ample sunlight and water regularly. Gardening is a great way to integrate healthy eating into your life, while learning more about plants. Don't let gardening overwhelm you, just start small with only a few plants. The reward of tasting your own fresh produce will be worth it!

WEEKLY CHALLENGES

RESEARCH ONE
VEGETABLE TO
GROW

ASK FRIENDS FOR
TIPS ON HOW TO
START A GARDEN

BE ACTIVE THREE
TIMES

TRY ONE OF OUR
RECIPIES

DID YOU KNOW?

THE USDA STATES
THAT THERE ARE OVER
25,000 VARIETIES OF
TOMATOES

Cucumber Chickpea Salad

This recipe is brought to you from: <https://www.spendwithpennies.com/chickpea-salad/>

INGREDIENTS:

- 1 avocado
- ½ fresh lemon
- 1 can chickpeas, drained (19 oz)
- ¼ cup sliced red onion
- 2 cups grape tomatoes, sliced
- 2 cups diced cucumbers
- ½ cup fresh parsley
- ¾ cup diced green pepper
- ¼ cup olive oil
- 2 Tbsp. red wine vinegar
- ½ tsp cumin
- Salt & pepper

DIRECTIONS:

1. Cut avocado into cubes and place in bowl.
2. Squeeze the juice from lemon over the avocado and gently stir.
3. Add remaining salad ingredients and gently toss to combine.
4. Refrigerate one hour before serving.



Carrot Cake Oatmeal Cookie

This recipe is brought to you from: https://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag

INGREDIENTS:

- 1 cup instant oats
- ¾ cup whole wheat flour
- 1 ½ tsp baking powder
- 1 ½ tsp cinnamon
- ½ tsp salt
- 2 tbsp coconut oil or unsalted butter
- 1 large egg, room temp
- 1 tsp vanilla extract
- ½ cup maple syrup
- ¾ cup grated carrots

DIRECTIONS:

1. In a medium bowl, whisk oats, flour, baking powder, cinnamon, and salt.
2. In another bowl whisk oil or butter, egg, vanilla, and maple syrup
3. Add in flour mixture, stirring until incorporated
4. Fold in carrots
5. Chill dough for 30 minutes
6. Heat oven to 325 degrees Fahrenheit
7. Line baking sheet and drop cookie dough into 15 round scoops
8. Bake for 12-15 minutes
9. Allow to cool & enjoy!