

# Eat Smart New York!



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## The Hottest Trend This Spring Home Vegetable Gardens



The media reports that popularity of home vegetable gardening is on the rise. President Obama's family recently dug up part of the White House lawn so they can grow vegetables. With the economy struggling, people losing jobs and the price of food increasing, home vegetable gardens can provide your family with inexpensive, fresh produce and help to decrease your grocery bill.

You can use your EBT card to buy vegetable plants and seeds at any store that sells these products and accepts EBT. Try your local supermarket or large discount store for the best selections of plants. Dollar stores may have a good selection of seeds at an even better price than supermarkets and discount stores.

You have a few options for planting your garden. If you have a yard, you can dig up a patch of the grass in a sunny location. You can also build raised beds out of 2x6 lumber and then fill the bed with a good potting soil mix. Raised beds can be as small as 1 foot by 1 foot and still have room for a tomato plant, some lettuce and green beans!

If you do not have a yard, many vegetables can be grown in pots or 5 gallon buckets. Look for pots at dollar and discount stores. Fill with potting soil and you are all set to plant!

What vegetables should you plant? Whatever vegetables your family likes to eat! All vegetables need at least 6 hours of sunshine each day, so you need to consider this when deciding where to grow your crop. Tomatoes, peppers, cucumbers, winter and summer squash grow best for plants. Green beans, spinach, lettuce, Swiss chard, beets and carrots all grown easily from seeds.

When should you plant your garden? Wait until Memorial Day to plant tomatoes, peppers, cucumbers, squash and beans. Spinach, lettuce, Swiss chard, beets and carrots can tolerate cooler weather and can be planted late April or early in May.

### Why garden?

- Stress relief.
- Physical activity.
- Freshest produce around!
- Teaches kids where food comes from.
- Encourages kids to try new foods because they grew it.
- A great way to spend family time.

# This month's recipes— Go Ethnic!

## Chicken Asparagus Stir Fry

Makes 4 servings

- 3 chicken breast halves
- 1 teaspoon vegetable oil
- 3 cups bite sized pieces of fresh asparagus (about 1 pound)
- 1 tablespoon cornstarch
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/2 cup water
- 1 tablespoon soy sauce

### Directions:

1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add asparagus and sauté 2 minutes or until asparagus is crisp tender.
5. Mix cornstarch, ground ginger, and garlic powder together. Add water and soy sauce and mix until smooth.
6. Stir sauce into chicken/asparagus mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Serve with cooked brown rice if desired.

\*\*Nutrition Facts: Serving Size – 1 cup, 140 Calories, 20 Calories from Fat, 2.5g Total Fat, 14% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 50mg Cholesterol, 390mg Sodium, 7g Total Carbohydrate, 2g Dietary Fiber, 3g Sugars, 23g Protein, 20% Vitamin A, 4% Calcium, 10% Vitamin C, 15% Iron

Adapted from Oregon State University Cooperative Extension Service Healthy Recipes



## Southern Okra Bean Stew

Makes 14 servings

- 4 cups water
- 1 can (14.5-ounce) diced tomatoes with liquid
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon Italian Seasoning
- 1 teaspoon chili powder
- 1 teaspoon hot sauce
- 1 cup quick brown rice, uncooked
- 1 can (14.5-ounce) kidney beans, rinsed and drained
- 3 (8-ounce) cans tomato sauce
- 1 (16-ounce) package frozen, sliced okra
- Salt and pepper to taste

### Directions:

1. In a large pot, combine the water, diced tomatoes, onion, garlic, Italian seasoning, chili powder and hot sauce.
2. Add rice, beans, tomato sauce, and okra. Simmer uncovered 8-10 minutes or until vegetables are tender.
3. Add liquid as needed for desired consistency.



\*\*Nutrition Facts: Serving Size – 1 cup, 80 Calories, 5 Calories from Fat, 0.5g Total Fat, 6% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 410mg Sodium, 16g Total Carbohydrate, 3g Dietary Fiber, 4g Sugars, 4g Protein, 8% Vitamin A, 8% Calcium, 20% Vitamin C, 6% Iron.

Source: 2006. Tobi Page, Oregon State University Cooperative Extension Service, Portland

# Soy Ginger Flank Steak

Makes 6 servings

- 1/2 cup soy sauce
- 3 tablespoons honey
- 3 tablespoons vegetable oil
- 2 green onions, sliced
- 1 garlic clove, minced
- 1 teaspoon grated fresh ginger
- 1 (2-pound) flank steak, trimmed



## Directions:

1. Combine soy sauce, honey, vegetable oil, green onions, garlic and ginger in a shallow dish or large heavy-duty zip-top plastic bag.
2. Add flank steak. Cover dish or seal bag, and chill 8 hours, turning occasionally.
3. Remove flank steak from marinade. Discard marinade. Grill, covered with grill lid, over medium-high heat (350 to 400 degrees) 7 minutes on each side or to desired degree of doneness. (Medium rare is 145 degrees checked with a food thermometer).
4. Let stand 5 minutes, and cut diagonally across grain into thin

\*\*Nutrition Facts: Serving Size – 1/6 of recipe, 330 Calories, 150 Calories from Fat, 17g Total Fat, 45% Calories from Fat, 4.5g Saturated Fat, 0g Trans Fat, 65mg Cholesterol, 1840mg Sodium, 11g Total Carbohydrate, 0g Dietary Fiber, 11g Sugars, 35g Protein, 0% Vitamin A, 6% Calcium, 2% Vitamin C, 15% Iron

Source: Janet H. Johnson, University of Kentucky Cooperative Extension, Allen County Office

# Tropical Cabbage Slaw

Makes 10 servings

- 4 cups shredded cabbage (red or green)
- 1/4 cup sliced almonds (optional)
- 1 (8-ounce) can pineapple tidbits, drained
- 2 cups low fat pineapple, lemon or Piná Colada flavored yogurt
- 1 (11-ounce) can mandarin oranges, drained



## Directions:

1. Combine cabbage, almonds, pineapple, yogurt and mandarin oranges in a bowl.
2. Serve chilled.

\*\*Nutrition Facts: (calculated using 1/4 cup sliced almonds) Serving Size – 1/2 cup, 70 Calories, 15 Calories from Fat, 2g Total Fat, 21% Calories from Fat, 0g Saturated Fat, 0g Trans Fat, 5mg Cholesterol, 40mg Sodium, 12g Total Carbohydrate, 2g Dietary Fiber, 10g Sugars, 3g Protein, 10% Vitamin A, 10% Calcium, 40% Vitamin C, 2% Iron

Source: Iowa State University Cooperative Extension, Food For Fitness and Fun Newsletter March 2009



# Asparagus – It's in Season!

Look for fresh, local asparagus starting this month. You might be lucky enough to find it at a local farm stand or roadside stand. It is also widely available in supermarkets this time of year. Asparagus is a good source of vitamin C, an excellent source of folate and has no fat, no cholesterol and only about 4 calories per spear!

Distributed by:

**Eat Smart New York**

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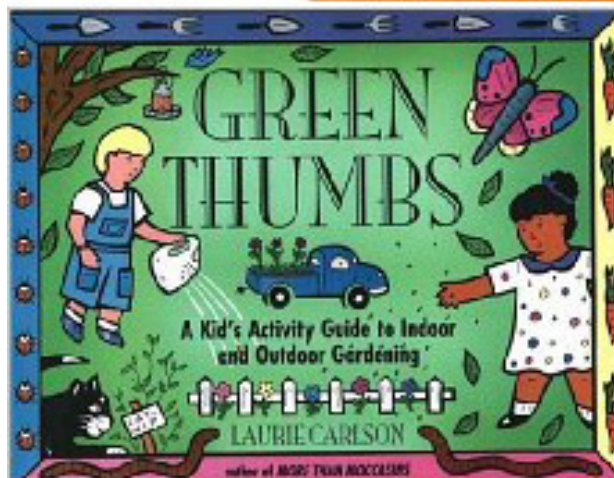
COOKING

EATING HEALTHY

MAKING TASTY MEALS

# KORNER I D S

Visit your local library with your child  
and check out the book



## Green Thumbs

*A Kid's Activity Guide to Indoor and Outdoor  
Gardening (A Kid's Guide series)  
by Laurie Carlson*

As a family, read through the book and decide what projects you can do in addition to starting your own family garden. This book is full of kid friendly ideas that can be completed with inexpensive supplies and lots of imagination. By gardening together, your child will develop a better understanding of the natural world around him or herself and learn about science in a way they may not get to learn about in school. Throughout the upcoming summer months, have your child make a journal or scrapbook about all of your family's gardening adventures - what crops worked, what did not work, any particular pest problems and about any projects completed from this book. Enjoy the time gardening with your family!

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