Just Say Yes
To Fruits & Vegetables

REGIONAL FOOD BANK

April 2025

Spring has Sprung!

As we welcome the warmth of April, it's the perfect time to start growing your own herbs at home! Not only do herbs add delicious flavor to meals, but they are also packed with essential nutrients. Basil, parsley, and thyme are just a few examples of herbs that provide vitamins, antioxidants, and immune-boosting properties. Growing herbs is easy and can be done almost anywhere – whether in a garden, on a windowsill, or even on your countertop. Growing your own herbs is a simple, cost-effective way to make your meals both delicious and more nutritious!

Summer Sauce

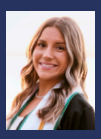
Ingredients

- 1 1/2 tablespoons oil
- 2 garlic cloves, sliced
- 1 can (28 ounces) pureed or
- crushed tomatoes
- 1 teaspoon dried basil (optional)
- 1 teaspoon dried oregano (optional)
- 1 eggplant, chopped
- 1 onion, chopped
- 1 zucchini, chopped
- 1 cup chopped mushrooms

Directions

1. Add 1 1/2 tablespoons oil to a medium pot over medium heat. Add garlic and cook until browned.
2. Add chopped vegetables. Cover and cook until vegetables become soft. Stir often.
3. Add can of tomatoes, basil and oregano. Stir and bring to a boil. Lower heat and cook about 15 minutes.
4. Serve over pasta or rice. Enjoy!
5. Refrigerate leftovers.

YOUR NUTRITIONISTS



Lily Magnotta
JSY Nutrition Educator
lilym@regionalfoodbank.net
845 534 5344 ext. 109

Claudia Fountain
JSY Nutrition Educator
claudiaf@regionalfoodbank.net
518 786 3691 ext. 204