

SPRING HAS SPRUNG!



GARDENING IS FUN FOR EVERYONE!

Enjoy these tips for planting your own container garden:

The Container

- There are a wide variety of containers you can use– coffee cans, milk jugs, plastic containers, even an old shoe
- Poke holes in the bottom of the containers to help extra water drain out.
- Line the containers with newspaper to prevent the soil from washing out when watering the plants.

Planting

- Use a potting mix for your soil because it has a higher nutrient content than garden soil.
- Plant the seed 4 times as deep as the longest part of the seed.
- You can use EBT benefits to buy vegetable seeds or plants!
- If transplanting an already sprouted plant, make sure the roots are completely covered in soil.
- Don't pack the soil too tightly. Air pockets in the soil help the oxygen and nutrients move around and feed the plant.

Watering

- Always water the soil immediately after planting.
- Mist with a spray bottle or lightly water every 1-2 days to keep the soil moist but not soggy.
- Water until seed beds begin to puddle then let the water soak in, repeat 1-2 times depending on the size of the container.

Radish Stir-Fry with Sugar Snap Peas

Ingredients:

- 1 tablespoon vegetable oil
- ½ cup diced shallots
- 3 cups chopped sugar snap peas
- 2 cups sliced radishes
- ¼ cup orange juice
- 2 tablespoons chopped fresh dill
- Black pepper, to taste

Directions:

1. Heat oil in a large pan over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes, add radishes and cook 3 minutes more. Stir.
4. Add orange juice and dill. Add black pepper to taste.
5. Mix well. Serve and enjoy!
6. Refrigerate leftovers.

Makes 8 servings

YOUR NUTRITIONISTS



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