

SPREAD HAP-PEA-NESS!



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.

Peas and Pasta

Ingredients:

- 3 cups uncooked pasta
- 2 cups peas
- 2 tablespoons oil
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Directions:

1. In a large pot, bring 12 cups of water to a boil.
2. Add pasta and cook for 8 minutes.
3. Add peas to pot and cook for 2 more minutes.
4. Drain peas and pasta and place in large bowl.
5. Toss cooked pasta and peas with oil.
6. Sprinkle with cheese and serve hot.
7. Refrigerate leftovers.

Makes 4 servings

YOUR NUTRITIONISTS



Kristyn Bopp

Lead JSY Nutrition Educator

Kristynb@regionalfoodbank.net
518-786-3691 x225

Albany, Clinton, Columbia, Delaware, Essex,
Franklin, Fulton, Greene, Hamilton, Montgomery,
Otsego, Rensselaer, Saratoga, Schenectady,
Schoharie, Warren, and Washington