



Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program
Jackson County Health Department

Volume 3, Issue 2

March 31, 2010

Special points of interest:

- *Paint your Plate with Color in the April with these Fruits and Veggies:*

- Blueberries
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Chinese Cabbage
- Cucumbers
- Eggplant
- Grapefruit
- Green beans
- Green peppers
- Lettuce
- Oranges
- Radishes
- Squash
- Strawberries
- Sweet Corn
- Tangerines
- Tomatoes
- Watermelon

Get started — plant a home vegetable garden

With careful planning and proper follow through planting a vegetable garden is not hard.

Before planting any seed or transplants, prepare the soil. Soil should be worked when moisture is right; it should crumble and break into small clumps when a small amount is pressed in your hand.

Rake the planting area immediately after tilling the soil. A fine seedbed is best as compacted soil will limit the growth of emerging seedlings.

Purchase seeds early in the year. Select your seeds based on intended use, time of maturity, and disease tolerance. For best germination purchase new seed every year.

Mark rows by stretching



Preparing the ground, selecting the seed, and deciding when to plant are the first steps in gardening.

string tightly across the area where you want a furrow. Use the corner edge of a hoe or shovel to establish a furrow with a uniform depth.

Sow seeds generously whether in the garden or in trays. This allows for seeds that fail to sprout and seedlings that die. When sowing,

scatter seeds or plant them in furrows or hills. It is recommended that seeds be planted to a depth not more than three or four times its thickness.

Many crops, such as tomatoes, eggplant, peppers, and cabbage, can be started indoors and transplanted into the garden. Wait until the danger of frost is past before transplanting. Avoid root disturbance as much as possible. Try to transplant late in the afternoon or during a cloudy day. Water plants well. Provide protection with a light shade during bright sunny weather for the first 3 to 5 days.

For optimal growth, give each plant 1 or 2 cups of a liquid starter fertilizer immediately after setting it in the ground.

Fruits & Veggies Cooking Tips From More Matters

Get a jumpstart on dinner by filling microwave steaming bags with vegetables, one for every night of the week.

Steam your vegetables, then add low-calorie or low-fat dressings, and herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using

high-fat dressings or sauces greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.

Take your favorite lasagna recipe and try adding different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zuc-

chini, onions, or eggplant. Be creative.

Mix canned spinach or frozen broccoli into your pasta dish.

Slice, marinate (try balsamic vinegar) and grill a variety of vegetables including zucchini, asparagus, green onions, eggplant, and mushrooms.

Contact Information

Mary Beth Gurganus, LD/N

3045 4th Street

P O Box 310

Marianna, FL 32447

Phone: 850-526-2412 ext 282

Fax: 850-482-9564

Email: WellnessBuddy@doh.state.fl.us

Website: www.jacksonchd.org

