

# EAT BETTER FOR LESS

## Harvest the Benefits of Gardening

Gardening offers a bumper crop of benefits! But you will not have to wait until the end of the season to reap.

In addition to delicious, fresh produce, you'll gain strength and endurance from your efforts. Research also shows being in nature can lower stress.



Plant the seeds of wellness this month by starting a garden!



### Getting started

You don't need a big area, fancy tools, or even a green thumb. If you have a bucket, a windowsill or balcony, soil, and water, you can begin growing a garden. If you participate in SNAP, your benefits can be used to buy seeds.

### Plan ahead

Choose the right plants by considering factors like the amount of sunlight needed, soil type, climate, and whether your family will try what is grown. Also consider available space and water access.



### Involve others



Don't be afraid to ask for help. Invite your family, friends, and neighbors to join you.

If you need advice from a pro, contact your county Extension Office.



It'll be a while before your garden grows any veggies, but you can whip this up in no time.

### Quick Tomato Salsa

#### Ingredients

- 1 can (15 ounces) diced tomatoes
- ¼ cup onion, chopped (¼ medium onion or 2 green onions, chopped including green tops)
- 1 clove garlic, chopped or 1/4 teaspoon garlic powder
- 1 lime, squeezed for juice
- 1 can (4 ounces) diced green chilies
- ¼ cup fresh cilantro leaves, loosely packed

#### Directions

1. Combine ingredients, except cilantro, in a blender and blend to desired consistency.
  2. Finely chop cilantro and stir into other ingredients.
- Serve immediately or refrigerate in airtight container for up to 1 week.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: <https://www.nrcs.usda.gov/conservation-basics/conservation-by-state/washington/news/get-out-and-garden-for-national-garden>, [eatgathergo.org/recipe/quick-tomato-salsa/](https://www.eatgathergo.org/recipe/quick-tomato-salsa/)

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