

Take Home Tips

Container Gardening

- Many vegetables and herbs can be grown in containers.
- It only takes a small amount of money to grow your own vegetables and herbs in containers. You can use your EBT card to buy seeds and seedlings.
- Eating fresh vegetables and herbs from your garden provides many health benefits.
- Gardening provides opportunities for family outdoor activities.



Set a Goal

Choose a vegetable or herb to grow in a container garden. Plant the garden in the coming week.

Find ways to get family members involved in gardening.

Try a main dish recipe with veggies as a main ingredient. Involve your family members in helping you prepare it.

Personal Goal: _____

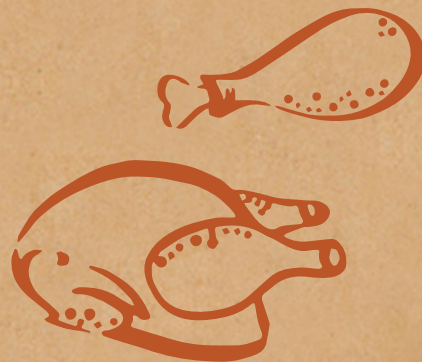
Container Gardening

Chicken Club Salad

Serving size: 2 cups
4 servings

Ingredients

- 1 cup pasta, uncooked
- 4 cups lettuce, torn in bite-sized pieces
- 2 cups chopped or sliced vegetables
(green pepper, celery, cauliflower, cucumber, carrots)
- 1 Tablespoon fresh basil, chopped (optional)
- 1 Tablespoon fresh parsley, chopped (optional)
- 1 1/2 cups cooked chicken, cut in bite-sized pieces
- 1/2 cup low-fat Italian dressing
- 1 hard cooked egg, sliced
- 1/2 cup shredded low-fat cheese



Instructions

1. Cook pasta according to package directions; drain and cool.
2. Place 1 cup of the lettuce in each of 4 large bowls or plates.
3. Combine chopped vegetables, herbs, chicken and pasta.
4. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
5. Top each serving with a few egg slices and shredded cheese.

Container Gardening at Home

Follow these easy steps to create a vegetable garden at home!

1. Read the back of the seed packet to make sure the container you plan to use is wide and deep enough for the vegetable plants you want to grow. Fill the container with potting soil. You can buy potting soil at the garden center or hardware store. Do not use soil from your yard; it is too heavy for seeds to grow.
2. Follow the directions on the seed packet for planting and spacing the seeds in your container.
3. Cover the seeds with a light layer of potting soil.
4. Water the seeds right away. Follow the seed packet directions for watering and fertilizing plants as they sprout and grow. You can buy fertilizer at the garden center.



If you need help, call an expert at the Home and Garden Information Center Monday–Friday, from 8:00 a.m. to 1:00 p.m. at 1-800-342-2507.

Save money
on gardening
supplies:

1. You can use recycled containers to plant your garden, such as:

Buckets

Large Flower Pots

Metal or Plastic Containers

Plastic Kiddie Pools

2. Share the cost of seeds with a neighbor, friend or family member. Seed packets usually have more seeds than you can use.

3. You can save extra seeds for next season. Keep extra seeds in a sealed, plastic bag and put them in the freezer until it's time to plant the next year.

4. Plan your planting with neighbors, so that you can trade a variety of herbs and vegetables throughout the growing season.

