



GARDEN VEGETABLES

APRIL IS NATIONAL GARDENING MONTH!

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves. Check out <http://www.kidsgardening.org/> for more gardening tips.



GET FIT IN THE GARDEN

The gym or playground isn't the only place we can go to be active! Being a gardener or a farmer provides lots of opportunities to get exercise in a fun, new way. You could visit a pick-your-own berry farm with your family or pretend you are on field trip to the farm with this game that can be played anywhere. Spend 30 seconds to a minute doing each activity in the column to the right with your classroom, friends or family.

Adapted from: www.harvestofthemonth.com

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- WALK THROUGH THE TALL CORN FIELDS.
 - SQUAT DOWN AND PICK UP WATERMELONS.
 - PULL CARROTS FROM THE GROUND.
 - REACH FOR ORANGES ON THE TREE.
 - BEND DOWN AND PICK STRAWBERRIES
 - PUSH A WHEELBARROW
 - DIG HOLES TO PLANT TOMATO PLANTS.



**SIMPLY
GOOD**



#LOL: WHAT DO VEGETABLES WISH FOR, MORE THAN ANYTHING ELSE IN THE WHOLE WORLD? PEAS (PEACE) ON EARTH!

FAMILY TIME

At dinner time, make it a goal to eat at the kitchen table “unplugged”—all electronic devices turned off—no iPhone, iPad, iPod, laptop, tablet, or television. Take the time to share your day’s stories with your family members. Research has shown that sharing a family meal is extremely beneficial. According to research, children and teens who regularly participate in family dinners at the kitchen table have lower rates of substance abuse, depression, obesity and eating disorders and have higher grade point averages and self-esteem. (Source: *TheFamilyDinnerProject.Org*). Make it a point to have dinner at the table “unplugged” most nights out of the week.

PICO DE GALLO

Serves 4

Ingredients

3 oz tomatoes, chopped	1Tbsp lime juice
1/2 oz onions, chopped	2 tsp cilantro, chopped
1/4 oz jalapenos, chopped	1/8 tsp Kosher salt

Combine all ingredients and mix well.

Nutrition per 2 Tbsp serving: 5 calories. 0 g fat. 50 mg sodium, 0 mg cholesterol, 2 g carbohydrate

FUN FACTS:

So Cool

Ever wonder where the saying “cool as a cucumber” comes from? The inside of a cucumber is approximately 20 degrees F cooler than the outside.

Keep Calm and Carrot On!

The average person eats about 14 pounds of carrots every year. Although we are most familiar with the orange carrot, carrots can be red, yellow, white, green, black and purple.

Earth Month

April is Earth Month! Pick up trash/recyclables in your neighborhood or at a local park. Buy local produce or grow your own to cut down on the distance your food has to travel from its source to your table.

PEPPERS

GREEN BEANS

SQUASH

LETTUCE

TOMATOES