



Nutrition Nuggets

Growing While Gardening

As the spring weather is upon us, we ask ourselves, what are fun outdoor activities we can do with children while incorporating healthy eating habits? One activity packed with personal creativity and learning opportunities along every step of the way, is gardening. Growing your own vegetable/fruit garden can do more than provide tasty produce. If you do not have room for a permanent garden in your backyard, a great idea is planting individual pots. This gives children the opportunity to pick which fruit, vegetable or even herb they want to plant. They can even oversee watering it daily. Children will be delighted to see their garden start to develop after they dedicated their time and nurtured it. Once they have started to produce their fruits or vegetables, they can enjoy them plain or add them to a tasty meal that everyone can enjoy.

10 Tips to Start Your First Garden

Consider What to Plant: Do you want to plant a vegetable garden? An herb garden? If you choose vegetables and herbs for their contributions to your dinner table, plant ones your family will eat or be willing to try.

Pick the Correct Spot: Almost all vegetables and most flowers need 6-8 hours of full sun each day. So you need to observe your yard throughout the day to figure out which spots receive full sun versus partial or full shade.

Clear the Ground: Get rid of the sod covering the area you plan to plant. If you want quick results (if it's already spring and you want veggies this summer), cut it out.

Improve the Soil: The more fertile the soil, the better your vegetables will grow. The same holds true for other plants.

Work the Soil: Working the soil is essential to preparing new beds for sowing or planting because it allows roots to penetrate the soil more easily to access water and nutrients. There are two methods: Tilling and digging.

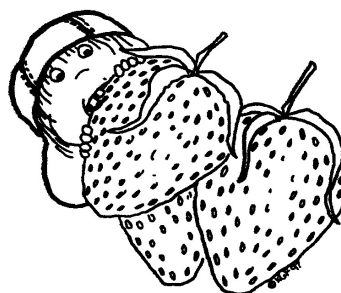
Pick Your Plants: Choose plants adapted to your climate, soil, and sunlight. You can even surf the Internet for plants to purchase. There are a few easy to grow plants for beginners.

Start Planting: Some plants, such as tomatoes and most annual flowers prefer warm temperatures, so don't plant them until the danger of frost has passed in your area. Mid spring and mid autumn are good times to plant perennials.

Water at the Right Time: Seedlings should never be allowed to dry out, so water daily. Taper off as the plants get larger. Transplants also need frequent watering (every other day or so) until their roots become established.

Protect Your Garden With Mulch: To help keep weeds out and moisture in, cover the soil with a couple of inches of mulch.

Starting a garden is one of the most rewarding things you can do. Start a vegetable garden, and everyone can benefit from getting their hands a little dirty.



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Garden Fresh Pasta Salad

- 1 pkg (16 Oz) whole wheat Farfalle (bow tie) pasta
- 2 cups broccoli florets
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 cups halved cherry tomatoes
- 1 bottle (8 oz) Kraft Sun Dried Tomato Vinaigrette Dressing
- 1/2 cup Kraft Grated Parmesan Cheese



Cook pasta in a large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 minutes. Drain. Rinse pasta mixture with cold water, drain well. Place in a large bowl. Add all remaining ingredients except cheese, mix well. Refrigerate for 1 hour. Stir gently before serving, top with cheese.

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How to Dye Easter Eggs

Hard boiled eggs are perfect for dyeing Easter eggs, but they also make a wonderful base for popular Easter recipes like classic deviled eggs.

First Step: How to Hard Boil Eggs for Easter Eggs

Remove eggs from the refrigerator a few minutes before cooking and let them warm to room temperature. This will prevent them from cracking. Fill your pot with just the right amount of water, enough to fully cover the top of your eggs. Gently drop your eggs into a pot of water that is already boiling. Cook it to your preference: 4 minutes will give you a soft-boiled egg, 8 minutes will be when the yolk has just about set, and 14 minutes you'll have a crumbly hard boiled yolk.

Second Step: Dying

Pick your favorite colors and make Easter Egg Dye using water, vinegar, and food color: Mix ½ cup boiling water, 1 teaspoon white vinegar and food color in a bowl to achieve the desired colors for your egg dye. Don't be afraid to experiment with the amount of drops to get the color you're looking for. Design and dye your Easter eggs: Dip eggs in dye using a slotted spoon, wire egg holder or tongs. Let them sit for about 5 minutes to soak up the color.

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