

# Gardening for Wellness: Part 2

## Nutrition-Packed Vegetables and Herbs

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# Today's Outline

Part 1: Benefits of cooking  
My Plate  
Healthy Eating from Head to Toe  
Herbs and spices  
Leafy Greens  
Q&A

Part 2: Cooking Demonstration: Christie's Kale & Sundried Tomato Salad  
Q&A

Part 3:  
Go-To Garden Recipes  
Organic Vegetable Garden at Potomac Overlook Regional Park  
Community Resources  
Healthy Eating Strategies  
Helpful Links & Books  
Q&A

# Benefits of Cooking

- Social interaction
- Self-esteem
- Better Nutrition
- Benefits to cooking with Children
- Improved Cognition
- Better for your wallet
- Mental Health benefits?

**BENEFITS OF FAMILY DINNERS**  
THE FAMILY DINNER PROJECT.ORG

**AGES 1-5**

**BENEFITS OF FAMILY DINNERS**

Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.

Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a dinnertime ritual feel more satisfied with marriages.

**AGES 6-12**

**BENEFITS OF FAMILY DINNERS**

Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.

**AGES 13-18**

**BENEFITS OF FAMILY DINNERS**

Teens who eat regular family dinners are more likely to get A's in school.

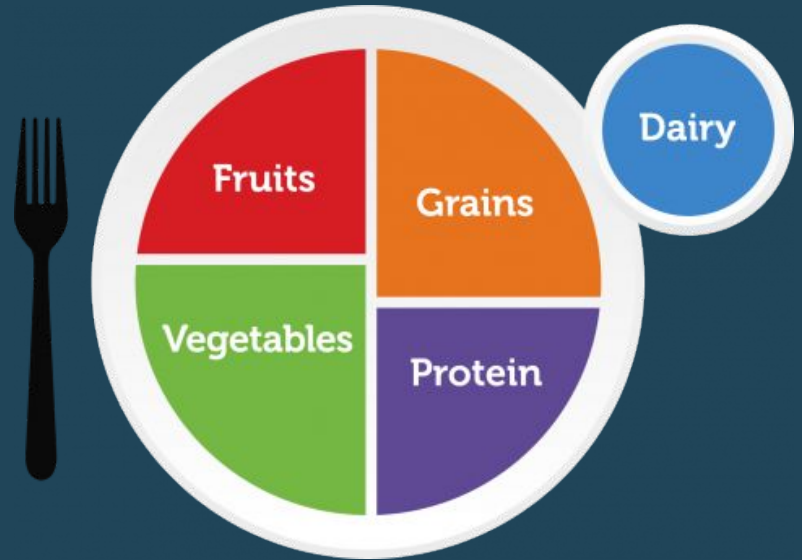
Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

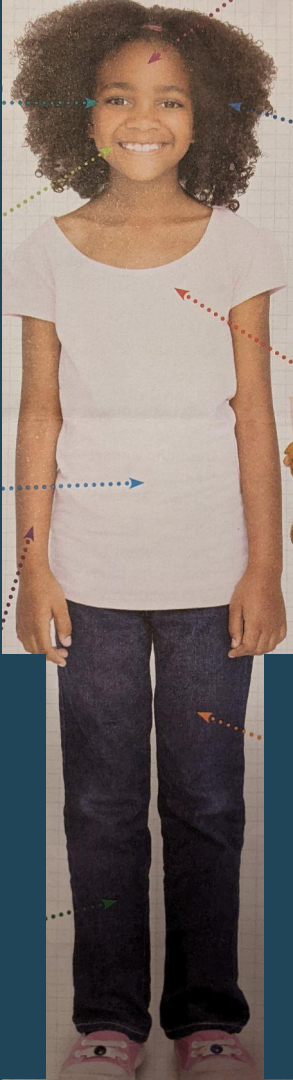
# Healthy Eating Tips from MyPlate

- 1) Focus on whole **FRUITS**
- 2) Vary your **VEGGIES**
- 3) Make half your **GRAINS** whole
- 4) Vary your **PROTEIN** routine
- 5) Choose low-fat or fat-free **DAIRY**





Eyes



Brain



Hair

Teeth

Heart



Digestive System

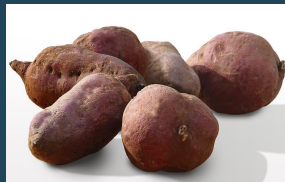


Skin

Muscles



Bones



# HEALTHY EATING

from

# HEAD TO TOE



## Fuel your body!



# Leafy Greens:

*What to plant in spring to harvest later*

- Collards
- Spinach
- Cabbage
- Lettuce
- Kale
- Chard



# Herbs:

## *What to plant*

Cilantro

Catnip

Chamomile

Chives

Dill

Fennel

Marjoram

Mint

Parsley

Rosemary

Sage

Thyme

# Benefits of Leafy Greens & Herbs

- Low in calories and cost
- Easy to grow, can be locally sourced
- Nutrient rich:
  - Excellent sources of Vitamins A, C and K
  - Important sources of minerals
  - Loaded with antioxidants
- Herbs add lots of flavor with little salt, sugar, and calories
- **BOTTOM LINE:** *Eat a variety, cooked a variety of ways*

# Making Greens a Bit Less Bitter

- Pick greens before full maturity (baby kale, baby spinach)
- Remove tough stems
- Add acid
- Add fat
- Add spices
- Pair with bold flavors

# Methods for Cooking Greens



- Raw
  - Salads
  - Smoothies
  - Wraps
- Boiled
- Sautéed
- Braised
  - On the stove
  - In the oven or slow-cooker
- Baked
  - Kale chips
  - Casseroles/quiches

# Questions?



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# Christie's Kale & Tomato Salad

Adapted from EveryFoodFits.com, Christie St. Pierre, MPH, RDN

Serves 6; approximately 20 minutes



Photo by Stacey Viera

## Ingredients

- 1 bunch kale (stems removed)
- 1-2 cloves garlic (minced)
- 1-2 tablespoons sundried or fresh tomatoes (to taste)
- 1 avocado (diced)
- ¼ cup pumpkin seeds or similar (optional)
- 1 lemon (zested and juiced)
- Apple cider vinegar
- Olive oil
- Salt
- Dash chili powder or cayenne pepper (to taste)

## Instructions

- Zest and juice lemon; measure contents and add to container with tight-fitting lid. Add equal portions of vinegar and oil lemon juice (1:1:1 ratio of liquids).
- Add spices, shake vigorously or blend, and taste.
- Remove kale stems, wash, and drain. Mince garlic. Put kale and garlic in large bowl with a couple pinches of salt and massage. Add some vinaigrette, toss, and let sit refrigerated to soften greens.
- Cut avocado, tomatoes, and add those with nuts/seeds to salad. Enjoy!

# Questions?



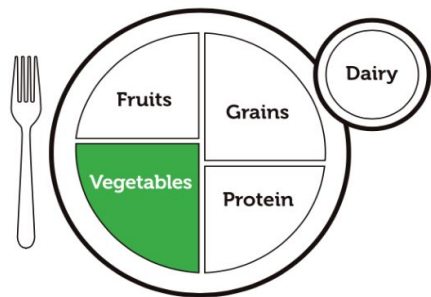
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# TOMATO

## WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.

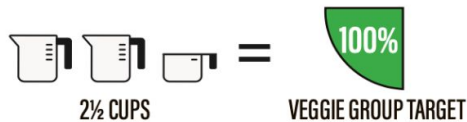


## VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.

## HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



## FUN FACTS & TIPS



Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.



Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.



Tomatoes are versatile! Mix them with melon for a fresh summer salad.



For more information go to [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov)  
USDA is an equal opportunity provider, employer, and lender.

August 2017



# Pumpkin Seeds

- Protein
- Antioxidants
  - Roasting increases the amounts of antioxidants
- Improve bowel and prostate health
- Improve sleep

# Anne's Go-to Garden Recipe: Rainbow Chickpea Salad

Recipe from <https://www.runninginaskirt.com>

Serves 4, approximately 10 minutes



## Ingredients

- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 lemon, juiced
- One 16 oz can chickpeas
- ½ red onion, chopped
- 1 pint cherry tomatoes, halved
- 1 yellow pepper, chopped
- 2 cucumbers, cut in thin half-moon slices
- ½ cup fresh parsley, chopped
- Salt and pepper to taste

## Instructions

1. Whisk vinegar, olive oil and lemon together
2. Add other ingredients. Toss and serve

Travels well for buffets or other gatherings

# Anne's Go-to Garden Recipe: Sweet Potato Hash

*Serves 8, approximately 20 minutes*

## Ingredients

- 2 teaspoons kosher salt
- 2 teaspoons smoked paprika
- 3 cloves garlic, minced
- 1 teaspoon chili powder
- 1/4 teaspoon dried rosemary, crushed (if available)
- 4 medium sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- 2 medium red and/or yellow sweet peppers, chopped
- 1/2 large, sweet onion, thinly sliced
- 2 tablespoons minced fresh thyme
- Olive oil

## Instructions

1. Add the oil to a skillet and when it's hot, add the sweet potato cubes. Cover and cook over medium heat for about 10 minutes or until soft enough to pierce with a fork
2. Add all the remaining ingredients, stir, and cook uncovered until tender and golden brown (about 10 to 15 minutes).
3. Serve immediately or keep leftovers in an airtight container in the fridge for 3 to 5 days.

# Tricia's Go-to Garden Recipe: Southern Sweet Potato Salad

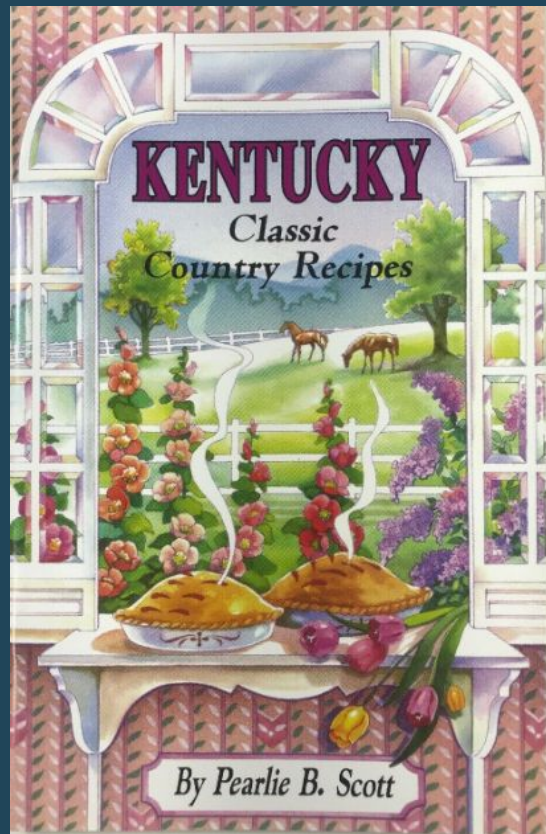
*Kentucky: Classic Country Recipes*

## Ingredients

- 2 lbs sweet potatoes, peeled and cubed
- 1 Tbs Honey
- 1 tsp Chopped fresh ginger
- 1/8 tsp nutmeg
- 1/3 cup chopped pitted dates
- 1 cup coarsely chopped pecans
- 1 tsp grated orange peel
- 2 Tbs lemon juice
- 1 cup lite mayonnaise
- 2 Tbs orange juice
- 1/4 tsp salt
- 1 cup sliced celery
- 1 can (11 oz) mandarin orange sections, drained (optional)

## Instructions

1. In medium saucepan cook potatoes 8-10 minutes in boiling salted water until just tender. Do not overcook. Drain and toss with lemon juice.
2. In large bowl combine mayonnaise, orange peel, orange juice, honey, ginger, salt and nutmeg.
3. Stir in warm potatoes, pecans, celery and dates. Cover and chill.



# Tricia's Go-to Garden Recipe: Avril's Chilled Cream of Zucchini Soup

## Ingredients

- 1 Tbs unsalted butter
- 1/3 cup chopped onion
- 2 pounds (about 5 medium) zucchini, washed, trimmed, and sliced
- 3 cups unsalted chicken stock
- 1/2 cup fresh basil leaves
- 1/2 cup light cream
- 1 cup plain nonfat yogurt
- Pinch of white pepper
- 1/4 tsp salt (omit if using salted stock)

## Instructions

1. Heat the butter in a four-quart saucepan over medium heat.
2. Add the onion and saute, stirring occasionally, for 5 minutes or until the onions are translucent.
3. Add the zucchini and stock and bring to a boil over high heat.
4. Reduce the heat to low and simmer, uncovered, for 20 minutes.
5. Add the basil leaves and puree the soup in a blender or food processor fitted with a steel blade.
6. Stir in cream, yogurt, pepper, and salt.
7. Chill at least 2 hours.

# Visit the Organic Vegetable Garden at Potomac Overlook Regional Park



2845 Marcey Rd, Arlington, VA 22207

Extension Master Gardeners gain experience in propagating plants from seeds, crop rotation techniques, composting, routine garden and soil maintenance, seasonal techniques, use of an on-site water system.

Information from:

<https://mgnv.org/demo-gardens/ovg/>



# Farmers Markets

## City of Alexandria

- [Old Town Farmers Market](#) \*P
- [Old Town North Farmers Market](#)
- [Del Ray Farmers Market](#) P
- [Four Mile Run Farmers & Artisans' Market](#) \*
- [West End Farmers Market](#)

\*Accept SNAP/EBT and doubles benefits

P= Master Gardener Plant Clinics

<https://www.alexandriava.gov/FarmersMarket>  
<https://www.arlingtonva.us/Government/Topics/Urban-Agriculture/Farmers-Markets>

## Arlington County

- Arlington Farmers Market \* P
- Ballston Farmers Market \*
- Cherrydale Farmers Market
- Columbia Pike Farmers Market \*
- Crystal City Farmers Market \*
- Fairlington Farmers Market P
- Lubber Run Farmers Market
- National Landing Farmers Market \*
- Rosslyn Farmers Market \*
- Westover Farmers Market

PLOT  
AGAINST  
HUNGER

[www.PlotAgainstHunger.org](http://www.PlotAgainstHunger.org)



**In 2021, over 9,100 pounds  
donated at Rock Spring Church!  
Over 3,500 donated at AFAC!  
Over 39,600 pounds gleaned from  
local farms!**

Contact us at

[plotagainsthunger@arlingtonurbanag.org](mailto:plotagainsthunger@arlingtonurbanag.org)

<https://arlingtonurbanag.org/plot-against-hunger/>

# Plot Against Hunger's 2022 Spring Garden Kickoff

## Looking ahead to summer



Expert panel on gardening in climate change, Arlington heat island study, tool swap, garden advice, and summer seed giveaway!

Saturday, May 21 10 am - 1 pm  
Arlington Central Library  
1015 N. Quincy Street

**Visit [arlingtonurbanag.org](http://arlingtonurbanag.org) for  
schedule & registration information.**

Presented by:



PLOT  
AGAINST  
HUNGER



Local food pantries  
& your gardening  
neighbors

## The Guidelines

Make every bite count  
with the *Dietary Guidelines for Americans*. Here's how:

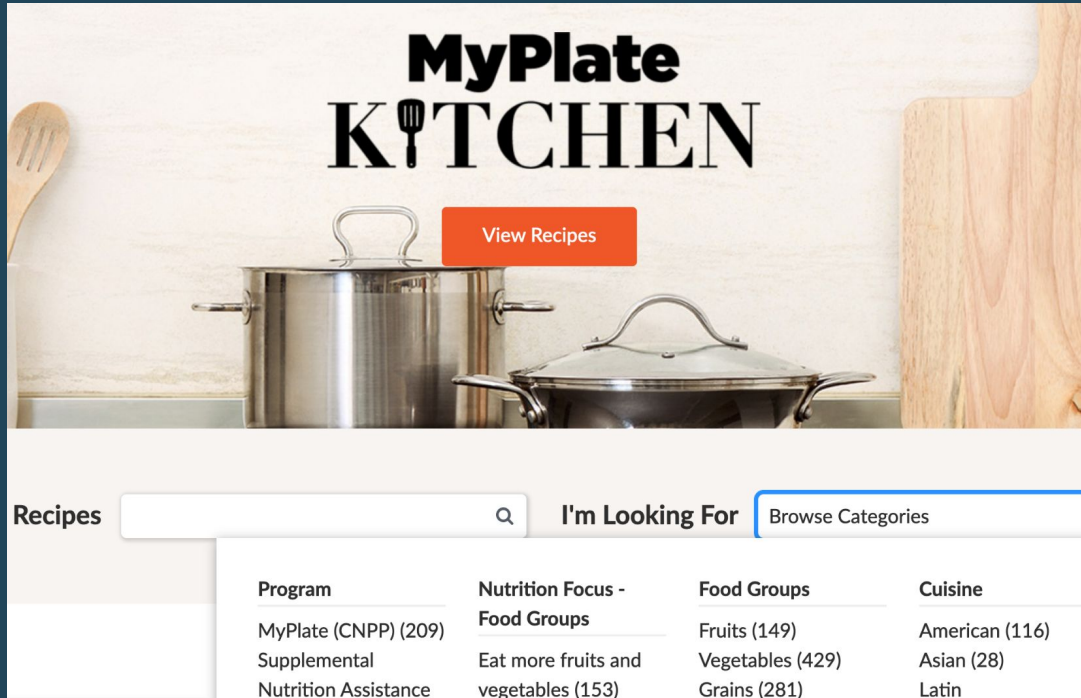


Dietary Guidelines for Americans, 2020-2025

## Healthy Eating Strategies

- Limit saturated fat
  - Substitute for mono- or polyunsaturated fats
- Limit alcoholic beverages
  - One drink or less per day
- Limit sugar-added treats
  - Enjoy dried fruit for dessert
  - Keep treat portions small
- Limit sodium
  - Substitute MSG for salt
  - Use herbs and spices

# Helpful Links & Books



**MyPlate KITCHEN**

View Recipes

Recipes  I'm Looking For  Browse Categories

Program	Nutrition Focus - Food Groups	Food Groups	Cuisine
MyPlate (CNPP) (209)		Fruits (149)	American (116)
Supplemental Nutrition Assistance	Eat more fruits and vegetables (153)	Vegetables (429) Grains (281)	Asian (28) Latin

MyPlate Kitchen Recipe Tool:

<https://www.myplate.gov/myplate-kitchen>

Nutrition & greens:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables>

How and when to massage your kale:

<https://www.bonappetit.com/story/massaging-kale>

Food Science & Nutrition Books:

- Harold McGee, On Food and Cooking, [www.curiouscook.com](http://www.curiouscook.com)
- AND's Complete Guide to Food & Nutrition, 5th Ed., <https://www.eatrightstore.org/product-type/books/academy-of-nutrition-and-dietetics-complete-food-nutrition-guide-fifth-edition>

# Helpful Links & Books

## Eat Smart

Everyone should have access to healthy, nutritious foods. The Virginia Family Nutrition Program encourages Virginians to eat smart by making healthy food and lifestyle choices. Learn how to plan and cook healthy snacks and meals on a budget.

See Ways To Eat Smart →



Eat Smart, Move More:

<https://eatsmartmovemoreva.org/>

Healthy Eating from Head to Toe Poster:

<https://getvisualz.com/>

Good Cheap Eats:

<https://goodcheapeats.com/>

What Do Specific Foods Do?

<https://www.takingcharge.csh.umn.edu/explore-healing-practices/food-medicine/what-do-specific-foods-do>

How to Grow Food:

<https://mgnv.org/>

The Family Dinner Project:

<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners/>



Combine your love of cooking, nutrition, physical activity, and helping others by becoming a Virginia Cooperative Extension Master Food Volunteer!

Master Food Volunteers help with:

- health fair displays
- food demonstrations at farmers' markets
- cooking demonstrations at food pantries
- food safety classes
- writing articles/blogs on nutrition
- teaching cooking classes
- programs for youth and adults
- and much more!

Contact your local Extension office for more information:

**Fairfax County: 703-324-5203**

**Alexandria City & Arlington County: 703-228-6417**

**Loudoun County: 703-771-5838**

Or email [MasterFoodVolunteer-g@vt.edu](mailto:MasterFoodVolunteer-g@vt.edu)

<https://ext.vt.edu/food-health/master-food-volunteer.html>

# Questions?



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