

SENIOR NUTRITION NEWS

Eat Smart Idaho Program

May 2022

Why Plant a Garden?

You don't need a huge yard to experience the benefits of gardening. Container gardens are great for small spaces, and are perfect for balconies, patios, or places where you can't plant in the ground. You'll be amazed by how much food you can grow in just a couple of pots! Starting a garden of your own whether it be in the ground or in containers has many benefits including:



- **Gardens have a calming effect and reduce stress**—Many people find their garden area to be the perfect place to think and relieve stress.
- **Gardens encourage movement and physical activity**—Digging, planting, watering, and harvesting fruits and vegetables are all great ways to get some movement in each day.
- **Gardens are aesthetically pleasing**—meaning they give you joy just to look at and be outside in nature.
- **Gardens encourage healthy eating choices**—by having produce readily available, you can boost your intake of important nutrients through your increased intake of fruits and vegetables.
- **Gardening is economical.** Plant starts and seeds are inexpensive, and garden beds can be built with recycled materials. They can also be planted into containers on your patio. With a bit of work, your garden will produce delicious fruits and vegetables, saving you money *and* trips to the grocery store! Many people don't know that food stamps can be used to purchase food producing seeds and plants.



Zucchini Pizza Boats

2 medium or 3 small zucchini
½ cup shredded mozzarella cheese

½ cup tomato based pasta sauce
2 Tbsp parmesan cheese

1. Wash hands. Heat oven to 350°.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
5. Refrigerate within 2 hours.

Parmesan Roasted Potatoes

3 cups potatoes cut in 1-inch pieces
½ cup parmesan cheese, shredded or grated

2 teaspoons olive oil
¼ teaspoon pepper

1. Wash hands. Preheat oven to 400°.
2. In a large bowl, toss potatoes with oil and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes; sprinkle with cheese; roast 5 to 10 more minutes. Serve warm.



Sources: <https://extension.wsu.edu/clark/community-grown/senior-gardens/>; https://ucanr.edu/sites/Nutrition_BEST/Gardening/; <https://www.foodhero.org/recipes/healthy-recipes> retrieved 4/26/22

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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