

## TEXAS A&M AGRI LIFE EXTENSION

### Seven Easy Veggies to Grow this Summer

- Green Beans—these come in a variety of types.
- Leaf Lettuce—Harvest the amount of lettuce you need and let the plant keep growing!
- Peas—Make a teepee out of 5 sticks tied together at the top to help the plants grow up the sticks.
- Peppers—Plant sweet green, red and yellow peppers.
- Spinach—this grows fast and easy. It likes the cool temperature of spring or fall.
- Tomatoes—these can be grown in a garden or in a large pot.
- Cucumbers—plant a bush cucumber to grow into a compact plant.

Eat your veggies for meals and snacks. It's fun to eat what you have grown!



### Small Garden, Big Savings

Growing a garden has become very popular in today's economy. Many families are learning to grow their own veggies and save money.

You may not be able to grow all the vegetables that your family eats, but you can grow some. If you have a yard, plant a garden. You can even plant a garden in pots.

Start small. You will be surprised how much you can grow in a small space!



### Veggies in Pots:

- Choose containers with a hole in the bottom to let excess water drain out.
- Use light colored pots. Dark pots can absorb too much heat and harm the roots.
- Plant in large pots, especially for tomatoes.
- Fill your pot with high quality potting soil with added fertilizer.
- Choose bush, compact or space saver vegetables for small spaces.
- Most vegetables need sun most of the day.
- Water your plants every day or every-other-day in hot weather. Plants in pots need to be watered more often than those in the ground.

Take small  
steps to a  
Healthy  
Family



### What Can You Do?

- Plant a garden with your child
- Give a "Spring Gift" to someone you love
- Keep foods at a safe temperature.

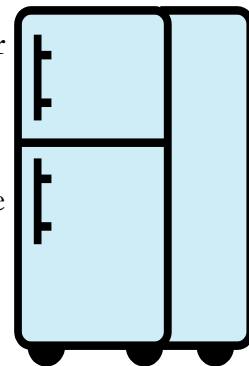
## SAFE SUMMER FOODS

Summer means warmer weather, which means food safety can be at stake. If the day is hot – 90 degrees or higher – don't eat foods left out for 1 hour or more. If you think a food might not be safe, don't taste it!

**It is better to throw it out than become sick!**

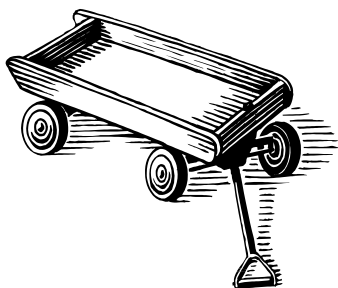
- ⇒ Get home as soon as possible after grocery shopping. Put foods in the refrigerator or freezer right away.
- ⇒ Keep your kitchen clean. Wipe counters. Put away clutter in the kitchen.
- ⇒ Wash your hands before and after touching foods. Use warm water and soap.
- ⇒ Put leftover foods in the refrigerator as soon as possible. Do not eat foods that are left out of the refrigerator or cooler for more than 2 hours.

**When in doubt, throw it out!** Spoiled foods do not always look or smell bad.



## "Spring Gift"

Give some child-sized tools such as a rake, shovel, hoe and gloves to your child this spring... maybe even a toy wheel barrow or wagon, too!

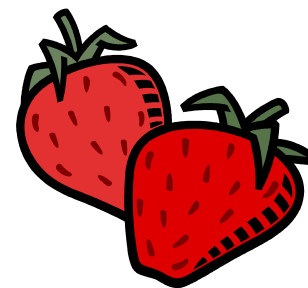


### *Sources:*

- \* Center for Nutrition Policy and Promotion, United States Department of Agriculture
- \* Nutrition Matters, Inc.
- \* KidFood, 2012

## Strawberry Spinach Salad

4 cups fresh spinach  
1 cup strawberries  
2 tablespoons diced red onion  
Low-fat salad dressing



- 1) Rinse and dry spinach leaves. Tear leaves into smaller pieces.
- 2) Rinse Strawberries. Remove tops and slice.
- 3) Chop onion into small bits.
- 4) Mix spinach, strawberries and onion together in a large bowl.
- 5) Add salad dressing. Toss salad to coat evenly. Serve.

Strawberries are a sweet treat in the spring. They are great in a peanut butter sandwich or on top of a bowl of cereal. Blend strawberries with bananas and yogurt for a refreshing fruit smoothie!

## Upcoming Events

- May 15 Child Safety Seat Check-up, Lowe's parking lot, 11:00 a.m. to 2:00 p.m.
- May 26: Extension Office closed for Memorial Day Observance
- May 31: Together in Texas marriage education workshop, 8:30 a.m., Extension Office (engaged couples save \$60 upon applying for a marriage license)
- June 14-21: Hopkins County Dairy Festival—recipe contest, June 21 (written entry due June 17)
- July 5: Hopkins County Tomato Festival (written entries for Recipe contest due July 1) - tentative
- August 12, 14, 19, 21: Cooking Well with Diabetes, 6:00 p.m.
- Contact the Extension Office for details on these and more!

For more information, contact::

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