



NUTRITION NEWS

Nutrition and Education Programs

April 2023

Gardening Tips for Beginners



When to plant

Every region has a different planting time based mainly on their weather and every vegetable has its temperature preferences. Here are some times when to start seeding.

	Indoor	Outdoor
Bell peppers	March	
Broccoli	March/April	
Cabbage	March/April	
Cauliflower	March/April	
Tomatoes	March/April	
Beets		May
Zucchini		June

Maintenance

A vegetable garden can go from simple to challenging really quickly. Plant for the time you can give it. Things like root vegetables need little effort.

Soil

Soil is the backbone of your garden. Invest in it more than anything. Great soil will give you the head start you need.

Seeds

Seeds or starts? Growing from seed is cheaper and in most cases, leads to a healthier plant. But plant starts are a great way to step into your first time gardening.

Grow

Grow what you love to eat and use the most in your kitchen at first. Then experiment later on with more experiences.

Light

Track the light of where you are wanting to plant. This helps you see how much shade or sunshine somewhere gets throughout the day before planting.

Stuffed Peppers

Recipe by: American Heart Association

Ingredients

- 4 bell peppers
- 3/4 lb. ground turkey or beef
- 1/2 medium onion (chopped)
- 1/2 uncooked brown rice
- 14.5 oz. canned, no salt added, diced tomato
- 1 clove minced garlic
- 1 tsp. reduced-sodium Italian seasoning
- 1/4 tsp. crushed red pepper flakes
- 8 oz. canned, no salt-added tomato sauce



Directions

1. Preheat oven to 350 degrees. Cook rice to package instructions. While the rice is cooking, in skillet over medium heat, brown turkey/beef. Add the onion and cook for 3 minutes more.
2. Wash the bell peppers and remove the tops, seeds, and membranes. Set peppers in a 9x9 baking dish upright.
3. In a mixing bowl, mix turkey/beef, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.