

**CREATE** SNAP-ED  
**BETTER HEALTH.**

# **CREATE**™

## **HEALTHY GARDENS**

# **Workbook**

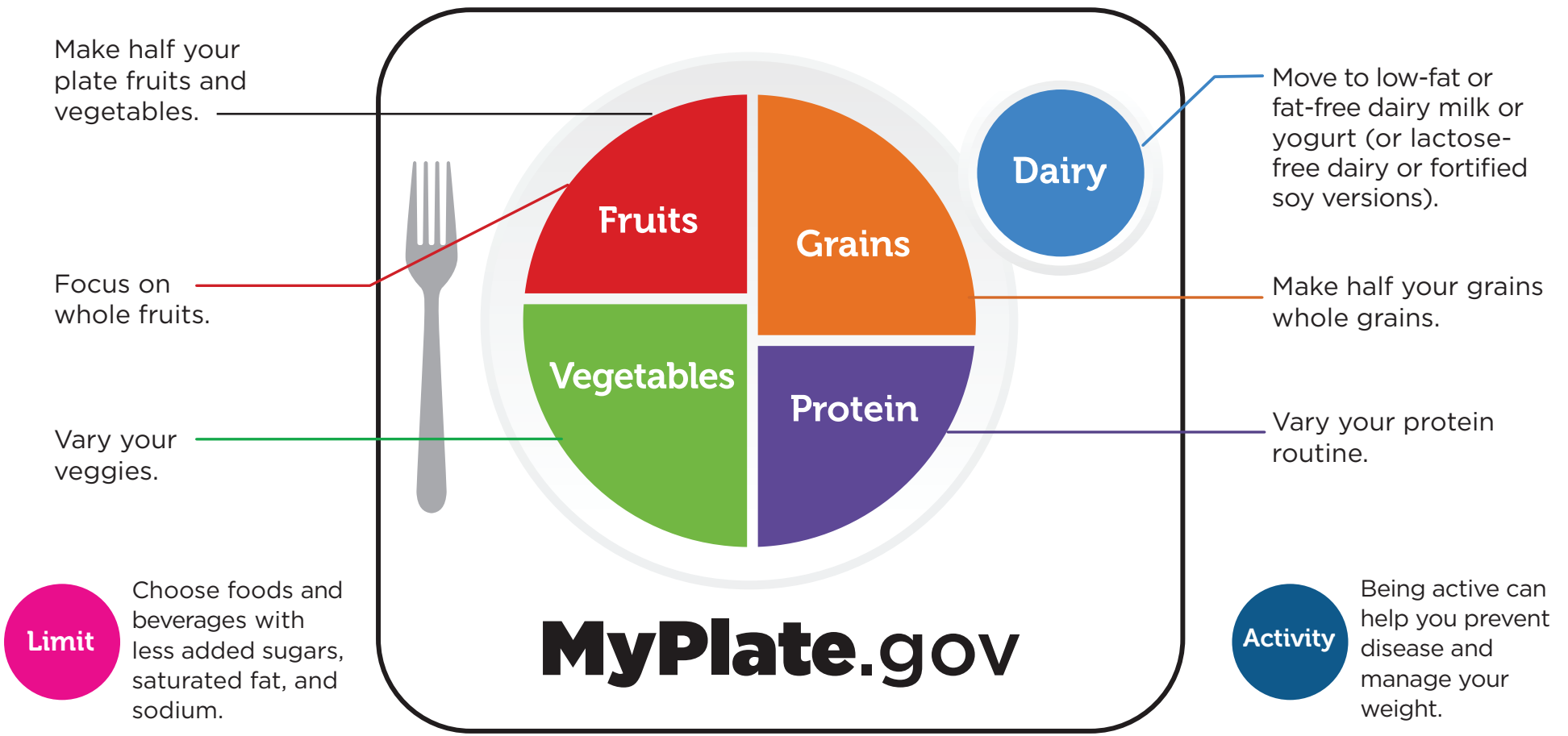


Extension  
**UtahState**University



# Start *simple* with **MyPlate**

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.





**Fruits**

Focus on whole fruits like fresh, frozen, canned, or dried.

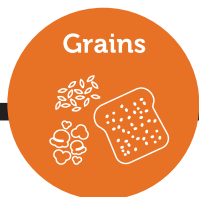
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



**Vegetables**

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



**Grains**

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



**Protein**

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



**Dairy**

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

**Daily Food Group Targets — Based on a 2,000 Calorie Plan**

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/myplateplan) for a personalized plan.

**2 cups**

*1 cup counts as:*

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

**2½ cups**

*1 cup counts as:*

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

**6 ounces**

*1 ounce counts as:*

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

**5½ ounces**

*1 ounce counts as:*

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

**3 cups**

*1 cup counts as:*

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



**Limit**

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



**Activity**

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day      Adults ≥ 150 min/week

# Cold & Warm Season Crops and Planting Methods



Vegetable plants vary in their tolerance to cold temperatures. Each season has its own unique weather conditions. Plants can be started from seed or transplants (young plants).

## Cold Season Crops

Planted at 55-75-degrees Fahrenheit

**Artichokes, Arugula, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chards, Chives, Cilantro, Dill, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Onions, Parsley, Parsnips, Peas, Radishes, Shallots, Spinach, Turnips**

## Warm Season Crops

Planted after the danger of frost has passed

**Amaranth, Beans, Corn, Cucumbers, Eggplant, Melons, Peppers, Potatoes, Pumpkin, Squash, Tomatoes, Tomatillos**

## Planting Method

Certain crops can be direct seeded while others should be transplanted.

☉ Beans	☉ Corn	☉ Onions	☉ Squash
☉ Beets	☙ Cucumber	☉ Peas	☙ Tomatoes
☙ Broccoli	☙ Eggplant	☙ Peppers	☙ Tomatillos
☙ Cabbage	☙ Garlic	☙ Pumpkin	
☉ Carrots	☉ Kale	☉ Potatoes	
☙ Cauliflower	☉ Lettuce	☉ Radishes	
☉ Chard	☙ Melons	☉ Spinach	



# FERTILIZING

## Tomato

At weeks 4 and 8 after planting, apply 1/2 tbsp. of fertilizer in a circle around the plant.

## Zucchini

Once vines develop, sprinkle 1-2 tbsp. of fertilizer per mound. Apply fertilizer 6 inches away from the plant.

## Carrots

6 weeks after the carrots sprout out of the ground, apply 1 tbsp. of fertilizer to the sides of the carrot. Water the fertilizer into the soil.

## Cucumber

Once vines form, apply 1-2 tbsp. along the sides of the plant. Fertilize before plant starts to flower.

## Onion

Fertilize a 10-foot row with 1/3 cup fertilizer in mid-May and mid-June. No fertilizer should be applied after June.

## Spinach

4 weeks after planting, apply 1/4 cup of fertilizer to a 10-foot row. Place fertilizer to the side of the plant and water into soil.

## Beet

6 weeks after the seeds sprout, apply 1/4 cup of fertilizer to a 10-foot row.. Place fertilizer to the side of the plant and water into soil.

## Bell Pepper

At weeks 4 and 8 after transplanting, fertilize the pepper starts with 1 tsp. per plant. Place the fertilizer 6 inches to the side of the soil and water into plant.



# FERTILIZING

**CREATE** SNAP-ED  
BETTER HEALTH™

## Potatoes

Fertilize lightly with nitrogen six weeks after the plants emerge.

## Peas

No fertilizer needed.

## Radish

Apply  $\frac{1}{4}$  cup of 21-0-0 fertilizer to a 10-foot row 3 to 4 weeks after seedlings emerge.

## Beans

No fertilizer needed.

## Tomatillos

At weeks 4 and 8 after planting, apply  $\frac{1}{2}$  tbsp. of fertilizer in a circle around the plant.

## Cabbage

A tsp. of fertilizer may be mixed into the soil below the transplant prior to planting to ensure good growth.

**Extension**  
**UtahStateUniversity**®



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

# WATERING

**CREATE** SNAP-ED  
**BETTER HEALTH™**

## Tomato

Tomatoes like a lot of water. 1-2 inches of water per week and watered deeply.

## Zucchini

Zucchini like a lot of water, about 1-2 inches applied each week. Water evenly to promote good fruit growth.

## Carrots

Regularly water carrots. Keep carrots moist, but not overwatered. Carrots need water when the top 2 inches of soil are dry.

## Cucumber

Water deeply, about 1-2 inches per week.

## Onion

Onions require very even watering and cannot be drought stressed. Water every 3-4 days when the top two-inches of soil has dried.

## Spinach

Water regularly, 1-2 inches per week depending on the weather.

## Beet

Water regularly, keeping soil consistently moist around the plant.

## Bell Pepper

Water regularly, 1-2 inches per week.



# WATERING

## Potatoes

Water regularly, 1-2 inches per week depending on the weather.

## Peas

Water regularly, 1-2 inches per week depending on the weather.

## Radish

Water regularly, 1-2 inches per week depending on the weather.

## Beans

Water regularly, 1-2 inches per week depending on the weather.

## Tomatillos

Water regularly, 1-2 inches per week depending on the weather.

## Cabbage

Water regularly, 1-2 inches per week depending on the weather.







## Suggested Vegetable Planting Dates for Utah

Shawn Olsen, USU Extension Faculty

Vegetable plants vary in their tolerance to cold temperatures and can be grouped into four major categories, A-D, for the purpose of spring planting dates. Of course, each season has its own unique weather conditions. The “Average Planting Date” shown in Table 1 is for the initial planting. With many crops such as broccoli, radish, carrot, sweet corn, and Swiss chard, several plantings can be made a few weeks apart and later than the average planting time. The suggested planting dates are based on interviews with Extension faculty and experienced gardeners in various parts of Utah.

Plants can be started from seed or transplants (young plants). The most commonly used method for the suggested planting time is listed. Many vegetables are easier to grow using transplants that are started indoors several weeks before planting outdoors. For example, artichokes need to be planted from seed indoors in early January and then grown for 2-3 months to be large enough for the transplant to be planted outside 3-4 weeks before the frost free date. Tomatoes are generally planted indoors in early April and then planted outside mid to late May. Detailed instructions for growing your own transplants are available in the USU Extension publication “Grow your own transplants at home” (Banks, 2011). For some plants, the difference between using a transplant and seed is minimal--for example, summer squash seed planted outside in warm soil can germinate in 3 days and you have a plant.

The book “Vegetables, Fruits, & Herbs” (USU Extension, 2012) gives detailed instructions on how to grow many different vegetables and is available

at: [usuextensionstore.com](http://usuextensionstore.com). The website, [garden.usu.edu](http://garden.usu.edu), provides information on garden and soil care and detailed growing information for fruits and vegetables in Utah.

### Group A: Hardy

*(Plant as soon as the soil dries out in the spring.)*

Seed:

Kohlrabi	Onions	Peas
Radish	Spinach	Turnip

Plants:

Artichoke	Asparagus	Broccoli
Cabbage	Turnip	Brussels Sprouts

### Group B: Semi-Hardy

*(Plant a week or two after “A” group or about 2 weeks before average last spring frost.)*

Seed:

Beet	Carrot	Endive
Lettuce	Parsley	Parsnip
Potato	Salsify	Swiss Chard

Plants:

Cauliflower

### Group C: Tender

*(Plant on the average date of the last spring frost—about when first apples reach full bloom.)*

Seed:

Cucumber	Dry Bean
New Zealand Spinach	Snap Bean
Spinach	Summer Squash
Sweet Corn	

Plant:

Celery

**Table 1. Average Last Spring Frost and Suggested Vegetable Planting Dates for Various Locations in Utah.**

City	Average Last Spring Frost	Vegetable Group and Average Date of Initial Planting			
		A	B	C	D
Beaver	June 6	April 15	April 25	May 20	June 1 (*P)
Castle Dale	May 25	April 15	April 25	May 25	May 15 (*P)
Cedar City	May 21	April 1	April 15	May 20	June 1
Coalville	June 18	May 1	May 10	June 10	May 15 (*P)
Duchesne	May 23	April 1	April 15	June 1	May 15 (*P)
Farmington	May 5	March 15	March 20	May 5	May 20
Fillmore	May 16	March 15	April 1	May 16	June 1
Heber	June 11	April 25	May 5	June 5	May 15 (*P)
Kanab	May 7	March 25	April 10	April 25	May 15
Laketown	June 15	May 1	May 10	June 1	June 1 (*P)
Loa	June 15	May 10	May 20	June 1	June 1 (*P)
Logan – SW Farm	May 23	April 15	April 25	May 23	June 1
Logan - USU	May 7	April 1	April 10	May 7	May 20
Manila	June 2	March 15	April 1	May 20	June 1 (*P)
Manti	May 24	May 1	May 10	May 25	June 1 (*P)
Marysvale	June 3	May 1	May 10	May 20	May 25 (*P)
Midvale	May 13	March 15	April 1	May 13	May 27
Moab	April 18	March 15	April 1	April 15	May 1
Monticello	May 28	April 1	April 15	June 1	May 15 (*P)
Morgan	June 6	March 15	April 1	May 20	June 1
Nephi	May 16	March 15	April 1	May 16	June 1
Ogden	May 3	March 15	March 20	May 3	May 20
Panguitch	June 21	May 10	May 20	June 7	June 1 (*P)
Price	May 12	March 15	April 1	May 12	May 27
Provo – BYU	May 1	March 15	March 20	May 1	May 20
Provo – Airport	May 21	April 1	April 15	May 20	June 1
Richfield	May 28	April 1	April 15	May 25	June 1 (*P)
Salt Lake Int’l Airport	April 26	March 15	March 20	April 26	May 15
Salt Lake County-- Cottonwood Weir	April 30	March 15	March 20	April 30	May 15
Santaquin	May 14	March 15	April 1	May 14	June 1
St George	March 30	Feb 15	March 1	March 15	April 1
Tooele	May 7	March 15	March 20	May 7	May 20
Tremonton	May 3	March 15	March 20	May 3	May 20
Vernal	May 27	April 1	April 15	June 1	May 15 (*P)
West Jordan Conservation Garden	May 10	March 15	April 1	May 12	May 27
Woodruff	June 26	May 15	June 1	n/a	n/a

*\*P = Protected with cover*

The occurrence of frost can vary over a short distance due to changes in elevation and topography. Keep records for your own garden area. For average freeze dates in other areas, reference: [climate.usu.edu](http://climate.usu.edu).

Many vegetables can be planted for a fall harvest. Here are some examples.

### Group D: Very Tender

*(Plant when the soil is warm, about 2 weeks after "C" group.)*

#### Seed:

Cantaloupe    Lima Bean    Winter Squash

#### Plant:

Eggplant    Pepper    Pumpkin  
Tomato    Watermelon

### Group E: Special Plants for Fall Harvest

#### Average Planting Time

Beets	July 1-August 1
Cabbage	May 1-July 15
Kale	July 1-August 15
Lettuce	June 1-August 1
Onion	August 1-August 10
Rutabaga	June 15-July 1
Spinach	July 1-August 15
Turnip	July 1-August 1

Vegetable planting dates for the Washington County area are different than most of the rest of Utah. For suggested vegetable planting dates for several cities in Washington County, visit the website: [www.dixiegardener.org](http://www.dixiegardener.org).

### References

- Banks, S. (2011). Grow your own transplants at home. Utah State University Extension. Available at: [https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1827&context=extension\\_curall](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1827&context=extension_curall)
- Hamson, A.R. (1990). Growing vegetables. Utah State University Extension, EC313.
- Moller, A.L. & Gillies, R.R. (2008). Utah Climate, 2<sup>nd</sup> Ed. Utah State University, Utah Climate Center.
- Utah State University Extension various authors. (2102). Vegetables, fruits, & herbs book. Utah State University Extension. Available at: <https://extension.usu.edu/fieldguides/vegetables-fruits-and-herbs>

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions. Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities. This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kenneth L. White, Vice President for Extension and Agriculture, Utah State University.

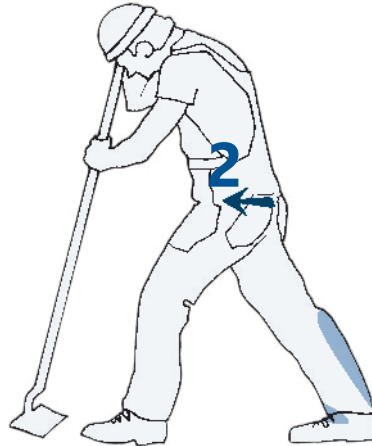
# Gardening

Approximately 4 minutes

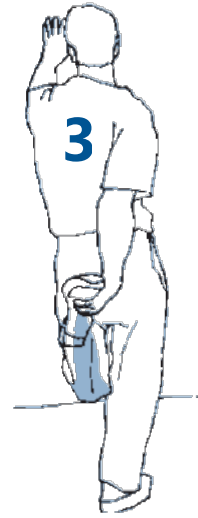
Before, during, and after you work in the garden, do a few minutes of easy stretching. This will help get your body ready to work efficiently without the usual tightness and stiffness that results from this kind of work. Stretch to reduce muscle tension and make work easier.



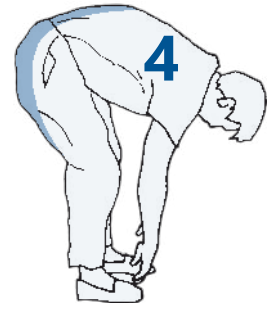
10-15 seconds



10-15 seconds each leg



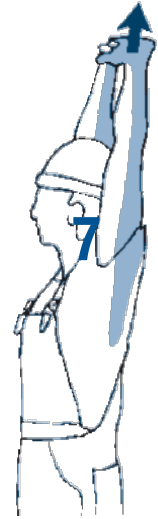
10 seconds each leg



10-15 seconds (legs apart)



3-5 seconds 2 times



10-15 seconds



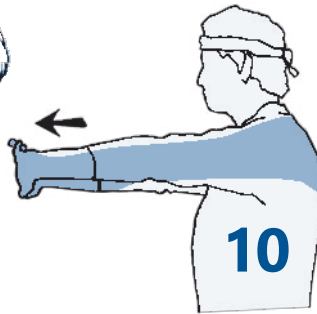
10 seconds



10 seconds each arm (page 44)



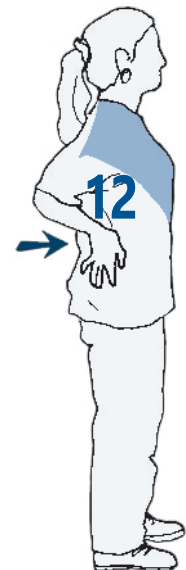
8-10 seconds each side



5-10 seconds



8-10 seconds each side



8-10 seconds 2 times

# Composting Basics





Compost is partially decomposed organic matter that is created by soil microorganisms breaking down plant tissue through biological processes. As organic matter is broken down, nutrients can be released into the soil that can be taken up by plants.

## How to Compost

1. There are 'green' materials containing more nitrogen and 'brown' materials containing more carbon.
2. Materials should be added in a C: N ratio of 30:1 (*a lot more brown materials than green*)
3. Materials should be kept moist like a damp sponge and turned as often as possible (once a week is ideal), decomposition slows if not turned often.

## How to Apply

Compost can be applied in the spring or fall to the top of the soil. In order to get nutrients to the root zone, it will need to be turned into the soil.

Brown Materials (C)		Green Materials (N)	
	Dried leaves		Green plants
	Twigs and branches		Weeds (without seeds)
	Pine needles		Grass clippings
	Cornstalks		Flowers
	Straw, hay, animal bedding		Fruit & vegetable scraps 
	Sawdust		Coffee grounds, tea
	Paper, newspaper		Hair
	Dryer lint		Cooked foods (avoid fats and animal products)

**Materials to avoid:** animal products, fats, large twigs and branches, plants that have been treated with herbicides, manures from carnivorous animals (cats and dogs), diseased plants, perennial weeds that can root, and weeds with seeds.



# Easy Fruit and Vegetable Swaps Swaps



If the fruit or vegetable you have planned is not available, use one of these easy substitutes or try a swap of your own. If you are flexible with your menu plan, you can save money shopping and get the best produce at the best price.

Recipe calls for	Try this instead
Apples	Pears, grapes, cherries
Beets	Golden beets, red cabbage, tomato, radish
Blueberries	Any type of berry!
Bok choy	Kale, beet greens, dandelion greens, spinach, Swiss chard
Broccoli	Cauliflower, green cabbage, Brussels sprouts
Cabbage	Brussels sprouts, asparagus
Cucumber	Celery, zucchini
Eggplant	Portobello mushrooms, zucchini
Onion	Shallot, leeks, chives, scallion
Peaches	Nectarines, plums, soft pears
Potato	Carrots, yams, sweet potato, beets
Spinach	Kale, Swiss chard, romaine lettuce
Yellow Squash	Zucchini, any type of summer squash, cucumber



# Fertilizer Labels



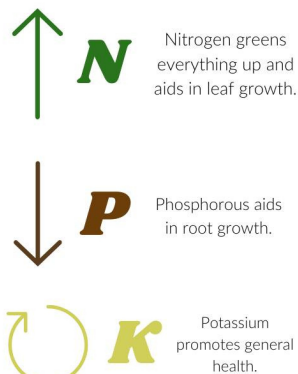
## Complete Fertilizer vs. Incomplete

A fertilizer is said to be complete when it contains nitrogen, phosphorus, and potassium. Commercial fertilizers are required to state the amounts on the container as a guaranteed analysis. Examples of commonly used fertilizers are 16-16-16, 16-16-8, and 20-10-5. An incomplete fertilizer will be missing one of the major components. Examples of incomplete fertilizers include 11-48-0, 18-46-0, 21-0-0, and 0-0-60.

## How to Apply

- Determine the size of area to be fertilized.
- Determine the fertilizer application rate.
- Calculate the pounds of fertilizer to apply.

## UNDERSTANDING YOUR FERTILIZER



REMEMBER "UP, DOWN, ALL AROUND"

## MACRONUTRIENTS

### Nitrogen

All growing tissues use nitrogen to create protein. It is absorbed by plants in the greatest quantity.

### Phosphorous

Promotes crop maturity, increased root growth, and increased disease resistance.

### Potassium

Potassium levels in Utah soils are very high, so little or no additional potassium is generally needed.



HOW TO UNDERSTAND  
FERTILIZER LABELS VIDEO



# Easy Fruit and Vegetable Swaps Swaps



If the fruit or vegetable you have planned is not available, use one of these easy substitutes or try a swap of your own. If you are flexible with your menu plan, you can save money shopping and get the best produce at the best price.

Recipe calls for	Try this instead
Apples	Pears, grapes, cherries
Beets	Golden beets, red cabbage, tomato, radish
Blueberries	Any type of berry!
Bok choy	Kale, beet greens, dandelion greens, spinach, Swiss chard
Broccoli	Cauliflower, green cabbage, Brussels sprouts
Cabbage	Brussels sprouts, asparagus
Cucumber	Celery, zucchini
Eggplant	Portobello mushrooms, zucchini
Onion	Shallot, leeks, chives, scallion
Peaches	Nectarines, plums, soft pears
Potato	Carrots, yams, sweet potato, beets
Spinach	Kale, Swiss chard, romaine lettuce
Yellow Squash	Zucchini, any type of summer squash, cucumber





# Family Mealtime

Here are some ways to get your whole family involved with family mealtime. Remember to always pick age-appropriate jobs, keeping safety in mind.



	Cooking	Grocery Shopping	Meal Planning
Age 2-5	<ul style="list-style-type: none"> <li>• Pour premeasured items into bowl to mix.</li> <li>• Tear up lettuce or other greens for a salad.</li> </ul>	<ul style="list-style-type: none"> <li>• Point out fruits and vegetables that are read off the list when you pass by them in the store.</li> <li>• Choose a new fruit or vegetable to try.</li> </ul>	<ul style="list-style-type: none"> <li>• Color coordinate fruits and vegetables.</li> <li>• Circle foods they would like in the store advertisements.</li> <li>• Help clip coupons.</li> </ul>
Age 6-10	<ul style="list-style-type: none"> <li>• Measure ingredients for a recipe.</li> <li>• Toss a salad.</li> <li>• Knead dough.</li> <li>• Put together sandwiches.</li> </ul>	<ul style="list-style-type: none"> <li>• Read the shopping list to parent and cross items off as they are put in the cart.</li> <li>• Help find items from the shopping list.</li> <li>• Choose a new fruit or vegetable to try.</li> </ul>	<ul style="list-style-type: none"> <li>• Help make list of meals they like.</li> <li>• Use the My Plate diagram to come up with one meal that follows the diagram.</li> <li>• Suggest fruit and vegetables to add to each meal.</li> </ul>
Age 11-18	<ul style="list-style-type: none"> <li>• Run the show as head chef!</li> <li>• Plan and prepare a full meal, or a portion of a meal.</li> </ul>	<ul style="list-style-type: none"> <li>• Take a portion of the list and retrieve those items.</li> <li>• If old enough to drive, do a small grocery trip on their own.</li> <li>• Keep track of the money saved each week.</li> </ul>	<ul style="list-style-type: none"> <li>• Find three new recipes on social media.</li> <li>• Create a 3-day menu that follows the My Plate recommendations.</li> </ul>

## Extension



## Tomato

Plant the tomato start deep in the ground. About 1/2 to 2/3 of the plant should be buried to assure strong roots. Remove any leaves that will be planted under the ground to keep them from rotting.

## Zucchini

Plant zucchini starts in a mound. Assure roots are covered in soil. For seeds, direct sow seeds 1-2" into the ground between May 1 and June 15. Space plants 24" apart.

## Carrots

Plant seeds 1/4" or 1/8" right on the surface of the soil. Thin plants to 2-3" apart once seedlings have emerged.

## Cucumber

Plant cucumber starts so all roots are covered. Thin plant to leave only 2 leaves. Or direct sow by seed 1/2-1" deep. Plant from May 1 to June 15.

## Onion

Best started from one year onion sets. Plant around April 15.

## Spinach

Plant spinach seeds 1/2" deep.

## Beet

Plant beet seeds 1/2-1" deep. Keep beets 3-4" apart. Thin seedlings to 3-4" apart. Leaves of thinned plants can be eaten.

## Bell Pepper

Plant bell pepper start so that the root ball is flush with the soil. Do not bury the stem of the plant.



# PLANTING

**CREATE** SNAP-ED  
**BETTER HEALTH™**

## Potatoes

Cut seed potatoes so that each piece has two or more eyes and place in soil 4-6 inches deep and spaced 10-12 inches apart in the row. Soil should be hilled or mounded around the plants as they grow to promote tuber formation.

## Peas

To speed germination, peas can be soaked overnight before planting. Seeds should be planted ½ to 1-inch deep and spaced 1-2 inches apart. Consider succession planting every two weeks for a prolonged harvest.

## Radish

Plant seeds ½ inch deep and thin seedlings to 1-3 inches apart in rows.

## Beans

Plant 1-inch deep and 2-3 inches apart once soil temperatures reach 60-degrees F. Consider succession planting every 2-3 weeks for an extended harvest.

## Tomatillos

Seeds can be sown in the garden two weeks before the last frost or transplants may be planted after the danger of frost has passed. If direct sowing, plant 4 to 6 seeds ½-inch deep in hills spaced 24-36 inches apart. Transplants should be spaced 24-36 inches apart.

## Cabbage

Space transplants 12-18 inches apart in rows. Plant 2-3 weeks before the last frost for a summer crop or 75 days before the first fall frost for a fall crop.

**Extension**  
**UtahStateUniversity®**



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

# Create a Fruity Dessert

Create a delicious fruity dessert from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

## 1 Choose one or more fruits to make 4 cups

- Apple
- Apricot
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Chokecherry
- Clementine
- Coconut
- Cranberry
- Dragon fruit
- Elderberry
- Grapefruit
- Grapes
- Guava
- Honeydew
- Huckleberry
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Rhubarb
- Strawberry
- Watermelon

## 2 Choose a preparation method

- **Fresh:** Just wash, peel, and slice before enjoying the fruit.
- **Crumble:** Preheat oven to 375° F. Cut fruit into uniform 1" cubes and layer on the bottom of a 9" baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.

### Crumble Topping

- ½ cup oats
- ¼ cup brown sugar
- ¼ cup whole-wheat flour
- 2 tablespoons canola oil
- 1 teaspoon cinnamon

- **Parfait:** Wash and cut fruit into bite-sized pieces. Choose any variety of base ingredients and toppings; layer base, fruit, and toppings. Enjoy!

- **Base:** yogurt (Greek), cottage cheese, oats, pudding
- **Toppings:** crumble topping from above, granola, nuts, honey, crumbled graham crackers

## Directions

Select fruit and preparation method. Follow instructions for desired method. The options and combinations are truly endless, so use your creativity in putting the fruity dessert together and the whole family is sure to enjoy your creation.

# Fruity Dessert Recipes

A pantry that is stocked with whole foods will help you create great tasting fruity desserts like these!

## RHUBARB AND STRAWBERRY CRUMBLE

### Filling:

- 4 cups rhubarb, cut into ½" pieces
- 2 cups strawberries, quartered
- ½ cup sugar
- 2 tablespoons whole-wheat flour

### Crumble Topping:

- ½ cup rolled oats
- ½ cup whole-wheat flour
- ½ cup brown sugar
- 1 tablespoon butter, softened
- 1 tablespoon canola oil
- 1 tablespoon fruit juice (any flavor)
- ¼ cup chopped nuts

Preheat oven to 375°F. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened. Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.

## MAKE-AHEAD FRUIT AND YOGURT PARFAITS

- 6 ounces low-fat yogurt
- 1/3 cup old fashioned oats, uncooked
- 2 tablespoons skim milk
- 1 cup fruit of choice

In a bowl combine yogurt, oats, and milk. Stir to combine. Layer with the fruit in a mason jar or any other container. Refrigerate for a few hours or overnight.

*Yield: 1 serving*



# Create a Salad

Create a delicious salad from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each salad serves four adults.

## 1 Choose one base

- **Lettuce or salad greens:** Romaine, spring greens, arugula, etc.
- **Whole wheat pasta or noodles:** 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.
- **Brown rice:** 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.
- **Potatoes:** 3 cups diced red, yellow, or gold potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.
- **Whole grain:** Cooked wheat berries, quinoa, barley, etc., or dense whole grain bread torn in bite size pieces and toasted.

## 2 Choose one protein

- 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, lentils, etc.)
- ½ pound cooked ground beef
- 1½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork
- 2 cups chopped hard-boiled eggs
- 1-2 (6-8 oz.) canned beef, chicken, tuna, salmon, or other fish
- 1 (12-16 oz.) package extra firm tofu, drained and marinated in soy sauce and fruit juice

## 3 Tomato, cucumber, broccoli, carrots, corn, green beans, peas, squash, etc.

- 2 cups fresh vegetables
- 2 cups frozen vegetables, thawed and cooked
- 1-2 (15 oz.) cans of vegetables

## 4 Choose one or more fruits (optional)

- Apple, orange, raisins, dried cranberries, etc.

## 5 Choose one or more flavors

- ½ - 1 cup diced onion, celery, green pepper
- ¼ cup sliced black olives
- ½ cup salsa
- 2-4 tablespoons fresh herbs or 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)
- Salt and pepper to taste

## 6 Choose one dressing (optional)

- If desired and/or as necessary, use a fat-free or low-fat dressing to help hold the salad ingredients together, add flavor, and keep salad from being too dry.

## 7 Choose one or more toppings (optional)

- ¼ cup slivered almonds, chopped walnuts or pecans
- 2 tablespoons grated parmesan cheese
- ¼ cup grated cheddar or mozzarella cheese

## Directions

Select a food from each category or use your own favorites. Combine all ingredients except dressing and toppings in a large salad bowl. Either dress salad before serving or allow family members to add dressing and toppings as desired.

# Salad Recipes

A pantry that is stocked with whole foods will help you create great tasting salads like these!

## TACO SALAD

- 1 onion, chopped
- 2 cups frozen corn
- 3 large tomatoes, diced
- 1 (15 oz.) can kidney or pinto beans, drained
- 1 cup cooked brown rice
- 1–2 teaspoons chili powder
- 1 teaspoon dried oregano, divided
- ¼ cup chopped fresh cilantro
- ½ cup salsa
- 1 head romaine lettuce, chopped
- Crumbled tortilla chips
- Shredded cheese
- Lime wedges
- Sour cream or Greek yogurt (optional)

Heat small amount of water or vegetable broth in large nonstick skillet over medium heat. Add onion and corn and cook until the onion begins to brown, about 5 minutes. Remove from heat and add diced tomatoes, beans, rice, chili powder, and oregano. Stir to combine. Mix cilantro into salsa. Toss lettuce in a large bowl with the bean/rice mixture. Serve sprinkled with tortilla chips and cheese, with lime wedges and salsa at table.

*Yield: 4 servings*

## THAI NOODLE SALAD

- 10 ounces spaghetti noodles, cooked and cooled
- ¼ cup rice vinegar or red wine vinegar
- 3 tablespoons soy sauce
- 3 tablespoons lime juice
- 3 tablespoons sugar
- 1 teaspoon minced garlic
- ¼ teaspoon red chili flakes (optional)
- ¼ teaspoon sesame oil (optional)
- 1 (15 oz.) can chickpeas, drained and rinsed
- ¾ cup shredded carrots
- 2 green onions, finely diced
- 1 cup bell pepper, diced
- 1 cup frozen peas, thawed
- ½ cup chopped peanuts
- ½ cup chopped cilantro

Place noodles in large bowl. In small bowl, combine vinegar, soy sauce, lime juice, sugar, garlic, red chili flakes, and sesame oil. Stir to combine and dissolve sugar. Pour over noodles. Add chickpeas, carrots, green onions, bell pepper, and peas. Stir to coat veggies with dressing. Add peanuts and cilantro just before serving. Toss to mix.

*Yield: 4 servings*

**Simple Salad Dressing:** Mix together 3 tablespoons balsamic vinegar, 2 tablespoons Dijon mustard, 1 tablespoon maple syrup or honey. Especially good on green, grain, and pasta salads!

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

# Create Amazing Veggies

Create delicious and nutritious vegetable dishes from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

## 1 Choose one or more vegetables to make 4 cups

- Arugula
- Asparagus
- Avocado
- Bamboo Shoots
- Bell Pepper
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumber
- Eggplant
- Green Beans
- Jalapeno
- Jicama
- Kale
- Leek
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onion
- Parsnip
- Peas
- Potato
- Pumpkin
- Radish
- Rutabaga
- Shallot
- Spinach
- Squash
- Swiss Chard
- Sweet Potato
- Tomatillo
- Tomato
- Turnip
- Water Chestnut
- Watercress
- Yam
- Zucchini

## 2 Choose a cooking method

- **Fresh:** no cooking method required (salads, veggie trays, etc.).
- **Roast:** Chop vegetables into uniform 1" cubes. Combine with 1-2 tablespoons olive oil and herbs as desired. Put on a baking sheet in single layer. Roast at 425°F til tender, 10-50 minutes depending on vegetable. Stir occasionally. Roasting brings out naturally sweet flavor of vegetables!
- **Steam:** Bring water to a boil in sauce pan with steamer basket. Place vegetables in the steamer. Cover and steam until tender (3-10 minutes depending on vegetable). If vegetables are green, leave lid askew to help retain color. Season as desired.
- **Sauté:** Heat a small amount of oil or water on low heat. Turn heat to medium-high and when pan is hot, add food. Don't over-crowd food. The goal is to create a crust around each piece of food in the pan so that it is browned and crispy outside and tender inside. Do not over-stir.
- **Grill/broil:** Spray grill rack or broiler pan with cooking spray. Heat grill or broiler pan for 10-15 minutes. Add cubed or sliced vegetables. Leave ¾ inch between food items to ensure even cooking. "Flip" vegetables only once during cooking to sear. Use seasonings for flavor; add sticky sauces just before serving or pass sauce around table.
- **Boil:** Place cubed vegetables in large pot and add enough water or stock to barely cover. Cover and bring to low boil over high heat; reduce heat and simmer until vegetables are tender. Do not overcook.

## 3 Choose one or more flavors (optional)

- Chopped onion, celery, green pepper, hot pepper
- Minced garlic and/or ginger
- Lemon juice and/or zest
- 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, etc.)
- Salt and pepper to taste
- Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil

## 4 Choose one or more extras (optional)

- ¼ cup breadcrumbs
- 2 tablespoons grated parmesan cheese
- ¼ cup grated cheddar or mozzarella cheese

### Directions

Select vegetables and cooking method. Choose flavors and extras. Cook according to instructions above. Add extras before serving.



# Amazing Veggie Recipes

A pantry that is stocked with whole foods will help you create great tasting vegetables like these!

## ROASTED POTATOES

- 1 tablespoon olive oil
- 1 teaspoon paprika
- ¾ teaspoon chili powder
- ½ teaspoon salt
- ¾ teaspoon pepper
- 6 cups diced baking potato
- Cooking spray
- Aluminum foil

Preheat oven to 400°F . Combine all ingredients in a large bowl and stir to coat potatoes in seasonings and oil. Line baking sheet with foil and spray with cooking spray. Spread potatoes on sheet in a single layer. Bake 30 minutes or until browned.

*Yield: 5 (1 cup) servings*

## SWEET SEASONED CARROTS

- 6 – 8 large carrots, thin sliced on the diagonal
- 1 yellow onion, diced
- 1 teaspoon butter
- 1 – 2 tablespoons brown sugar
- ½ - ¾ teaspoon Italian seasoning
- Salt and pepper to taste

Place carrots, onion, and butter in large skillet with just enough water to cover carrots. Bring to boil, reduce heat, and simmer until water is evaporated and carrots are tender but not mushy.

Add brown sugar and seasonings. Stir well to coat each carrot with seasoning and cook another 5 minutes.

*Yield: 4 servings*

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Good Foods to Have on Hand

*When you have most of these nutritious foods in the house, you will be amazed at what you can create in no time flat!*

## Grains

- Whole grains - oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn, etc.
- 100% whole-wheat bread, tortillas, bagels, muffins, etc.
- Whole grain crackers
- Rice cakes
- Whole grain cold cereal

## Fruits

- Fresh fruits in season - apple, orange, grape, banana, pear, strawberry, blueberry, raspberry, kiwi, melon, peach, plum, pineapple, etc.
- Frozen and/or canned fruit - berry, peach, pear, pineapple, mandarin orange, etc.
- Raisins, other dried fruits
- All fruit jams
- Juice - white and/or purple grape, orange, apple, pineapple, etc.

## Vegetables

- Fresh vegetables in season - potato, sweet potato, summer squash, winter squash, broccoli, cauliflower, carrot, celery, bell pepper, green bean, corn, tomato, romaine lettuce, spinach, mushroom, avocado, garlic, onion, etc.
- Frozen and/or canned vegetables - green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
- Vegetable juice

## Dairy

- Milk
- Yogurt
- Cottage cheese
- Cheese - Cheddar, mozzarella, swiss, parmesan, etc.

## Protein

- Nuts and seeds - dry roasted peanuts, sunflower seeds, almonds, walnuts
- Canned tuna, salmon, chicken, turkey, chili
- Beef
- Chicken
- Fish
- Wild game
- Deli turkey, ham
- Eggs
- Peanut butter
- Canned and/or dried beans - black, pinto, kidney, white, chickpea, etc.

## Miscellaneous

- Staples - flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise, etc.
- Salsa
- Chicken/beef/vegetable broths or bouillon
- Canned soups - low-fat, low sodium cream of chicken, mushroom, tomato, etc.
- Herbs/Spices - salt, pepper, basil, oregano, parsley, thyme, rosemary, paprika, cumin, chili powder, cinnamon, nutmeg, vanilla, etc.

# Things to Eat from Good Foods to Have on Hand

When you have a well-stocked pantry and fridge you can put these foods together faster and lots cheaper than ordering take-out or going through the drive-thru!

## Apple Slices and Peanut Butter

## Burrito or Quesadilla

Filled with beans, cheese, veggies, egg, rice, potato, chicken, beef, salsa

## Crackers

Topped with cheese, peanut butter, tuna or chicken salad

## Green/Pasta/or Potato Salad

Made with fresh or roasted veggies, beans, fruit, raisins, sunflower seeds

## Homemade Soup

How about chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone

## Oatmeal

With walnuts, raisins, milk

## Omelet or Frittata

Filled with eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa

## Potato Bar

Made with baked potato, chili, cheese, broccoli, cottage cheese

## Sandwiches or Wraps

Filled with turkey or ham with cheese, lettuce and tomato, tuna with celery, diced apple and walnuts, egg salad with lettuce, peanut butter and jelly, grilled cheese

## Smoothie

Made with yogurt, milk, fruit, spinach, kale

## Stir-fry

Made with chicken, pork, or tofu, lots of veggies, brown rice

## Trail Mix

Cereal, sunflower seeds, peanuts, raisins, dried fruits

## Whole Grain Pancakes or Waffles

## Yogurt

Mixed with cereal, fruit, cottage cheese

*The possibilities are limited only  
by your imagination!*



# STORING FRESH FRUITS & VEGETABLES

	Produce	Storage time	Storage Recommendations
Group 1	Apples	Apples	<ul style="list-style-type: none"> <li>• These items can be kept at room temperature to ripen.</li> <li>• Refrigerate (40 °F) for a longer life. DO NOT refrigerate tomatoes until fully ripened.</li> <li>• Store these fruits away from other produce. They may cause other produce to rot.</li> </ul>
	Apricots	Apricots	
	Peaches	Peaches	
	Pears	Pears	
	Melons	Melons	
	Tomatoes	Tomatoes	
Group 2	Cherries	Cherries	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40 °F).</li> <li>• For higher quality, cover with a damp paper towel.</li> <li>• Do not wash until ready to use.</li> </ul>
	Fresh Herbs	Fresh Herbs	
	Leafy greens	Leafy greens	
	Raspberries	Raspberries	
	Strawberries	Strawberries	
Group 3	Beets	Beets	<ul style="list-style-type: none"> <li>• Keep these items refrigerated (40 °F).</li> <li>• For better quality, these can be stored in an unsealed or vented plastic bag.</li> <li>• Other produce in this group includes oranges, celery, radishes, and parsnips.</li> </ul>
	Carrots	Carrots	
	Corn	Corn	
	Peppers	Peppers	
	Summer Squash	Summer Squash	
Group 4	Cucumbers	Cucumbers	<ul style="list-style-type: none"> <li>• These items are easily damaged by cold.</li> <li>• Keep these items refrigerated (40 °F), but check daily for signs of rot. The fridge door is best.</li> <li>• Do not wash until ready to use.</li> </ul>
	Green Beans	Green Beans	
	Eggplant	Eggplant	
Group 5	Garlic	Garlic	<ul style="list-style-type: none"> <li>• These items do not need refrigeration.</li> <li>• Store in a cool room (50-60 °F).</li> <li>• For better quality store on a wire rack or hang in a net bag so air can flow.</li> <li>• Do not wash until ready to use.</li> </ul>
	Onion	Onion	
	Potatoes	Potatoes	



# FREEZING FRESH FRUITS & VEGETABLES

It is important to freeze fruits and vegetables correctly to preserve freshness. Blanching is a preservation method where produce is placed in boiling water momentarily, and then cooled immediately in ice water. This can remove bacteria, brighten color, and stop enzymes that encourage decay.

Produce	Freezing	Blanching Time
Apricots	Blanched halves, quarters, slices or jam	30 seconds
Apples	Blanched slices, cubes, or jam	30 seconds
Beets	Blanched cubes	3-5 minutes
Carrots	Blanched slices or cubes	2 minutes
Cherries	Pitted whole or halves	Not required
Corn	Blanched kernels	4 minutes
Cucumber	Grated	Not required
Eggplant	Grated or blanched slices	4 minutes for slices (Not required for grated)
Garlic	Grated or pureed	Not required
Green Beans	Blanched pieces	3 minutes
Herbs	Minced	Not required
Onions	Sliced or minced	Not required
Peaches	Blanched slices, cubes, or jam	30 seconds
Peppers	Slices, rings, or cubes	Not required
Potatoes	Cooked then grated	Not required
Raspberries	Whole or jam	Not required
Strawberries	Halves, slices, or jam	Not required
Summer Squash	Grated	3 minutes
Tomatoes	Diced or cooked sauce	30 seconds for diced (Not required for sauce)



# HELPFUL WEBSITES FROM CREATE HEALTHY GARDENS

## Nutrition

Create Better Health: [Createbetterhealth.org](https://createbetterhealth.org)

Extension Nutrition: <https://extension.usu.edu/nutrition/>

MyPlate: <https://www.myplate.gov/>

## Gardening

Fruit, vegetable, and herb growing guides

<https://extension.usu.edu/yardandgarden/fruits-vegetables-herbs>

Pocket Gardner: <https://pocketgardener.usu.edu>

Vegetable planting dates: <https://tinyurl.com/USU-Planting-Dates>

Garden Safety Video: <https://www.youtube.com/watch?v=ZanK34Evp-A>

USU Analytical Laboratories: <https://usual.usu.edu>

How to Understand Fertilizer Labels: <https://tinyurl.com/Fertilizer-Video>

Utah Pests: <https://utahpests.usu.edu>

Integrated Pest Management: <https://utahpests.usu.edu/ipm>

Insect identification: Local Extension office <https://extension.usu.edu/locations>

Bugguide <https://bugguide.net>

Insect identification <https://insectidentification.org>

Extension food preservation resources: <https://tinyurl.com/preserve-harvest>

USU backyard composting: <https://tinyurl.com/USU-Compost>

## Extension

**UtahStateUniversity**



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.