healthpoweredkids™

GARDENING: GROWING GOODNESS!

All food has to "grow" somewhere, whether it's an animal for meat, grains for processing into flour and other products, or artificial flavorings made in a lab to mimic whole food flavors found in nature.

It's good to eat foods as close to their natural state as possible. Fruits and vegetables are the easiest type of food to find in a natural state. That means that not much has been done to them before they get to us. Foods that come in boxes and can be stored on shelves for months, for example, have been processed and had things added to them to preserve them long before they get to us, in particular lots of them have added sugar.

The sugar that is in fruits is different than the sugar we eat from a candy bar or pop tart. The sugar in fruit is a natural sugar that is not made from many different chemicals like those in candy (processed sugar). Foods direct from the earth, no matter how sweet, are the healthiest foods for people to eat. It's easiest to do this with fruits and vegetables.

AT HOME ACTIVITY

Talk with your family why growing a garden can be healthy and beneficial.

Grow a garden or planter that includes a variety of vegetables, fruits and herbs.

Gardening can be a great opportunity for family bonding, relaxation and physical activity!

Seeds are cheap to buy, so growing your own food can be good for you and save money!

FRESH SALSA

Fresh herbs, veggies and lime add plenty of flavors to this easy, two-step salsa recipe.

Ingredients:
6 tomatoes, preferable Roma (or 3 large tomatoes), chopped
1/2 medium onion, finely chopped
1 clove garlic, finely minced
2 jalapeño peppers, finely chopped
3 tablespoons cilantro, chopped
Fresh lime juice, to taste
1/8 teaspoon oregano, finely crushed
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 avocado, diced (black skin)

Directions
1. Combine all ingredients in glass bowl.
2. Serve immediately or refrigerate and serve within 4 to 5 hours.

Source: Allina Health
www.allinahealth.org/recipes

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