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Gardening with kids can be fun!

How to start a garden

- Choose a garden spot in a sunny location.
 - Search for small outdoor spots with access to water.
 - Use pots indoors or outdoors to grow leafy vegetables.
 - Look for community garden plots for great places to plant or even visit for a nice walk.
- Break up the soil if needed with a shovel, hoe, or other garden tool. Add fertilizer if needed.
- Select seeds or plant starts that grow well in your area.
- Design the garden and then plant and water.
 - Some plants like tomatoes or runner peas will end up needing support.

When to plant



Most plants are best planted May-July depending on where you live. Read the seed packet or ask your local garden store or OSU Extension office for more planting tips on the veggies or fruits you decide to plant.

Stay Connected



Kids can...

- ✿ Help pick out seeds to plant
- ✿ Dig holes to plant the seeds
- ✿ Top garden vegetable cakes (recipe on the back) with tomatoes and sour cream

Veggies and fruits that grow well in Oregon

Strawberries	Beets	Carrots
Lettuce	Kale	Basil
Zucchini	Tomatoes	Potatoes
Snap Peas	Hot Peppers	Sweet Peppers

Monthly Food Hero Checklist

- Plant a fruit or vegetable.
- Visit a community garden.
- Try a new vegetable recipe.
- _____



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Garden Vegetable Cakes



Ingredients

- 1/4 cup grated **Parmesan cheese**
- 1/3 cup **all-purpose flour**
- 1/2 teaspoon **baking powder**
- 1/4 teaspoon **dill weed**
- pepper** and **salt** to taste
- 4 **eggs** (or 1 cup egg substitute)
- 2 tablespoons minced **green onion** with tops
- 2 teaspoons **lemon juice**
- 1/2 teaspoon fresh minced **garlic** (1/4 teaspoon dried)
- 1 1/2 cups shredded **vegetables** (unpeeled zucchini, potato, carrots, bell pepper, celery, sweet potato or yam)

Serving Size 2 cakes
Prep time: 30 minutes
Cooking time: 15 minutes



Directions

1. Precook “harder” vegetables (i.e. carrots, sweet potato) briefly in a microwave.
2. In medium bowl, stir together cheese, flour, baking powder, pepper and dill weed.
3. Beat in eggs, onions, lemon juice and garlic until well blended. Stir in shredded vegetables.
4. For each vegetable cake, pour 1/3 cup batter onto hot, lightly greased skillet or griddle (380 degrees for electric griddle). Cook on both sides until golden brown. Serve hot.
5. Refrigerate leftovers within 2 hours.

Note

Top with low-fat sour cream and tomato slices.

Nutrition Facts	
Serving Size 2 cakes (148g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 240mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 10g	
Vitamin A 60%	Vitamin C 40%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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