



Smart Eating Makes The Grade

Gardening for Good Health



From the Soil to Your Plate

Why Gardening is Good for Your Health

- Mental health – keeping a garden can help relieve stress and improve mood.
- Fresh vegetables and fruits – growing food yourself means you can get more variety of foods, and since they won't need to travel very far they will be much fresher.
- Lowers your grocery bill – growing vegetables and fruit in your garden means you won't need to purchase as many.
- Being outside and active – having a garden is the perfect excuse to get outside and get moving.
- Environment – food grown close to home won't need to travel as far, producing less green house gas emissions.
- Learning – planting a garden can teach children about plant growth, nutrition, nature, culture, and the environment, all while learning important life skills.

Health Benefits of Vegetables and Fruit



- Fibre is important for digestion, and overall health.
- Might help children perform better in school.
- Antioxidants can help protect your body from infection.
- Vitamins have many different jobs in keeping your body healthy.
- HINT: eat at least one dark green (asparagus, broccoli, spinach) and one orange vegetable (carrot, pumpkin, sweet potato) each day.

What Can I do to Get Started with a Garden?

Not so many years ago, keeping a garden was essential to getting food on the table. Today, most of us rely on producers, manufacturers, and suppliers for our food. Growing our own food is an important cultural food tradition that plays a role in our all parts of our health. Overwhelmed by the thought of starting your first garden? Here are some simple tips to get you started:

1. Grow things that you already enjoy eating and know how to prepare
2. Start small with a “container” or “square space” garden
3. Find out about gardening or canning workshops in your community
4. Team up with a friend to share the work and harvested goodies
5. Join or start a community garden in your area, they are a great place for knowledge sharing

Check out Food Matters Manitoba at www.foodmattersmanitoba.ca, or Seeds of Diversity at www.seeds.ca for more gardening info.

VEGGIE KABOBS!

These are great for adding to a meal, or as part of a snack.
Makes 12 servings

Suggested ingredients (feel free to change these based on preferences or what is growing at the time):

- 2 peppers (green, yellow, or red)
- ½ pound mushrooms
- 2 cucumber
- ½ pound grape tomatoes
- ½ sugar snap peas or snow peas



You will also need 12 6-inch bamboo skewers.

Adults can cut the peppers into 1 inch squares and the cucumbers into slices ¼ inch thick. Leave it up to the child to decide which vegetables they want for their kabob and encourage them to place around 5 pieces on their skewer.

**** Refer to the Allergy Newsletter (September issue) for substitutions**

For more nutrition topics, go to the news and events section of www.southernhealth.ca or Contact Health Links -1-888-315-9257

Nutrition Services Team T 204-428-2736

Created by Registered Dietitians from Southern Health - Santé Sud

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