

LET'S EAT HEALTHY!

Lorain County SNAP-Ed program would like to share some healthy information with you and your family. We have included a recipe that the whole family can enjoy and how to start a container garden.

**What is SNAP - Ed ?**

SNAP-Ed is a free nutrition education program serving participants and low-income individuals eligible to receive SNAP benefits or other means-tested Federal assistance programs throughout Ohio. Nationally, [SNAP-Ed](#) operates in 50 states, plus 2 territories, and targets individuals (youth and adults), and families. SNAP-Ed is funded by [USDA's Food and Nutrition Service](#) and serves in partnership with the [Ohio Department of Job and Family Services](#) and Ohio State University Extension. The goal is to improve the likelihood that families and individuals who receive SNAP benefits (SNAP) will make healthy food choices and choose active lifestyles **For more information contact Diana Goode : goode.89@osu.edu**

MyPlate shows that half of our plate should be fruits and vegetables. Today we will be focusing on adding more fruits and vegetables to our plate.

**Veggie Crockpot Lasagna**

Servings 8 | Prep time 15 mins. | Total time 4 hours 15 mins.

Equipment: Crockpot (6-7 quart),
Measuring Cups, Cutting Board, Nonstick Spray

Ingredients:

2 24 ounce jars or cans of tomato sauce
9 lasagna noodles, uncooked
32 ounces ricotta or cottage cheese
3-4 cups fresh vegetables, chopped (kale, onion, carrots and zucchini) OR
2 12 ounce bags frozen vegetables
2 cups shredded mozzarella OR provolone cheese

Nutritional Information:

Calories 350
Total Fat 12g
Sodium 350mg
Total Carbs 38g
Protein 27g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans
2. Spray crockpot with non-stick cooking spray.
3. Spread 1/2 cup tomato sauce on bottom of the crockpot
4. Break noodles to fit and cover tomato sauce in the crockpot.
5. Layer 1/3 of ricotta OR cottage cheese, veggies, sauce, and shredded mozzarella OR provolone cheese.
6. Add another layer of noodles and repeat layering ingredients two more times for a total of three complete layers. End with a layer of noodles on top
7. Top with Parmesan cheese.
8. Cover and cook on high for 3 hours or on low for 5-6 hours. Turn crockpot off completely and let the lasagna cool for one hour.

STAY HEALTHY !

**SNAP-Ed Program Staff,
Lisa, Diana and Ronda**

For more information contact Diana Goode : goode.89@osu.edu

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP



THE OHIO STATE UNIVERSITY

**FAMILY AND CONSUMER SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
COLLEGE OF FOOD, AGRICULTURAL, AND
ENVIRONMENTAL SCIENCES**

CONTAINER GARDENING

Vegetable gardening in containers for porch, patio, or balcony...

Container gardens are good because they avoid issues with soil diseases and poor drainage. Tomatoes, peppers, cucumbers, and bush beans are vegetables that do well in 6 - 12 hours of summer sun. If your space has more shade, choose garden vegetables like leaf lettuce, spinach, green onions, and radishes. Add some flavor to your cooking with easy-to-grow herbs of parsley, thyme, chives, and cilantro.



- 1) **Location:** Nearly all vegetable plants will grow better in full sun than in the shade. Find a spot that gets 6-12 hours of sun. Tomatoes, peppers, and cucumbers need the most sun. However, lettuce, greens, chard, spinach, parsley, green onions, and radishes can grow in part shade (3 – 6 hours of sun).
- 2) **Container:** The best sizes are between 10"-18" in diameter in the 3 to 10-gallon range (most common is 5 gallon) available at most home improvement stores and are usually plastic. You can re-purpose items like wooden boxes, tubs, or bushel baskets. The container must drain properly for a successful container garden. The drain holes should be at least 1/4" in diameter about 2-3" apart. Many holes are better than one large hole. Smaller containers will dry out faster than larger containers.
- 3) **Growing soil:** A good growing soil must drain well. Many soil mixes are composed of peat moss, perlite, or vermiculite; these mixes hold moisture and nutrients but drain well, are lightweight, and are well suited for vegetable container gardening. Always wet the mix thoroughly to the texture of a damp sponge before sowing seeds or transplanting.
- 4) **Crop selection:** Plant what you enjoy eating. Lettuce and radishes can be ready to savor in just 4 - 6 weeks from planting. Tomatoes and peppers take longer to grow before being ready to enjoy. Seed packages or labels will give you approximate times for when vegetable will be ready to be harvested. When selecting plants look for terms like compact, bush, dwarf, or "good for containers" on seed packages and plant labels.
- 5) **Watering:** A successful container garden requires proper watering. One watering per day is adequate. However, do not over water. Soil should be moist, not soggy.
- 6) **Fertilizer:** Most vegetables will benefit from regular fertilizer. Use either a slow-release fertilizer or regular application of a water-soluble fertilizer. Always choose products labeled for vegetables and follow the label directions.



* For questions on fertilizing, composting and using everyday food scraps for fertilizing contact Ann Chanon at chanon.1@osu.edu.



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