West Virginia Bureau of Senior Services

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# Food And Fitness

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Websites of Interest:

- Eatright.org
- Aicr.org

## *Can Your Vegetable Garden Grow?*

Planting a vegetable garden can be easy and a money saver! Vegetable gardens can exceed produce sold in stores, easy to start, low maintenance, fun, and a good way to spend time outdoors.

Commonly store produce is picked while immature. Vegetables picked at the peak of ripeness hold more nutritional value than ones that have been picked when immature.

A common misconception is that gardens are high maintenance. However, making a vegetable garden for one household can be very low maintenance and easy once you start.

Before you can start a garden, determining what to plant and how much is key. At first, it is best to start small. It is very easy to get carried away and plant more then what you need. Remember that some plants like green beans, tomatoes, squash, cucumbers and peppers produce throughout the season while other vegetables like onions, beets, radish and carrots only produce once.

**(Continued on Page 2)**

# Can Your Vegetable Garden Grow?

**(Continued from Page 1)**

The next step is to determine the amount of space needed. You can grow traditionally in the ground, in a raised bed, or even in large pots or containers. Each vegetable has a specific amount of space it needs to grow. Reading the seed package will give instructions on when and how much space is needed for that vegetable.

If you want to skip the seed step, you can buy plants ready to be put in the ground. Starting from seeds can be cheaper than buying plants. However, buying plants already grown may be easier for some.

When planting a garden, it is always good to remember the three most important factors to keep plants growing and healthy – sun, water, and soil. Plants need a good source of sunlight to grow. Watering plants to keep them moist but not over watering. Lastly, plants need good soil to grow.

Gardening can be easy and relaxing while producing food to enjoy. You can grow as little as one tomato plant in a pot on the deck or garden large enough to feed the whole neighborhood. Eating the finished product is the best part!

# Spring Seasonal Fruits and Vegetables

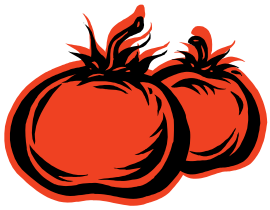
- Asparagus
- Broccoli
- Chives
- Collard Greens
- Corn
- Green Beans
- Honey Dew
- Limes
- Mango
- Morel Mushrooms
- Mustard Greens
- Oranges
- Peas
- Pineapples
- Ramps
- Red Leaf Lettuce
- Snow Peas
- Spinach
- Strawberries
- Swiss Chard
- Vidalia Onions

# *Jump Start Your Garden Sheet*

*Helpful Hints for Starting Your Garden Indoors*

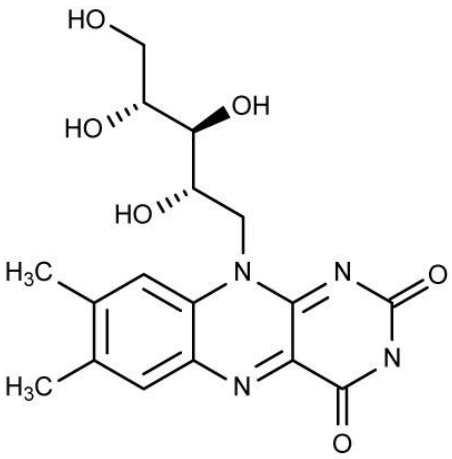
| Crop | Direct Seed Temp | Start Indoors | Weeks to Transplant |
|---|---|---|---|
| Beets | 50 | Feb | 4-6 |
| Broccoli | 60 | Feb | 4-6 |
| Cabbage | 55 | Jan | 4-6 |
| Carrots | 55 | XXX | |
| Cauliflower | 60 | Feb | 4-6 |
| Kale | 55 | Feb | 4-6 |
| Lettuce | 45 | Feb | 3-4 |
| Onions | 45 | Jan | 6-8 |
| Peas | 45 | Jan | 3-4 |
| Potatoes | 45 | XXX | |
| Radish | 45 | XXX | |
| Spinach | 50 | Feb | 4-6 |
| Swiss Chard | 45 | Feb | 4-6 |

| Crop | Start Indoors | Transplant (Protected Only) |
|---|---|---|
| Beans | Late March | Late April |
| Corn | Early April | Late April |
| Cucumber | April | Early May |
| Melons | April | Early May |
| Peppers | February | Early April |
| Tomatoes | March | Early April |
| Squash | Early April | Late April |



Adapted from: http://extension.oregonstate.edu/benton/sites/default/files/jump_start_your_garden.pdf

# Vitamin of the Month
# Vitamin B2 - Riboflavin




Vitamin B2 (also known as Riboflavin) is a water soluble vitamin that can be obtained in the recommended amounts by eating a well-balanced diet.

**What are its functions?**

Riboflavin is important for body growth, aids in the production of red blood cells, helps release energy from carbohydrates, and works with cell division. Riboflavin is also a antioxidant (an antioxidant is a substance that reduces the damage of oxygen).

**Deficiency Symptoms**

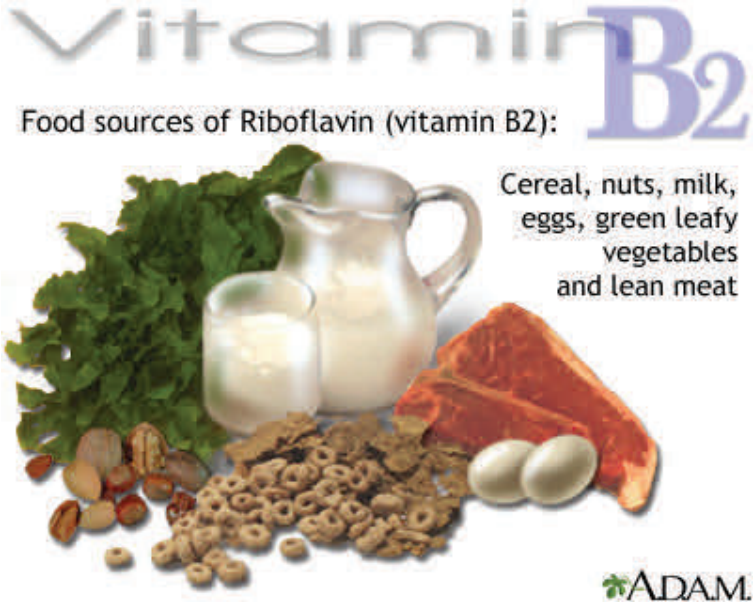
Deficiency in riboflavin are typically rare in the United States due to an abundant amount in our food supply. Symptoms could be sore throat, swelling of mucous membranes, anemia, mouth or lip sores, burning and itching eyes, and skin disorders.

**Toxicity Symptoms**

No known toxicity.

**What are food sources?**

- Food sources of riboflavin are:
- Milk
- Cheese
- Eggs
- Organ Meats
- Green Leafy Vegetables




Remember never take a supplement without consulting your primary care physician.

**Fun fact: Milk containers are no longer clear because riboflavin is sensitive to Ultra Violet light.**

# Brain Exercise

*Do Not Just Exercise Your Body, Work Out Your Brain*

Easy Sudoku Puzzles by KrazyDad, Volume 9, Book 18

## Sudoku #1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 2 | 5 | 8 | 7 |
| | | 5 | | 8 | | 9 | | 6 |
| 8 | 9 | 3 | | 7 | | | | |
| 9 | 3 | | | | 1 | | 5 | 8 |
| | | | | 4 | | | | |
| 6 | 1 | | 5 | | | | 4 | 2 |
| | | | | 5 | | 8 | 7 | 9 |
| 7 | | 6 | | 2 | | 4 | | |
| 3 | 8 | 9 | 4 | | | | | |

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

# April 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | **1** April Fool's Day | **2** National PB&J Day | **3** National Walk to Work Day | **4** School Librarian Day |
| **5** Easter Day | **6** Sorry Charlie Day | **7** World Health Day | **8** All is Ours Day | **9** Name Yourself Day | **10** National Siblings Day | **11** Barbershop Quartet Day |
| **12** Big Wind Day | **13** Scrabble Day | **14** National Pecan Day | **15** Titanic Remembrance | **16** Egg Benedict Day | **17** Cheeseball Day | **18** Juggler's Day |
| **19** National Garlic Day | **20** Look Alike Day | **21** Kindergarten Day | **22** National Jelly Bean Day | **23** Zucchini Bread Day | **24** Pig in a Blanket Day | **25** World Penguin Day |
| **26** National Pretzel Day | **27** Tell a Story Day | **28** Great Poetry Reading Day | **29** Shrimp Scampi Day | **30** National Honesty Day | | |

## Schedule of Events

- ***National Humor Month***
- ***Keep America Beautiful Month***
- ***Lawn and Garden Month***
- ***National Poetry Month***
- ***National Pecan Month***
- ***National Welding Month***
- ***Records and Information Management Month***
- ***Stress Awareness Month***

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## Answers

Sudoku #1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 1 | 9 | 3 | 2 | 5 | 8 | 7 |
| 2 | 7 | 5 | 1 | 8 | 4 | 9 | 3 | 6 |
| 8 | 9 | 3 | 6 | 7 | 5 | 1 | 2 | 4 |
| 9 | 3 | 4 | 2 | 6 | 1 | 7 | 5 | 8 |
| 5 | 2 | 8 | 7 | 4 | 3 | 6 | 9 | 1 |
| 6 | 1 | 7 | 5 | 9 | 8 | 3 | 4 | 2 |
| 1 | 4 | 2 | 3 | 5 | 6 | 8 | 7 | 9 |
| 7 | 5 | 6 | 8 | 2 | 9 | 4 | 1 | 3 |
| 3 | 8 | 9 | 4 | 1 | 7 | 2 | 6 | 5 |

*This newsletter is created by Kathrine J. Clark, MS, RD, Nutrition Consultant to the West Virginia Bureau of Senior Services.*

# *Pasta with Asparagus*

**Ingredients:**

1 1/2 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/4 cup chicken broth
1/2 pound fresh mushrooms, slices
8 ounces angel hair pasta
1 tablespoon olive oil
1/2 teaspoon crushed red pepper

**Directions:**

- Cook pasta according to package instructions.
- Heat the olive oil in a nonstick skillet. Saute asparagus in the pan over medium heat for about 3 minutes. Add chicken broth and mushroom slices; cook 3 minutes more.
- Drain pasta, and transfer to a serving dish. Gently toss pasta with asparagus mixture; sprinkle with Parmesan and crushed red pepper.

Recipe Received from: http://allrecipes.com/Recipe/Pasta-with-Asparagus/Detail.aspx?evt19=1&referringHubId=17216