SUMMER 2020
VOLUME 1, ISSUE 4

Summer Salutations

With all the fresh fruit in season and sunshine outside, summer is the perfect time to improve your health!

Revive the Victory Garden

Summer sun makes for happy plants and happy gardeners! During World War II, Americans planted victory gardens, not only to supplement their rations, but also to boost morale. Victory gardeners cultivated one third of the vegetables produced by the United States at that time.¹

Whether you have access to a yard, porch, or a sunny windowsill, there is no better time to grow your own food. Washington’s warm summers and mild falls makes it a great place to grow many different vegetables, fruits, and herbs. You don’t need to have a green thumb to try gardening.

There are so many benefits to gardening. Gardening is a fantastic way to get moving, and it helps relieve stress. Growing your own food also means saving on the grocery bill, while livening up your salads, stews, and snacks with fresh flavors.

Gardening doesn’t have to cost money. You can repurpose plastic juice bottles, milk jugs, and orange juice cartons by cutting them into pots. Fill with soil, plant seeds, add holes for drainage, and you have a garden.

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Days to Celebrate

<table>
<thead>
<tr>
<th>June</th>
<th>July</th>
<th>August</th>
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<tbody>
<tr>
<td>1-7</td>
<td>3</td>
<td>2-8</td>
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<tr>
<td>National Gardening Week</td>
<td>National Eat Your Beans Day</td>
<td>National Farmers Market Week</td>
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<tr>
<td>National Cheese Day</td>
<td>National Macaroni Day</td>
<td>National Watermelon Day</td>
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<tr>
<td>National Strawberry Rhubarb Pie Day</td>
<td>National Corn on the Cob Day</td>
<td>National Sneak Some Zucchini Onto Your Neighbors Porch Day</td>
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<tr>
<td>National Herbs and Spices Day</td>
<td>National Rainier Cherry Day</td>
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This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider.
Revive the Victory Garden, continued from page 1

What can I grow in my garden?

Indoors: Gardening is not limited to the outdoors. Consider growing baby spinach, arugula, basil, or dill on your window sill or other well-lit indoor spaces. Place your pots in a well-lit space in your home, and water when soil appears dry.

Container Gardening: Want to garden, but don’t have the space? Any bucket, pot, or hanging planter makes for a good planter. Consider growing beans, beets, kale, or tomatoes as these crops have shallow roots, and don’t need significant room. Make sure to add drainage holes to any repurposed materials. You may need to stake tomato and bean plants, depending on the variety you choose to grow.

Garden Beds: Already have a garden? Consider planting carrots, corn, parsnips, or leeks. These crops are hearty. They will grow well from seeds planted mid-summer, and continue to produce through the fall. During summer, water plants generously in the evening or early morning for best results.

Did you know that SNAP funds can be used to purchase seeds and starts from grocery stores and farmers markets? You can double your SNAP dollars if you buy from participating farmers markets throughout the state. Check out the blurb on SNAP-Market Match on the next page for more information on Washington State farmers market operations.

Need Advice? Tilth Alliance has a garden hotline where people can get gardening advice. Call 206-633-0224 for help with gardening needs.


Because of the risk of COVID-19 many seniors are staying home to stay safe. Unfortunately, home is not a safe place for some people.

If you are concerned that someone you know is experiencing elder abuse, or if you are concerned about your own safety, speak up.

To report abuse, neglect, or exploitation, call the Elder Abuse Hotline at 1-866-ENDHARM (1-866-363-4276).
Farmers Market Season is Here

Visiting a farmers market is a great way to add fresh fruits and vegetables into your diet while supporting local farmers. This year, farmers markets will look different due to COVID-19. Markets may have fewer vendors, limited activities, and new safety measures to protect your health. Check out these basic tips to help shop safely at farmers markets this season.

- **Know your facts.** Before visiting, check with your local market to learn about their safety guidelines and updates.
- **Be smart, safe, and healthy.** If you can, send one member of your household or one friend to shop for a group of people. If you are feeling unwell, stay home.
- **Make a plan.** To make your trip quick and easy, pre-order items when possible, or come to the market with a shopping list.
- **Shop safely.** Follow the market guidelines. Try not to touch any items you have not bought, and keep physical distance between you and others when you can.
- **Clean and enjoy.** Wash your hands after shopping and before preparing food. As always, it is important to wash your produce before you use it.
- **Don’t forget to thank your farmers!**

SNAP Market Match

SNAP Market Match is a new program that gives Supplemental Nutrition Assistance Program (SNAP)/EBT customers extra dollars to use on fresh fruits and vegetables at farmers markets across the state. This program was launched by the Washington State Department of Health in April 2020 and replaces other SNAP/EBT matching programs. To learn more, check out the FAQs below and visit: doh.wa.gov and search for SNAP Market Match.

**Where can I find SNAP Market Match?**

SNAP Market Match is available at more than 100 markets across the state. You can find a market near you by going to doh.wa.gov/SNAPMarketMatch

**How can I get SNAP Market Match dollars?**

Go to the information booth at a participating market and tell them you want to use SNAP Market Match. Swipe your EBT card for the amount you want to spend. You will receive that amount in EBT tokens and that same amount in SNAP Market Match dollars.

**Is there a limit on how much SNAP Market Match I can get?**

Markets match $10 or more per day. Check with your local participating market to find out their daily match amount.

**What can I buy with SNAP Market Match?**

Fresh vegetables, fresh fruits, mushrooms, fresh herbs, and seeds and plants that produce food (for example, tomato seeds or tomato plants).
Start Simple App

USDA has created a new mobile app to help you build a healthy eating style and reach your goals. Start Simple with MyPlate is an easy-to-use app to set daily food goals, track progress, and celebrate your success along the way.

Here are a few tips to help get started:

- Go to choosemyplate.gov to find and download the Start Simple app.
- Set goals for each food group - fruits, vegetables, grains, protein foods, and dairy.
- Tap the “Tip” icon (lightbulb) for ideas on how to meet your food goals.
- Use the “MyPlate 101” section to learn more about the daily recommendations and health benefits for each food group.

See the Start Simple Frequently Asked Questions webpage to learn more.

Recipe of the Season

Summer Split Pea Salad

Ingredients:
- 2/3 cup dried green split peas
- 1 1/2 cups low sodium chicken broth (may substitute water)
- 1 cup halved cherry tomatoes (or 2 medium tomatoes diced)
- 1 can whole kernel corn no salt added (drained)
- 2 tbsp. of dried Italian seasoning
- Juice and zest of 1 lemon
- 2 tbsp. olive oil
- 1 tbsp. dijon (or yellow) mustard
- 1/2 tsp. garlic powder
- 1 tbsp. brown sugar
- Salt and pepper, to taste

Directions:
1. Combine the split peas and chicken broth (or water) in medium saucepan over high heat. Bring to a boil, stir, then reduce heat, cover and simmer until the split peas are tender, but not mushy and most of the liquid is absorbed, about 20 minutes. Drain and cool.
2. Combine the cooked split peas in a large bowl with the tomatoes, corn, and Italian seasoning. Toss well to combine.
3. In a jar with a tight-fitting lid, combine the lemon juice and zest, olive oil, mustard, garlic powder, brown sugar, salt and pepper. Close and shake well to combine.
4. Pour dressing over the salad and toss to coat.

Note: If fresh herbs are not available, you can substitute dried herbs like parsley, basil, oregano, chives.

Nutrition Facts

<table>
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<tr>
<th>Serving Size</th>
<th>1 Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>239</td>
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<tr>
<td>% Daily Values*</td>
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<tr>
<td>Total Fat</td>
<td>7.8g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
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<tr>
<td>Vitamin C</td>
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.