

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

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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

June

- 1-7 National Gardening Week
- 4 National Cheese Day
- 9 National Strawberry Rhubarb Pie Day
- 10 National Herbs and Spices Day
- 11 National Corn on the Cob Day
- 17 National Eat Your Vegetables Day

July

- 3 National Eat Your Beans Day
- 7 National Macaroni Day
- 11 National Rainier Cherry Day

August

- 2-8 National Farmers Market Week
- 3 National Watermelon Day
- 8 National Sneak Some Zucchini Onto Your Neighbors Porch Day

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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.



¹ Kallen, Stuart A. (2000). *The War at Home*. San Diego: Lucent Books. ISBN 1-56006-531-1.

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).



