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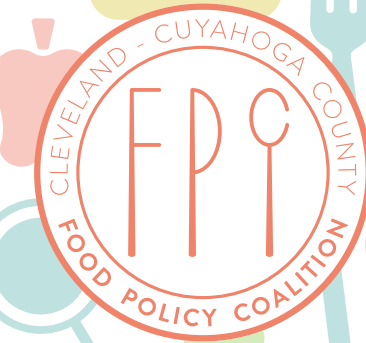
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Community Food Guide

A RESOURCE OF THE CLEVELAND-CUYAHOGA COUNTY
FOOD POLICY COALITION

The Cleveland-Cuyahoga County Food Policy Coalition brings people and organizations together to innovate and advocate for a healthy, just, and resilient local food system.

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WHAT'S INSIDE

TIPS THAT WILL HELP YOU SAVE TIME & MONEY

Simple recipes, grocery
lists & meal plans that
you can use now!

Get your kitchen ready
for cooking!

ACTIVITIES FOR FAMILIES & COMMUNITIES

Farmers' market scavenger hunt &
tips to get kids to try new
fruits & vegetables

Fun ways to shop with family that will
save money & help our community

OHIO FRUITS & VEGETABLES

What's growing in our
communities?

REMEMBER WHAT MAKES "CENTS"

X MYTH HEALTHY FOOD COSTS TOO MUCH, ESPECIALLY LOCAL FRUITS AND VEGETABLES



Unhealthy food is thought to be cheaper because it has more calories per serving than healthy food. Since fruits and vegetables have fewer calories, you would have to buy a lot of them to get the same amount of calories in a \$1 hamburger

✓ TRUTH IT'S POSSIBLE TO EAT HEALTHY, FRESH AND EVEN LOCAL FOOD ON A BUDGET



But we don't need a lot of calories to feel full and fruits and vegetables are the best at filling us up. Healthy and local food can be affordable if you buy what's in season and store it right (p. 8,13), buy in bulk (p. 10), watch for deals (p. 10), cook at home (p. 15) or grow your own. (p. 16, 17)

CONSIDER YOUR BUDGET

\$37-\$61
A WEEK

is the average amount needed to feed one person. (\$149-\$244 is the average to feed a family of four per week)*

\$33
A WEEK

is the current average SNAP (EBT/Ohio Direction Card) benefit for one person.



These numbers give you a good starting point in creating a budget for food every week and month.

TAKE ADVANTAGE OF GOOD DEALS

\$=\$ Many neighborhood farmers' markets accept WIC, WIC FMNP, Senior FNMP, and SNAP. Many also offer Produce Perks. Produce Perks offers a match on money spent by SNAP recipients to use on produce. (p. 5)

\$ Many CSA (community supported agriculture) programs offer "shares" (weekly or monthly food subscriptions). With a CSA share you can get locally grown fruits and vegetables at a great price. Some accept SNAP. Some even offer discounted shares for customers on a budget. (p. 6)



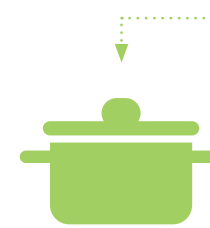
FIND DEALS ON HEALTHY FOOD AT YOUR LOCAL GROCERY STORE

Shop smarter at the grocery store. (p. 11)

SOME BASIC SKILLS GO A LONG WAY AND CAN BE FUN FOR THE FAMILY

X MYTH HEALTHY FOOD LIKE FRUITS AND VEGETABLES TAKE MORE TIME TO PREPARE AND GO BAD TOO FAST.

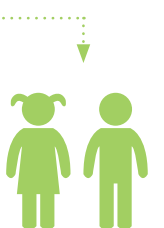
✓ TRUTH MORE FRUITS AND VEGETABLES CAN BE EATEN RAW THAN ANY OTHER FOOD. WE CAN EAT RAW FOOD WITHOUT COOKING THEM OR SPENDING A LOT OF TIME TO PREPARE THEM



Cooking can seem like a big hassle. If you know the basics of preparing and storing your food eating healthy at home will be easier



Eating at restaurants can add up and many meals that you pay for at even the cheaper restaurants can be made at home, in a healthier way, for much less. See our one dish meal recipe and quick snacks. (p. 15)



Cooking at home can be a great way to spend time with family. It can also get kids interested in making healthy choices at an early age.

STORING FOOD RIGHT CAN STRETCH SHELF LIFE



Many foods can keep flavor and can be stored for more time in your fridge or on your counter top. Fruits and vegetables can stay fresh for many days, weeks or even months. See Storing Produce. (p. 13)

PLAN YOUR MEALS



By considering your budget and meals on a weekly basis, you can make easy shopping lists. This will help keep food costs down by avoiding buying too much and having food spoil.



Plan meals like stews, casseroles, and stir-fry that can stretch food into many portions.

COOK ONCE AND EAT ALL WEEK



One of the most common reasons for not eating healthy is a lack of time. Set aside a couple of hours one day to hard boil some eggs, bake breakfast muffins, or cook a roast in a crock pot (which can cook while you run errands or are at work).



Prepare a large batch of your favorite recipes and healthy snacks. Freeze or store them so that you can easily thaw them out or grab-and-go during busier days.

TRY IT OUT

See Meal Plan and Shopping List (p. 4) and One Dish Meal Recipe. (p. 15)

Before You Shop, Become a Meal Planner

Meal planning for the week is the best option to save you time and money. It does not mean you have to cook a big meal for breakfast, lunch and dinner every day all week – it means planning around your schedule so you can eat well and often without all the hassle. Below are some steps that can help you become a serious meal planner.

01

PLAN TO GROCERY SHOP ON A WEEKLY BASIS

Based on your free time, work schedule and other responsibilities; pick the best day to shop for you. This makes it easier to stick to a plan.

02

MEAL PLANNING

Once you've decided on a grocery shopping day, pick another time of the week when you sit down for only 15 minutes and work on your meal plan. You can use this meal plan for the next several days by picking out a couple recipes and meals to make. This meal planning time should be before you go grocery shopping.

03

CHART DAYS YOU WILL BE HOME TO COOK DINNER

Chart out what days you will be home to cook dinner and how much time you will have. This allows you to pick recipes that are not too hard or take too much time. That means read through recipes (all the way!) to see how much time they need. You can also find recipes for one dish meals (p. 15) like stir-fry and cook one large batch to eat during the week.

04

CHECK FOR WHAT YOU ALREADY HAVE AT HOME

Take note of what you have already before shopping. Scan your fridge and pantry to see what you already have on hand so that you can use it. Do you have extra carrots and some tomatoes that need to be used up before they go bad? Plan to use these items in a recipe first. Also, refer to our Pantry & Cooking Staples section (p. 12) and see what is missing that stores well in your pantry.

05

MAKE THE LIST AND GO SHOP

Scan through all the meals you could make and list the ingredients you do not have on hand based on your glimpse into the pantry and the fridge. Make your grocery list and go shopping!



QUICKTIPS

- Make your meal plan public and place it on the fridge. This helps so that people do not eat up things you were going to use in a meal another day. You don't want to plan on a taco night and then open the fridge to see someone used your cheese for some toppings on a salad.
- Don't get caught up in trying to do it perfect every time and cooking every day. Start out by trying for 2-3 days a week.
- Ask a store manager when they get their shipments in. This allows you to plan to shop on the days when you know things will be in stock and freshest.
- Do not feel like you have to stick to the plan you made. If you have less time one day, swap meals and cook something that is easier that you planned for another day.







INVOLVE THE KIDS

Have members of the family choose a meal they want for the week. Let everyone have a chance to pick a favorite meal and this will make at least one person in the family happy that week.

Menu Plan & Shopping List

Use this sample plan in many ways: 1 Work directly on this page in pencil so you can easily make changes 2 Make copies of this page for future use 3 and/or print it online at www.cccfoodpolicy.org/document/shoppinglist for use over and over

	 BREAKFAST	 LUNCH	 DINNER	 GROCERY LIST	
	YOUR FAVORITE RECIPES			INGREDIENTS NEEDED	QTY
SUN					
MON					
TUE					
WED					
THU					
FRI					
SAT					

Food Assistance Chart & Fresh Food Spotlight

LEARN THE LOCAL ALPHABET SOUP: FINANCIAL ASSISTANCE AT FARMERS' MARKETS

	SNAP / EBT "THE OHIO DIRECTION CARD"	PRODUCE PERKS	WIC	WIC FMNP	SENIOR FMNP
WHAT IT IS	National program that offers a debit card loaded each month with a dollar amount for food purchases. SNAP (Supplemental Nutrition Assistance Program) is the federal name for "food stamps". EBT (Electronic Benefit Transfer) is the debit card method.	Local Cuyahoga County token based program that provides a match to SNAP/ EBT users for every \$1 they spend at a participating farmers' market.	National voucher program for pregnant and breast-feeding women and their children up to the age of five. Families must be at risk due for poor nutrition.	National voucher program for WIC recipients to shop at farmers' markets	National voucher program for seniors to shop at farmers' markets
WHO QUALIFIES	Those who meet certain guidelines based on income, resources, expenses and family size	All individuals who have or qualify for an Ohio Direction Card (SNAP/EBT)	Mothers who meet income and other guidelines	WIC recipients	Seniors 60 years and older who meet income and other guidelines
HOW MUCH YOU GET	Varies	Up to \$10 of Produce Perks tokens for purchases made with an Ohio Direction Card	Varies	Five \$3 vouchers per family per year to use at participating farmers' markets stands	Ten \$5 vouchers per eligible senior per year to use at participating farmers' market stands
WHAT YOU CAN BUY	Food (except for hot & prepared foods), seeds and plants for home gardening (p. 16,17)	Ohio grown fruits, vegetables, herbs, seeds, and plants for home gardening	WIC-approved food such as cereals, eggs, juices, milk, whole grains, fruits and vegetables	Ohio grown fresh fruits, vegetables and herbs	Ohio grown fresh fruits, vegetables and herbs (p. 8)
WHERE TO USE	Most grocery stores, farmers' markets and CSA programs (p. 6)	Participating farmers' markets and CSA's in Cuyahoga County	Most grocery stores, farmers' markets and CSA programs	Participating farmers' market stands	Participating farmers' market stands
MORE INFO	Cleveland Foodbank Benefits Outreach Center 216-738-2067	Ohio State University Extension, Cuyahoga County 216-429-8200	WIC Cuyahoga County 216-957-9421	WIC FMNP Cuyahoga County 216-778-4932	Western Reserve Area Agency on Aging 216-621-0303

To find a local farmers' market near you visit <http://ccfoodpolicy.org/blog/double-value-produce-perks>

Understanding CSA & CSA Directory

CROPS-TO-GO: UNDERSTANDING A CSA AND WHAT TO EXPECT

FOOD Getting a **Community Supported Agriculture (CSA)** share is a great way to eat local food, support a local farm, and save money. But before you join a CSA it's important to know if it's the right way for you and your family to get food that is in season. When you buy a CSA share you are "sharing" the risks involved in the farming: weather, disease and other things that can affect the outcome of seasonal, local food.

To figure out if it's right for you, first ask yourself these questions:

- Will my family and I love trying new produce?
- Do I have time to pick up or receive produce weekly or every other week?
- Is the CSA on a bus route close to my home?
- Will produce go to waste in my house? Do I have someone I can share my fruits and vegetables with?
- Do I have time to cook at least a couple of times a week?
- Does the CSA require payment for a full season up front or can I pay weekly?
- Do the "share" size options work for me?
- Do they accept SNAP/EBT or Produce Perks as payment?
- Are limited income shares offered?

If you've decided to give it a try, here's what to expect:

- ✓ Expect to still grocery shop. Many CSAs go beyond vegetables offering fruits, eggs, meat and even baked goods. However, don't assume all you need for a meal will be in your share each week.
- ✓ Expect the unexpected and to try new things.
- ✓ Expect to cook more often.
- ✓ Expect a lot of a certain fruits and vegetables when they are in season.
- ✓ Expect to learn more about the importance of storing food (see p. 14). Knowing how to avoid wasting spoiled food is half of the savings you get with a CSA.

CSA FACTS

- CSA pick up locations may vary from week to week
- Many accept SNAP/EBT or other methods of payment. Each year the number of CSA's accepting Produce Perks grows.

- Share size varies by CSA. Use the descriptions below to see if it's the right size for your needs but always ask the CSA to confirm share size by asking

"How many people does each share size typically feed each week?"

FULL / LARGE = typically feeds a family of 4 each week // **HALF / MEDIUM** = typically feeds 2-3 each week // **SINGLE / SMALL** = typically feeds an individual each week

AVERAGE COST OF SEASONAL SHARES:

FULL/LARGE: \$540 PER SEASON
HALF/MEDIUM: \$330 PER SEASON
SINGLE/SMALL: \$250 PER SEASON

- Some CSA's such as City Fresh offer limited income shares. This means if you are eligible they base the cost of the food you receive on your income!

- Ask about weekly share costs. They normally range from \$15-\$28 making CSA's more affordable for everyone.

Visit www.ediblecleveland.com for a current list of CSAs in Northeast Ohio.

How to Shop at a Farmers' Market

What's in Season?



DECIDE WHAT WORKS FOR YOU!

Farmers' markets are not open all the time like grocery stores. Check the Farmers' Market Directory and find a market at a time that works for you.



VISIT THE CUSTOMER INFORMATION BOOTH FIRST!

Visit the Customer Information booth first to get helpful information like whether the market accepts food assistance (p. 5), cooking tips, events and programs that help you save more when you shop.



GET THERE EARLY... OR LATE!

If you want the most choices, get to the market when they open. If you get to the market right before they close, you may be able to talk farmers into deals.



B.Y.O.B. (BRING YOUR OWN BAG!)

Farmers' market vendors do not always offer bags for you to carry your produce home. Bring bags from home, either plastic ones you've saved from the store or reusable totes.



WALK THE WALK.

Scope out the scene before opening your wallet. Don't buy anything until you've walked the entire market and checked out what all the vendors have to offer. That's how you learn who has the best stuff at the best prices.



KEEP IT FRESH.

Bought too much? Don't worry! Just cook what you can and freeze or store leftovers by looking at the Storing Produce Chart (p. 13) in this guide.



TRY THE UGLY AND WEIRD!

Try a new fruit, vegetable, or herb at every visit. Farmers are always happy to share how they cook the things they grow. Many of these things can be eaten raw. Use your What's in Season? seasonal produce calendar (p. 8) to learn what will be in season that month at the market. You may find that you'll get better prices if you buy fruits and vegetables that are in season.



ASK QUESTIONS.

The people working at the farmers' markets, including the farmers, are very friendly and are happy to answer questions about how to cook and store the food you are buying.

Some good questions to ask while shopping are:

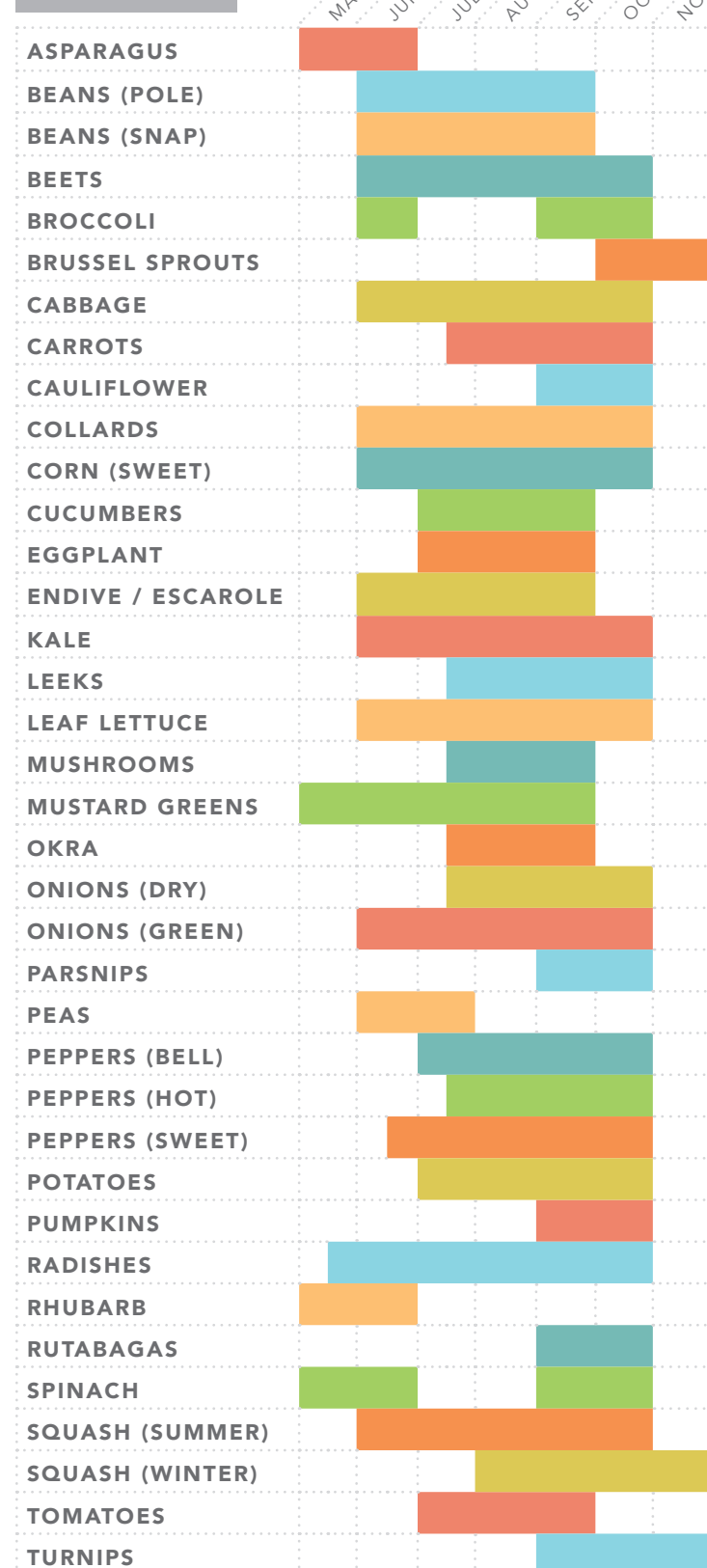
- How fast should I use this food?
- What is the best way to store this fruit or vegetable?
- What is the best way to cook this fruit or vegetable?
- What will you have the next time I come to the market?



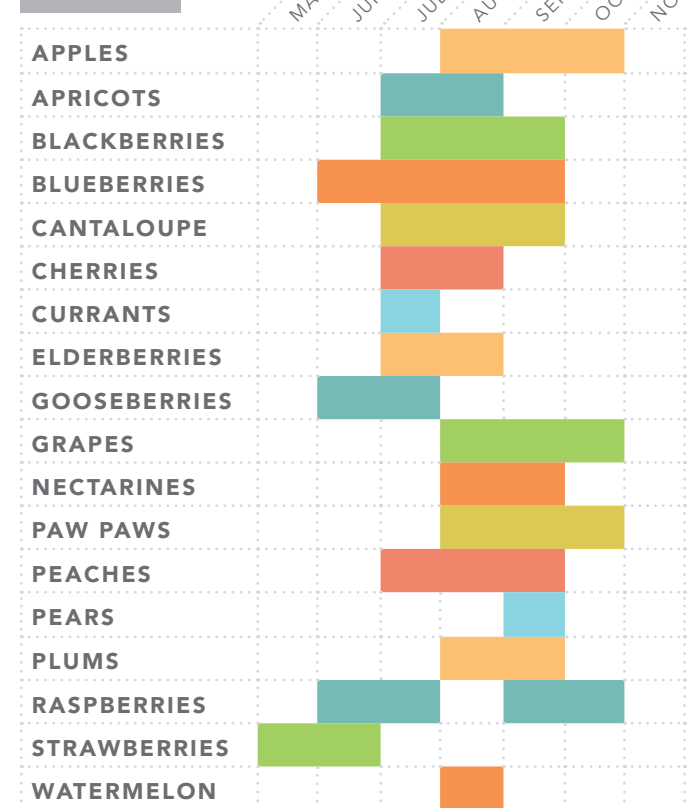
LEARN AND REPEAT.

- Shop with friends and family and carpool to the market.
- Try out the Farmers' Market Scavenger Hunt (p. 9)
- Try and develop a menu and shopping list every week so you know what you want to buy (p. 3,4).

VEGETABLES



FRUITS



HERBS

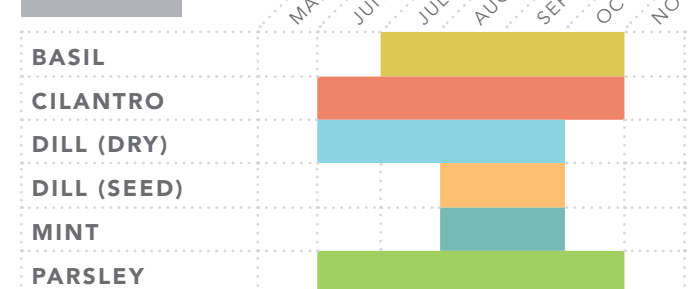


CHART DATA COURTESY OF GROWHIO
LEARN MORE AT: GROWHIO.ORG

Farmers' Market Scavenger Hunt

Try this fun activity with kids or on your own to learn more about the produce offered at a farmers' market. Talk to other shoppers, farmers, and farmers' market workers!

START

FIND SOMETHING THAT GROWS

Underground: _____
 On a tree: _____
 On a vine: _____

FIND 3 VEGETABLES YOU WOULD PUT ON A PIZZA!

#1: _____
 #2: _____
 #3: _____

FIND OUT THE FAVORITE FRUIT OR VEGETABLE OF 3 FARMERS AT THE MARKET

Farmer #1: _____
 Farmer #2: _____
 Farmer #3: _____

FIND THE SMALLEST VEGETABLE

FIND THE BIGGEST FRUIT

FIND THE NAME OF THE WEIRDEST LOOKING FRUIT AND VEGETABLE YOU CAN FIND

FIND A FARMER THAT HAS CHICKENS

FIND A FRUIT OR VEGETABLE THAT IS

Bumpy: _____
 Smooth: _____
 Fuzzy: _____

FIND A FRUIT OR VEGETABLE FOR EVERY COLOR OF THE RAINBOW:

Red: _____
 Orange: _____
 Yellow: _____
 Green: _____
 Blue: _____
 Purple: _____

FIND A FARMER THAT HAS GOATS, COWS OR SHEEP

FINISH

Shopping Smarter at the Grocery Store

You don't have to buy fresh every time, frozen and even canned fruits and vegetables can be used in some recipes calling for fresh produce. (Be sure to check that the amounts of salt and sugar aren't too high in frozen and canned produce.) Often foods like frozen dinners, pre-cut vegetables, instant rice, oatmeal, and grits will cost you more than if you were to make them from scratch. If you cut up your own vegetables or buy rice in bulk and prepare on your own, you save.

01

MAKE A PLAN OF ATTACK.

Make a shopping list, develop a budget and stick to it. See Meal Plan (p. 3) and Shopping List. (p. 4)

02

COMPARE UNIT PRICES (COST PER OZ OR LB) AND USE THE BULK AISLE.

Buying large quantities in the bulk aisle will save money. For example, a handful of nuts from that aisle will set you back only twenty or thirty cents. When buying nuts, the baking aisle of your market is perhaps the priciest place to go, even when they're on sale. Instead, stock up in the bulk aisle.

Pay attention when purchasing produce. Compare loose versus packaged items on a per pound basis! For instance, multiply the cost of a box of mushrooms (8 ounces) by two and compare to the price of a pound (16 ounces) of loose mushrooms. Often, the loose mushrooms are cheaper (and fresher).

03

DON'T THROW YOUR MONEY AWAY!

The most expensive ingredient in your kitchen right now is the one you throw away. Buying in bulk makes sense if the amount you buy isn't so much it goes bad before you eat it all. It's good to get pantry or dry goods (p. 12) in bulk when you can't use up fresh food fast.

04

SHOP MORE IN THE EDGES OF THE STORE FOR THE HEALTHIEST FOODS.

Processed and packaged foods tend to be located in the inside aisles. Notice that fresh meats, cheeses, and produce are usually along the edges of grocery stores.

05

ORGANIC PRODUCE CAN BE A GOOD VALUE IF YOU FOLLOW THESE TIPS:

Rule of thumb: For produce that you eat the outside of like strawberries, bell peppers, and other shown below, look for organic options. Organic options of produce are less likely to have chemicals on the part you eat. For produce that you can peel or remove outside skin (for example, bananas), don't worry about organic as much if you are on a budget.

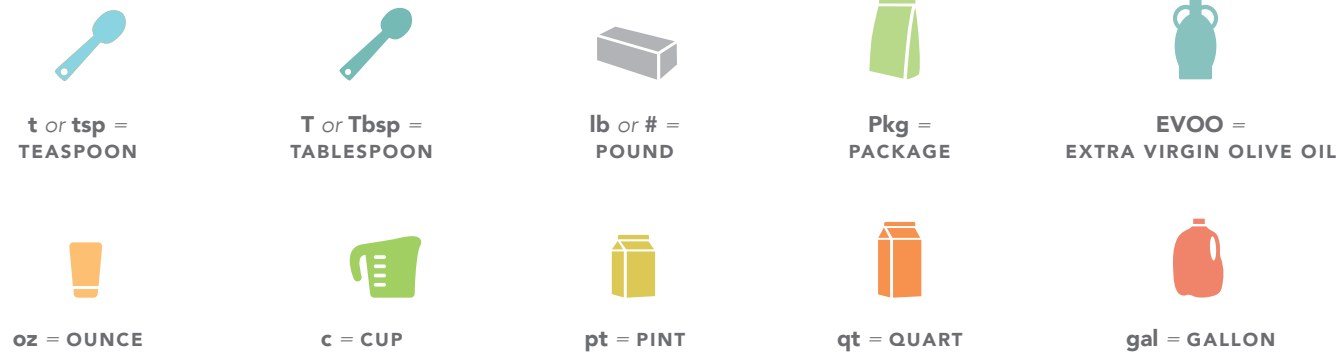
- | | | | | | | |
|--|--|---|---|--|--|---|
|  APPLES |  GRAPES |  CELERY |  LETTUCE |  SPINACH |  PEARS |  PEACHES |
|  NECTARINES |  POTATOES |  BERRIES
strawberries, raspberries, blueberries | |  BELL PEPPERS |  CHERRIES | |

COOKING FOOD

Abbreviations & Conversions

Making sense of common terms in recipes is the first way to get comfortable with cooking. Here are some tips and basic skills to help you understand any recipe and to use in creating your own meals.

COMMON ABBREVIATIONS



SPOONS & CUPS CONVERSIONS



COOKING FOOD

Pantry & Cooking Staples

If you keep these items on hand, cooking will be much easier! Don't feel like you have to buy all of this at once, simply pick up a couple of these items each time you buy groceries.



PANTRY

DRY GOODS

Whole Grain Pasta, Brown Rice, Dried Fruits (raisins, cranberries, etc.), Nuts (peanuts, almonds, cashews, etc.), Seeds (sunflower, pumpkin or "pepitas", etc.), Flour, Sugar, Brown Sugar, Chocolate Chips, Cocoa Powder, Baking Powder, Baking Soda

CANNED & BOTTLED GOODS

Black Beans, Red Beans, Canned Tuna, Vegetables and Fruit (careful of sugar syrups and salt), Coconut Milk, Tomato Paste, Diced Tomatoes, Peanut/Nut Butters, Marinara/Spaghetti Sauce, Broths (Chicken, Vegetable, Fish or Beef), Apple Sauce, Jams & Jellies, Mustard, Mayonnaise, Ketchup

OILS, VINEGARS AND SWEETENERS

Olive Oil, Coconut Oil, Soy Sauce, Worcestershire Sauce, Hot Sauce, Red Wine Vinegar, Apple Cider Vinegar, Balsamic Vinegar, Honey, Maple Syrup

SPICES, FLAVORINGS & SEASONINGS

Cinnamon, Vanilla Extract, Italian Seasoning, Garlic Powder, Chili Powder, Red Chili Flakes, Paprika, Cumin, Ground Ginger, Curry Powder, Salt, Pepper

FRESH PRODUCE

These fruits and vegetables store the best and are used the most in many recipes. Some store well in the fridge, some on the counter. Refer to Storing Produce (p. 13). By sticking to a weekly shopping schedule you can add whatever fruits and vegetables you need so they get used before they go bad. Here are a few staple produce items to always keep on hand:

FRUITS:
Apples, Lemons, Limes

VEGETABLES:
Carrots, Celery, Lettuce, Onions, Garlic, Potato

FREEZER

Frozen Vegetables and Fruits, Frozen Lean Ground Beef, Fish, Poultry, Sausage, Bacon, English Muffins, Bagels, Loaves of Whole Grain Bread, Pita Bread, Whole-Grain Tortillas, Leftovers, Broths (broths not used in recipes-should be frozen immediately after opened)

FRIDGE

DAIRY & DAIRY SUBSTITUTES
Milks (regular, almond, coconut, soy), Eggs, Cheeses, Yogurt, Butter, Tofu

OPENED CANNED & BOTTLED GOODS
(if written on label)



INVOLVE THE KIDS

Ask the kids to hunt down things in the pantry to prep your recipe. It's another form of scavenger hunting!

COOKING FOOD

Storing Produce


REFRIGERATOR

APPLES
APRICOTS
ARTICHOKES
ASPARAGUS
BEETS
BLACKBERRIES
BLUEBERRIES
BROCCOLI
BRUSSEL SPROUTS
CABBAGE

CANTALOUPE
CARROTS
CAULIFLOWER
CELERY
CHERRIES
CORN
FIGS
GRAPES
GREEN BEANS

GREEN ONIONS
HERBS (not basil)
HONEYDEW
LEAFY VEGETABLES
LEEKS
LETTUCE
LIMA BEANS
MUSHROOMS
OKRA


PEAS
PLUMS
RADISHES
RASPBERRIES
SPINACH
SPROUTS
STRAWBERRIES
SUMMER SQUASH
YELLOW SQUASH
ZUCCHINI


 **APPLES:** Store in a crisper drawer in the fridge


 **BROCCOLI:** Place in an unsealed plastic bag or wrap with a damp paper towel before placing in the fridge.

 **BRUSSEL SPROUTS, CABBAGE, GREENS:** Store in a plastic bag in the fridge. For greens, you can extend their shelf life by cutting, washing and spin drying the greens, and then placing them between paper towels in a plastic bag.

 **CORN:** Store in a plastic bag in the fridge and use within 3 days

 **HERBS:** Storing Varies. Most can be stored in plastic bags or glass jars with some water in the fridge. Cilantro would be a good herb to store this way, while basil can be left on the countertop. To prevent herbs from going bad, blend them with olive oil, pour into ice cube trays and freeze. You can throw these into soups and sauces for later use.

 **BERRIES:** Store unwashed in single layer. To freeze, rinse and let drain then place in a single layer on a baking sheet in the freezer. Once frozen, move to a container to save space.

 **BANANAS:** Once ripe, peel and cut up or break into pieces and place in a single layer in an airtight container and freeze. Good for use in smoothies and homemade ice cream.

COOL, DRY PLACE

ACORN SQUASH
BUTTERNUT SQUASH
ONIONS
POTATOES
PUMPKINS
SPAGHETTI SQUASH
SWEET POTATOES
WINTER SQUASH

AVOCADOS
BANANAS
BASIL
CUCUMBERS
EGGPLANT
GARLIC
GINGER
GRAPEFRUIT
JICAMA
KIWI
LEMONS

LIMES
MANGOES
NECTARINES
ORANGES
PAPAYAS
PEACHES
PEARS
PEPPERS
PERSIMMONS
PINEAPPLE
PLANTAINS

PLUMS
POMEGRANATES
TOMATOES
WATERMELON

COUNTERTOP

CHART DATA COURTESY OF SPARKPEOPLE

Legend	
Keep away from each other	
Unwashed in a single layer	
Unwashed in a plastic bag	
Unwashed in a paper bag	
Ripen on counter and then place in fridge	

QUICKTIPS

- Most of a vegetable is edible, even roots and tops. If you are using carrots or beets with greens on top, these greens are edible! You can freeze items like this, as well as small amounts of leftover onion or carrot, in a freezer-safe container and save for making soups, stocks and stews.
- Food Safety: Once cut, all fruits and vegetables should be refrigerated within two hours.













COOKING FOOD

Essential Kitchen Tools

STUFF TO BUY FIRST

 **LARGE COLANDER**
 **PLASTIC SPATULA**
 **METAL WHISK**
 **WOODEN SPOONS**
 **CAN OPENER**
 **LADLE, SLOTTED SPOON AND SLOTTED TURNER**
 **GOOD, STURDY SHEET PANS**
 **NEST OF MIXING BOWLS**
 **SPEED / VEGETABLE PEELER**
 **LARGE CAST IRON SKILLET OR NON-STICK FRY PAN**
 **LARGE MEASURING CUP and MEASURING CUPS**
 **KNIVES (chef's knife, small paring knife)**
 **2-3 WOOD CUTTING BOARDS (1 for meats, 1 for vegetables and 1 for fruit)**
 **SET OF THICK-BOTTOMED SAUCEPANS (large, medium, small)**

STUFF YOU CAN PICK UP LATER

 **FOOD PROCESSOR / BLENDER**
 **PESTLE AND MORTAR**
 **BOX GRATER / MICROPLANE GRATER**
 **EXTRA-LARGE CASSEROLE PAN OR DUTCH OVEN**
 **POTATO MASHER**
 **STRAINER**
 **WEIGHING SCALE**
 **WOK**
 **LARGE GRILL PAN**
 **METAL TONGS**
 **ROLLING PIN**
 **SALAD SPINNER**

QUICKTIPS

- Wood cutting boards are the best for knives. Any other materials that cutting boards are made out of dull the blade very quickly.
- Make sure to get a board that is heavy or has grips so it doesn't slide.
- It is easy to go without measuring spoons and cups when you are cooking regularly, but when you bake exact measurements are very important. If you plan on baking more, consider investing in these tools for the kitchen!

One dish meal Recipe & Quick, Healthy Snacks

QUICK AND EASY ONE DISH MEAL*

VEGETABLES	CHICKEN, FISH, MEAT, EGGS, DRIED BEANS OR PEAS	BREAD, RICE, OR NOODLES	LIQUID INGREDIENTS
1 ½ cups	1 ½ to 2 cups	1 to 1 ½ cups	1 to 1 ½ cups
Mixed vegetables Tomatoes Corn Green beans Broccoli Peas Cabbage Mushrooms Cooked and cubed: Squash Zucchini Potatoes	Canned tuna fish Canned meat Cooked meat: Chicken Hamburger Lean Sausage Pork Turkey Hard cooked eggs Cooked lentils Cooked split peas Cooked beans	Cooked rice Cooked macaroni Cooked spaghetti Cooked noodles Whole wheat bread, cubed	Cream soups (optional low sodium): Broccoli Celery Chicken Mushroom Cheese soup Tomato soup Tomato sauce Shredded cheese and milk

Prepare a one-dish meal by following these steps:

- Choose one or more ingredients from each list above.
- Add other ingredients you like for flavor: onion, garlic, spices, or herbs.
- Mix ingredients together.
- Make this dish your own by adding ½ cup of whole wheat breadcrumbs, crushed crackers, corn flakes, or parmesan cheese croutons.
- Cook using one of these methods:

Oven: Place ingredients in a covered casserole dish. Add optional toppings. Bake at 350° for 45 minutes. Uncover for the last 15 minutes to brown topping. Serve hot. **Stove-top:** Place ingredients in a large skillet. Simmer on top of stove until bubbling all over. *Serve hot. Add optional toppings to each serving.*

*Adapted from "Create a One-Dish Meal". Wisconsin Nutrition Education Program.

QUICK & HEALTHY SNACKS

- NUT BUTTERS AND APPLES OR VEGGIES & HUMMUS**
These snacks are delicious, inexpensive, and healthy.
- PLAIN YOGURT**
Yogurt is a great source of protein, calcium, and vitamin D. These nutrients will help you stay healthy and feel full. Try plain yogurt without sugar. If you like it to be sweeter, add fresh fruit or a drop of honey. Store bought yogurt can have as much sugar as ice cream, turning it into a less healthy snack.
- SNACKSTRAIL MIX**
Mix your favorite unsweetened dry cereal, dried fruit, nuts, and a few chocolate chips to make your trail mix. Season with herbs, spices or seasonings, such as cinnamon or cayenne pepper for extra flavor.
- CHEESE & CRACKERS**
Pick your favorite cheese and a whole grain cracker for a snack that is full of protein and carbohydrates. This snack is healthy, tasty, and will keep you full. Try cheddar or mozzarella cheese, and try to avoid overly processed cheeses like American.

QUICKTIPS
Store bought snacks, like cereal bars and fruit snacks are not very good in keeping you satisfied and can cost more than homemade snacks. Most of these items leave you feeling hungry or even work to increase your appetite. If you do have snack pretzels or crackers make sure to pair them with a protein (like cheese or hummus) to help curb appetite between meals.

INVOLVE THE KIDS
Getting kids involved in recipe reading and cooking is a great way to get help in the kitchen, build memories, and teach children about cooking, eating, and food. Children that are involved in cooking food are more likely to enjoy the food that is made!

The Basics

Growing your own food provides many benefits like saving money, learning new skills, getting exercise, and most importantly, getting outside. You can do yourself or your family good by growing food at home or nearby in a community garden!

FOR MORE INFORMATION:

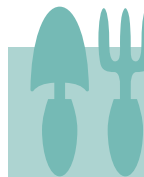
Contact Ohio State University Extension, Cuyahoga County at 216-429-8200 for resources to support your home or community garden.



WHERE CAN YOU GROW?

GROW ANYWHERE!

Food doesn't have to come from a country farm – the city is a great place to grow your own produce! If you have a yard you can most likely grow fruits, vegetables, and herbs there. If you don't have a yard, you can grow in a container, such as a pot, on a porch, driveway, or rooftop. You can also join one of Greater Cleveland's community gardens. There are over 250 community gardens in Cuyahoga County alone, and there is likely one near you.



TIPS FOR NEW GARDENERS

TAKE A CLASS OR ATTEND A WORKSHOP IF YOU CAN.

Ohio State University Extension in Cuyahoga County offers classes through the Dig In! Program. This program teaches you how to start a community garden. There are also free workshops and Master Gardeners who can answer your gardening questions.

MAKE SURE YOUR SOIL IS SAFE.

If you plan to grow produce directly in the ground test the soil first. Soil testing will let you know what the pH(acid) and nutrient levels are and if the soil is safe to grow in. OSU Extension assists gardeners with this.

MANAGE WEEDS EARLY.

Weeding is nearly as important as watering. Weed your garden as often as possible. Weeds compete with your plants for water, light, nutrients, and space. Since most weeds grow faster than vegetables/herbs, it is important to pull weeds often. Weeding gives your plants a better chance of reaching maturity.

WATER WISELY.

Once planted, seeds need to receive plenty of water throughout the growing season. The amount changes based upon the type of plant (see your seed packet). As a rule of thumb it is good to provide at least one inch of water per week. You should check on your plants at least twice weekly. If the soil is not moist, water immediately. Pay attention to rain levels. Many weeks in the spring/early summer it rains a lot and your vegetables may not require watering. Avoid overwatering. If you are growing in containers, pots, or raised beds, you may have to water more often because they can dry out quickly. Tomatoes are sensitive to watering and are most successful when watered evenly throughout the season.

CONSIDER SUN, SOIL AND WATER.

Gardens should be in sunlight for 8 hours a day, soil should be crumbly to the touch and not too smooth or hard. You need to have access to a hose, hydrant, or indoor sink to water your garden. The City of Cleveland has permits to allow for use of a hydrant by community gardeners



SEEDS

DECIDING WHAT TO GROW

GROW WHAT YOU EAT.

This may seem obvious, but growing what you eat is the easiest way to get fruits and vegetables into your diet. Do you already purchase collard greens at the grocery store? Try growing them instead! How about cherry tomatoes? They grow well here and the plants are very plentiful. Are you a huge fan of making pesto out of basil? You'll be amazed at how many basil leaves one plant will provide all season.

GROW SOMETHING EASY.

If you are new to gardening, you may want to grow something that does well and is easy to maintain. Lettuce, carrots, radishes, and herbs such as mint and cilantro are also easy to grow. Not to mention, fresh herbs can be costly at the grocery store and quickly go bad if they are not used right away.

READ THE SEED PACKET!

If you are just starting to grow, you should get used to reading the back of a seed packet (p. 18). Here you will find all of the information you need to successfully grow fruit, herbs, and vegetable plants. You will see when you can plant by seed or if you should start indoors and transplant. You will also see how to space seeds, how tall the plant will get, and learn how many days until harvest.

INVOLVE THE KIDS
Have kids old enough to keep a journal visit the garden everyday from the day you plant until you can pick the food. They can write down what they see, smell, taste and even feel/touch along the way.

Small hand tools are great for kids to help out. Have them help digging the holes and dropping seeds in.

Read and Seed: How to Read a Seed Packet!

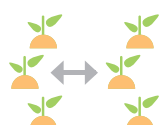
Learn New Terms

SCARLET NANTES CARROT

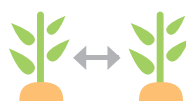
The classic flavor favorite. Almost coreless, 6-inch roots with bright red-orange color throughout. Crisp/firm texture. A large amount of carrots can be grown with a few seeds. Stores well on countertop and freezer. Harvest in 55 days. Packet plants 40 ft.



LIGHT
Full Sun



ROW SPACING
12 in.



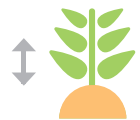
PLANT SPACING
2 in.



PLANTING DEPTH
1/4 – 1/2 in.



DAYS TO GERMINATION
14 – 21



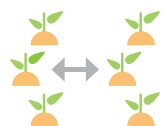
PLANT HEIGHT
12 – 18 in.

Tips: Sow seed directly in the garden in spring. Carrots need light, well-drained, sandy soil. Sprinkle seeds evenly in the row, about 3 – 4 per in. Keep soil moist during germination and growth. Thin young seedlings. Sow every 2 – 3 weeks until early summer for continuous supply. Harvest when rounded, orange tops appear. For easier harvest, moisten soil. In mild climates, plant again fall and winter.

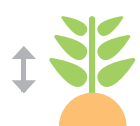
GARDEN CANDY CHERRY TOMATOES



SEED SPACING
1 in.



ROW SPACING
36 in.



PLANT HEIGHT
5 – 7 ft.



PLANTING DEPTH
1/4 in.



DAYS TO GERMINATION
7 – 14



DAYS UNTIL HARVEST
65

Starting Seedlings: In early spring, start indoors about 2 months before outdoor night temperatures are reliably in the 50°F (10°C) range. Sow seeds 1/4 in. deep and 1 in. apart in a container of seed starting mix. Keep moist but not soggy, and very warm (75 to 80°). Provide a strong light source until seedlings are ready to plant outside. When seedlings are 2 in. tall, transplant into deeper individual containers, burying stems up to base of leaves. Maintain at 65 to 70°. Feed with half-strength liquid fertilizer every 2 weeks until weather is warm enough to gradually acclimate seedlings to outdoor conditions. Move vigorous climbers 3 ft. apart into rich soil in full sun once nights stay securely above 55°.

Growing: Prepare soil well with aged manure or compost. Plant tomatoes several inches deeper than they were growing in containers. Provide strong stakes or tall wire cages at planting time. Apply mulch to provide the even moisture tomato plants need to prevent cracking. For best flavor, don't over water once fruit begins to ripen.

Harvesting: Harvest often and enjoy as snacks or use in summer salads. Quickly saute all 3 colors with fresh basil or dill. For tasty treats, cut in half and dry for use in cooking or as winter snacks.

KEY TERMS DEFINED GARDENER'S NOTES

PLANTING DEPTH

When we make a trench to lay our seeds the distance from the soil line to the bottom of the trench is the planting depth.

SEED SPACING

Refers to distance in trench between seeds. For carrots its 3 – 4 per in. Don't overseed. It makes thinning later more difficult.

DAYS TO SPROUT or GERMINATION

Refers to the length of time between when a seed is first planted and when the sprout first appears above the ground.

SPACING AFTER TRANSPLANTING or PLANT SPACING

Refers to the distance between plants once all thinning and transplanting has been done.

ROW SPACING

Don't confuse with seed spacing. This refers to the distance between the rows. In urban community gardens, raised beds are mostly used due to poor soil quality – unlike the large fields in which these seeds are usually planted. The distance between rows in a raised bed can usually be greatly reduced.

DAYS UNTIL HARVEST or DAYS TO MATURITY

The time it takes to go from seed to pickable. Some will start from the day the seeds are planted, while others use the day the seedlings are transplanted to harvest.

MISCELLANEOUS

The following information is sometimes included but not always:
light requirements
soil requirements
irrigation suggestions
when and how to harvest
fertilization requirements
growing suggestions / "gardeners notes"

SEED PACKAGE RESOURCE / REFERENCE:
SCHOOLGARDENWEEKLY.COM/
INSTRUCTIONAL-ACTIVITIES/HOW-TO-READ-
A-SEED-PACKET

GLOSSARY

Buying in bulk: Buying a large quantity of food at a lower price

Calories: A measurement of the amount of energy in food

Compost: Decomposing plants or fruits and vegetables used to fertilize other fruits and vegetables

CSA: Community-Shared Agriculture. CSA's are made up of groups of people who agree to support local farms by purchasing a share of the farmers' products directly from the farmer. Like farmers' markets, CSA's offer fruits and vegetables, meats, cheeses, and other food products. CSA's have specific days, times, and locations for customers to pick-up their shares.

CSA Share: A portion of food purchased from a farmer

Eating Local: Eating food that is grown or made in the same state or region where you live

Farmers' Market: Where farmers sell fresh fruits and vegetables, meats, cheese, and other food products

Farmers' Market Season: Since farmers' bring their food products to the market soon after they are picked or made this farmers' market season is the same time of year as growing season, April or May through October.

FMNP: FMNP stands for Farmers' Market Nutrition Program, a program that provides financial support for buying locally grown fruits and vegetables at farmers' markets

Food Assistance: Federal, state, and local programs that help families afford food and helps families learn how to eat healthy with nutrition classes

Growing Season: The time of the year when the weather is best for plants and vegetables to grow. In Ohio the growing season is from April or May through October.

Harvest: To pick fruits and vegetables when they are fully grown or mature

Meal Planning: Planning which meals you will eat in advance to stay within your budget, eat healthy, and save time when grocery shopping

Nutritional Value: Nutritional value refers to what is in different food items. Nutrition labels on food products show the amounts of calories, fat, sugar, protein, vitamins, sodium and carbohydrates

Organic fruits and vegetables: Foods grown without the use of synthetic pesticides or chemical fertilizers

Seedlings: A young plant raised from a seed

Shelf Life: The length of time a food product can be eaten before spoiling

Sow: To plant seeds by spreading them across soil

WIC: WIC stands for Women, Infants, and Children, a program that provides financial support for nutrition education, some foods, and health care recommendations