

DIG IN TO GOOD HEALTH

Gardening can boost nutrition as well as physical and mental health.

Benefits of gardening

- Increased exercise
- More fruits and vegetables
- Boosts mood and reduces stress and anxiety
- Save money on groceries
- May help improve sleep
- Kids like to eat vegetables they've helped grow.

Check out the website seasonalandsimple.info for recipes using locally grown fruits and vegetables!



Garden-fresh savings

- SNAP benefits can be used to purchase fruit and vegetable seeds and plants.
- Grow foods that have a long storage life such as carrots, potatoes, onions, sweet potatoes and winter squash.
- Preserve your harvest by canning, freezing, or drying.
- Invite family, friends or neighbors to pitch in and share in the costs, work, and the harvest.



Did you know?

Spending time outdoors in green spaces has been shown to reduce heart rate and muscle tension?

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No room for a garden? Try container gardening.

- Lettuce and spinach can be grown in coffee cans or milk jugs.
- Tomatoes, peppers, and green beans can be grown in 5-gallon buckets.
- Herbs can be grown in small containers near a sunny window.
- Use good quality potting soil.
- Make sure containers have holes for water to drain so roots don't rot.
- Water frequently so plants don't dry out.



Learn more

Contact your local Extension office for more information on gardens, what to grow, food storage and food preservation or visit our website at extension.missouri.edu



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Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance