April is National Garden Month

After a long grey winter, are not quite ripe and delicious fruits and vegetables getting you down? Celebrate National Garden Month by planting lettuce in your yard or in containers on your porch. Lettuce is an easy to grow vegetable that grows best in the cool temperatures of spring time. You can use your EBT card to buy the seeds.

The five varieties of lettuce include loose-leaf, romaine, butter head, French and crisp head. Lettuce comes in many colors, textures and tastes so choose one (or more!) that your family enjoys.

Plant your lettuce seeds directly in the soil and plant only 1/8th inch deep. Lettuce seeds need light to germinate. Keep the soil moist while the plants are growing. At 50 degrees, your seeds should begin to grow in about 7 days. You can harvest individual leaves by cutting the leaves with scissors. If you plant a type of lettuce that forms a head, like romaine, butter head and crisp head, you can wait until the head is fully grown before harvesting or you can cut individual leaves. Consider planting a few seeds one week, then a few more seeds the next week and so on so you have a progression of lettuce available to eat.

Freshly grown lettuce is terrific in salads, on sandwiches or to roll up other ingredients in (lettuce wraps). Two cups of shredded lettuce only has 10 calories, so including lettuce in your daily meals is a great way increase nutrition without adding lots of calories.

Baked Kale Frittata

**Ingredients:**
- vegetable cooking spray
- 1 bunch kale (3 cups chopped, stems removed)
- 1 large onion (1 cup chopped)
- 1 teaspoon vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- ½ teaspoon salt
- ¼ teaspoon pepper

**Directions:**
1. Preheat oven to 375. Coat 9-inch round or square baking pan with vegetable cooking spray.
2. Wash and chop kale. Chop onion.
3. Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown.
4. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
5. In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour mixture into baking pan. Bake 20 minutes.
7. Remove from oven and let set for 2 to 3 minutes. Slice into wedges or pieces.

**Nutrition Facts:** Serving Size: 1/6th of pan, 110 calories, 50 calories from fat, 5g total fat, 1.5g saturated fat, 0g trans fat, 155mg cholesterol, 330mg sodium, 7g total carbohydrate, 1g dietary fiber, 2g sugar, 5g protein, 110% vitamin A, 15% calcium, 70% vitamin C, 8% Iron.

Source: Loving Your Family, Feeding Their Future—The Healthy Family Guide Book (USDA)