

EFNEP Newsletter

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Produced by Cornell Cooperative Extension April 2021

It's National Garden Month!

Benefits of Growing a Vegetable Garden

1. The freshest food possible

When you plant your own food, you know exactly what went into your process; the seed types you selected and any growing challenges encountered. Not only will you be able to harvest your produce at its peak, you can consume it at its freshest too as you've eliminated time produce spends traveling to the grocery store.

2. Physical activity

When you prepare, plant, weed, water, and harvest a garden, you also get sunshine, fresh air, and physical activity. The exercise can help you stay in shape, relax and reduce stress.

3. Family time

Gardening is an activity that kids of all ages can take part in. They can help with weeding, watering, planting, and even harvesting, depending on their ages. Gardening gets everyone together, active, and engaging with each other and nature.

4. Use your SNAP benefits

You can use your SNAP benefits (EBT card) to buy vegetable plants and seeds to start your home garden.



Used kitchen items can be repurposed into fun containers for gardening. This is a mint plant growing in an old tea kettle.

Tips for New Gardeners

- **Start small** – Gardening can be an investment. Start with container gardening if you want to give it a whirl. Tomatoes and peppers are good starters and are easy to eat.
- **Soil** – Use the right soil for the plant. Depending on the plant, you may need to check with the garden center to determine if you have the right soil to grow a particular plant or tree.
- **Potted Plants** – Anything in a container, such as a clay, plastic or resin pot will require more watering than a plant that has been placed in the earth. Depending on the daily temperature, these plants will likely need to be watered at least twice a day.