

# Cent\$ible Nutrition News

Helping Families Eat Better for Less

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## Growing Your Own Garden

Spring is just around the corner, and now is a good time to start thinking about gardening. Growing your own food doesn't have to be complicated. It is possible to create a garden that fits your space, family, budget, time commitments, and food preferences. Plus, it can be fun for the whole family! Read on for some tips on getting started, plus the benefits of gardening.

If you've never gardened before, starting a garden can seem like a challenge, but it doesn't have to be. Before you begin, check out our newsletter on planning your garden (<https://uwyocnp.org/gardening/gardening-101-planning-your-garden/>). Container gardening (<https://uwyocnp.org/gardening/>

[gardening-101-container-gardening/](https://uwyocnp.org/gardening/gardening-101-container-gardening/)) may also be a possibility for you. Once you know what you want to grow and what space you have available, check out our video with CNP Educator Kristy Michaels as she walks through starting seeds with Garden in a Glove (<https://uwyocnp.org/gardening/start-seeds/>). If you receive SNAP benefits, keep in mind that you can use your EBT card to purchase seeds and plants that produce food. The Gardening 101 newsletter series (<https://uwyocnp.org/gardening/>) can walk you through transplanting seedlings, watering, and other tips for a successful garden.

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## Gardening, Continued

Growing your own fruits and vegetables can add more produce to your plate, but it can also do so much more. Gardening gets you outside and moving, can increase children's interest in trying new foods, increase opportunities for you to spend time with friends, family, and your community, and it can boost your mood.

No matter how you choose to garden, growing and cultivating plants is a great way to enjoy the summer and the pleasure of food you've grown by hand.

For additional resources on gardening in Wyoming, view all our Gardening 101 newsletters and the University of Wyoming gardening resources (<https://uwyo.cnpp.org/coronavirus/gardening-growing-food/>).

## Join CNP!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyo.cnpp.org/cnp-online-classes/>.



## Stuffed Bell Peppers

### Ingredients

- 3 large bell peppers
- 1½ cups brown rice
- 1 cup CNP Meat Sauce or tomato sauce
- 1 8-ounce can tomato sauce
- 1 Tablespoon Mexican seasoning
- 1 4-ounce can chopped black olives
- Nonstick spray

### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook rice and set aside.
3. Preheat oven to 350°F. Spray a baking sheet (any size) with nonstick spray.
4. Wash peppers. Cut off tops and scoop out seeds. To help them stand up, take a small slice off the bottom. Trim around the stem of the peppers. Throw away the stem. Dice the trimming and bottom parts of the pepper, then set aside. Drain and chop olives.
5. Combine cooked rice, CNP Meat Sauce, seasonings, and olives. Add chopped pepper from the trimmed top and bottom. Fill peppers with rice mixture. Place in 9x13-inch baking dish coated with nonstick spray.
6. Cover with foil and bake at 350°F for 45 minutes. The peppers will change to a deeper green as they cook.

**Makes 3 peppers/ 6 servings**



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