

**In this issue:**

- Grow Herbs and Vegetables Indoors
- Tips and Tricks For Growing Your Own Herbs and Vegetables Indoors

**Recipes:**

- Spring Spread
- Fish Tacos
- Tomato Pesto
- Herb-Stuffed Mushrooms



## Grow Herbs and Vegetables Indoors

Summer is just around the corner, and many of us are thinking of fun things to grow in our own gardens. However, for many, gardening is not possible due to space. Luckily, many herbs and vegetables can easily be grown indoors. You can use SNAP benefits to purchase herbs, seeds, or seedlings to grow additional food items which will help you stretch your SNAP benefits. You can purchase these at any time with your SNAP benefits. This way you can grow food indoor all year long.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Recipes from: <https://www.choosemyplate.gov/myplatekitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

# Tips and Tricks For Growing Your Own Herbs and Vegetables Indoors

Here are some herbs and vegetables that grow well in containers:

- Many herbs grow well in containers including mint, chives, parsley, lavender, basil, and thyme.
- Salad greens, such as lettuce, spinach, and kale, are fast-growing, shallow-rooted plants.
- Tomatoes plants can get large and heavy, but they grow well in pots. They will do best in a container that is at least 30 inches in diameter, but you also can grow some of the patio varieties in a hanging basket.
- Hot peppers grow very well in pots, and provide a harvest year-round.
- Green Onions are low maintenance for indoor gardening.
- Celery (summer celery) will grow nicely in a 12-inch wide plastic pot. Celery needs more water than other plants.



Tips to help your indoor herb and vegetable garden be successful:

- Purchase seedling starters. These are seeds that have been started for you. The roots will already be established. You can replant them and care for them as instructed.
- Provide light! Keep in mind that herbs and some vegetable plants are small. A sunny window will provide the needed sunlight.
- Pay attention to the amount of water that is needed. Herbs require watering once to twice a week with proper soil drainage. To help with proper soil drainage, place a layer of pebbles in the bottom of your pot before adding the soil.







A tasty dip for vegetables  
or a fun spread on  
crackers or bagels.



Fish is full of Omega 3 fats,  
which is great for your  
brain and body.

## Spring Spread

Makes 4 Servings

### Ingredients:

4 ounces low-fat cream cheese, whipped or softened  
½ carrot grated  
½ red bell pepper finely diced  
2 green onions finely diced  
1 tablespoon fresh herbs chopped  
1 teaspoon lemon or lime juice freshly squeezed

### Directions:

Use a variety of herbs such as dill, thyme, oregano, basil. Mix all ingredients with a rubber spatula until creamy. Spread on whole grain crackers and enjoy!

Nutritional Information per serving:

Total Calories 61; Total Fat 4 g; Protein 2 g; Carbohydrates 3 g; Dietary Fiber <1 g; Sodium 106 mg

## Fish Tacos

Makes 6 Servings

### Ingredients:

Nonstick cooking spray	1 tablespoon fresh lime juice
8 ounces snapper or tilapia fish fillets	2 teaspoons onion finely chopped
½ teaspoon salt	12 (6-inch) corn tortillas
½ teaspoon black pepper	2 cups cabbage shredded
4 tablespoons lowfat plain yogurt	2 cups corn fresh or frozen (thawed)
2 tablespoons cilantro finely chopped	2 limes quartered

### Directions:

Preheat oven to 400°F. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray. Place fish on prepared sheet and sprinkle with salt and pepper. Bake fish 10 minutes or until it flakes and it has turned white all the way through. In a bowl, whisk together sauce ingredients. Warm tortillas in a skillet and assemble tacos with fish, cabbage, corn, and sauce. Serve with a squeeze of lime.

Nutritional Information per serving:

Total Calories 210; Total Fat 4 g; Protein 13 g; Carbohydrates 37 g; Dietary Fiber 5 g; Saturated Fat 1 g; Sodium 250 mg



Top chicken or fish with this delicious pesto.



## Tomato Pesto

Makes 8 Servings

### Ingredients:

4 cups tomatoes peeled, seeded, and coarsely chopped  
30 large fresh basil leaves  
1 tablespoon + 1 teaspoon Balsamic vinegar  
Sea salt  
Freshly ground black pepper  
5 cloves of garlic minced  
½ cup olive oil  
1 cup grated Parmesan cheese

### Directions:

Combine the tomatoes, garlic, basil, olive oil, vinegar, and salt and pepper, to taste, in a blender and puree until smooth. Add the cheese and blend briefly just to mix. Transfer to a bowl and adjust the seasoning. The pesto keeps several days in a tightly sealed container in the refrigerator.

Nutritional Information per serving:  
Total Calories 396; Total Fat 35 g; Protein 12 g; Carbohydrates 11.4 g; Dietary Fiber 4 g; Saturated Fat 8.2 g; Sodium 542 mg

## Herb-stuffed Mushrooms

Makes 4 Servings

### Ingredients:

8 large mushrooms (approx. 3" in diameter)	½ teaspoon dried thyme
4 clove garlic	¼ cup whole-wheat bread crumbs
¾ cup white onion	¼ cup sun-dried tomatoes (chopped fine)
3 teaspoon olive oil	¾ cup canned, drained, no-salt added chickpeas (garbanzo beans)
½ teaspoon dried parsley	1 teaspoon lemon juice
½ teaspoon dried sage	cooking spray
½ teaspoon dried rosemary	

### Directions:

Preheat oven to 375°F. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling. While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing. Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat. In a large bowl, mash mushroom stems and chickpeas. Add all other ingredients. Mix well. Lightly spray a baking sheet and the mushroom caps. Stuff the mushrooms with the mixture and place on baking sheet. Bake for 15-18 minutes or until the stuffing is golden brown. Remove from oven, sprinkle with an herb of your choice, and enjoy.

Nutritional Information per serving:  
Total Calories 149; Total Fat 5 g; Protein 6 g; Carbohydrates 22 g; Dietary Fiber 5 g; Saturated Fat 1 g; Sodium 199 mg

Mushrooms contain B vitamins as well as a powerful antioxidant called selenium, which may help support the immune system and prevent damage to cells and tissues.