



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Family Food Cent\$

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April 2022

## SNAP Supports Gardening

The weather is warming, and many are enjoying our South Dakota signs of spring; baby calves, wild plum blossoms, and pasque flowers. Spring is a time to get back outside and be more active. April is National Garden Month and if you have never gardened, make this the year that you try it out! Did you know that SNAP benefits can be used to buy seeds and edible garden plants? All SNAP retailers, including Farmer's Markets, can sell seeds and plants to SNAP participants. Growing your own food can help stretch your food budget. According to the USDA, for every \$1 spent on seeds and plants, home gardeners can grow an average of \$25 worth of produce. Growing your own food allows you to know exactly what is being used on your food to help it grow. Your family can experience a taste of food independence by growing your own food instead of purchasing food. Lastly, you can grow vegetable and fruit varieties that may not be available locally or that might normally be out of your price range.

## Container Gardening

If you are new to gardening, it can be best to start small. Container gardening is an affordable and simple way to start. Just remember that containers dry out quickly and require more water. If available, purchase seeds that are labeled "container variety" as these will grow well in containers, with a compact size at maturity. For more inspiration, look to The Dish: Real Talk About Food, a collaboration between South Dakota and Nebraska Extension which provides 20+ short, interactive micro-lessons to help your family eat healthier. Lessons are self-paced and available on your smartphone. This month's featured lesson is: 20 Plants to Grow in Your Container Garden. The lesson provides information about different containers you can use, soil, and other tips to get you started in creating a budget-friendly garden that anyone can do!

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.

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Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

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

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## 20 PLANTS TO GROW IN YOUR CONTAINER GARDEN

BASIL	MARJORAM
BELL PEPPER	OREGANO
BROCCOLI	PARSLEY
CARROT	RADISH
CILANTRO	ROSEMARY
CUCUMBER	SQUASH
GREEN BEAN	STRAWBERRIES
GREEN ONION	TARRAGON
LEAF LETTUCE	THYME
LEMON BALM	TOMATO





**FOR MORE INFORMATION, VISIT**  
[THEDISHREALTALK.COM](http://thedishrealtalk.com)

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## Asparagus: Pick it! Try it! Like it! Preserve it!



Asparagus is one of the first vegetables harvested in spring and is super versatile! Serve it raw, pickled, steamed, grilled, boiled, roasted, and can be included in soups, pastas, dips, and stir fries. To get the best price on asparagus, buy when it is in season (peak months are April and May). If you plant asparagus and care for them properly, these plants can last 25-30 years. Asparagus can come in a variety of colors: white, violet-green, pink, and purple.

**Asparagus Storage Tip:** Plan to eat fresh asparagus within 2-3 days of purchase or harvest. To store short term, treat spears like cut flowers. Snap or cut off tough ends and stand them in a glass with a couple inches of water. Cover with a plastic bag and refrigerate 2-3 days.

### Pick it!

South Dakota has wild asparagus, if you are lucky enough to find some! Choose firm, closed stalks with green to purplish tips.

### Try it!

Add to salad, pasta dishes, stir-fry or eat cold with dip. The key to perfect asparagus is to cook briefly.

### Like it!

Enjoy Sauteed Asparagus with Mushrooms recipe on our website.

### Preserve it!

Pressure can, freeze or dry.





## Sautéed Asparagus with Mushrooms

Makes 4 Servings

### Ingredients:

1 lb asparagus, trimmed  
1 t salt  
1 ½ T extra virgin olive oil  
½ c fresh mushrooms sliced  
1 t fresh thyme chopped or ½ t dried  
Freshly ground black pepper to taste

### Directions:

In large skillet bring 2 inches water to boil with salt. Prepare ice water, set aside. Add asparagus to boiling water, cook, 4-5 minutes, until barely tender. Remove spears, place in ice water. Let cool, drain, set aside. In same skillet, heat oil over medium-high heat. Add mushrooms, asparagus, thyme, salt and pepper to taste. Cook until mushrooms are wilted, asparagus is heated through, 3-4 minutes. Serve warm or chilled.

Use your favorite mushroom for this recipe. This dish is also excellent served chilled.

Nutrition Facts per Serving: Calories 70, Fat 5g, Cholesterol 0mg, Sodium 0mg, Carbohydrates 5g, Fiber 2g, Sugar 2g, Protein 3 g



## Baked Chicken

Makes 5 Servings

### Ingredients:

1 pound chicken, boneless, skinless  
1 teaspoon garlic powder  
1 teaspoon pepper  
salt (optional)

### Directions:

Preheat the oven to 350 degrees. Put the chicken in a baking pan or casserole dish. Sprinkle with garlic powder and pepper to taste. Bake for 1 hour.

Take the mystery out of baking chicken. A little garlic powder and pepper are all the added flavorings you need.

Nutritional Information per serving: Total Calories 112; Total Fat 2g; Saturated Fat 1g; Protein 21g; Carbohydrates 1g; Dietary Fiber 0g; Sodium 49mg



Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

## Spring Vegetable Saute

Makes 4 servings

### Ingredients:

1 teaspoon olive oil	$\frac{3}{4}$ cup sugar snap peas, or green beans
$\frac{1}{2}$ cup sweet onion (sliced)	$\frac{1}{2}$ cup radishes (quartered)
1 garlic clove (finely chopped)	$\frac{1}{4}$ teaspoon salt
3 new potatoes (tiny, quartered)	$\frac{1}{4}$ teaspoon black pepper
$\frac{3}{4}$ cup carrot (sliced)	$\frac{1}{2}$ teaspoon dill (dried)
$\frac{3}{4}$ cup asparagus pieces	

### Directions:

Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a Tablespoon or 2 of water. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more. Serve immediately.

Nutritional Information per serving: Total Calories 138; Total Fat 1g; Saturated Fat 0g; Protein 4g; Carbohydrates 29g; Dietary Fiber 5g; Sodium 177mg



A flavorful spring recipe that you and your family will savor. Use your favorite spring vegetables from your garden or local farmers market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.

## Pasta Primavera

Makes 3 servings

### Ingredients:

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{8}$  teaspoon black pepper
- 3 tablespoons Parmesan cheese

### Directions:

Cook noodles according to package directions. While noodles are cooking, heat oil in a skillet. Add vegetables and saute until tender; stir constantly. Add tomato and saute 2 more minutes. Toss vegetables with noodles and margarine. Add seasonings; sprinkle with Parmesan cheese.

Nutritional Information per serving: Total Calories 336; Total Fat 11g; Saturated Fat 2g; Protein 11g; Carbohydrates 48g; Dietary Fiber 8g; Sodium 147mg