



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

NUTRITION EDUCATION

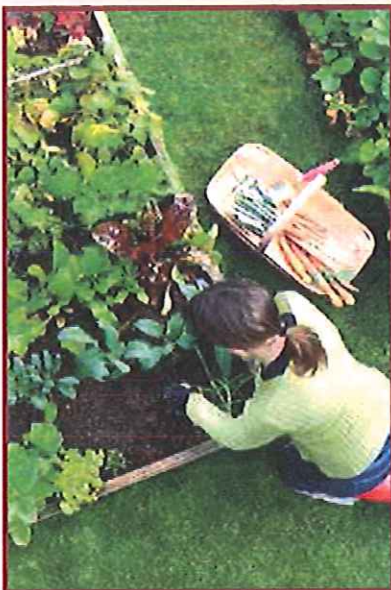
Fruits and Vegetables

Garden For Life!

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Garden for Eating Smarter

- Individuals and families who garden eat more fruits and vegetables simply because they are available.
- Fruits and vegetables begin to lose vitamins and other nutrients soon after they are picked. Since fruits and vegetables grown in your own garden do not have to be shipped for long distances, you are able to receive the maximum amount of nutrients that they can provide.
- By growing your own fruit and vegetables, you know that they are healthy and safe for your family to eat – likely fewer chemicals.
- Fruit and vegetables can be frozen, canned, or dried so you can enjoy them all year long.



Garden for Moving More

Gardening is great, low-impact exercise. Doctors suggest 30-60 minutes of low to moderate intensity physical activity per day in order to maintain a healthy weight and for heart health.

Typical calories burned during 30 minutes of:

- Watering..... 60
- Mowing the lawn (riding)..... 101
- Mowing (motor type)..... 182
- Mowing (push type)..... 243
- Trimming shrubs..... 182
- Raking..... 162
- Planting seedlings..... 162
- Planting trees..... 182
- Weeding..... 182
- Digging, hoeing..... 202
- Hauling rocks..... 300



Garden for Mental, Emotional, and Spiritual Well-being

- For many people, the garden is an escape from stress and an ideal place for relaxation.
- Gardening provides a creative outlet, a personal link to nature, and a sense of accomplishment from receiving the direct benefits of hard work.
- Neighborhoods using community garden projects work together to enhance and beautify the community.
- Home gardening SAVES MONEY. The value of the produce grown is around 20 times the value of the material & garden supply costs.





Container Gardening!!!

Container gardens allow you to:

- Save space
- Grow indoors near a window, on the porch, patio or deck
- Create an area for peace and tranquility
- Enhance your diet with fresh herbs and vegetables you grow
- Move your plants if they need more/less sunlight
- Water more efficiently by increasing or decreasing drainage
- Use bags of purchased soil to serve as a container garden. Cut out one side of the bag, punch holes in the other side for drainage, and plant seeds.

Best plants for container gardens

- **Greens like:** Arugula, lettuce, & Mesclun mixes (kale, Swiss chard, spinach greens)
- **Herbs like:** Basil, Parsley, Marjoram, Chives, Mint, & Rosemary
- **Snack foods Like:** Tomatoes, cucumbers and some pepper varieties



GARDEN IN YOUR SPACE

Backyard Gardening!!!

Square foot or directly into Mother Earth

Individuals and families interested in having a garden plot, one or more square feet, in their front or back yard should just do it! Begin with a small plot so you are successful. Work the soil, buy the seed, and plant your favorites. Carrots, beets, potatoes, cabbage, onions, cucumbers, tomatoes, cilantro, basil and dill all do very well in this area. Be sure you have access to water and enjoy your time with the birds, butterflies, and soil a couple times each week. Linda Hugelen and Robert Fox of UTTC Extension Agroecology Department will provide guidance, advice, and support when you have questions. NDSU Extension offers help through www.ag.ndsu.edu/burleighcountyextension/

Community Gardening!!!

If you are interested in gardening and just don't have the space consider community gardening. For information about UTTC plots at UTTC call Linda Hugelen at 221-1426. Bismarck <http://bisparks.org/facilities/community-gardens/> also offers plots. Both are great opportunities for inexpensive food, family fun, and community fellowship.

The UTTC Community Garden is dedicated to Anne Kuyper, a long time gardener who volunteered her time and ability to grow edible and beautiful things on the campus. Families may have their own plot or share the work and the produce with other families. Bismarck Plots can be found in Tatley-Eagles Park on Airport Road and Michigan Ave. Bismarck Parks and Recreation provides the land and the water. Interested individuals and families plant their garden, keep it weed free, and enjoy the harvest. There is a fee to rent the plot and Kent Morrow at 255-1344 maintains rental information.

Donate extra garden produce to a local food pantry through North Dakota's Hunger Free Garden Project. www.nd.gov/ndda/program-info/local-foods-initiative/hungerfree-nd-garden-project

