Tips that will help you save time & money

Simple recipes, grocery lists, and meal plans that you can use now!
Get your kitchen ready for cooking!

Activities for families & communities

Farmers’ market scavenger hunt & tips to get kids to try new fruits & vegetables
Fun ways to shop with family that will save money & help our community

Ohio fruits & vegetables

What’s growing in our communities?
Seasonal Produce Guide & Farmers’ Markets & Community Supported Agriculture (CSA) listings

Community Food Guide
A resource of the Cleveland-Cuyahoga County Food Policy Coalition
TIPS TO EAT BETTER ON A BUDGET
Myth Busting Healthy & Local Food

REMEMBER WHAT MAKES “CENTS”

MYTH
Healthy food costs too much, especially local fruits and vegetables

People say unhealthy food is cheaper because they figure out cost by comparing calories, not nutritional value. Since fruits and vegetables have fewer calories, you would have to buy a lot of them to get the same amount of calories you would find in a $1 hamburger.

TRUTH
It’s possible to eat healthy, fresh and even local food on a budget

But we don’t need a lot of calories to feel full and fruits and vegetables are the best at filling us up. Healthy and local food can be affordable if you buy what’s in season and store it right (p. 9,14), buy in bulk (p. 11), watch for deals (p. 5), cook at home (p. 16) or grow your own. (p. 17)

CONSIDER YOUR BUDGET

$35–$55
A WEEK

is the average amount needed to feed one person based on current government healthy diet guidelines ($128-$200 is the average to feed a family of four a week).

$33
A WEEK

is the current average SNAP (EBT/Ohio Direction Card) benefit for one person.

These numbers give you a good starting point in creating a budget for food every week and month.

TAKE ADVANTAGE OF GOOD DEALS

Many farmers’ markets in our communities accept different kinds of food assistance and offer a match on money spent by SNAP recipients to use on produce. (p. 5)

Many CSA (community supported agriculture) programs offer “shares” (weekly or monthly food subscriptions) where you can get locally grown fruits and vegetables at a great price. Some accept SNAP and even offer discounted shares for customers on a budget. (p. 6)

FIND DEALS ON HEALTHY FOOD AT YOUR LOCAL GROCERY STORE

Shop smarter at the grocery store. (p. 11)
TIPS TO EAT BETTER ON A BUDGET

Myth Busting Healthy & Local Food

SOME BASIC SKILLS GO A LONG WAY AND CAN BE FUN FOR THE FAMILY

MYTH

HEALTHY FOOD LIKE FRUITS AND VEGETABLES TAKE MORE TIME TO PREPARE AND GO BAD TOO FAST.

Cooking can seem like a big hassle but knowing the basics on preparing and storing your food will make eating healthy at home easier.

TRUTH

FRUITS AND VEGETABLES MAKE UP THE BULK OF FOODS WE CAN EAT RAW- WITHOUT COOKING AND SPENDING A LOT OF TIME TO PREPARE

Eating at restaurants can add up and many meals that you pay for at even the cheaper restaurants can be made at home, in a healthier way, for much less. See our stir fry recipe and quick snacks. (p. 16)

Cooking at home can be a great way to spend time with family and to get kids interested in making healthy choices at an early age.

STORING FOOD RIGHT CAN STRETCH SHELF LIFE

Many foods can keep flavor and can be stored for more time in your fridge or on your counter top. Fruits and vegetables can stay fresh for many days, weeks or even months. See Storing Produce. (p. 14)

PLAN YOUR MEALS

By considering your budget and meals on a weekly basis, you can make easy shopping lists that will keep costs down by avoiding buying too much and having food spoil.

Plan meals like stews, casseroles and stir-fries that can stretch food into more portions (especially more costly things like meat).

COOK ONCE AND EAT ALL WEEK

One of the most common reasons for eating poorly is lack of time, so set aside a couple hours one day to hard boil some eggs, bake breakfast muffins, or cook a roast in a crock pot (which can cook while you run errands or are at work).

Prepare a large batch of favorite recipes and healthy snacks on your day off and freeze or store them so that you can easily thaw them out or grab-and-go during busier days.

TRY IT OUT

See Meal Plan and Shopping List (p. 4) and Stir Fry Recipe. (p. 16)
Meal planning for the week is the best option to save you time and money. It does not mean you have to cook a big meal for breakfast, lunch and dinner every day all week – it means planning around your schedule so you can eat well and often without all the hassle. Below are some steps that can help you become a serious meal planner.

**Plan to Grocery Shop on a Weekly Basis**
Based on your free time, work schedule and other responsibilities, pick the best day to shop for you. This makes it easier to stick to a plan.

**Meal Planning**
Once you’ve decided on a grocery shopping day, pick another time of the week where you sit down for only 15 minutes and work on your meal plan for the next several days by picking out a couple recipes and meals to make. This meal planning time should be before you go grocery shopping.

**Chart Days You Will Be Home to Cook Dinner**
Chart out what days you will be home to cook dinner and how much time you will have. This allows you to pick recipes that are not too hard or take too much time. That means read through recipes (all the way!) to see how much time they need. You can also find recipes for “one-dish” meals like stir-fry (p. 16) and cook one large batch to eat during the week.

**Check for What You Already Have at Home**
Take note of what you have already before shopping. Scan your fridge and pantry to see what you already have on hand so that you can use it. Do you have extra carrots and some tomatoes that need to be used up before they go bad? Plan to use these items in a recipe first. Also, refer to our Pantry & Cooking Staples section (p. 13) and see what is missing that stores well in your pantry.

**Make the List and Go Shop**
Scan through all the meals you could make and list the ingredients you do not have on hand based on your glimpse into the pantry and the fridge. Make your grocery list and go shopping!

**Quick Tips**
- Make your meal plan public and place it on the fridge. This helps so that people do not eat up things you were going to use in a meal another day. You don’t want to plan on a taco night and then open the fridge to see someone used your cheese for some toppings on a salad.
- Don’t get caught up in trying to do it perfect every time and cooking every day. Start out by trying for 2-3 days a week.
- Ask a store manager when they get their shipments in — this allows you to plan to shop on the days when you know things will be in stock and freshest.
- Do not feel like you have to stick to the plan you made. If you have less time one day, swap meals and cook something that is easier that you planned for another day, for example.

**Involve the Kids**
Have members of the family choose a meal they want for the week. Let everyone have a chance to pick a favorite meal and this will make at least one person in the family happy that week.
Use this sample meal plan in many ways: 1. Once right from this guide  2. Make copies from the guide before use and/or 3. Print it online at [www.cccfoodpolicy.org/document/shoppinglist](http://www.cccfoodpolicy.org/document/shoppinglist) for use over and over

<table>
<thead>
<tr>
<th></th>
<th>YOUR FAVORITE RECIPES</th>
<th>INGREDIENTS NEEDED</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MON</td>
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<td>TUE</td>
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<td>FRI</td>
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<tr>
<td>SAT</td>
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</tbody>
</table>
# LEARN THE LOCAL ALPHABET SOUP: FINANCIAL ASSISTANCE AT FARMERS’ MARKETS

<table>
<thead>
<tr>
<th>SNAP / EBT “THE OHIO DIRECTION CARD”</th>
<th>PRODUCE PERKS</th>
<th>WIC</th>
<th>WIC FMNP</th>
<th>SENIOR FMNP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHAT IT IS</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>National program that offers a debit card of a monthly dollar amount for food purchases. SNAP (Supplemental Nutrition Assistance Program) is the federal name for “food stamp.” EBT (Electronic Benefit Transfer) is the debit card method.</td>
<td>Local Cuyahoga County program that provides a match to SNAP/EBT users for every $1 they spend at a participating farmers’ market</td>
<td>National program for pregnant and breastfeeding women and children up to the age of five who are at risk due to inadequate nutrition</td>
<td>National program for WIC recipients to shop at farmers’ markets</td>
<td>National program for seniors to shop at farmers’ markets</td>
</tr>
<tr>
<td><strong>WHO QUALIFIES</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Those who meet certain guidelines based on income, resources, expenses and family size</td>
<td>All individuals who have or qualify for an Ohio Direction Card (SNAP/EBT)</td>
<td>Mothers who meet income and other guidelines</td>
<td>WIC recipients</td>
<td>Seniors 60 years and older who meet income and other guidelines</td>
</tr>
<tr>
<td><strong>HOW MUCH YOU GET</strong></td>
<td>Dollar for dollar match up to $10 to what is spent off an Ohio Direction Card or SNAP monthly budget</td>
<td>Varies</td>
<td>Five $3 vouchers per family per year to use at participating farmers’ markets</td>
<td>Ten $5 vouchers per eligible senior per year to use at participating farmers’ market stands</td>
</tr>
<tr>
<td><strong>WHAT YOU CAN BUY</strong></td>
<td>Ohio grown fruits, vegetables and herbs as well as seeds and plants for home gardening</td>
<td>WIC-approved food such as cereals, eggs, juices, milk, whole grains, fruits and vegetables</td>
<td>Ohio grown fresh fruits, vegetables and herbs</td>
<td>Ohio grown fresh fruits, vegetables and herbs (p. 9)</td>
</tr>
<tr>
<td><strong>WHERE TO USE</strong></td>
<td>Participating farmers’ markets in Cuyahoga County (p. 7)</td>
<td>Participating farmers’ market stands</td>
<td>Participating farmers’ market stands</td>
<td>Participating farmers’ market stands</td>
</tr>
<tr>
<td><strong>MORE INFO</strong></td>
<td>Cleveland Foodbank Benefits Outreach Center 216-738-2067</td>
<td>Ohio State University Extension, Cuyahoga County 216-429-8200</td>
<td>WIC Cuyahoga County 216-957-9421</td>
<td>WIC FMNP Cuyahoga County 216-778-4932</td>
</tr>
</tbody>
</table>

## FRESH FOOD SPOTLIGHT: BRIDGEPORT MOBILE MARKET

Bridgeport Mobile Market is a food truck that offers fresh fruits and vegetables (including some Cleveland grown produce) and other items where people live, work, and worship. The mobile market primarily serves areas of Cleveland in which residents may not have convenient access to a grocery store. With knowledgeable and friendly staff, free recipes, and some locally grown produce, the mobile market has been a hit since it was first put on the streets in 2013.

Bridgeport Mobile Market accepts EBT, cash, and credit. Contact Bridgeport Mobile Market at 216-400-2010 for locations and hours.
Getting a Community Supported Agriculture (CSA) share is a great way to eat locally, support a local farm and save money. But before you join a CSA it’s important to know if it’s the right way for you and your family to get seasonal food. When you buy a CSA share you are “sharing” the risks involved in the farming: weather, disease and other things that can affect the outcome of seasonal, local food.

To figure out if it’s right for you, first ask yourself these questions:

☐ Will my family and I love trying new produce?
☐ Do I have time to pick up or receive produce weekly or every other week?
☐ Will produce go to waste in my house? Do I have someone I can share my fruits and vegetables with?
☐ Do I have time to cook at least a couple of times a week?
☐ Does the CSA require payment for a full season up front or can I pay weekly?
☐ Do the “share” size options work for me?

(see CSA directory below for a general understanding of share sizes usually offered)

If you’ve decided to give it a try, here’s what to expect:

√ Expect to still grocery shop. Many CSAs go beyond vegetables offering fruits, eggs, meat and even baked goods. However, don’t assume all you need for a meal will be in your share each week.
√ Expect the unexpected and to try new things.
√ Expect to cook more often.
√ Expect a lot of a certain fruits and vegetables when in season.
√ Expect to learn more about the importance of storing food. Knowing how to avoid waste is half of the savings you get with a CSA. Learn quick and simple ways to store foods. (p. 14)
BUYING FOOD
How to Shop at a Farmers’ Market

**DECIDE WHAT WORKS FOR YOU!**

Farmer’s markets are not open all the time like grocery stores. Check the Farmers’ Market Directory (p. 7) and find a market at a time that works for you.

**VISIT THE CUSTOMER INFORMATION BOOTH FIRST!**

Visit the Customer Information booth first to get helpful information like whether the market accepts food assistance (p. 5), cooking tips, events and programs that help you save more when you shop.

**GET THERE EARLY... OR LATE!**

If you want the most choices, get to the market when they open. If you get to the market right before they close, you may be able to talk farmers into deals.

**B.Y.O.B. (BRING YOUR OWN BAG!)**

Bring bags from home, either plastic ones you’ve saved from the store or reusable totes.

**ASK QUESTIONS.**

The people working at the farmers’ markets, including the farmers, are very friendly and are happy to answer questions about how to cook and store the food you are buying.

Some good questions to ask while shopping are:

- How fast should I use this food?
- What is the best way to store this fruit or vegetable?
- What is the best way to cook this fruit or vegetable?
- What will you have the next time I come to the market?

**WALK THE WALK.**

Scope out the scene before opening your wallet. Don’t buy anything until you’ve walked the entire market and checked out what all the vendors have to offer. That’s how you learn who has the best stuff at the best prices.

**KEEP IT FRESH.**

Bought too much? Don’t worry! Just cook what you can and freeze leftovers or store food by looking at the Storing Produce Chart (p. 14) and What’s in Season? (p. 9) seasonal produce calendar in this guide.

**TRY THE UGLY AND WEIRD!**

Try a new fruit, vegetable or herb at every visit. Farmers are always happy to share how they prepare the things they grow and many things can just be eaten raw. Use your What’s in Season? seasonal produce calendar (p. 9) to learn what will be in season that month at the market. You may find that you’ll get better prices if you buy fruits and vegetables that are in season.

**DIRT DOESN’T HURT.**

Many farmers sell fruits and vegetables so fresh that it comes straight out of the ground right before you buy it. If you see fruits and vegetables with dirt on them it is okay to eat them. A good rinse with water will get them clean.

**LEARN AND REPEAT.**

- Shop with friends and family and carpool to the market.
- Try out the Farmers’ Market Scavenger Hunt (p. 10)
- Try and develop a menu and shopping list every week so you know what you want to buy (p. 3,4).

SEE YOU AT THE MARKET!
BUYING FOOD
Farmers’ Market Scavenger Hunt

Try this fun activity with kids to learn more about the produce offered at a farmers’ market. Talk to other shoppers, farmers, and farmers’ market workers!

START

FIND SOMETHING THAT GROWS

Underground: ____________________________
On a tree: ______________________________
On a vine: ______________________________

FIND THE SMALLEST VEGETABLE

______________________________

FIND A FRUIT OR VEGETABLE FOR EVERY COLOR OF THE RAINBOW:

Red: ____________________________
Orange: _________________________
Yellow: _________________________
Green: __________________________
Blue: ___________________________
Purple: _________________________

FIND A FARMER THAT HAS CHICKENS

______________________________

FIND A FARMER THAT HAS A GOATS, COWS OR SHEEP

______________________________

FIND 3 VEGETABLES YOU WOULD PUT ON A PIZZA!

#1: __________________________________
#2: __________________________________
#3: __________________________________

FIND THE BIGGEST FRUIT

______________________________

FIND OUT THE FAVORITE FRUIT OR VEGETABLE OF 3 FARMERS AT THE MARKET

Farmer #1: _________________________
Farmer #2: _________________________
Farmer #3: _________________________

FIND THE NAME OF THE WEIRDEST LOOKING FRUIT AND VEGETABLE YOU CAN FIND

______________________________

FIND A FRUIT OR VEGETABLE THAT IS

Bumpy: ___________________________
Smooth: __________________________
Fuzzy: ___________________________
BUYING FOOD
Shopping Smarter at the Grocery Store

You don’t have to buy fresh every time, frozen and even canned fruits and vegetables (granted salt and sugar aren’t too high in either option) can be used in place of some recipes calling for fresh produce. Often foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal and grits will cost you more than if you were to make them from scratch. If you cut up your own vegetables or buy rice in bulk and prepare on your own, you save.

01 MAKE A PLAN OF ATTACK.
Make a shopping list, develop a budget and stick to it. See Meal Plan (p. 3) and Shopping List (p. 4)

02 COMPARE UNIT PRICES (COST PER OZ OR LB) AND USE THE BULK AISLE.
Buying large quantities in the bulk aisle will save money. For example, a handful of nuts from that aisle will set you back only twenty or thirty cents. When buying nuts, the baking aisle of your market is perhaps the priciest place to go, even when they’re on sale. Instead, stock up in the bulk aisle.

Pay attention when purchasing produce. Compare loose versus packaged items on a per pound basis! For instance, multiply the cost of a box of mushrooms (8 ounces) by two and compare to the price of a pound (16 ounces) of loose mushrooms. Often, the loose mushrooms are cheaper (and fresher).

03 DON’T THROW YOUR MONEY AWAY!
The most expensive ingredient in your kitchen right now is the one you throw away. It’s not a deal if the food goes to waste. Buying in bulk makes sense if it isn’t so much it goes bad before you use it all. It’s good to get pantry or dry goods (p. 13) in bulk when you can’t use up fresh food fast.

04 SHOP MORE IN THE EDGES OF THE STORE FOR THE HEALTHIEST FOODS.
Processed and packaged foods tend to be located in the inside aisles. Notice where the fresh meats, cheeses, and produce are-usually on the outside.

05 ORGANIC PRODUCE CAN BE A GOOD VALUE IF YOU FOLLOW THESE TIPS:
Rule of thumb: Look for organic options of produce more likely to have chemicals on the part you eat (for example, strawberries). For produce that you can peel or remove outside skin (for example, bananas), don’t worry about organic as much if you are on a budget.

SOURCE: ENVIRONMENTAL WORKING GROUP
LEARN MORE AT EWG.ORG
COOKING FOOD

Abbreviations & Conversions

Making sense of common terms in recipes is the first way to get comfortable with cooking. Here are some tips and basic skills to help you understand any recipe and to use in creating your own meals.

COMMON ABBREVIATIONS

- t or tsp = TEASPOON
- T or Tbsp = TABLESPOON
- lb or # = POUND
- Pkg = PACKAGE
- EVOO = EXTRA VIRGIN OLIVE OIL
- oz = OUNCE
- c = CUP
- pt = PINT
- qt = QUART
- gal = GALLON

SPOONS & CUPS CONVERSIONS

- 3 TEASPOONS = 1 TABLESPOON
- 4 TABLESPOONS = 1/4 CUP
- 5 TABLESPOONS + 1 TEASPOON = 1/3 CUP
- 8 TABLESPOONS = 1/2 CUP
- 16 OUNCES = 1 POUND

LESS THAN 1/8 TEASPOON = DASH OR PINCH

- 1/2 PINT = 1 CUP
- 1 PINT = 2 CUPS
- 1 QUART = 4 CUPS (2 PINTS)
- 1 GALLON = 4 QUARTS
If you keep these items on hand, cooking will be much easier! Don’t feel like you have to buy all of this at once, simply pick up a couple of these items each time you buy groceries.

PANTRY

**DRY GOODS**
Whole Grain Pasta, Brown Rice, Dried Fruits (raisins, cranberries, etc.), Nuts (peanuts, almonds, cashews, etc.), Seeds (sunflower, pumpkin or “pepitas”, etc.), Flour, Sugar, Brown Sugar, Chocolate Chips, Cocoa Powder, Baking Powder, Baking Soda

**CANNED & BOTTLED GOODS**
Black Beans, Red Beans, Canned Tuna, Vegetables and Fruit (careful of sugar syrups and salt), Coconut Milk, Tomato Paste, Diced Tomatoes, Peanut/Nut Butters, Marinara/Spaghetti Sauce, Broths (Chicken, Vegetable, Fish or Beef), Apple Sauce, Jams & Jellies, Mustard, Mayonnaise, Ketchup

**OILS, VINEGARS AND SWEETENERS**
Olive Oil, Coconut Oil, Soy Sauce, Worcestershire Sauce, Hot Sauce, Red Wine Vinegar, Apple Cider Vinegar, Balsamic Vinegar, Honey, Maple Syrup

**SPICES, FLAVORINGS & SEASONINGS**
Cinnamon, Vanilla Extract, Italian Seasoning, Garlic Powder, Chili Powder, Red Chili Flakes, Paprika, Cumin, Ground Ginger, Curry Powder, Salt, Pepper

FRESH PRODUCE

These fruits and vegetables store the best and are used the most in many recipes. Some store well in the fridge, some on counter. Refer to Storing Produce (p. 74). By sticking to a weekly shopping schedule you can add in whatever fruits and vegetables are needed for your week so they get used before they go bad.

Here are a few staple produce items to always keep on hand:

**FRUITS:**
Apples, Lemons, Limes

**VEGETABLES:**
Carrots, Celery, Lettuce, Onions, Garlic, Potato

FREEZER

Frozen Vegetables and Fruits, Frozen Lean Ground Beef, Fish, Poultry, Sausage, Bacon, English Muffins, Bagels, Loaves of Whole Grain Bread, Pita Bread, Whole-Grain Tortillas, Leftovers, Broths (broths not used in recipes-should be frozen immediately after opened)

DAIRY & DAIRY SUBSTITUTES
Milks (regular, almond, coconut, soy), Eggs, Cheeses, Yogurt, Butter, Tofu

OPENED CANNED & BOTTLED GOODS
(if written on label)

INOLVE THE KIDS
Ask the kids to hunt down things in the pantry to prep your recipe. It’s another form of scavenger hunting!
# Storing Produce

## Refrigerator

<table>
<thead>
<tr>
<th>Produce</th>
<th>Storage Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Store in a crisper drawer in the fridge</td>
</tr>
<tr>
<td>Apricots</td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td>Cut greens off and store separately in a glass jar, and store root crops in plastic bags in the fridge.</td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
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<tr>
<td>Blueberries</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Store in a plastic bag in the fridge and use within 3 days</td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td></td>
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<tr>
<td>Grapes</td>
<td></td>
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<tr>
<td>Green Beans</td>
<td></td>
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<tr>
<td>Green Onions</td>
<td></td>
</tr>
<tr>
<td>Herbs (not basil)</td>
<td></td>
</tr>
<tr>
<td>Honeydew</td>
<td></td>
</tr>
<tr>
<td>Leafy Vegetables</td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
</tr>
<tr>
<td>Lime Beans</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
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<tr>
<td>Okra</td>
<td></td>
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<tr>
<td>Peas</td>
<td></td>
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<tr>
<td>Plums</td>
<td></td>
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<tr>
<td>Radishes</td>
<td></td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Spinach</td>
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<tr>
<td>Sprouts</td>
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<tr>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td></td>
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<tr>
<td>Yellow Squash</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
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</tbody>
</table>

## Cool, Dry Place

<table>
<thead>
<tr>
<th>Produce</th>
<th>Storage Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acorn Squash</td>
<td></td>
</tr>
<tr>
<td>Butternut Squash</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td></td>
</tr>
<tr>
<td>Spaghetti Squash</td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td></td>
</tr>
<tr>
<td>Avocados</td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>Basil</td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
</tr>
<tr>
<td>Ginger</td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td></td>
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<tr>
<td>Jicama</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td></td>
</tr>
<tr>
<td>Limes</td>
<td></td>
</tr>
<tr>
<td>Mangoes</td>
<td></td>
</tr>
<tr>
<td>Nectarines</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td></td>
</tr>
<tr>
<td>Papayas</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
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<tr>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td></td>
</tr>
<tr>
<td>Persimmons</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td></td>
</tr>
<tr>
<td>Plantains</td>
<td></td>
</tr>
</tbody>
</table>

## Countertop

<table>
<thead>
<tr>
<th>Produce</th>
<th>Storage Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plums</td>
<td></td>
</tr>
<tr>
<td>Pomegranates</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
</tr>
</tbody>
</table>

## Quick Tips

- Most of a vegetable is edible, even roots and tops. If you are using carrots or beets with greens on top, these greens are edible! You can save items like this, as well as small amounts of leftover onion or carrot, in a freezer-safe container and save for making soups, stocks and stews.
- Food Safety: Once cut, all fruits and vegetables should be refrigerated within two hours.

---

**Legend**

- Keep away from each other
- Unwashed from each other
- Unwashed in a single layer
- Unwashed in a plastic bag
- Unwashed in a paper bag
- Ripen on counter and then place in fridge
Wood cutting boards are the best for knives. Any other materials that cutting boards are made out of dull the blade very quickly. Make sure to get a board that is heavy or has grips so it doesn’t slide.

It is easy to go without measuring spoons and cups when you are cooking regularly, but when you bake exact measurements are very important. If you plan on baking more, consider investing in these tools for the kitchen!

**STUFF TO BUY FIRST**

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>LARGE COLANDER</td>
<td>PLASTIC SPATULA</td>
<td>METAL WHISK</td>
<td>WOODEN SPOONS</td>
<td>CAN OPENER</td>
</tr>
<tr>
<td>LADLE, SLOTTED SPOON AND SLOTTED TURNER</td>
<td>GOOD, STURDY SHEET PANS</td>
<td>NEST OF MIXING BOWLS</td>
<td>SPEED / VEGETABLE PEELER</td>
<td>LARGE CAST IRON SKILLET OR NON-STICK FRY PAN</td>
</tr>
<tr>
<td>LARGE MEASURING CUP and MEASURING CUPS</td>
<td>KNIVES (chef’s knife, small paring knife)</td>
<td>2-3 WOOD CUTTING BOARDS (1 for meats, 1 for vegetables and 1 for fruit)</td>
<td>SET OF THICK-BOTTOMED SAUCEPANS (large, medium, small)</td>
<td></td>
</tr>
</tbody>
</table>

**STUFF YOU CAN PICK UP LATER**

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOOD PROCESSOR / BLENDER</td>
<td>PESTLE AND MORTAR</td>
<td>BOX GRATER/ MICROPLANE GRATER</td>
<td>EXTRA-LARGE CASSEROLE PAN OR DUTCH OVEN</td>
<td></td>
</tr>
<tr>
<td>POTATO MASHER</td>
<td>STRAINER</td>
<td>WEIGHING SCALE</td>
<td>WOK</td>
<td></td>
</tr>
<tr>
<td>LARGE GRILL PAN</td>
<td>METAL TONGS</td>
<td>ROLLING PIN</td>
<td>SALAD SPINNER</td>
<td></td>
</tr>
</tbody>
</table>
**BASE INGREDIENTS (ALL)**
- 2-3 Tbsp Oil/Fat of choice (Coconut, canola, and peanut oils are best for high heat used in stir-fry)
- Rice

**SEASONING (PICK ANY)**
- 1 Tbsp Sesame Oil
- 1 Tbsp Soy Sauce
- 1 tsp Ginger
- 1 tsp Garlic
- 1 tsp Rice Vinegar
- Dash Fish Sauce
- Salt to Taste

**PROTEIN (PICK 1)**
- 1 lb Boneless, skinless chicken breast or thighs
- 1 pkg Tofu
- 1 lb Loin or boneless pork chops
- 1 lb Beef sirloin, ribeye
- 1 lb Shrimp, shelled and deveined
- 1 lb New York strip steak or flank steak

**VEGETABLES (PICK 2 TO 5)**
- 1 bunch Broccoli
- 1 pkg Shiitake mushrooms
- 2 – 3 Carrots
- 1 Red, yellow or green bell pepper
- 3-4 Asparagus spears
- 2 cups Sugar snap peas
- 1 head Bok choy
- 1 Yellow onion

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**Stir fry is a great one dish meal. There are 3 secrets to a quick and easy stir-fry:**

1. Cutting every ingredient before heating up the oil in the pan
2. Making sure the pan is hot with enough oil
3. Chopping all vegetables and meats into equally sized pieces so they cook evenly

---

**QUICK & HEALTHY SNACKS**

**NUT BUTTERS AND APPLES OR VEGGIES & HUMMUS**
These snacks are delicious, inexpensive, and healthy.

**PLAIN YOGURT**
Yogurt is a great source of protein, calcium, and vitamin D. These nutrients will help you stay healthy and feel full. Try plain yogurt without sugar and extra flavorings and syrups. If you like it to be sweeter, add fresh fruit or a drop of honey. Store bought yogurt can have as much sugar as ice cream, turning it into a less healthy snack.

**TOAST AND AVOCADO**
Avocado can make a great spread to substitute butter or cheese on bread. Sprinkle with salt, pepper and a bit of lemon juice if you have it on hand.

**CHEESE & CRACKERS**
Pick your favorite cheese and a whole grain cracker for a snack that is full of protein and carbohydrates. This snack is healthy, tasty, and will keep you full. Try cheddar or mozzarella cheese, and try to avoid overly processed cheeses like American.

**INVOLVE THE KIDS**
Getting kids involved in recipe reading and cooking is a great way to get help in the kitchen, build memories, and teach children about cooking, eating, and food. Children that are involved in cooking food are more likely to like the food that is made!

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1. Chop all vegetables and proteins into equal size pieces before heating up the oil in the pan. Set aside in a bowl.
3. Once boiling, lower heat and cover and cook at a gentle simmer until the water is completely absorbed and the rice is tender*. It’s okay to lift the lid to make sure the rice is fully cooked and the water is absorbed—just replace the lid quickly.
4. Remove the pot from the heat and let it sit, undisturbed with the lid on, for at least 5 minutes and for as long as 30 minutes.
5. Once the oil melts and a flick of water creates a sizzle in the pan, add your protein, vegetables and seasonings. Cook up to 6 minutes.
6. Serve the stir-fry over the rice.

* White Rice: 18 to 25 minutes
Brown Rice: 30 to 40 minutes
Wild Rice: 45 to 60 minutes
Growing your own food can provide many benefits, including saving money on healthy meal ingredients, learning new skills, getting exercise and most importantly, getting outside. You can do yourself or your family good by growing food at home or nearby in a community garden!

FOR MORE INFORMATION:
Contact Ohio State University Extension, Cuyahoga County at 216-429-8200 for resources to support your home or community garden.

*INOLVE THE KIDS*
- Have kids old enough to keep a journal visit the garden everyday from the day you plant until you can pick the food. They can write down what they see, smell, taste and even feel/touch along the way.
- Small hand tools are great for kids to help out. Have them help digging the holes and dropping seeds in.
**GROWING FOOD**

**Read and Seed: How to Read a Seed Packet!**

### SCARLET NANTES CARROT


**LIGHT**
- Full Sun

**ROW SPACING**
- 12 in.

**PLANT SPACING**
- 2 in.

**PLANTING DEPTH**
- 1/4 – 1/2 in.

**DAYS TO GERMINATION**
- 14 – 21

**PLANT HEIGHT**
- 12 – 18 in.

**KEY TERMS DEFINED**

**GARDENER’S NOTES**

**PLANTING DEPTH**
When we make a trench to lay our seeds the distance from the soil line to the bottom of the trench is the planting depth.

**SEED SPACING**
Refers to distance in trench between seeds. For carrots it's 3 – 4 per in. Don’t overseed. It makes thinning later more difficult.

**DAYS TO SPROUT or GERMINATION**
Refers to the length of time between when a seed is first planted and when the sprout first appears above the ground.

**SPACING AFTER TRANSPLANTING or PLANT SPACING**
Refers to the distance between plants once all thinning and transplanting has been done.

**ROW SPACING**
Don’t confuse with seed spacing. This refers to the distance between the rows. In urban community gardens, raised beds are mostly used due to poor soil quality – unlike the large fields in which these seeds are usually planted. The distance between rows in a raised bed can usually be greatly reduced.

**DAYS UNTIL HARVEST or DAYS TO MATURITY**
The time it takes to go from seed to pickable. Some will start from the day the seeds are planted, while others use the day the seedlings are transplanted to harvest.

**MISCELLANEOUS**
The following information is sometimes included but not always:
- light requirements
- soil requirements
- irrigation suggestions
- when and how to harvest
- fertilization requirements
- growing suggestions / "gardeners notes"

**SEED PACKAGE RESOURCE / REFERENCE:**
[SchoolGardenWeekly.com/Instructional-Activities/How-to-Read-A-Seed-Packet]