

## April 2026 Nutrition Article

April is NATIONAL GARDEN MONTH, so let's get ready! We are beginning to enjoy warmer, sunnier weather in southeast Idaho, finally! Many of us are beginning to clean up our yards/gardens, buying potting soil, or planting seedlings indoors. It's important that we take a few steps in prep successful garden season:



- Prepare a list of produce that grows easily in our area
  - Apples, Peaches, Raspberries, Blueberries, etc.
  - Zucchini, Carrots, Tomatoes, Jalapenos, Cabbage, et
- Know when to plant your seeds or plants
  - Generally, we see the last "frost" happening in our area around May. I encourage you to start your indoor seedlings NOW, and to transplant/plant outside right around Memorial Day
- Be aware that some produce are considered invasive and can easily spread. Be sure to keep them contained (In garden beds or pot planters)
  - Tomatillo
  - Garlic Mustard

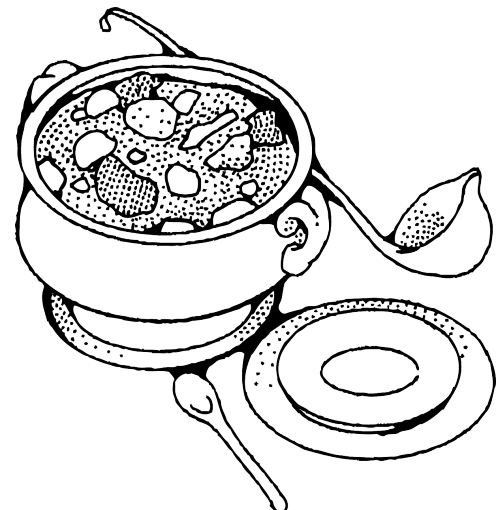
### Seasonal foods in April?

- Artichoke
- Limes
- Mangos
- Strawberries



### Zesty Lentil Soup

- 2 cups lentils, any color
- 1/3 cup onion, diced
- 1/3 cup tomato, diced
- 1 jalapeno, seeded and diced (optional)



- 2 large teeth of garlic, minced
- 1 tsp salt ( more or less as desired)

#### INSTRUCTIONS ON BACK PAGE

In a large pot, bring 6 cups of water to a light boil and add salt. Rinse lentils and add to boiling water. Set the timer to 30 minutes. While lentils are cooking, work on dicing all the produce listed. Once 20 minutes have passed, and there are 10 minutes left on the timer, add all the produce items to the pot. Once the timer goes off , turn off the soup and let it rest for 15 minutes. Enjoy!

Optional toppings: cilantro, cracked black pepper, cheese, etc.

Optional pairings: Quesadilla, tortilla chips, crackers, etc.

#### **FREE NUTRITION COUNSELING**

- Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa ***Ask your center staff for details today!***
  - Please reach out to our site for help with the following:
    - New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.
    - Food resources - Food banks, pantries, programs, etc.
    - Menu planning, budgeting, and recipe ideas

