

5-A-Day

Do you get 5 servings of fruits and vegetables every day? That's the recommendation for good health. Fruits and vegetables give us many of the vitamins and minerals that we need. They are also a great source of fiber. Fruits and vegetables add color and variety to our meals. You don't have to eat five *different* fruits and vegetables every day, but you should try to get 5 servings.

A serving is about:

- 1 cup of raw fruit or vegetables,
- ½ cup of cooked fruit or vegetables or
- ¾ cup of juice.

A very large baked potato could be 2 servings! Try this tasty recipe to get more servings of vegetables:

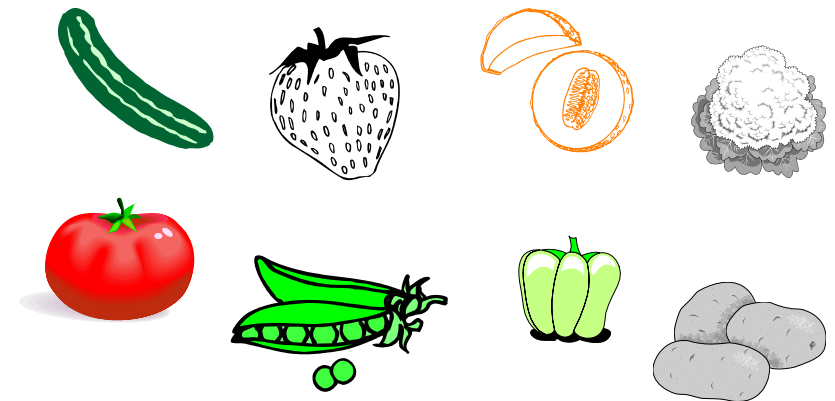
Garden Veggies Italian Style

1 onion, chopped	1 tomato, diced
1 green pepper, chopped	oregano or garlic powder
1 can (8 oz.) tomato sauce	½ cup mozzarella cheese,
2 summer squash, diced (yellow or zucchini)	shredded

Combine vegetables in a baking dish. Sprinkle with a pinch of oregano or garlic powder). Pour on the tomato sauce. Bake uncovered at 350° for 20 to 30 minutes. Top with cheese and bake another 4 to 5 minutes or until cheese is melted.

Makes 4 servings. 200 calories and 10 grams of fat per serving.

Garden Your Way to 5-A-Day



You can add more fresh fruits and vegetables to your meals by growing them yourself. Don't have room for a garden? No time to take care of a big garden? Look inside for tips on container gardening, an attractive alternative for many people.

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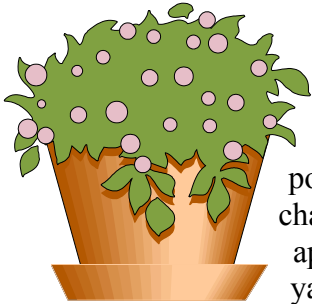
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Container Gardening—A Way to Grow More Fruits and Vegetables at Home



Advantages:

Container gardens allow you to grow plants on patios, balconies, decks and porches, and move plants to take advantage of changing weather. Containers are great for apartment dwellers or people with small yards.

Problems:

Plants grown in containers require more water than plants grown in the ground, and may need more fertilizer. If you are gone for more than a day you will need to find a “babysitter” to water your container garden. Large pots of soil can be heavy and hard to move.

Choosing a Container:

You can use almost anything for a container. Buckets, pots and barrels will work. The containers will need drainage holes in bottom for proper watering and will need to be large enough to support the plants in them.

Selecting Plants:

Most vegetables grow best in full sun; a few can tolerate light shade, but yields will decrease. Try leaf lettuce, radishes, spinach if you don't have full sun.

Small-fruited cucumber and melon varieties can be raised in containers and trained to grow up a trellis or fence. New bush-type varieties of squash or pumpkins grow as a compact plant instead of a sprawling vine and are ideal for containers.



What will grow in a hanging basket? Try cucumbers, peas, cherry tomatoes or strawberries.

What will grow in a small container (8"-12" pot)?

Choose beans, beets, carrots, lettuce, onions, peas, peppers, radishes, and spinach.

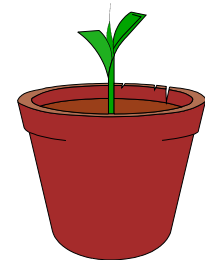
What needs a tub or 2- to 5-gallon container? Grow

beans, broccoli, cabbage, cauliflower, eggplant, squash and tomatoes.

Plant a Salsa Bucket!

You'll need:

- 1 5-gallon bucket or tub
- 1 tomato plant (non-vining)
- 1 pepper plant
- 5-6 onion plants
- Potting soil
- Time-release plant food



With a hammer and large nail, punch a few holes in bottom of bucket for drainage. Fill the bucket about $\frac{3}{4}$ full with soil and mix in plant food (follow directions on package for amount.) Set tomato and pepper plants off-center in the bucket with space in between. Add more soil to within 1" of top. Tamp down firmly, and then push onion plants into surface around the other plants. Put bucket in a sunny location and water well. Check moisture daily by sticking your finger into soil—salsa buckets need frequent watering.

For more information on types of soil and fertilizer to use and varieties of plants to grow in container gardens call your UW-Extension office and ask for publication A3382 Container Gardening, or visit your local garden center.