

# NEWSLETTER

APRIL 2024



**April is National Garden Month and the perfect time to start a vegetable garden! Here are some tips for beginning gardeners, before you start digging:**

- Choose a location that takes into consideration the size of the garden you want and the type of fruit or vegetable plants you want to grow and your climate.
- Plants that grow best in full sun need a location that provides at least 6 hours of sunlight daily.
- Keep in mind the amount of time and money you want to invest in your garden based on your goals. You can start small and gradually increase the size of your garden as you gain experience.

There are three main ways to grow a garden: in containers, in the ground, or in raised beds. Each method has advantages and disadvantages.

- **Containers** are a good option for gardeners with limited space and who don't want the hassle of tilling soil, or who want to move their garden around. However, some plants may not grow as well in a small space, and they usually require more frequent watering and fertilizing.
- The most traditional (and affordable) method, growing **in the ground**, is good for people who have a lot of space and want to grow a larger garden. However, it can be difficult to control weeds and pests.
- **Raised beds** are a good option for gardeners who do not have good soil in their yard (for example, clay or sand), do not have ground space to till for a garden, or who have limited mobility or difficulty bending over. One disadvantage is that materials to build a raised bed garden can be costly.

## EASIEST VEGETABLES TO GROW

These vegetables are relatively easy to grow from seed and can be harvested quickly. Plus, like all produce, they provide beneficial vitamins and minerals.

- Lettuce
- Spinach
- Arugula
- Beets
- Green beans
- Cucumbers
- Carrots
- Melon
- Zucchini



For more information on seed starting and gardening for beginners please visit: <https://www.eatright.org/food/planning/food-security-and-sustainability/tips-for-first-time-gardeners>

Did you know you can use SNAP benefits to start a garden?

Visit <https://www.snappgardens.org/> for more information!



## **For More Info About WIC**

**Call:** (207)992-4571

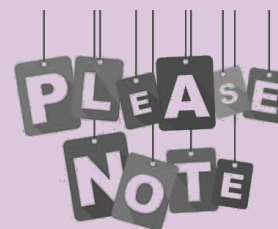
1-800-470-3769

Maine Relay 711 (TTY)

**Or Go Online:**

<https://www.bangor.publichealth.org>

[www.maine.gov/wic](http://www.maine.gov/wic)



## **IMPORTANT DATES**

This month WIC will observe the following holiday:

Monday April 15- **CLOSED**

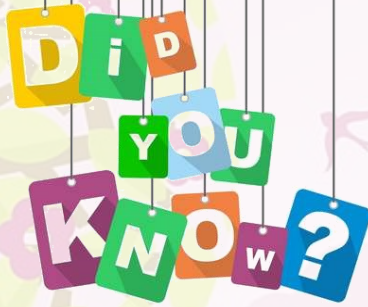
for Patriots' Day

This institution is an equal opportunity provider.

## Surprising Benefits of Gardening

- spending time outside can help boost vitamin D levels
- gardening is a creative way to get some physical activity
- growing your own food may help your family eat more fruits & vegetables

Contributed by Tara WIC Dietitian

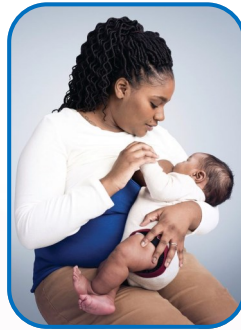


Lactation also increases the need for minerals iodine and choline:

Foods containing iodine include dairy products, eggs, seafood, and iodized table salt.

Foods containing choline include eggs, meats, some seafood, beans, peas, and lentils.

For more info visit: [cdc.gov](https://www.cdc.gov)



Breastfeeding mothers typically require additional calories to meet daily nutritional needs while lactating.

It is recommended that 330-400 calories per day be added to a mother's pre-pregnancy intake to help meet those needs.

## Zucchini Banana Bread

### Ingredients:

- ¾ cup all-purpose flour
- ¾ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs
- ¾ cup sugar
- ¼ cup canola oil or melted unsalted butter
- 1 ½ teaspoons vanilla extract
- 1 cup shredded zucchini (about 1 medium)
- 1 cup mashed ripe banana

### Directions:

- Preheat oven to 350 degrees F. Coat a 9-by 5-inch loaf pan with cooking spray.
- Whisk all-purpose flour, whole-wheat flour, cinnamon, baking soda and salt in a large bowl; set aside.
- Whisk eggs, sugar, oil (or melted butter) and vanilla in a medium bowl. Stir in zucchini and banana until well combined.
- Add the wet ingredients to the flour mixture and stir until just combined.
- Transfer the batter to the prepared pan.
- Bake until a toothpick inserted into the center of the loaf comes out clean, 50 to 60 minutes.
- Let cool in the pan for 10 minutes, then turn the loaf out onto a rack to cool completely. Serve warm or at room temperature.

<https://www.eatingwell.com/recipe/263753/zucchini-banana-bread/>

## Follow Us!

Instagram

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TikTok

@wicbangorme

facebook.

Bangor Public Health & Community Services

Farmers' Market season is on it's way!

In the meantime, you can still use your eWIC fruit and veggie dollars for fresh fruits and veggies at eWIC-certified farmers locations all year!

<https://www.maine.gov/dhhs/mecdc/population-health/wic/families/families-find-WICfarmer.shtml>

### Breastfeeding Support Groups:

**Baby & Me:** Northern Light Mayo Hospital every Wednesday at 12:30

**Milk & Cookies:** Bangor Public Library every Friday at 12:00

### April Recognitions:

National Autism Awareness Month

National Garden Month

National Poetry Month

April 2- World Autism Day

April 22- Earth Day

April 23- National Picnic Day

April 25- National Zucchini Bread Day

