

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services

Grow Your Own Salad – Container Gardening

Growing your own lettuce or greens can be an easy way to increase vegetables in your diet. Try these simple tips to get started!



Planting in Pots and Containers

- Pick a pot or container that is 6-12 inches deep with drainage holes in the bottom. Fill with a general vegetable garden soil mix.
- Sow the seeds about ½ an inch deep and 4-12 inches apart. If you prefer; you can also grow lettuce from seedlings.
- Plant options such as kale, spinach, and bok choy, as darker greens have more nutrients. Or try something new like beet greens, chard, chicory or collards.

Watering

Water lettuce often for the best results. Water in small amounts, making sure to keep the soil slightly moist. Be sure not to over water the lettuce, because this could kill the plant!

Harvesting

- Let the leaves grow until they are 4-6 inches in height (or your desired size).
- Cut or pick the outer leaves. Make sure to pick the leaves about 1 inch from the base of the plant so that your lettuce will continue to grow.
- Continue picking the leaves from the plant as your lettuce grows.



Plan on eating 7-10 servings of fruit and vegetables per day to reduce your risk of heart disease, stroke, and certain types of cancer. Canada's Food Guide recommends eating at least 1 dark green vegetable per day. A serving is 1 cup (250ml) of salad or raw leafy greens or ½ cup (125ml) cooked greens.

Strawberry and Spinach Salad

Makes 6 servings
(375mls/1 ½ cups)



Salad:

- 8 oz spinach* 225g
- 1 small pepper (red, yellow, or orange) thinly sliced
- 1 cup strawberries, hulled and sliced** 225g
- ¼ cup purple onion, thinly sliced 60ml
- ¼ cup crumbled feta or goat cheese (optional) 60ml
- ¼ cup toasted walnuts, chopped (optional) 60ml

Dressing:

- 2 Tbsp olive oil*** 30ml
- 2 Tbsp flax oil 30ml
- 2 Tbsp raspberry or red wine vinegar 30ml
- 2 Tsp grainy mustard 10ml
- 1 Tsp honey 5ml

Directions:

Place the spinach in a wide bowl, and top with bell peppers strips, strawberries, purple onion, and feta and walnuts, if using.

In a small bowl or jar, whisk or shake together the olive oil, flax oil, vinegar, mustard, and honey; drizzle over the salad and toss until lightly coated, or serve alongside the salad at the table for guests to dress their own.

* Spinach can come from your own garden or from the grocery store.

** You can substitute other berries that are in season, like blueberries, raspberries, or blackberries or use frozen varieties.

*** You can substitute other oils like canola, grapeseed, or more olive oil if you don't have flax oil.

Upcoming Nutrition Classes

**These classes have a small fee for the series*

Brooks:

Alberta Healthy Living Program Classes: Weight Management Ongoing. Register: 403-793-6659

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: April 16 or June 11, 7-9 p.m. Register: 403-502-8215. Not just for first-time moms; find out what's new!

***Baby Steps Infant Nutrition:** May 7, 2:30-4:00pm at Community Health Services, 2948 Dunmore Rd SE. 403-502-8215 or [ahsmehatnutrition.eventbrite.com](https://www.eventbrite.com/ahsmehatnutrition)

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-529-8969.

Lethbridge:

***Baby Steps Infant Nutrition:** Ongoing. Register 403-388-6668.

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-388-6654.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

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