

PantryPress



TOMATO CORN SALAD

Makes 7 servings

- 1 can (15 oz.) diced potatoes
- 1 small red onion, halved and thinly chopped
- ½ C. chopped green onions
- ¼ C. balsamic vinegar
- 3 T. basil
- ½ t. salt
- ½ t. black pepper
- 2 cans (14.5 oz. each) corn
- 2 T. olive oil
- 1 t. garlic powder

Directions

1. In a large bowl, combine the first seven ingredients.
2. In a large skillet, sauté corn with olive oil until tender.
3. Add garlic, cook one minute longer.
4. Add to vegetable mixture; toss to coat. Serve with a slotted spoon.

Nutritional information per serving:

Calories 153
Total fat 5 g
Carbohydrate 23 g
Protein 4 g
Sodium 205 mg

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Home gardening for savings and health

Home gardening is a great way to lower your food costs and encourage healthier eating. The three most common types of home gardens are in-ground gardens, raised gardens and container gardens. In-ground gardens allow you to grow a large variety of fruits and veggies.

Raised bed gardens are built on top of land and usually framed. These kinds of gardens are ideal when the ground soil isn't rich enough to grow plants and enriched soil must replace it. Raised bed gardens are great for plants such as lettuce and broccoli.

The third type of home gardening is container gardens. This type of garden is planted in pots instead of the ground and is great for produce like strawberries and tomatoes. Container gardens are perfect for small yards or no yard at all because they can be grown on a patio or inside a window sill. Planting your garden in different size pots helps control weeds and provides more control over how much water and the amount of sunlight the plant gets.

Growing Your Own Container Garden:

1. There should be a hole in the bottom of your pot to allow extra water to drain out. Be sure to place a plate under your pot if it is inside your windowsill.
2. Fill your pot ⅔ to ¾ full with potting soil.
3. Use 2 or 3 seeds for every plant you grow, making sure to read the package to know how deep in the soil the seeds must be planted.
4. Water your plant until the soil is completely damp.
5. Make sure your plant is in a sunny spot and receives at least 6 hours of sunlight a day.

Home gardening can save you money and is good for the environment. It can also brighten your mood and your fruits and veggies may even taste better!



<https://www.gardeners.com/how-to/vegetable-gardening/5069.html>
<https://www.almanac.com/content/container-gardening-vegetables>

