

PLANNING YOUR GARDEN

APRIL/2023



Your Budget Friendly Recipe of the Month

It's that time of year to start thinking about your garden. Beans are a low-maintenance, versatile vegetable. They give nutrients back to the soil and produce an impressive yield. Beans can be incorporated into almost any dish, boiled and tossed in garlic as a side, or chopped up fresh to toss into a salad for a slightly nutty flavour.

GREEN BEAN CASSEROLE

HERE'S HOW TO MAKE IT:



INGREDIENTS

- 1 can mushroom soup
- 3/4 cup milk
- 1/8 tsp pepper
- 4 cups steamed green beans (or enough to fill your baking dish)
- 3/4 cup bread crumbs, divided

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix soup, milk and pepper in baking dish. Stir in green beans and 1/4 cup bread crumbs. Bake for 30 minutes.
3. Top with remaining bread crumbs and return to oven for 5 minutes or until bread crumbs are golden brown.

ARE YOU HUNGRY FOR MORE?

GREEN BEANS WITH MUSHROOM

[HTTPS://WWW.FOODNETWORK.COM/RECIPES/ELLIE-KRIEGER/GREEN-BEANS-WITH-MUSHROOM-AND-SHALLOTS-RECIPE-1908615](https://www.foodnetwork.com/recipes/ellie-krieger/green-beans-with-mushroom-and-shallots-recipe-1908615)

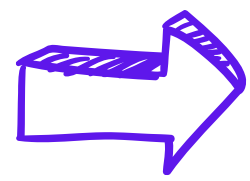
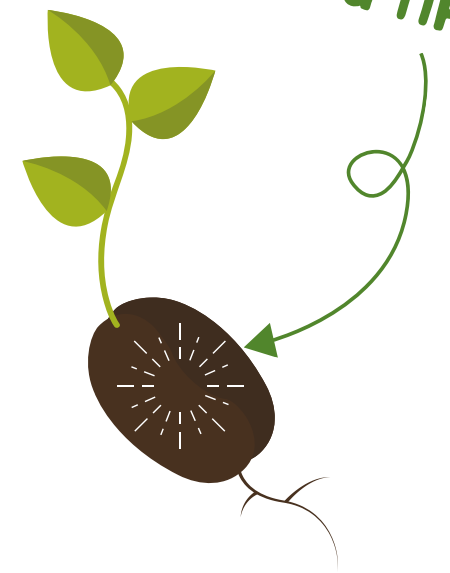
BAKED GREEN BEAN FRIES

[HTTPS://WWW.FOODNETWORK.COM/RECIPES/TRISHA-YEARWOOD/BAKED-GREEN-BEAN-FRIES-4648362](https://www.foodnetwork.com/recipes/trisha-yearwood/baked-green-bean-fries-4648362)

GREEN BEAN LASAGNA

[HTTPS://WWW.JUSTAPINCH.COM/RECIPES/MAIN-COURSE/BEEF/LOW-CARB-GREEN-BEAN-LASAGNA-CASSEROLE.HTML](https://www.justapinch.com/recipes/main-course/beef/low-carb-green-bean-lasagna-casserole.html)

CLICK HERE FOR SEEDING TIPS!



CLICK ON THESE LINKS FOR MORE IDEAS!

FUN FACTS ABOUT BEANS!

DID YOU KNOW...

- BEANS ARE A GOOD SOURCE OF VITAMIN K, VITAMIN C, DIETARY FIBER, FOLATE, AND CALCIUM!
- THE LONGEST GREEN BEAN WAS GROWN IN 1996, TO A LENGTH OF 121.9 CM!
- THE HEALTH BENEFITS OF BEANS INCLUDE IMPROVED HEART HEALTH AND BONE STRENGTH!

Link to [Fun Facts about Green Beans](#)

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MAKING YOUR MONEY

S-T-R-E-T-C-H

- BEANS CAN BE WASHED, PACKAGED AND FROZEN FOR UP TO 12 MONTHS!
- LETTUCE, CARROTS, AND ZUCCHINI ARE ALSO GREAT LOW-MAINTENANCE VEGETABLES TO INCLUDE IN YOUR GARDEN
- YOU CAN PICKLE YOUR HOME-GROWN BEANS FOR LONG-TERM STORAGE AND AN EXCELLENT SNACK (SEE LINK BELOW)

CLICK TO GROW YOUR OWN LETTUCE

[HTTPS://MIRACLEAGRO.COM/EN-CA/HOW-TO-GROW/GROWING-LETTUCE.HTML](https://miracleagro.com/en-ca/how-to-grow/growing-lettuce.html)

CARROTS

[HTTPS://MIRACLEAGRO.COM/EN-CA/HOW-TO-GROW/PLANTING-GROWING-HARVESTING-CARROTS.HTML](https://miracleagro.com/en-ca/how-to-grow/planting-growing-harvesting-carrots.html)

ZUCCHINI

[HTTPS://MIRACLEAGRO.COM/EN-US/GROWING-PLANTS/HOW-TO-PLANT-GROW-ZUCCHINI.HTML](https://miracleagro.com/en-us/growing-plants/how-to-plant-grow-zucchini.html)

CLICK HERE FOR PICKLING TIPS!

[HTTPS://WWW.ALLRECIPES.COM/RECIPE/62594/CRISP-PICKLED-GREEN-BEANS/](https://www.allrecipes.com/recipe/62594/crisp-pickled-green-beans/)



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