

A newsletter for McHenry County community gardeners.

# THE HUNGRY GARDENER



VOLUME 2      MAY 2020

## Welcome!

Spring is here and that means planting crops. In **Dig Deeper**, you'll read about how important growing, and eating, vegetables is for your health. Try the versatile **Recipe of the Month** - Zucchini Coleslaw.

Check out **Upcoming Events**. Please note that 4-H is holding yoga on Zoom! Yoga will help you get ready for all the reaching, bending and pulling in the garden.

Become a citizen-scientist by participating in the I-TICK program. Find out more in the **Scouting Report**.

Join the **Kaffeeklatsch!** Do you have questions? *The Hungry Gardener* has answers! Are there topics you'd like covered? Let *The Hungry Gardener* know! Submit questions and interests to Brenda Dahlfors at [dahlfors@illinois.edu](mailto:dahlfors@illinois.edu) and make sure to put *The Hungry Gardener* in the subject heading.

## ILLINOIS

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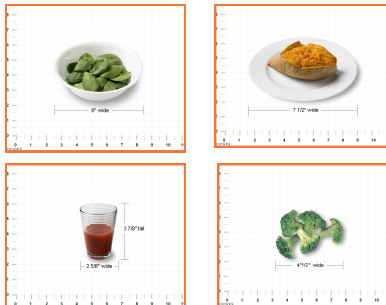
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

## Upcoming Events

- ⇒ McHenry Co. 4-H  
Tuesday Yoga  
(registration re-  
quired)
- ⇒ 7/11 Gardenwalk
- ⇒ 9/27 McHenry  
Co. Farmstroll
- ⇒ For more info:

[https://  
extension.illinois.edu/  
im/events](https://extension.illinois.edu/im/events)

## DIG DEEPER: SUPERFOODS



Last month we gave thought to the selection of seeds and plants. Let's dig deeper into how our crops keep us healthy.

Here is a partial list of Superfoods that you may want to include in your garden: kale, spinach, carrots, red peppers, cucumbers, sweet potatoes. These will provide the nutrients your body needs to reduce the risk of heart disease and diabetes, lower blood pressure, reduce the risk of cancer and improve your immune system.

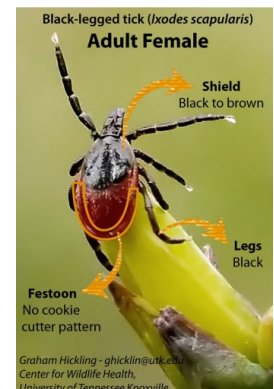
Whew! Your crops are working hard for you. For adults 2 1/2 cups per day of veg will help you keep in top shape. Look here <https://www.choosemyplate.gov/food-gallery-vegetable-group#broccoli> for more equivalents.

## SCOUTING REPORT: MAY IS TICK AWARENESS MONTH

Now that we are all getting out and about again - whether it's in the garden, on a walk with the pooch or to one of the beautiful parks in McHenry County - be aware of ticks.

A free smartphone app, I-TICK, makes you a citizen-scientist to help in the prevention of Lyme and other tick-borne diseases. Go to <https://thetickapp.org/>. This site is also a great resource on all things tick.

The Tick App shows how to avoid ticks and also invites you to share information with scientists about your tick exposure and what kinds of locations and activities are associated with them. In addition, you can submit photos of ticks for timely species identification by an expert.



Graham Hickling - ghicklin@utk.edu  
Center for Wildlife Health,  
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**Zucchini Coleslaw***Serves 6*

This colorful dish is a delicious alternative to the sweet coleslaw and a great way to eat your veggies.

**INGREDIENTS**

- 2 cup zucchini (coarsely shredded)
- 2 cup cabbage (shredded)
- 1 carrot (medium, shredded)
- 2 green onion (sliced)
- 1/2 cup radishes (thinly sliced)
- 1/3 cup mayonnaise, low-fat
- 1/3 cup mild salsa

**Directions**

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.



Vitamins	
Vitamin A	97 mcg RAE
Vitamin B6	0 mg
Vitamin B12	0 mcg
Vitamin C	20 mg
Vitamin D	0 mcg
Vitamin E	1 mg
Vitamin K	39 mcg
Folate	28 mcg DFE
Thiamin	0 mg
Riboflavin	0 mg
Niacin	0 mg
Choline	10 mg

Minerals	
Calcium	26 mg
Potassium	232 mg
Sodium	181 mg
Copper	47 mcg
Iron	0 mg
Magnesium	14 mg
Phosphorus	32 mg
Selenium	1 mcg
Zinc	0 mg

***Kaffeeklatsch******Let's chat in the garden***

Bacteria can splash up from the soil to the underside of vegetable plant leaves during watering or rainfall. This can cause problems with plant health and yield.

To limit damage, place landscape fabric, straw, newspaper etc. around the base of the plant.

What tips or questions do you have?

Contact Brenda Dahlfors at [dahlfors@illinois.edu](mailto:dahlfors@illinois.edu) and put

***The Hungry Gardener*** in the subject heading.

**Stay safe. Stay strong.  
Use your cookie voice.**



**"How Safe is My Food in a COVID-19 World"**

[https://extension.illinois.edu/sites/default/files/food\\_and\\_covid.pdf](https://extension.illinois.edu/sites/default/files/food_and_covid.pdf)

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Visit us on Facebook <https://www.facebook.com/McHenryCoMasterGardener>  
For more veg info: <https://web.extension.illinois.edu/veggies/>

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