

# SO... BACK TO THE GARDEN:

You've now seen the process food takes from seed to harvest. While you and your family might eat what you grow, that food could take a variety of forms.

**LET'S TAKE THE** tomato, for example. It's great in salads or on sandwiches. But it has many other uses.

It might make its way to a restaurant, where the chef will use the tomato in salads, soups and other foods. It could go to your school or a local hospital where it's cooked to make spaghetti sauce. Or it may arrive already processed, in the form of ketchup.

And in your home, you'll find tomatoes in salsa, pizza, and even for breakfast as tomato juice.

In other words, your food, from seed to table, goes through a lot of steps. That's why it's important to buy and eat fresh foods, grown in Kentucky. That will make you Kentucky Proud.

Here are recipes for your Kentucky Proud produce.

## WATERMELON TOMATO SALAD

### INGREDIENTS:

- 5 cups – seeded watermelon cubes (3/4 inch)
- 3 cups – cubed tomatoes (3/4 inch)
- 1/4 teaspoon – salt
- 1 small – red onion, quartered and thinly sliced
- 1/4 cup – red wine vinegar
- 2 tablespoons – extra virgin olive oil
- 1 teaspoon – black pepper
- 6 – lettuce leaves

### PREPARATION:

1. Combine watermelon and tomatoes in a large bowl. Sprinkle with salt. Toss to coat. Let stand 15 minutes.
2. Stir in onion, vinegar and oil. Cover and chill 2 hours.
3. Serve chilled on lettuce leaves, if desired.
4. Sprinkle with cracked black pepper to taste.

Yield: 6 – 1 1/2 cup servings.

Courtesy of UK Extension.



## BACON AND TOMATO DIP

### INGREDIENTS:

- 1 cup fat free sour cream
- 1 cup low fat mayonnaise
- 2 large tomatoes, diced, reserve excess juice
- 4 slices bacon, cooked crisp and crumbled
- 1 teaspoon garlic powder

### PREPARATION:

1. Combine all ingredients.
2. Add reserved tomato juice until dip reaches desired consistency.
3. Serve with fresh vegetables or reduced fat crackers.

Yield: 16 – 2 tablespoon servings.

Courtesy of UK Extension.



## Want to See a Garden Growing?

You can - at one of six Governor's Gardens in Kentucky.

In 2009, First Lady Jane Beshear partnered with government, education, and agriculture organizations to start the Governor's Garden Program. This program seeks to promote products grown and produced in Kentucky by local farmers. This program encourages Kentucky businesses, organizations, schools, and communities, to cultivate and maintain their own gardens. The Governor's Garden program further seeks to educate the public about the health and economic benefits of community gardening and utilizing locally grown foods.

You can find the location of the nearest Governor's Garden on the inside back cover of this book.

## Interested in Agriculture?

Perhaps all this garden talk has gotten you interested in learning more about agriculture. There are several organizations for young people that will help you. Organizations such as 4-H clubs, the Future Farmers of America, IFAL (Institute for Future Agricultural Leaders), and the Kentucky Farm Bureau all have ways you can learn more and get involved.

For more information check out the links on our website, [www.kyproud.com/readyssetgrow](http://www.kyproud.com/readyssetgrow).

## CUCUMBER, CORN, AND BEAN SALSA

### INGREDIENTS:

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 2 tablespoons sugar, optional

### PREPARATION:

1. Finely chop cucumbers, tomatoes, pepper, and onion.
2. Combine in a large mixing bowl with chopped cilantro.
3. Drain and rinse beans and add to chopped vegetables.
4. Add corn. If using canned corn instead of fresh, drain off liquid prior to adding to vegetables.
5. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well. Serve immediately or refrigerate until chilled.

Yield: 20 – 1/2 cup servings.

Courtesy of UK Extension.



## APPLE CRANBERRY WALDORF SALAD

### INGREDIENTS:

- 1 cup – chopped Granny Smith apple
- 1 cup – chopped Red Delicious apple
- 1 cup – diced celery
- 1 cup – halved seedless green grapes
- 1 cup – halved seedless red grapes
- 1 1/2 cups – dried cranberries
- 1/2 cup – chopped walnuts
- 8 ounces – non-fat vanilla yogurt
- 2 teaspoons – honey
- 1/4 teaspoon – cinnamon

### PREPARATION:

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8 – 1 cup servings.

Courtesy of UK Extension.

