

Healthy Living Focus Grow Your Own Veggies

Hello, and welcome to the Healthy Living Focus. In this edition we are taking a look at the benefits of growing your own vegetables. We will discuss the health benefits of growing your own, as well as look at the calorie burn of certain gardening activities, and find out ways to grow your own produce in a small garden or yard space!

There is evidence that tells us the health benefits of gardening and growing your own in particular, such as improved confidence and self-belief, as well as improved mental and physical health!

Benefits of growing your own vegetables

Save money: you can save a on your weekly shop.

Super healthy: Homegrown produce retain more vitamins and minerals than shop bought.

Less environmental impact: From being pesticide free, to not using transportation, GYO is good for the environment.

Freshness: Homegrown is fresher than what you may buy in the supermarket, nothing beats the tast of something you have given your time and attention to!

Herbs will grow in small pots on a windowsill. These can be a great addition to tasty recipes and salads. Just remember to water them!

Calories burned during gardening activities

Planting: 150 calories per 30 minutes

Watering: 50 calories per 30 minutes

Sweeping/clearing land: 200 calories per 30 minutes

Small Garden? No problem!

Even if you only have a backyard or paved space you can still grow a wide variety of vegetables, fruit or herbs. You can grow in any type of container as long as it:

- ✓ can hold compost
- ✓ allows water to drain through it
- ✓ is made of a waterproof material

Healthy Living Goal

Why not sweep the yard and find the perfect place for your pots while burning some calories!

Perfect plants to grow in summer

- ✓ Tomatoes
- ✓ Green beans
- ✓ Carrots
- ✓ Beetroots
- ✓ Potatoes
- ✓ Cucumbers

These can all grow in small spaces and require sun/daylight for 6 hours a day!



Visit <https://www.sjgardenadvice.co.uk/growing-vegetables-in-small-spaces-and-pots/> for more tips on growing your own healthy produce in a small space.

RECIPE OF THE WEEK

Tomato, Courgette and Halloumi Bake



Ingredients

1 tablespoon Olive Oil
1 Onion chopped
2 cloves Garlic, crushed
2 Courgettes, chopped
6 Medium Tomatoes, chopped
1 tablespoon Tomato Puree
1 tablespoon Turmeric
1 tablespoon Cumin
1 teaspoon Smoked Paprika
1 teaspoon Chilli Flakes (optional)
200 g reduced fat Halloumi, sliced
Handful Fresh Basil, chopped for serving.

Method

1. Heat the oil in a frying pan. Add the onion and fry for a few minutes. Add the garlic and cook for a little a few more minutes.
2. Once the onion and garlic has softened add the tomatoes and courgettes followed by the tomato puree and all the spices. Cook over a medium heat for 20 minutes until everything is softened.
3. Heat the grill to medium high heat. Remove the pan from the heat and place the slices of halloumi across the top of the vegetables. Place under the grill for a few minutes until the cheese has browned. Sprinkle with basil before serving, if you wish.

Healthy Living Tips

The perfect recipe that uses home grown veggies!

Serve with some wholemeal crusty bread, or homemade potato wedges for a tasty filling meal.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

