

# In Season: Summer

Purchase Fruits and Veggies that are in season for a lower price & better taste.

Radishes	Corn	Strawberries
Asian pears	Peas	Peaches
Cucumbers	Apricots	Tomatoes
Beets	Plums	Passion Fruit
Peppers	Cherries	Melons
Carrots	Blackberries	Lemons
Zucchini	Nectarines	Limes
Garlic		



## Public Health Idaho North Central District



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 105 115th Street  
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**Grangeville-Idaho County**  
 903 W. Main Street  
 Grangeville, ID 83530  
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**Kamiah-Lewis County**  
 132 North Hill Street  
 Kamiah, ID 83536  
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# WIC

## NEWSLETTER

Summer 2019

The weather is nice, so go outside and play!

### Go for a family walk...

- ..around the block after dinner
- ..to a park or playground
- ..to a friend's house
- ..on a nature trail

### Blow bubbles

Chase the bubbles. Jump for the bubbles and try to pop them.

### Turn on the sprinkler

1. Children love to run in the water and get wet on a hot day.
2. Get your feet wet and make tracks on the sidewalk. Take big steps and little steps. .
3. Make buckets of soapy water to wash the cars and toys. Let your child rinse with the water hose.

### Go to the beach

Children love to play on the beach. Bring along sand toys—cups, pails, shovels and large spoons. Collect rocks and shells on the beach. Make sand castles with your child.



**Did you know that we are  
 converting everyone to eWIC  
 food benefits starting in October**

**2019?**

The WIC Program is an equal opportunity provider.



# Breastfeeding Corner

Here's what local WIC moms are saying about breastfeeding: **They Aren't Ashamed of It**

*"Love it! Women should be allowed to breastfeed everywhere."*

*"I feel breastfeeding is essential to every baby's diet. It should not be hidden in public. It's perfectly natural."*

*"Breastfeeding to me is a beautiful thing; I'm sick of the public backlash I receive. I enjoy nothing more than feeding my baby with my own body."*

Have your heard about:

Walk in Wednesdays  
in Lewiston 8:30 to 4pm ?

No appointment is needed

- ◇ Bring those participating on WIC
- ◇ WIC folder
- ◇ Proof of physical address

Walk-ins will be served on a first-come, first-serve basis & wait times average 5 – 10 MINUTES!

## Container Gardening 101

Do you have limited space to grow a garden?

You can grow a garden anywhere using a container.

- 1) Find a container.  
(See below for tips on picking out a container) .
- 1) Fill your container 3/4 of the way full of soil.
- 2) Plant your seeds, using 2 to 3 seeds for every plant you want to grow (be sure to read the seed packet for how deep to plant the seed)
- 3) Gently water your plant until the soil is moist and place it in a spot that gets sun for at least half the day. Water your plant when the soil gets to dry.

### Picking out a Container

**Radishes, beets, Swiss chard and turnips** – use a container that is 6-8 inches deep such as a large cottage cheese container, large soup can, bottom of a small milk jug (cut off top) or plastic peanut butter jar.

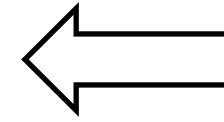
**Green beans (bush), cabbage, cucumbers (bush), eggplant, garlic, herbs, lettuce, onions, peas, peppers and spinach** - use a container that is 8-10 inches deep (such as a large coffee can, bottom of a gallon milk jug, gallon ice cream container or large plastic jar.

**Broccoli, cauliflower, zucchini** - use a container that is 10-12 inches deep such as gallon size food cans, bottom of a gallon milk jug or an old tire lined with a plastic trash bag.

**Green beans (vine), carrots, corn, cucumbers (vine), melons, potatoes, fall squash and tomatoes** - use a container that is 12 or more inches deep such as an old bucket, a five gallon plastic container or a stack of 2-3 old tires lined with a plastic trash bag.

**Prepare your container** by washing it with soap and water. Then wash with diluted bleach (1 tablespoon bleach to 1 gallon of water). Rinse clean a few times before filling with soil and seeds.

## Simple Summer Recipe



You can even try growing some of the ingredients!

### Fresh Tomato Salsa

#### Ingredients:

- 1 cup tomatoes, chopped
  - 1/4 cup peppers, chopped
  - 1/4 cup onion, finely chopped
  - 2 Tbsp. lime or lemon juice
  - 1 tsp. garlic, finely chopped
  - 1/4 tsp. salt
- Optional:
- 1/8 Tbsp. fresh parsley or cilantro, chopped
  - 1 Tbsp. cayenne pepper or jalapeno chilies, chopped



#### Directions:

1. In a medium-size bowl, combine tomato, peppers, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

## Summer Lunches

Not sure what to make for lunch when everybody's home from school?

Check with your local school to see if free lunches are provided in the summer!