



capita**health**

**METABOLIC AND
WEIGHT LOSS CENTER**

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609.537.6777

capitalhealth.org/weightloss

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NATIONAL GARDEN MONTH

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April is National Garden Month, and if you have ever thought about starting a garden, spring is the perfect time to do it! Gardening has many benefits—it counts as a form of exercise, helps increase your vegetable intake (if that’s what you’re growing), and provides many mental health benefits! Late April and May are great times to plant, and beginners can start by growing one vegetable or even flowers!



What’s Happening *this Month:*

* Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!

* Our Bariatric Support Group for post-weight loss surgery patients is **Monday, April 29 from 6 – 7 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group, or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

* If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please send an email to clazur@capitalhealth.org so Caroline can send you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program, 24/7!

* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on **April 10 at 7 p.m.** To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, at 609.537.6777.

* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program! This program features Robard’s great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.

START YOUR OWN GARDEN



Tips for Starting Your Own Garden

Adapted from *Gear up for Gardening* | UNL Food

Choose a location: Most plants need about 6–8 hours of sunlight per day, so pick a place that will be in direct sunlight for at least that many hours.

Garden safely: Protective attire is recommended, such as long pants and gloves. To avoid sunburn, use sunscreen and a wide brimmed hat. It is also important to drink water and take breaks to prevent dehydration.

Start small: If you have never gardened before, taking care of a larger garden can be intimidating. To build confidence, get started by growing herbs or keeping a potted plant inside the house.

Know when to plant: The best time to plant varies depending on your location and the type of fruit or vegetables you're growing. In New Jersey, the best time to plant is mid May (generally).

Decide how to plant: There are many different options for planting your garden, but here are a few common types:

... **Containers** are great for beginners! You can grow a variety of plants in boxes, buckets and other planters. This allows for better control over the plants' environment more overall convenience. Container gardening works well for growing tomatoes, peppers, lettuce, and root vegetables.

... **In-ground gardening**, the most traditional form, is when you work a plot in the ground. Depending on how big your plot is, this style of gardening is great for most plants but does require more physical activity than the other options listed here.

... **Raised bed gardening** is becoming more popular, probably because it is easier on the knees and back when you're working. Raised beds can take up a fair amount of space outside, but they can accommodate almost any plant.

Decide what to plant: This part is simple—choose vegetables you like to eat! For more information on what grows well in our area and the best times for planting, visit www.njaes.rutgers.edu/fs129/.

Good options for New Jersey include:

- ... Tomatoes
- ... Asparagus
- ... Beans (Lima and snap)
- ... Beets
- ... Broccoli
- ... Carrots
- ... Onions
- ... Leafy greens, such as spinach and kale
- ... Potatoes
- ... Cucumber
- ... Peppers
- ... Eggplant

START YOUR OWN GARDEN

continue



Gardening Supplies

If you're just getting started, keep it simple! At the very least, you will need soil, seeds, and water. Starting a small garden can be relatively inexpensive. Soil costs anywhere from \$5–\$20 (on average) and seed packets are about \$2–\$5 dollars. Water, of course, comes from your kitchen sink or a garden hose.

Local garden centers or big box retailers like Home Depot, Lowe's, and Walmart have all the supplies you may need to get growing.

Community Gardens

If growing vegetables at home is not possible or if you are looking for a place to learn the basics, a community garden may be for you. Community gardens are also great for connecting with local residents. Check with your city, borough, or township government to see if a community garden is available in your area. Some local community gardens include:

- **Ewing Community Gardens**
www.ewingnj.org/community-gardens
- **Lawrence Township Community Garden**
www.lawrencetwp.com/CommunityGardens
- **Monroe Township Community Garden**
www.monroetwp.com/index.php/services/community-garden
- **Plainsboro Community Garden**
www.plainsboronj.com/227/Community-Garden
- **Lower Makefield Community Garden**
www.lmt.org/departments/parks-recreation/get-involved/community-garden
- **Grow it Green Morristown**
www.growitgreenmorristown.org/earlystreetgarden



Benefits of Gardening

- ... **Savings on your grocery bill.** Buying fresh produce can be expensive at times, especially if you prefer the organic version. Planting your own vegetables can help reduce your spending at the grocery store.
- ... **You'll get more exercise.** Gardening is a great physical activity that counts as moderate- to high-intensity exercise.
- ... **Increased fiber intake.** Having vegetables and fruits in your own backyard makes it more convenient and fun to add them to your diet. This also increases your fiber intake, which is important for gut health and long-lasting fullness.
- ... **Better mental health.** Gardening can help relieve stress and improve your mood.

All of these possible benefits can also aid in weight loss efforts!



RECIPE OF THE MONTH



Image and recipe adapted from [SkinnyTaste.com](https://www.skinnytaste.com)

CHICKPEA SALAD WITH CUCUMBERS AND TOMATOES

Prep Time: 10 minutes

NUTRITION INFO – PER SERVING

Makes 4 servings / Serving Size: 1 generous cup

182 CALORIES ■ 29g CARBS ■ 6g PROTEIN
5g FAT ■ .05g SATURATED FAT ■ 464mg SODIUM
29mg CHOLESTEROL ■ 6g FIBER ■ 2g SUGAR

INGREDIENTS

- 2 ¼ cups diced cucumbers, partially peeled
- 1 cup tomato, seeded and diced
- ¼ cup red onion, diced
- 2 tbsp fresh lemon juice
- ½ tbsp fresh parsley, minced
- 1 tbsp extra virgin olive oil
- ½ tsp kosher salt and black pepper, to taste
- 15 oz. can chickpeas, rinsed and drained

DIRECTIONS

Combine all the ingredients, toss well, and serve.

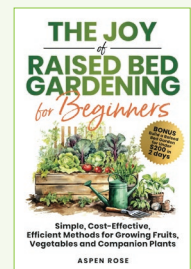
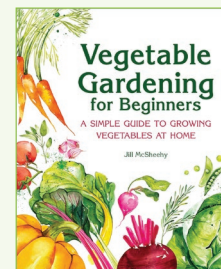


Products of the Month



Beginner Gardening Kit

Tool kit comes with bag, gloves, garden tools, and spray bottle for indoor or outdoor use. Available on Amazon for \$28.



Gardening Books

You can find these and other resources on Amazon:

- [Grow Great Vegetables in New Jersey](#)
- [Vegetable Gardening for Beginners](#)
- [The Joy of Raised Bed Gardening](#)