

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Try Low-Risk Container Garden

Starting a container garden at home is easy, but be careful — this hobby can *grow* (literally) into a passion! Container gardening is a low-risk way to try out (or keep up) your green thumb, and hopefully harvest some delicious results along the way!



Why Try Container Gardening?

It's a convenient way to get access to fresher foods. You have control over growing methods and can use organic methods if you wish. You also can experiment with more unusual food/herb varieties that may not be sold in area grocery stores.

It's easier, especially if you have physical limitations, than managing a full outdoor garden. You can even grow container gardens indoors, and enjoy fresh green plants even in the winter months.

What Foods Can You Grow?

Vegetables: Cucumbers, peppers, and tomatoes make excellent choices. If your container will be outside, keep in mind frost dates and availability of sunlight. You can use the container for multiple plantings and enjoy spring, summer and fall crops, depending on where you live.

Herbs: Basil, mint, parsley, rosemary are easy to grow and can be conveniently harvested to use in cooking. If replacing dried herbs in a recipe with fresh, use about triple the amount called for and add near the end of cooking to preserve the green color.

What You Need to Get Started

1. Container(s) with a drainage hole. Add a wheeled base for larger containers to make it easier to move
2. Good-quality *potting* soil
3. Seeds or young plants
4. Fertilizer or plant food designed for *edible* plants



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796