The Kidney-Friendly Garden

By Sharon Khalifa, RD Satellite Healthcare Santa Rosa

Summer is upon us, so it is time to start planting our gardens! Try container gardening on your porch, patio or windowsill, or look for a community garden in your neighborhood. All fruits have about 40mg phosphorus per ½ cup. Most vegetables fall into the 15-60mg phosphorus range per ½ cup. Here are some ideas to get your Kidney-Friendly garden growing.

Eggplants

[Potassium 150

mg, ½ cup raw]

Eggplant thrives

in hot, humid

Mulching around

plants helps retain

aeat & moisture.

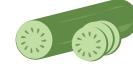
conditions.



Carrots

[Potassium 170 mg, ½ cup raw]

Plant seeds as close as 1" apart, thin seedlings to 3" apart in 12" rows. Harvest when color deepens.



Cucumbers

[Potassium 110 mg, ½ cup raw]

Trellis your cucumber plants to ensure a healthy crop. Pick 50-75 days after planting.



Lettuce

[Potassium 130 mg, 1 cup raw]

Grow greens in the spring & fall when temperatures are cooler. Does well in containers & raised beds.



Radishes

[Potassium 145 mg, 10 radishes]

Plant seeds 8-10 days apart so you have a steady supply throughout the summer.



Corn

[Potassium 130 mg, ½ cup raw]

Needs 3 full months of sun to properly mature. Harvest when plump kernels produce white milky liquid.



[Potassium 69 mg, 1/4 cup rawj

 $E_{asily\,grown\,from}$ seed in containers. Keep soil moist but not soggy. Harvest when tops reach



Strawberries

[Potassium 116 mg, . ½ cup raw halves j

Ripen early. Need plenty of sun, welldrained soil & space to spread out.



[Potassium 120 mg, ½ cup raw]

Need 6-8 hours of sun per day. Can grow along fences or trellises. Pruning results in a 2nd crop later in the season.



Green Beans

[Potassium 100 mg, ½ cup raw]

A prolific producer, give plenty of space between plants, 2 1/2-3 ft. Provide stakes or trellises to climb.



Serves 4

HD PD Diabetic

Analysis: Cal 129, carb 30 g, protein 3.8 g, sodium 93 mg, potassium 240 mg, calcium 5 mg, phosphorus 86 mg

Spicy Baked Corn on the Cob

Source: Judy Boccanfuso, RD, Satellite Healthcare Windsor

*Diabetics count as 1 med. potassium vegetable serving & 2 starches

Ingredients

4 ears (5 ½" - 6 ½") fresh corn on the cob

4 tsp peanut butter

4 tsp margarine

½ tsp chili powder

Directions

1. Remove husks from corn.

2. Mix peanut butter, margarine & chili powder together. Spread on corn.

3. Wrap each piece in foil & bake for 20 min. at 350°F.



[Potassium 110 mg, ½ cup raw]

plant peas in the cool of spring. Sow seeds 2" deep, 1-2" apart. Peas need ample moisture. Provide 3 ft high trellis to support vines.



[Potassium 100 mg,

½ cup raw]

Require 3 months of 70-80° weather. Grow on ridges or hills 6 ft apart. Sweetest fruit comes from first few flowers on each vine.

