

The Kidney-Friendly Garden

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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 1/2 cup. Most vegetables fall into the 15-60mg phosphorus range per 1/2 cup. Here are some ideas to get your Kidney-Friendly garden growing.



Carrots

[Potassium 170 mg, 1/2 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, 1/2 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, 1/2 cup raw]

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



Chives

[Potassium 69 mg, 1/4 cup raw]

Easily grown from seed in containers. Keep soil moist but not soggy. Harvest when tops reach 6-8" tall.



Strawberries

[Potassium 116 mg, 1/2 cup raw halves]

Ripen early. Need plenty of sun, well-drained soil & space to spread out.



Raspberries

[Potassium 120 mg, 1/2 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, 1/2 cup raw]

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



Eggplants

[Potassium 150 mg, 1/2 cup raw]

Eggplant thrives in hot, humid conditions. Mulching around plants helps retain heat & moisture.



Peas

[Potassium 110 mg, 1/2 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.



Watermelons

[Potassium 100 mg, 1/2 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.

Spicy Baked Corn on the Cob

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

Source: Judy Boccanfuso, RD, Satellite Healthcare Windsor

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

Ingredients

4 ears (5 1/2" - 6 1/2") fresh corn on the cob
4 tsp peanut butter
4 tsp margarine
1/2 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.