Hearty greens, sweet cherry tomatoes, savory green beans — nothing tastes better than food fresh from the garden.

Perhaps you have fond memories of your grandparents and their family garden, or maybe you once grew a garden but have since given it up for lack of time or space. Regardless, fresh veggies and herbs are within your reach thanks to this quick gardening and cooking guide.

This publication has been designed to help you grow and cook some favorite Tennessee produce. In this publication, you will find a series of fact sheets with easy to follow steps. For each item, you will find information for how to select the best seeds or plants, how to pick the right container for planting, how to care for your plants, and when and how to harvest at the peak of freshness. In addition, you will find cooking tips, nutrition facts, and storage guidelines.

Fresh produce is within your reach. All you need to do is get started. “Grow It, Eat It” can show you how.

If the place where you use SNAP benefits sells food-producing plants or seeds, you can use your benefits to purchase those items. Eligible items include seeds and plants that can be used in gardens to produce food for you and your family. Gardening soil, fertilizer, peat moss, and other gardening supplies cannot be purchased with SNAP benefits. (*USDA, FNS. Policy Memo 2018-02. 1/16/2018.*)