



June 2024

Fresh is in! With the start of June, we celebrate National Fresh Fruit and Vegetable Month. Its perfect timing as the growing season is in full swing and there is an abundance of fresh produce available locally. You can celebrate it by making half your plate with fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for you meals. Add fruit to meals as part of the main or side dishes or as a dessert.

Fruits and vegetables contain many vital vitamins and minerals. A diet rich in vegetables and fruits can help lower blood pressure, reduce the risk of heart disease and stroke, and prevent some types of cancer and lower eye and digestive problems. Additionally, more fruits and vegetables in your diet will positively affect your blood sugar, bringing your appetite in check, thus reducing how much you eat and how frequent. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss.

Want to help keep your kids' minds sharp, their bones strong, and prevent chronic diseases? The benefits of blackberries are amazing! A blackberry's sweet taste may make your little ones pop them in one-by-one like candy. However, they have SO many more benefits! Blackberries are known for their high antioxidant levels; they are a good source of vitamin C and are high in manganese. They are also packed with dietary fiber. One cup of blueberries has 4 grams of fiber.

June is also **National Dairy Month**, Ice cream, yogurt, cheese, milk, sour cream – yum, the list goes on. Not only do dairy cows provide all these delicious foods but also these foods provide us with so much nutrition, so pour yourself a glass of milk!

Let's Get Cooking!

Summer Smoothie

Makes 4 servings
2 cups of fresh spinach
2 cups of frozen berries
1 cup of plain yogurt
1 cup of whole milk or almond milk
1 tablespoon of honey
Add all ingredients to a blender and blend well

Sautéed Asparagus

2 tablespoons Extra – virgin olive oil
1-pound asparagus, woody ends trimmed chopped to 1-inch pieces
¼ teaspoon sea salt and freshly ground black pepper to taste
1 teaspoon fresh lemon juice
Heat the olive oil in skillet over medium heat. Add the asparagus, salt, and pepper and sauté, stirring often for 3 to 6 minutes, or until tender.
Remove from heat, toss with lemon juice. Season to taste.

@ Little Laugh How do you fix a broken berry? With a strawberry patch!

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