



May/June 2024 Nutrition Nugget-

It's that time of year again-school is almost over and Summer is coming! Whether you have a vacation or a stay-cation planned, remember that it's always time for family, friends and nutritious food!

Summer gardens are a great way to start planting the seeds of nutrition for healthy eating. You don't need a plot of land-experiment with a container garden or even just a flower pot.





Try out this link for some helpful info- [Container Gardening for Beginners](#)



Peach: *The Fruit not the Princess- A Tale of Fuzzy Sweetness* -

Do you know of a fruit that is fuzzy on the outside and yellow on the inside? It's a "peach" of a fruit-a Peach! It's a great source of Vitamin A & Vitamin C. Peaches also contain a dark inner secret and it's the pits! No really, they contain a pit in the middle as their seed! [10 Surprising Health Benefits of Peaches](#)
Check out some peach nutrition info: [USDA Peaches SNAP-Ed](#) We all like the sweet things to make with peaches like pie & cobbler but how about savory dishes? For a savory twist- [25 Savory Peach & Nectarine Recipes](#)

Did you know?

- May 14 is "Dance like a Chicken" Day?  I've never seen a chicken dance but send me a video of yourself if you decide to celebrate this holiday!
- June 6 is "National Yo-Yo" Day?  Do you know how to Yo-Yo?

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!
[What's in Season for May](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🍌

- Q: Why couldn't the sailor play cards? A. *The captain was standing on the deck.*
 Q. How do cows laugh? A. *Moo-haha.*
 Q. At the gym, I decided to hop on a treadmill. A. *People gave me weird looks, so I started jogging instead!*
 Q. What do you call a pig that does karate?. A. *A pork chop.*
 Q. What happens when a cow laughs? A. *Milk comes out of its nose.*
 Q. How do you know rain doesn't fall? A. *Because raindrops.*
 Q. Why did the dolphin chase the boat? A. *To find its porpoise!*
 Q. Why am I like a ninja at the gym? A. *Cause you'll never see me there!*
 Q. How do cows introduce their wives? *Hey guys! Meat Patty.*
 Q. Man, it was really raining cats and dogs today. *Sure hope I don't step into a poodle!*

And the Knock, Knock joke:

"Knock, Knock!"
 "Who's there?"
 "Dwayne"
 "Dwayne who?"
 "Dwayne the bathtub, I'm ddowning!"

Find some more wholesome family friendly jokes, trivia, games, etc at this website! <https://easyfamilyfun.com/>

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