

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

April 2022

Brought to you by your
Licensed Dietitian Nutritionist

National Garden Month

Spring is in the air, and what better way to celebrate than with National Garden Month? Whether you're a seasoned pro in your garden or just getting started on your agricultural journey, April is a great time to plant something new. As they say, April showers bring May flowers, so get outside and see what seeds you can plant this month!

1 Soak up the sun. Get your Vitamin D in the beautiful Florida sunshine! Take a short walk, visit a local garden, or sit outside with a good book and an ice-cold glass of water. Don't forget to apply sunscreen after 10-15 minutes of sun exposure!

2 Load up on greens. National Garden Month is a great time to experiment with salad toppings. Try growing your veggies—you can plant pepper or tomato seeds indoors in April before moving them outside in May for the warmth they need to thrive!

3 (Grocery) shop local. Farmer's markets are an excellent and affordable resource for produce (and seeds). You'll find the freshest and best of what's in season -- plus, you'll support local growers every time you choose to shop local.



Florida Produce of the Month: Blueberries

Did you know? Blueberries are an anti-inflammatory agent containing more antioxidants than most other fruits or vegetables. High in vitamins C & K, they can also help ward off diseases like cancer, heart disease, and Alzheimer's disease. These little powerhouses are only in season in Florida in April and May, so grab some today!

Sources: Blueberry. <https://www.fdacs.gov/content/download/61436/file/FNW-LHIF-FLYER-BLUEBERRY-2019-FINAL.pdf>
National Garden Month. <https://nationaltoday.com/national-garden-month/>

Did you know nutrition counseling is free for anyone over age 60?
Your dietitian can help you meet your health goals.
Call 727-573-9444 to speak with your dietitian.