

MAY SOCIAL MEDIA POSTS

Holidays/Celebrations

What better way to celebrate National Salsa Month -- with a Salsa Bowl! <http://ow.ly/4naqEZ>

Add a bit of spice to your life! @Fruits_Veggies shares 12 spices that can flavor your salsa + more for National Salsa Month! <http://ow.ly/Saq330bc9wq>

Celebrate National Asparagus Month with these amazing asparagus recipes from our pals @Fruits_Veggies: <http://ow.ly/4nat0k>

It's National Asparagus Month! Get familiar with this seasonal superstar -- learn how to select, store, & more! <http://ow.ly/Mb00j>

Chef Alex Caspero, RD shares unique ways to use strawberries for National Strawberry Month! Check this out --> <http://ow.ly/4nawix>

Scrumptious Springtime Salads for National Salad Month --> @Fruits_Veggies has endless combinations for the taking: <http://ow.ly/wa6Am>

Recipes

The perfect backyard recipe! Enjoy these Grilled Cilantro Lemon Chicken Kabobs: <http://ow.ly/Mbjn7>

Grace your plates with this cool & refreshing Apple & Cucumber Salad: <http://ow.ly/4naApW>

Cheers to warm weather! Enjoy a Berry Good Milkshake --> <http://ow.ly/4naKzH>

Grilled Shrimp w/Melon Avocado Salsa is a dish you simply can't resist: <http://ow.ly/4naHcT>

Try this Grilled Asparagus & Shrimp Quinoa Salad to shake it up for your next meal: <http://ow.ly/warBP>

Happy Cinco de Mayo! These Mini Butter Lettuce Taco Salads are perfect for celebrating with family: <http://ow.ly/waqky>

This Mango Avocado Salsa makes a great topping for seafood dishes like fish, scallops, and shrimp! <http://ow.ly/Kiv46>

These Strawberry Crepes w/Greek Yogurt Creme are perfect for breakfast, dessert, and snack...you decide! <http://ow.ly/KSch30bc3TA>

Triple the fruit, unlimited flavor -- enjoy a delicious & nutritious Triple Fruit Smoothie: <http://ow.ly/p7NY30bc4tE>

How bout' some Chunky Grape Salsa? Yes, yes, yes! <http://ow.ly/ZUko30bc890>

General

How to get maximum freshness from loose-leafed salad mixes: <http://ow.ly/u4enZ>

#TipoftheDay: fruits and veggies are naturally low in sodium. Use citrus juice or herbs to season to taste.

Memorial Day is coming! Spice up your backyard BBQ with these 10 ways: <http://ow.ly/MbcJx>

Taste + Nutrition = Healthy Meals! Check out these 30 combos of...SALAD: <http://ow.ly/MbgcU>

Gardening = less stress, promotes exercise, and enhances self-esteem --> true or false? Find out: <http://ow.ly/Mby1b>

#TipoftheDay: Get up & get going! Enjoy activities with your friends & family: cycling, bowling, gardening, or dancing. The weather is perfect!

#TipoftheDay: Transform leftovers into something else. Today's roast beef can be tomorrow's beef vegetable casserole.

#HealthyHumor - Where did the vegetables go to have a few drinks? Answer --> The salad bar! #Lo!
#FridayFunny #TGIF

REAP WHAT YOU GROW! Follow these simple steps from our mom blogger to get your veggie garden growing to perfection! <http://ow.ly/RR6Q30b9z0X>

Chef Alex Caspero, RD shares how to perfectly roast broccoli for a deliciously simple Broccoli Farro Salad: <http://ow.ly/yWKZ30baZd5>

Should starchy vegetables & fruit be limited when managing or losing weight? Find out from our expert: <http://ow.ly/iRut30bb05y>

Grilling 2day? Turn a bland cookout into a flavorful fiesta w/ these fruit & veggie grilling tips from @Fruits_Veggies: <http://ow.ly/wavDn>

It's Memorial Day so you know what that means...BBQ! And BBQ means BURGER! Check out tips to build a better burger: <http://ow.ly/EwUn30bc6Rz>

@Fruits_Veggies knows how to entertain! Check out these tasty tips and recipe ideas: <http://ow.ly/JEfQ30bcbQ8>