

## APRIL SOCIAL MEDIA POSTS

### Holidays/Celebrations

Spring is here and it's time to celebrate! Join @Fruits\_Veggies on 4/1 @ 4pm ET as they share tips, recipes, and ideas for #GardenGoodies!

@Fruits\_Veggies is celebrating National Garden Month! Join them on 4/1 @ 4pm ET as they get down and dirty w/ tips & ideas! #GardenGoodies

April is National Garden Month! Get on the right track with @Fruits\_Veggies vegetable garden how-to-guide: <http://ow.ly/Kio3W>

For National Garden Month, let the kiddies get their hands dirty with these ideas on how they can help in the garden: <http://ow.ly/KioyY>

What's salsa without a plump tomato! For National Fresh Florida Tomato Month, enjoy this Chunky Fresh Tomato Salsa: <http://ow.ly/KipOa>

For National Fresh Florida Tomato Month, stuff a tomato w/ low-fat cottage cheese or w/tuna, shrimp, or chicken salad. Use the pulp as part of the salad.

### Recipes

Get a taste of Spring with these Healthy Menu Ideas from @Fruits\_Veggies: <http://ow.ly/Kiur4>

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

Straight from the garden to your bowl! Enjoy this delicious Garden Orchard Salad: <http://ow.ly/Kix58>

Refreshing and so yummy! Enjoy this Grilled Peach Salad w/Spinach & Red Onion Vinaigrette: <http://ow.ly/KixOI>

#TacoTuesday is going to a whole new level! These California Dreamin' Chicken Tacos w/ Peach Slaw is finger-lickin' good: <http://ow.ly/KizlZ>

Perfect time to whip out the grill and make a Healthy Burger: <http://ow.ly/KiBaN>

### General

#DidYouKnow the average ear of corn has 800 kernels, arranged in 16 rows? There is one piece of silk for each kernel.

Grill your own potato bites! Dice potatoes, drizzle w/ olive oil, sprinkle w/ seasoning, wrap in aluminum foil, and place on the grill.

What is the tall stalk that grows in the middle of lettuce? Our expert has the answer -->

<http://ow.ly/KiEXZ>

#Watch this video from @Fruits\_Veggies to learn how to use Artichoke Hearts for dips and more:

<http://ow.ly/KiFtm>

What comes to mind when you think of Spring? @Fruits\_Veggies thinks about delicious FVs! Here's what's in season: <http://ow.ly/KiLuS>

We can all appreciate a quick, healthy meal! Check out @Fruits\_Veggies 30 min or less recipes:

<http://ow.ly/KiLOX>

Don't be left in the DIRT with your veggie garden! Check out @Fruits\_Veggies FAQ -->

<http://ow.ly/KiMuW>

Make the most out of your family's budget by always including fruits and veggies in your meals with these tips: <http://ow.ly/KiNTn>

#DidYouKnow a Jackfruit can weigh up to 100 pounds and grow up to 3 feet long? Learn more -->

<http://ow.ly/KiPou>

No more winter blues! Meredith Mensinger, RD of Redner's Warehouse Markets shares tips for a HEALTHY Spring cleaning: <http://ow.ly/KiRNj>

A beautiful day calls for a sweet treat! Enjoy this Purple Party Parfait: <http://ow.ly/Kjaib>

Knock Knock! Who's there? Lettuce! Lettuce who? Lettuce in and I'll tell you! @Fruits\_Veggies is cracking jokes! #LOL #HealthyHumor

#FridayFunny: How do you make an Artichoke? Answer --> Strangle it! #Lol #HealthyHumor

#TipoftheDay: Applesauce replaces 1/2 cup of fat in recipes for many baked goods!

Scalloped Potatoes and Chicken with Fennel is a tasty one-dish meal the whole family will love:

<http://ow.ly/KiUWE>

#TipoftheDay: Add one more! Cut up veggies like carrots, zucchini and potatoes. Add them to your favorite meatloaf or soup recipes!

#AsktheExpert: Do berries contain sodium? Find out --> <http://ow.ly/KiVUg>

Does your kid want to become a vegetarian? Don't panic! @Fruits\_Veggies can answer any questions you may have: <http://ow.ly/KiWrX>