

APRIL SOCIAL MEDIA POSTS

Holidays/Celebrations

Grab your gloves and DIG IN! For National Garden Month, check out these tips to get the most out of your garden: <http://ow.ly/v3HxS>

You can have the vegetable garden you've always wanted by following these 4 steps: <http://ow.ly/titT30aaBgK> #NationalGardenMonth

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

Juicy, plump, tasty tomatoes are the star of the show in delicious Farmer's Market Salsa --> <http://ow.ly/ZMbp2> #NationalFreshFloridaTomatoMonth

Got garlic? @Fruits_Veggies shares 10 ways to enjoy for National Garlic Month: <http://ow.ly/LWqS30aaC0I>

Garlic is in almost everything we eat. Check out the benefits of this potent veggie: <http://ow.ly/TE8U30aaC73> #NationalGarlicMonth

Recipes

This Chicken Chile Verde Salad is amazing! Wouldn't you agree? <http://ow.ly/ZQBny>

@Fruits_Veggies has the perfect guilt-free dessert -- trust us, they're BERRY good! <http://ow.ly/ZQSU3>

Oh how we LOVE these Grilled Chicken Lettuce Wraps w/Blueberry Bell Pepper Relish! Trust us, your fam will too! <http://ow.ly/ofA0300W1N5>

Enjoy Fish Tacos w/Fresh Mango Salsa for #TacoTuesday --> <http://ow.ly/ww6p3075jt2>

We're taking salad to the NEXT LEVEL! Try this savory Roasted Beet, Watermelon & Medjool Date Salad: <http://ow.ly/N9hSJ>

Our #MCM (Meal Crush Monday) goes to this tasty Eggplant Parmesan! Dig in! <http://ow.ly/Qqp9V> #MeatlessMonday

How about Green Peas, Potatoes, and Ham for dinner? Yes, definitely! <http://ow.ly/Vupjm>

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

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

General

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

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

#TipoftheDay: Visit your local farmers market. The produce is just as fresh! Search for Farmer's Markets in your area: <http://ow.ly/flft309fJlt>

If you're in need of nutrition education materials, we have just what you need...for FREE!
<http://ow.ly/tpMd309fLha>

See what tasty meals Chef Alex and Chef Andrew are cookin' up today! <http://ow.ly/S3bkH>

As we wave goodbye to winter, we welcome spring! Check out the season's best fruits and veggies:
<http://ow.ly/JBFbQ>

#TipoftheDay: Peel produce only if you have to. The skin can provide added nutrients and flavor!

Don't be left in the DIRT with your veggie garden! Check out @Fruits_Veggies FAQ -->
<http://ow.ly/KiMuW>

Gardening can improve your health? How? Find out --> <http://ow.ly/ZLUr5>

Kids playing in the garden? GREAT! See how they can help you get things growing + 5 do-it-themselves projects: <http://ow.ly/v3Je5>

Don't let ur next meal get the best of you! Take a peek at @Fruits_Veggies Weekly Healthy Menu Ideas to stay on track: <http://ow.ly/ulRxC>

Obesity is a SERIOUS disease. Get the facts here + 10 tips to tip the scale in your favor:
<http://ow.ly/vdtPK>

BERRY-sensational! #DidYouKnow a boysenberry is a hybrid fruit resulting from the cross of raspberries, loganberries, & blackberries? SWEET!

Is it hard to fit veggies into breakfast? Alyson Fendrick, RD shares 4 tips to help you find a place for them: ow.ly/eiCs309PAve

1 large banana, 8 large strawberries, or 1/2 medium grapefruit all equal 1 cup! Here's more of your favs: ow.ly/AbJF309pdzt

Vegetarian women have much higher rates of iron deficiency anemia than non-vegetarians. Learn more: ow.ly/OB6x309klet

New to cooking fruits and veggies? Get easy cooking tips here: <http://ow.ly/ulHFt>