

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

#FunFact: #DidYouKnow if you stacked 11,624 #pecans end to end your stack would be as tall as the Empire State Building? National #PecanMonth

For National #PecanMonth-- add these protein & fiber-packed #nuts to your #cereal, #salad or baked goods! They add a fun, crunchy touch! Learn more: <http://ow.ly/hEOg6>

When it comes to FVs, don't be fooled by which form is better...remember ALL FORMS OF FVs COUNT! <http://ow.ly/v1cj30jcU6b> #AprilFoolsDay

Recipes

Oh how we LOVE these #GrilledChicken #LettuceWraps w/ #Blueberry #BellPepper Relish! Trust us, your fam will too! <http://ow.ly/ofA0300W1N5>

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

How about #GreenPeas, #Potatoes, and Ham for #dinner? Yes, definitely! <http://ow.ly/Vupim>

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

How bout' a tasty crunch for #lunch with a hint of sweetness?! Try this #Pineapple #ChickenSalad w/ #Pecans: <http://ow.ly/PNBm30iF58X>

There's nothing like a #healthy yet filling #Easterbrunch...Eggs Over #Kale & #SweetPotato Grits:
<http://ow.ly/kmTK30jddHN>

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!

#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>

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>

Give the kiddies something to do on #springbreak! See how they can help you get things growing + 5 do-it-themselves projects: <http://ow.ly/v3Je5>

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

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

@Fruits_Veggies chef, Alex Caspero, RD went LIVE to share how to make #pesto from any green! Check it out! <http://ow.ly/Po7C30jcE9a>

Can fruits, veggies, and nuts help back pain? Find out from @Fruits_veggies #expert:
<http://ow.ly/OZmE30jcUqL>

Revitalize your exercise routine this season! Get the Who, What, When, Where & How to becoming physically active: <http://ow.ly/i6Dco>

#DidYouKnow it takes just one ounce of #celery seeds to produce an acre of celery? Pretty cool, huh?

#TipoftheDay: Ask your coworkers to offer FVs at meetings instead of donuts & pastries.