

MAY SOCIAL MEDIA POSTS

Holidays/Celebrations

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

A familiar friend kicked up a notch! Try this Steamed Salmon w/ Walnut Vinaigrette for National Asparagus Month: <http://ow.ly/Mb195>

Juicy, sweet, and red! That's right -- we're talking about STRAWBERRIES! For Nat'l Strawberry Month, @Fruit_Veggies has 10 ways to enjoy! <http://ow.ly/Mb1W5>

Get a lil' fancy for National Strawberry Month and try this Strawberry Shrimp Ceviche from @Fruit_Veggies --> <http://ow.ly/Mb3WC>

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

Recipes

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

This Spring Salad w/Purslane & Honey Dressing from @Fruit_Veggies is simply the best! <http://ow.ly/Mb7gs>

The kiddies will love this Crazy Curly Broccoli Bake --> <http://ow.ly/Mb8a6>

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

Yum! Crusty bread topped in fresh basil and red-ripe tomatoes is DELISH! <http://ow.ly/MbkUr>

General

We can all appreciate a quick, healthy meal! Check out @Fruits_Veggies 30 min or less recipes: <http://ow.ly/KiLOX>

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>

Scalloped Potatoes and Chicken with Fennel is a tasty one-dish meal the whole family will love: <http://ow.ly/KiUWE>

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

Save \$\$\$ -- Always know what's in season so u can buy extra n can or freeze 4 later! See a full seasonal list: <http://ow.ly/tjTUL>

Clarification Station: What IS a serving of FVs? How much do u need? 5? 9? Half a plate? Here's the deal: <http://ow.ly/wa5G8>

#DidYouKnow if left alone, a grape vine will spread 50 feet or more?

#FridayFunny: What did the traffic light say to the tomato crossing? Answer --> "Don't look now, I'm changing!" Get it? LOL #HealthyHumor

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

#TipoftheDay: Grab a glass of 100% juice instead of that second cup of coffee!

A mental getaway to paradise with a glass of Jicama Pina Breeze. All aboard: <http://ow.ly/MbeXf>

Grilled Berry Dessert --> Slice a ripe peach in half, remove pit, fill w/blueberries. Sprinkle w/brown sugar, lemon juice & wrap in foil. Grill for 15 minutes. Turn once.

Taste + Nutrition = Healthy Meals! Our friend, Natalie Menza, RD of Wakefern, shares 30 combos of...SALAD: <http://ow.ly/MbgcU>

Be prepared for anything! Always have what you need in the kitchen with the well-stocked pantry: <http://ow.ly/MbhY2>

#HealthyHumor --> What did the apple skin say to the apple? Answer --> We've got you covered! Lol, @Fruit_Veggies is hilarious!

#DidYouKnow Rhubarb can be used to clean burnt spots on pots and pans? Learn more --> <http://ow.ly/Mbp9o>

Slicing Cantaloupe can be tricky -- #Watch this video to learn how to properly slice this yummy melon: <http://ow.ly/MbpMO>

You know it's a party when this Grilled Eggplant and Black Bean Party Dip is on the menu: <http://ow.ly/Mbtua>

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

What is the best way to find the name of exotic fruits? Our expert has the answer --> <http://ow.ly/MblGu>

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