

The Kitchen Explorers Newsletter April 2024



"Winter's done, and April's in the skies, Earth, look up with laughter in your eyes!" - Charles G. D. Roberts



April is all about spring time and yummy spring vegetables— asparagus and artichokes are at their peak of existence for the year. We then start to see the yummy snap peas as they begin to say hello, as well as young carrots growing ever so nicely and showing off their fern-like carrot tops. It is also time to start admiring the taste of spring garlic, spring onions, leeks, and fennel for they are thriving, as are the first of the spring radishes.

There are so many health benefits to eating fresh, local, and seasonal produce. We are stepping into the beginning of spring and with that comes a new season that brings us a hope for warmer days and lots of sunshine, but it also gives us the opportunity to feed our bodies with fresh and local seasonal produce that are jammed packed with high amounts of nutrients.

Although, for our area we are still seeing a lot of heavy wet spring snow. I do not know about you but, I am so ready to plant and enjoy the short summer months and what we can harvest and enjoy.

Find a local Farmers Market and start enjoying the taste of Spring!



Article 8

Great family fun crafts

A bunch of cute and fun crafts

<https://www.thepioneerwoman.com/holidays-celebrations/q35472251/easter-crafts-ideas/>

<https://onelittleproject.com/pinecone-bird-feeders/>

<https://www.messylittlemonster.com/2020/05/spring-crafts-for-kids.html>

Family Fun Recipes

<https://www.womansday.com/food-recipes/food-links/q1466/easter-food-ideas/>

<https://www.foodnetwork.com/holidays-and-parties/photos/our-best-easter-recipes>

great website for all things healthy and kids is:

<https://www.myplate.gov/>





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