



WELCOME TO OUR

Monthly Newsletter

♦Spring Into Health



Spring is a time to renew and rejuvenate. The air is crisp and new life is showing up all around us with trees and flowers beginning to bud. April showers do bring May flowers. It's a great time to get outdoors and explore nature whether that's in your backyard, neighborhood park or local trail. Get outside and enjoy nature however you enjoy it. Take a hike, ride your bike, go for a walk, go kayaking, escape to your favorite campground or lake. Take it all in-the sights, sounds, smells and even touch. Put down or turn off your screen and go enjoy nature this spring!



In this newsletter you will find:

Fruits and Vegetables that are in-season, spring cleaning tips and benefits of cleaning and connecting with nature.



What's in season?

TRY A NEW FRUIT OR VEGETABLE WHILE IT'S IN SEASON.

Produce is usually on sale when it's peak season. This is a great time to buy your favorites to enjoy or consider freezing them to enjoy all year long. If you want to do something different, get outside and enjoy local produce farms this season. This could become a new family tradition.

Strawberries are in season April to June.

Blueberries are in season June to July. Here are a few to consider:

- **Gardener's Orchard**
4455 W farm road 2
Brighton, MO
- **Brown's Berry Farm LLC**
5935 Highway M
Miller, MO
- **B Berry Farms**
96 Dusty Dr.
Elkland, MO 65644
- **Black and Blueberry Farm**
5313 S. Farm Rd. 241
Rogersville, MO 65742



Coming Up

GARDENER'S ORCHARD

Tulip and baby animal days in April.

Visit the website for more information.

Find out more @
<https://gardenersorchardandbakery.com/>



What's in season?

SPRING PRODUCE

Arugula, artichokes, asparagus, beets, carrots, herbs, kale, greens, morels, spinach, grapefruit, lemons, mangoes, rhubarb, and strawberries to name a few. Enjoy your favorites this season and maybe try something new! Visit Forks Over Knives website to learn how to best select and store produce.

Spring Cleaning

WHY IS IT CALLED “SPRING CLEANING?”

Traditionally, people thoroughly cleaned their homes in the springtime when the weather is warmer and we can open the windows for fresh air. In olden times, winter months meant a build-up of dirt, dust and grime. Today it symbolizes a fresh start with this new season.

The Journal of Neuroscience found that “too much mess clutter’s the brain’s ability to process.” Another study conducted by researchers at UCLA in 2010 found that” people who had cluttered homes experience higher levels of the stress hormone, cortisol.” Spring cleaning provides health benefits like: decreased stress, a boost in creativity, better sleep, eating healthier and burning calories. Did you know that how tidy you keep your home or office space could affect what you eat? Beginning is the hardest part. So make a plan tackling the hardest job first. Dr. Potter from Cleveland Clinic says, “You need to do what works for you.” Now is the time to take advantage of the warmer weather, open up your windows and start cleaning! Just think of all the benefits you will obtain.



Benefits of connecting with nature

GET OUTSIDE AND ENJOY SOME FRESH AIR!

Nature can be a way to combat stress, improve your emotional & mental well-being, and improve cognitive function like: memory, attention and better sleep. It can also help with our physical wellbeing and increase your vitamin D level.

CMH Dietitians

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