



# April is National Gardening Month!

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves.

Check out <http://www.kidsgardening.org/> for more gardening tips.



**Join us every  
Thursday for our live  
Pork Carnita Action  
Station with Chef  
Shari**



**Chef Shari's  
Burger Bar is  
an Amity  
Favorite!!!!**