
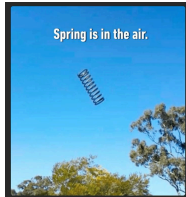




## April 2025 Nutrition Nugget-

Welcome to April! The promise of  and the outdoors coming back to life after a long, hard winter. What a sight to behold and enjoy!




Yay!

HAS ANYONE TRIED TURNING THE WEATHER OFF AND ON AGAIN, TO SEE IF THAT HELPS?

Anyone?



It's why you never find them all!

**Featured:** The Mighty Carrot!  He can be sweet, spicy, savory or raw. He can be the star of your dish or play a supporting role. Glazed or Roasted or raw with dip. Sliced or diced into a stew, soup or salad. Even Carrot Cake-yummy! He is a versatile vegetable virtuoso! (Say that 3 times fast! 😊)

**Did You Know?** Until the 17th century, carrots were purple or black in color instead of orange? You can still get a variety of colors of carrots today-totally cool! California produces over 85% of the carrots in the US? And, baby carrots are actually regular carrots cut into smaller pieces? Also, cooking carrots improves their nutritional value making the carotenoids (anti-oxidants) more bioavailable to your body. Here are some recipes that will make you love carrots even more: [Glazed Carrots](#) [30 Best Food Network Carrot Recipes](#)

Click on this link to learn more nutrition and health benefits about carrots: [Carrots 101](#)

Click on this link for recipes and info for What's In Season: [What's In Season For April](#)

**The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny!** 🥕

- Q. Why is "Dark" spelled with a K & not a C? A. Because you can't C in the dark!
- Q. What do you call a can opener that doesn't work? A. A can't opener.
- Q. How do you cook an alligator? A. In a croc-pot.
- Q. What do dogs and phones have in common? A. Collar ID..
- Q. What did the buffalo say to his son when he left for college? A. Bison!
- Q. What do you call a line of rabbits walking backward? A. A receding hareline!
- Q. What kind of a car does a sheep like to drive? A. A lamborgini!
- Q. How much does it cost to swim with sharks? A. An arm and a leg.
- Q. What is Forrest Gump's password? A. 1Forrest1
- Q. What do you call 2 monkeys that share an Amazon Prime account? A. Prime mates.
- Q. What gets wetter the more it dries? A. A towel.

Click here for more jokes: [50 Funny Jokes for Kids](#)

And now for the Knock, Knock joke!

"Knock, Knock!"

"Who's there?"

"Cows go"

"Cows go, who?"

"No, silly! Cows go moo, Owls go who!"

"The USDA is an equal opportunity provider and employer."