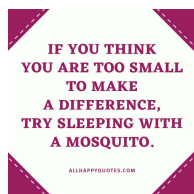




## **May 2025 Nutrition Nugget-**

Welcome to May! It May rain, it May shine, it May be warm, it May be cold & that May-be all in one week or even one day! But one thing is for sure: It's the end of the school year! Happy Summer, Y'all!



Yep.



Countdown!



Occasionally performed in

public!



**Featured:** The beautiful Strawberry! Sweet, tart, luscious, delicious- . Whether in a dessert, smoothie, salad, or eaten freshly picked, strawberries are the tasty ambassador of May's fruits! There are many festivals centered around this little red morsel. Is there one in your area?

**Did You Know?** Not all strawberries are red-there are many colors-white, pink, yellow & golden-hued. I wonder if they taste the same? They're not really a berry but of the rose family. Gives new meaning to the Shakespeare quote of "A rose by any other name would smell as sweet." Now we can add taste to that! Here is a link to more fun facts about strawberries: [25 Fun Facts about Strawberries](#)

Click on this link to learn more nutrition and health benefits about strawberries:: [Strawberries 101](#)  
Some recipes for your enjoyment: [USDA Strawberry Fresca Recipe](#) [Strawberry & Banana Smoothie](#)

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

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

- Q. Why was the little strawberry sad? A. Its parents were in a jam!
- Q. What is a cat's favorite TV show? A. Claw & Order.
- Q. What do you call a boomerang that doesn't come back? A. A stick.
- Q. How do you weigh a millennial? A. In Insta-Grams!
- Q. Did you hear about the ATM that was addicted to money? A. It was having withdrawals!
- Q. What do you call a short mother? A. A minimum! (in honor of Mother's Day)
- Q. Why did the art thief's van run out of gas as he drove away from the museum? A. Because he had no Monet to buy Degas to make the Van Gogh! (this is my cultural portion of the joke section)
- Q. What's the difference between an alligator & a crocodile? A. I believe the main difference is that one will see you later and the other one will see you in a while..
- Q. What is the fastest way to mess up someone's Knock, Knock joke? A. "It's open!"
- Q. What do you call birds that stick together? A. Velcrows!
- \* I got thrown out of my local park after rearranging the squirrels by height. They didn't like me critter sizing!
- \* Clooney, DiCaprio & McConaughey all want to put a movie together: Clooney says "I'll direct" DiCaprio says "I'll act." and McConaughey says "I'll write, I'll write, I'll write."

And now for the Knock, Knock joke!

"Knock, Knock!"

"Who's there?"

"Summer"

"Summer, who?"

"Summer going on vacation & Summer staying home!"

Have fun either way!

**“The USDA is an equal opportunity employer and provider.”**