

The Kitchen Explorers Newsletter

March 2023



Happy St. Patrick's Day and Spring Break

La Maith,

Good day to all of you in Gaelic.

We have had a lot of Spring snow so far and it is so needed for our area and to help all greenery thrive in the summer. What can help us thrive as we continue to have cold and wet spring weather? Check out what is in season this month and all the powerful antioxidants and nutrients that comes along with freshness.

Artichokes, arugula, avocado, asparagus, beets, bok choy, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celeriac, celery, collard greens, cucumber, endive, fennel, kale, leeks, parsnips, onions, potatoes, radishes, radicchio, spinach, sunchokes, spring onions, sweet potato, turnips, apples, banana, clementine, grapefruit, kiwi, kumquats, lemon, lime, oranges, pear, persimmon, strawberries, and tangerine. So much fresh food options to choose from for a better health and to help fight the common colds and viruses that come our way. These are all packed with vitamins, minerals and antioxidants.

There is also the traditional St. Patrick's Day meal that is a tradition in our family. Corn beef, cabbage and potatoes. Yum!!! Cannot pass up on that every year.

We will have Spring Break Monday March 20- Friday March 24. School will be back in session on Tuesday March 28, 2023. Hope y'all have a great, relaxing and warm spring break.

We officially have 50 days of school left before summer break!!



Great family fun crafts

<https://www.kindergartenworksheetsandgames.com/march-crafts-for-kids/>

<https://www.wheremaginationgrows.com/march-crafts-activities-kids/>

<https://www.projectswithkids.com/spring-art-projects/>

Family Fun Recipes

<https://www.natalieshealth.com/whats-in-season-march/>

<https://www.foodandwine.com/holidays-events/recipes-recipe-in-march>

<https://www.tasteofhome.com/collection/st-patricks-day-recipes-for-kids/>

<https://insanelygoodrecipes.com/st-patricks-day-recipes/>



