

THIS MONTH AT THE FAMILY ROOM...

We want to say **THANK YOU** to the many helping hands and donations that have helped our Garden get off on the right foot this year:

-The Very Dedicated and Insightful Master Gardeners **Shari Bell and Nancy Knox** who helped us plan, get the garden ready, and will run workshops throughout the summer

-**Red Wagon Plants** who are donating a LOT of organic veggie starts throughout the summer!!

-**Winooski Valley Parks District** for providing and maintaining our beautiful space

-**Burlington Area Community Gardens** for continued support of our garden program

- Volunteers from Bruegger's and the United Way Volunteer Center who worked hard to prep the garden beds

-**Gardener's Supply** for fertilizer and organic pest control

-**Bibens Ace Hardware** for a new shovel, rake, and hoe

-**Claussen's** for flower seeds

-The Family Room's own expert gardeners Emily and Bonnie helped map out plans for a child-friendly garden

THANK YOU THANK YOU!!!

SEEKING VOLUNTEERS!! We need volunteers to help with the **FACT Reunion Celebration** on Tuesday, June 15th. See Ellen if you can help us with food prep, set up, or clean up. Volunteers are guaranteed to have fun and get plenty of food!

In one of the last Healthy Eating classes we made really yummy **SMOOTHIES** that have lots of vitamin C, calcium, and no added sugar. Here's the recipe:

Ingredients

½ cup plain or vanilla yogurt

½ cup orange juice

1 banana

½ cup frozen berries (any kind, unsweetened)

Put everything into a blender. Blend until smooth and drink. Try adding other fruits like pineapple or mango.

For a summer treat, pour smoothie mixture into an ice cube tray or small paper cups. Cover with tinfoil and poke popsicle sticks into each "cube." Place in freezer for at least a few hours for **SMOOTHIE POPSICLES!**

On **TUESDAY JUNE 8th** we're moving out to the Ethan Allen Homestead for both Tuesday and Thursday Family Play. The bus will leave at 9:30 If you're driving separately, here are the directions to the Homestead:

From Burlington, take Route 127 N.

Take the first exit off of 127 towards North Ave/Beaches

Just after the ramp you'll see a sign for the Ethan Allen Homestead and turn right at the sign.

Take the first right onto a dirt road to get to the picnic pavilion, or keep following the paved road to the garden site and museum parking.



VNA Family Room
862-2121 www.vnacares.org