

# ◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

April 2018



## APRIL is National Garden Month

*Here are 10 tips for planning your indoor garden*

1. Position plants carefully. The ideal spot is in front of a large window facing east or west.
2. Re-create a forest floor. Most indoor plants thrive in dim environments and filtered lights.
3. Sun-lovers face North. If you have a plant that thrives on sun, place it in the a windowsill facing north or north-east.
4. Plants for the bathroom. Ferns and other moisture-loving plants do best in vaporous rooms like bathrooms where they can lap up regular doses of mist.
5. Water from the bottom so that it can reach the plant's roots.
6. Keep away from drafts. Avoid placing plants near ducted heat or air.
7. Do not over water. Check by pushing your finger into the soil; if it comes out without any trace of soil on it, start watering.
8. Plants like to be misted.
9. Apply fertilizer.
10. Use ice cubes. Place a couple on top of the soil and leave them to melt.



## Pesto Chicken, Tortellini, and Veggies

### Ingredients

- 2 TBSP olive oil
- 1 lb. boneless, skinless chicken thighs, sliced into strips
- Salt
- 1/3 cup sun-dried tomatoes drained of oil, chopped
- 1 lb. asparagus ends trimmed, cut in half
- 1/4 cup basil pesto
- 1 cup cherry tomatoes yellow & red, halved
- 1 cup tortellini, uncooked

### Instructions

1. Heat a large skillet on medium heat, add olive oil, chicken thighs, season chicken generously with salt, add half of chopped sun-dried tomatoes and cook
2. Remove the chicken and sun-dried tomatoes from the skillet, leaving the oil in.
3. Add asparagus, seasoned generously with salt, remaining half of sundried tomatoes, and cook on medium heat for 5-10 minutes until the asparagus is cooked through. Remove the asparagus to a serving plate.
4. Cook tortellini according to the package instructions, drain.
5. Add chicken back to the skillet, add pesto, stir to coat on low-medium heat until the chicken is reheated, 1 or 2 minutes. Remove from heat. Add tortellini, halved cherry tomatoes, mix with the pesto and the chicken. Add more pesto if desired. Taste, and add more salt if needed. Add chicken and tomatoes and tortellini to the serving plate with asparagus.

## 28 - DAY

### Spring Cleaning Challenge

- Day 1 - All baseboards
- Day 2 - Light switches & door handles
- Day 3 - All light fixtures
- Day 4 - Blinds & shutters
- Day 5 - Wipe down walls
- Day 6 - Washing machine & dispenser
- Day 7 - Air vents & filter
- Day 8 - Flip & rotate mattresses
- Day 9 - Bed pillows
- Day 10 - Under beds & dressers
- Day 11 - Closet shelves & floors
- Day 12 - Ceiling fan blades
- Day 13 - Shower head & curtain
- Day 14 - Dishwasher seal & dispenser
- Day 15 - Fridge shelves & door seal
- Day 16 - Microwave inside & out
- Day 17 - Range hood & vents
- Day 18 - Stove grates
- Day 19 - Kitchen sink & faucet
- Day 20 - Kitchen utensil drawers
- Day 21 - Kitchen cabinet doors
- Day 22 - Pantry & cupboards
- Day 23 - Kitchen trash cans
- Day 24 - Inside oven
- Day 25 - Dining room chairs
- Day 26 - Couch & cushions
- Day 27 - Under all furniture
- Day 28 - Under area rugs & mats

# 10 DETOXING FOODS & THEIR BENEFITS



## GREEN TEA

Helps rid the body of radicals



## GARLIC

Detoxes the Liver



## ONIONS

Detoxes the Liver



## GINGER

Detoxes the Liver & Helps Digestion



## LEMONS

Detoxes the Digestive Tract



## APPLES

Detoxes the Liver



## GRAPEFRUIT

Detoxes the Liver & Helps Prevent Kidney Stones



## PINEAPPLE

Cleanses the Stomach



## KALE

Detoxes & Flushes Out the Kidneys



## ASPARAGUS

Detoxes the Liver

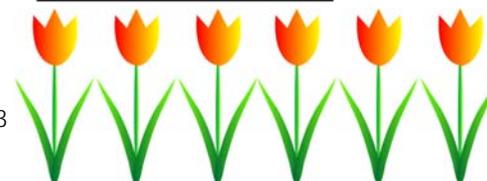
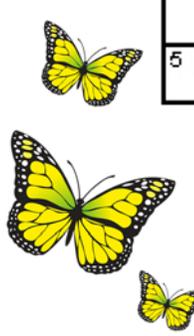
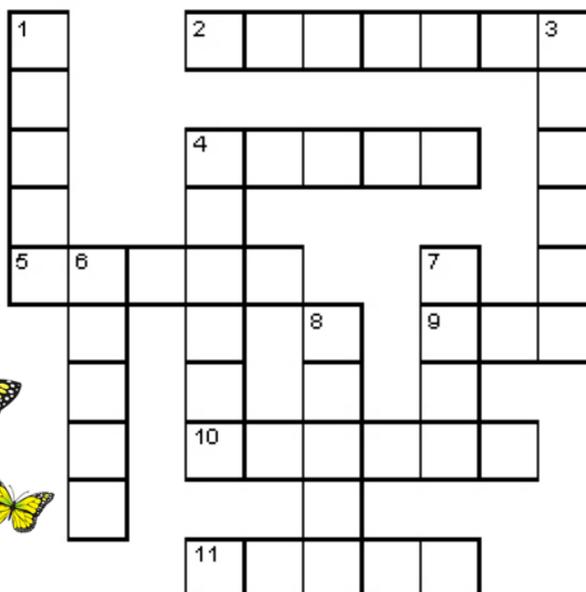
### Spring Crossword

#### ACROSS

2. April showers bring May \_\_\_\_\_.
4. In spring, farmers \_\_\_\_\_ crops.
5. The first month of spring.
9. Easter \_\_\_\_\_.
10. \_\_\_\_\_ blossom trees.
11. Spring \_\_\_\_\_; vacation.

#### DOWN

1. Flowers \_\_\_\_\_ in Spring.
3. The season after winter.
4. Let's go on a \_\_\_\_\_.
6. A month in Spring.
7. An animal that wakes up in Spring.
8. Birds that fly north in Spring.



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