

May We Go Green

by Leslie Lesley



When you think about the month of May, what are some of the traditional celebrations that come to mind? There's Mother's Day of course and the ever popular celebration of Older Americans. The month of May also recognizes or brings awareness to various causes such as foster care, lupus and high blood pressure, to name a few. For those Clarion readers who may be sports enthusiasts, May is also National Bike Month. How many of you knew that May is also National Salad Month? That's right, the celebration of salad! What better way to kick off the summer season than by starting it off with a month long commitment to eat healthier? You know, experts say it takes about 30 days to develop a new habit.

So with health and well-being in mind, this Clarion literary contributor would like to issue a challenge to all of the Clarion moms as we look forward to the annual Mother's Day celebration. Would you join me and consider having at least one salad per day for the entire month of May? Husbands and children, instead of the regular bouquet of flowers for mom this year, why not consider giving mom a gift of greens? You know, lettuce, kale and spinach? Mom's commitment to the "Salad Challenge" will be that much better if she is supported by those who love her.

Moms, so that your challenge doesn't become something boring or monotonous to your palette, consider enhancing your salad by adding veggies like baby corn, cucumbers, tomatoes, mushrooms or carrots. Or even add a touch of sweetness to your salad by tossing in a few toppings like strawberries, mandarin oranges or maybe some blueberries or cranberries. A couple of pieces of grilled chicken or salmon to finish it off can really spice up your salad and turn it into a festive, savory entrée with texture, flavor and crunch! Take the challenge mom, go green in May and have a blessed Mother's Day!