



# Sirna & Sons Newsletter June 2019



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### National Dairy Month

National Dairy Month started out as National Milk Month in 1937 to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus but has now developed into an annual tradition that celebrates the contributions the dairy industry has made.

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

### National Papaya Month

The mildly flavored fruit tastes subtly like a cross between a mango and a peach when ripe. It pairs well with spices and makes a delicious salsa. Papaya can be enjoyed in smoothies and savory dishes as well.

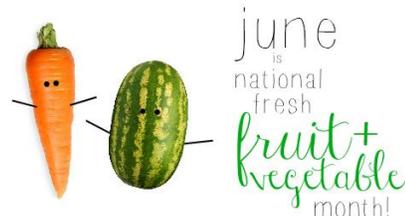
Be sure to take advantage of the papaya's health benefits. Whether it's used to enhance the skin or eaten to gain the rich vitamin A, C, E, potassium, and antioxidants.

To eat a papaya, simply slice it in half and scoop out the seeds. Remove the peel and cut it into slices or cubes or use a melon baller or spoon to scoop out the fruit. To enhance the flavor, sprinkle on a little lemon or lime juice before eating.



### National Fresh Fruit and Vegetables Month

It's June, and that means summer produce is starting to come into season. In fact, it's National Fresh Fruit and Vegetables Month, so what better time to think about adding more fruits and vegetables to our diet? With the number of fresh, seasonal choices getting larger and larger from now through the fall harvest, there's no reason not to make fruits and vegetables the focus of your family table! Add some color to your plate not only in June but all year. Use June to make a fun game for the kids. Introduce a new fruit or vegetable daily or let them choose a color.



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