

— special series —

FROM THE HEART

CONNECT / LOVE / GROW



[strategies]

Cool Connections

Sharing a refreshing treat you make with your kids is a delicious, nutritious way to welcome the summer season

FROZEN GRAPES So simple! Wash the grapes, let them dry for a few minutes, then lay them on a wax paper-covered baking tray with space in between. Freeze until firm. You can also use strawberries and pineapple chunks.

FRUITY SQUARES Use a blender or food processor to puree fresh summer fruit like raspberries or peaches. Pour the puree into an ice-cube tray, cover with plastic wrap, and stick a toothpick into each square. Freeze until firm.

YOGURT POPS Flavor plain yogurt by mixing in fruit preserves, maple syrup, or spices (such as ground ginger or cinnamon) and honey. Then freeze until firm in Popsicle molds.

WATERMELON GAZPACHO A sweet variation on the classic Spanish cold soup! Substitute watermelon for the tomatoes that the traditional recipe calls for. Use chopped fruits instead of veggies. Blend until smooth or leave slightly chunky. —Stephanie Cajagil



Youcanmakethis.com

From baby hats to doll dresses, this site offers excellent resources for sewing or crocheting sweet DIY crafts. Whether you're a seasoned crafter or a rookie, you'll find the inspiration to get out the needle and thread.

**SAVE
THE
DATE**

**JUNE 15:
Total Lunar
Eclipse!**

For about an hour and forty minutes, the moon will turn a copper color as it passes through Earth's shadow! Unlike a solar eclipse, this one is safe to look at with the naked eye, and binoculars or a telescope can provide an even better view.

Starts at about
10:12 p.m. EST.



FROM TOP: MEDIA BAKERY (RF); NICK STUBBS/VEER (RF)