



# Plate Your Palate

Spring Season March, April, May

## In season

Avocados  
Bell Peppers  
Broccoli  
Blueberries  
Cabbage  
Cantaloupe  
Carrot  
Cucumbers  
Celery  
Eggplant  
Grapefruit  
Guava  
Lettuce  
Mango  
Mushrooms  
Oranges  
Peanuts  
Radishes  
Snap Beans  
Squash  
Spinach  
Strawberries  
Sweet Corn  
Tangerines  
Tomatoes  
Watermelon

## Featured Recipe

Get ready for the incoming spring with Strawberry Season!

Combine with cocoa powder - for its natural pro-serotonin production to chase the winter blues away!

1 Cup choice of milk (Dairy or oat milk)

½ cup strawberries, chopped

¼ Cup Chia Seeds

2 TB cocoa powder

Sweeten to taste

Let sit in fridge for at least 45 min, or until thickened to desired consistency

Yields 3 servings



Virtual  
Health  
Personalized

[www . Plate Your Palate . com](http://www.PlateYourPalate.com)



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## Upcoming Events

Crunch MAD 17th  
March 5pm-7pm

COGY Fitness Block  
Party 29 March 12-3pm

Earth Adventure Health  
Fair at Trailmark,  
St. Augustine FL

Major PYP Functional  
Garden Make Over,  
Improvements and  
Additions!

## Collaborations

Meridian Integrative  
Wellness

BeNu Psychiatry

ThriveMD Wellness

COGY Fit Club

FourFriends Fitness,  
Keena

Crunch Fitness, Harbor  
Village and Regency

Mesothelioma Hope  
Organization

American Herbalists  
Guild

2025 has just begun!

Determining Factors of Health Cohort 1

**COMPLETELY SOLD OUT!**

As soon as the last cold front passed, the birds, bees, and butterflies were busy pollinating away! PYP even welcomed our First Ever Cucumber vines sprouted from seed!

Community Involvement to assist NE FI Health is one of our TOP priorities (2nd to Prioritizing Your Quality of Life, of course!). With that said:

We are looking for individuals who have a keen interest in Herbalism. Plate Your Palate's Founder has initiated the process to bring **THE FIRST RECOGNIZED** Herbalism Chapter, to not only Jacksonville! But to North East Florida! This is an Open Chapter. As long as you are in good standing with AHG, anyone may partake.

Optional events include:

Quarterly meetings, symposiums and training events etc

If interested in more details please email:  
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Subject line: AHG NEFL