

# APRIL

## Lemon

### Superfood of the Month

Lemons are considered superfoods due to their large amounts of vitamins and minerals, as well as, antioxidants. They're extremely versatile and available all year long, making them an important staple in the kitchen. One of the most impressive benefits of lemon is the healthy dose of vitamin C. One serving of lemon provides 30mg, which is roughly 51% of the recommended daily allowance.

Pairing foods that are high in vitamin C, like lemons, with those that are high in iron, such as sunflower seeds, nuts, and dark leafy greens can help maximize the body's ability to absorb iron.



# Quick Tip!



## 1. CREATE AN ALL NATURAL CLEANING ABRASIVE

Use lemon & baking soda as an all-natural cleaning abrasive! Sprinkle baking soda onto a surface you'd like to clean, like your bathtub, and rub half a lemon over the surface. This will create a reaction with baking soda that exfoliates cleaning any residue like soap scum.

## 2. USE AS A STICKY RESIDUE REMOVAL

Use lemon essential oil to remove any sticky things, like the film of a sticker on a jar you are reusing.

# Did you know?

Lemon can aid digestion, can help clear your skin, and also assists with detoxifying your liver!



# April Happenings

**April 1:** Head to @EATMarketplace on Instagram and enter to win an Easter Basket curated by Chef Leah!

**April 3:** Easter to Go Meal Pick Up from 9:30 am-2 pm!

**April 17:** EAT is hosting an Olive Oil Tasting in store with 10% off all oils!



# Sneak Peak: May Happenings

**May 9th** Treat Mom to a very special one of a kind Brunch

**May 14th** Ladies Night featuring Primally Pure, Early Bird Rose Wine & Food by EAT

**Giveaway...** make sure you look for our May newsletter to win a fabulous ONE-POT!

