



April JSY Newsletter



[This month's JSY newsletter](#) welcomes the new season with a focus on simple ways to incorporate more vegetables and herbs into everyday meals. Our JSY Nutrition educators, Lily and Claudia, share both seasonal tips and a hearty, budget friendly recipe perfect for spring.

The featured Summer Sauce is a versatile dish with pantry staples like canned tomatoes and fresh vegetables such as zucchini, eggplant, and mushrooms. It's an easy way to prepare a balanced meal using ingredients that are often available through food pantries or local produce distributions. This sauce can be served over pasta, rice, or whole grains, making it a great go-to recipe for busy weeknights or batch cooking.

We also encourage everyone to consider growing their own herbs at home. Herbs like basil, parsley, and thyme are not only easier to grow indoors or outdoors, but they also bring powerful nutrients and bold flavor to your meals. Growing herbs can be a low-cost way to support a healthier kitchen, especially as fresh produce becomes more available during the warmer months.

[Download the full April Newsletter here](#) or by clicking the button below to get the full recipe, cooking tips, and ideas for using homegrown herbs in your daily meals. Whether you're cooking for one or feeding a family, this is a great resource to help make springtime meals healthier and more enjoyable.

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