

# The Garden Gazette

## Smithfield Gardens



### April Important Dates & Observances

National Humor  
Month

National Pecan  
Month

Keep America  
Beautiful Month

National Poetry  
Month

April Fool's Day  
April 1

Good Friday  
April 2

Easter Sunday  
April 4

Earth Day  
April 22

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### April is National Pecan Month

#### *Pecans: A Comfort Food Classic Reimagined*

Think outside the pie and grab a handful of pecans! With American adults and children snacking more, it's time to spotlight the natural, healthy, fuss-free pecan.

The National Pecan Shellers Association (NPSA) has a proposition for you. This April, consider snacking healthy and snacking on pecans. A one-ounce serving of 15 to 20 pecan halves packs a nutritious punch!



- Pecans contain more antioxidants than any other nut variety according to ORAC values
- Pecans can help reduce the risk of heart disease and lower cholesterol levels
- Pecans contain more than 19 vitamins and minerals
- Pecans are a natural, high-quality source of protein and naturally sodium
- Pecans have always been a staple southern comfort food, but if you're not lucky enough to have a pecan tree in your yard, make sure to look for plump pecans that are uniform in color and size. If you're buying shelled pecans, they're best stored in the freezer where they'll last for up to two years!
- The U.S. produces about 80 percent of the world's pecan crop.
- There are over 1,000 varieties of pecans. Many are named for Native American tribes, including Cheyenne, Mohawk, Sioux, Choctaw and Shawnee
- Pecans come in a variety of sizes – mammoth, extra-large, large, medium, small and extra small. They also come in several forms including whole pecans, pecan halves, pieces, granules and meal.
- Some of the larger pecan shellers process 150,000 pounds of pecans each day. That's enough to make 300,000 pecan pies!
- Before a shelled pecan is ready to be sold, it must first be cleaned, sized, sterilized, cracked and finally, shelled.
- Albany, Georgia, which boasts more than 600,000 pecan trees, is the pecan capital of the U.S.
- It takes a magnificent tree to produce a great-tasting nut. Pecan trees usually range in height from 70 to 100 feet, but some trees grow as tall as 150 feet or higher. Native pecan trees – those over 150 years old – have trunks more than three feet in diameter.
- Texas adopted the pecan tree as its state tree in 1919. In fact, Texas Governor James Hogg liked pecan trees so much that he asked if a pecan tree could be planted at his gravesite when he died.

<https://ilovepecans.org/nutty-pecan-facts/>

### Getting to Know Maria Marulli



Where were you born? **In Italy!**

Have you ever had a nickname? **Yes, Rita!**

What did you want to be when you were small? **A teacher!**

Where was your favorite place to work during your career?

**At a nursing home!**

What is your favorite holiday? **All of them!**

What is your favorite book? **Any kind!**

What are your hobbies? **Knitting!**

If you could do anything for a day, what would it be? **Knit!**

What is the best gift you have ever been given? **Flowers!**



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### Getting to Know Linda White!



Where were you born? **In Boston, Massachusetts**

Have you ever had a nickname? **Yes, Red & Lin**

What is your favorite childhood memory?

**Camping and sitting around the campfire singing and telling stories!**

What did you want to be when you were small? **A nurse or a veterinarian**

Where was your favorite place to work in your career? **As a switchboard operator at Sikorsky!**

What are your hobbies? **Formerly—making porcelain dolls and choral singing;**

**Now—reading, puzzles, and crafts!**

What's your best vacation memory? **Going to the International Church Music Festival in Bern, Switzerland!**

What is your favorite holiday? **Easter!**

What is your favorite book to read? **Amish stories and John Grisham novels!**

What's your favorite movie? ***Now, Voyager!***

What's your favorite sport to watch or play? **Hockey!**

What makes you laugh the most? ***The Golden Girls* on television!**

If you could do anything for a day, what would it be? **Gardening!**

What is the best gift you have been given? **My children!**

What is your proudest accomplishment? **The porcelain dolls I've made!**



## April Born

Amiable. Diplomatic. Always ready to help others. Adventurous. Great sense of humor. Loves to enjoy life. Totally active and restless. More emotional than practical. A good motivator. Spiritual and Godfearing. Good looking and sexy. Faithful lover. Hasty decision maker. Brainy and clever.

## April Birthdays

Some famous people born in April include:

April 1, 1932 - Debbie Reynolds	April 2, 1805 - Hans Christian Anderson	
April 3, 1924 - Doris Day	April 16, 1889 - Charlie Chaplin	
April 28, 1878 - Lionel Barrymore	April 29, 1951 - Dale Earnhardt	
Ann Dunnuck	John Garris	Maria Marulli
Antoinette Roman	Helen Sicilia	Angelina Stitt

# EARTH DAY

Earth Day is celebrated every **APRIL 22**

The first Earth Day in the U.S. was celebrated on **April 22, 1970.**



in **192** countries.



Earth Day was internationally recognized in **1990.**



### Raise awareness on:

- Oil spills
- Polluting factories & power plants
- Raw sewage
- Use of pesticides
- Extinction of wildlife
- Loss of wilderness



### Ways to get involved:

- Plant trees
- Build resources
- Recycle
- Clean the environment
- Ride your bike



## Store Update



Yeah!

The store will be reopening in the dining room on Monday, April 26th, at 1:30pm!



May your Easter basket be full of *Joy, Happiness & Peace* Today & Always!

Happy Easter

Can you figure out where in the community this picture was taken???

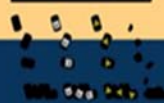


The world's population has **tripled** in the last **60** years, placing stress on every aspect of the environment.



**40 billion:** the number of aluminum cans that end up in American landfills each year.

Today our planet is currently losing over **15 billion** trees each year that's **56 acres** of forest **every minute.**





# April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 April Fool's Day	2  2:30pm: Bingo	3
4 	5 6:15pm: Bingo	6	7 1:15pm: Resident Council Meeting in the Multi-Purpose Room	8	9 2:30pm: Bingo	10
11	12 6:15pm: Bingo	13	14 2pm: Food Forum in the Multi-Purpose Room	15 Tax Day (extended through May 17th this year)	16 2:30pm: Bingo	17
18	19 6:15pm: Bingo	20	21	22 	23 2:30pm: Bingo	24
25	26 1:30pm-2pm: The store will be open in the Dining Room  6:15pm: Bingo	27	28	29 2pm: Monthly Birthday Party in the Multi-Purpose Room	30 2:30pm: Bingo	

