



Take a NOURISH Step!

August: Savor Summer: Health, Harvest, and Humor

August FUN Days!

8-2: Coloring Book Day

Break out those colors and have fun!

8-8: Cat Day

A purr-fect time to celebrate our whiskered companions!

8-8 to 8-16: Elvis Week!

Put on your *Blue Suede Shoes* & get *All Shook Up* as you celebrate the King of Rock'n Roll!

8-16: Tell a Joke Day

Share your favorite, clean jokes to brighten someone's day.

More at brownielocks.com



August is packed with opportunities to nourish your body, connect with your community, and have a little fun along the way!

As we celebrate *Immunization Awareness Month*, it's a great time to check in on your health and stay up-to-date on important vaccines. During *National Farmers Market Week* (August 3–9), enjoy the bounty of fresh, local produce while supporting your area growers. Find the farmers market near you and find out what is in season by month at <https://www.wifarmersmarkets.org/>

And don't forget to mark your calendar for a bit of summer humor on August 8, which is *National Sneak Some Zucchini Onto Your Neighbor's Porch Night*—a playful way to share the season's overabundance and build community spirit. While the tradition calls for a stealthy porch drop, a safer and more meaningful opportunity might be to knock on their door instead—offering not just the zucchini, but a friendly chat and maybe even your favorite zucchini recipe.

August 29th is *More Herbs, Less Salt Day*

Herbs are a wonderful way to add vibrant flavor and color to meals without relying on salt, fat, or sugar. They also make food more visually appealing and are a fun way to introduce you to new and exciting tastes.

Get inspired and increase your **Sodium Awareness** at <https://food.unl.edu/food-calendar/august/more-herbs-less-salt-day/>

NOURISH Steps Tips to Add More Herbs

Add fresh Basil to pasta, pizza, or salads.

(See Basil Pesto recipe on p. 2)

Stir fresh Mint into water, tea, or lemonade.

Chop into fruit salads, yogurt, or grain bowls.

Mix Rosemary with potatoes or bread dough before baking. Add to grilled meats or vegetables. The smell is amazing!

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Presto Pesto!

Basil Pesto

Ingredients:

- 4 cups fresh basil, gently rubbed under cold running water
- 1/3 cup nuts (walnuts, pine nuts, almonds)
- 3 teaspoons garlic, minced
- 1/2 cup Parmesan cheese
- 1/2 cup olive oil
- Salt and pepper to taste



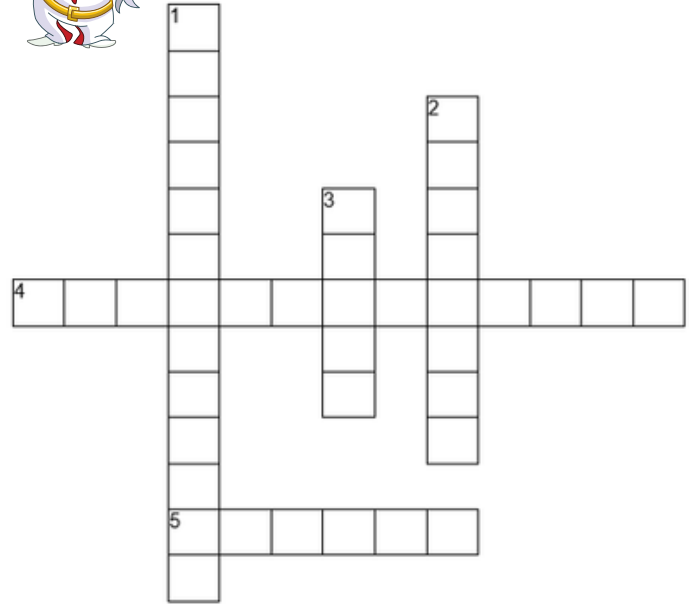
Directions

- Wash hands with soap and water.
- Pat basil dry with a paper towel after washing. Place the basil and nuts in a food processor or blender. Pulse until combined.
- Add garlic and cheese to basil mixture and pulse until combined. Scrape down sides.
- While the food processor or blender is running, slowly add half of the olive oil.
- Stop and scrape down sides again.
- Restart and add remaining oil.
- Add salt and pepper, if desired.
- Store leftovers in a sealed container in the refrigerator, or freeze for up to 3 months.

Recipe & Image from <https://food.unl.edu/recipe/basil-pesto/>



Try Your Hand at Elvis Trivia



Across

4. The joint was jumping in this movie.
5. Where was Elvis blue?

Down

1. His first hit single in 1954.
2. Viva _____!
3. Ain't nothing but a _____ dog.



Hydration Tip:

August is Water Quality Month.

It's a great time to consider getting your home's water tested—especially if you use a **private well**—to ensure it's safe for drinking, cooking, and staying hydrated through the summer heat. **Learn more at** <https://dnr.wisconsin.gov/topic/Wells/privateWellTest.html>



Crossword Answer Key:

1. That's All Right 2. Las Vegas 3. Hound
4. Jailhouse Rock 5. Hawaii

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

GWAAR Nutrition Team Pam VanKampen, RDN, CD 8/25

