Meet these healthy edible flowers!

Plenty of “flowers” start to blossom during the month of May. Get your family to enjoy these three kinds of healthy vegetable flowers in May!

- **Cauliflower** – is actually the flower part of the plant. As the cauliflower grows, the heavy green leaves protect the head from sunlight, so the flower buds do not develop chlorophyll, and stay white. It is full of plant compounds, called phytonutrients, that can help prevent cancer.
- **Broccoli** – like cauliflower is also the flower of the plant. This flower is good for your heart, brain and digestion, because broccoli is high in folate, Vitamin C, A and K. It’s also a good source of potassium and dietary fiber, with only 15 calories per half-cup serving!
- **Artichoke** - is the immature flower head of a thistle. The edible “leaves” of artichoke are actually petals. This flower contains phytochemicals phenolic compounds as well as soluble fibers which are good for your heart! Steam them with the kids, add some olive oil, salt and pepper then eat the leaves!

Do you have a reason to bike?

May is the National Bike Month. Now that the weather is getting warmer, it is a great time to ride with fresh air and enjoy the flowers and colors on the road!

- Some people bike to feel the wind on their faces, some bike to save money on gas, and others bike for cleaner air. You can simply bike to stay healthy as part of your physical activity! Ride together with your kids and the whole family to create a family bonding time and show your kids that exercise can be fun!
- Bring these three tips to start: wear your helmet, obey all traffic law and stay hydrated.

Parent Power Tips from the SuperKids Nutrition Founder

Take your meal to the next level with herbs and spices!

**Cinnamon** – has a sweet-earthy-spicy flavor and is suitable for sweet dishes, cakes, and cookies. You can be creative and add cinnamon on top of sliced fruit and yogurt. You will never know if your kids love it before you try it!

**Chinese Five Spices** – (a blend of anise-pepper, star anise, cassia, cloves, and fennel seed) is an integral part of some of the recipes from the Far East. It can be used to flavor meat, grilled chicken and sautéed vegetables. If you want to try something different on your dining table, use it with stir-fry dishes!

**Saffron** – is a flavoring and coloring (golden) spice and can be used in fish soup, fancy rolls, and rice. It can draw out the maximum flavor, color and aroma from a tiny amount. Try some in your cooking, like adding a little in your rice, and surprise your kids!

**Ginger** – tastes warm and spicy. It is often used in cookie and ginger bread, but in other cultures ginger is used extensively for chutney, fish, meat, and pickles. Try being sweet and savory with the same spice, and you will be amazed! It’s also delicious in smoothies.

**Cumin** – has a smoky and earthy flavor. You can use it to flavor bread, beans, Mexican dishes, and soups. It goes well with eggplants, tomatoes and tofu and may create a feeling of barbecue. Be creative with it with your kid’s favorite vegetable!

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