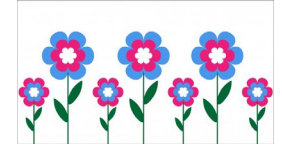












National Garden Month



Zucchini Bread

- 2 C all purpose flour
- 1 ½ C Sugar
- 2 t baking soda
- 1 T cinnamon
- 1 t salt
- 3 eggs
- 2 C Zucchini (grated/shredded)
- ¾ C vegetable oil
- 1 T vanilla
- 1 ½ C chopped walnuts

Preheat oven to 350F. Line 2 loaf pans with parchment paper. Combine dry ingredients in a medium bowl. Stir until combined and set aside. In a large bowl, beat the eggs. Add the zucchini, oil, and vanilla and mix together. Add the dry ingredients to the wet mixture. Add the walnuts and mixed until just combined. Divide evenly into prepared pans and bake for 50-60 minutes or until a toothpick comes out clean. Cool in the pan for 5 minutes, remove from the pan and cool on a wire rack.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1 in 36 children have been diagnosed with autism by age 8.	2 World Autism Awareness/ Acceptance Day 	3 Over 5.4 million U.S. adults have an autism spectrum diagnosis	4	5 National Self Care Day 	6 National Employee Benefits Day Visit our employee benefits page to review your benefits
7	8 Solar Eclipse 12:39pm-3:16pm <u>Do not</u> look directly at the sun during an eclipse.	9	10 Gardening can help with anxiety. Soil contains a natural antidepressant.	11 National Pet Day  Keep your pets safe with regular vet visits.	12	13 Gardening is an effective tool if you're recovering from addiction
14 International Moment of Laughter Day 	15 	16 There are between 30,000-35,000 people living with hemophilia in the US	17 World Hemophilia Day 	18 Gardening can help protect your memory as you get older	19	20 Gardening is a mood booster
21 Allergy Awareness Week	22 Earth Day 	23 Gardening can give you a sense of empowerment	24 Happy Administrative Professionals Day 	25 Check your blood pressure today!	26	27 2024 Mayor's Cup 5K for Pre-K. Visit tuscaloosamayorcup.com for info
28 World Day for Safety and Health at Work	29 Family and community gardens foster feelings of connection	30	<p><i>The 18th Annual Benefits, Wellness, & Safety Expo is May 16th at the River Market. Free health screenings will be available this year! Join us for food, music, prizes and learn about benefits, wellness, and safety!</i></p>			

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