Dear Parent,

Happy Summer!

This month Willow is celebrating the start of summer with your child by:

* exploring a seasonal fruit-like vegetable stalk: rhubarb which has a tangy/sweet flavor.  Here is the June recipe & some tips: [English](https://www.dropbox.com/scl/fi/gerj9jscim35ieybth622/June-Willow-Curriculum-For-Parents.pdf?rlkey=g9llcs3yi4r0kpwhebxg3j478&st=62riwgix&dl=0) and [Spanish](https://www.dropbox.com/preview/Programs/WILLOW/Nibble%20with%20Willow/Nibble%20with%20Willow%20Curriculum/Monthly%20Lessons%20%2B%20Recipes/June/SPANISH%20June%20Willow%20Curriculum%20For%20Parents.pdf?context=content_suggestions&role=personal) ;
* connecting summer with warmer, sunnier days allowing Willow’s vegetables/fruits to thrive. Take your child to a farmers market to explore these summer vegetables!

Take advantage of your child’s love of Willow by adding “Willow foods” to your family meals and  invite your children to help you in the kitchen for more fun and less stress!

* Watch [Willow’s Spring Adventures animated video](https://www.youtube.com/watch?v=S65jK5bvo9c&list=PLB46-3DFwFd-Dell8lgAt58GvpyNHTkMi&index=1) with your children.
* Look out for Willow’s text messages with funny photos of Willow enjoying the same foods your child is exploring at school!

Warm regards,

[insert school or instructor name]