



Peas and Carrots

June 2026



“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.”

— **Alfred Austin**

Hello friends!

Welcome to the June edition of *Peas & Carrots*, your monthly newsletter focused on healthy eating, seasonal inspiration, and fun activities to brighten your month.

June is a perfect time to enjoy:

- Early summer produce like berries, cucumbers, peas, and leafy greens
- Longer daylight hours for fresh air and movement
- Cooking lighter meals that keep you energized in warmer weather.

Check out these by clicking the links:

- Fruitsandveggies.org
- [National Hydration Day – June 23](#)
- [National Great Outdoors Month](#)

Wellness Tip of the Month:

Add one extra serving of vegetables to your day—on a sandwich, in an omelet, tossed into soup, or blended into a smoothie. Small changes add up!

In This Issue:

- ♦ **HYDRATION TIPS FOR WARM WEATHER**
- ♦ **RECIPES**
- ♦ **WORD SEARCH**
- ♦ **COMMUNITY CORNER**

Nutrition Focus: Staying Hydrated in Warm Weather

Hydration becomes especially important in June as temperatures start to climb. Older adults are at increased risk for dehydration, and even mild dehydration can cause fatigue, dizziness, or confusion.

Signs of mild dehydration:

- Dry mouth
- Headache
- Dark-colored urine
- Feeling weak and tired

How much should you drink?

Aim for **6–8 cups of fluids daily**, unless your doctor has given you a different recommendation.

Hydration boosters (besides water):

- Herbal tea (iced or hot)
- Low-Fat milk
- Sparkling water
- Water-rich foods like watermelon, oranges, tomatoes, cucumbers, and lettuce

Simple habit to try:

Drink one glass of water first thing in the morning and another with each meal.



June Recipes

Here are two simple, senior-friendly, warm-weather recipes designed with nutrition and ease in mind.

Summer Pea & Carrot Salad

Serves: 4

Prep Time: 10 minutes

Ingredients:

- 1 cup fresh or frozen peas (thawed)
- 1 cup shredded carrots
- 1 celery stalk, finely chopped
- 2 tbsp chopped fresh parsley
- 3 tbsp plain Greek yogurt
- 1 tbsp olive oil
- 1 tsp lemon juice

Salt and pepper to taste

Directions:

1. In a medium bowl, combine peas, carrots, celery, and parsley.
2. In a separate bowl, whisk yogurt, olive oil, lemon juice, salt, and pepper.
3. Toss dressing with vegetables until well-coated.

Serve chilled.

Nutrition Tip:

This salad offers a refreshing dose of fiber, beta-carotene, and plant protein.

Nutrition per serving (approximate)

- **Calories:** ~85 kcal
- **Total Carbohydrates:** ~11 g
- **Dietary Fiber:** ~3 g
- **Sodium:** ~95 mg

No-Cook Cucumber & Chickpea Bowl

Serves: 2

Prep Time: 8 minutes

Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- **1 large cucumber, diced**
- **½ cup cherry tomatoes, halved**
- **2 tbsp red onion, finely chopped**
- 2 tbsp olive oil
- 1 tbsp vinegar or lemon juice
- Pinch of oregano

Salt and pepper to taste

Directions:

1. Combine chickpeas, cucumber, tomatoes, and onion in a bowl.
2. Drizzle with olive oil and vinegar.
3. Add oregano, salt, and pepper.

Mix well and enjoy.

Nutrition Tip:

This recipe is high in fiber and heart-healthy fats—great for digestion and staying energized.

Nutrition per serving (approximate)

- **Calories:** ~345 kcal
- **Total Carbohydrates:** ~29 g
- **Dietary Fiber:** ~7 g
- **Sodium:** ~320 mg*

(*Most sodium comes from canned chickpeas;)

Activity: June Word Search

Find the words related to summer, healthy eating, and June!

N	U	T	R	I	T	I	O	N	A	L	H	Y	U
W	A	T	E	R	M	E	L	O	N	P	N	T	D
O	U	T	D	O	O	R	S	F	R	E	S	H	J
R	E	C	I	P	E	S	H	Y	D	R	A	T	E
E	L	E	M	O	N	C	U	C	U	M	B	E	R
J	U	N	E	W	S	U	N	S	H	I	N	E	W
B	E	R	R	I	E	S	X	H	E	A	L	T	H
A	C	T	I	V	E	O	G	A	R	D	E	N	S

Word List

- Hydrate
- Fresh
- Watermelon
- Outdoors
- Lemon
- Cucumber
- June
- Sunshine
- Berries
- Health
- Active
- Gardens
- Recipes
- Nutrition

Community Corner

Community Spotlight:

Many local senior centers are hosting outdoor walking groups this month. Fresh air, social connection, and gentle movement all support health and well-being. Check with your Area Agency on Aging for local activities.

<https://www.iaaaa.org/aaas/indiana-aaa-map/>

Gardening Tip for June:

Herbs like basil, parsley, and mint grow quickly this time of year—even in small pots. Growing your own herbs is a fun way to flavor meals without added salt.

[Use Herbs and Spices Instead of Salt](#)

<https://www.nhlbi.nih.gov/resources/tips-reduce-salt-sodium>

Growing your own vegetables and spices promotes healthy aging by providing nutrient-dense, fresh food, encouraging gentle daily physical activity, and boosting cognitive function. It also helps lower stress hormones, manage blood pressure, and provides a rewarding sense of purpose and social connection.

[Gardening boosts physical, mental health while staying home | Baylor College of Medicine | Houston, TX](#)

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening>

Friendly Reminder:

If you're experiencing appetite changes, unexpected weight loss, or difficulty accessing nutritious foods, reach out to your local nutrition program. Support is available.

Thank you for reading this month's Peas & Carrots!

Wishing you a bright, healthy, and refreshing June.

CONTACT THE DIVISION OF AGING

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