Liana and Amanda from the LC team will be leading the summer programming distributions and providing child friendly summer resources and recipes to the families in attendance.

The Las Cruces summer programming distributions have been going well. Both the Cesar Chaves and Anthony sites have been very successful and we are looking into increasing the number of households served.

Albuquerque continues with their summer programming at 11 sites around the city. This week they will be serving communities in the International District and the South Valley.

Brittany and Demi created the Las Cruces’ summer programming distributions by coordinating locations and developing relationships with the site contacts. They partnered with Alameda Health Center in LC and will be offering COVID-19 vaccination clinics at three summer mobile distribution locations along with other Seed Resources.

Amy, Bernadette, Brittany, Danielle, Demi, Jay, Luci, and Tucker helped coordinate and facilitated the recent SEED Conference. Pinon team members help facilitate the conference by moderating and presenting. They also participated in a panel and shared their experiences as SeedCorps members.
Alcion has recently picked up a new activity while serving at The Food Depot; he now goes around with the drivers to pick up donations! Although he has to wake up early to do so, he has really enjoyed it so far. He has also helped build a gazebo and is excited to do more art-centered activities.

Zoe, the newest member to the Aspen Team (see below!), has only been at The Food Depot for a month but has already jumped right in! She is currently learning how to use Mail Chimp and is doing a lot of research to support The Food Depot.

In Gallup, Meredith is supporting Northwest NM First Born to develop recipes for babies’ first food and basing the ingredients on native foods. The recipes will be given out at a distribution that will happen in July.

Liana is starting to figure out how to do sampling at one of her sites in Las Cruces, Booker T Elementary School and is creating small booklets with fun nutritional facts for the kids.

Brenda continues to support the Healthy Food Center at Roadrunner by developing and providing recipes based on that week’s produce to clients. She also cooks up some of those recipes to hand out as samples during distributions on Thursday!
Meet the Summer Response Team!

**AMANDA KMETZ**
Amanda is this summer’s only Mesquite/Response Team member in Las Cruces! Amanda was born and raised in Cruces and is excited to serve her community this summer. Talk to Amanda about playing the cello for 10 years and her house plants, she has 33, WOW!

**ANJALI DVORAK**
Anjali joined our Albuquerque Response Team in May! She is originally from Wisconsin but has moved to Albuquerque to study biology and Spanish at UNM. A fun fact about Anjali is she skipped second grade! Talk to Anjali about being a part of Circle K International at UNM and her plans of doing another AmeriCorps program in the future!

**ARLIN DIAZ TORRES**
Arlin is a member of our summer response team and is the lead for Link2Feed and registration at our Expo distribution! He was born in Mexico and raised in Espanola, New Mexico. Talk to Arlin about climbing (indoor & outdoor) and volunteering at Roadrunner Food Bank, which he did for 10 months before becoming a member!

**TORIN HOVANDER**
Torin is the third and final member of our Albuquerque Response Team. Torin has just recently started taking yoga classes and learning how to program in Python! Talk to Torin about being a nationally ranked Olympic Fencer and his previous studies in Global and National Security at UNM!

**ZOE ROBB**
Zoe is our only summer member to serve with one of our sister food banks at The Food Depot! Zoe is originally from Vermont and is studying in California but she is hanging out in New Mexico for the summer! Talk to Zoe about her dog Koda (who you can see in the photo), studying Public Administration and hiking!
What drew you to SeedCorps and why did you decide to become a member?

It happened by chance when I was awaiting a job at UNM right before COVID. I had my second interview and everything was looking good, then COVID hit and my job was cancelled. I had done some volunteer work and liked to serve the community as a kid with a program called “Summer Feed and Fun” during the summers off from school with my siblings, so I was already introduced. I had done some other volunteer work later on and met some former SeedCorps members. They encouraged me to sign up and here I am. Not to mention, I do like to go out and serve the community!

What is something that you would like people to know about you?

Well, I like to hike and ski. I also have had the awesome opportunity to be able to travel to over 30 countries. One of my favorite memories is when I was in Colombia and was able to go canoeing in the Amazon river. If you don’t know, I also love to garden and right now my tomatoes are looking great! If there would be one fruit that I could grow it would totally be mangoes. They are so delicious. One other thing would be maybe that I loved watching Avatar the Last Airbender. It was a great show.

If you could be any type of animal what animal would you be?

I think I would be a black bear. I’d like to putz around looking for food and berries all day and plus, they’re really cute. I also love huckleberries just like a black bear! If I had a choice I’d be a bear that lives in the forests of New Mexico up in a tree house, something uncommon, but sounds awesome. If I really had a choice I would be a platypusbear or the platypus bear like in Avatar the Last Airbender, but I don’t think those really exist. They’re so cute!
Pride Month

Pride month is a celebration of infinite love. A time of radical acceptance in all communities and a celebration of everyone. There is no one, there is no other, there is only we... us.

L-esbian
G-ay
B-sexual
T-ransgender
Q-uestioning
I-ntersex
A-sexual
+ Plus

Each stripe in the rainbow depicts one sector of the LGBTQIA+ community spectrum. The pride flag was initially created by the late artist and activist Gilbert Baker in 1978. The rainbow is an iconic symbol of the LGBTQIA+ community - it celebrates inclusivity, diversity, and unity. It aims to encourage awareness, kindness, and acceptance for all.

"We needed something to express our joy, our beauty, our power. And the rainbow did that." - Baker

The meaning behind every color
Diversity Inclusivity Life Healing Sunlight Nature
Harmony Spirit

#LOVEWINS
We asked SeedCorps members how they celebrate pride, what encompassing love means, and how they support/celebrate pride.

It means compassion and understanding, and treating all people with dignity and respect.

Advocating for equality moving forward and learning about the history.

Pride is the feeling of knowing that you do not have to hide the way your senses respond to this world. It is allowing yourself to truly genuinely feel emotion and sense that comes your way.

Pride Month

Recognizing that we are all one. We ALL need love, and we all need friendship and a sense of belonging.

Pride is living your truth and I express it through just being me.

To me it is the unconditional and genuine love for all people with respect to the creator's divine purpose.

It is unconditional care. It means no one has to say, do, or be anything in order to receive care that is needed to get through the day.

Pride to me is the bold and radical acceptance of self and identity.

Advocating for equality moving forward and learning about the history.

Pride is the feeling of being unequivocally and unapologetically yourself. This is expressed through living each day as your true self and never forcing yourself to fit a mold that you were not created for.

The feeling of knowing that you do not have to hide the way your senses respond to this world. It is allowing yourself to truly genuinely feel emotion and sense that comes your way.
Recipe of the Month

Watermelon Salsa

Methods:
In a small bowl, whisk together the lime zest, lime juice, minced garlic and salt to make a dressing. In a large bowl, add half the watermelon, cucumber, and onion and drizzle with half of the dressing. Add the remaining watermelon, avocado, mint or basil leaves, and jalapeño and drizzle with the remaining dressing.

Season to taste and enjoy.

Makes 4 servings

Calories: 172
Total Fat: 10.5g Saturated Fat: 2.2g
Cholesterol: 0mg
Sodium: 154mg
Total Carbs: 21.3g Fiber: 9.1g Sugars: 12.8g
Protein: 2.6g

Vitamin A: 26% Vitamin C: 43%

Might sound strange, but Balsamic Vinegar and Feta also pair well with Watermelon. Give it a try!

Salsa de Sandía

Métodos:
En un tazón pequeño, mezcle la ralladura de lima, el jugo de lima, el ajo y la sal para hacer un aderezo. En un tazón grande añada la mitad de la sandía, el pepino y la cebolla, y agregue la mitad del aderezo. Agregue el resto de la sandía, el aguacate, las hojas de menta y rocíe con el aderezo que sobra.

¡Sazone al gusto, y disfrute!

Porciones: 4

Nutrición por Porción:
Calorías: 172
Grasas totales: 10.2g Grasas Saturadas: 2.2g
Colsterol: 0mg
Sodio: 154mg
Carbohidratos Totales: 21.3g Fibra: 9.1g Azúcar: 12.8g
Proteína: 2.6g

Vitamina A: 26% Vitamina C: 43%

Puede sonar extraño, pero el vinagre balsámico y el queso feta también combinan bien con la sandía.

Recipe Adapted from: Loveandlemons.com

Ingredients List:
1 ½ teaspoons lime zest (from about 1 lime)
3 Tbsp lime juice
1 clove garlic, minced
1 tsp salt
6 cups watermelon, cubed
1 cup cucumber, diced
¼ cup onion, thinly sliced
1 avocado, cubed
1/3 cup fresh mint or basil leaves, torn
1 ½ jalapeños, thinly sliced (optional to taste)
Salt to taste

Recipe Adapted from: Loveandlemons.com

Lista de Ingredientes:
1 ½ cucharadita de ralladura de lima (de 1 lima)
3 cucharadas de jugo de lima
1 diente de ajo, picado
1/4 de cucharadita de sal
5 tazas de sandía, en cubitos
1 taza de pepino, en cubitos
1/4 taza de cebolla, finamente rebanada
1 aguacate, en cubitos
1/3 taza de hojas de menta fresca
1 ½ jalapeño, en rodajas finas (opcional)
Sal al gusto

Roadrunner Food Bank
Of New Mexico

American...