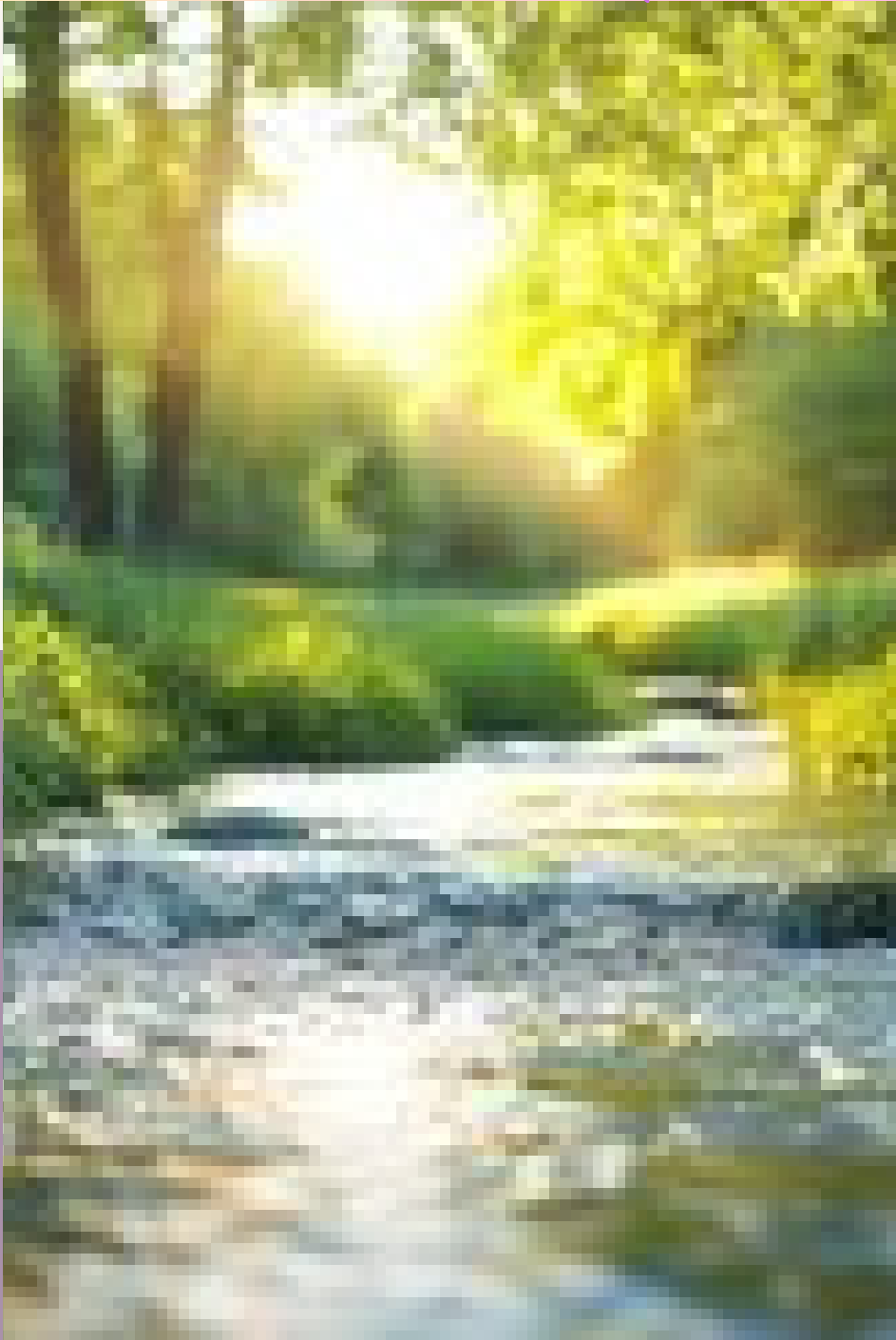


Ten's Perspective



2026

MELODIES OF
MAY

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Melodies of May

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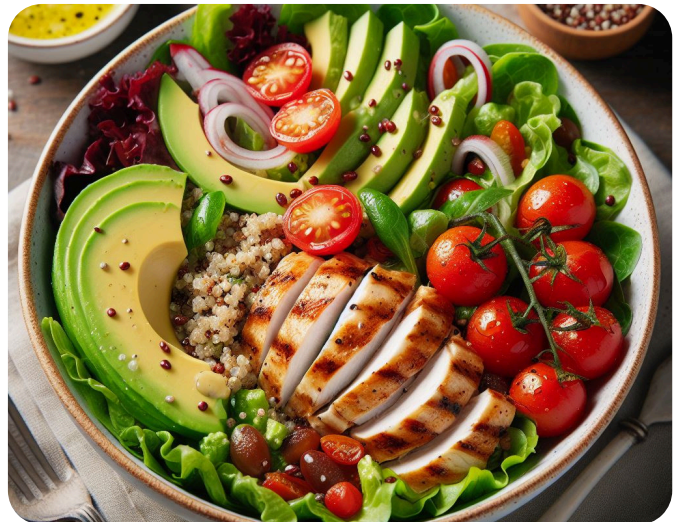
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Shop the Store. Featuring Amazon and Walmart products

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A B O U T T H I S M A G A Z I N E

May arrives not as a whisper but as a symphony—a chorus of sunshine, gratitude, and the sweet, earthy scent of strawberries ripening in the field. This issue of *Melodies of May* is our love letter to the month's most joyful contradictions: quiet moments of reflection and raucous backyard barbecues, the flash of an emerald and the humble snap of a pickle on a hoagie.

We begin with the heart. Mother's Day takes center stage, and we've curated thoughtful gifts that go beyond the expected—because the woman who gave us everything deserves something extraordinary. But May also asks us to celebrate laughter itself (World Laughter Day, May 3rd), reminding us that joy is its own kind of legacy.

From the family table to the wide-open West: we're Going Green—and not just with emeralds, May's brilliant birthstone. We're talking sustainable choices, fresh salads (National Salad Month), the vibrant flavors of the Mediterranean Diet, and a Tres Leches Cake so decadent it demands a second slice (paired perfectly with National Cherry Cobbler Day and National Shrimp Day—yes, we love a surf-and-turf May).

Fire up the grill for National Barbecue Month, but save room: National Hoagie Day and National Pick Strawberries Day (May 20th) prove that May's real melody is flavor. And when you need a quiet moment? A game of National Solitaire Day (May 22nd) is the perfect pause.

We also honor those who serve—Military Appreciation Month—and those who have paved the way: Older Americans Month reminds us to listen to the stories that shaped us. National Bike Month and National Photography Month invite us to move, to see, to capture the light.

And we can't forget Cinco de Mayo—a celebration of resilience and heritage—or the mountain states that anchor the American soul: Montana, Washington, Idaho, Wyoming, and Utah. Their landscapes echo in every photograph we take, every bike trail we ride, every berry we pick.

So here's to May: a month of emerald promise, smoky grill lines, a mother's hug, and a deck of cards shuffled just for you. Let the melodies begin.

A handwritten signature in a dark brown, cursive script that reads "Jennifer". The signature is fluid and elegant, with a long, sweeping tail on the final letter.

World Laughter Day

Every year on the first Sunday in May, World Laughter Day raises awareness of laughter and the many healing benefits it provides. Another goal of the day is to manifest World Peace and build a global consciousness through laughter.

You have probably heard the saying, "laughter is the best medicine." Even psychologists and medical doctors say there is truth to this statement. That's because there is evidence that laughter can do so many wonderful things.

Additionally, laughter boosts the immune system and triggers the release of endorphins which promotes an overall sense of well-being. One more amazing benefit of laughter is that it burns calories! If you laugh for 10 to 15 minutes a day, you will burn about 40 calories.

No matter how you choose to celebrate the day, be sure to share #WorldLaughterDay on social media.



Here are just some of the many benefits of laughter:

- Helps to reduce pain and allows people to tolerate discomfort
- Reduces blood sugar levels and increases glucose tolerance
- Improves job performance
- Makes marriages and intimate relationships healthier
- Synchronizes the brain of speakers and listeners
- Restores a positive emotional climate between two people
- Helps blood vessels function better, which is good for the heart and brain
- Relieves stress and helps the body to relax



Cinco De Mayo is deeply rooted history in the Franco-Mexican War influenced Mexican-American communities in the early years of the American Civil War. In the early 1860s, as the Civil War erupted, these communities took up the banner of the Cinco De Mayo celebration as a way to commemorate the cause of freedom and democracy. Today, in the United States, Americans celebrate Mexican-American heritage and pride annually on May 5th.

On June 7, 2005, the United States Congress issued a Concurrent Resolution. The resolution invited the President of the United States to issue a proclamation calling upon the people of the United States to observe Cinco de Mayo with appropriate ceremonies and activities.

According to José Alamillo, professor of ethnic studies at Washington State University in Pullman, a 2006 study found more than 150 official events celebrating the day.

Celebrations surrounding the observance in the United States take on a significance beyond that in Mexico. They include displaying of banners and events highlighting Mexican culture, music, and regional dancing. School districts also hold special events to educate students about its historical significance. In the U.S., commercial interests the day by celebrating Mexican products and services with an emphasis on beverages, food, and music.

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CINCO DE MAYO HISTORY

In 1861, the Battle of Puebla pitched 6,000 French troops against a small, under-supplied Mexican force of 2,000 men. Not expecting to win the campaign, the Mexican army overcame the French in under a day. While the battle didn't win the war, the victory held great symbolism for Mexico during the Franco-Mexican War and buoyed the army throughout the conflict. Each year, Mexico commemorates the day with celebrations across the country, though it is not a federal holiday.

HOW TO OBSERVE #CincodeMayo

Celebrate Mexican heritage, culture, and history. Explore foods like Quesadillas with avocado, Margarita Sangrias, and traditions, music, and cinema. La Fiesta at your house. Immerse yourself in the language and discover new connections. Uncover long lost history and share your treasures. Share your Mexican heritage and use #CincodeMayo to post on social media.

Explore More...

[National Taco Day](#)

[Family Taco Night](#)

[National Burrito Day](#)

[National Nachos Day](#)

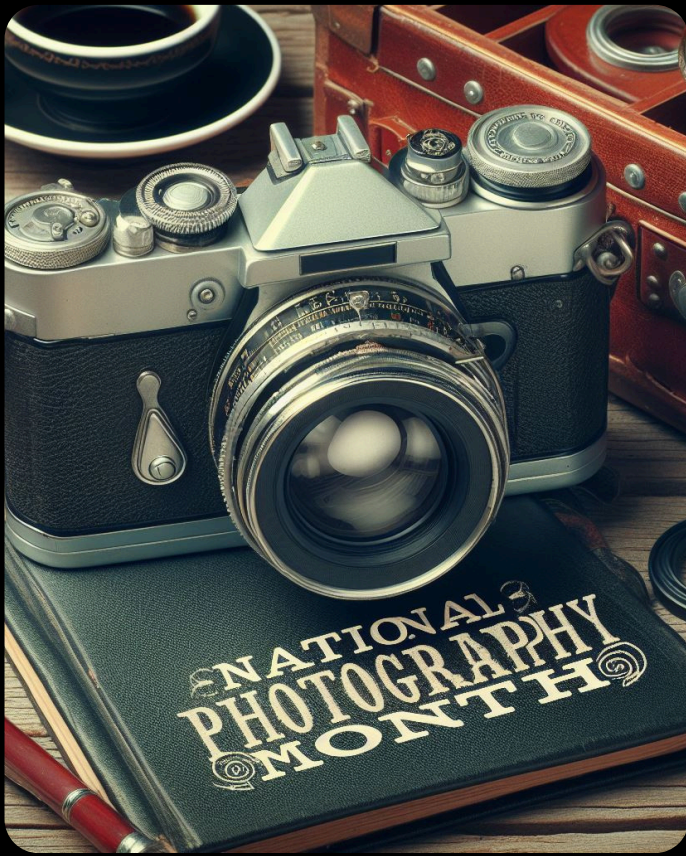
[National Fajito Day](#)

[National Guacamole Day](#)

[National Avocado Day](#)

[Totally Chipolte Day](#)

[National Salsa Month](#)



During National Photography Month in May, focus your attention on sharpening your skills. Master the art of composition or learn how to use that fancy camera you bought. The entire month is dedicated to photography.

How you choose to participate is entirely up to you. While the tools used in photography have changed since its inception some 170+ years ago, the fascination it generates has not stopped. In fact, the more the tools advance, the more we seem to cherish a quality photograph.

Searching archives for a likeness a photographer took of a person or a place years ago that is familiar to us today will leave us awed. Many of us grab our phones to snap a quick photo of some of the strangest things – a delicate leaf in a puddle, an old penny or a frozen bubble. We capture moments in time and collect elements of our lives from the everyday to those landmark events.



Photography develops in us more than just a memory; it provides a way to touch time.

HOW TO OBSERVE

#NationalPhotographyMonth

Take a class to hone your skills. Learn to preserve your photos or visit a museum to see images of the masters. How will you spend the month? Use #NationalPhotographyMonth to share on social media.

Explore More...

Library Shelfie Day

National Selfie Day

Save Your Photos Day

National Flash Drive Day

National School Picture Day

All American Pet Photo Day

National Hobby Month

Save Your Photos Month



HOW TO OBSERVE MILITARY APPRECIATION MONTH

Share, like, comment, post, and re-post on social media to put a spotlight on National Military Appreciation Month events and observances.

- Send a care package to a service member
- See someone in uniform or know a veteran? Thank them for their service or surprise them with a coffee, dessert, or drink if they are in line with you
- Honor or recognize the month on office websites, social media, Yammer sites and newsletters
- Donate to charities that support veterans or their families
- Reach out to a veteran or military family in need
- Hire a Veteran
- For more information, visit <http://www.military.com/military-appreciation-month>

Declared by Congress in 1999, May was selected National Military Appreciation Month as a month-long observance honoring the sacrifices of the United States Armed Forces. There are more military related observances during the month of May than any other month, so it is an appropriate time to celebrate the men and women in uniform.

Our American Military and their families sacrifice to keep our freedoms both at home and around the world. Those who served and who do so now deserve the greatest respect and admiration from all of us whom enjoy the freedoms we know today.

It is a month to honor those who are serving and those who have served.

Display the American Flag at your home or business.

Show your support on social media with #MilitaryAppreciationMonth

National **OLDER AMERICANS MONTH**



Every year in May, Older Americans Month recognizes the contributions of older adults across the nation.

While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have changed and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored child, volunteered at a soup kitchen or served their country, each one deserves recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect.

As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality.

HISTORY

President Gerald Ford proclaimed Older Americans Month in 1976.

HOW TO OBSERVE

Take part in Older Americans Month no matter what your age. Get involved and learn more by visiting oam.acl.gov. Use #OlderAmericansMonth to share on social media.

EXPLORE MORE...

[National Senior Health & Fitness Day](#)

[Intergeneration Month](#)

[National Grandparent's Day](#)

[Family Stories Month](#)

[National Senior Citizens Day](#)

[National Wellness Month](#)

NATIONAL BIKE MONTH



National Bike Month in May incorporates several events including National Bike to Work Week and National Bike to School Day.

The month-long peddle pushing celebration encourages everyone to air up those tires, check your brakes and ride! Biking is one of the healthier exercises as it's low impact (if you don't fall) and cardiovascular. Biking also is an excellent way to run errands and get to and from work.

Families bike together getting to know their neighborhoods.

Bicycling is an affordable and alternative means of transportation, as well.

HISTORY

The League of American Bicyclists sponsors National Bike which was founded the observance in 1956.

HOW TO OBSERVE

Ride a bike. If you don't have one, many cities offer bike rentals. Whether you like to bicycle alone or even in tandem, give it a whirl! Use #NationalBikeMonth to share on social media.

EXPLORE MORE

Bike to School Day

Bike to Work Day

Car Free Day

National Earth Day

World Bicycle Day

Bike to Work Week

Family Fun Month

National Great Outdoors Month





NATIONAL PICK STRAWBERRIES DAY

Every May 20 National Pick Strawberries Day is observed. There is something special about the taste of a sun-warmed strawberry picked straight off of the vine.

Strawberry picking time is usually between late April and throughout the summer, depending on what part of the United States you live. When harvesting strawberries, you want to look for the bright red, firm and plump ones.

- Strawberries are members of the rose family
- Strawberries are the only fruit with their seeds on the outside
- Strawberries are an excellent source of vitamin C
- Strawberries are low-fat, low in calories and a good source of fiber, folic acid and potassium
- Strawberries help can help fight bad cholesterol and may reduce inflammation
- The first strawberries were grown in France in the late 18th century. Prior to the 18th century, wild strawberries were collected and commonly used as a fruit source.

WANT MORE STRAWBERRIES?

National Strawberry Day

National Strawberries and Cream Day

National Strawberry Month

National Strawberry Cream Pie Day

National California Strawberry Day

National Strawberry Shortcake Day

HOW TO OBSERVE

Enjoy some freshly picked strawberries! Use #PickStrawberriesDay to post on social media.

Going Green. Emeralds it is!

Whether it's the Emerald Isles or the Emerald Coast, they both get their names from May's beautiful birthstone....you guessed it Emeralds. These precious stones have been coveted by humanity throughout history and it's easy to see why. If you have a May birthday this is your stone. If not the allure and beauty of the stones gives all the reason needed to add these to your wardrobe.

Symbolically, emeralds have been treasured for millennia as stones of foresight and truth. Ancient Romans dedicated the gem to Venus, the goddess of love and beauty, believing it protected lovers from infidelity and deepened the bonds of commitment. Cleopatra, history's most famous emerald enthusiast, used them not just as adornment but as political and romantic statements—each green stone a promise of power and passion intertwined. In medieval lore, an emerald held before a serpent would blind it, but held to a lover's lips, it revealed whether their vows were true. This dual symbolism of protection and honesty makes the emerald a profound choice for engagement rings or anniversary gifts.

Colors range from light Columbian to deep Emerald. Most are determined by mine location. The fewer inclusions the more valuable the stone. In times gone by these stones were thought to have powers beyond matching a gown. Some are rumored to be cursed, while some held curative powers if ingested. Emeralds are so coveted they even have a shape of diamonds and gems named after them.



A symbol of unending love and honesty have encouraged favoritism as wedding stones of choice. The Regency era in particular Irish and English girls received many. Long seen as a symbol of hope and prophecy made them very popular. Unlike the red ruby, a statement of passionate love, an emerald conveys a complex symbolism and emotions. Cleopatra draped herself in Emeralds. Rich luscious green color beautifully played off the violet of Elizabeth Taylor's eyes in the 1960's. While being most calming color green, it reflexes growth, peace, balance, and reflection. Healing and fertility are also attributed to these very rare gemstone. Verdant tones and inside are tempered by cool blue within the stone symbolize a steadfast bond.

Emeralds are often associated with strong sexuality and fertility, it was historically believed to help with difficult births or the problems bearing children. Linked to healing and balance within the nervous, respiratory and even aid digestion. Ancient Romans, for example, felt that the very soul of an individual was restored when they wore emerald jewelry.

So whether for your Birthstone or you just love the color, I wish you any and all luck they may contain.



Go Green with Emeralds!



World Turtle Day



Each year, May 23rd is dedicated to our friends, the turtle, and tortoise. World Turtle Day is not only about showing love and adoration towards turtles but also making sure we can protect them as well as their various habitats.

Rarely is there an animal more beloved by humanity than the turtle. These shelled creatures can be found in virtually all corners of the globe and have found their way into parables, mythology and all forms of popular media.

It's important to know what the difference between a turtle and a tortoise is. Although they both belong to the same family, turtles spend their time near or in the water while tortoises are primarily land creatures.

Both turtles and tortoises are creatures who play tremendous roles in their respective ecosystems. Whether it's by digging holes that are habitable for other creatures or cleaning up dead fish from beaches, there are more than enough reasons to ensure their protection.

HOW TO OBSERVE

Figure out what kind of turtle or tortoise is native to your region. With so many different species you never know when this information might come in handy!

Use the hashtags [#WorldTurtleDay](#) and [#Shellebrate](#) to share on social media all things turtle!

Explore More...

[National Wildlife Day](#)

[National Wildlife Conservation Day](#)

[National Urban Wildlife Refuge Day](#)

[National Endangered Species Day](#)

[World Lion Day](#)

[National Monkey Day](#)

[National Elephant Appreciation Day](#)

[National Dolphin Day](#)

[Save the Eagles Day](#)

[National Panda Day](#)

[International Red Panda Day](#)

[National Zoo Lovers Day](#)

[National Zoo and Aquarium Month](#)

[World Elephant Day](#)

[World Sea Turtle Day](#)

Celebrating Music

Of all the ways we interact with music, the playlist stands as one of the most personal and powerful. It is a modern-day mixtape, a curated collection that transcends a simple sequence of songs to become a narrative, a mood, or a dedicated soundtrack for a specific moment in time. More than just a convenience feature on streaming platforms, the act of creating a playlist is an act of celebration itself—a way to honor an artist's entire discography, to commemorate a road trip with friends, or to craft the perfect ambiance for a solitary evening. This digital assemblage allows us to become DJs, archivists, and storytellers, using the universal language of music to express what words alone often cannot.

A well-made playlist can elevate a gathering, provide solace during heartache, fuel a workout, or serve as a personal time capsule, instantly transporting us back to a specific feeling or era. It is how we share our tastes with the world and connect with others through shared sonic journeys. Ultimately, playlists are a testament to music's enduring role in the human experience, proving that while a single song can be powerful, a thoughtfully assembled collection can create a celebration all its own.

My Collection

[Vinyl Favorites](#)

[One Hit Wonders](#)

[Patriotic](#)

[Saxophone](#)

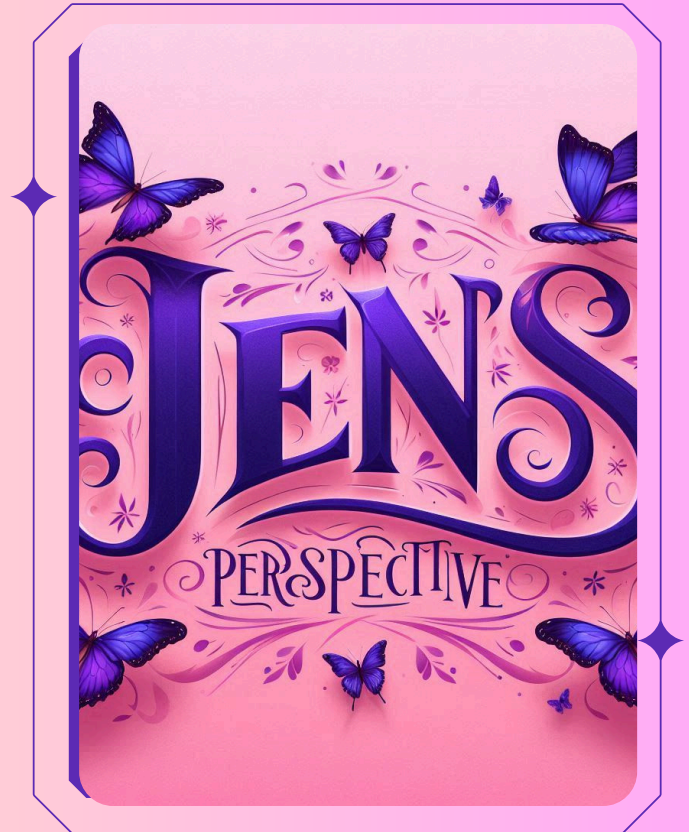
[Happiness](#)

[Upsy Daisy](#)

[Romance](#)

[Feeling Good](#)

[Brave](#)



[Musicals](#)

[Christmas](#)

[Valentines](#)

[Gratitude](#)

[Halloween](#)

[Party Playlist](#)

[Jazz](#)

[Movies](#)

[Meditation](#)

[Summer Fun](#)

[Lucifer](#)

[November](#)

[The Blues Playlist](#)

[Celtic Favorites](#)

[Wedding](#)



May arrives with longer days, blooming flowers, and a gentle reminder to pause and celebrate the women who shape our lives from the shadows of selflessness. While we often honor mothers with greeting cards and brunch reservations, the true essence of "Mom" lies not in a single Sunday, but in the quiet, relentless rhythm of family life.

A mother—or the mother figure who steps into that role—is the family's emotional architect. She is the one who remembers the school permission slips, the pediatrician appointments, and which child is afraid of the dark. She tracks not just birthdays, but the subtle shifts in mood: the slumped shoulders after a tough day, the fidgeting that signals worry, the sudden silence that means something is wrong.

At dawn, she is often the first to rise. Not out of obligation, but out of love's habit. She brews coffee while packing lunches, writes a sticky-note joke for a child's lunchbox, and somehow knows exactly when to offer a hug or simply sit in companionable quiet. By mid-morning, she may be a mediator of sibling squabbles, a cheerleader for a failed math quiz, or a translator between a teenager's grunts and a partner's confusion.

As the sun arcs higher, the mom figure becomes the family's logistical mastermind. She juggles carpools, extracurricular schedules, grocery lists, and the invisible labor of maintaining a home—changing sheets, restocking bandages, remembering whose turn it is to take out the trash. Often, she holds a paid job outside the home, adding professional deadlines to the emotional and domestic ones.

But her role goes far beyond tasks. A mother is the family's historian and storyteller. She keeps the photo albums (digital or physical), reminds everyone where the baby lost their first tooth, and repeats the funny stories until they become legend. She is also the family's soft landing place—the one who says, "It's okay to cry," and means it. When a child fails, she doesn't lecture; she listens. When a partner struggles, she doesn't fix; she holds space.

Grandmothers, aunts, stepmothers, foster mothers, and chosen moms—the women who mother without the title—perform this same alchemy. They show up to recitals without being asked. They keep a spare key and a listening ear. They knit blankets for newborns and offer wisdom wrapped in patience. In families where a biological mother is absent, these figures fill the void with fierce, tender consistency.

Yet for all they give, mothers often carry a quiet weight: the guilt of not doing enough, the exhaustion of invisible work, the loneliness of being the default parent. They downplay their own needs—skipping the doctor's appointment, eating the cold meal, staying up late to sew a costume or edit a resume. And still, they show up again the next morning.

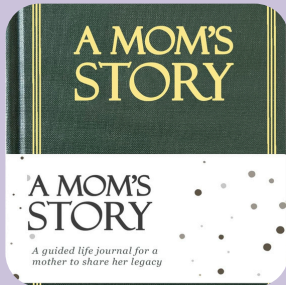
So this May, let's celebrate differently. Yes, bring the flowers and the brunch. But also notice the small things: the way she folds laundry while listening to a child's story, the gentle firmness when she sets a boundary, the laughter that breaks through a chaotic evening. Thank the mom figures who aren't blood but chose to love anyway. Give her an afternoon of silence, a handwritten letter, or simply the words, "I see you. I see all of it."

Because in the end, what mothers and mother figures do is nothing less than this: they make a house feel like home, and they teach us, things like how to use a spoon. By their very presence, we see what unconditional love looks like in action. And that is worth celebrating—not just in May, but every single day.

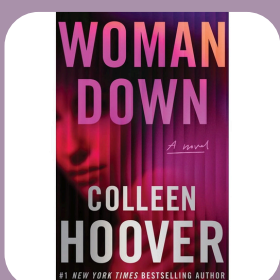


Amazon

For Everyone We Call Mom



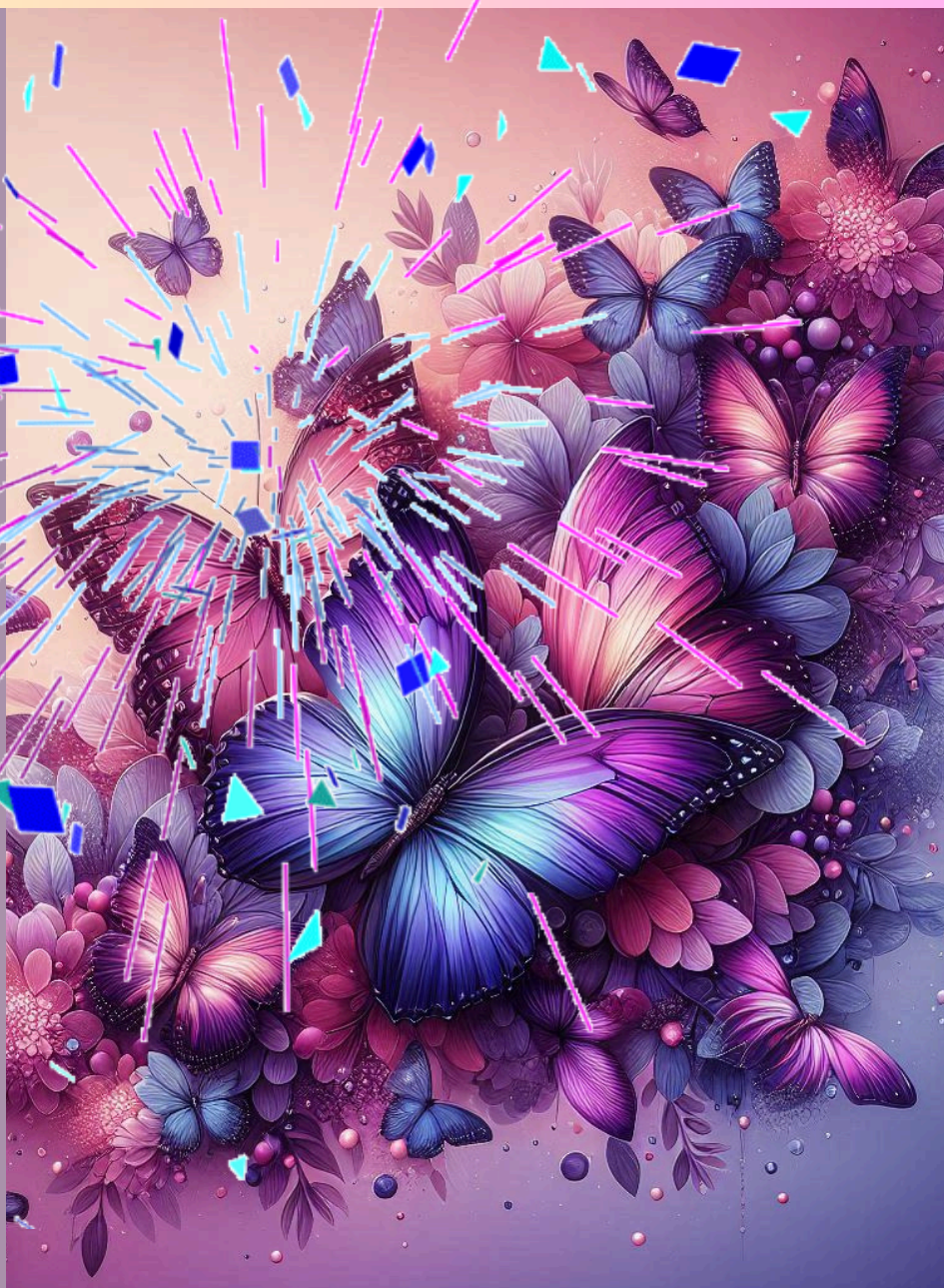
Walmart for Everyone We Call Mom



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something new every month.

NATIONAL MEDITERRANEAN DIET MONTH



We actually combine Keto, Mediterranean and Carb Counted to get a healthy diet of flavors, and a lot of the dishes can be altered to this style of eating. It keeps things so flavorful you probably won't even realize you're on a diet....

EXPLORE MORE...

[Gluten-Free Awareness Month](#)

[Celiac Disease Awareness Day](#)

[World Vegan Month](#)

[National Keto Day](#)

[World Vegan Day](#)

[National Nutrition Month](#)

[National Fasting February](#)

[Vegetarian Month](#)

[National Wellness Month](#)

When it comes to flavor and health in one package, National Mediterranean Diet Month in May has us covered. From fresh herbs and vegetables to succulent seafood and wine, this cuisine satisfies.

One way to get the best out of a Mediterranean diet is to indulge in the whole grains, fresh fruits, and vegetables along with the healthy oils our bodies need. Olive and canola oils are rich in good cholesterol. Add fish and chicken to the menu and limit red meat to only a couple times a month and we're well on our way to enjoying a Mediterranean lifestyle. Finish it off with a glass of red wine occasionally and plenty of exercise.

Oldways founded National Mediterranean Diet Month in 2008.

HOW TO OBSERVE

Are you looking for a flavorful, easy to follow diet? The Mediterranean diet meets the guidelines for the food pyramid. Give it a try during May and you might find it a lifestyle changer. Use #MediterraneanDietMonth to share on social media.



National Salad Month

It's time for the freshness of National Salad Month. Greens pop this time of year, and it's easy to grow garden lettuce even in a small space. They fill the grocery with a variety of color, too.

Beyond the leafy part of the salad, the crisp vegetables, proteins, flavorful cheeses, herbs, berries, grains, and nuts make salads exciting and healthy. If we don't over indulge in the cheese and fatty meats, it's usually the dressing that causes our salad downfall.

More to Explore

[Winter Arugula Pear Salad with Mandarin](#)

[Oranges and Yogurt Dressing](#)

[Fresh Fruit and Vegetables Month](#)

[Cucumber, Tomato Salad](#)

[National Asparagus Month](#)

[Easy Broccoli Salad](#)

[National Crouton Day](#)

[Ceasars Salad Day](#)

[Summer Chef's Salad](#)

[National Celery Month](#)

[National Eat Your Vegetables Day](#)



HOW TO OBSERVE

Salads are an excellent way help get your 5 servings of fruit and vegetables a day. We've provided tips to get the maximum salad-eating in this month!

- Mix up the lettuce variety. Iceberg is what we're most familiar with in the United States. Try spinach for a change of pace. Romaine makes excellent lettuce wraps. Butterhead comes in loose, crisp, rosettes.
- Prepare salads for the work week. Fill the bottom of a Mason jar the salad dressing. Add the more solid fruits or veggies to next layer followed by any proteins and cheeses. Next, add the leafy greens. The items crunchy croutons, nuts or soft fruits and veggies should be added the day you eat the salad.
- Serve salad with every meal, even breakfast. Fruit salad is a bright way to start the morning.
- Substitute salad for one meal a day.
- Try a different type a salad every week.

Use #NationalSaladMonth to share on social media.

NATIONAL BARBEQUE MONTH

National Barbecue Month in May encourages us to break out our special recipes and get some mouthwatering deliciousness started.

Whether you prefer charcoal, wood, or gas, barbecuing is fundamentally a slow cooking method over indirect heat. While the type of protein and seasonings vary, each part of the country specializes in their own flavors and sauces. From sweet to spicy, techniques range from region to region and state to state. Even the way a place smokes their barbecue can be considered unique!

Pork is the original barbecue meat, but beef, chicken, lamb, and other proteins find their way into barbecue. Some of the best side dishes associated with this time-honored cuisine are coleslaw, macaroni & cheese, and baked beans.

In America there are lots of great occasions that our family uses to have a barbecue. Patriotic days, birthdays, and of course, summer time. We live in Florida...so learning to barbecue is practically like getting a drivers license. No matter when, barbecues are a great time to put down the phone, reconnect with family and friends. The fantastic food is just a bonus to these memories you create.

HISTORY

The Barbecue Council founded National Barbecue Month in 1963 to encourage outdoor cooking. Since then, grilling and barbecuing have increased in popularity.

HOW TO OBSERVE

You can either put on an apron or a bib because whether your making barbecue or eating it, it can get messy. Then dig in! Try different flavors and recipes all month long. And, if you've heard about a good barbecue restaurant, get there early. The good ones sell until it's all gone then close up shop. That's the sign of real barbecue! Use [#NationalBarbecueMonth](#) to share on social media.

Explore More...

[National Barbeque Day](#)

[Memorial Day](#)

[4th of July](#)

[Independence Day](#)

[National Picnic Day](#)

[National Barbecued Spareribs Day](#)

[Black and Blue Burgers](#)



NATIONAL HOAGIE DAY

It may go by many names, but on May 5th, National Hoagie Day celebrates a hero of a sandwich!

Besides a hero, the hoagie goes by several other aliases. The sub, grinder, Italian, torpedo, or baguette are just a few of its many names. Some of those names give a hint as to how we make a hoagie, too. We cut a long Italian roll or French bread lengthwise and fill it with various meats, cheeses, vegetables, seasonings, and sauces. Pile it high with your own combination of fillings and enjoy it either hot or cold.

HOW TO OBSERVE #NATIONALHOAGIEDAY

Oh, you can celebrate this day in so many ways!

- Pick up a party-size hoagie for the office.
- Experiment with your stack. Mix and match your fixings for the perfect hoagie.
- Mayo, mustard, sriracha, avocado, BBQ, aioli, hummus. What's your spread?
- Swap out your hoagie bun for a pretzle bun.
- Host a hoagie challenge. Who made it best?

No matter how you celebrate, share your creations using #NationalHoagieDay to post on social media.



EXPLORE MORE...

[National Sandwich Month](#)

[National Sandwhich Day](#)

[National Eat a Hoagie Day](#)

[National French Dip Day](#)

[National Cheesesteak Day](#)

[Hot Pastami Sandwich Day](#)

[National Cuban Sandwhich Day](#)

[Grilled Cheese Sandwich Day](#)

[National Monte Cristo Day](#)

[Jen's Super Sandwich](#)

[Easy Philly Cheesesteak](#)

[Ultimate Family Sandwhich](#)

[Chipolte Turkey Panini](#)





Each year on May 10th, National Shrimp Day recognizes America's favorite seafood. Americans eat more shrimp than any other seafood, and this is the day to celebrate this delicious seafood.

We use the word "prawn" loosely to describe any large shrimp, sometimes known as "jumbo shrimp." Some countries use the word "prawn" exclusively for all shrimp.

Preparing the shrimp for consumption usually involves removing the head, shell, tail, and "sand vein." There are many ways to cook shrimp. Standard methods of preparation include baking, boiling, broiling, sauteing, frying, and grilling. Cooking time is delicate for shrimp, and they are at their best when not overcooked.

A healthy food, shrimp, is low in calories and high in omega-3, calcium, iodine, and protein levels. Shrimp is also known to be considered good for the circulatory system.

Popular North America Shrimp Dishes:

- **Seafood Gumbo:** A stew or soup that probably originated in southern Louisiana during the 18th century. Seafood gumbo typically consists of a strongly-flavored stock, shrimp and crab meat (sometimes oysters), a thickener, and seasoning vegetables. Cooks categorize Gumbo by the type of thickener used: okra, the Choctaw spice, file powder (dried and ground sassafras leaves), or roux, the French base made of flour and fat.
- **Shrimp Cocktail:** The Golden Gate served shrimp cocktails before any other restaurant. Their menu listed shrimp cocktails for .50 cents in 1959. It is now a Las Vegas cliché. Called the "Original Shrimp Cocktail" on the menu, it is a favorite among tourists and the locals. The original Shrimp Cocktail consists of a regular-sized sundae glass filled with small salad shrimp and topped with a dollop of cocktail sauce.
- **Shrimp DeJonghe:** A specialty of Chicago, it is a casserole of the whole, peeled shrimp blanketed in soft, garlic, sherry-laced bread crumbs. Restaurants often serve it as an appetizer or a main course. It originated in the late 19th or early 20th century at the DeJonghe's Hotel and Restaurant.
- **Shrimp Scampi:** This dish has its own day on April 29, and it is cooked in butter, garlic, lemon juice, and white wine.

Shrimp and other shellfish are among the most common food allergens.

HOW TO OBSERVE #NationalShrimpDay

Celebrate this fantastic food day by making your favorite shrimp dish. Need some ideas? As Bubba Blue from the movie *Forest Gump* would say, "Shrimp cocktail, shrimp scampi, fried shrimp, broiled shrimp, spicy shrimp..." Be sure to share your favorite shrimp dish using #NationalShrimpDay.

NATIONAL CHERRY COBBLER DAY

National Cherry Cobbler Day is dedicated every May 17th to the delicious tart dessert that many enjoy with ice cream.

In the United States, cobbler refers to a variety of dishes that consist of a fruit filling (cherry being a popular choice) covered with a batter, biscuit or pie crust that is then baked. Some cobblers have both a top and bottom crust.

Cobblers originated in the early British American colonies. It was because of the lack of suitable ingredients and proper cooking equipment that the English settlers were unable to make their traditional suet puddings, so to improvise, they covered a stewed filling with a layer of uncooked biscuits or dumplings.

A cherry cobbler differs from a crisp as a cobbler lacks oatmeal. Sometimes the cobbler is topped with a scoop of vanilla ice cream!



MORE CHERRIES....

[National Cherry Month](#)

[Cherries Jubilee Day](#)

[Chocolate Covered Cherries](#)

[National Cherry Pie Day](#)

[National Rainer Cherry Day](#)

[Cherry Turnover Day](#)

[Cherry Tart Day](#)

[Cherry Cheesecake Day](#)

HOW TO OBSERVE

Use #CherryCobblerDay to post on social media.



Easy Tres Leche Cake

The Tres Leches cake, or “three milks” cake, is a beloved Latin American dessert known for its uniquely moist, cloud-like texture. White cake that is thoroughly soaked in a sweet, silky blend of three distinct milks—typically evaporated milk, sweetened condensed milk, and heavy cream. After being bathed in this rich mixture, the cake is chilled to allow the flavors to meld, then finished with a fluffy whipped cream. Top with a sprinkle of cinnamon. The result is a melt-in-your-mouth dessert that strikes a perfect balance between creamy and airy.

INGREDIENTS

- 1 Yellow or White cake mix (I usually use a Duncan Hines)
- 1 8 oz can sweetened condensed milk
- 1 can evaporated milk
- 1 cup heavy cream
- 1 Large tub whipped topping
- Ground cinnamon to decorate

DIRECTIONS

- Assemble cake as directed.
- Pour into oven safe cake pan. I like an 9 x 13 for this.
- Bake cake as directed.
- Cool completely
- Make milk mixture by combining condensed milk, evaporated milk and heavy cream in large bowl with wire whisk.
- Once cake is completely cooled use a wooden dowl or I use wooden spoon handle to poke 4 sets of 4 offset wholes in cake top.
- Slowly pour milk mixture over back of spoon or small plate so no craters are formed on cake top.
- Cover and refrigerate 1 – 2 hours for flavors to meld.
- Smooth layer of whipped topping over entire top of cake use as much as desired. Sprinkle with light dusting of cinnamon. Serve cold and enjoy.

Enjoy this moist, delicious cake any time. I even made it for my husbands birthday cake. Just be careful with candles.



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