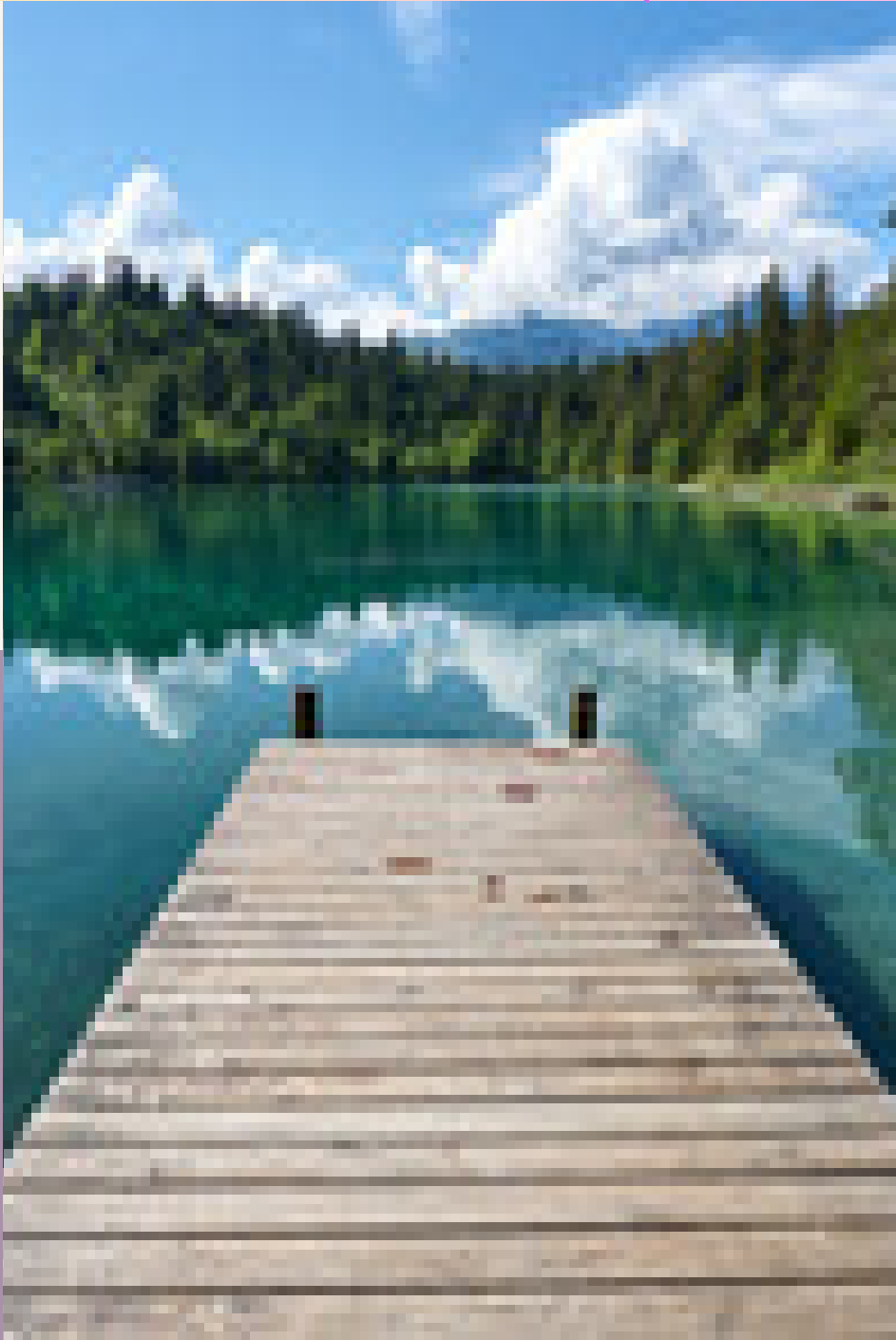


Ten's Perspective



2026

JUST ENJOY
JUNE

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

Welcome to our Just Enjoy June issue—and what a monumental month this is. Not only are we diving into the warmth of summer, but we're also raising a glass to two full years of Jen's Perspective Magazine. Thank you for every read, share, and kind word. You've made this journey unforgettable.

This June, we're embracing romance and resilience. The Pearl birthstone—why it remains the ultimate gem of romance and grace. From its luminous origin to its timeless presence in bridal jewelry, the pearl speaks softly but carries profound meaning. It's a fitting symbol for the love we celebrate this Father's Day, too. Looking for meaningful Father's Day gifts? We've curated heartfelt ideas that go beyond ties and tools.

June also invites us to expand our horizons. We're honoring National Caribbean American Month enjoy the culture, rhythm, and flavor, and lifting up National Give a Bunch of Balloons Month—a simple, joyful reminder to brighten someone's day. (Yes, balloons count as self-care.)

But perspective also means preparedness. With hurricane season upon us, our Hurricane Readiness guide offers practical steps to protect your home and peace of mind. We also pause for National PTSD Day—a moment to recognize invisible wounds and support healing with compassion.

And because our magazine lives at the intersection of real life and digital life, we're marking National Social Media Day and National Camera Day with tips on storytelling through your lens. Pair that with our exclusive Movie Music Playlist—scores and songs that turn any drive or dishwashing session into a cinematic escape.

Let's not forget the quirky and delicious: National Hike with a Geek Day (bring your favorite trivia-loving trailmate), National Coconut Day, Hazelnut Cake Day, Rotisserie Chicken Day, National Cheese Day, National Herbs and Spices Day, and National Strawberry Shortcake Day. Yes, you should bake the cake.

Stay hydrated out there—National Hydration Day is non-negotiable—and if you're wandering through Oklahoma, New Mexico, Arizona, or Alaska, check out local gems and scenic routes. Experience the flavors and culture that you'll want to remember.

This June, slow down, celebrate small joys, and remember: pearls form through persistence. So do we.

Here's to two years—and many more.

With grace and gratitude,

A handwritten signature in a cursive script, reading "Jennifer". The signature is written in a dark brown color and is positioned above the title "Editor-in-Chief, Jen's Perspective Magazine".

Editor-in-Chief, Jen's Perspective Magazine



National Caribbean-American Heritage Month in June recognizes the contributions of the Caribbean-Americans to the diversity and broader landscape of American culture.

Caribbean American immigrants and residents of Caribbean U.S. territories are a vibrant part of the American melting pot. They have a long tradition of contributing to our communities and serving their country. From the first Secretary of Treasury, Alexander Hamilton to civil rights activist W.E.B. Du Bois and Jennifer Carroll, Lieutenant Governor of Florida, Caribbean American's step up to challenges across generations.

Each year, ICS works with our partners at a number of organizations to present a parade of events for varied palates. Learn more about this year's events at www.caribbeanamericanheritage.org.

Share your experiences and knowledge during National Caribbean-American Heritage month. Learn the history of immigration from the Caribbean by visiting museums and exhibits. Visit with friends and family members and learn about their experiences and culture. Use #CaribbeanAmericanHeritageMonth to share on social media.

The month is an opportunity to celebrate the heritage, history, and cultural diversity and a time to explore the traditions Caribbean-Americans carry with them.

In 2006, actress and singer Sheryl Lee Ralph and basketball great Rick Fox were named official spokespersons for National Caribbean American Heritage Month. Learn more at www.caribbeanamericanheritage.org.

The official campaign for a National Caribbean American Heritage Month began in 2004 when a legislative bill was tabled in Congress by Congresswoman Barbara Lee. Language was provided by ICS Founder and President Dr. Claire Nelson. The Bill was reintroduced and passed the House in June 2005 and the Senate in February 2006. A Proclamation making the resolution official was signed by President George W. Bush on June 5, 2006.

NATIONAL GIVE A BUNCH OF BALLOONS MONTH

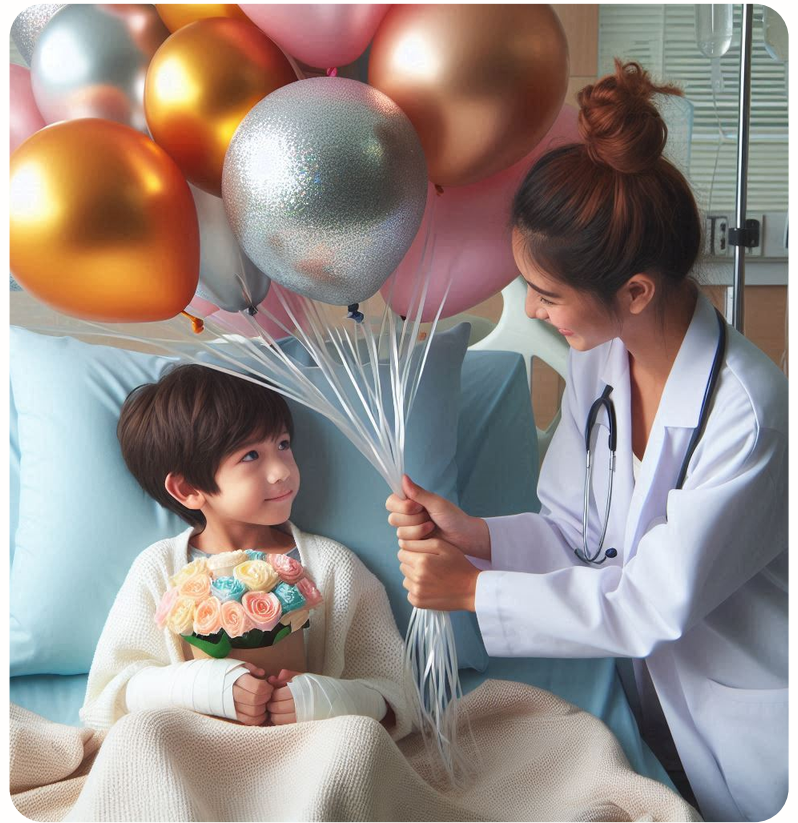
Every day in June, National Give a Bunch of Balloons Month brings joy to a child battling an illness or struggling with a life-altering diagnosis. When limitations, treatments or hospital stays prevent children from the joys of childhood, their smiles fade. National Give a Bunch of Balloons Month encourages giving children we know with an illness something to smile about by bringing them a bunch of balloons.

Often days of treatments and restrictions associated with an illness are long and tiring.

Being ill is no fun especially for a child. A delightful bouquet of balloons brings energy to a room and delivers a smile to a child's face. While it may not be a cure, the balloons brighten their day and add a distraction from their mundane reality.

History

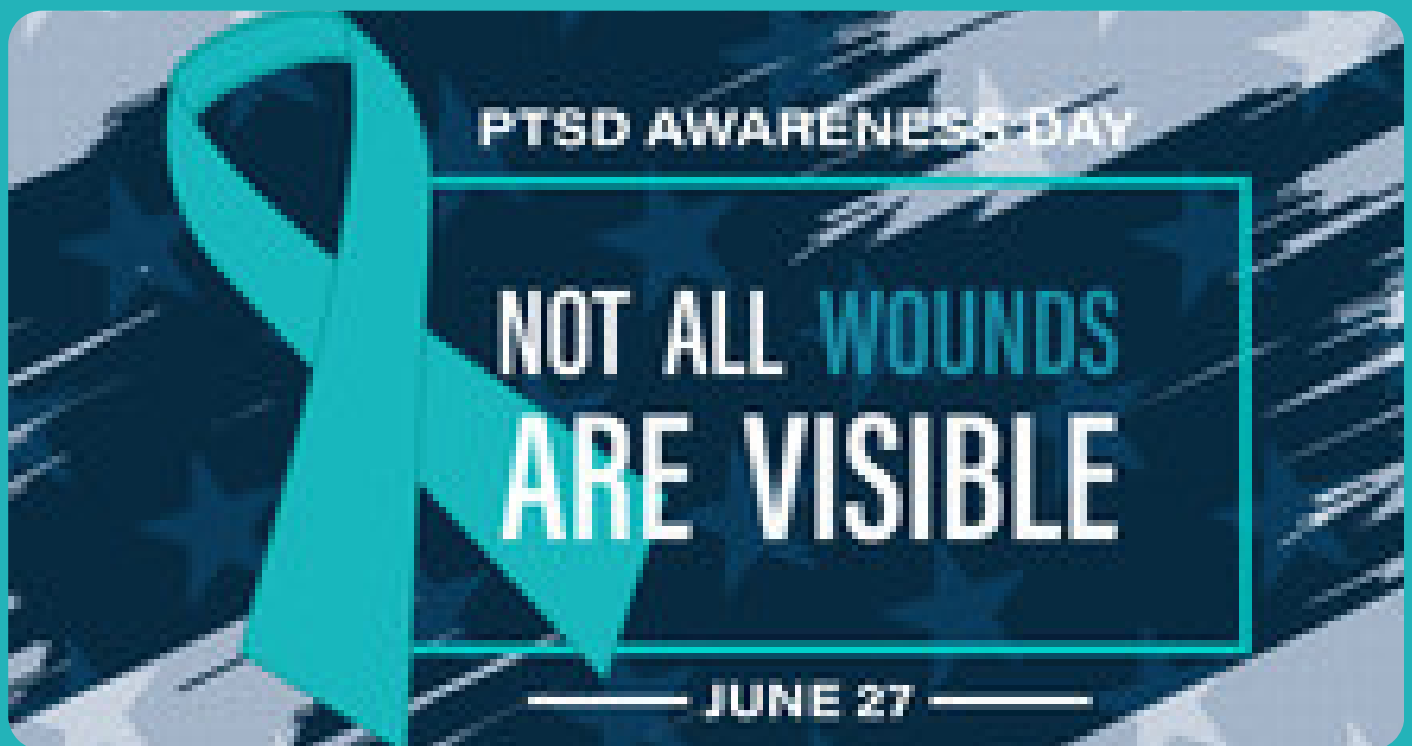
National Give a Bunch of Balloons Month was submitted by Wanda Carter Roush, author at Ella's Pearl Publishing, to celebrate another day for children dealing with incurable conditions. Their tireless journey with sick days, hospital stays, and missed celebrations makes receiving a bunch of balloons any day in June something for them to smile about.



How to Observe

If you know a child who is ill at home or spending time in the hospital, give him or her a bunch of brightly colored balloons. Find out their favorite color or cartoon character including a message just for them. The smile you receive will be worth more than anything money can buy.

Use #GiveABunchOfBalloonsMonth to share on social media.



Post Traumatic Stress Disorder (PTSD) has a profound effect on the lives of those who suffer from it. The statistics alone are staggering, but can only tell a portion of the story. The trauma and anxiety associated with PTSD is a constant burden, inseparable from the sufferer. It was once a condition that was attributed only to returning combat veterans, but more and more the condition is diagnosed in those who have experienced violent crime or lived through catastrophic events. According to PTSD United, 20% of adults in the United States who have experienced a traumatic event suffer from PTSD.

The observance not only strives to bring awareness to the public but to also educate and eliminate the stigma associated with PTSD. Many of those with PTSD don't seek treatment. Sometimes they simply fear the labels attached to PTSD. However, with support and understanding, we may all better understand the signs and provide better care.

- Trouble sleeping
- Reliving memories of the event
- Anxious or on edge
- Avoidance of things or people who remind you of the event

Over time, these signs may fade. However, if they don't, seeking treatment is not only suggested but helpful to many who suffer from PTSD.

HOW TO OBSERVE

#NationalPTSDAwarenessDay

Reach out to someone you know who struggles with PTSD. Let them know you care and are there to help. Learn more about PTSD at NIMH or VA.gov. Use #NationalPTSDAwarenessDay to share on social media.

Hurricane Readiness

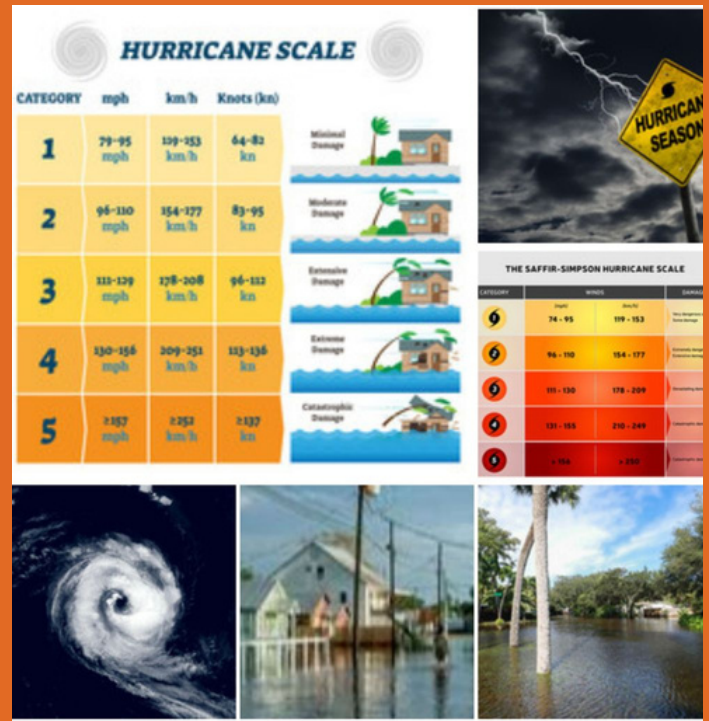
With the month of June comes sunny skies, fireflies, barbeques and yes, hurricane season. Before the first named hurricane of the season, the time to prepare is now! We live on the Gulf Coast of Florida, with some of the most beautiful beaches in the world. While beachfront and outdoor living are must haves in the sunshine state, so to is being ready for when Mother Nature sends a curve ball our way.

Florida, Alabama, Texas, Georgia, The Carolina's, are among those on the east coast who need to have a plan if something named comes your way. Along the Gulf Coast we often see powerful thunderstorms roll through. While these can be scary they are not the same as a serious hurricane.

Ivan, Sally, Katrina, Opal, Dennis, Andrew, Micheal, Helene and more. Chances are if you've seen any of these or many others I can't remember the name of, the devastating effects are felt by communities big and small. With that in mind I remember talking to people especially after Micheal hit my hometown. Some of these need to knows have been somehow lost in translation. Especially if you just moved to one of these states.

So without further ado here is an [emergency preparedness list for hurricanes](#). Most items can be used for lots of other emergencies as well. Fire, flood, tornado, tropical weather, and more. What ever threatens your home and family, basic preparation saves lives.

One of the worst things I've both seen and heard is; Why it takes so long to get help? Being raised in Florida especially before the technological advances, we were taught that if disaster strikes, you have to be prepared to live on your own for at least 3 days. That means no power, enough food, water, medication, essentials, to survive by yourself for 3 days.



Keep this in mind when preparing your readiness supplies. Account for all family members and pets. Our pets are a part of our family that means they go where we go. That will be vitally important if evacuating.

Help will come from outside sources but trust me when I tell you experiences have taught they mean it when they say 3 -5 days on your own. Depending on the size, severity, and extent of damages, this is only the minimum. First priority will have resources staged. They cannot do so to close to proposed landfall or it becomes a victim of the storm as well.

Then there is the unpredictably of exactly where landfall will be. As storms prepare to make actual landfall they can wobble as much as 100 miles. So while things have come a long way in meteorology, mother nature can still surprise us. Please know what to expect and get your news from a reliable source.

So get a plan, prepare now and stay safe!



National

HIKE WITH A GEEK DAY

Going beyond desk exercise, National Hike with a Geek Day on June 20 summons the techies, geeks, IT gurus and gamers to push away the keyboard and strike out across the inviting landscapes of nature.

The day isn't limited to the tech-savvy who speak in code. Nor is it just for emoticon loving, web surfing fact finders. If you have ever texted your significant other from another room or checked to see if Alexa has a skill to restart the dryer, you probably fit the criteria for National Hike with a Geek Day. Both as a way to unplug from technology and to re-engage with the people around them, National Hike with a Geek Day calls to all those who can pronounce osmium correctly the first time, the number crunchers and every area of scientific study to refresh and stretch their horizons.

June 20 is also the summer solstice. It's the perfect time to grab your nearest, dearest geek and plunge into the neighboring wilderness for some adventure.



HISTORY

The day isn't limited to the tech-savvy who speak in code. Nor is it just for emoticon loving, web surfing fact finders. If you have ever texted your significant other from another room or checked to see if Alexa has a skill to restart the dryer, you probably fit the criteria for National Hike with a Geek Day. Both as a way to unplug from technology and to re-engage with the people around them, National Hike with a Geek Day calls to all those who can pronounce osmium correctly the first time, the number crunchers and every area of scientific study to refresh and stretch their horizons.

HOW TO OBSERVE

Geeks beware! You'll be cajoled, coaxed and perhaps prodded by friends and loved ones. But, this is your day. Go, take the lead. When asked, surprise them by whipping out your hiking boots, map and compass. Friends and family, don't be surprised if your geeks have been waiting for just this moment all along.

Visit hikingwithgeeks.com for inspiration or motivation. Use [#HikeWithAGeekDay](https://twitter.com/HikeWithAGeekDay) [@HikingWithGeeks](https://www.instagram.com/HikingWithGeeks) to share your adventure on social media.



National Hydration Day

The games get intense under the hot summer sun and on June 23, and National Hydration Day reminds us to replace fluids lost in the heat of battle.

The human body contains more than 60 percent water. Maintaining that balance while training is a challenge. And doing it during the summer months is a practice that must be consistent. Becoming overheated or dehydrated can lead to heat stroke and possibly death.

You can help prevent dehydration by being hydrated before a workout even begins. This essential step goes a long way to a more effective workout. If you are under-hydrated before you start, maintaining or catching up on hydration becomes difficult once the sweating starts. Drink plenty of fluids throughout the training, too. Fluids can include sports drinks that contain electrolytes (Magnesium, Calcium, Sodium, and Potassium) to replenish the essential minerals the body loses through perspiration.

HISTORY

SafeTGard Corporation founded National Hydration Day in honor of football Coach Victor Hawkins (September 1, 1964 – June 23, 2012) who invented a mouthguard that releases electrolytes to keep his players hydrated during games and practices. This day honors Coach Hawkins' contributions to athlete health, safety, and success. SafeTGard Corporation founded the day in 2016 to increase awareness of the importance of proper hydration to athletes everywhere.

HOW TO OBSERVE NATIONAL HYDRATION DAY

Whether you are an athlete or not, stay hydrated on these hot summer days. Drink plenty of fluids and make it part of your daily routine. Use #NationalHydrationDay to share on social media.

EXPLORE MORE

[National Beverage Day](#)

[Lemonade Day](#)

[Iced Tea Day](#)

[National Smoothie Day](#)

[National Juice Slush Day](#)

[National Punch Day](#)

[National Green Juice Day](#)

[National Carbonated Beverage With Caffeine Day](#)

[National Iced Tea Month](#)

[Summer Sun](#)

[Refreshing Summer Drinks](#)





NATIONAL CAMERA DAY

Taking photos has become so easy. According to Business Insider, in 2017, we took over 1.2 trillion digital photos! From a large boxy camera to one that fits in our pocket, cameras have come a long way.

Everything comes into focus on June 29th each year when we recognize National Camera Day. The day commemorates photographs, the camera, and their invention. A camera is an irreplaceable tool used to record and replicate memories, events, and people/places. Before the invention of the camera, the only resource to document a vision was a painting. Capturing an image of a person or place in a drawing took time and skill. Very few people can perfectly draw the likeness of someone, let alone capture the essence of an event.

The power of a camera provided many with a simple, inexpensive, and fast solution. George Eastman, also known as “The Father of Photography,” brought the camera to the masses. While he did not invent the camera, he did develop many additions improving the use, ease, and production of the camera. His developments made the camera widely available to homes around the world.

HOW TO OBSERVE NATIONAL CAMERA DAY

Whether photography is a hobby or your profession, celebrate the day by taking photos. Snap a picture of something or someone you enjoy and cherish the memory. But taking pictures isn't the only way to celebrate.

- Take a photography class.
- Teach someone how to take outstanding photos.
- Expand your photography skills by learning more about your camera.
- Try a different style of photography or camera.

**Post photos on social media using
#NationalCameraDay.**

June's Birthstone: Why the Pearl is the Ultimate Gem of Romance and Grace

When you think of June, you think of long summer days, fresh roses, and weddings. It's no surprise, then, that June's birthstone is the pearl—a gem that has symbolized love, purity, and new beginnings for thousands of years. Unlike diamonds or rubies, which are mined from the earth, pearls are born from the sea, created within a living creature. This organic origin gives them a uniquely soft, warm glow that feels inherently romantic. From ancient folklore to modern engagement rings, the pearl whispers rather than shouts, making it the perfect emblem for a love that is gentle, enduring, and quietly powerful.

Romantically, pearls have always been tied to the goddess of love herself. In Greek mythology, Aphrodite (Venus to the Romans) emerged from the sea foam on a giant scallop shell, and as the ocean spray fell from her body, it crystallized into pearls. Because of this origin story, pearls have long been considered the “teardrops of the sea” and represent love born from beauty and chaos. To give someone a pearl is to say, “You are my Aphrodite”—a gift that honors their inner light and natural elegance. Even today, many brides choose pearl jewelry for their “something old” or “something borrowed,” believing the gem's lunar energy will bring a marriage lasting happiness and fidelity.

Beyond myth, the pearl carries a deeper symbolic meaning that resonates with the journey of a relationship. Consider how a pearl is made: a tiny irritant—a grain of sand—enters an oyster's shell. Instead of rejecting it, the oyster patiently coats the grain with layer after layer of nacre, eventually transforming the nuisance into a flawless, iridescent gem. This process is a powerful metaphor for true love. Real romance isn't about avoiding problems; it's about taking life's rough moments and covering them with patience, understanding, and time until they become something beautiful. A pearl reminds us that the strongest bonds are often forged by overcoming small struggles together.



In many cultures, pearls are also seen as symbols of wisdom gained through experience, which makes them a heartfelt gift for significant anniversaries, particularly the 3rd and 30th. While other gems represent fiery passion, the pearl represents the quieter, deeper side of love: trust, loyalty, and a calm partnership. Its circular shape has no beginning and no end, symbolizing eternity and the unbroken circle of life. Unlike a diamond's sharp brilliance, a pearl's subtle luster changes in the light—just as a long-term romance changes and deepens over the years, revealing new shades of beauty with each passing decade.

Whether you are a June baby celebrating your birthday or looking for a meaningful token for your partner, the pearl offers a timeless alternative to traditional gems. It doesn't need to be cut or polished to shine; it is perfect just as it is created. That acceptance of natural beauty is perhaps the most romantic message of all. So the next time you see a strand of pearls or a simple pearl pendant, remember you are looking at more than a gemstone. You are looking at a symbol of love's alchemy—how patience and tenderness can turn life's tiny irritations into something luminous, cherished, and built to last for generations.



June's Birthstone



SOCIAL MEDIA DAY

Social Media Day is observed annually on June 30th. In its short life, social media has redefined how people interact, communicate, and share with family, friends, and the world.

With the launch of Friendster in 2002 and MySpace in 2003, social media became mainstream. Then 2004 brought the founding of the king of social media, Facebook. Twitter encouraged us to be succinct by posting our thoughts with fewer than 140 characters. When we express ourselves better through imagery, Instagram, and Flickr offer all the sharing we can handle. And speaking of video, YouTube is the social place for everything from how-to to pop culture to what not to do with your fireworks on the 4th of July.

Social media makes it possible to stay connected and informed about those important people in our lives. Reconnecting with classmates, past work associates, and more is also a valuable part of social media. It has also made it possible to connect with ancestors and find relatives you never even knew existed. Yes, the family tree has become a social media platform as well. MyHeritage.com, Ancestry.com, and many others all supply a social platform where distant family members potentially meet and build their family trees.

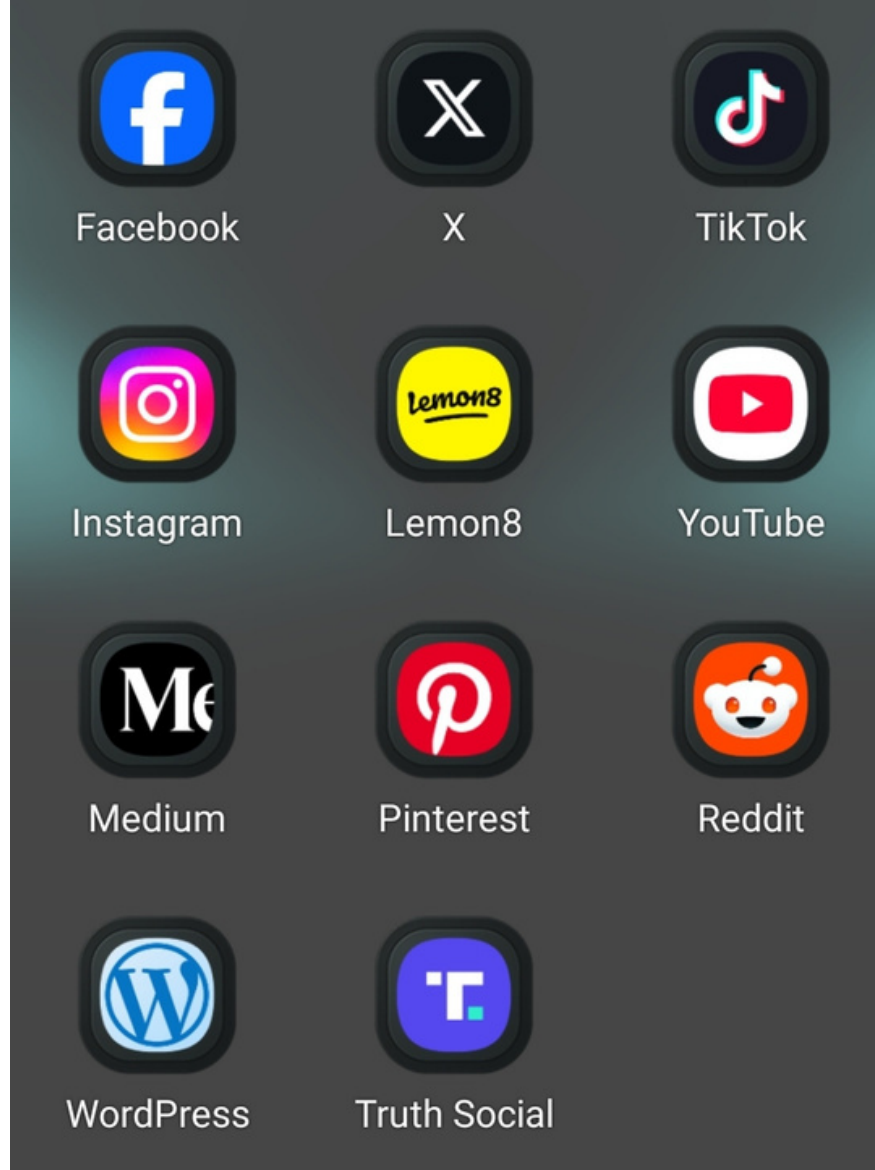
HOW TO OBSERVE SOCIAL MEDIA DAY

Post something on your favorite social media platform. Find a social media meetup in your area. Share your favorite meme or connect with someone you've not spoken to in ages. You can also discover new apps to satisfy your social media lifestyle. Check these out:

Periscope	Yubo
Signal	23snaps
Valence	ReverbNation
Elpha	

While we're talking about social media make sure you are following ours! Just click here to go directly to our pages. You can find us on [Facebook](#), [X](#), [Instagram](#), [TikTok](#), [Pinterest](#), [Lemon8](#) and [YouTube](#).

Use #SocialMediaDay when posting to share your favorites and remind others to celebrate.



DID SOMEONE SAY FOOD

The Internet has long loved food, and social media is no different. Pinterest, Tumblr, and WordPress share and socialize about the latest accessible and exciting food trends. This may be the most addicting part of social media. One moment a picture of a decadent, perfectly golden roast duck comes across your news feed. In an instant, the complete video detailing how to execute this delicacy in 17 easy steps is provided for you. One tweet later and you are off to the butcher. In a Snapchat -Instagram -Tumblr hour, you destroy your kitchen and end up with a Pinterest board titled "They Lied."

NATIONAL HUG YOUR CAT DAY



When National Hug Your Cat Day rolls around each year on June 4th, the purr-fect opportunity presents itself for some snuggle time. Depending on your feline critter's nature, hugging may not be in the cards. However, like most animals, touch is a vital part of communication – and the same goes for the claw-ful kind.

All kitten aside, if you're fur-tunate enough to have a feline friend, any attention they give you may be a blessing. Others never leave your side and cuddle often. Of course, most cats have purr-sonality in spades.

Meow, if your feline friend becomes hiss-terical when you try to hug him, you may have to settle for a boop. It's un-furr-tunate, but it is an option. Those who don't have any feline companionship may need to litter-ally visit a neighbor or volunteer at a local shelter. Those paw-some critters need some hugs, too.



HOW TO OBSERVE #HugYourCatDay

Love on your furr-tunate kitty. While you're at it, make it a purr-manent part of your routine. If you are considering getting a cat, adopt instead of purchasing one. Share some paw-some kitties with cat-ittude by using #HugYourCatDay on social media.

Explore More...

[National Cat Day](#)

[Global Cat Day](#)

[Ginger Cat Appreciation Day](#)

[Black Cat Appreciation Day](#)

[National Kitten Day](#)

[International Cat Day](#)

[National Pet Day](#)

[Love Your Pet Day](#)

[National Hairball Awareness Day](#)

[Opt – To – Adopt](#)

[National Adopt A Shelter Pet Day](#)

[Adopt a Senior Pet Month](#)

[Adopt A Cat Month](#)

[Unconditional Love The Whole Year Through](#)

[Operation Santa Paws](#)

Music from Movies and Stage Playlist

On Broadway or the silver screen musicals still hold a definite place in our hearts. From Andrew Lloyd Weber to The Greatest Showman and quite a few in between. Name a Disney movie guaranteed to bring back childhood memories. They are the songs you sing along with and cannot forget. Feel free to sing along. We won't tell...

The Lion King

The Circle of Life

Just Can't Wait to be King

Can You Feel the Love Tonight?

Cinderella

Bibbidi-Bobbidi-Boo

A Dream Is a Wish Your Heart
Makes

So This is Love

Roger's and
Hammerstein's
Cinderella

In My own Little Corner

Ten Minutes Ago

Cabaret

Mein Herr

Cabaret

Chicago

All That Jazz

Razzle Dazzle

Burlesque

Welcome to Burlesque

Show Me How You Burlesque

Tough Lover

Aladdin

A Friend Like Me

A Whole New World

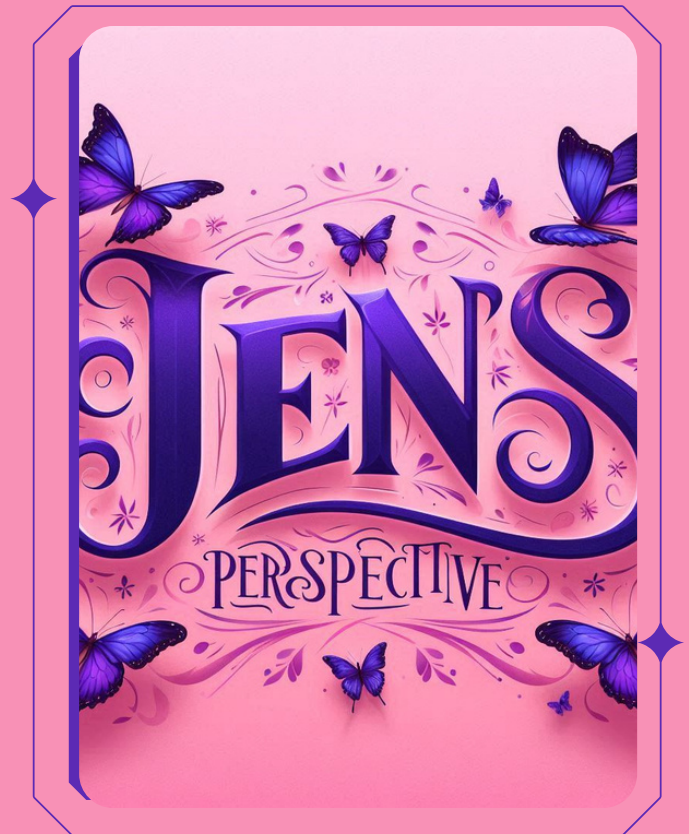
Momma Mia

I Had A Dream

Dancing Queen

Cats

Memory



Rent

The Sound of Music

South Pacific

Meet me in St Louis

Bedknobs and Broomsticks

Chitty, Chitty Bang Bang

The Greatest Showman

A Million Dreams

Come Alive

This Is Me

Never Enough

Celebrating Dad: Father's Day 2026

Mark your calendars: Father's Day 2026 falls on Sunday, June 14th. While Mother's Day had an earlier official start, the journey to honor dads is a fascinating story of determination, love, and a little bit of stubbornness. The modern celebration owes its existence to Sonora Smart Dodd, who was raised by a single father in Washington state. After hearing a Mother's Day sermon in 1909, she argued that fathers deserved equal recognition. The first official Father's Day was celebrated on June 19, 1910, but it took decades—and a push from President Richard Nixon—to finally make it a permanent national holiday in 1972. Unlike the flowers and frills of May, Father's Day was born from a quiet, rugged appreciation for the men who show up every single day.

The Qualities That Define Great Fathers

What makes a dad truly memorable? While every father is unique, certain timeless qualities rise to the top. First is steadfastness—the ability to be a calm anchor in a stormy world. Great fathers also embody selflessness, often putting their family's needs quietly ahead of their own, from working late shifts to giving up the last slice of pizza. Another key trait is guidance, not through lectures, but through showing integrity, resilience, and humor in everyday life. Finally, the best dads offer unconditional support; they are the ones in the bleachers, at the graduation, or on the other end of the phone at 2 AM. These qualities don't require perfection—just presence.



The 14th is the third Sunday in June 2026, plan a full day for something special. Start with a classic breakfast in bed (or at the kitchen table) featuring his favorites—bacon, pancakes, and strong coffee. Because 2026 is also a World Cup year (the tournament runs through mid-July), consider planning an afternoon viewing party for a match, complete with his preferred snacks and a cold drink. If sports aren't his thing, organize a no-fuss BBQ or backyard fire pit where the whole family can gather. The key is to remove stress: handle the cooking, cleanup, and logistics so he can simply relax and enjoy the company.

Final Thoughts: Celebrating the Everyday Hero Father's Day isn't about grand gestures or expensive presents. It's about pausing to recognize the man who taught you how to ride a bike, fix a leaky faucet, or laugh at your own mistakes. As you prepare for June 14, 2026, remember that the best celebration mirrors the best fathers: genuine, warm, and a little bit playful. Whether you're grilling burgers, watching a soccer match, or simply sitting on the porch together, your attention and gratitude are the real gifts. So go ahead—mark your calendar, pick up the phone, and tell him exactly why he matters. He's earned it.

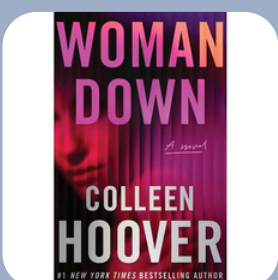
Share your favorite memory, pictures and more to social media. Use [#Father'sDay](#) to show how much you appreciate him to the world.

Amazon

For Everyone We Call Dad



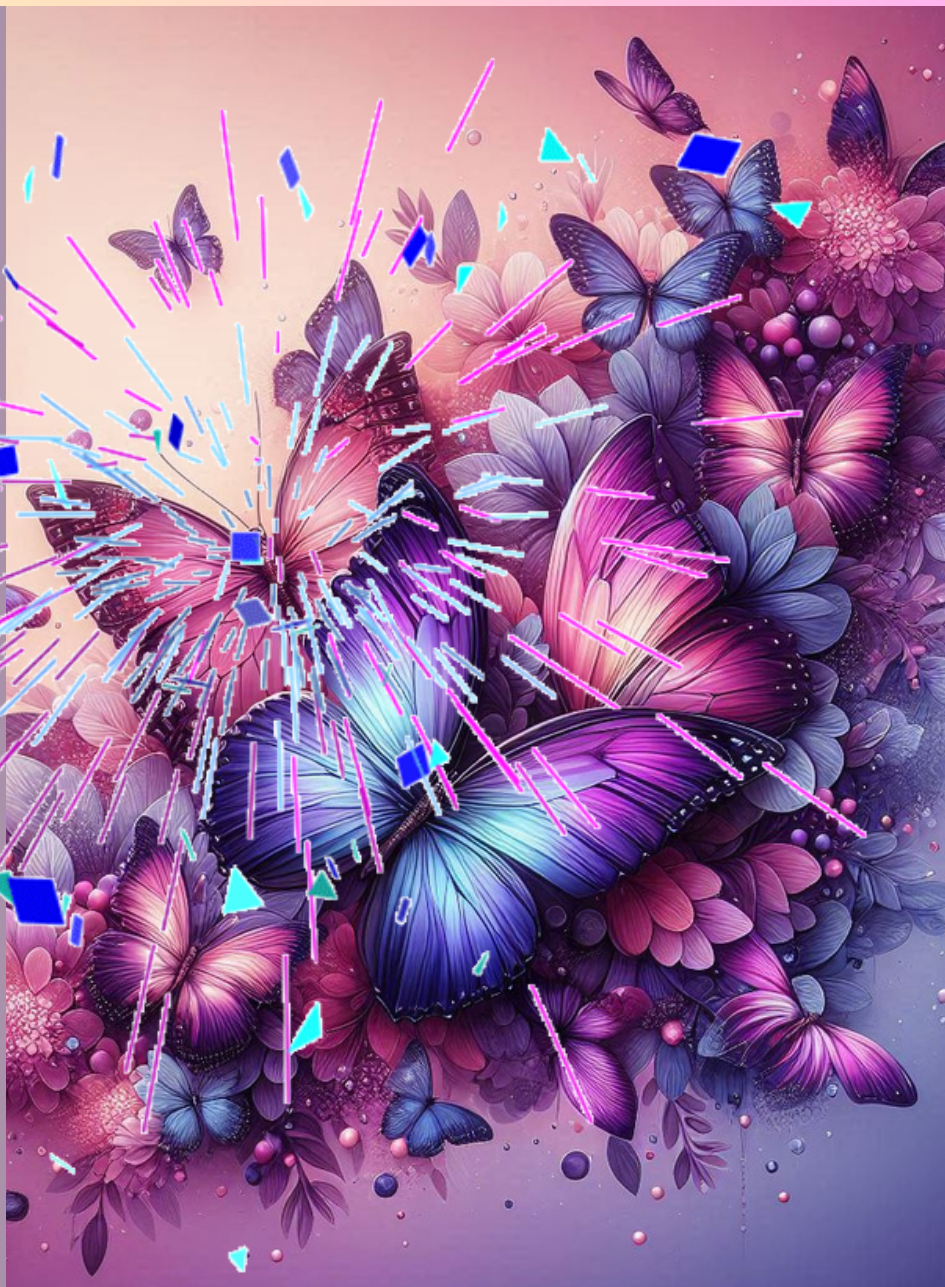
Walmart for Everyone We Call Dad



Tap to Shop

JEN'S PERSPECTIVE MAGAZINE

Celebrating 2 Years
of Publishing



Established June 2024

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subscription today.

12 issues a year filled with reasons to
laugh, live and love, while making lasting
memories.

Something for
Everyone

From Family, Holidays, Food, Pets,
Heritage, Making a Positive Difference and
movies, music and books to try. Find
something new every month.

NATIONAL COCONUT DAY



Coconut oil alone falls into the superfood category due to its medium chain triglyceride (MCTs) content and all that they seem to do. Whether supporting a weight loss program, moisturizing skin, and hair or metabolizing into energy, coconut oil plays a significant role for your body.

We use the whole coconut in many different forms for our body and everyday cooking. From shredded coconut to milk, cream, water, and oil, each provides essential nutrients and flavor. Its anti-viral and anti-microbial properties are notable as well.

Coconut is rich in fiber, Vitamin B6, iron, and minerals like magnesium, manganese, phosphorus, selenium, and zinc. The oil from coconut moisturizes our skin and also help keep our skin clear and hair silky, too.

Of course, in the kitchen, we love coconut! Beyond baked goods, coconut infuses sweet flavor to our cooking, and because the MCTs in coconut oil don't absorb in the body as fat, it is an ideal alternative to other oils and fats.

Summer starts in earnest on June 26th when National Coconut Day arrives! The coconut offers sweet support for our bodies in several ways.

The flavor of coconut oil makes the best air-popped popcorn. Add coconut milk to your curry recipe and win rave reviews! Those who are lactose intolerant and craving ice cream know that coconut milk also makes an excellent substitute for creamy homemade ice cream. And of course, it's not summer without a pifia colada!

Beyond the fruit and water of the coconut that we consume, the husk and shells are used as a potting medium, carbon filtration, charcoal, bio-fuel, and even organic cat litter. The husks are also used to make coir, which is used in making mattresses, doormats, and more.

Enjoy the benefits of coconut and share your favorite ways to use coconut. Whether it's a recipe to taste or one to make our skin or hair shine, we want to know.

Follow National Coconut Day by using #NationalCoconutDay on social media.



NATIONAL HAZELNUT CAKE DAY

June 1st is a day to spend some time in the kitchen baking up a delicious hazelnut cake as you take part in National Hazelnut Cake Day.



We call hazelnuts by a variety of names, including filberts, Pontic, and cobnuts. In North America, they are native to the Midwest, North and South Eastern United States and Canada.

These sweet and buttery nuts complement a variety of recipes. That's why they go so well in a cake all their own. They also combine well with chocolate making a delicious spread. Many hazelnut cake recipes include a hazelnut spread as a topping or in between layers. Hazelnut also enhances the flavor of coffee, bread, muffins, and puddings. And don't forget ice cream. Hazelnuts make delicious ice cream that when combined with cake can turn out an amazing ice cream cake.

Let your creativity flow during this baking holiday and bake something flavorful to share!

More to Explore....

HOW TO OBSERVE #HazelnutCakeDay

National Cake Day

Lemon Chiffon Cake Day

Angel Food Cake Day

National Sponge Cake Day

National Raspberry Cake Day

National Carrot Cake Day

Black Forest Cake Day

Bake up your favorite hazelnut cake and savor the delicious reward. Serve it with iced coffee on a sunny patio or balcony. You can also make hazelnut cupcakes and deliver them to someone as a surprise. Share your favorite hazelnut cake recipes using #HazelnutCakeDay to post on social media.

NATIONAL ROTISserie

CHICKEN DAY

On June 2nd each year, chicken lovers celebrate National Rotisserie Chicken Day. While there are numerous ways to cook a whole chicken, rotisserie chicken offers a slow cooking method that seals in flavor.

When cooking chicken using a rotisserie chicken, the whole chicken is cooked on a rotisserie or spit that turns continuously over a heat source. This process slowly roasts and sears the skin to seal in the flavor. The result is a tender and juicy chicken. Some cooks inject rotisserie chicken with a blend of seasonings to give it more flavor. The popularity of rotisserie chicken continues to grow as the health benefits of it become more widely known.

Rotisserie chicken goes well with a variety of side dishes, too. Whether you like traditional salads, potatoes, rice, and steamed vegetables, or more elaborate dishes, you will not go wrong. You can even use the leftovers in many ways, including salads, sandwiches, and casseroles. It is just as delicious cold as it is hot, too.

NATIONAL ROTISserie CHICKEN DAY HISTORY

Boston Market Restaurants founded National Rotisserie Chicken Day in April of 2015 to celebrate the delicious and tender flavor achieved through slow-cooked rotisserie chicken.

HOW TO OBSERVE #RotisserieChickenDay

Pick up some rotisserie chicken to celebrate! It is perfect for lunch or dinner. You can also share your favorite recipes. Share photos of your friends and family on social media enjoying rotisserie chicken and include #RotisserieChickenDay in the post.

Explore More...

[Chicken Cordon Blue Day](#)

[National Fried Chicken Day](#)

[National Poultry Day](#)

[National Chicken Curry Day](#)

[National Shawarma Day](#)

[National Chicken Month](#)

[Jen's Keto Chicken](#)

[Jen's Chicken Noodle Soup](#)

[Mushroom Swiss Chicken](#)

[White Chicken Chili](#)

[Chicken Alfredo Caprese](#)

[Mushroom Swiss Chicken](#)



NATIONAL CHEESE DAY

Mooooove over whiners! June 4 is National Cheese Day!

An encyclopedia of cheese will cover the alphabet and broaden your vocabulary. It will undoubtedly contain more varieties of cheese than what's found at the local grocer. Cheese is produced from the pressed curds of milk. The milk can come from cows, buffalo, goats or sheep. Temperature and aging affect the flavor and texture of the cheese as well as spices and other seasonings added during the process.

The opportunity to go to a cheese tasting or visit a cheesemonger who is knowledgeable about pairings will improve your enjoyment of the cheese you choose. Does Stilton melt? Can you serve Chèvre with a salad? Be sure to ask questions and provide your preferences. Your favorite wine might find a new sidekick. You might discover a smokey spread to go with bruschetta or a tangy cheddar to pack with lunch.

In the United States, a road trip to Wisconsin isn't out of the question for quality and variety. But, they aren't the only place to find outstanding flavor and choice. Local delis have selections of domestic and imported cheeses, and independent shops offer a rotating inventory beckoning us to keep visiting to see what's new.

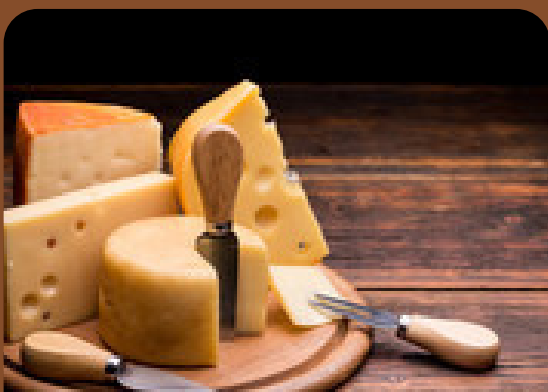


Excellent as a snack on its own, cheese is also a perfect ingredient in pasta, soups, souffle and many other recipes. We slap it on a sandwich cold but why stop there when it can be grilled and melted into a Grilled Cheese recipe. When company comes to visit, nothing is better than a cheeseball, especially when bacon is added. Many varieties are Keto diet friendly too.

Cheese is multinational, too! Every nation in the world has its own variety of cheese. Italy seems to have harnessed the market. They did add it to pizza, and that's pretty amazing. Savor the opportunity if you ever have the chance to taste cheeses from around the world. For example, hop on over to Greece. They have this dessert called cheesecake. Delicious!

HOW TO OBSERVE

There are many ways to celebrate National Cheese Day. Try a new recipe or take a risk and try a type of cheese you've never heard of before. Ask for recommendations from friends or share your favorites. Make sure you post to social media using #NationalCheeseDay





National Herbs and Spices Day is observed annually on June 10.

It is the season for fresh herbs and spices. They are an essential part of flavorful cooking as well as fun and easy to grow.

Raising your own herbs can be a form of relaxing therapy. Herbs and spices have been used for many hundreds of years, and besides making our food delicious, each has its specific health benefits. Growing your own herbs and spices is a great way to add fresh variety to your food. Herbs raised in your home add an aromatic and natural fragrance to the air.

Basil, Rosemary, Nutmeg, Garlic, Sage, Tyme, Oregano, Italian, Greek, Cajun, Blackening, Fennel, Chili Powder, Dill, Red Pepper Flakes, Ginger, Paprika, Cinnamon, are among my most used almost every meal. Lavender, Vanilla, Anise, Bay Leaf and Tumeric on occasion as well. It's a good bet in combination with onions, you'll find on our table daily. Good mixes to make are Beef Stew, Taco's and Tex Mex, My Greek Turkey bake, Asian Pork Chops, and don't forget Spaghetti and My Easy Chili.

I find myself adding to or finessing flavors even if I use a pre-packaged spice mix. Having a hood sense of these help me not only make up my own delicious creations, but help judge recipes to try. I'm happy to be surprised of course although things calling for heavy amounts of Parsley, Cilantro, or heavy amounts of cayenne are things we try to avoid.

HOW TO OBSERVE

Use #HerbsAndSpicesDay to post on social media.

Explore More...

[National Garlic Day](#)

[Spicy Guacamole Day](#)

[Mulled Wine Day](#)

[National Onion Day](#)

[Totally Chipotle Day](#)

[National Apple Cider Day](#)

[National Spice Blend Day](#)

[National Cinnamon Day](#)

[National Cinnamon Raisin Bread Day](#)

[National Mustard Day](#)

[Cinnamon Bun Day](#)

[National Apple Pie Day](#)

[National Vinegar Day](#)

[Spicy Hermit Cookies](#)

[National Apple Betty Day](#)

NATIONAL STRAWBERRY SHORTCAKE DAY

National Strawberry Shortcake Day is observed each year on June 14th. Either on a shortcake biscuit or a sponge cake, strawberry shortcake is an easy and refreshing summertime dessert!



Strawberries are sliced, mixed with sugar then allowed to sit for about an hour until they have surrendered plenty of their juices. The shortcakes are then split, and the bottom is covered with a layer of the strawberries, juice and whipped cream. The top is then put back on, and more strawberries, juice and whipped cream are added to finish it off.

Do you remember the cartoon of the same name? I can't get over the "new cartoon" as my nieces call it. I had the bedding and dolls when i was a little girl.

HOW TO OBSERVE

Make a strawberry shortcake and enjoy. We love the old fashioned version made with Bisquick. Make sure there are plenty to go around! Use #StrawberryShortcakeDay on social media.



EXPLORE MORE...

[National Strawberry Rhubarb Pie Day](#)

[National Strawberry Cream Pie Day](#)

[National Strawberry Ice Cream Day](#)

[National Strawberry Day](#)

[National Pick Strawberries Day](#)

[Natiinal California Strawberry Day](#)

[Natiinal Strawberry Rhubarb Wine Day](#)

[National Strawberry Parfait Day](#)

[National Strawberry Month](#)



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