Questions for reflection:

- What aspects of communication are your strengths?
- What do you struggle with in regards to communicating effectively?
- How can you improve your communication skills?
- Why is it important to do so?

Fruit and Veggie Tip of the Day: Proper Produce Storage

- Tomatoes, un-ripe melon, peaches, and nectarines should be kept at room temperature until ripe. Once ripened, they can be stored in the fridge!
- Berries last the longest in the fridge below 40°F. Eat within three days of purchase for the best flavor!
- Citrus fruits last longer if stored in the fridge!
- Lettuce, cauliflower, broccoli, and cucumbers can be kept for up to one week in the fridge.
- Celery, cabbage, and bell peppers can be stored for up to 2 weeks in the fridge.
- Potatoes should be stored away from light to prevent greening of the skin.

For an extended list, please read this article from MSU Extension!