



Meet Chef Molly

Welcome to the first every edition of our Park Visalia Culinary Newsletter, where we will take you behind the scenes of our Culinary Department each month and share fun industry insights! This month we are featuring our Culinary Director, Molly Martinez. With over 25 years of culinary experience, Chef Molly has worked in healthcare for 17 years and another 8 years in business dining. Along the way she has traveled around the nation to many locations gaining insights on how to smoothly run the operations of a kitchen. She now shares with us her wealth of knowledge and experience while adding a sprinkle of innovation to every dish.

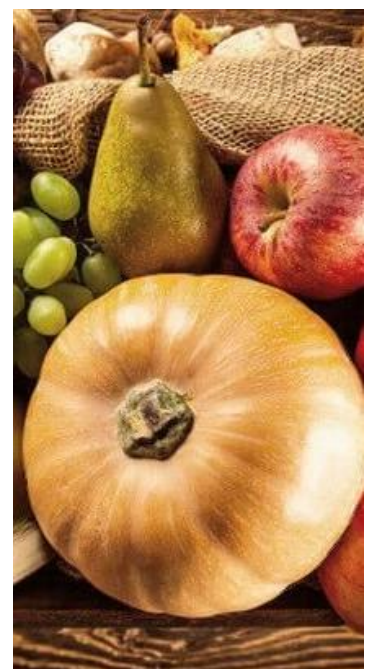
Fall Is In The Air

September is a wonderful month for food, as it marks the transition from summer to fall and offers a variety of seasonal produce. Look for these wonderful fruits and vegetables throughout the month:

Apples are a good source of fiber, Vitamin C, Vitamin K, and potassium. Whether eaten raw or baked, apples are a versatile fruit that can contribute to overall health. Remember- an apple a day keeps the doctor away!

Broccoli is a powerhouse of nutrients and offers a multitude of health benefits. It may help maintain blood sugar levels, eye health, immune support, digestive health, and is loaded with Vitamin A, C and K as well as minerals and potassium.

Brussel Sprouts are packed with nutrients and can offer numerous health benefits. They provide a good amount of dietary fiber, can help regulate blood sugar, they are high in Vitamin K and C which are essential for bone health and immune function



Resident Feedback Corner

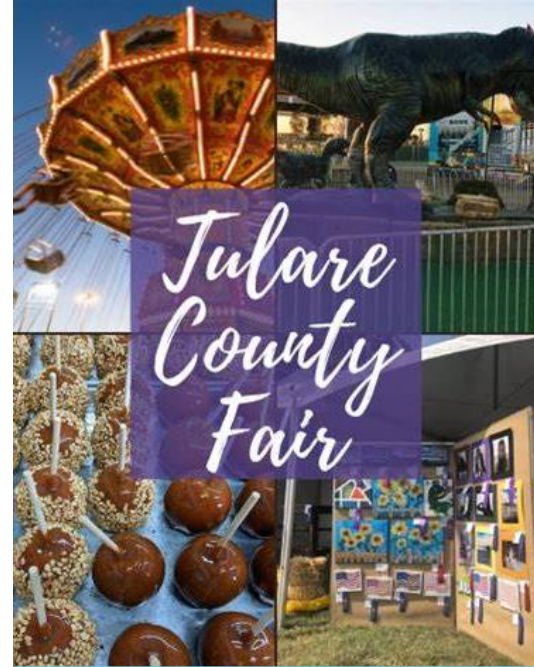
Here at Park Visalia, we value your feedback and suggestions to continually improve our dining experiences.

Let us know your thoughts and comments and or positive feedback

Tulare County Fair 2024: Honoring Our

The 2024 Tulare County Fair will be held from September 11-15. This year the fair will include special events to honor and remember the significance of 9/11. This year also marks 109th birthday of the Tulare County Fair, dating all the way back to 1915.

Here at Park Visalia, we will incorporate some of those fun fair foods to help celebrate our county fair. Look for these fun menu items throughout the week of 9/11.



Joann's Three Bean Salad

This month's special recipe was shared with us by our very own Joann. This recipe holds special meaning to her as it was passed down from her aunt. We have incorporated the recipe into our menus, and it has been enjoyed by all. Thank you, Joann, for sharing such a tasty and refreshing salad during the warm summer months.

September 11, 2001 We will never forget tribute

On September 11, 2001, the world stood still as we witnessed an unimaginable tragedy unfold. For many of us, the memories of that day remain vivid, etched into our hearts and minds. As we approach another anniversary, it's a time to reflect on the profound impact of that day and to honor the resilience and bravery of those involved and those who serve today as first responders. To All of them we say THANK YOU!

