


SommarMys! Plockade Hallon och Smultron till Yoghurten.



A photograph of a forest with tall, thin trees. Sunlight is streaming through the canopy, creating a bright, hazy effect in the center. The ground is covered with fallen leaves and some green moss. The text is overlaid in the bottom right corner.

MorgonMys i Hjärnarp.
Stavträning—3 varv med
Intervaller = 5.3 km



Onsdagsmys i Bersån!
Ernst hemma!
Kvällsmat med sjöutsikt och spenat.
En HelMysdag!