

Spring 2022 | 6th edition

Live Deliciously[®]

pure
flavor[®]

STEP INTO SPRING

Put a little spring in your step with fresh **#snackhealthy** recipes for you and your family, tips to add in daily movement, an inside look at one of our Adopt-A-School partners, and so much more!

SPEND MORE
TIME WITH FAMILY
AND LESS TIME
COOKING WITH
THESE QUICK AND
EASY RECIPES!

INFLUENCER
AND CHEF
RECIPES

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ARE YOU A TALENTED RECIPE CREATOR AND FOOD PHOTOGRAPHER WITH A PASSION FOR HEALTHY LIVING?

You could become a Pure Flavor® brand partner and work with a forward-thinking brand to reach millions across North America with the goal of promoting healthy & active lifestyles!

✉ Send an email to: community@pure-flavor.com

CONNECTED



PURE-FLAVOR.COM



TAKE DESSERT OUTSIDE THE BOX

CAELI-ROSE WHITE  @happierinthekitchen

As much as everyone has their favorite tried-and-true dessert, our friend Caeli-Rose from @happierinthekitchen has shared with us this unique recipe for Cucumber Lime Cheesecake Bars that will have you creating something outside the box that the whole family will love! Take it to your next pot-luck and WOW everyone with this unique and delicious combination.

As a foodie, one of my favorite things is being challenged - challenged to get out of your comfort zone and being pushed into an area of uncertainty. One minute you're bouncing ideas off other like-minded friends and swapping recipes, the next you're grating cucumbers into cheesecake dessert bars... wait, what?!

Yes, you heard me right -

Cucumber Lime Cheesecake Bars!

If you haven't tried using cucumber in a dessert, let me first remind you that this idea isn't completely foreign. Think of carrot cake, where the sweet, earthy carrots perfectly balance out the nutty pecans and simultaneously help take the edge off the super sweet cream cheese frosting. Together, the combination of flavors makes for an award-winning dessert.

KEEP READING →

CUCUMBER LIME CHEESECAKE BARS



45 min



16



easy





SÖ LA RA™

COMING
APRIL
2022!



SOLARA™ MINI MELONS

Solara™s are the first personal sized, sustainably grown melons from the greenhouses that use just the right amount of light, nutrition, and water to deliver the same sweet tastefully tropical™ flavor, regardless of the season!

[LEARN MORE! →](#)





IT'S
TIME TO

#SnackHealthy

Our friend Amanda, a Keto Lifestyle Enthusiast, shares some of her hacks on how to turn unwanted snacking habits into feel-good, healthy choices for you and your family. Get inspired with simple tips and easy recipes to help update your snack choices. Start enjoying the rewarding benefits of including more vegetables today. With greenhouse grown vegetables, you can choose fresh any time of year!

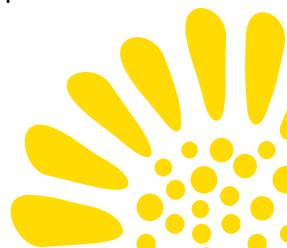
AMANDA SEBELE, Keto Lifestyle Enthusiast

As modern life is more demanding than ever – from looking after our families, domestic duties, working full-time, and commuting on a daily basis – time moves quickly. We get set in our routines and we tend to put others needs ahead of making time for our own well-being. Even with the best of intentions, we often choose not-so-good snacking choices for the sake of time and convenience.

Unfortunately, many convenient options are also packed with sugar, preservatives, bad fats, and other processed ingredients that have an impact on our bodies. Consuming these types of snacks can affect you both daily, and in the long run. But don't despair – just by taking baby steps and piggybacking on current daily routines can result in positive change!

There is nothing like snacking on nutrient-dense vegetables, that are juicy, refreshing, full of flavor, and most importantly, pure natural fuel for our bodies. So how do we incorporate the good fresh snacks into our busy days? We've put together a few easy hacks that use the best greenhouse grown snacking vegetables to make you feel great. It's time to #snackhealthy and experience Pure Flavor®!

KEEP READING →



RAINBOW FLATBREAD

MEGAN HUTSON



35 min



6



easy

Bright and flavorful, Rainbow Flatbread is perfect for a quick, healthy snack.



[SEE RECIPE](#) →

[SEE RECIPE](#) →



SWEET PEPPER TIKKA

PRASHI SRIVASTAVA



30 min



4



easy

Tikka is one of the most loved and delicious appetizers in Indian food and perfect for snacking.



SEASON OF SNACKING

TASTE THE FULL FLAVOR IN SNACK SIZE VEG!

In addition to being environmentally friendly and sustainable, one of the many advantages of greenhouse growing is having year-round access to fresh, delicious vegetables to help you and your family Live Deliciously®. For on-the-go snacks that you can eat by the handful, we know you will love our crisp, crunchy snacking vegetables.

Easy to eat straight out of the package, our full line-up of snacking items also make great, easy to prepare recipes that the whole family will love to snack on. With busy lifestyles, convenience is key in ensuring that healthy snacks are chosen.

Grab and go items like Uno Bites™ Nano Cucumbers, Aurora Bites Mini Sweet Peppers and Cloud 9® Bite-Sized Fruity Tomatoes provide your family with delicious and nutritious items that can easily come along to soccer practice, school lunches or on your next adventure.

The best part is that these greenhouse grown veggies are available year-round so you never have to sacrifice healthy options based on the season.

SEASON OF
SNACKING:

UNO BITES™

NANO CUCUMBERS



DISCOVER UNO BITES™ →



A New Generation of Snacking Has Arrived!
Hydrate by the handful with the one-bite snack
that's so small and flavorful it's out of this world!

**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Lime Juice | dill | mint

Foods: Bell peppers | black olives | chicken

- Perfect Snackable Size
- Out of This World Flavor
- Crisp & Crunchy Hydration



**SUSHI
SANDWICH**



**BEET & CUCUMBER
SALAD**



**MEDITERRANEAN
ORZO SALAD**

SEASON OF
SNACKING:

AURORA BITES

MINI SWEET PEPPERS



DISCOVER AURORA BITES →



From lunchbox to the dinner plate, these Aurora Bite Mini Sweet Peppers are the Super Sweet Snacking Pepper that Kids Crave and Parents Love.

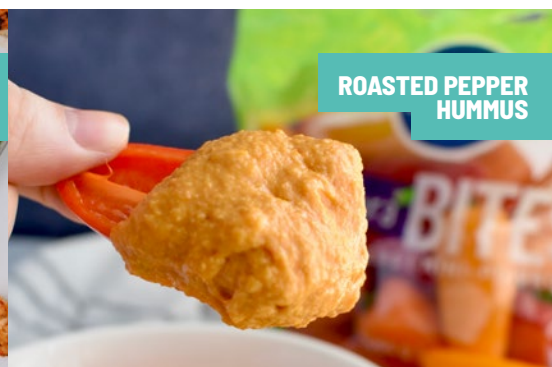
**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Basil | chilis | lemon

Foods: Rice | sausage | shrimp

- Vibrant Colour & Sweet Crunch
- Crisp Sweet Snack
- Perfect for Kids & Adults Alike



SEASON OF
SNACKING:

cloud9®
A tiny taste of heaven®



DISCOVER CLOUD 9® →



Life is sweeter when we spend quality time with those we love and often those times involve snacks! The blast of fruity sweetness in every award-winning Cloud 9® Bite-Sized Fruity Tomato will leave everyone smiling and asking for more!

**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Red Chili flakes | mint | balsamic reduction | honey | lime

Foods: Prosciutto | brie | roasted garlic | peaches | acorn squash | risotto

- Superb Flavor & Quality
- Award Winning
- Sustainably Grown
- A Healthy Treat!



CLOUD 9®
TOMATO DIP



MEDITERRANEAN
ROASTED CHICKPEA
SALAD



GREEK SALAD
ON A STICK



- Celebrate -
**EARTH
DAY**

WITH SUSTAINABLE GROWING



With Earth Day approaching we are reminded how important sustainability is to the health of our planet. When it comes to fresh produce like Cucumbers, Tomatoes, and Peppers, there is one simple way to know that what you are purchasing was grown in a sustainable way and that is the **greenhouse grown logo**.

Earth Day is a great reminder to take steps needed to leave less of an impact on the world around us. Knowing how our food is grown and where it comes from is an important step. Greenhouse grown vegetables are inherently sustainable as greenhouses require less land and less water to grow more vegetables. This efficiency makes it possible to provide people with healthy options with less negative environmental impact.

Pure Flavor® is part of the next generation of vegetable growers and we have found innovative ways to marry traditional farming techniques with sustainable growing technology such as:



CLOSED LOOP DRIP IRRIGATION SYSTEM

This gives every plant the exact amount of water and nutrients that they require - no more, no less. Every single drop of water that a plant doesn't soak up is recycled to be used for other plants.



RECYCLED GROWING MEDIUMS

Our plants are grown in coconut fiber and other recycled mediums.



PESTICIDE FREE

We use thousands of good bugs like Lady bugs as an all-natural pest solution rather than pesticides.



VERTICAL GROWING

By growing vertically, much less of a footprint is used to grow in a greenhouse

LEARN MORE ABOUT GREENHOUSE GROWING →

Flavor Up YOUR APPETIZERS

ABIGAIL HARRIS-SHEA  @bon_abbetit



Appetizers can be a colorful and delicious way to set the stage for the feast that is coming, or they can be served as finger foods during a gathering where a meal isn't being served. Whatever the occasion, you should select appetizers for their color, flavor, texture, and how well they complement each other.

Like a trailer for an upcoming movie, appetizers create a buzz for good things to come. The sight of a beautiful spread of delectable morsels is enough to change the entire mood of a party, luring guests to the table for a shared experience among friends or family.

The presentation of appetizers – the colors, the textures, the artful arrangement, and the complementary flavor pairings – invites your guests to unwind and indulge.

The best approach to building an appetizer menu is to offer variety. A little hot, a little cold, a little sweet, a little salty – the mix is entertaining perfection. You will want to create delicious contrasts. Serving salty charcuterie? Add sweetness with our Cloud 9® Bite-Sized Fruity Tomatoes. Serving soft cheese? Add the crunch of our Aurora Bites Mini Sweet Peppers. There is nothing quite as satisfying as the crisp freshness of our Poco Bites® Cocktail Cucumbers dunked into a creamy warm dip.

A good appetizer spread offers an appealing mixture and contrast of textures, tastes, and colors. While it is easy to put together a charcuterie board and call it a day, whipping up a little something special to add to your appetizer presentation can be quick and easy. That's where this recipe comes in. Sausage Stuffed Mini Peppers are the perfect combination of savory and sweet, with beautiful colors and a good crunch.

[CONTINUE READING →](#)



SAUSAGE STUFFED MINI PEPPERS



30 min



4



easy

[SEE RECIPE →](#)



Fresh Ideas **FOR EASTER BRUNCH**

Explore some of our favorite and flavorful breakfast and brunch recipes that are perfect for Easter celebrations. Whether you're entertaining friends and family at home or looking for something fresh and tasty to bring to the next potluck, these healthy recipes will hit the spot!

TOMATO AND SAUSAGE POPOVERS

@bon_abbetit

Perfect for breakfast, brunch, or a quick appetizer, these savory and sweet popovers are loaded with flavor!



30 min



24



easy



[SEE THE RECIPE →](#)



SWEET & SPICY CUCUMBER SALAD

@mamaofwholelittles

A simple yet refreshing cucumber salad with the vibrant flavors of pomegranate arils and a kick of heat from jalapeño peppers.



20 min



2



easy

[SEE THE RECIPE →](#)



[SEE THE RECIPE →](#)

@lynnswayoflife

MEDITERRANEAN BAKED TOMATOES

An easy brunch dish, side, or appetizer, these Mediterranean Baked Tomatoes are sweet, salty, and oh so delicious!



13 min



4



easy

[SEE THE RECIPE →](#)



SANGRIA® GRILLED CHEESE SANDWICHES

@ohmygoodiescc

It's time to elevate your grilled cheese with some classic Mediterranean flavours featuring the sweetest Sangria® Tomato Medley.



55 min



4



easy

SPRING CLEAN YOUR ROUTINE!

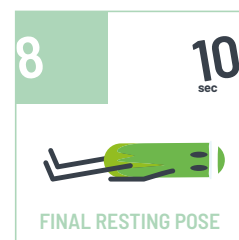
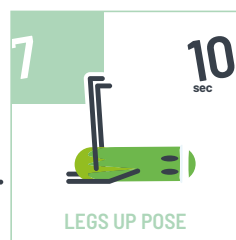
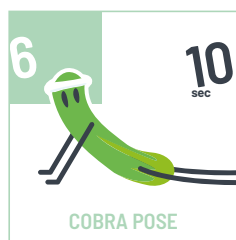
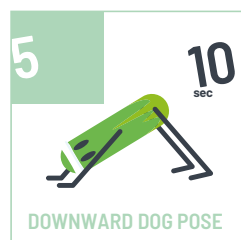
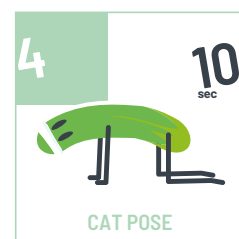
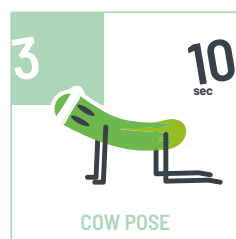
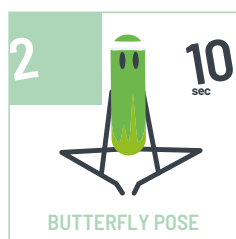
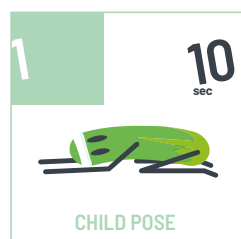
It's the perfect time of year to open the windows, let the fresh air in and spring clean your house after spending so much time inside all winter! Well, in addition to decluttering and freshening up your space, Spring is also a great time to give new life to your old routines!

Think of Spring as the perfect time to try new things – that can include adding more movement to your day, taking time for journaling, drinking more water, and of course adding healthy foods into your diet.



8

BEGINNER YOGA POSES



Spruce Up Your Dinner Routine

One of the easiest things to spring clean is your dinner routine! We've put together some amazing recipes to give your family new flavors using our delicious greenhouse grown vegetables.

Spring Clean Your Space

Little steps can make a difference so don't feel like you need to do a complete overhaul of yourself or your space. A great tip is to break it up into chunks or small projects to make your way toward your bigger goal. If you are looking to organize your house and declutter, start with one cupboard, dresser, or room at a time.

Include Movement in Your Day

Making time for movement every day can be as simple as incorporating a few simple yoga poses to stretch your muscles or taking 15 minutes to go for a walk around the block. Once you get started, you may just be surprised at wanting to go further! Try these eight poses that are great to practice from beginner level to advanced.



Sign up for the Pure Flavor® Monthly Newsletter to receive more blogs, including the next in our Mindful Eating Series.

SIGN ME UP NOW →

EXPERIENCE NEW FLAVORS WITH SMOOTHIE BOWLS

HANAN GHADBAN

We all have our “go-to” meals and snacks that we default to when planning what to eat, especially when we are overwhelmed by the sea of trending new recipes.

There have been many recipe trends making their rounds the last little while, but one of the most delicious—and my personal favorite—is smoothie bowls. If you haven't heard of a smoothie bowl, they're like a classic smoothie, but with two noticeable differences. First, they have a thicker consistency and second, you can load on the toppings. One of the great things about smoothie bowls is that you can get as creative as you want with them. Honestly, the flavour possibilities are endless! They are perfect for any time of the day, making them a great way to incorporate more fruit and vegetables into your daily routine.

Over the past few years, smoothie bowls have grown in popularity. More and more people are trying them out. As people explore flavor combinations and garnishing designs, it is easy to get excited to try another recipe. Plus, this is a dish that can be interactive with family and friends while promoting healthy eating. With the visually appealing nature of smoothie bowls, it's fun to see the work of art you end up with.

And for all those social media lovers, your smoothie bowl creation could be your next fun, exciting post. I encourage you try my recipe to get started, or to switch things up if you've been looking for a unique recipe. You will not be disappointed.





The great thing about Pure Flavor's® Gourmet Mini Cucumbers is that they contain so many health benefits. In addition to their light, yet crunchy texture, they are loaded with fiber, Vitamin K, and are made up of over 90% water. The hydrating and nutritious benefits of these cucumbers make them a perfect addition to your smoothie bowl! Since we're working with such a great ingredient, it only made sense to keep this smoothie bowl bright and packed with all the "good stuff". I used ingredients that I know will compliment these delicious cucumbers, both in nutrition and flavour. Mangos have a sweet and very subtle tartness to them when they are ripe. Since it might be difficult to find fresh mangos out of season, frozen works best here. Using frozen fruit will also help you get to that perfect 'soft serve' texture.

Along with mangos I've added avocado, bananas, some full fat plain Greek yogurt, a little unsweetened vanilla almond milk, a drizzle of honey and some flax seeds and chia seeds. When using bananas, I like to slice them up ahead of time and freeze them before tossing them into the blender with the other ingredients. Add the almond milk in small amounts until you've reached your desired consistency.

The smoothie blend should be thick enough that you will need a spoon to scoop it out of your blender. If this isn't a super food smoothie bowl, I don't know what is!

And now comes the fun part... garnish! This is where you can really get creative. I use a vegetable peeler to cut thin strips of cucumber, which I twist and place on top of my smoothie bowl. Some of my other favourite toppings are avocado slices, coconut flakes, mango cubes, pomegranate arils, and an extra sprinkling of chia and flax seeds.

This is definitely one of the circling trends that you are going to want to try for yourself. It's simple, fresh, and super nutritious. The possibilities of what to combine and how to top it are endless - let your imagination run wild. It's easy to see how you can use greenhouse grown vegetables in so many unique ways, no matter the season.

« Now the best part –
dig in and enjoy! »

I like to mix up both fresh and frozen fruit & veggies to get that ice-cream like texture. My kids are a little bit picky when it comes to vegetables, so I try to use the ones I know they enjoy. Luckily, they love Pure Flavor® Gourmet Mini Cucumbers. If you've been following along, you will see these pop up quite often in recipes and for snacking ideas. They are a definite lunch box favorite. Any chance I get to use them in a recipe, I take it!



MANGO CUCUMBER SMOOTHIE BOWL

@ohmygoodiescc

20 min | 4 | easy

SEE THE RECIPE →



Fuel your day with a line-up of healthy meals that are packed full of fresh vegetables and great flavors! From bowls and salads to dinners and more, our greenhouse grown vegetables can help you Live Deliciously® all year long.

FRESH AND DELICIOUS SPRINGTIME MEALS



SALMON SUSHI BOWL



30 min



4



easy

 @fitmamarealfood

This sushi bowl is easy to prepare and is perfectly balanced for lunch or dinner!





QUINOA TOMATO SALAD



10 min



2



easy

@mygourmetstory

Perfect as a light lunch or side to dinner, this salad is light and refreshing.

SEE THE RECIPE →



ITALIAN PASTA SALAD

@jam_jar_kitchen

This delicious Italian Pasta Salad is packed with fresh veggies, cheese and a zesty Italian dressing that will have your family asking for seconds!



25 min



10



easy



How fortunate we are to live in a town where fresh and healthy veggies are grown every day of the year. Many of our students are well aware of what greenhouses look like and many have family members who work in the industry, but thanks to the generosity of Pure Flavor®, those students who are not as fortunate can experience the wealth of healthy eating on a weekly basis.

Eating fresh vegetables every day is very important for a healthy diet and for learning. We are grateful to live in a generous community that reaches out and always supports each other! While we are partially funded by the Ontario Student Nutrition Program, as well as an additional grant from President's Choice Children's Charity, we rely on community donations to help support the needs in our school community. Pure Flavor® has been a long-time supporter of our nutrition program and we simply couldn't offer the rich selection of healthy snacking veggies our kids need without their support. Kids of all ages are always excited when the cases full of Mini Munchies® Snack Packs arrive!

MINI MUNCHIES® ARE FUELING HEALTHY MINDS IN CLASS

LISA VARACALLI, Vice-Principal, St. Louis Elementary School

Lisa Varacalli, Vice-Principal at St. Louis Elementary School in Leamington, Ontario, shares her experience with Pure Flavor's® Adopt-A-School program, which helps fuel young minds by feeding students healthy Mini Munchies® veggie snack packs on a regular basis.





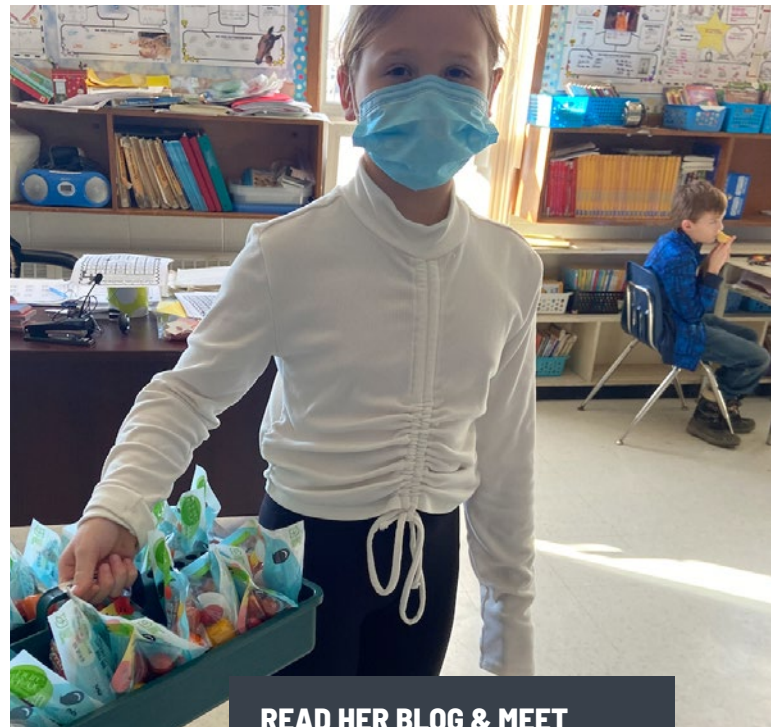
At the beginning of the Adopt-A-School program provided by Pure Flavor®, I would go into the classrooms to help deliver the vegetables, as well as to see what students would say about it. Mini Munchies® come with a variety of vegetables in each pack – tomatoes, mini peppers, and cocktail cucumbers. This ensures that every student finds a flavor they love every time! Initially, though, many of the younger students were not even aware of what the different vegetables were, so it was a great learning experience.

Now, when I enter the classrooms, I see students eating the vegetables and talking about what they enjoy about each of them. It fills my heart to hear this and to see these students eating what was generously donated to us.

With Mini Munchies®, Pure Flavor® has made it FUN for kids of all ages to snack on vegetables. Each pack has colorful characters that engage students and get them excited to taste what's inside!

Before the pandemic, snacks were often delivered to schools and handed out. Thankfully, these convenient snack packs make it easy and safe for students to safely handle them using all precautionary measures. It just shows how much Pure Flavor® prides themselves on their products and are always looking out for the community – **not only enriching our bodies, but our minds too!**

« *Not only does Pure Flavor's® **Adopt-A-School program** give our young students the opportunity to have wholesome snacks, but it allows for our student volunteers to learn valuable skills when preparing and delivering the snacks.* »



READ HER BLOG & MEET THE ST. LOUIS CRUSADERS →





KID FRIENDLY FARE!

Getting kids of all ages to eat loads of veggies is one of the biggest challenges for many parents. We have come up with some fun, yet nutritious, ways to hopefully inspire your little ones to try more colors and flavors in their meals and snacks.



CUCUMBER TURKEY WRAPS



15 min



4



easy

This simple and delicious wrap is full of crunch and flavor – the perfect addition to every lunchbox!

[SEE THE RECIPE →](#)



PEPPER SPINACH PINWHEELS



15 min



4



easy

These rolled up pinwheels are a fun and nutritious sandwich alternative for kids!

[SEE THE RECIPE →](#)



CUCUMBER CHICKPEA MINI PIZZAS



25 min



4



easy

Bright and fresh, this unique take on pizza is colorful and delicious!

[SEE THE RECIPE →](#)



