

Summer 2023 | 11th edition

Live Deliciously[®]

- GET READY TO ENJOY THE -

FLAVORS OF SUMMER



WITH
THESE **CULINARY
DELIGHTS**, YOU WILL
HAVE A **MEMORABLE
SUMMER FOOD
EXPERIENCE!**

Make the most of the warm weather by planning a perfect outdoor gathering on your patio with fresh mocktails & wholesome bites. How about trying out fresh salads that go beyond the typical greens? Amplify your feast by incorporating some grilled mini sweet peppers, baby eggplants or tomatoes into your menu.

INFLUENCER
AND CHEF
RECIPES

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THRILL YOUR GRILL

with **Sweet Bell Peppers**

Our Sweet Bell Peppers are versatile and can be sliced, diced, or stuffed with your favorite fillings. They offer a rich, sweet flavor that will take your taste buds on a culinary adventure. So let your imagination lead the way and enjoy the possibilities.



ARE YOU PASSIONATE ABOUT KEEPING ACTIVE AND WHAT YOU PUT IN YOUR BODY?

As a nutritionist or personal trainer, you could become a Pure Flavor® brand partner and work with a brand that strives to Live Deliciously®. We have lofty goals of bringing North Americans along on our journey to promote healthy & active lifestyles.

As a brand partner, your lively content can be a part of our social media, eNewsletters, media publications, and, of course, the Live Deliciously® magazine – Pure Flavor® products were seen in brand partner content 175+ million times in the last year alone!

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

CONNECTED



PURE-FLAVOR.COM



LEARN MORE →



Summer is the perfect time to try new dishes and discover your next favorite meal. Our recipes feature a variety of flavors from different cuisines around the globe and are also easy to prepare, ensuring a tasty meal that's a departure from the usual greens.

DISCOVER THE
FLAVORS OF SUMMER

TUNA PESTO PASTA SALAD

YASMIN BENHAN
 @theyasproject_

🕒
 20 min

🍴
 6



SEE RECIPE →



During this sunny season, there are countless ways to satisfy your taste buds. There's no shortage of delicious salad ideas. Whether hosting a backyard barbecue or lounging by the pool, plenty of summer-inspired recipes will impress your guests.

Incorporating fresh fruits & vegetables into your meals is an excellent way to enjoy the taste of summer. They can be added to salads for a sweet and savory twist or even grilled for a unique charred flavor. Whether it's a pasta salad to take to a potluck or family-friendly salad ideas to ease the weeknight dinner woes, we've put together some of our favorites to help tickle your tastebuds!



CHICKEN BACON RANCH PASTA SALAD

HEATHER ENGLUND
 @fitmamarealfood

🕒
 40 min

🍴
 8

SEE RECIPE →



SEE RECIPE →

ELIZABETH JORDAN-FLIGHT
 @jam_jar_kitchen

MELON & WATERMELON RADISH SALAD

🕒
 15 min

🍴
 4

Summer is a season to indulge in delicious flavors and bask in the sunshine. With so many tasty options, there's no reason not to get creative in the kitchen and try new recipes. Go ahead, embrace the flavors of summer, and enjoy all that this season has to offer!



STEAK & TOMATO SALAD

HEATHER BROWN
 @mylifewellloved

🕒
 15 min

🍴
 2

SEE RECIPE →

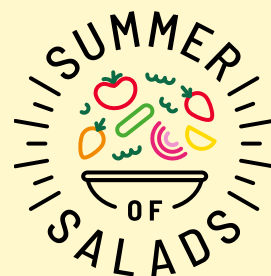


BUILD YOUR BEST SALAD

Are you tired of the same old boring salads?

Always on the go and looking for portable healthy options? Why not switch things up and try a delicious and healthy mason jar salad?

With this comprehensive guide, you can create a mouth-watering and satisfying salad perfect for any occasion. Bonus - you can create a well-balanced salad using these same tips just as easy straight in a serving bowl or on a plate! Layer them in a specific order to achieve the best results. Each layer of ingredients can act as a barrier to keep the dressing at the bottom until you are ready to serve. The layers can change depending on the ingredients you choose but the main thing to keep in mind is to include a variety of colors, textures and nutrient-rich ingredients.



Creating a simple, balanced salad is the perfect solution for those with busy schedules who seek a nourishing and fulfilling meal to enjoy on the move. Layering your preferred ingredients in a mason jar can remain fresh for multiple days. The beauty of this dish is that it can be tailored to your specific taste preferences, allowing you to savor every bite. They are perfect to bring to the office, pack in a cooler for road trips or tuck into the picnic basket for dining al fresco. With busy schedules, it's a great way to maximize flavor and minimize effort. Give it a try today and reap the benefits of a delicious and healthy meal.

OUR RELIABLE FOOLPROOF STEP-BY-STEP GUIDE:

STEP 1: Dressing

To start, let's create a delicious dressing for your salad. Mix some high-quality olive oil, avocado oil, vinegar, and your favorite aromatic spices, such as garlic or oregano. You can experiment with combinations to find the perfect flavor profile to suit your tastes. Once you've got your dressing, add it to the bottom of the jar.

STEP 2: Grains

Next, add in some grains to provide complex carbohydrates and fiber. Pasta, brown rice, or quinoa are great options for this layer, satisfying texture while adding a nutty flavor. You can even mix in some couscous or farro for added variety.

STEP 3: Vegetables

It's time to start layering your vegetables. Begin with refreshing Mini Cucumbers, succulent Azuca Cherry Tomatoes, or crisp Bell Peppers to boost crunch, essential vitamins, and nutrients. You can add other veggies like corn, fresh, crisp slices of carrots or any other you love.

STEP 4: Leafy Greens

Layer on leafy greens like spinach or romaine to provide essential vitamins and minerals. The garden greens will also add a fresh, crisp texture to your salad. Mix in some arugula, shredded Brussels sprouts, Swiss chard, or kale for added variety and nutrients.

STEP 5: Beans

For an extra protein boost, add some beans to your salad. Black or kidney beans work great for this layer, adding a hearty texture and delicious flavor. You can even mix chickpeas, edamame, or lentils for an added dose of protein and fiber.

STEP 6: Protein

You can add grilled chicken, tofu, or tuna for your protein layer, depending on your dietary preferences. This will provide an extra protein boost to keep you full and satisfied. You can mix some hard-boiled eggs or shrimp for added protein and flavor.

STEP 7: Toppings

Finally, top off your salad with an abundance of nuts or seeds for an added punch of texture and flavor. Incorporate herbs like cilantro, basil, mint, or parsley for added fresh taste. Sliced avocado or crumbled feta cheese give added creaminess and flavor.



Protein

- CHICKEN
- TUNA
- EDAMAME
- TOFU
- LENTILS
- BEANS



Leafy Greens

- LETTUCE
- SPINACH
- KALE
- SWISS CHARD
- SHAVED BRUSSEL SPROUTS

Healthy Fats



- OLIVE OIL
- AVOCADO OIL
- AVOCADOS
- NUTS
- CHEESE

Vegetables



- CUCUMBERS
- PEPPERS
- TOMATOES
- CORN
- CARROTS

Grains

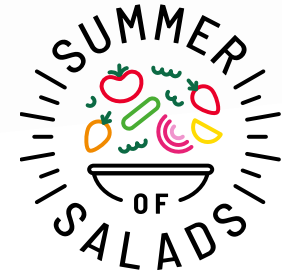


- RICE
- QUINOA
- PASTA
- FARRO
- COUSCOUS



APPROACHABLE INTERNATIONAL

Flavors!



Are you ready for a flavor-packed culinary adventure?

Look no further than our Summer of Salads recipes! We've scoured the globe to create salads that are not only delicious but also packed with essential nutrients and inspired by various international cuisines. From bold and spicy to refreshing and light, there's a salad for every taste bud. And the best part? Our recipes are incredibly easy to whip up, so you can spend less time in the kitchen and more time enjoying your delicious creation. Get ready to say «goodbye» to boring salads and «hello» to a world of mouth-watering possibilities!

VIETNAMESE HADDOCK MELON SALAD



SEE RECIPE →

MEDITERRANEAN CAULIFLOWER RICE SALAD



YASMIN BENHAN @theyasproject_

SEE RECIPE →

VEGAN MASALA BUDDHA BOWL



SEE RECIPE →

AMEE VORA @yummeewith.amee

TURKISH KISIR SALAD



EAMAN ALMALKY @kitchnjoys

SEE RECIPE →

CLASSIC TABOULI



SEE RECIPE →

SEE RECIPE →

SPICY THAI CHICKEN SALAD



HEATHER ENGLUND @fitmamarealfood



CREATE THE PERFECT PASTA SALAD

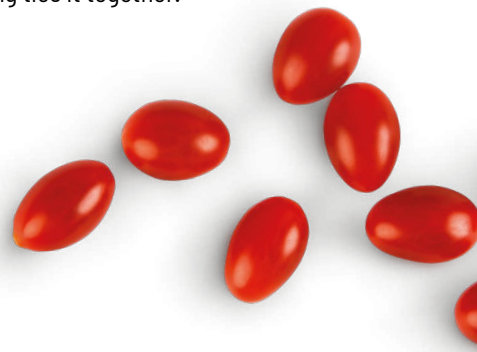


CAELI-ROSE WHITE @happierinthekitchen

Ladies and gentlemen, we've made it! After what feels like the longest winter, summer is here again! And, of course, with the warmer weather comes outdoor activities, live music, barbecues, and family reunions. Many of these activities often involve food - and lots of it! Therefore, having a selection of simple dishes in your back pocket is essential for these outdoor engagements.

In my opinion, a simple salad checks all of the boxes. Salads are easy to throw together, versatile for any occasion, and complement a wide array of other dishes that may be served.

I tend to favor a pasta salad, as the options are limitless, and let's be honest - who doesn't love carbs? Take my Israeli Couscous Salad with Slow-Roasted Tomatoes, for example. You've got the chewy pasta that absorbs all of the flavors of the homemade lemon balsamic dressing, the crunchy cucumber and red onion, and what puts it over the top are the sweet, slow-roasted Cloud 9® Bite-Sized Fruity Tomatoes. Each ingredient brings a flavor profile to the salad, and the lemon balsamic dressing ties it together.



I chose to slow roast the Cloud 9® Bite-Sized Fruity Tomatoes to bring out the deep, sweet, smoky flavors. Like sun-dried tomatoes at the grocery store, these slow-roasted tomatoes are soft, chewy, and deliciously flavorful. When I slow-roasted them, I was cognizant of the process I used as I didn't want them to burst or become too wet and make the salad mushy. So, to avoid this, I cut each tomato in half and placed it side up on a sheet pan lined with parchment paper.



I didn't use oil to keep them as dry as possible (which is why the non-stick parchment paper is so important!). I used a small amount of salt and pepper to help bring out the natural fruity flavors but kept it minimal to let the tomatoes shine through. As for cooking, it's all about keeping an eye on the tomatoes rather than temperature and time. I kept the oven at a balmy 375 degrees and checked on them frequently until the bottoms were browned and the centers looked dried out, which was about one hour.

The result was perfectly dried, sweet, smoky tomatoes that added flavor to each bite.

If you want to build your pasta salad, I encourage you to get creative! First, choose a base pasta, as that is what's going to carry the flavor. After that is established, select a protein that will help to complete the salad to be served as a full meal. This can be meat, beans, or even tofu. From here, you want to focus on textures by adding the crunch of cucumber or soft mozzarella cheese.

The result was perfectly dried, sweet, smoky tomatoes that added flavor to each bite.

A good tip when choosing ingredients is to focus on what the salad already has versus what the salad needs. To explain, if you already have well-seasoned, spicy steak bites, stray away from the sharp edge of red onion or choose something milder, like tiny balls of mozzarella. That said, if you only have plain pasta and chickpeas, this may be an opportunity to add something with more "zip," like capers, goat cheese, or green olives! Next, add texture ingredients until you have enough to make each bite exciting and unique. Second to last, pick a complimentary ingredient that brings everything together. I'd choose something mild, like a diced avocado. And finally, a dressing that ties it all together! I used balsamic vinegar, garlic, and lemon juice for this couscous salad.

[SEE RECIPE →](#)



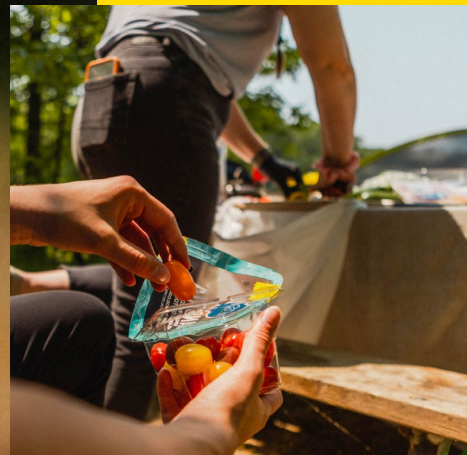
ISRAELI COUSCOUS SALAD

		
65 min	10	easy

A general rule of thumb about salads is to make them a day in advance, if time permits, to allow the flavors to mingle. If the ingredients don't get too soggy, you shouldn't have an issue putting the dressing on the day before serving. I would, however, save the delicate ingredients right before serving, like avocado. In addition, when it comes to pasta salad, be sure not to over or undercook the pasta in question. There should be a balance of flavors and textures in whichever salad you make. Ultimately, when you combine your favorite ingredients, your crowd will surely be wowed by just about any combination you create. Happy tossing!



Spending time outdoors this summer?
Make sure you plan your next camping adventure to include greenhouse grown fruits & vegetables!



Another helpful tip is to prep as much as possible before you leave for your trip. Chop vegetables, marinate meats, and pre-cook any grains or pasta. This will save you time and make cooking at the campsite much more manageable.

When packing ingredients for your camping trip, choosing versatile items that can be used in several meals is essential. For example, a bag of Sweet Bell Peppers can be used in a stir-fry, roasted as a side dish, or eaten raw as a snack. Beans and lentils are also excellent choices since they can be added to soups, salads, and pasta dishes.

Limiting things like dairy that may spoil quickly with limited refrigeration is also essential. Instead, opt for non-dairy alternatives like almond milk or shelf-stable cheeses.

There are a few things to remember when cooking at the campsite. First, ensure you have all the necessary cooking equipment, including pots, pans, utensils, and a camp stove. Bringing a cooler with ice packs to keep perishable items cold is also a good idea.

One of the easiest ways to cook fresh vegetables while camping is to wrap them in foil and cook them over the fire. Simply place your vegetables on a large sheet of foil, add a drizzle of olive oil, and sprinkle with salt and pepper. Wrap the foil tightly around the vegetables and place them on the fire's edge, turning occasionally until tender and lightly charred.

Another great option is to cook vegetables on a portable grill. Simply brush the vegetables with olive oil and season with salt and pepper before grilling until tender and charred.

In addition to grilling and roasting vegetables, you can use them in salads, stir-fries, and pasta dishes. Add chopped peppers, onions, and zucchini to a pasta salad, or stir-fry broccoli and snow peas with garlic and ginger for a tasty side dish.

GET YOUR CAMP KITCHEN READY!

Camping is a great way to escape the hustle and bustle of everyday life and enjoy the great outdoors. One of the biggest challenges when camping is figuring out what to eat. With limited refrigeration and cooking equipment, developing healthy and satisfying meals can take time and effort. However, by using fresh greenhouse grown products and following simple tips, you can enjoy fresh and delicious meals while camping.

One of the most important things to do when planning a camping trip is to plan your meals ahead of time. Decide what you want to eat and list all the ingredients you will need. This will help you avoid last-minute trips to the grocery store, which can be a hassle when camping. Packing snacking items like Uno Bites™ Nano Cucumbers or Sangria® Medley Tomatoes mean that you can have fresh healthy snacks or recipe ingredients ready when hunger strikes.





SURF & TURF FOIL PACKETS

[SEE RECIPE →](#)



MAPLE CHORIZO BREAKFAST SKILLET

[SEE RECIPE →](#)



HONEY MUSTARD CHICKEN & TOMATO FOIL PACKS



[SEE RECIPE →](#)

With some planning and preparation, you can enjoy fresh and healthy meals while camping. You can create delicious meals that will fuel your outdoor adventures by choosing versatile ingredients, limiting perishable items, and using simple cooking methods.

[CAMP WITH PURE FLAVOR®! →](#)

GRILLED VEGETABLE PANINI WITH ROASTED PEPPER SPREAD



42 min



2



easy

Are you looking to go beyond the burger and create some delicious, balanced meals on the grill?

Look no further! Here are some easy-to-follow tips that will leave your guests' taste buds wanting more.

Eat the Rainbow

All vegetables can be cooked on the BBQ quickly. Grilling them up softens them and allows their flavors to flourish. All you need is a little bit of oil of your choice (sunflower, avocado, olive oil) and your favorite seasonings such as onion powder, garlic powder, Italian seasoning, paprika, pink salt, and pepper - you can even use a steak or chicken rub to add a hint of the classic BBQ flavor to your vegetables, (yes that's still considered plant-based!)

If you're all about the different kinds of sauces, you will also be happy to know that grilled vegetables taste incredible paired with your favorite steak and chicken sauces - no missing out here.

Get Creative

Now, you love the idea of all the vegetables but fear you won't be satisfied or full? The tip here is to eat an abundance of vegetables. They take half the time that a traditional burger and hot dog would, so keeping a large assortment nearby and BBQing, as you go is the way. Remember that vegetables are low in calories and high in water content, so you should eat a large quantity as your main dish. Opt for hearty vegetables along the way to help you stay satisfied, like potatoes and eggplant. You can also assemble a salad with your grilled vegetables or pair your BBQ with a raw salad. You can even put your vegetables into a loaded sandwich by toasting your bread on the BBQ or making them into fajitas. You can get creative by adding a plant-based dipping sauce on the side, like tzatziki or hummus.

Look for Other Plant-Based Alternatives + Keep An Open Mind

If you want to prepare a plant-based BBQ but still need to decide if it's for you - start by switching out your favorite classics with some plant-based options like tofu or a clean, homemade veggie burger patty. With your favorite seasonings, you can quickly whip up some veggie skewers with tofu, peppers, eggplant, and cherry tomatoes. You can also grill your vegetables of choice and put them in a salad with some black beans and chickpeas with a creamy light dressing. Remember to keep an open mind when planning and hosting your plant-based BBQ - your roasted eggplant won't taste like your traditional steak. Still, you will have a deeper appreciation for all the flavors and plant-based dishes that can be brought to your backyard this Summer.



[SEE RECIPE →](#)

The season for grilling has arrived! Get ready to use your BBQ, pour some lemonade, and invite your friends for a dinner of grilled goodness using greenhouse grown veggies!

This is the summer to get creative.

If you're looking for ways to take a healthy twist on the typical burger/ hot dog-based BBQ, you would be surprised and happy to hear that there are infinite options, aside from the classics, to put on the BBQ. For example, have you ever thought of BBQing your favorite vegetables? Tomatoes, peppers, eggplants, sweet potatoes, zucchini, asparagus, portobello mushrooms, lettuce... **all have the potential to be the star of the show this summer.**

BEYOND THE BURGER
FIRE UP
THE (PLANT-BASED) GRILL!

HOPE MONACO @thelocalplanteater



30 min



2

GRILLED EGGPLANT TOMATO SALAD

HANAN GHADBAN @ohmygoodiescc

SEE RECIPE →



GRILLED GARDEN VEGGIE PIZZA



27 min



4



SEE RECIPE →

TOMATO PROVENCAL

SEE RECIPE →



30 min



4



TOFU VEGGIE SKEWERS



28 min



3

ALICIA GALANTIC @healthingyou

SEE RECIPE →



POOL PARTY MOCKTAILS & SNACKS!

Summer is the season for celebrations, from the Fourth of July to Labor Day. If planning a pool party this summer, why not include fresh snacks and mocktails made with greenhouse grown fruits and veggies? You can discover exciting new flavor combinations with these unique recipes.

POOL PARTY CHECKLIST

- ✓ Snacks
- ✓ Swimsuit
- ✓ Goggles
- ✓ Sunglasses
- ✓ Lip Balm
- ✓ Sunscreen
- ✓ Beach Towel
- ✓ Wireless Speaker
- ✓ Baseball cap
- ✓ Book

HIBISCUS MOCKTAIL

[SEE RECIPE →](#)



BELLA PEPPER MOCKTAIL

[SEE RECIPE →](#)



ORIANA[®] MOCKTAIL

[SEE RECIPE →](#)



ALONNA[™] SANGRIA MOCKTAIL

[SEE RECIPE →](#)



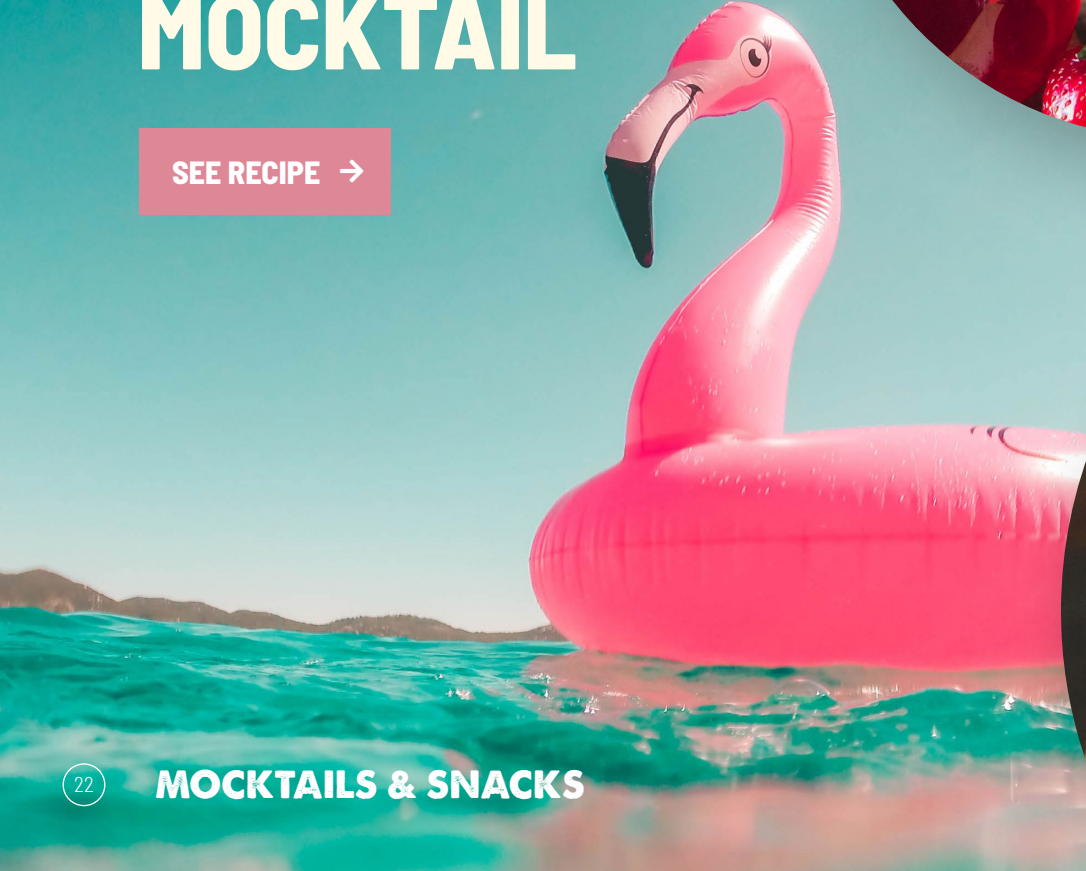
MELON GINGER BEER MOCKTAIL

[SEE RECIPE →](#)



CUCUMBER GINGER MINT AGUA FRESCA

[SEE RECIPE →](#)





25 min

6

CUCUMBER SPICY THAI SHRIMP CUPS

JACIE BREThERICK @jaciejazzychef

These Cucumber Spicy Thai Shrimp Cups are a delicious & easy appetizer in a wonton cup filled with spicy shrimp & cool crisp Mini Cucumbers.

SEE RECIPE →



POOLSIDE SNACKS

COCKTAIL CUCUMBER & LOX ROLL-UPS

STACIE ZOLLARS @sugarfacebakes

Fresh Poco Bites® Cocktail Cucumbers are rolled with everything bagel seasoning, salmon, and goat cheese spread to make Cocktail Cucumber & Lox Roll-Ups

10 min

2

SEE RECIPE →



DELUXE BLT DEVILED EGGS

LAURA ASHLEY JOHNSON @dinnerin321

Deluxe BLT Deviled Eggs Made with Cloud 9® Bite-Sized Fruity Tomatoes. An "eggcellent" appetizer combination of classic BLT and deviled egg flavors!

SEE RECIPE →

15 min

18



The pool party isn't complete without simple, easy-to-grab snacks made with fresh veggies!



EXPLORE THE FRESH FROM WITHIN™

Taste the pure, refreshing flavor of summertime year-round! When making your organic choice, select products from growers you trust. Pure Flavor® Certified Organic greenhouse grown vegetables meet the strict USDA guidelines, ensuring that what you buy is genuinely organic.



Perfect PATIO PLAYLIST

Snacks are ready, and drinks are chilled – the only thing left to prepare are the tunes! Download our Perfect Patio Playlist, which has a little something for everyone, and get ready to enjoy some fun times in the sun!



Piano Man
Billy Joel



Sweet Dreams
(Are Made Of This)
Eurythmics



Holiday
Madonna



Summer of 69'
Bryan Adams



I Wanna Dance
with Somebody
(Who Loves Me)
Whitney Houston



Good Feeling
Flo Rida



Girls Just Want
to Have Fun
Cyndi Lauper



Better Together
Jack Johnson



Summertime
DJ Jazzy Jeff
& The Fresh Prince



Walking on Sunshine
Katrina & The Waves



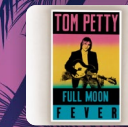
Take it Easy
The Eagles



Don't Stop Believin'
Journey



Lovely Day
Bill Withers



Free Fallin'
Tom Petty



Summer
Calvin Harris



Meet Graeme

THE BUG GUY!

Let's learn more from **Graeme Montrose**,
IPM MANAGER AT PURE FLAVOR®
FARMS IN LEAMINGTON, ON.

Take a step inside our greenhouse and learn how we use good bugs as a natural pest control known as Integrated Pest Management (IPM).



1. Can you describe your job and how long you have been with Pure Flavor® Farms?

I have been with Pure Flavor® since March of 2023; however, I have worked in IPM since 2004. I visit the other IPM scouts in their respective greenhouse areas, walk rows of crops, and meet with our growers to review their crops. I also have weekly meetings with our industry partners who provide products and services to us.



2. How would you describe what IPM means in the greenhouse setting?

IPM is Integrated Pest Management. In the greenhouse setting, it is an approach to solving insect and disease issues without resorting immediately to chemicals to correct the situation.

IPM starts with detailed scouting records of cultivated crops, regular introductions of biocontrols, i.e., good bugs, and weekly program evaluations. After that, IPM programs use chemicals to control issues; however, it is the last line of defense.

3. Who makes up an IPM team?

The backbone of any IPM team is the scouts. The team comprises two scouts for each range, a manager, and the crop workers who help introduce the biocontrols.

4. What does a typical day look like for your team?

IPM scouts spend their days touring the crops keeping notes of any anomalies or issues they find.

5. What are the most common pests found in a greenhouse?

The most common pests in greenhouse vegetables are thrips, spider mites, white flies, aphids, and caterpillars.

6. How do you control greenhouse pests?

We use a lot of different biological controls in the greenhouse and different insects depending on the crop because they aren't all "generalists" - meaning they don't have a diet for all of the insects that attack our crops.

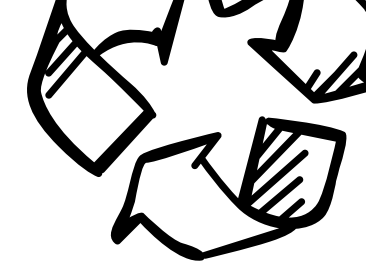
7. What types of bugs do you use and why?

We use different methods for different crops; however, the principles stay the same. Early detection is critical, as is choosing the right "tool" for the job.

8. How do you transport them into the greenhouse?

They are always delivered to the greenhouse via refrigerated vehicles and are maintained in insulated boxes. We move the insulated containers into the greenhouse and release the insects where they need to be right after delivery to ensure good establishment.

We are also using banker plant systems in our organic ranges. Banker plants are open-rearing systems that allow "good" bugs a habitat. These banker plants are installed throughout the crops to help combat issues.



9. How is IPM a part of a sustainable way of growing? How does it impact the environment?

As food producers, we have a responsibility to our planet to minimize the environmental impact of our business. The insects we release limit the number of chemicals used. The biocontrols are sent to us so that we can recycle most of the materials they are shipped in, i.e., cardboard boxes and tubes/reusable icepacks/plastic pails that are reused, which helps with less to the landfill. Using more biological controls rather than chemicals ensures less of an environmental impact and fewer populations of "resistant" insects that don't belong in our environment.

10. What do you love most about your job

I love many things about my job, but I'd have to say the people at Pure Flavor® Farms are at the top of that list. Dealing with insects is very interesting, but the people make this enjoyable. Without the people who look for issues and the people who help release the biocontrols, the programs we put in place would never get off the ground. Although the company is growing rapidly, I still feel there is a family vibe here, which resonates with me. I feel very fortunate to work with such a dedicated and passionate group of individuals!

SCHOOL'S OUT SUMMER SNACKING!

The days are full of sunshine, outdoor adventures, and SNACKS! Make sure your little ones aren't only munching on chips and cookies this summer by ensuring the fridge is filled with healthy, grab-and-go snack options like Uno Bites™ Nano Cucumbers, Cloud 9® Bite-Sized Fruity Tomatoes, and Aurora Bites Mini Sweet Peppers. Having greenhouse grown veggies close at hand makes the nutritious choice easier for parents and kids. Easy to eat by the handful, straight out of the package, our complete line-up of snacking items also makes excellent, easy-to-prepare recipes that the whole family will love to snack on.

UNO BITES™ NANO CUCUMBERS

Uno Bites™ Nano Cucumbers may be small, but they are packed with excellent, crisp flavor that makes a big impression!

Do you know what's simply amazing for staying hydrated? Cucumbers! They're actually over 95% water and loaded with essential vitamins and nutrients like Iron, Potassium, and Vitamin K. This makes them the perfect snack for summer! Whether you like them alone or paired with your favorite hummus, Uno Bites™ are an absolute hit for parents and kids. So, why not grab a pack and start snacking on these delicious and nutritious veggies today?

DISCOVER UNO BITES™

- Perfect Snackable Size
- Out of this World Flavor
- Crisp & Crunchy Hydration
- Award-Winning



GOES WELL WITH Herbs, Spices and Flavors: Lime juice | dill | mint
Foods: Bell peppers | black olives | chicken

DISCOVER UNO BITES™ →

Nutrition Facts	
1 serving per container	
Serving size 1 cup (169g)	
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.3mg	0%
Potassium 390mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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CLOUD 9[®] BITE-SIZED TOMATOES

Experience the burst of fruity sweetness in every Cloud 9[®] Bite-Sized Tomato, an award-winning treat that will leave you and your loved ones smiling and craving more!

Our family of growers hand-picks only the finest fruit to ensure the quality your family deserves. So enjoy them as a snack, or use them for cooking this summer!



DISCOVER CLOUD 9[®]

- Superb flavor & quality
- Award-Winning
- Sustainably Grown
- A Healthy Treat!

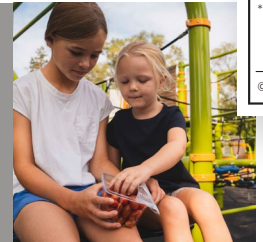
Nutrition Facts	
1 serving per container	
Serving size 1 cup (164g)	
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1mg	6%
Potassium 570mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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GOES WELL WITH Herbs, Spices and Flavors: Red chili flakes | mint | balsamic reduction | honey | lime
Foods: Prosciutto | Brie | roasted garlic | peaches | acorn squash | risotto



DISCOVER CLOUD 9[®] →

Nutrition Facts	
2 servings per container	
Serving size 1 cup (94g)	
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	not a significant source of protein
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 280mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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AURORA BITES MINI SWEET PEPPERS

From lunchbox to the dinner plate, Aurora Bites Mini Sweet Peppers are the super sweet snacking pepper kids crave, and parents love.

DISCOVER AURORA BITES

- Vibrant Colour & Sweet Crunch
- Crisp Sweet Snack
- Perfect for kids & adults alike

On their own or used to scoop your favorite dip, these bright, flavorful, and crunchy treats are both nutritious and delicious! Higher in Vitamin C than an orange, Aurora Bites Mini Sweet Peppers will surely keep your family fueled for fun.

DISCOVER AURORA BITES →

GOES WELL WITH Herbs, Spices and Flavors: Basil | chilis | lemon
Foods: Rice | sausage | shrimp



GET THE KIDS IN THE KITCHEN THIS SUMMER!

This summer, get creative in the kitchen with fresh greenhouse grown fruits and veggies. Inspire your kids to help brainstorm recipe ideas and encourage them to try something new. Make it a goal to try one new recipe each week, and by the end of the season, you'll have a wonderful collection of go-to favorites for the upcoming school year.

DOWNLOAD HERE →



alonna™

The Melon for Every Meal

A versatile melon that will make the perfect addition to every meal or snack. Crisp & refreshing, the tropical allure of this sustainably grown melon inspires culinary magic for any occasion.

[DISCOVER ALONNA™ →](#)



MELON AHI TUNA SALAD

Enjoy this excellent Ahi Tuna salad made with Asian-style marinade and mixed beautifully with sweet Pure Flavor® Alonna™ Canary Melon.

[SEE RECIPE →](#)



MAPLE LIME MELON NOODLE BOWL

Enjoy this nutritious, fresh, tangy Maple Lime Melon Noodle Bowl made with Pure Flavor® Alonna™ Canary Melon for sweet “noodles”!

[SEE RECIPE →](#)



SMOKED SALMON WRAPPED MELON

Try these sweet & smoky skewers made with Pure Flavor® Alonna™ Canary Melon, smoked salmon, and a delicious lemon dill cheese blend.

[SEE RECIPE →](#)



MELON SHRIMP SALAD

This light Melon Shrimp Salad features Solara® Mini Melons and a simple vinaigrette dressing. It's perfect for a refreshing and easy dinner.

[SEE RECIPE →](#)



MELON AND TOMATO GAZPACHO

This bright Melon and Tomato Gazpacho highlights Solara® Melons, Sangria® Medley Tomatoes & Long English Cucumber— all balanced with a hint of spice.

[SEE RECIPE →](#)



MELON FENNEL SALAD

This Melon Fennel Salad is fresh and vibrant with crispy garlic and capers. It is packed with delicious flavors and textures!

[SEE RECIPE →](#)

Tastefully Tropical™

First of its kind, this greenhouse grown personal-sized melon leaves no waste! It's perfect for slicing, scooping and serving. Refreshingly cool with an emerald-like color and a mellow, juicy sweetness, Solara® Mini Galia Melons pair perfectly in salads as mid-day snacks. They can be enjoyed anywhere as a fresh treat.

SOLARA®

[DISCOVER SOLARA® →](#)



Rediscover SWEET BELL PEPPERS

They are a tried-and-true favorite for a reason! The bright colors and the authentic flavors of greenhouse grown Sweet Bell Peppers make them perfect for slicing and snacking or using in traditional recipes. These nutrient-dense veggies are available all year long and are loaded with essential Vitamins A, C, and B6, making them a delicious way to support your family's immune health.

Nutrition Facts	
2 servings per container	
Serving size 1 cup (83g)	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein <1g	not a significant source of protein
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.9mg	10%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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[SEE RECIPE →](#)

BBQ CHICKEN & VEGETABLE SKEWERS

Create the ideal summer dish by using Sweet Bell Peppers to make BBQ Chicken & Vegetable Skewers that you can customize to your liking.



FRESH VEGGIE PIZZA

Fresh pizza with broccoli, green onions, Sweet Bell Peppers, and a creamy ranch base that is ideal as a snack, appetizer, or supper.



[SEE RECIPE →](#)

SMOKY PEPPER SANDWICH

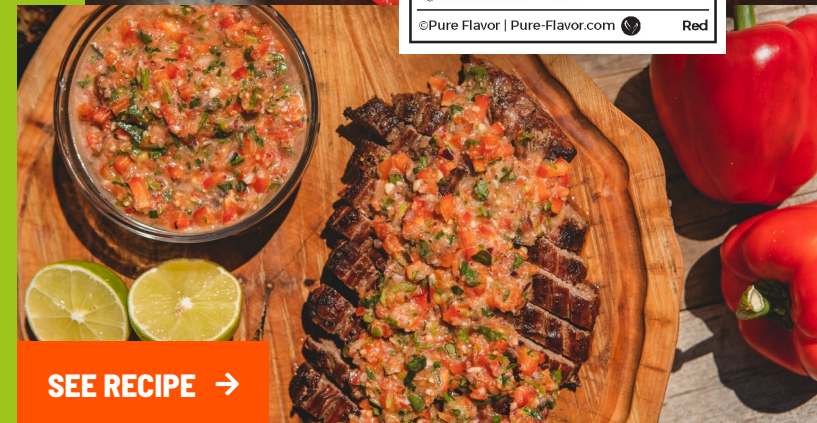
Elevate your sandwich game by incorporating Sweet Bell Peppers and Pure Flavor® Mini Cucumbers into a deliciously smoky steak sandwich.



[SEE RECIPE →](#)

STEAK WITH CHIMICHURRI ROJO

This vibrant Chimichurri Rojo Sauce featuring Red Sweet Bell Peppers is sweet and savory – it pairs perfectly with grilled steak.



[SEE RECIPE →](#)

SMOKY BELL PEPPER SAUCE

With a kick of spice, this flavorful smoky sauce featuring Red Sweet Bell Peppers will leave you wanting it with every meal!

GOES WELL WITH:

HERBS & SPICES

- Garlic
- Parsley
- Vinegar
- Oregano
- Cumin

MEATS & CHEESES

- Beef
- Sausage
- Old Cheddar
- Tuna
- Swiss Cheese

FRUITS & VEGGIES

- Onions
- Tomatoes
- Lettuce
- Zucchini
- Black Bean

PASTA, RICE & GRAINS

- Spaghetti
- Corn Tortillas
- Rice
- Quinoa
- Pita Chips



[SEE RECIPE →](#)



[LEARN MORE →](#)

A NUTRITIONIST'S GUIDE TO

EATING MORE SUSTAINABLY



JACIE BRETHERICK

Certified Holistic Nutritionist (CHN)

Instagram @jaciejazzychef

Living in a time when humans impact the earth, I do my best to make positive changes and live sustainably. Every minor tweak we can do brings us closer to a better planet. I also am making a point to teach my kids the same so they can enjoy our environment along with generations to come.

Here are a few simple ways to ensure that you care for the earth as part of your everyday life.

EAT MORE FRUITS AND VEGGIES!

Choose sustainably grown greenhouse grown veggies to ensure that what your family uses has been developed with less environmental impact. Veggies grown vertically mean less land space needed; with technology, greenhouses can ensure that water and nutrition are maximized without waste. Cook a large dinner for two meals to prepare an additional feast for the next day. Not only does this save energy, but it saves time when you have a busy weeknight. Try planting a small garden with your family and have fun watching your food grow before your eyes. Somehow this method helps with getting kids to try different products. You can also learn to compost with additional veggie scraps and coffee grounds, helping your garden grow.

Bringing your bags to the local markets and grocery stores, for example, is a straightforward way to make a HUGE impact on a better planet. Where we live on the west coast, plastic bags are banned in stores, forcing us to bring our own. When I pick up my favorite greenhouse produce, I get washable and reusable cloth bags to pack in rather than the single-use plastic bags at the store.

For packaged products, we always recycle or reuse them when possible. When shopping for protein at the butcher counter, I have started bringing my reusable containers so that when I get home, I can stick them directly into the fridge or start marinating them immediately. This eliminates all the waste instantly into the garbage the moment I walk through the door. I also always pack my kids' lunches in a reusable lunch box. This has probably saved thousands and thousands of plastic bags from going into our landfill, and from being honest, they love how it keeps their lunches fresh.

One of my favorite changes in recent years has been the zero-waste movement.

Another favorite trick is to repurpose what would likely be throw-away ingredients. This not only minimizes waste but helps extend your already maximized budget. When chopping veggies (a daily routine), I always throw the odds and ends into a container I keep in the fridge. When I have enough, I will make a delicious soup stock with it at the end of the week. If I'm lucky enough to have roasted a chicken that week, I keep the bones to add, resulting in a rich, tasty stock of vitamins and minerals. With that, you can do more than just soup! When making a broccoli recipe, I always keep the stems to use for a crunchy salad or roast them up for a delicious side dish. Your squeezed lemon halves can be used to clean your cutting boards and stove tops, and your stale bread ends can with ground up to make breadcrumbs. I could go on and on about this, but the possibilities are endless. It will also save you money too!

The possibilities are endless when it comes to helping the environment. If we can all make the slightest changes in our everyday lives and teach our youth the same, we can make a huge impact together.



Invest in a good water bottle and stop buying plastic ones! This can help you stay hydrated by helping you track your water consumption and reduce plastic consumption. It's a win-win!





TIPS TO GETTING STARTED IN YOUR HEALTH JOURNEY

EVELYN ARGUELLES  @livewellwitheve
Certified Fitness Trainer

Sometimes, taking the first step toward change can feel scary and overwhelming. Well, I am here to tell you that getting started on your fitness journey may feel that way in the beginning, but there are a few ways that you can do to make significant life changes with small steps.



1. HAVE A CLEAR REWARD IN YOUR MIND

When there is high motivation and excitement about starting your health journey, it is easy to go “ALL IN” and dive right into it. What happens many times is that when there is no longer that excitement and motivation, it becomes harder to maintain those changes in the long run. Before making any new changes in your life, ask yourself two questions - why and how will I benefit from this? Get specific about the rewards that you will get from a particular action. Re-read your WHY occasionally to give you that extra reminder and motivation.

2. THINK ABOUT IDENTITY MORE THAN OUTCOME

According to James Clear, author of *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*, you should think more about your identity than the reward you will get from performing a habit. For example, say you wish to run one marathon yearly but have yet to experience running, and your reward is improving your cardiovascular fitness. You should not only focus on the reward but also ask yourself: Who is the type of person who would do this action? Who is the kind of person to run one marathon per year? Someone goes on a run every day or five times a week. Instead of saying: I want to run a marathon yearly, try to say: I want to become a runner. The more actions you do that reinforce that identity, the more likely you will become that identity. Instead of focusing on a particular outcome, you repeatedly do daily activities to strengthen that identity. Then, the outcome comes naturally. You become a runner who runs marathons every year.

3. FOCUS ON A SIMPLE AND SMALL HABIT

Rather than having an all-or-nothing mentality, focus on making small but steady progress. Along the way, your willpower and motivation will increase. The more you succeed at doing that simple and small behavior, the more positive feelings and emotions you will have towards it. And the more positive feelings and emotions you have towards it, the more you will want to do it. BJ Fogg, a behavior scientist at Stanford University and author of the new book *Tiny Habits: The Small Changes That Change Everything*, says that the idea is to make small behavior changes that are easy to do. For example, if you want to read more, start by reading a couple of paragraphs at night, then a couple more sections, then a page, then a couple of pages, and increase it to a whole chapter. A habit must first be established before it can be improved. Remember that when you try to chew more than you can eat, you can quickly end up feeling frustrated, leaving you feeling so defeated that you stop trying to adopt the new habit. When you start small, you are setting yourself up for success in the long run. Make it easy to continue getting it done even when you feel less motivated.

4. FOCUS ON CREATING A GOOD ENVIRONMENT FOR SUCCESS

Stick to a time and location. Make it easy for you to repeat the same behavior repeatedly. For example, if you want to exercise after work, bring your gym clothes to work. Always change into gym clothes right after work and go straight to the gym instead of driving home from work and changing at home. Please make it so you have to make the least number of decisions before actually doing the behavior. The more decisions you must make before completing an action, the harder it is for you to do it.



5. BE PATIENT AND KNOW YOURSELF

When making a change in your life, you should expect setbacks. Habits can take a long time to form, so before you create a pattern, ask yourself: What setbacks can I expect? Plan for the struggle to prevent it from stopping you once it happens. Once you have made a couple of trials and errors - instead of giving up, ask yourself: What can I adjust to make this habit stick? What can I do to make it easier for me? Self-awareness plays a big part when creating a habit.

Self-awareness is the conscious knowledge of one's character, feelings, motives, and desires. It allows you to understand yourself better and why you act a certain way. For example, are you unable to create a habit because you don't like the pattern, feel like you can't do it, are scared about what people might think, feel overwhelmed, or have another reason altogether? Once you have made a couple of trials and errors - instead of giving up, ask yourself: *What can I adjust to make this habit stick?*

6. ACCEPT THE JOURNEY

Focus on building the identity of someone who achieves this habit. Don't strive for perfection... You don't need perfection; you need consistency and patience. Even if you fail a couple of times, keep trying and adjusting. Take it slower if needed. New habits are not meant to feel overwhelming. Start little by little.

Just remember that it does not matter how long it takes you to form a habit. No matter the time it takes you, you must put in the work. And even if you don't achieve your goal right away, the real win is putting in the effort to try. So please don't focus on how long it is taking you; instead, focus on doing the work and remember that health is individual to each of us, so let's enjoy the process and be kind to ourselves.





Live Deliciously[®]