

MINDFUL EATING • CRISPY & CRUNCHY SNACKS • DISCOVER AURORA BITES • CLOUD 9®



pure
flavor®

Live Deliciously®

**PLANT-BASED
RECIPES** eBook

If you're searching for nutrient-dense plant-based meals, look no further! Try these flavorful recipes with greenhouse grown produce!

WHAT'S INSIDE

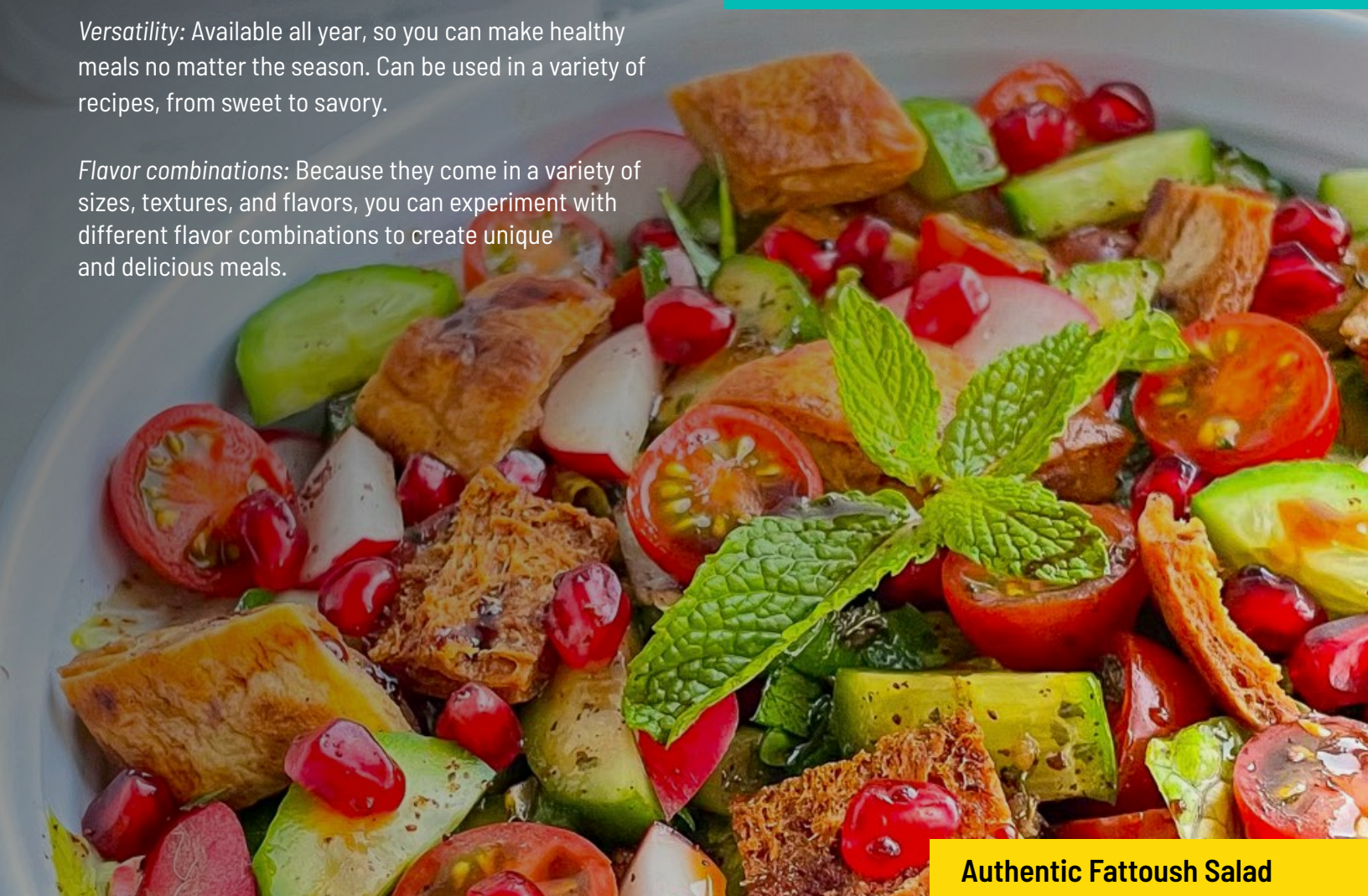
Pure Flavor® greenhouse grown fruits & vegetables support a healthy lifestyle. They can make your plant-based meals more delicious and nutritious.

Nutritional value: Grown in a controlled environment, they are also rich in vitamins and minerals, which can help support your overall health and well-being.

Versatility: Available all year, so you can make healthy meals no matter the season. Can be used in a variety of recipes, from sweet to savory.

Flavor combinations: Because they come in a variety of sizes, textures, and flavors, you can experiment with different flavor combinations to create unique and delicious meals.

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Authentic Fattoush Salad

**CON
NEC
TED**

Engage the conversation, no matter where you are:



PURE-FLAVOR.COM



IT'S A SMALL WORLD. WITH HUGE POTENTIAL.

With our growing network of greenhouses and distribution centers across North America, we're able to deliver a steady stream of the highest quality fruits & vegetables to people across the continent. In only 24 hours, we can pick and ship fresh and nutritious veggies to 150 million people. Our operations are strategically located to serve the most people with a reliable and safe food supply while reducing total food miles and carbon emissions.

**THAT'S THE POWER OF
GREENHOUSE GROWING.**





SPRINGTIME SUSTAINABILITY

MINDFUL EATING

Picnics in the park, bike rides, and flower bed planting are all popular spring activities. Spring also brings an abundance of fresh vegetables.

Mindful eating can mean a lot of things, particularly reflecting on the eating experience – savoring every flavor and noticing the colors, textures, and smells of every ingredient. It also encompasses the cooking process and the many ways we can use our time in the kitchen to benefit our wellbeing, reduce waste, or spend time with family and friends. It's important to remember that mindful eating really starts here in the grocery store. So, we should always take the time to think carefully about the food we're putting in our bodies before we get to the cash register.

One important factor to consider, not only for our own nutrition but for the health of our planet, is sustainability.

With some products, it can be confusing – although it's getting easier every day! With fresh produce like tomatoes, cucumbers and peppers, there is one simple way to know you're buying sustainably grown and healthy products: look for the little logo that says Greenhouse Grown.

It's so important to know where your food comes from. Learning about the growing process can help you

to reconnect with food and become more mindful about the water, energy and work that has brought it to your plate. With greenhouse growing, you can know exactly how your favorite veggies are produced.

Greenhouse Grown vegetables are inherently sustainable. Greenhouses require less land and less water to grow more vegetables. This efficiency is making it possible to provide people with healthy options while having much less impact on this planet we love.

Pure Flavor® is part of the next generation of vegetable growers. Our growing team has found innovative ways to marry traditional farming techniques with sustainable growing technology.

LEARN MORE →

CRISPY & CRUNCHY snacks!



DISCOVER POCO BITES® →



The bite-sized snack for your busy life, Poco Bites® satisfy every time. Crisp and packed with energy, these refreshing morsels will hydrate you and keep you playing all day long!

GOES WELL WITH

Herbs, Spices and Flavors:

Black pepper | cilantro | dill | garlic

Foods: Bell peppers | black olives | crab

- Perfect Snackable Size
- Perfect for healthy meals
- Crisp & Crunchy Hydration

GREEN
GODDESS SALAD

CHICKPEA SALAD &
VEGGIE SANDWICH

CUCUMBER
BULGUR SALAD

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.

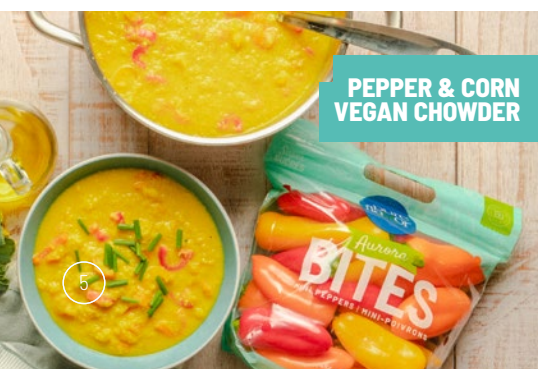
**GOES
WELL
WITH**

Herbs, Spices and Flavors:

Basil | chilis | lemon

Foods: Rice | sausage | shrimp

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



PEPPER & CORN
VEGAN CHOWDER



BLACK BEAN AND
VEGGIE PATTIES



SPRING LENTIL
SALAD

cloud9®

A tiny taste of heaven®



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!

VEGAN SHAKSHUKA

GRILLED EGGPLANT AND TOMATO SALAD

BUTTERNUT SQUASH PASTA WITH TOMATOES

The background is a solid teal color with a repeating pattern of white line-art icons. These icons include various food items like tomatoes, cucumbers, mushrooms, and slices of citrus; fitness-related items like sneakers, a stopwatch, a soccer ball, and a kettlebell; and lifestyle items like a person running, a bicycle, a ladybug, and a heart. The icons are scattered across the entire background.

Live Deliciously®

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