

From Cart to Kitchen

Your family's stress-free how to guide

Pick Like a Pro: Choose the Freshest Produce Every Time!

Store Smart: Keep Your Produce Fresh

Prep: Easy, Nutritious, and Tasty Recipes

Healthy
Family
PROJECT

Quick Guide

GUIDE TO PICK, PREP & STORE YOUR FAVES



Pears

- How To Enjoy The Perfect Pear
- Creamy Pear Popsicles With Kiwi & Lime



Watermelon

- How To Select The Perfect Watermelon
- Watermelon Dippers



Apples

- All About Apples
- Elevated Envy™ Apple Berry Smoothie



Sweet Onions

- Unpeeling The Joy Of Sweet Onions
- Caramelized Onion, Goat Cheese & Arugula Flatbread



Avocados

- Just Add Toast
- Avocado & Egg Toast



Mini Sweet Peppers

- A Sweet Guide To Mini Peppers
- Mini Sweet Pepper Pizzas



Money Saving Produce Tips



What's In Season

The health-conscious brands included in this quick guide are making a donation to the Foundation for Fresh Produce to increase accessibility to fruits and vegetables in schools.



pears

HOW TO ENJOY THE PERFECT PEAR

Check the Neck™

Apply gentle pressure to the neck of the pear near the stem with your thumb.

Ripen a pear at home, leave at room temperature.

For fast ripening, store near other fruits like apples or bananas.

Store ripened pears in the refrigerator to delay further ripening and make them last longer.

Enjoy pears with the skin on since that's where most of the fiber and antioxidants are found.

Check
the
Neck

FOR RIPENESS

Getting to Know Pears



When to Buy

USA grown pears are commonly available 12 months of the year.



How To Store

Pears prefer room temperature to ripen. Once ripe, a stint in the fridge can slow but not halt their sweetening process



Health Benefits

Pears are fiber-packed! A medium-sized pear packs 6 grams of fiber. The pear's skin contains the majority of the pear's fiber.



creamy pear popsicles with kiwi & lime

INGREDIENTS

- 2 ripe USA Pears
- 1 tbsp fresh lime juice (from about 1 lime)
- 1 ½ cups coconut water
- 2 whole kiwis, peeled, quartered, and sliced into ¼-inch pieces

DIRECTIONS

1. Place pear slices, coconut water, and lime juice in a blender. Puree until smooth.
2. Pour mixture into popsicle molds, filling them about half way.
3. Divide kiwi chunks between molds and then top with the remaining puree.
4. Freeze popsicles until firm.



Why We Need Fiber

Fiber is the superhero of your digestive system, swooping in to save the day! Munch on tasty pears and let them be the caped crusaders of your gut.

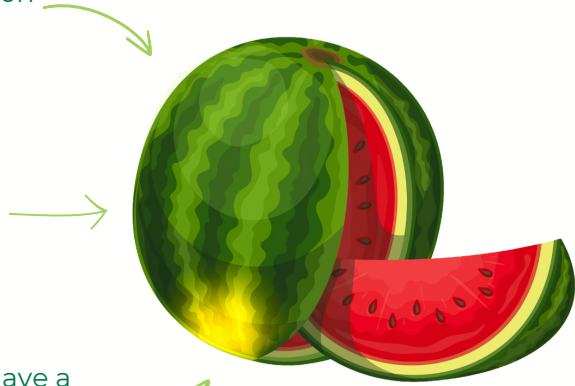
watermelon

HOW TO SELECT THE PERFECT WATERMELON

Look: Look for a firm watermelon free from bruises and dents.

Lift: It should be heavy. 92% of watermelon is water!

Turn: The underside should have a creamy yellow spot where it sat on the ground.



GETTING TO KNOW WATERMELON



When to Buy

Watermelon is grown from Florida to Guatemala, making it available throughout the year.



How to Store

Watermelons should be kept whole at room temperature for a few days. Once cut, refrigerate in an airtight container or wrapped in plastic wrap.



Health Benefits

Not only is watermelon hydrating, it's full of vitamins, minerals, antioxidants, and amino acids.



whipped feta with honey & pistachios on watermelon slices

INGREDIENTS

- 1 watermelon
- 3/4 cup feta cheese
- 2 tbsp honey
- 1/4 cup shelled pistachios

DIRECTIONS

1. Slice watermelon into rounds, then cut into triangles. Arrange on a platter.
2. Blend feta in food processor until smooth. Adjust consistency if needed.
3. Spoon whipped feta onto watermelon slices.
4. Sprinkle pistachios over feta.
5. Drizzle with honey to taste.



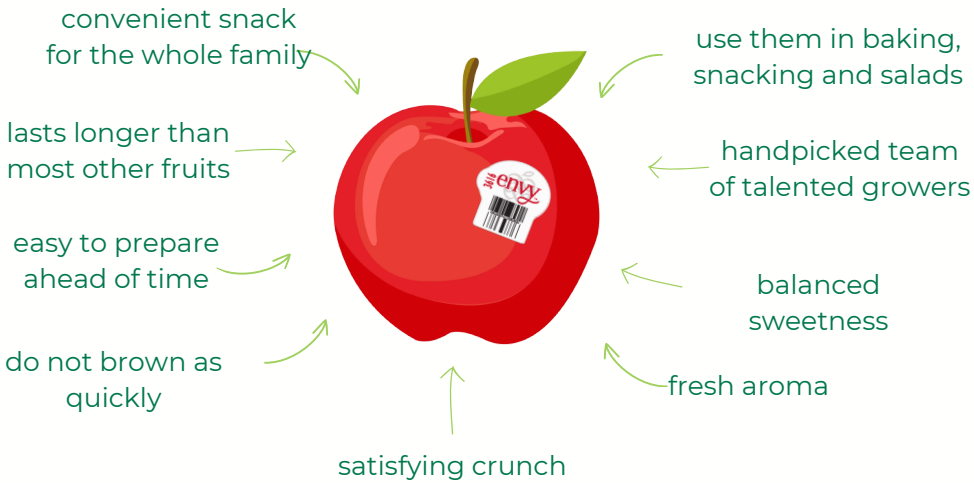
WATERMELON
BOARD 

Watermelon is a Zero Food Waste Food!

100% of a watermelon is edible, including the seeds and rind. The rind can be pickled, stewed, stir-fried and much more.

apples

ALL ABOUT ENVY™



ONE APPLE HAS IT ALL



Seasonality

ENVY™ apples are readily available throughout the entire year.



Storage Tips

Store unwashed apples in the fridge's crisper away from strong-smelling foods to prevent odor absorption.



Health Benefits

Apples boost immunity, regulate blood pressure, and strengthen bones.



How to Select

Choose red and yellow-speckled Envy™ apples; they're sweet, low in acid, and slow to brown, perfect for slicing.



elevated apple berry smoothie

INGREDIENTS

- 2 Envy™ apples
- 1 cup plain greek yogurt
- ¾ cup mixed frozen or fresh berries
- 1 cup almond milk
- swirl of honey if desired
- ice cubes
- mint leaves to garnish

DIRECTIONS

1. Core apples and cut into 4 wedges
2. Combine in blender with yogurt, berries, almond milk and honey. Pulse to break up.
3. Add ice cubes and blend until smooth and creamy
4. Pour into glasses, garnish with fresh mint leaves



An Apple a Day, Longer They Stay

- Put in fridge to prevent fast ripening.
- Wash when ready to eat to avoid spoiling.
- Keep separate from other fruits and veggies in the fridge. Apples release a gas that makes other produce ripen faster.

sweet onions

UNPEELING THE JOY

The most recognizable sweet onion to consumers

Sweet onions are rich in Vitamin C, chromium, folate & fiber.

Packed with immune-boosting antioxidants.



versatility in dishes makes it a pantry staple

A mild flavor allow them to be the perfect ingredient in any dish - hot or cold.

No need to add sugar to caramelize sweet onions, just cook low & slow for 20 - 25 minutes.

GETTING TO KNOW SWEET ONIONS



Seasonality

Sweet onions are available year-round.



Storage Tips

Store in a cool dry place, separate from each other.



Health Benefits

Excellent source of cancer-fighting antioxidants, enhances immune function, folate, and fiber.



caramelized onion, goat cheese & arugula flatbread

INGREDIENTS

- 1 tbsp unsalted butter
- 1 large RealSweet® onion, thinly sliced
- 1/8 tsp salt
- 1 tbsp veggie stock
- 1 pre-made thin-crust flatbread
- 2 tsp olive oil divided
- 3 oz. goat cheese
- 1 cup organic arugula
- 2 tbsp balsamic glaze

DIRECTIONS

1. Heat butter in skillet over medium-low heat. Add onions and cook, stirring frequently, 30-40 minutes. Once onions begin to soften and brown, sprinkle with salt and stir in stock. Cook additional 1-2 minutes and remove from heat.
2. Preheat oven to 425F.
3. Lay flatbread on baking sheet. Brush with olive oil and top with caramelized onions and goat cheese. Bake 8-12 minutes, or until cheese melts and crust is crisp. Remove from oven.
4. Toss arugula with olive oil, salt and pepper. Top flatbread with arugula and drizzle with balsamic glaze.



You only need a few ingredients and a little time to make the best caramelized onions!



avocados

JUST ADD TOAST



Better-for-you dips that are made with top quality & fresh ingredients.

Found in the fresh, refrigerated sections in the grocery store.

Avocado products are nutrient dense & contain good fats (MUFAs).

Made with Hass avocado, with no artificial colors or flavors.

WHY WE'RE PAIRING AVOCADO & EGGS



Mental Health

This combo promotes stress-reducing hormones. Vitamin D and B-complex vitamins combat anxiety and irritability.



Health Benefits

This nutrient-rich duo contains good fats, vitamins, minerals, and amino acids to support brain health and neurotransmitter function.



Fight Insomnia

B-complex vitamins and essential fatty acids increase a sedative action. This pair stimulates hormones that relax the body and mind.



avocado & egg toast

INGREDIENTS

- 1 slice of bread
- ¡Yo Quiero!™ Avocado & Egg
- Optional toppings: cherry tomatoes, feta cheese, red pepper flakes, or herbs like cilantro or parsley

DIRECTIONS

1. Toast slice of bread until golden brown and crispy.
2. Spread Avocado & Egg on toast.
3. Top with additional toppings, if desired.

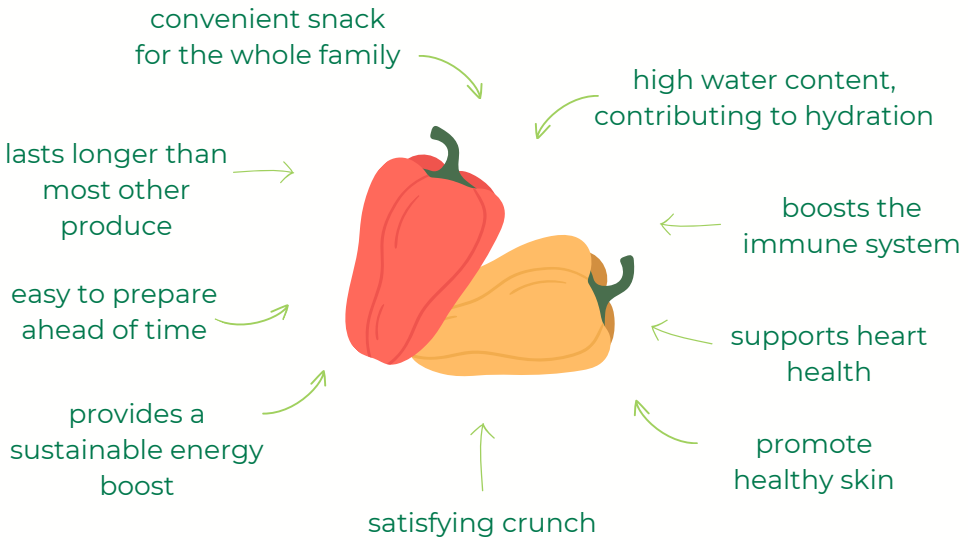
Nature's Best Combo:

Packed with protein and minerals, eggs have been labeled one of the healthiest foods you can eat. A recent study by the American Heart Association showed that regular avocado consumption – two ½-cup servings each week – could reduce cardiovascular and coronary heart diseases.



mini sweet peppers

A SWEET GUIDE TO MINI PEPPERS



NO NONSENSE NUTRITION



Seasonality

Available year-round in most grocery stores.



Storage Tips

Store unwashed in a breathable bag in the fridge's vegetable drawer, which maintains optimal humidity and prevents spoilage.



Health Benefits

Mini sweet peppers pack a punch with fiber, keeping your gut happy. They are superheroes for your immune system, fighting inflammation like champs!



mini sweet pepper pizzas

INGREDIENTS

- 12 Pero Family Farms® mini sweet peppers halved, seeded
- ½ cup pizza sauce
- ½ cup shredded mozzarella cheese
- ¼ cup mini pepperoni

DIRECTIONS

1. Preheat oven to 400F. Line baking sheet with parchment paper and set aside.
2. Arrange halved mini sweet peppers on a baking sheet. Fill with pizza sauce, top with cheese and a few mini pepperoni slices.
3. Bake 8-10 minutes, or until peppers soften and cheese melts.



Use as the base of your nachos, topped on your avocado toast, or pickle in your favorite jar.



5 TIPS TO SAVE MONEY ON PRODUCE

(without clipping coupons)

- ✓ **Make a list & stick to it.** When buying fresh produce, remember that some items have a short shelf life. Limiting your purchases to items on your list will help with your grocery bill & food waste.
- ✓ **Buy local when you can.** Transportation cost is one of the biggest factors in the price of produce. Choose local when it is available.
- ✓ **Know your produce department.** The front or feature table of your produce department (often the one you see as soon as you walk in) usually has the best deals. Don't forget to also check out the end caps on each produce aisle, as they usually will have seasonal items displayed.
- ✓ **Become friends with your produce manager.** Throughout the week, a "hot buy" may come into the store that didn't make it in time to be included in the weekly ad. This happens with items are at the end of their season or if the crop is doing well. Chat with your produce manager and he may tell you what just came in at a great deal.
- ✓ **Stock up on seasonal produce.** Although we can generally buy any produce item at any time of year, it is not always affordable to do so. Knowing a little about when your favorite item is in-season will save you money & you'll be eating it when it tastes the best.

what's in season

CHECK OUT WHAT'S RIPE AND READY!

what's in season *spring*



- | | |
|-------------|-----------------|
| Apples | Green Beans |
| Artichokes | Kiwi |
| Avocados | Leeks |
| Asparagus | Lemons & Limes |
| Beets | Mango |
| Blueberries | Okra |
| Bok Choy | Papaya |
| Broccoli | Peas |
| Cabbage | Pears |
| Carrots | Pineapples |
| Cauliflower | Potatoes |
| Celery | Rutabagas |
| Cherries | Strawberries |
| Citrus | Stone Fruit |
| Corn | Vidalia® Onions |
| Cucumbers | Zucchini |
| Grapes | |

visit healthyfamilyproject.com for recipes using these seasonal fruits & veggies



what's in season *summer*



- | | |
|--------------|-----------------|
| Artichokes | Green Beans |
| Asparagus | Leeks |
| Avocados | Lemons & Limes |
| Beets | Mango |
| Bell Peppers | Melons |
| Blackberries | Okra |
| Blueberries | Papaya |
| Bok Choy | Peas |
| Broccoli | Pineapple |
| Carrots | Potatoes |
| Corn | Raspberries |
| Cauliflower | Stone Fruit |
| Celery | Strawberries |
| Cherries | Summer Squash |
| Cucumbers | Tomatoes |
| Eggplant | Vidalia® Onions |
| Grapes | Zucchini |

visit healthyfamilyproject.com for recipes using these seasonal fruits & veggies



what's in season *fall*



- | | |
|------------------|-------------------|
| Apples | Lemons & Limes |
| Avocados | Melons |
| Beets | Okra |
| Bok Choy | Parsnips |
| Broccoli | Pears |
| Brussels Sprouts | Pomegranates |
| Carrots | Potatoes |
| Cauliflower | Pumpkin |
| Celery | Raspberries |
| Corn | Rutabagas |
| Cranberries | Strawberries (FL) |
| Eggplant | Sweet Onions |
| Grapes | Sweetpotatoes |
| Kiwi | Turnips |
| Leeks | Winter Squashes |

visit healthyfamilyproject.com for recipes using these seasonal fruits & veggies



Scan for additional free meal ideas to make your busy days easier!

