

# 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
- Coconut & Pear Chia Seed Pudding



### Cherries

- The Magic of Cherries
- Cherry Salad



### Apples

- All About Apples
- Elevated Envy™ Apple Berry Smoothie



### Sweet Onions

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



### Avocados

- Heart Healthy Super Food
- Easy Taco Bowls



### Sweetpotatoes

- A Sweet Guide To Sweetpotatoes
- Sweetpotato Flatbread Pizza



### 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

## IMPERFECTLY PEAR-FECT

a medium pear provides over 5 grams of fiber, supporting digestion

packed with fiber and offers essential nutrients

imperfectly pear-fect – blemishes don't change the flavor! Embrace their natural look and enjoy the delicious taste

helps with hydration, as pears are 84% water

low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factor

naturally sweet and a low glycemic index fruit that provides balanced energy



## GETTING TO KNOW PEARS



### When to Buy

Pears are available year-round, with specific varieties having distinct seasons. This overlapping availability ensures a continuous supply of fresh pears throughout the year.



### How To Store

Keep unripe pears at room temperature.

Once ripe, refrigerate pears to slow further ripening; consume within five days.



### Health Benefits

Pears are packed with fiber and offers essential nutrients.



# coconut & pear chia seed pudding

## INGREDIENTS

- ½ cup chia seeds
- 1 cup coconut milk (refrigerated or shelf stable - not canned)
- ¼ cup coconut cream (canned)
- 1 tablespoon honey
- 1 red or green Anjou pear, sliced (or diced)
- ¼ cup roasted unsalted pistachios, shelled
- Optional toppings: 2 tablespoons coconut flakes + extra honey



## DIRECTIONS

1. In a large bowl add coconut milk, cream, honey and chia seeds.
2. Whisk and keep this in the fridge overnight (or a minimum of 3 hours).
3. When ready to serve, add the chia seed pudding in a bowl or serving glass.
4. Slice fresh pears to add on top.
5. Add additional pistachios and coconut flakes before serving.



## Check the Neck™

The best way to judge ripeness for most pear varieties is to apply gentle pressure to the neck of the pear near the stem with your thumb. If it yields to pressure, it's ripe and ready to eat.



# cherries

## THE MAGIC OF CHERRIES

cherries contain melatonin, which plays a role in sleep cycles.

cherries provide vitamin C and potassium, which contribute to overall health.

they have high water content, which contributes to hydration.



cherries contain phytonutrients, including flavonoids, which are being studied for their potential role in cognitive health.

they provide potassium, which plays a role in normal heart function as part of a balanced diet.

## A NATURAL SOURCE OF GOODNESS



### When to Buy

Cherries are available seasonally in most grocery stores, making them a delicious and naturally sweet summer favorite.



### How to Store

Store cherries in the refrigerator and wash just before eating to maintain freshness. To keep them longer, freeze pitted cherries for use in smoothies, baking, or snacking.



### Health Benefits

Cherries provide vitamins, minerals, and phytonutrients, including antioxidants. They contain melatonin, which plays a role in sleep cycles, and nutrients that support recovery—all with a naturally sweet flavor.



# steak and arugula salad with cherries & almonds

## INGREDIENTS

### For The Salad

- 1 bag 10oz. fresh baby arugula
- 1 cup rainier cherries pitted & halved
- 2 Tbsp olive oil
- 1 pound Steak filets or hanger steak, seasoned with salt and pepper
- 1/2 cup almonds, roughly chopped
- 4 oz. crumbled blue cheese
- 1/2 red onion thinly julienned

### For The Lime Dressing

- 1 1/2 cups dark sweet cherries pitted
- 1/3 cup red wine vinegar
- 1/4 red onion diced
- 2 cloves garlic halved
- 3 tbsp honey
- 2 tsp dijon mustard
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/4 cup olive oil

## DIRECTIONS

### For The Salad

1. Season steak generously on both sides with salt and pepper. Let it rest at room temperature.
2. Heat a large grill pan or skillet over medium heat, and add 2 Tbsp. of olive oil. When it begins to shimmer, add steak and sear on both sides until cooked to your liking. Set steak aside covered, and let it rest 10 minutes.
3. In a large salad bowl, layer arugula with cherries, almonds, blue cheese, and onion.

### For The Lime Dressing

1. In a small saucepan, reduce cherries with a couple teaspoons of water over medium-low heat (approximately 10-15 minutes). In a blender, combine all ingredients and blend until smooth.



# 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.





# The best caramelized sweet onions

## INGREDIENTS

- 1 1/2 tbsp unsalted butter
- 2 large RealSweet® Sweet Onions peeled and thinly sliced
- 1 tbsp brown sugar
- 1 tbsp sherry vinegar
- 1/4 tsp salt
- 1/4 tsp pepper

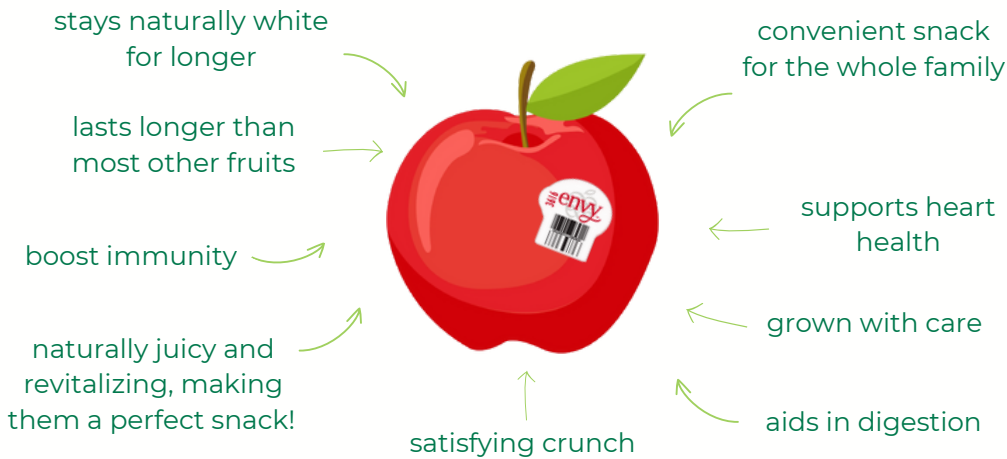
## DIRECTIONS

1. Add butter to a large skillet over medium-low heat.
2. When melted, add onions and stir until well coated in butter.
3. When onions are turning transparent, after about 10 minutes of cooking, stir in brown sugar and sherry vinegar.
4. Continue cooking for 30-40 minutes, stirring every 5 minutes or so, until onions are well caramelized.
5. Stir in salt and pepper.



# 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 naturally stay white longer after slicing.



## elevated ENVY crisps

### INGREDIENTS

- 4 ENVY™ Apples
- 1 cup of peanut butter
- Dash of vanilla extract
- Pinch of flakey sea salt.

### DIRECTIONS

1. Pre-heat the oven to 280°F.
2. Slice the ENVY™ Apples very thinly, use a mandolin if you have one. Remove any visible seeds.
3. Arrange the apple slices in a single layer on a parchment paper lined tray and bake for 40-60 minutes until pale golden and dry, allow to cool and crisp up. (Store in an air-tight container when completely cold).
4. For the dipping sauce, microwave peanut butter until softened.
5. Sprinkle sea salt on top, to taste.



### An Apple a Day, Longer They Stay

- Store in the fridge to slow ripening.
- Wash just before eating to prevent spoilage.
- Keep separate—apples release gas that speeds up ripening.







# avocados

## HEART-HEALTHY SUPERFOOD



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.

## FLAVORFUL NUTRITION



### Mental Health

The healthy fats in avocado help support brain function, mood stability, and cognitive health. Avocados contain folate, which has been linked to lower levels of stress and anxiety.



### Health Benefits

Packed with healthy fats, fiber, and key vitamins that support heart health, digestion, and immunity. Its potassium and magnesium also aid muscle function and sleep.



### Fight Insomnia

Avocados provide healthy fats, fiber, and key vitamins for heart health, digestion, and immunity, plus potassium and magnesium for muscles and sleep.



## crunchy baked Taco bowls

### INGREDIENTS

- 6 large flour tortillas
- Cooking spray
- ½ cup iYo Quiero! Black Bean Dip
- ½ cup iYo Quiero! Salsa
- ½ cup iYo Quiero! Chunky Guacamole
- ½ cup Cilantro

### DIRECTIONS

1. Preheat the oven to 375°F.
2. Wrap tortillas in a damp paper towel, three at a time, and microwave for 30 seconds until soft.
3. Lightly coat both sides of each tortilla with cooking spray, keeping unused tortillas covered.
4. Turn a 12-cup muffin tin upside down and press tortillas between four cups to form bowls.
5. Bake for 10-15 minutes until crisp and golden. Let cool completely.
6. Fill each bowl with iYo Quiero! Black Bean Dip, iYo Quiero! Salsa, and iYo Quiero! Chunky Guacamole.
7. Garnish with fresh cilantro and serve immediately.



# sweet potatoes

## THE POWER OF SWEETPOTATOES

Sweetpotatoes have potassium to help maintain normal blood pressure and fiber to support heart health.

Sweetpotatoes provide Vitamin C, which supports collagen production.

Helps with digestion and regularity.

Sweetpotatoes provide Vitamin A and Vitamin C, which help support the immune system.

They provide potassium, magnesium, and manganese, which support hydration and muscle function.

Sweetpotatoes have Vitamin A, which helps maintain normal vision.

They contain complex carbohydrates, which provide energy.



## NATURALLY NUTRITIOUS VEGETABLE



### Seasonality

Available year-round and are harvested in the fall, with peak availability during the cooler months.



### Storage Tips

Store in a cool, dark, and ventilated place. Do not refrigerate, as it changes taste and texture. For longer storage, cook and freeze for use in smoothies, soups, or baking.



### Health Benefits

Sweetpotatoes are a good source of fiber, which helps support digestion and regularity. They provide Vitamin A and Vitamin C, which help support the immune system.





# mini sweet potato chicken flat bread pizza

## INGREDIENTS

- 2 cups NC sweetpotatoes cooked & mashed
- 9 oz. chicken breast, cooked, shredded
- 1 clove garlic
- 1/4 cup walnuts
- 1/2 cup flat-leaf parsley
- 1 tablespoon butter softened
- 1/4 teaspoon unsalted salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry ranch dressing mix
- 4 8- inch round flat bread
- 1/4 cup of shredded cheddar cheese

## DIRECTIONS

1. Preheat oven to 350° F.
2. In a food processor, add garlic, walnuts, parsley and blend well.
3. In a medium bowl, add mashed sweetpotatoes; stir in parsley mixture, butter, salt, pepper, dry ranch dressing mix and mix well.
4. Spread sweetpotato mixture onto flat bread.
5. Top each flat bread round with chicken pieces and sprinkle cheese over the top.
6. Place each mini pizza on a large baking sheet (without edges touching)
7. Bake until heated through and cheese is melted (approximately 10 minutes)
8. Serve Hot





## A SWEET GUIDE TO HONEY

crafted in nature by honey bees when they naturally transform nectar from flower blossoms to create this golden goodness

more than 3,000 varieties of honey found throughout the world, each originating from a different floral source

honey has a wide array of naturally occurring nutrients, including trace amounts of 7 vitamins, 11 minerals, 5 antioxidants, and 17 amino acids

floral source, location and climate factors all affect the taste, aroma, color, viscosity and compounds of honey



## HEALTH BENEFITS



### Gut Health

A new study found adding one tablespoon of honey in a serving of yogurt helps support probiotic survival - a simple way to support gut health.



### Sugar Reduction

Honey's aroma plays a role in how sweet it is perceived, which is why you can often use less honey than sugar and still achieve the same sweet taste.



### Natural Energy

Honey provides quick energy as a natural source of carbohydrates. At approximately 17 grams of carbohydrates and 64 calories per tablespoon, it is ideal for quick fuel to power you through your day.



### Cough Soother

Honey is a proven natural cough suppressant and has been used for centuries. Take a teaspoon or two of honey to help soothe and relieve the irritation of a cough.



## honey lime fruit salad

### INGREDIENTS

- 4 cups strawberries, sliced
- 3 kiwis, peeled and sliced
- 1 cup green grapes
- 1/4 cup honey
- 1 lime, juiced

### DIRECTIONS

1. In a large bowl, combine the strawberries, kiwi and grapes.
2. In a small bowl, stir together the honey and lime juice.
3. Pour the honey-lime mixture onto the fruit and stir well.
4. Serve and enjoy!



TIP: Try a honey varietal for extra flavor!





## 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  
Artichokes  
Arugula  
Avocados  
Asparagus  
Bananas  
Beets  
Blueberries  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Cara Cara Oranges  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Grapefruit  
Kiwi  
Leeks

Lemons  
Limes  
Mandarins  
Mushrooms  
Navel Oranges  
Passion Fruit  
Parsnips  
Peas  
Pears  
Pineapple  
Potatoes  
Radishes  
Rhubarb  
Spinach  
Scallions  
Strawberries  
Swiss Chard  
Tangerines  
Turnips  
Vidalia® Onions



## what's in season *summer*



Apricots  
Arugula  
Artichokes  
Asparagus  
Avocados  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Bok Choy  
Broccoli  
Cantaloupe  
Carrots  
Corn  
Cauliflower  
Celery  
Cherries  
Cucumbers  
Eggplant  
Grapes  
Green Beans  
Honeydew

Kiwi  
Leeks  
Lemons  
Limes  
Mango  
Okra  
Papaya  
Peaches  
Peas  
Pineapple  
Plums  
Potatoes  
Raspberries  
Spinach  
Strawberries  
Tomatoes  
Valencia Oranges  
Vidalia® Onions  
Watermelon  
Yellow Squash  
Zucchini



## what's in season *fall*



Acorn Squash  
Apples  
Avocados  
Beets  
Bok Choy  
Broccoli  
Brussels Sprouts  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cranberries  
Delicata Squash  
Eggplant  
Grapefruit  
Grapes  
Kiwi  
Leeks

Lemons  
Limes  
Mandarins  
Navel Oranges  
Okra  
Parsnips  
Pears  
Persimmons  
Pomegranates  
Pomelo  
Potatoes  
Pumpkin  
Raspberries  
Rutabaga  
Spaghetti Squash  
Spinach  
Sweet Onions  
Sweetpotatoes  
Swiss Chard  
Turnips



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