Weird and Wonderful this Summer Email Blurbs

**Week 1**

Welcome to July! Can you believe that we’re more than halfway finished 2016? July means that there are new fruits and vegetables in season. EWSNetwork has highlighted some **Weird and Wonderful** fruits and vegetables in our July eCampaign – they’re not your typical fruits and vegetables, but they’re definitely nutritious! Try some of the recipes that are provided!

This week, we will focus on dragon fruit and eggplant. Dragon fruit are mildy sweet, and you can eat it on its own. Eggplants become tender once you cook them, and can soak up lots of flavour depending on how you cook it. Try making some easy Strawberry Dragon Fruit Popsicles and Eggplant Pizza! They’re a crowd pleaser for sure!

**Week 2**

Welcome to week 2 of our **Weird and Wonderful** July eCampaign. Did you get a chance to try dragon fruit or eggplant? How did they taste? This week, we will look into passion fruits and leeks. Both are very low in calorie, loaded with vitamins, and high in antioxidants. Try some Toasted Bananas with Passion Fruit and Yogurt for breakfast or as a snack! For lunch or dinner, prepare Butternut Squash Leek Soup – the whole family will love it!

**Week 3**

Onto week 3 of our **Weird and Wonderful** July eCampaign. Have you ever tried lychees or purple sweet potatoes? Lychees have a distinct sweet flavour; people describe lychees as a combination of watermelon, strawberries, and grapes. Give it a try and tell us what you think! Purple sweet potatoes are more dense and dry compared to regular sweet potatoes. They make awesome fries though, and we’ve included a recipe for you.

**Week 4**

Can you believe this is our last week for our **Weird and Wonderful** July eCampaign? We hoped you have tried these strange fruits and vegetables and included them into your diet! For this last week, we will focus on pomegranates and radishes. They are both rich in vitamin C and can help lower your blood pressure. The last 2 recipes are not your regular salads. They are delicious and packed with flavour. Best of all, they’re good for you, and they don’t take long to prepare!