Blurbs Summer Campaign 2020 – Spotlight on Summer – Email Blurbs

Week 1

Fresh salads, grilled galore, and fresh fruity drinks – summer foods are filled with color, taste, and excitement. Let’s reap the benefits! Raspberry Mint Lemonade Salad anyone?

Week 2

Strawberries and melon. Never get bored with these 2 recipes that put a twist on some summer staples.

Week 3

Often grown together, tomatoes and peppers are the best of companions. In the garden and on your plate! We spotlight these two foods in a summer salad loaded with protective antioxidants.

Week 4

The summer heat is on! Cooling foods like our cucumber cups and celery juice an help to keep you hydrated and aid in weight loss.

Week 5

Blueberries, basil, and the brain? An odd combination with delicious berry flavour and a kick of peppery basil. Enjoy this smoothie to give your brain and body a boost!

Week 6

Get grounded with beets and squash. These foods provide just what you need to balance the transition from summer to fall. Soup or salad? Why not both!