



Featured Ingredient:

Red Onions



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Why they're delicious:

- They have the reputation of being sweeter than a normal yellow onion

Why they're good for you:

- Packed with nutrients
- May benefit heart health
- Loaded with antioxidants
- Contain cancer-fighting compounds
- Help control blood sugar
- May boost bone density
- Have antibacterial properties
- May boost digestive health
- Easy to add to your diet

Notes from the Chef:

Grilled Rosemary Steak with Caramelized Red Onions

Red Onions are generally milder and slightly sweeter in flavor than white or Spanish onions. They also pair nicely with meats or fish. Now that grilling season is here, I like doing either with caramelized red onions. For our featured dish, I've chosen a NY Strip Steak which can be tossed on the grill and be ready in minutes. The onions can be made in advance and will keep nicely in the refrigerator for 5 days. Take them out in advance, let them come to room temperature and reheat slightly while the steak is on the grill.

- Joerg





Featured Ingredient:

Cinnamon



Notes from the Chef:

Sweet Potatoes with Turmeric and Cinnamon

Out of all the spices, cinnamon is probably one of the most versatile. It works for both sweet and savory and makes a great addition to any dry rub, giving the dish a depth of flavor that would be hard pressed to replicate otherwise. Roasting sweet potatoes with cinnamon and turmeric is a great compliment of spices, and the final product works very well as a side dish for any summer BBQ dish be it chicken, meat or fish.

- Joerg

Why it's delicious:

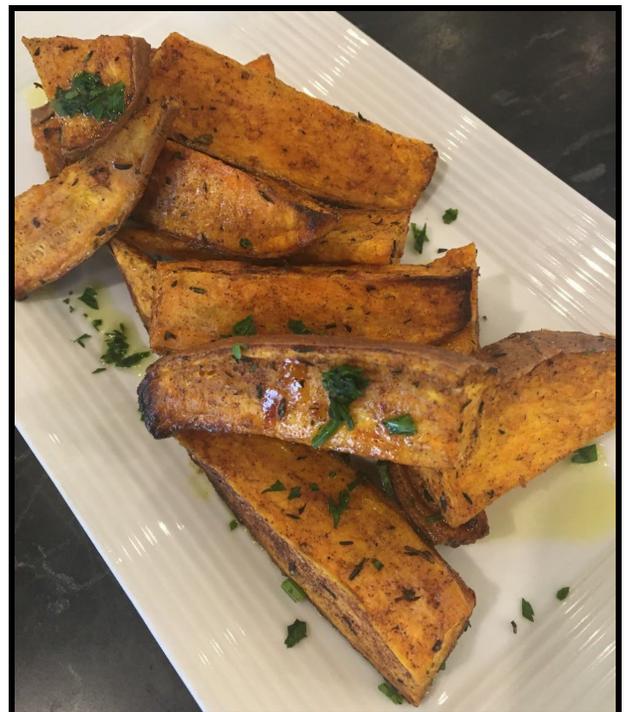
- It has a warm, slightly spicy taste that lends well to a variety of dishes.

Where is it from:

- There are many types of cinnamon, all of which come from the inner bark of several species of evergreen trees in the *Cinnamomum* genus.

Why it's good for you:

- Can lower blood sugar levels
- May reduce heart disease risk factors
- Loaded with antioxidants
- Has inflammatory properties
- Can improve sensitivity to insulin
- Lowers blood sugar levels
- Has antibacterial properties





FINE MEALS FRESHLY MADE

FEATURED INGREDIENT EGGPLANT

WHY IS EGGPLANT GOOD FOR YOU?



- ✓ Eggplant contains **protein, potassium, lots of fiber** and in its natural state is very low in calories.
- ✓ Eggplant is also high in chlorogenic acid which is **one of the most powerful antioxidants** found in plant tissues.
- ✓ The fiber, potassium, vitamin C, vitamin B-6, and antioxidants in eggplants **all support heart health.**

WHERE IS IT FROM?

Its origin is considered to be India where it continues to grow wild and has been cultivated for more than 1500 years. As trade routes opened, eggplant was introduced to Europe by the Arabs and transported to Africa by the Persians.

WHY IT'S DELICIOUS?

Along with tomatoes, sweet peppers, and potatoes, eggplant is a member of the nightshade family. When eaten raw, eggplant has a somewhat bitter, but pleasant taste and spongy texture. Once cooked, the taste becomes more mild and a bit richer. It also takes on a soft, creamy texture.

NOTES FROM APIARY EXECUTIVE CHEF & OWNER JOERG ZEHE...

Japanese Eggplant tends to be sweeter and less bitter than its run-of-the-mill counterpart. It also requires less oil and cooks faster when grilling or roasting. It can be stuffed or eaten as an accompaniment with any kind of protein: chicken and fish are very suitable. My favorite is grilling and stuffing it with Asian Shrimp Salad.

- Joerg



*Stuffed Japanese Eggplant
with Asian Shrimp Salad*

