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## Boost Your Nutrients and Grow What You Love

*Jen Haugen represents Hy-Vee as a nutrition expert promoting healthy eating throughout the community. Jen is a registered dietitian and a member of the Academy of Nutrition and Dietetics.*

Want to get the most bang for your buck? Look for potent vegetable plants that offer up to 500% more nutrients than other home garden varieties.

### Key Messages

- One rule for gardening is "grow what you love to eat". Most people love cucumbers, tomatoes, peppers and lettuce.
- On a quest for higher nutritional impact?** Look for Burpee Boost – a new line of vegetable plants you can plant into your garden to enhance your antioxidant intake by up to 500%.
- Options include:
  - Healing Hands Salad Mix:**
    - 20% more lutein, 30% more carotenoids, 70% more anthocyanins
    - Harvest every three weeks (down to 2 inches) throughout the season; different colors, flavors and textures. Harvest in the morning as leaves are crisp, sweet and full of moisture.
    - Great cold-season variety, perfect for a container, water frequently
  - Sweet Heat Sweet-to-Spicy Pepper**
    - 65% higher vitamin C content
    - Bushy style plants work well in gardens and planters, delicious raw or cooked, stake plants with a rubber band to stabilize once producing peppers
    - Scoville rating of 300 – equivalent to a banana pepper or pepperoncini (bell peppers 0, jalapenos 3,500.)
  - Cherry Punch Small-fruited Tomato**
    - 30% more vitamin C and 40% more lycopene
    - High yielding early tomato, indeterminate (produces all season long)
    - Perfect for the garden or patio

### Chicken Caesar Pizza

Serves 4.  
*All you need*  
 1/4 cup light Caesar dressing  
 1 (10 oz) whole wheat thin crust pizza crust  
 1 cup chopped grilled chicken breast  
 1/4 cup Hy-Vee shredded Parmesan cheese  
 2 cups chopped romaine lettuce  
 2 small Roma tomatoes, seeded and chopped  
*All you do*  
 1. Spread dressing on pizza crust. Sprinkle with chicken and Parmesan.  
 2. Bake at 450 degrees for 8 to 10 minutes or until cheese is melted. Let stand for 5 minutes before sprinkling with lettuce and tomatoes.  
**Nutrition facts per serving:** 300 calories, 8g fat, 3.5g saturated fat, 0g trans fat, 35mg cholesterol, 600mg sodium, 37g carbohydrate, 7g fiber, 4g sugar, 21g protein.  
**Daily values:** 25% vitamin A, 10% vitamin C, 15% calcium, 10% iron.

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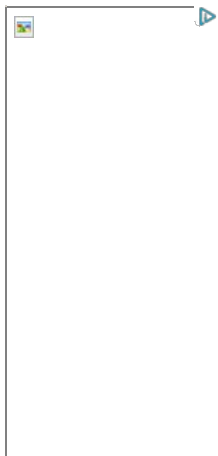
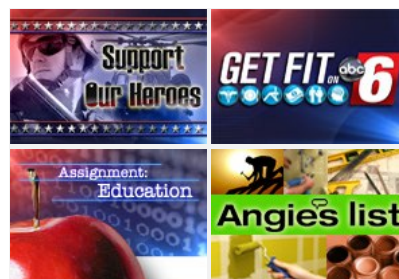
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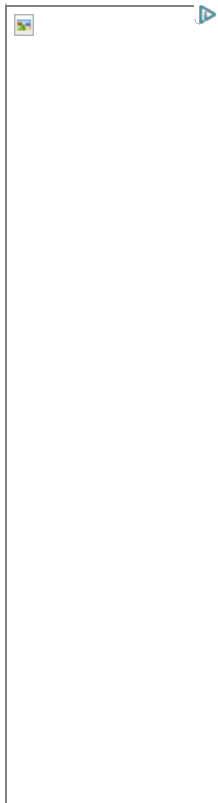
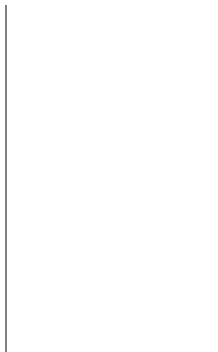


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