

# **April 2020 E-News References**

### Growing Organic: Save Money, Reduce Toxins, Protect Your Health

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## Why You Should be Eating More Onion

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## Pizza! Pizza! Basil, Onion & Spinach Supreme

Recipe adapted from Broma Bakery: https://bromabakery.com/caramelized-onion-mushroom-spinach-pizza/

#### Phenomenal Phytonutrients Benefit Health

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