

Sirna & Sons Newsletter October 2017

In this Issue:

- National Apple Month
- Fall Harvest 2017
- Spinach-Lovers Month



Interested in being one of our Featured Chefs? Please contact your Sales Representative for more information.



National Apple Month



Local Apples are Here just in time for Apple Month! Our variety of Local Apples include Macintosh, Gala, Honeycrisp, Gold, Cortland, Red Delicious and Jonathon. Just thinking about apple pies, apple tarts, candied apples and hot apple cider. There are so many delicious apple dishes to make and enjoy,

Fall Harvest 2017

Fall items are coming to an end soon! Don't forget to add some Apple cider in gallon, half-gallon and pint sizes to your order. Large pumpkins by the each, pie pumpkins by the case and mini pumpkins and gourds by the half bushel. Don't forget everybody's favorite caramel apples 24 ct. with a nut allergen.



October Is National



Spinach-Lover's Month

spinach is an incredibly healthful food and can be worked into many dishes. Whether you eat it on pizza, in a salad, in soups or pastas, or even in smoothies, the health benefits of spinach are undeniable.

Spinach is low in saturated fat, and very low in cholesterol. It is also a good source of niacin and zinc, and a very good source of dietary fiber, protein, Vitamin A, Vitamin C, Vitamin Vitamin K, thiamin, riboflavin, Vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper and manganese.

Like us on Facebook or Follow us on Twitter

