



Plants with a Purpose Tweet Chat

Hosted by Lori Taylor, CEO & Founder of The Produce Moms® & Have A Plant® Ambassador

Sponsored by Red Sun Farms

Wednesday, March 31st @ 2:00 p.m. ET

2:07 – 2:13 ET

Q1: As we step into spring & w/ Earth Day around the corner, let's lean into reducing waste & saving #fruits + #veggies. 1st step: proper selection + storage. What's one smart tip you swear by for ↓ produce waste while grocery shopping or storing at home? #haveaplantchat #haveaplant

2:14 – 2:21 ET

Q2: Let's get down to business! It's time to whip out those spring recipes we've been patiently waiting to dive into. What's a #plant forward recipe you can't wait to make to accompany the change of seasons? #haveaplant #haveaplantchat

2:22 – 2:29 pm ET

Q3: Addressing food waste in the produce industry is critical! It starts at the farm and extends to the food on our tables. How can we ensure that #plants make it to our plates & we use those at the end of their shelf life? All #plants deserve a purpose! #haveaplant #haveaplantchat

2:30 – 2:37 pm ET

Q4: Not only do all forms of #fruits + #veggies count toward our daily intake, but all growing methods count, too! Share the ways you've seen fruits + veggies be grown sustainably. And if you're growing your own, let's hear it! #haveaplant #haveaplantchat

2:38 – 2:45 ET

Q5: Spring means vibrant colors are popping up all around us, including in our food! What are go-to spring #fruits + #veggies you like to add to dishes for a burst of color, nutrients and flavors that support #health + #happiness, with #plants? #haveaplant #haveaplantchat

2:46 pm – 2:53 ET

Q6: We're about to wrap up this fabulous #haveaplantchat! Are there any burning questions or thoughts on your mind related to food waste reduction, how we can create sustainable, plant-packed plates, etc., that you'd like to have answered? #haveaplant