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## **Morning Kiss Organic potatoes and onions ready for comfort cooking**

November 27, 2020

With a high-quality crop of organic potatoes and onions ready for market, Morning Kiss Organic brings a healthy aspect to this year's much-needed comfort cooking. As the pandemic continues, food will play a larger role than ever in bringing the holiday spirit to smaller gatherings planned more around safety than merriment.



Many families who formerly dined out for holiday meals will switch to enjoying delicious meals at home, and the season's comfort foods feature potatoes and onions prominently. Choosing organic produce contributes to the health of the meal as studies show that organic foods contain higher levels of vitamins, minerals and antioxidants — all highly sought after in today's health-conscious climate.

Morning Kiss Organic is prepared to pack high-quality potatoes and onions to retailer specifications — including three-, four- and five-pound bags. Retail promotion opportunities abound with these items sure to be in popular demand. This season's crop of organic potatoes is East Coast-grown, including from farms in Massachusetts, Maine and Prince Edward Island.

"Now is the time for staying home and enjoying savory soups, stews, and sides — choosing Morning Kiss Organic potatoes and onions with which to craft these dishes increases their health benefits, and is also a feel-good choice for the environment. We're proud to offer an exceptional organic crop and look forward to partnering with retailers to bringing potatoes and onions to family tables in New England and beyond," said Michael Gupstill of Morning Kiss Organic.

A healthy choice within a balanced diet, potatoes contain no fat, sodium or cholesterol. Consumed with the skin on, potatoes offer a large dose of vitamin C and potassium, and are also a good source of vitamin B6, fiber, magnesium and antioxidants. Onions add flavor to dishes without adding salt or sugar, are also low in calories, and contain good amounts of fiber and folic acid.

As with all Morning Kiss Organic produce, potatoes and onions are available in a range of customizable formats and packed to retailer specifications.

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