

RED GOLD FROM EUROPE. THE ART OF PERFECTION, PRESERVED FOR YOUR TABLE.

Press Release
March 2021
@Shanghai, China

Spring is Nature's Way of Saying, "Let's Party!"

With the arrival of Spring Equinox in the lunar system, daylight begins to be extended and bright sunshine is injecting energy into everything. Finally, the blooming spring in 2021 approaches.



Sunlight is not only attractive to people who are ready to move into spring, but also to the bourgeoning of crops.

Red Gold Tomatoes from Europe are blessed to enjoy the Mediterranean sunshine and grow in a healthy & sustainable way. The fruits are not picked until they are fully ripe on the vine which means the tomatoes are reaching peak in quality, flavor, beauty and nutrition.

Although spring is the best season for the planting of the tomatoes, the advanced canning process in Europe allows this premium product to be available all year round to consumers all over the globe. Studies done by experts show that canned tomatoes from Europe are rich in various nutrients like vitamins, minerals and anti-oxidants.

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When we enjoy outing (Nature's Party), physical tiredness happens especially when you are with kids. Body needs more energy and nutrients which makes the portable meal during outing important. For those of you who have increased travel and sports in spring, Red Gold Tomatoes from Europe brings you healthy benefits on top of the delicious taste.



1. Stabilize Blood Pressure and Protect Cardiovascular Health

The fast-paced and high-pressure city life and unhealthy diet lead to the hypertension happening to the younger generation. Outing helps relieve stress, but at the same time remember to supplement antioxidants and vitamins which canned tomatoes from Europe can perform. Tomatoes are not

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only rich in lycopene and potassium, but also beta carotene, folic acid and flavonoids, all of which are beneficial to cholesterol reduction and cardiovascular health.

2. Fight Against Smog

Fresh air full of oxygen may be one of the fundamental purposes of outing for Chinese people, but it's inevitable that being outside you might be impacted by the smog. Even if you are not smoking, it will lead to the production of free radicals in your body, and the lycopene rich in canned tomatoes can remove 90% of the free radicals in your body, making your trip more rewardable.

3. Bone Health

Bone health is the priority for anyone wishing to enjoy a wonderful trip on foot. Tomatoes are rich in beta carotene, which is essential for bone growth and maintenance. Lutein can promote the formation of collagen, as well as vitamin K and vitamin D, which play a key role in bone metabolism, and can increase bone density, thus reducing the possibility of fracture.

4. Strengthen the Immune System

We still need to take into consideration that the covid-19 epidemic is not over yet. When traveling, we still need to ensure the necessary protection and enhance our immunity. A diet rich in tomatoes can enhance the function of white blood cells, which are known for anti-infection, and reduce the damage of free radicals.

You might say, "Now I know the importance of canned tomatoes in my outing plan, then what is an easy but delicious way to incorporate the canned tomatoes from Europe into my outing menu?" No worries, RGFE has invited guest chef to develop recipes catering for your special requirement in your spring outing party!

Recommended Recipe: Tuna Fish Burger



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Time: 30 minutes Difficulty: easy Serves: 4

Ingredients:

4 burger buns
650 g fresh tuna
Mixed spices, to taste (turmeric, cumin, anise)
200 g mozzarella
8 lettuce leaves
300 g pureed tomatoes (passata)
1 teaspoon mustard
2 tablespoon brown sugar
1 glass white vinegar
2 teaspoon soy sauce
2 red onions
1 bay leaf
Salt, to taste

Method:

For the ketchup:

Boil in a pan the pureed tomatoes with ½ glass of vinegar, brown sugar, soy sauce and a pinch of salt for 10 minutes over a low heat.

Blend the mozzarella into a cream.

Slice the onions thinly and caramelize in a frying pan with 1 tablespoon of brown sugar, ½ glass of vinegar, two pinches of salt, and the bay leaf for 15 minutes over a low heat.

Mince the tuna, add the spices and form into burgers; grill for 3 minutes.

To assemble the burgers, spread the cut buns with the mozzarella cream and the homemade ketchup, add one lettuce leaf, the tuna burgers, then the onions, mustard and finish off with more ketchup and another lettuce leaf.

More recipes are available at our website, feel free to click: <http://redgoldfromeurope.cn/zh-hans/recipes>



SHARE THE RED GOLD TOMATO WITH YOUR FAMILY AND FRIENDS,



SHARE THE LOVE AND HEALTH WITH THEM TOO!

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ABOUT RED GOLD FROM EUROPE & ANICAV

Red Gold is the name of the EU (European Union) project to raise awareness about EU Preserved (canned) tomatoes 100% Made in Europe.

The Italian Association of Canned Vegetable Industries ANICAV members account for over 60% of all the processed tomatoes in Italy, and nearly all of the whole peeled tomatoes produced in the world (including the internationally well-known San Marzano DOP).

🍅 For more information about Red Gold From Europe, please visit our Chinese website or follow our public account as follows:

🍅 Website: www.redgoldfromeurope.cn

🍅 Weibo: @RedGoldFromEuropeChina

🍅 Wechat: @EU 红金西红柿

🍅 Bilibili: @欧洲红金托马托

🍅 Go Kitchen: @欧洲红金托马托君



Red Gold from Europe, More Activities in 2021, Welcome to Explore



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