

FOOD & BEVERAGE MAGAZINE

NOVEMBER 2020

COVER FEATURE:
**MIKEY'S UNITES
BOLD TASTES
AND SUPERFOODS**

FESTIVE
Thanksgiving
COCKTAIL RECIPES

JACK DANIELS
"FLAVORS OF FALL"

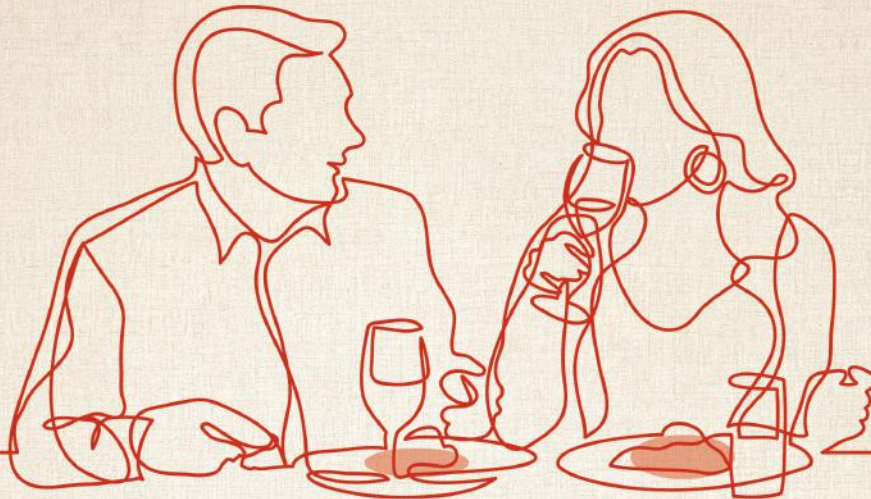
Farmer Focus
Thanksgiving
Turkey Recipe

**FROM THE CLASSROOM
TO THE BOARDROOM:
LEADERSHIP FOR
WOMEN IN HOSPITALITY**



GREATEST TOMATOES FROM EUROPE.

ENJOY THE BENEFITS OF SUMMER ALL YEAR LONG!



Summer is fading away, with all its energy, colors and scents, and the first chill of fall is around the corner. It's only natural to feel tired as the season changes and the days get shorter, leading to a drop in serotonin, the hormone of happiness, and an increase in melatonin, which regulates sleep. In the fall our bodies are exposed to the first seasonal ailments, and this year is no exception. Luckily you can count on the help of European canned tomatoes. Rich in **healthy properties** like **vitamin C**, which helps the **immune system** to function properly, **lycopene**, a powerful antioxidant that helps to inhibit **cell-aging**, **betacarotene**, and **lutein** that **protect** the eyes from **degenerative diseases**, European canned tomatoes are a powerful ally in this season.

Fresh, light, juicy and colorful, with all their unique properties and fragrance brought straight to your table all year long, they can help you meet fall with a smile. Welcome to Fall!

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