

MEET THE REAL CO: REAL FOOD FROM THE EARTH

ENJOY THE REAL CO - ON EARTH DAY AND EVERY DAY

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/EINPresswire.com/ -- Wilmington, DE (March, 2016) – Every year [The Real Co](#) celebrates Earth Day, honoring the precious soil that keeps us alive. This year, The Real Co is celebrating their natural roots, with the only 100% Single Origin foods in the U.S. All through April, The Real Co is encouraging individuals to ramp up their support of the environment, by purchasing and eating natural, sustainable foods every day. The Real Co is offering some earth-friendly Earth Day recipes, highlighting their



certifiable, 100% Single Origin products, including: Himalayan Pink Rock Salt, Organic Raw Cane Sugar, and organically grown White [Basmati Rice](#).

From the very beginning The Real Co has been honoring the trust put into them by their customers with a fully transparent agenda—to provide the best tasting product directly from the original sources with the highest integrity. The Real Co promises its customers a clear understanding of the source of their food, the methods used for farming, and how it's packaged and delivered. Honesty and trust are values they take very seriously and are extremely proud to achieve!

Just in time to welcome Earth Day, The Real Co is offering a fun, easy-to-prepare, veggie-themed recipe that serve up a healthy kick. Every grain of salt, sugar and rice can be traced to its source, which is shared on every package of food that bears The Real Co name. Every food item has the Non-GMO Project Verified seal and is sourced from one single farm, mine or rice paddy. The Real Co products are also Vegan, Gluten Free, Organic and Kosher!

The Real Co Inc foods include:

_ Debuting Now - Stevia: the first 100% natural non-processed, no additives, zero calorie sweetener from Paraguay; Long grain white and brown rice from Argentina; Tri-color & sprouted Quinoa from Peru and Sea Salt from India.

_ The Real Co Himalayan Pink Rock Salt, handcrafted, at the Himalayan Mountains. This salt is 100%

pure; 100% Single Origin; non-GMO; has 84 active minerals in every grain; is unrefined and mountain washed in Himalayan mountain water. The salt is available in a 20-ounce tub container for a suggested retail price of \$6.99 or in a saltshaker container for a suggested retail price of \$9.49.

_ The Real Co Organic Raw Cane Sugar, directly from Assukar Farms, Tayutic Valley in Costa Rica is 100% natural and organic; 100% Single Origin; raw and alive with natural vitamins and minerals; instantly dissolves in hot or cold liquids and is non-GMO. The sugar is available in 2 sizes: 8-ounce at a suggested retail price of \$3.69 and 16-ounce at a suggested retail price of \$4.49

_ The Real Co White Basmati Rice, directly from Gujrat Punjab from Farid Co-op Farm, is 100% natural and 100% Single Origin; low-GI and pre biotic; non-GMO and is gluten free. The rice is available in 2 sizes: 16-ounce at a suggested retail price of \$3.99 and 32-ounce at a suggested retail price of \$6.49.

UNFI, one of the largest distributors of natural foods in the U.S., is distributing the foods across the nation to supermarkets, specialty retailers and independent operators such as Kings, ShopRite Westerly, and Balducci Fairway Market. Consumers may also purchase products online on www.amazon.com or www.healthygoodness.com. Visit The Real Co website at <http://TheReal.co>

Here is a recipe to get you started:

The Real Co Earth Day Basmati Rice Pilaf

Ingredients:

1 cup of The Real Co White Basmati Rice
1 fresh zucchini, diced
1 red bell pepper, diced
1 cup of chopped broccoli
1 cup of fresh kale, chopped
1 cup of fresh chopped parsley or cilantro
¼ cup of Extra Virgin Olive Oil
2 tablespoons of The Real Co Himalayan Pink Rock Salt

Cooking Directions:

Cook the rice: fill pot with 7 cups of water and bring to a boil. Add 1 cup of The Real Co White Basmati Rice (rinsed first). Lower to a simmer and cook for 10 minutes. Drain when ready to mix Pilaf.

While rice is cooking, steam all the veggies with the exception of the fresh kale. Add the steamed veggies to the rice, and add in the fresh kale and parsley or cilantro. Toss with 1/4 cup of Extra Virgin Olive oil and 2 tablespoons of The Real Co Himalaya Pink Rock Salt – and enjoy!

About The Real Co:

The Real Food Co was founded in 2013 in Valley Cottage, New York with a direct farm-to-market approach for the organic food industry. The new 100% Single Origin Foods concept supports farms at their source, cuts out the middleman, and delivers directly to the U.S. market, cutting costs of

products compared to other manufacturers.

The Real Co offers [transparency](#) to the consumer, and is developing the first Certification of 100% Single Origin Foods in the U.S. The Real Co pays fair wages and reinvests in both the land and the community that grows our products. The Real Co is available nationwide in numerous stores in every state, also at The Market in California, Natural Grocers (national), ShopRite, Fairway Market, Westerly Natural Market, Kings, Balducci, and Healthy Goodness. Also online at www.vitacost.com<<http://www.vitacost.com>. For more information and for a full list state by state is available at www.TheReal.co

For more recipes, high resolution photos, and samples contact me at:

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