



# CELEBRATING CALIFORNIA AVOCADO MONTH

The Best Avocados Have California in Them

## SUMMER SEASONALITY

California Avocado season varies a bit year to year depending on what Mother Nature has in store. This year, California Avocados are in peak season from spring through summer. June is California Avocado Month, and that's why Nordstrom is celebrating this fabulous fruit (yes, it's a fruit!) all month long.

**Meet some of our amazing growers.**

## HEALTHY LIVING WITH CALIFORNIA AVOCADOS

You probably have a sense that California Avocados are good for you, but have you ever wondered why? They're a heart-healthy\* superfood. One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice. They're naturally sodium-, sugar- and cholesterol-free and are virtually the only fruit that contains monounsaturated fat (the good kind!). You get all that goodness *and* that craveable, creamy deliciousness!

**Learn more about avocados and nutrition.**

\*While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

## THE CALIFORNIA DIFFERENCE

California is a special place—the people, the beaches, the forests, the mountains and everything else. Even here, less than one percent of the state is suitable for growing California Avocados. It takes the perfect combination of rich soil, the freshest coastal breezes and, of course, the friendly California sun.

The climate and the care of nearly 3,000 California Avocado growers foster the growth of this superfood. Since they are grown close to home, California Avocados go from tree to table in just a few days. **Learn about what makes California Avocados so special.**

# NORDSTROM

#EatDrinkNordstrom

# NORDSTROM & H3, EMPOWERING WOMEN TOGETHER



At Nordstrom, we believe that supporting women's empowerment is not only the right thing to do—it's a business imperative. In partnership with H3 Winery from Horse Heaven Hills, we are excited to offer three outstanding wines highlighting women in winemaking. Each glass, flight and bottle of H3 wines purchased at Nordstrom will contribute toward a donation to Dress for Success Seattle.



## H3'S HEAD WINEMAKER

Katie Nelson is a leader in the industry with over 20 years of experience crafting award-winning Washington wines. Katie uses a gentle-handed approach to her winemaking—focusing on showcasing the fruit from the Horse Heaven Hills AVA. She believes in producing only the highest-quality wines possible, which is why she sources over 90% of grapes from family-farm vineyards. She works closely with each family farmer and grower, creating the vision of future wines from the grapes to the bottle. [Learn more about H3 wines.](#)

## DRESS FOR SUCCESS

Dress for Success Seattle is the local affiliate of the global nonprofit that empowers women to achieve economic independence by providing a network of support, development tools and professional attire to thrive in work and in life. Its always-free programs and services include career coaching, cohort learning programs, financial and digital literacy workshops, a professional women's group and a professional "suing" program. [Learn more about Dress for Success.](#)

## FEATURED WINES

### 2019 ROSÉ

A crisp-style rosé with a beautiful light-pink color. This fresh and lively wine offers bright aromas of watermelon and white raspberry followed by flavors of peach, Honeycrisp apple and hints of melon, with a long crisp finish.

### 2019 SAUVIGNON BLANC

Opens with citrus and tropical fruit aromas, followed by a soft palate with flavors of melon, and shows minerality and zesty acidity on the finish.

### 2018 RED WINE BLEND

This red blend is focused and generous, open textured and inviting, offering cherry, currant, red plum and raspberry jam flavors.

# NORDSTROM

#EatDrinkNordstrom



World Central Kitchen/WCK.org



## WORLD CENTRAL KITCHEN & NORDSTROM

Our Roma Tomato Basil Soup is a Nordstrom Signature Recipe and one of our most popular menu items. It's prepared with the same high-quality ingredients we use in our restaurants, and your addition of heavy cream will bring it to life. [Learn how we make it.](#)

**For every jar of Roma Tomato Basil Soup purchased, Nordstrom will donate \$1 to World Central Kitchen.**

## ABOUT WORLD CENTRAL KITCHEN

Founded in 2010 by Chef José Andrés, World Central Kitchen (WCK) uses the power of food to nourish communities and strengthen economies in times of crisis and beyond. WCK has created a new model for disaster response through its work helping devastated communities recover and establish resilient food systems. WCK has served more than 50 million fresh meals to people impacted by natural disasters and other crises around the world in countries including

The Bahamas, Indonesia, Lebanon, Mozambique, Venezuela and the United States. WCK's Resilience Programs in the Caribbean and Central America have trained hundreds of chefs and school cooks, advanced clean cooking practices and awarded grants to farms, fisheries and small food businesses while also providing training and networking opportunities.

---

Learn more about World Central Kitchen at [wck.org](http://wck.org)

# NORDSTROM

#EatDrinkNordstrom