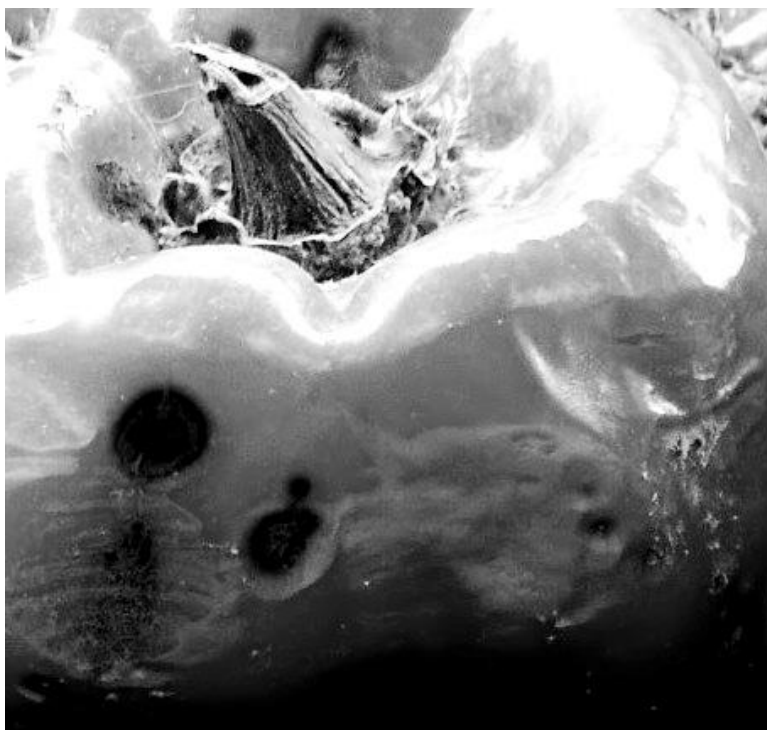




SEASONAL ROOTS

DIRT TO DOORSTEP®

TIRED OF THROWING AWAY UNEATEN VEGGIES?



So, do your fresh, local fruits and vegetables sometimes sit around for so long they wind up looking like this?

As you throw them away, do you feel like you're throwing away your money?

Our Seasonal Roots Veggie Fairies (a.k.a. everyone who brings you your fresh, local produce) are out to put an end to bummers like this. We're getting a jumpstart on our 2017 New Year's resolution: Zero Tolerance for Wasted Nutrients, Wasted Deliciousness, and Wasted Money!

Meal planning is a big part of the solution. But everyone's needs are different, so figuring out the right meal planning system for you can be tricky. One of our Veggie Fairies, neighborhood Market Manager Shanna Demers, is a former agriculture research specialist, currently a busy home-schooling mom. She's got lots of expert suggestions on how to become your own best meal planner. After all, happiness is a veggie that's freshly harvested, easily prepared, and promptly eaten while it's still nutritious and delicious.

Our team is filled with amazing people like Shanna who will help make us all smarter by contributing to our new weekly **VEGGIE FAIRY BLOG**. Others will be offering storage and cooking tips and so much more. Members can contribute too!

Week by week, each blog post will support our shared cause: Making our world a more nutritious, delicious, sustainable place for us and our farmers, one fresh, local fruit and veggie at a time. Be sure to subscribe so you don't miss out on any of it – we promise to always keep it short and practical so we don't waste your time or your veggies.

Get started now with Shanna's meal planning series at <http://blog.seasonalroots.com>.

HELP VICTORY FARMS REBUILD

Last chance to donate \$5 or more when you order this weekend!

Their large greenhouse collapsed during a storm last winter. Now they need our help.

Look for the "Donation" tab in the row of Extras category tabs.



Back by popular demand!

SPECIAL:
Medium Basket
\$2 OFF

Each medium basket comes filled with 8 fresh, local items. As always, when the online farmers market opens this week, members can swap items or fill a basket from scratch with exactly what you want. Whatever you choose, it's still \$2 off!



The girls are back, too!

ORDER:

Grass-fed Dairy

We're partnering with Trickle Springs Creamery so you can once again count on getting your weekly supply of local milk and dairy products at your online farmers market. Get back in the habit of enjoying the health and taste benefits of grass-fed!

HOLIDAY SHOPPING CORNER



Look for wearable and eatable gifts under the "Misc" tab in the Extras section

SEASONAL ROOTS GIFT CARDS

Four cards to choose from:

\$25.00 \$34.85

\$50.00 \$84.85

Give the gift of fresh and local delicious nutrition!



SEASONAL ROOTS T-SHIRTS \$20

Available in v-neck or crew neck style, and extra-small, small, and medium sizes.

Outfit friends and family in the latest in farm fashion!

Subscribe to our **NEW**
Veggie Fairy Blog
<http://blog.seasonalroots.com>

SWEET POTATO, KALE & ONION PIZZA

Ingredients:

- 1 large sweet potato
- 1 large onion, thinly sliced
- 3 T skim milk or soy milk
- 1 c shredded Fontina cheese
- salt and pepper to taste
- 1 prepared whole wheat pizza crust
- 1 T olive oil
- 1 c chopped kale
- 1 T fresh sage, chopped (or dried)



Directions:

1. Preheat oven to 400 degrees.
2. Pierce sweet potato several times with fork and roast about 45 minutes or until soft. Allow to cool slightly. Do not turn off oven.
3. While potato is baking, heat oil in medium skillet over low heat. Add onion and dash of salt. Cook, stirring occasionally, 30-40 minutes or until just caremalized. Add kale and cook till tender and wilted. Remove from heat and salt and pepper to taste.
4. Scoop out insides of sweet potato into medium bowl and mash. Add milk, sage, and salt and combine until well-mixed and smooth.
5. Spread sweet potato mixture onto pizza crust. Top with half of cheese, kale, and onions, then remaining cheese. Bake in 400 degree oven for about 10 minutes, or until kale begins to crisp and cheese melts.

TIP: The sweet potato makes this pizza so filling you can opt for a thin crispy crust. You can also substitute any cheese or leafy green instead of Fontina and kale.

APPLE CRISPS

Ingredients:

- 4-5 apples
- drizzle of oil
(vegetable, coconut, or canola)
- cinnamon

Directions:

1. Preheat oven to 400 degrees.
2. Slice apples in half and remove the core and seeds. Using a juliene blade, slice them very thin.
3. Place all in a bowl with a drizzle of oil and a dash of cinnamon and mix well.
4. Line them on a greased baking sheet in a single layer.
5. Bake 8 minutes. Remove, flip, and bake another 5-8 minutes. Check often during the second round of baking to ensure they don't burn.
6. Allow to cool completely before serving.



Tip: This recipe works with Asian pears, too!