



## SEASONAL ROOTS

DIRT TO DOORSTEP®

## YOUR WEEKLY SUPPLY OF THE BEST MILK STARTS HERE



We knew we'd found the right dairy partner when we found Trickling Springs Creamery. It was started in 2001 by two friends who wanted to create fresh, great-tasting dairy products while promoting local farmers doing an excellent job with their farms – just like Seasonal Roots has been doing with our produce farmers.

Trickling Springs established strict guidelines for the family farms that produce their milk.

When cows eat grass, their milk has fewer "bad" fats and more "good" fats, more antioxidants, vitamins E and C, and beta-carotene. It's also sweeter!

**MILK**  
continues on page 2

## THIS WEEKEND IS THE LAST WEEKEND TO ORDER BEFORE OUR WINTER BREAK!

Order DEC16-18 for delivery on DEC 21 or 22. Menu re-opens JAN 13. *Happy Holidays!*

## The Secret to Meal Planning, Part 2



It's posted this week on  
**The Veggie Fairy Blog**  
<http://blog.seasonalroots.com>

Subscribe for weekly tips on living better!

## Hey, got 32 seconds?

Visit us on **FACEBOOK** and take, no kidding, half a minute to watch an end-of-year message from Duane, our fearless leader here at Seasonal



Roots. Then give him your input for 2017. Got ideas on new ways of doing things? Or old ways that you'd like to see make a comeback? Put it in an email and send it to [support@seasonalroots.com](mailto:support@seasonalroots.com). Thanks for being part of our family!

## The Last SPECIAL of 2016:

10% off  
SEASONAL ROOTS  
GIFT CARDS

Give the gift of better living with local food – fresh, delish & nutritious!

Four cards to choose from:  
(Remember, your cost is 10% less than face value)

**\$25 FACE VALUE**

A nice chunk of change off whatever the lucky recipient orders.

**\$34.85 FACE VALUE**

Enough for an entire medium basket, if that's what the lucky recipient wants to order.

**\$50 FACE VALUE**

Enough for the lucky recipient to buy a membership, or anything else they want.

**\$84.85 FACE VALUE**

The lucky recipient can lay claim to a membership AND a medium basket. Or they might go for 28 bunches of kale. Because some people really, really like kale.



## HOLIDAY SHOPPING CORNER



Look for this wearable gift under the "Misc" tab in the Extras section when you order!

### SEASONAL ROOTS T-SHIRTS \$15 - \$20

Available in crew-neck or v-neck style, and extra-small, small, and medium sizes. Outfit friends and family in the latest farm fashion!



## MILK *Continued from page 1*

The farmers were required to maintain grass-fed, heritage breed cows, produce very clean milk (as measured by SCC & SPC counts), and use no synthetic hormones. Trickling Springs pays farmers above-average prices for maintaining these high standards. The creamery then processes the milk as minimally as allowed by law. They're located in Chambersburg, Pa., well within our 150-mile local radius for members in northern Virginia, and just outside it for members in Richmond and Hampton Roads – close enough and doing such good things for their farmers, their cows, and the environment that we're sure you'll agree these are farmers we want to support!

## ROASTED TURNIPS AND SWEET POTATOES

*An easy weekday side to serve with your favorite protein*

### Ingredients:

- 3-4 sweet potatoes,  
cleaned and cut into 1-inch pieces
- 2 turnips,  
peeled and cut into 1-inch pieces
- 2 T olive oil
- 1 T salt
- 2 t pepper
- 2 t chili powder

### Directions:

1. Preheat oven to 375 degrees.
2. In a large bowl, mix all ingredients together. Make sure all the potato and turnip pieces are covered in oil and spices.
3. Place potato mixture onto a baking sheet and roast 30-35 minutes until everything is golden brown.



## BAKED-WITH-LOVE APPLES

*A great recipe to get the kids involved. Little ones can scoop the filling into the apples, and cut the butter for the topping. They'll buy in to "their" dessert, and you'll feel good knowing they're getting an all-natural dessert that's not too sweet.*

### Ingredients:

- 4 Gold Rush apples
- ½ c brown sugar
- 2 t ground cinnamon
- ¼ c dried cranberries
- ¼ c chopped walnuts
- 4 t butter

### Directions:

1. Preheat oven to 400 degrees.
2. Slice off the tops of the apples and scoop out the cores, leaving a well.
3. In a bowl, mix brown sugar, cinnamon, cranberries, and walnuts until all ingredients are combined.
3. Stuff each apple with one-quarter of the mixture.
4. Place the apples in a deep baking dish and top each one with butter and a ¼ t cinnamon.
5. Pour water into the bottom of the pan until it's covered.
6. Bake 50-60 minutes until the apples are tender. Serve with vanilla ice cream for some extra delicious fun!

