



SEASONAL ROOTS

DIRT TO DOORSTEP®

YOU DID IT: FARM FUNDRAISER TOPS \$1,000!!!



Last January, one of our farm families in Varina, Va., suffered a devastating loss: Their large greenhouse collapsed in a storm of wind, snow, and ice. Charlie and Gina Collins, who own Victory Farms, were hoping to rebuild. But as this winter approached, they still hadn't been able to make it happen. Supporting local farmers who use sustainable practices to feed our families is what Seasonal Roots is all about. So four weeks ago, we launched a fundraiser to help.

FUNDRAISER continued on page 2

The Secret to Meal Planning, Part 3



Yoo-hoo! Let's go shopping!

In case you missed it last week, Part 2's secret included shopping at home and... blanching?!

It's all posted this week on
The Veggie Fairy Blog

<http://blog.seasonalroots.com>

Subscribe for weekly tips on living better!



*It's HOLIDAY BREAK
time at Seasonal Roots.
As we prepare for our
7th year helping farmers and
families live better,
we wish everyone
a holiday filled with joy!*

**The menu re-opens
JANUARY 13, 2017.**

See you next year!

Available through Jan. 2, 2017, so...



*The perfect stocking stuffer
is also perfect for
New Years Resolutions!*

10% off SEASONAL ROOTS GIFT CARDS

HOW TO BUY

Email support@seasonalroots.com with your phone number and best time to call to arrange credit card payment, and we'll set you up with all the Gift Cards you need.

WANT DIFFERENT DENOMINATIONS?

Support can set that up, too!

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.*



SUPER FLEXIBLE CABBAGE & BROCCOLI STIR-FRY

A mild dish for picky eaters or to go with spicy main dishes. Get kids involved with the chopping. Add your favorite seasonings, such as ginger, to spice it up. Add protein such as tofu, chicken, shrimp, or beef (even protein leftovers from another meal) to turn it into a main dish. You can also substitute or add other veggies, such as canned water chestnuts, mushrooms, snow peas, or zucchini (added near the end)... whatever you have on hand. You can even throw in chopped nuts such as cashews, walnuts, or almonds!

Makes 6 servings.

Ingredients:

- 1 T vegetable or grapeseed oil (or sesame if you like it)
- 4 medium carrots, peeled, cut diagonally into ¼-inch slices or (if you have a food processor) tiny strips
- 1 large onion, cut into 1-inch pieces
- 1 large red bell pepper, cut into 1-inch pieces
- 3 c broccoli florets and stems, cut into 1-inch pieces
- 2 c sliced cabbage, green or red
- ½ c chicken broth
- 3 T fresh mint, chopped
- salt and pepper

Directions:

1. Heat 1 T oil in large skillet over medium-high heat.
2. Add carrots, onion, and bell pepper and saute 6 minutes.
3. Add 1 t to 1 T oil as needed, as well as broccoli, cabbage, and broth. Stir-fry until cabbage wilts and veggies are crisp-tender, about 8 minutes.
4. Stir in mint and season with salt and pepper to taste.



FUNDRAISER *continued from page 1*

Our members really stepped up! As this goes to print, we're still counting what came in during the final weekend. But according to Patty, our Chief Number Cruncher, during the previous 4 weeks our members have raised \$1,120 to help Victory Farms!

Charlie and Gina are now making plans to rebuild, probably starting in February. We'll feel the impact late in 2017, when their new large greenhouse extends their fall crop well into next winter. That will give us all more diverse and plentiful offerings that are still local and true to the season.

It's really no surprise that our members rogered up like that. We're all part of Seasonal Roots because we're committed to the same cause: Rebuilding not just greenhouses, but the ability of local farmers to feed our community. Why? Because eating food that's produced nearby tastes better, it's better for us, and it's better for the environment.

This was a great way to end 2016. We're so glad to be pulling together toward the same goals with people like you!

VERY MERRY BLT BIBB LETTUCE WRAPS

Low-carb, gluten-free, and fun to make, either ahead or right at the table! A nice, light alternative in this season of heavy holiday meals. Makes 4 small wraps; increase amounts as needed.



Ingredients:

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|--------------------------|--------------------------------|
| 4 Bibb lettuce leaves | 1 T mayonnaise |
| 4 slices bacon, cooked | 1 T sour cream or plain yogurt |
| 1 medium tomato, diced | 1 T chives, chopped |
| 1 avocado, | 1 t lemon juice |
| sliced, diced or smashed | basil leaves (optional) |
| | fresh cracked pepper to taste |

Directions:

1. Whisk together the mayo, sour cream or yogurt, chives, and lemon juice. Can keep for up to 8 hours in the fridge.
2. Gather and prepare the other ingredients. Lay them out for assembly.
3. Build wraps ahead, take them to school or work, or eat 'em as you make 'em. Yum!