



SEASONAL ROOTS

Dirt to Doorstep®

TROPICAL FRUIT IN VIRGINIA?!!



Tommy and Brandon's avocados and other tropical fruits are on the way from their Florida farm – much closer than California or South America!

Tropical fruits are an important part of a healthy diet -- as pirates and other seafarers discovered when they got scurvy! But citrus doesn't grow in Virginia.

So as part of our commitment to eat food from the closest farms possible, we're partnering with V&B Farms in Florida. These Sunshine State farmers can grow the citrus and other tropical fruits that we need for a healthy diet – but can't grow up here in Virginia. Coming from nearby Florida, V&B's tropical produce will travel far less than produce from California or Central and South America. That means it's fresher, riper, tastier, and still packed with nutrients. And it's better for the environment, since less travel equals less pollution.

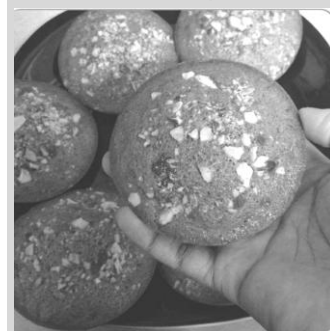
The farmers behind V&B are Tommy Vick and Brandon Boyd, who have known each other since they were in diapers. Tommy's a fourth generation farmer who was driving the family's tractors by the time he was seven. Now he volunteers his time at local schools to help promote the next generation of Florida growers. Brandon's a fifth generation horticulturist. With a degree in horticulture technology, he has worked on research to make aquaponics more sustainable. We're excited to support Tommy and Brandon as they focus on the future of local, sustainable farming right here in our region!

**ORDER THIS WEEKEND
!!! SPECIAL !!!**

**Zee's Muffin Tops
\$8**

Zucchini or Carrot-Ginger

That's 8 for the price of 6!



Handbaked by Zee – owner of Foster's Catering, a busy mom and a member of the Seasonal Roots team from the very beginning.

Zee started as one of our very first members, delivering to her Richmond neighbors. She now serves as one of our area managers, helping all the veggie fairies in her area deliver to *their* neighbors.

For these muffin tops, Zee froze the best zucchini of the summer, preserving most of the nutrients and flavor just so she could bring you a mid-winter treat. Let this morsel of summer warm up a cold morning. Or opt for the in-season carrot-ginger muffin tops. Or both!

BROCCOLI SQUARES

Ingredients:

- 2 8 oz packages refrigerated crescent roll dough
- 16 oz cream cheese, softened
- 1 c mayonnaise
- 1 oz package dry ranch-style dressing mix
- 1 head (or more) fresh broccoli, chopped
- 3 tomatoes, chopped
- 1 c cheddar cheese, shredded

Directions:

1. Preheat oven 375 degrees.
2. Spray or grease medium sized baking sheet. Arrange dough on it in 4 rectangles. Bake 12 minutes or till golden brown. Remove from heat and let cool completely.
3. In a medium bowl, mix cream cheese, mayo, and dry ranch mix. Spread evenly on cooled baked dough. Sprinkle with broccoli and tomatoes. Top with cheddar cheese.
4. Place in the still-warm oven for just a few minutes to let the cheese spread over the broccoli. Serve immediately!

EASY for kids!



CHICKEN & KALE STEW

Ingredients:

- 4 c chicken broth
- $\frac{3}{4}$ c water
- 1 lb cooked chicken, shredded
- 2 cans Cannellini beans, drained, rinsed
- 5 small red potatoes, cubed
- 2 T ground black pepper
- 1 T sea salt
- 1 t oregano
- 1 bay leaf
- 1 t garlic powder
- 1 bunch kale, trimmed, cleaned, chopped

*Slow cooker
option*

Directions:

1. Place all ingredients in your slow cooker, cover, and cook on low for 6-8 hours
2. Remove the bay leaf before serving. It doesn't get any easier than this! Throw together a salad and you've got a great dinner for your family!

STORAGE TIPS

Unlike supermarket produce that's often coated in fungicide, Seasonal Roots produce is *not* embalmed in chemicals to make it last forever. Our citrus fruit will keep at room temperature for only a couple days. The fridge is best, where it should keep in the vegetable drawer for a couple weeks. Don't use a plastic bag or airtight container, which speeds up the process of getting soft or moldy. Mesh bags that let air circulate are fine. Check the fruit regularly and use the ones that are getting soft. For juicing, bring it back to room temp to get the most juice. If you can't use the fruit fast enough, both the juice and the zest (the scraped or grated outer layer of the peel) can be frozen. Freezing is an effective way to store produce long-term without losing much in the way of flavor or nutrients.

AVOCADO, TOMATO & FETA CHEESE APPETIZER

Ingredients:

- 2 avocados, chopped
- 2 tomatoes, diced
- 1 small red onion, diced
- 1 bunch cilantro, trimmed, chopped
- 4 oz feta cheese, crumbled
- $\frac{1}{4}$ c olive oil
- 1 T red wine vinegar
- 1 T ground cumin
- 1 t kosher or sea salt

Directions:

1. Combine avocados, tomatoes, and onion in a bowl. Mix gently.
2. Stir in cilantro.
3. Add feta, oil, vinegar, cumin, and salt and mix until combined.
4. Cover and chill in the fridge.
5. Serve with warm pita wedges, tortilla chips, or crostini.

WARNING:

Very addictive!

You may not be hungry for supper!