



SEASONAL ROOTS

Dirt to Doorstep®

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REGIONAL... THE NEW LOCAL?

LOCAL FOOD AND REGIONAL FOOD BOTH HAVE GOOD THINGS TO OFFER!



Can you tell the local food from the regional food in this basket-worth of items? You never have to guess because we always tell you where it was grown by which family farmer.

VEGGIE FAIRY BLOG Cooking with Kids

The kid series continues!
Each week new tips, challenges,
and fun recipe projects are at
blog.seasonalroots.com



Sometimes it's obvious: If an apple comes from New Zealand, it's not local, at least not here in Virginia. But what if it comes from North Carolina, Pennsylvania, or even Florida?

There's no official definition for 'local food' or 'regional food'. Seasonal Roots considers food 'local' if it's grown or made within about 150 miles. We call it 'regional' if it's outside that range but can still get to us within a day or so of harvest without flying.

Any further than that and it isn't fresh enough or nutritious or flavorful enough for us, and probably comes with a bigger carbon footprint, too. So most of our menu items are local, and in the winter we add

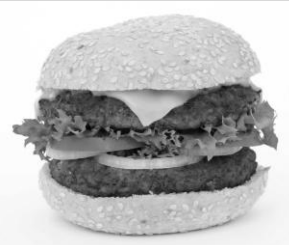
regional items from Florida. One thing you'll never see on our menu is anything from New Zealand, or even California. (And nothing grown by Big Corporate Agriculture, either. We partner with family farmers only.)

Some of our members take satisfaction in eating only what nature can provide in season here in Virginia. They keep all their food dollars local and avoid things like tropical fruits that don't grow this far north. After all, humans survive just fine on different diets the world over.

Other members enjoy the variety that regional options offer, especially in winter. When snow's on the ground, they're willing to go a little farther afield to enjoy produce like oranges and avocados grown by family farmers in Florida.

Seasonal Roots is here to support your choice, whether you choose to eat 100% local or occasionally go regional. We always make it clear where each item on our menu is grown or made. That way you can choose the food that's *right* for you, *good* for you, and still good for our planet, too!

ORDER THIS WEEKEND MEMBERS-ONLY SPECIAL!!



BURGER BUNDLE

\$40

ground beef
Saddle Ridge Farm
Culpeper, Va.

ground turkey
Polyface Farm
Shenandoah Valley, Va.

kaiser buns & potato rolls
Harvest Hill Bakery
Rockville, Va.

onions
Flores Farm
Warsaw, Va.

bibb lettuce
Sion House Farm
Farnham, Va.

tomatoes
V&B Farms
Dade County, Fla.
smoked cheddar
Tricking Springs Creamery
Chambersburg, Pa.

THAI BANANA FRITTERS

Ingredients:

6 Thai bananas, peeled,
thinly sliced lengthwise
1 c rice flour
1/3 c flour
1 t baking powder
1/2 c grated coconut
2 T sugar
3/4 t salt
2 T sesame seed
1 c water
oil for deep frying

Directions:

1. Sift together rice flour, flour, and baking powder in mixing bowl.
2. Add salt, sugar, and gradually add water, mixing well to create a smooth batter.
3. Add sesame seed, coconut, and stir well together.
4. Heat oil in pan over medium heat.
5. Dip banana slices in the batter and deep fry them until golden brown. Serve hot.



RUTABAGA OVEN FRIES & Honey Mustard Dipping Sauce

Ingredients:

FRIES
2 lbs rutabagas
1 T cooking fat/oil
1 t rosemary
salt and pepper, to taste

SAUCE
3/4 c Greek yogurt
2 T honey
2 T whole grain mustard
1 t dijon mustard
1 t apple cider vinegar
1 T cilantro
salt and pepper, to taste

Directions:

1. Pre-heat oven to 375° F.
2. Peel and slice rutabaga into wedges.
3. Toss in a bowl with oil, rosemary, salt, and pepper.
4. Arrange on baking sheet without crowding. Bake 30 minutes, turning wedges midway.
5. Meanwhile, prepare the sauce by combining the ingredients in a small bowl. Happening dipping!

Find all these
recipes & more at
<https://www.pinterest.com/seasonalroots/pins>

Sending along a
recipe I use often
with all the
wonderful citrus
Seasonal Roots is
offering!

JUNGLE JUICE (non-alcoholic citrus-ade)

Ingredients:

3 oranges or 5 star fruit
(3/4 - 1 1/2 c juice)
4 lemons (1 c - 1 1/4 c juice)
3 limes (1/2 c juice)
or substitute a grapefruit
for the lemons and/or limes
1/2 - 2 c sugar, according to taste
up to 2 c cold water, according
to taste
ice

*Nancy, a member, who shared this with
us on Facebook – share your faves!*

Directions:

1. Fill a 2 qt pitcher about halfway with ice.
2. Cut oranges, lemons, limes in half and SQUEEZE the life out of them into the pitcher. Fill up the rest of the pitcher with water and add sugar to taste. MIX WELL. Ready to serve immediately!

TIP: If you don't like a lot of pulp, juice the fruit first, strain it, then add ice, water, and sugar to taste.

VEGGIE TACOS

Ingredients:

olive oil	1 onion, sliced	1 T cumin	1 avocado,
3 yellow squash, cut into	1 bell pepper, sliced	1 T chili powder	sliced
2-inch matchsticks	a little fresh orange	1 T garlic powder	cilantro,
2 tomatoes, diced	and lime juice	salt and pepper, to taste	chopped

Directions:

1. Heat a little oil in large skillet. Add squash, tomato, onion, pepper. Saute 5-6 minutes.
2. Add spices (or your favorite taco seasoning). Cook 10 min more or till veggies are soft.
3. Warm fresh tortillas in a dry skillet, top each taco with avocado and cilantro, and dig in!

TIP & HACKS



Nothing beats fresh herbs... until you throw them out. If you have extra garlic/onion chives, rosemary, sage, oregano, thyme, etc., simply tie them together with a rubberband or twist-tie. Then hang them upside down in a warm, well-ventilated area. Once dried, store in an air-tight container or jar. Voila! You've got your own homemade dried herbs!