



SEASONAL ROOTS

Dirt to Doorstep®

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THIS IS WHERE YOUR EARLY LOCAL TOMATOES COME FROM

Sion House Farms, Farnham, Va.



Justin and Josslyn McKenney inspect their hydroponic tomato crop in the greenhouses at Sion House Farms in Virginia's historic Northern Neck.

Jack McKenney and his son Justin always wanted to go into business together. Jack was a retired banker and Justin worked for a well-servicing company in Pennsylvania. They also had a pasture in the Virginia countryside that had been in the family for 100 years. Since Justin felt drawn to doing something close to the land, they decided to give farming a try.

So in 2015 the father-son team attended a hands-on hydroponic farming workshop. They built a greenhouse, purchased a hydroponic system, and by the spring of 2016, Sion House Farms was in business. They've been supplying Seasonal Roots families ever since.

From a first crop of bok choy they've expanded to grow hydroponic lettuces, arugula, cucumbers, and more – this week our members are enjoying the McKenney's bounty of tomatoes and Bibb lettuce. They've added greenhouses and plowed the field outside to plant sweet potatoes and carrots.

And they do it all sustainably. For example, last year when their lettuces came under attack from a horde of hungry aphids, they didn't spray their crops with toxic chemicals. Instead, they unleashed the power of nature: They released thousands of ladybugs and parasitic wasps into the greenhouse. Combined with other common sense steps like sealing off aphid-friendly entrances, they triumphed over the army of aphids. The results have been good for the McKenneys, good for us, and good for the planet!

ORDER THIS WEEKEND

SPECIAL
for MEMBERS
AND GUESTS



9-Item Family Basket

includes
9 choices instead of 8
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Having a hard time
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springtime options?

This deal makes it
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veggies.

**More choice,
same price!**

ROASTED BEET MEDLEY

Ingredients:

5 beets, use a variety (golden, red, Chioggia), peeled and cubed
1 onion, sliced
1 carrots (optional), peeled and sliced
3 T apple cider vinegar
2 T cooking oil
salt and pepper, to taste

Directions:

1. Preheat oven to 400 degrees.
2. Mix apple cider vinegar, oil, salt, and pepper together in a small bowl.
3. Combine beets, onion, and optional carrots in baking dish and cover with vinegar/oil mixture. Cover before baking.
4. Bake until vegetables are tender, about 40 minutes (depending on sizes of cubes).



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

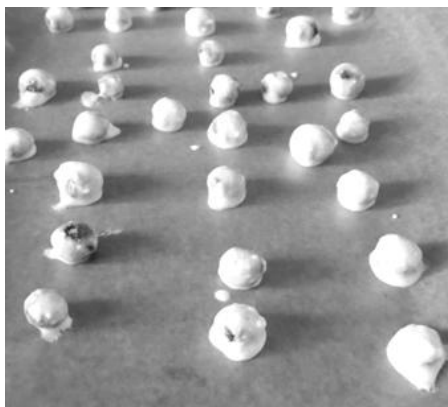
FROZEN BLUEBERRIES

Ingredients:

1 pint blueberries
1 scoop yogurt, plain or flavored, especially lemon
dash cinnamon (optional)

Directions:

1. Rinse blueberries and place in bowl.
2. Add yogurt and optional cinnamon. Stir and toss to coat.
3. Cover baking sheet with parchment paper. Place dipped blueberries on the paper, separating them from each other.
4. Freeze for one hour.
5. Store in freezer and grab a handful as needed.



SAFETY TIP: Cut frozen berries in half before giving them to toddlers to reduce the chances of choking!!!

TIPS & HACKS



ZOODLES

Even if you love zucchini, it's easy to get sick of eating it the same way over and over. Here's a new twist for you to try... zoodles! It is easy to substitute zoodles in any pasta dish.

The easiest way to produce zoodles is with a spiral vegetable slicer. But you can get similar results without this handy kitchen tool. Using a veggie peeler you can make ribbons of zucchini that will work just as well. Or you can cut the zucchini into matchsticks.

Here's a link to a video on making ribbons with a peeler, using asparagus as the demo veggie:
<http://bit.ly/2rKwOTI>

Bonus: When you prepare asparagus like this you can eat it raw!