



SEASONAL ROOTS

Dirt to Doorstep®

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QUESTION: WANT TO HELP FEED HUNGRY LOCAL FAMILIES?

HINT: YOU'RE ALREADY DOING IT!



Victory Farms posted on Instagram: "That's a mountain of magnificent greens heading to Feed More! Hats off to our mighty gleaning team, Kara, Tracey, and Emma! Big thanks to donation collaborators Seasonal Roots....!" www.instagram.com/victoryfarmsinc

As you read this, nearly a million of your fellow Virginians don't know where their next meal is coming from. That's more than 10% of our population. (More on this at vafoodbanks.org.) On top of that, many hungry people live in "food deserts", neighborhoods with little or no access to healthy fresh food. So where will their next truly nutritious meal come from?

The answer: For some of them, it will come in part from you. You're helping put nutritious, delicious farm-fresh local food on the tables of hungry local families – just by being a member of our Seasonal Roots tribe.

The latest example: Victory Farms in Henrico County overwintered a crop of sustainably grown greens. Farmers Charlie and Gina Collins wanted to donate the gleanings to FeedMore.org, the local food bank. Seasonal Roots supported the effort with a donation to help pay their team to glean the fields. Together, we're helping our whole community to eat better, live better!

ORDER THIS WEEKEND
MEMBERS &
GUESTS
SPECIAL!!



5 ears of
SWEET CORN
50 cents off!

Fresh from the fields of Cottle Organics in nearby Rose Hill, NC, this local sweet corn is one of our summer favorites. Toss it on the grill, steam or boil it on the stove, munch it on or off the cob... anyway you choose, this fresh favorite is a perfect sidekick for cookouts all summer long.

PEACH COBBLER OATMEAL

Ingredients:

2 c old fashioned oats
1 c milk
(dairy or nondairy)
2 T honey
¼ t nutmeg
½ t cinnamon
1 peach, chopped

Directions:

1. Stir together oats and milk in a bowl.
2. Place bowl in microwave. Heat until oats are softened, about 90 seconds. Remove, stir well.
3. Stir in honey and spices. Fold in peaches and devour! *Should* be enough for two people.



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

BEST BROCCOLI SALAD

Salad Ingredients:

1 head broccoli, florets only,
broken into small pieces
½ c raisins
1 c sunflower seeds
1 small onion, diced
1 lb bacon, fried crisp,
crumbled

Dressing Ingredients:

1 c mayonnaise
1/3 c sugar
2 T apple cider vinegar

*Shanna, neighborhood
Market Manager*

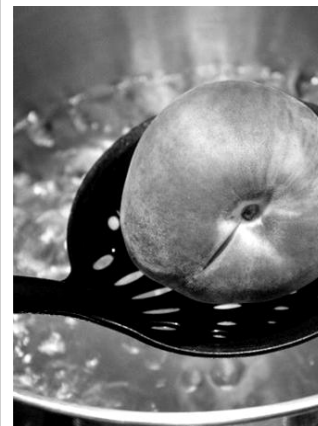
Family favorite here ☺

Directions:

1. Combine all salad ingredients and mix well.
2. Combine dressing ingredients and mix well.
3. Pour dressing over salad and toss. Refrigerate at least 1 hour before serving. Great for potlucks and BBQ's!



TIPS & HACKS



EASY PEEL PEACHES

No knife, no wasted peach flesh, no problems!

Bring a sauce pan of water to a rolling boil. Meanwhile, prepare an ice water bath.

Place the peach into the boiling water for 30 seconds. Remove with a slotted spoon and drop into the ice bath for 10 seconds.

Once the peach is cool enough to touch, the skin should slide right off. Perfect for all those yummy peach recipes that call for peeled peaches!

PEACH & BERRY QUINOA PARFAIT

Nutritious enough for breakfast, yummy enough for dessert!

Ingredients:

2 peaches, chopped
1 c quinoa, cooked according to package
1 c berries
1 c yogurt
4 t maple syrup or honey
4 t chopped pecans

Directions:

1. In the bottom of 4 pint-sized mason jars, build the following layers: At the bottom, 2 t cooked quinoa, then a layer of berries, followed by a layer of peaches, and finally about 2 t yogurt.
2. Repeat all these layers one more time.
3. Garnish the top with pecans, and drizzle on maple syrup or honey.



Try
roasting peach
halves cut side up
on baking sheet
for 20 min
@ 425°