



SEASONAL ROOTS

Dirt to Doorstep®

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WHAT HAPPENS WHEN THE WATER RUNS OUT?

SUPPORT LOCAL FARMERS TODAY...

SO THEY'LL BE HERE WHEN WE NEED THEM TOMORROW



California's long drought was a warning: In the future, America may not be able to rely on far away places like Tulare County (pictured) to provide so much of the nation's produce.

By Duane Slyder, Head Veggie Fairy & founder of Seasonal Roots

A few years ago, I visited California's Tulare County with the Northern Neck Growers Association and 21 of Virginia's finest farmers. We toured fields full of almond trees, sweet potatoes, lettuce, radicchio, and more.

Tulare County is the top agricultural producing county in the U.S., even though its natural state is desert-like. Average rainfall is just 7 inches. When intensive farming started there 50 years ago, farmers relied on snowfall in the surrounding Sierra Nevada mountains to provide water for their summer crops. But then came years of severe drought. There was little snow to be seen when I was there.

So we were walking with one of Tanimura & Antle's field managers, Rob, in a 1500-acre bed of mixed lettuce. I suddenly realized that I had actually bought some of their heads at a Virginia Kroger during our winter holiday hiatus that year – small world! Rob said with the drought, he and other farmers had been denied access to the mountain water they'd always relied on. They were forced to get all their water from wells, which were drying up. With so little experience on the land, they don't know what they're going to do in the long term.

Farmer Joe Step came with us on the trip. His family has been farming their 120 acres in Virginia – growing broccoli, barley, and cucumbers – for 130 years. He plans to keep on farming. His family knows how to survive droughts and grow produce sustainably with the future in mind. Because he's local, we can then deliver his produce to you within a couple of days, Dirt to Doorstep®, while it's still full of nutrients and flavor.

This is why we founded Seasonal Roots: To make sure farmers like Joe, who know how to feed us, can keep on farming... so you can keep on getting the freshest food possible. That's only possible when it's local. Thank you for making this important mission part of your life!

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**MEMBERS & GUESTS
SPECIAL!!**



**\$2 off
FAMILY BASKET**

Strrrrrretch
your local food dollars
and eat better, live
better with delicious,
nutritious Virginia
produce fresh from our
farmers' fields!

8 choices for just \$32

As always, Members
can swap items or
totally customize any
basket to get exactly
the faves you want.

*FYI: Regular price is \$34.
When you shop, the price
you'll see online will
already include the \$2
discount.*

HONEY & SPICE POACHED PEARS

Ingredients:

4 ripe but firm SAUNDERS BROS'
Asian pears, peeled, halved, and cored
4 c water
1/3 c ALFREDO's cinnamon-whipped honey
1/3 c sugar
4-inch piece fresh ginger, sliced
1 t whole cloves
1 cinnamon stick, broken in half
(optional if using cinnamon honey)

Directions:

1. Add water, honey, and sugar to 4-qt sauce pan and bring to a boil. Stir until sugar and honey are dissolved.
2. Add ginger, cloves, cinnamon, and pears. Turn heat down to a simmer. Cover and cook for 20-30 minutes, until pears can be pierced by a fork. Poaching liquid can be reduced into a syrup if you continue cooking it after removing the pear. Extra yumminess!

*Eat dessert first!
(If it's this one!)*

The Veggie Fairy



Find all these
recipes & more at
[https://www.pinterest.com/
seasonalroots/pins](https://www.pinterest.com/seasonalroots/pins)

QUICK TOMATOES & BEANS SALAD

Goes great with local pastured ground turkey burgers, fajitas, steaks, chicken or pork chops!

Ingredients:

2 medium ripe FLORES FARM heirloom tomatoes,
hulled and cut into bite-sized pieces
2 T olive oil
1/2 t salt
6 oz DEER RUN FARM wax beans, steamed
1 1/2 c canned white beans (15 oz can),
drained and rinsed
1/2 c VICTORY FARM purslane for crunch!
1/2 c fresh basil leaves from SION HOUSE FARM,
stacked, rolled, & thinly sliced crosswise or more
2 oz WHISPERING SPRINGS FARM fresh goat feta
or balsamic & fig goat chevre

Directions:

1. Combine tomatoes, oil, and salt in a mixing bowl, stirring gently to combine.
2. Add all beans, purslane, and most of basil. Distribute pinches of the goat cheese over the top.
3. Give the salad a gentle stir, sprinkle with remaining basil, and serve.



TIPS & HACKS



This is how you make your knives safer

A dull knife is dangerous! When it's dull, you have to use more force than when it's sharp. This extra force means you are more likely to slip and possibly cut yourself.

If you find yourself using a lot of pressure to cut your veggies, it's time to sharpen that knife. A *sharp knife should just glide through food.*

Make sure you use the correct tool for the job. A honing tool does not sharpen your knife, it only hones (straightens) the edge.

Use a sharpening tool to sharpen your knife – even an inexpensive stone is good – because sharp knives are safer to use!!!

Here's a useful resource for everything you ever wanted to know about sharpening tools:

<https://www.knifefellas.com/best-knife-sharpener-reviews>