



# SEASONAL ROOTS

Dirt to Doorstep®

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## WHEN VA FARMERS MARKETS CLOSE FOR THE WINTER... ...WHERE DO THE FARMERS GO?



*The City Center Farmers Market in Newport News closes for the winter this month, and will open again next May... and it's not the only one.*

With the warm days of summer behind us, many Virginia farmers markets are folding up their tents for the winter. It's not because farmers have nothing more to sell. It's because most of us shoppers would rather stay inside where it's warm and snug when it gets cold and blustery outside! And when it gets *really* cold, farmers have to keep their harvested produce from freezing while they're shivering out there, trying to sell it to the few hardy souls willing to come out and shop. So, many markets close for the winter.

Yet frosty temps are what give Virginia-grown carrots, beets, and other root veggies their sweetness. Arugula, too, is at its best in the chilly fall. Local cauliflower, Brussels sprouts, winter squashes, kale, spinach, and other greens are all just getting started as autumn leaves are falling. Many herbs happily grow here year-round. Just about anything can grow in greenhouses like the ones at Sion House Farm in Farnham and Victory Farms in Henrico. Plus, local hens are still laying, local cows are still giving milk, and local food artisans are still making delicious creations.

That's why our online farmers market is open year-round. Now more than ever, our local farmers and food artisans depend on the members of the Seasonal Roots family... just as much as we depend on them for food that helps us eat better and live better any time of year!

## HURRICANE HELP UPDATE: A 3,000 lb thank you!!!

Thanks to everyone who ordered the weekend before last – you made it possible for us donate 3,000 LBS OF LOCAL FRUIT from Saunders Bros in Piney River, Va., to help survivors of Hurricane Harvey in Texas! When you eat local, this is one of the many ways that you can bloom where you're planted!



WHEN YOU ORDER THIS WEEKEND...

## DONATE TO HURRICANE RELIEF



*Look for the donation option in the Extras section under "MISC"!*

*We'll be collecting donations for two worthy local charities:*

### FEEDING SOUTH FLORIDA

This one hits close to home, in the area where our Florida farmers grow the regional citrus we offer in the winter. FSF works with local farmers and others to feed the hungry, and they really need donations now! 98% of expenses go to programs and services.

### GREATER HOUSTON COMMUNITY FOUNDATION HURRICANE HARVEY RELIEF FUND

100% of donations go straight to hurricane relief. We've sent fresh food to Texas, but they need \$\$, too!

## OVEN-BAKED POTATO WEDGES

### Ingredients:

4 FLORES FARM russet potatoes, rinsed  
 ¼ t sea salt  
 ¼ t garlic powder  
 ½ t paprika  
 ¼ t black pepper  
 ¼ c extra virgin olive oil  
 2 T fresh parsley leaves, chopped  
 ¼ c parmesan cheese, grated

### Directions:

1. Preheat oven to 450.
2. Cut potatoes into wedges by cutting lengthwise in half then slice each half into 3 slices.
3. Place potatoes in a bowl of water with about 2 c of ice cubes. Let stand 30 min then pat dry with paper towels.
4. Place salt, garlic powder, paprika, and pepper in a large Ziplock bag. Add potato wedges and shake. Then add oil to the bag and toss until wedges are coated.
5. Line baking sheet with foil. Place wedges on it and bake for 30-35 min until they're cooked through, browned and crispy.
6. Toss potato wedges in mixing bowl with parsley and cheese.

This week's recipes come from our archives at <https://www.pinterest.com/seasonalroots/boards>

Check it out and get inspired!



## SZECHUAN GREEN BEANS & SHIITAKES

*With green beans grown on Virginia's Eastern Shore*

*Serve as a zingy side, or add tofu or meat over rice to make it a main!*

### Ingredients:

3 T soy sauce (use gluten-free if needed)  
 3 T water  
 1½ T dry sherry  
 ½ t sesame oil  
 1¼ t sugar  
 ½ t cornstarch  
 ¼ t red pepper flakes  
 ¼ t dry mustard  
 vegetable oil  
 1 lb C&E FRESH green beans, ends trimmed  
 7 oz RUDY'S shiitake mushrooms, stems removed & sliced  
 3 cloves garlic  
 1 T fresh ginger, grated

### Directions:

1. In a small bowl, whisk first 8 ingredients together. Set this sauce aside.
2. Heat 2 T vegetable oil in a 12" skillet or wok over high heat until very hot and shimmering. Add beans, stirring often until tender, puckered, and browned, about 7-10 min. Remove beans from pan.
3. Add 1 t vegetable oil to pan. Add mushrooms and stir occasionally for 3-4 minutes until slightly browned.
4. Reduce heat to medium. Add garlic and ginger. Stir constantly until fragrant, about 20 seconds.
5. Return beans to pan and add sauce. Toss and cook until sauce is slightly thickened and vegetables are evenly coated, about 10 seconds. Serve immediately.



## CINNAMON SUGAR RADISH CHIPS

### Ingredients:

10-15 FLORES FARM radishes, sliced ¼" thick  
 1 T olive oil  
 ½ T ALFREDO'S BEEHIVE cinnamon whipped honey  
 1 T cinnamon sugar mixture

### Directions:

1. Preheat oven to 350°.
2. Microwave radish slices about 30 seconds in microwave safe bowl to soften them up. Drain any liquid and transfer to a large bowl.
3. Add oil, honey, and cinnamon sugar. Mix well to coat all the radishes. Spread evenly on a baking sheet lined with parchment paper. Make sure none are stacked on top of each other.
4. Bake 15 minutes, then remove radishes and flip them over. Reduce temp to 225 and bake another 20 minutes. They'll shrink and crisp up – that's a good thing!
5. Remove and serve with TRICKLING SPRINGS CREAMERY vanilla yogurt. Yum!



## TIPS & HACKS



### What's whipped honey?

It's honey that's been processed to control crystallization. Whipped or creamed honey contains a lot of small crystals. They prevent the formation of larger crystals that can occur in unprocessed honey. The processing also gives the honey a smooth spreadable consistency.

Liquid honey is great for baking, cooking, or mixing with teas, coffees, or any other beverage. Whipped honey is wonderful on bread, toast, and biscuits. Both are good for you!

Here are some other ways to use whipped honey:

- Spread on a snack of apples and bananas.
- Toss with warm carrots for a yummy glaze the entire family will love.
- Flavor hot oatmeal.