



SEASONAL ROOTS

Dirt to Doorstep®

Read it in the Newsletter Archive with [clickable links](http://SeasonalRoots.com/blog) at SeasonalRoots.com/blog

WHY FRESH LOCAL PRODUCE TASTES SO DIFFERENT

CASE STUDY: CELERY



Gerardo and Omar Flores's celery comes fresh from their fields with the roots still attached, and bursting with flavor and nutrients.

It's celery season out on the Flores family's farm on Virginia's Northern Neck. Gerardo and his son Omar are harvesting fresh, aromatic celery bunches from their fields. Then we deliver it straight to you within just a couple days. If you ever needed proof that freshly harvested local produce tastes better than the stuff you get at the grocery store (which is at least a week old), do a celery taste test.

When most people think about the taste of celery, they think of grocery store celery – bitter or, at best, blah, useful as a crunchy vehicle for peanut butter, various cheeses, or hummus, but otherwise best hidden in soups, stews, or salads.

Compared to that, the first time you bite into freshly harvested celery, the taste is a revelation. It's loaded with so much zingy flavor you can eat it all by itself or as the star of a show like cream of celery soup.

Now if there's a lot of flavor, that's a good indicator that there are a lot of nutrients in there as well. That's because flavor and nutrients go hand in hand – the longer produce sits around after it's been harvested, the more they both fade away. More on that at:

seasonalroots.com/blog/nutritional-value.

So when it's bursting with flavor it's usually bursting with nutrients, too. In the case of celery, that includes B vitamins, and vitamins A, C, and K, plus potassium, calcium, folate, and fiber. We've got lots of healthy, tasty celery ideas at:

seasonalroots.com/blog/local-produce-tastes-better.

ORDER THIS WEEKEND MEMBERS & GUESTS SPECIAL



Back by popular demand!!

**PB&J
Bundle
\$2 OFF**

Adulting is hard! Treat yourself (okay, the kids, too) with a peanut butter and jelly sandwich, all Virginia-made.

Includes:

2 jars of peanut butter
from
**Reginald's Homemade
Rockville, Va.**

2 jars of jelly
(non-alcoholic)
from

**Herbert's Wine Jelly
Palmyra, Va.**

1 loaf of Honey Whole
Wheat Bread
from

**Great Harvest Bread Co.
Mechanicsville, Va.**

SLOW COOKER STEAK FAJITAS

Ingredients:

1½ lbs THORNBROOK FARM fajita beef
 2 T cooking oil
 2 T lemon or lime juice
 2 cloves garlic or an equal amount of
 FLORES FARM garlic chives, minced
 1½ t ground cumin
 1 t sea salt
 ½ t chili powder
 2 FLORES FARM bell or habanero
 peppers, sliced
 1 onion, thinly sliced
 flour or corn tortillas

Optional garnishes:

FLORES FARM cilantro, VICTORYj FARM tomatoes, diced, SION HOUSE
 FARM bibb lettuce, sour cream, grated cheese, guacamole, salsa, etc.

Directions:

1. In a large pan, sear beef in oil.
2. Place all meat and drippings in slow cooker. Add citrus juice, all spices, and mix well.
2. Cover and set it to cook on high for about 2 hours, or low for 6 or more hours, until meat is tender.
3. Add peppers and onions and cook for one more hour.
4. Just prior to serving, warm the tortillas.
5. Spoon in filling, cover with toppings, and EAT!

If you meal plan, this is a good one because it's easy and flexible to eat – everyone gets their own twist on it.

Shanna, neighborhood market manager



Easy dinners for busy days!

MEATLESS MEAL-IN-A-BOWL

Go meatless on delivery day with all the fresh goodies in your basket! All you need is a bowl and one item from each category, keeping in mind the flavor combinations. You can save the lists below as a year-round guide – for this week, we've made some in-season local food suggestions from our family farmers.

Starchy Vegetable (cooked) or Grain:

SION HOUSE FARM sweet potatoes
 DEER RUN FARM carnival squash or acorn squash
 FLORES FARM white sweet potatoes
 barley, farro, quinoa, rice or other grain

Greens (raw, sautéed, or steamed):

VAN DESSEL FARM beet greens
 (from any type of beets)
 FLORES FARM kale, collard greens, Swiss chard, dandelion greens, tat soi, salad mix, or watercress

Non-starchy Vegetables (cooked or raw):

FLORES FARM celery, broccoli crowns, Brussels sprouts, bell peppers, or French breakfast radishes
 DEER RUN FARM mixed color cauliflower, cherry or green tomatoes
 RUDY's shiitake mushrooms
 VICTORY FARMS leeks, sweet peppers
 cucumber
 eggplant
 zucchini

Fresh Herbs & Spices:

FLORES FARM garlic chives or cilantro
 BERRY SIMPLE FARM fresh ginger
 basil
 dill
 parsley

Find all these recipes & more at
pinterest.com/seasonalroots/pins

Plant-Based Protein (cooked):

TWIN OAKS TOFU Breakfast Style vegetarian sausage
 TWIN OAKS TOFU plain or Italian herb tofu
 any type of bean – kidney, black, navy, etc.

Condiments & Dressings:

BOMBOLINI PASTA basil pesto
 CURDS AND WHEY roasted red peppers
 MATT'S DIRTY PICKLES
 Habanero pickles, Bourbon Bread and Butter pickles, or Dill pickles
 ARTANN'S sundried tomato basil hummus or avocado lime cilantro hummus
 TRICKLING SPRINGS CREAMERY cheese olive oil & balsamic vinegar or salad dressing of your choice
 BONE DOCTOR'S BBQ sauce, any flavor
 soy sauce
 salsa

TIPS & HACKS



Apple storage tips

Sweet or tart, raw, or baked into a tasty dish, apples offer health benefits like antioxidants and heart-healthy flavonoids that you get when you eat the skin, plus 4 grams of fiber per serving.

If you have more than you can eat right away, they're ridiculously easy to store. For detailed instructions on how to keep stored apples fresh all winter long, visit best-easy-apple-recipes.com/storing-apples.html.

Basically, though, all you need is a refrigerator. They'll keep for up to 2-3 weeks in the crisper drawer.