



SEASONAL ROOTS

Dirt to Doorstep®

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AS TEMPS DROP, FARMERS KEEP FARMING

WHAT'S ON TAP FOR THANKSGIVING, PLUS WHAT'S UP WITH THOSE PALE YOLKS?



Inside the greenhouses on Sion House Farm in eastern Virginia, the McKenna family extends the season for wearing shorts and growing crops like local tomatoes.

Thanksgiving is coming, right about the time most traditional farmers markets are closing for the winter, or scaling back.

But not your online farmers market! We stay open year-round.

A little dip in the temperature gauge can't stop our local farmers from farming.

They're still out in their fields tending to cold weather crops like beets, carrots, parsnips, and greens, and putting their greenhouses to work to grow more tender

produce like tomatoes and basil. Their cows are still producing milk and their chickens are still laying eggs.

Lately you may have noticed that the yolks are little more light-colored than usual. Your eggs are still as fresh as ever, and the hens are still pasture-raised. So what's going on? The folks at Avery's Branch Farms explain: "At this time of year the grass quantity starts to be depleted and we start feeding them alfalfa hay. It takes a couple weeks for them to get adjusted to the hay and that causes a few lighter weeks."



HOLIDAY DELIVERY ALERT:

Next week
all deliveries
will be on
Wednesday
Nov. 22
the day before
Thanksgiving.

So there's still a lot going on out on the farms. And that's why we stay open year-round – to support our local farm families *and* to help you keep eating fresh nutritious local food throughout the year.

Be sure to order this weekend, so you'll have all the fresh local produce and artisan fare you need to make your favorite Thanksgiving sides!

ORDER THIS WEEKEND MEMBERS & GUESTS SPECIAL!!



JUMBO SWEET POTATOES

2 for \$5

These tasty tubers come from **Sion House Farm** in Farnham, Va., where father-son duo Jack and Justin McKenna grow 'em BIG with their sustainable farming practices.

If you like sweet potato pie, each of these big orange mamas is hefty enough to make 2 pies!

Sweet potatoes are a rich source of antioxidants, plus vitamins A, C, and E. So eat more pie!!!

To help you get ready for Thanksgiving, next week's newsletter will feature Jack's grandma's sweet potato pie recipe.

Get ready for yum...

ROASTED SWEET POTATO & BEET STACKS

Heads up: This makes a festive-looking Thanksgiving side dish!

Ingredients:

3-4 small, skinny SION HOUSE FARM sweet potatoes, peeled or half a large one, quartered & peeled	1 t garlic powder, divided ¼ c FLORES FARM cilantro, chopped
5 small FLORES FARM beets	1/8 c - ¼ c CURDS & WHEY mozzarella lemon juice
2 t avocado oil or olive oil, divided	salt and pepper, to taste

Directions:

1. Preheat oven to 375. Slice sweet potatoes and beets into rounds 1/8" thick.
2. Add sliced sweet potatoes to a medium bowl. Toss with half the oil, garlic powder, and salt and pepper to taste. In another bowl, toss sliced beets with the other half of the oil and seasonings. Tossing separately keeps the beet juice from staining the sweet potatoes.
3. Grease two large muffin tins with oil. Place a beet slice in one of the muffin slots, then a sweet potato slice, alternating until you get to the top edge of the muffin tin. End the stack with the same color slice you started with. For the next stack, start with a sweet potato slice. This ensures you have different color tops.
4. Bake 40-45 minutes until cooked through.
5. Cool for 1 minute. Place on a platter and top with fresh lemon juice, mozzarella, and chopped cilantro.

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

**LAZY SAUSAGE BAKE****Ingredients:**

12 oz SAUSAGECRAFT mild or hot Italian sausage
1 lb waxy potatoes, peeled and quartered
½ lb SION HOUSE FARM sweet potatoes, peeled and quartered
½ lb VICTORY FARMS carrots, peeled and cut
1 FLORES FARM green bell pepper, sliced
1 large onion, cut into wedges
2 garlic cloves, diced, or FLORES garlic chives, chopped
2 T cooking oil
½ c broth
4 T balsamic vinegar
1½ t Italian herbs

Directions:

1. Preheat oven to 400 and prepare veggies.
2. Place all vegetables in a 9x13 baking dish or roasting pan.
3. Sear sausage in a pan on medium heat. Slice in half width-wise. Add to baking dish.
4. Mix together balsamic vinegar, oil, broth, and garlic and pour over veggies and sausage.
5. Cover with foil. Bake about 40-45 minutes, until veggies are fork tender. If veggies are slow, remove sausage and cook veggies longer.

*This is one of my husband's favorites.
We love topping it with an over-easy egg.
It could work for brunch or dinner.
Pretty versatile recipe! And easy!*

Shanna, neighborhood
Market Manager

**TIPS & HACKS****No-gadget garlic peeling**

Here's a quick way to peel garlic without a knife or gadget!

Break apart the garlic bulb into individual cloves.

Place the cloves in a sealable container -- Tupperware works great.

Shake the container vigorously for about 10 seconds. The garlic will knock against the sides of the container and the skins will fall off.

Some cloves may need a second shaking to shed the skin. Done!