



SEASONAL ROOTS

Dirt to Doorstep®

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THE MYSTERY OF THE MISSING GREEN BEANS

HERE'S A CLUE: ONE OF THESE THINGS IS NOT LIKE THE OTHERS



Green beans are a tradition on many a Thanksgiving table. So Sam, our Farmer Connector, always stocks our online farmers market with them for the holiday. This year, he scoured the whole region, but there was nary a green bean to be found.

*From our families to yours,
fresh & local
Happy Thanksgiving!*



The culprit? *The hurricanes!* All that wind and rain took them out. Fortunately, our family farmers still have plenty of local, sustainably grown produce to make your favorite holiday sides: Yukon gold potatoes, carrots, beets, chestnuts, winter squashes, apples, mushrooms, spinach and more!

If you just gotta have green beans, you can always get them at the supermarket. But do it knowing you're really just getting a pretty prop. Any green beans on the shelves right now have traveled a long way – guaranteed. In the process, they've lost most of their nutrients and flavor, and burned a big carbon footprint.

Eating locally means eating what nature provides while enjoying fresh delicious flavor, great nutrition, and a cleaner environment. All good things to be thankful for!

*Your online farmers
market will be
OPEN THIS WEEKEND
featuring this*
MEMBERS & GUESTS
SPECIAL!!



50¢ OFF
all
BOMBOLINI
PASTAS & RAVIOLI
(The price you see online
will already be
automatically adjusted.)

Oh, what to do with all
that leftover turkey,
ham, and veggies?

Freeze 'em for now, then
toss into some easy
pasta dishes next week,
using freshly made pasta
from **Richmond's**
family-owned
Bombolini Pasta! We'll
even provide the recipes.

After all the cooking
you're doing this week,
you've earned a break.
So order this weekend
and look forward to some
easy weeknight meals
next week!

GRANDMA MARGARET'S SWEET POTATO PIE

Ingredients:

Makes one 10-inch pie but can be easily doubled

1½ lbs sweet potatoes
pinch of salt
2 large eggs
1 c sugar
2 t vanilla
¾ c milk
(whole or condensed)
nutmeg or cinnamon
(optional)
prepared pie crust
(store-bought or home-made)

"This is my grandmother's recipe -- I used store-bought pie crusts. Pie is good!"

Jack of Sion House Farm, who grew this week's sweet potatoes

Directions:

1. One jumbo sweet potato is enough to make 2 pies! Bake or boil sweet potato(s) until soft. Let cool.
2. When ready to bake pie, preheat oven to 350.
3. Scoop out 2 full cups of meat and mash with a fork.
4. Using a mixer, combine sweet potatoes with salt, eggs, sugar, and vanilla. Blend until smooth. Add milk while mixing to bring consistency to something like apple sauce. Pour into a ready pie crust (store-bought or home-made) and sprinkle with nutmeg or cinnamon (your choice).
5. Bake for 30 minutes or until toothpick comes out clean. Monitor cooking as every oven might be a little different.
6. Serve hot or cold, plain or with ice cream or freshly whipped cream.



TIPS & HACKS

How to boil potatoes

As hearty as spuds are, they actually need a little TLC in order to cook properly.

With their dense flesh, they cook more slowly than, say, green beans. So it takes a while for the interior temp to match the exterior. That's how they end up both over- and undercooked: mushy and gluey outside, hard and crunchy inside.

But start them in cold water, and the internal temp has time to catch up with the external temp as the water approaches and then reaches the boiling point.

THE HEAD VEGGIE FAIRY'S GRANDMA'S PIE CRUST

Ingredients:

1 c + 2 T flour
½ t salt
1/3 c vegetable oil
2 T ice water
½ t cider vinegar

Feeling ambitious? This crust recipe produces an amazingly thin, flakey crust. The ingredients make one crust. Make only one at a time. If your pie needs a top crust, just repeat the recipe. The measurements must be very accurate, so use nested dry measuring cups.

Directions:

1. Mix flour and salt. Blend oil into flour mixture with a fork.
2. Combine water and vinegar, then sprinkle onto flour mixture. Mix well with fork.
3. When flour-water mixture can be formed, press into ball. Too crumbly? Add a little oil.
4. Lay out a damp dishtowel on the counter and place wax paper on top. Flour lightly. Put the dough ball on the wax paper and place another piece of wax paper on top. Roll out dough between the wax paper sheet using a roller. Working from the center, roll outward until it's large enough to fit the pie pan.
5. Remove top layer of wax paper, turn pie pan upside down and place it, bottom side up, on the rolled-out crust. Slide one hand under the dishtowel, place the other hand on the bottom of the pie pan, and flip. Remove dishtowel and wax paper. Fit crust to pan, repairing any rips with dampened fingers. Trim edges. (NOTE: If disaster strikes and the flip is a total fail, it's best to start over with fresh ingredients.)

GLAZED CARROTS & BRUSSELS SPROUTS

Ingredients:

2 lbs VAN DESSEL FARM carrots, peeled
2 lbs FLORES FARM Brussels sprouts, trimmed
1½ c chicken broth
6 T TRICKLING SPRINGS grassfed butter
1/3 c brown sugar
1 T black pepper

Directions:

1. Blanch carrots in a large pot of boiling salted water until crisp-tender, about 4 minutes. Transfer carrots to bowl of ice water using slotted spoon.
2. Return water to boil. Add sprouts, blanch until crisp-tender, about 5 minutes. Transfer to another bowl of ice water.
3. Drain vegetables. Refrigerate if making ahead.
4. Bring stock, butter or margarine, and brown sugar to a boil in a heavy large skillet. Stir until sugar dissolves. Boil until reduced by half, about 7 minutes. Can be prepared 6 hours ahead. Return to boil before continuing.
5. Add carrots. Cook until almost tender and sauce begins to coat, shaking pan occasionally, about 6 minutes. Add Brussels sprouts and pepper. Cook until heated through, stirring occasionally, about 4 minutes.

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