



SEASONAL ROOTS

Dirt to Doorstep®

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HOW I LEARNED TO LOVE LEEKS

ESPECIALLY WHEN THEY'RE LOCAL!



These leeks are sustainably grown on the Van Dessel family farm in Parksley, Va. They're delicious and so good for you!

By Duane, founder and Head Veggie Fairy

I love when the winter months come and we have fresh, local leeks in the kitchen. My first farm encounter with leeks was on a nice fall day. I was standing in a field out at Charlie Collins' Victory Farms in Henrico. Charlie sold his produce at in-person farmers markets, and I was looking at a fifty-foot-long row of leeks. They were at the peak of ripeness and ready for harvest. But Charlie was about to till them all under. Why? He'd learned there was no point hauling them to market – no one wanted them. A tragedy!

They looked so beautiful and smelled so fresh out in the field that I was determined to learn about these gems. I soon discovered that they're a close relative of the simple yellow onion – but better. A single leek (about a cup) contains just 54 calories. So it makes you feel full without fattening you up. And it's loaded with vitamins! One whole leek gives you at least half the recommended daily dose of vitamins A and K, plus significant amounts of compounds that help protect your vision.

There are lots of ways to put leeks to work. The first recipe I remember making with leeks was a fish dish. I grilled flounder (any fresh white fish will do) with a little salt, and caramelized freshly harvested leeks. That was all it took to make a meal that I will never forget – the taste was amazing! Now I use leeks in stews, soups, omelets, and more.

Visit our Veggie Fairy Blog for recipes and more details on the health benefits:
seasonalroots.com/blog/love-leeks

HOLIDAY SCHEDULE

Mark your calendars!

LAST local food
deliveries in
2017:

DEC 20 & DEC 21

FIRST local food
deliveries in
2018:

JAN 17 & JAN 18!

(Weather permitting!)

ORDER THIS WEEKEND Members & Guests SPECIALS!!



Great deals on
SAUSAGE CRAFT
so stock up & save!

Chris and Brad use locally and humanely raised meat, with no added antibiotics, hormones, steroids, preservatives, or synthetic casings. Their sausages are just naturally fresh, flavorful, and make for super easy meals!



NEW at your
online farmers market:
**TRUE MADE
FOODS**

Award-winning ketchup, BBQ sauce, and veggie Sriracha sauce – with **half the sugar** of the big guys! The sweetness comes from veggies like carrots, tomatoes, spinach, and butternut squash. It's the brainchild of Abe, a father of four who got tired of fighting to limit his kids' ketchup intake. Check it out!

MAPLE ROASTED BEETS & CARROTS

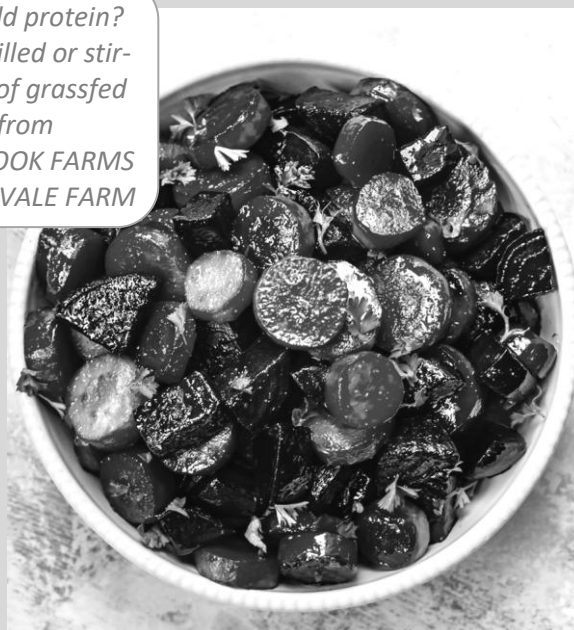
Ingredients:

5 large VAN DESSEL FARM carrots, peeled & sliced
 4 medium VAN DESSEL FARM beets, peeled & diced
 2 T olive oil
 salt & pepper, to taste
 2 T TRICKLING SPRINGS CREAMERY butter
 3 T pure maple syrup

Directions:

1. Preheat oven to 425 and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet.
3. Drizzle the olive oil onto the beets and carrots and add salt and pepper. Toss until they're coated. Spread them out in an even layer.
4. Roast for about 15 minutes, or until they veggies are tender-crisp (this will vary depending how big the pieces are).
5. Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss it again until everything is coated.
6. Return the baking sheet to the oven for another 5 minutes.

*Want to add protein?
 Throw in grilled or stir-fried slices of grassfed
 beef from
 THORNEBROOK FARMS
 and SUNNY VALE FARM*



PEANUT GINGER BROCCOLI STIR FRY

Ingredients:

3 KIRBY FARMS broccoli crowns, cut into florets
 1 c RUDY'S shiitake mushrooms or edamame
 2-3 VAN DESSEL FARM carrots, cut in circles
 1 c SION HOUSE FARM bok choy, quartered,
 or snow peas
 2 cloves PINE KNOT FARM garlic, minced
 1 T toasted sesame oil
 pinch sea salt (if needed)
 1/4 c PINE KNOT FARM spring onions,
 chopped (for garnish)

Peanut Sauce:

1/2 c REGINALD'S HOMEMADE peanut butter
 1-2 t VSU fresh ginger, minced
 1 T soy sauce
 juice of 1 orange
 juice of 1 lime

Directions:

1. In a large saute pan, add all the stir fry ingredients. Cover and cook on medium heat for 5-7 mins; just long enough to soften the broccoli and carrots slightly. Stir occasionally.
2. As the veggies are cooking, make the peanut sauce in a small bowl. Stir in all the ingredients and mix well.
3. Once the veggies have softened, pour the sauce over them and stir together.
4. Garnish with the spring onions. Serve over rice or other grain.

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



TIPS & HACKS

Beat beet stains

In our never-ending quest to beat 'em, here's a tip:

"It doesn't seem to matter what soap I use, the beet stains on my hand have to just wear off.

"I've finally found something that works: whitening toothpaste with peroxide! Rub a dab over the stained area and you will have pretty hands again.

"Or you can avoid the stains altogether by rubbing the hand that will be holding the beets with about a 1/2 teaspoon of vegetable oil, taking care to keep the knife-holding hand dry, and then cutting the beets as usual. Afterwards, just wash your hands with hot, soapy water to remove the oil."

– Margo, neighborhood
 Market Manager